

# Female Health Assessment

An assessment focussed on female health issues  
including time with a doctor to discuss results.



# Female Health Assessment

**Welcome to the Female Health Assessment. It's our female-only assessment focussing on women's health that gives you one hour with a doctor including time to discuss your results.**

Your assessment will cover all areas of female health and, importantly, will provide you with the chance to have a relaxed and in-depth consultation with your doctor. Knowing how healthy you are means you can tailor your lifestyle and live life to the full.

If any serious issues are found, we'll refer you to the relevant health experts. If you have any particular concerns or questions, your doctor will be more than happy to talk through these with you.



## Understanding your Health Assessment

Below are some of the key areas we look at in your assessment. Please see overleaf for a full list of tests.

-  **Check breasts**  
As well as checking your breasts for problems your doctor will also show you how to be breast aware and stay problem free. A mammogram is available for women over 40 if appropriate.
-  **Check diabetes**  
Over half a million people in the UK have diabetes without knowing it. With a simple blood test and urine analysis, we can diagnose diabetes and help you manage glucose levels through exercise, nutrition and other lifestyle changes.
-  **Check anaemia**  
Busy lives mean that tiredness can be a problem for all of us. A blood test will check for anaemia and ability to fight infection, so you know you have the energy to live life to the full.



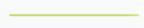
### Check cholesterol

Your heart is your body's most vital organ, so make it healthier with a few simple changes. Our simple blood test will assess your cholesterol levels and help improve your diet and fitness.



### Check thyroid

Women over 50 are prone to an under active thyroid. A blood test will pick this problem up at a very early stage and allow the correct treatment to be given before it becomes more serious.



### Check gynaecology

Whatever age you are, women often need to discuss specific female problems. A cervical smear and full pelvic examination are offered with full follow up advice from the results.

## Results

Many of your test results will be available immediately. Your doctor will discuss these with you, taking time to make sure you fully understand the results. Within two weeks, you'll receive a written personalised report (by post or online) as well as detailed information sheets to give you some background on any relevant health issues. Where serious issues are found, we'll call you in person before your report is sent.

## Tests include:

- Focused medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index
- Urine analysis
- Blood haematology profile, blood glucose and cholesterol measurement
- Blood pressure measurement
- Breast examination
- Pelvic examination and cervical smear
- Thyroid stimulating hormone blood test (for those aged 50 years and over)
- High vaginal swab (if clinically indicated)
- Mammography (where purchased and usually appropriate for those aged 40 years and over)

## How to book your health assessment

Call our bookings team on **08452 30 20 40** and make an appointment for a time that suits you. Your assessment will take up to 1 hour.

If you are booking a mammogram, this will take a further ½ hour. Please note that in most cases mammograms are booked as a separate appointment and may be held at a different Nuffield Health location to your assessment.

## A little bit about us

At Nuffield Health we like to challenge the way people think about and manage their health. We've brought together expertise from our health clubs, medical clinics and hospitals, to help you lead a healthier, happier life.