

10 THINGS YOU NEED TO KNOW

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Your Health in Your Hands screening centres represent an entirely new concept in healthcare. We have an ever-increasing range of modern medical testing equipment and it's all designed to give you (and your doctor) clear, exact and completely confidential information about just how well your body is functioning.

No delays, queues – just friendly personal attention and results virtually while you wait.

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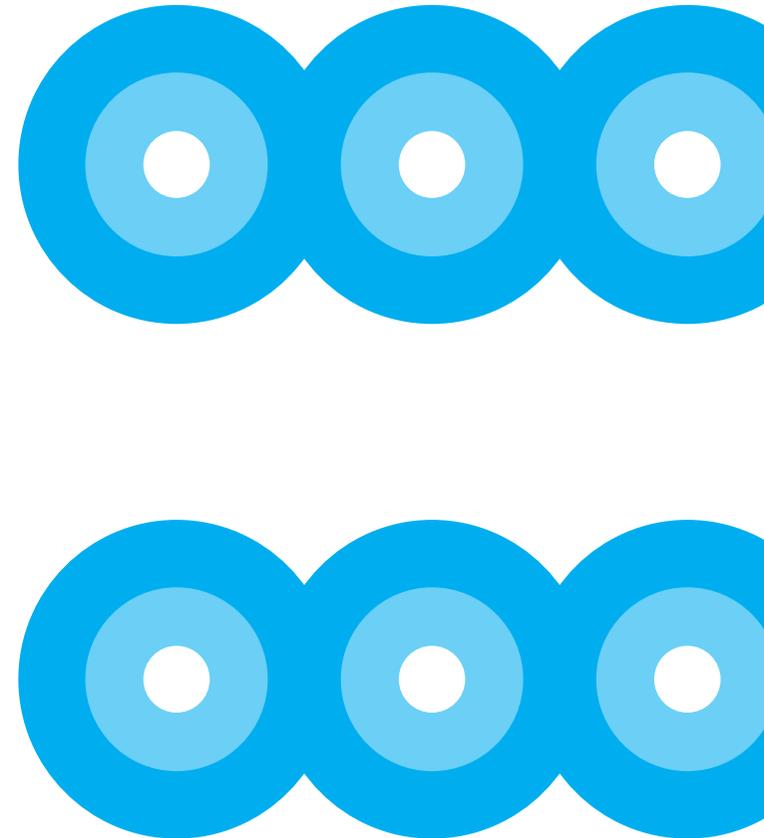
The range of tests which we can provide will give you information relating to:

- Allergies
- Body Fat Percentage
- Cholesterol (HDL) (LDL)
- Diabetes
- Faecal Blood
- Haemoglobin
- Kidney Health Panel
- Liver Health Panel
- Metabolic Panel
- Osteoporosis
- Prostate Specific Antigen (PSA)
- Urinalysis

This is our current range of tests. As we are constantly expanding these, please enquire about new tests which we have added.

To make an appointment please call

**028
7133 7333**





01 What is Your Health in Your Hands?

Your Health in Your Hands is a brand new concept in health care. Each of our centres offers an ever-increasing range of modern testing equipment, providing safe, reliable and accurate assessments for everyone - on request and at a time that suits you. Operating purely as a testing facility, we don't offer diagnosis and we don't suggest treatment but we do give you the information you need to plan and maintain a healthier lifestyle. In other words, we take the guesswork out of getting fit and put control of your own well-being exactly where it belongs – in your own hands.

02 How does it work?

Every **Your Health in Your Hands** centre is geared to delivering a comprehensive range of tests. We can assess your cholesterol levels, liver, kidney and prostate function, blood sugar, bone density and much more. At your appointment you'll complete a simple questionnaire and then your personal technician will take you through your selected tests, in comfortable surroundings and complete privacy. No delays, no queues - just friendly personal attention and results while you wait.

03 Are the tests uncomfortable?

Not at all. Our blood tests require just a small sample and, whichever panel of tests you select, our technology produces an accurate set of readings within minutes. Some procedures, such as assessing bone density, may take a little longer, but there's no need to remove any clothing and all you have to do is relax and let the technology do the rest as you enjoy an experience that is easy, efficient and pain-free.

04 How are my results delivered?

At the end of your testing session your technician will take a few moments to compile your results into a Report of Findings which he will then present to you to take away and use as you wish. The report is your property and its contents are completely confidential. We suggest you store it away safely so you can monitor your progress and perhaps add further tests at a later date, as new technology becomes available.

05 If I feel fit and healthy, why do I need testing?

It's only when you have accurate and reliable information about your current state of health that you can make truly informed decisions about the best way forward. Even quite small changes in diet and lifestyle can make a big difference to the quality of your life and our tests can help to monitor your progress. Also, by picking up any abnormalities in the way your body is functioning now, we may be able to help you avoid health problems in the future.

06 Can your tests show if I am likely to develop, heart disease or diabetes?

Our test results can pinpoint areas of potential risk for a variety of conditions and could also reveal existing problems that may have gone undetected. That's why we recommend that if there is any apparent abnormality in your readings, you should show your full report to your own medical adviser for an expert interpretation of its findings as they relate to your personal circumstances and known medical history.

07 So Your Health in Your Hands could be an effective early warning system?

It could be a lifesaver. Modern medical advances allow many potentially life-threatening conditions, including cancers, to be treated successfully if recognised early enough. The snag is that by the time they become apparent, it may already be too late to avoid serious complications - so, why wait till then when our technology could pick up the vital signs here and now?

08 How do I interpret my results?

As your technician will explain when presenting your Report of Findings, each test has a range of readings that are accepted as 'normal' for someone of your age and gender, and your report will clearly show whether your own readings fall within those limits. However, we must stress that a slightly abnormal reading doesn't necessarily mean there's a problem. As in most laboratories, our normal range has been geared to represent the readings expected from 95% of healthy people undergoing that particular test – but of course this also means that 5% of those people will have readings outside the normal range while still being perfectly healthy.

09 If I do have an abnormal reading, what then?

First, remember that minor variations from normal are not uncommon and can be for a variety of reasons, such as your age, diet, general fitness, hormonal changes during the menstrual cycle, and so on. So there's no need to panic, but it is wise to get an expert opinion on what your abnormal reading might mean and that needs to come from your regular health practitioner, who knows you best and can assess your findings on that basis.

10 Can I be sure that your tests are accurate?

Yes! At Your Health in Your Hands, you can be confident that your tests are being carried out by qualified technicians using the most up to date equipment and giving results as accurate as could be obtained anywhere. You can also be assured of personal attention, privacy, comfort, complete confidentiality, and best of all, you'll have your results virtually while you wait.

Your Health in Your Hands is designed as a state-of-the-art testing facility. Our staff are not able to offer any diagnosis or recommend a particular course of care, but will provide clients with accurate information which they may share with their health advisers to determine their best personal health options.