



Your Health, Your Way

MAINTAINING YOUR HEALTH



HEALTH CHECK

MATER PRIVATE HOSPITAL | Eccles Street | Dublin 7 | D07 WKW8

T: 01 885 8257 / 885 8258 | E: healthcheck@materprivate.ie

VISIT OUR WEBSITE | www.healthcheck.ie

HEALTH CHECK AT THE MATER PRIVATE HOSPITAL



Medical research has shown that lifestyle is a major contributor to many common conditions including high blood pressure, coronary heart disease, diabetes and certain cancers. An illness once established may be treatable, but a preventative approach is preferable.

AM I SUITABLE FOR A HEALTH CHECK?

At Health Check we aim to identify risk factors, signs and symptoms of common conditions, which if not detected early could result in serious health issues.

Health assessments are suitable for people who are generally well and who are interested in getting more information about how to reduce the risk of future illnesses.

If you are undergoing or have just completed medical treatment or if you are currently under the care of a doctor, it may not be the right time to do a health assessment.

HEALTH CHECK AT THE MATER PRIVATE is a physician led service and has been offering comprehensive health screening assessments for over 25 years.

A fully integrated department within the Mater Private Hospital. Health Check has the support of expert consultants and access to technologically advanced facilities for follow on care.

Your visit to **Health Check** should take less than 3 hours and a complete medical report will be issued to you within 2 weeks of attending, this will give you an accurate snapshot of your health on the day of attendance.

Procedures and test results are reviewed and reported on by Mater Private Consultants with expertise in their relevant area e.g. Cardiology, Pathology and Radiology.

Appointments are available with male and female doctors. Health screening is eligible for tax relief.

YOUR **COMPREHENSIVE** HEALTH CHECK

PHYSICAL EXAMINATION AND CONSULTATION

Your consultation with the Doctor is private and confidential. Time is given for you to discuss any concerns, symptoms or presenting health issues.



PHYSICAL EXAMINATION

- Blood Pressure
- Weigh-in
- Body Mass Index
- Lung Function Test
- Respiratory Test
- Testicular Examination
- Pelvic Examination (Rectal)
- Breast Examination
- Vision Assessment
- Hearing Assessment
- Cardiovascular Evaluation
- Joint & Muscle Evaluation
- Respiratory Evaluation
- Central Nervous System
- Abdominal Examination



CONSULTATION

- Health Issues & Symptoms
- Medical History
- Allergy History
- Medication
- Lifestyle Analysis
- Family Medical History
- Age Related Assessment (Age 70+)



OUTLINE OF INVESTIGATIONS PERFORMED

Investigations are carried out by qualified technicians and physicians. Blood samples are taken by qualified experienced phlebotomists. All procedures and tests are performed in-house.



COMPREHENSIVE BLOOD ANALYSIS

- Full Blood Count
- Kidney Function Tests
- Bone Profile
- Liver Function Tests
- Total Lipid Profile (Cholesterol, LDL & HDL Cholesterol Levels)
- Fasting Blood Sugar (Diabetes Screen)
- Uric Acid (Gout Screen)
- Total Iron Studies
- PSA (Prostate Cancer Screen, Males Age 40+)
- TSH (Thyroid Function)
- Vitamin B12
- Folate



OTHER TESTS

(Included as part of your assessment)

- Stool Analysis
- Urine Analysis (Diabetes, Infection, Kidney function)
- Electrocardiogram (Resting ECG - tracing of the heart)
- Chest X-Ray (if clinically indicated)
- Cervical Smear (every 2 years) (If patient is not already taking part in the National Screening Programme)



ADDITIONAL TESTS, IF CLINICALLY INDICATED (additional charges apply)

Must be discussed at time of booking.

- **Mammogram:** A mammogram is a series of breast x-rays (available for women over 40 years)
- **Dexa Scan:** A bone density scan for the early detection of osteoporosis
- **Stress ECG:** Records the activity of the heart while exercising on a treadmill (recommended for men over 40 and women in their late 40's)
- **Calcium Scoring:** Screening used for the early detection of Coronary Heart Disease
- **Vascular Screening:** AAA, Carotid and PVD Screen

HOW TO FIND US

Located just a few minutes walk from O'Connell Street, Health Check at the Mater Private is easily accessible from the main rail, bus and luas stations. We are also close to the M50 and other main national routes.



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