

Wellness check



THE CLINIC

FOR YOUR OPTIMUM HEALTH & WELLBEING NEEDS

The Wellness check

The Wellness Health Check measures:

- Vitamin D
- Vitamin B12
- Iron deficiency
- Cholesterol and triglycerides
- Liver function levels in your blood.

The results provide essential information about your health that you can act upon.

Your health is influenced by many factors including your age, lifestyle, family history and diet.

Your results

When you get your results the first page will display a summary and recommended actions. The next pages provide the details showing numerical results and units of measurement for each individual parameter e.g. 15 nmol/L.

The highlighted visual scale shows whether each test result is acceptable (**Green**), requires lifestyle changes (**Amber**) or whether a visit to your GP is recommended (**Red**).

If results are **Green** that's great news and unless you feel unwell or suspect that you have a medical condition then you don't need to take any action in these areas. We recommend that you retest at least annually to keep your health in check.

If results are **Amber** then lifestyle changes are required which may involve dietary changes or taking a supplement. These lifestyle changes are summarised in the following pages and retest guidance is provided with your results.

If results are **Red** then a visit to your GP is recommended.



If you are already under supervision from your GP for a medical condition then we advise that you take your results with you to show your GP at your next visit.

Arrange an appointment with your GP if recommended.

Note: Your Essential Health Check results are provided for informational purposes only and are not a substitute for professional medical advice. You should not use the information provided for diagnosing or treating a medical or health condition. If you feel unwell or suspect that you have a medical problem or want further advice on your test results, then promptly visit your GP or other qualified medical advisor and take these test results with you.



Vitamin D

Vitamin D is needed by the body for both physical and mental health, but is best known for making sure that bones and muscles (including your heart) are strong and growing properly. It also helps regulate the immune system.

Vitamin D deficiency is related to conditions such as diabetes, heart disease and certain cancers. The development or worsening of mental health conditions, such as depression and low mood has also been linked to inadequate levels of vitamin D.

You may have an increased risk of developing vitamin D deficiency if you:

- Have low exposure to the sun
- Are over 65
- Have darker skin

During autumn and winter when you are less exposed to sunlight you are at increased risk of vitamin D deficiency.

You can get vitamin D from foods like oily fish, meat and eggs and fortified foods where vitamin D has been added but it's difficult to get enough through food and that's why vitamin D3 supplements may be recommended to help you keep your vitamin D at an optimum level.



Vitamin B12

Vitamin B12 has many roles in your body. It plays a really important role in red blood cell production and helps your nervous system to function properly. Vitamin B12 levels are important for aspects including boosting your energy, improving your memory and helping prevent heart disease.

Some factors that can contribute to vitamin B12 deficiency are:

- vegan and vegetarian diets
- some medications
- pernicious anaemia; a condition which limits vitamin B12 absorption
- suffering from coeliac disease or Crohn's disease
- if you are over 50 years; because you might not produce sufficient stomach acid for the absorption of vitamin B12



Iron Deficiency

The wellness check measures Ferritin which is a protein that stores iron in the body. Ferritin is the most useful indicator of iron deficiency as stores can be decreased before any blood iron levels are low. The test can also indicate if blood iron stores are too high. If your body is storing too much or too little iron this requires follow up testing from your GP.



Cholesterol and Triglycerides

Cholesterol plays an important role in many of the body's processes.

However, it's important that cholesterol levels don't go out of balance.

High-density lipoprotein (HDL) is the good kind of cholesterol.

Low-density lipoprotein (LDL), VLDL and non-HDL are the bad types of cholesterol along with triglycerides that you want to keep in check.

The Wellness Check measures all of these and total cholesterol as well.

The test also calculates your total cholesterol to HDL ratio and your triglycerides to HDL ratio which are both useful information for a GP in determining your risk of heart problems or stroke.

You may be at high risk of 'bad' cholesterol and triglycerides, or have low 'good' cholesterol if you:

- eat an unhealthy diet high in saturated fats
- smoke
- are overweight
- have diabetes or (pre-diabetes)
- drink too much alcohol
- have certain genetic disorders
- don't exercise



Liver Function

The liver is responsible for functions vital to life. The liver primarily processes nutrients from foods, removes toxins from the body and builds proteins. It breaks down fats, it converts glucose into energy stores and produces hormones. It also helps your body fight infections.

What we measure:

Albumin; a protein that is made in your liver. It helps to transport nutrients and hormones, as well as helps to grow and repair tissues in your body.

Globulin; a group of proteins made in your liver. Globulins play an important role in liver function, blood clotting and fighting infections.

Total protein; your albumin and globulin levels combined.

Alanine aminotransferase (ALT); a protein enzyme that is only found in your liver, so it's a good indicator of your liver function. A high ALT level can be a sign of liver damage as the ALT protein is released into the bloodstream from the damaged liver cells.

Alkaline phosphatase (ALP); your liver is one of the main sources of ALP, but some is also made in your bones, intestines, pancreas, and kidneys.

Gamma-glutamyl transferase (GGT); a protein enzyme found mainly in the liver. A high GGT can indicate damage to the liver or bile ducts.

Total bilirubin; a yellow pigment. High bilirubin levels can be a sign that your liver is damaged. Sometimes high levels can be caused by Gilbert's syndrome which is a harmless inherited disorder.

Alcohol, poor nutrition and diet, lack of exercise, being overweight and hepatitis are common causes that may impact liver function.





www.theclinicnotts.co.uk