



medmark

OCCUPATIONAL HEALTHCARE



HEALTH SCREENING

Health Screening

GOOD HEALTH IS VITAL FOR A FULFILLING LIFE!

Introduction to Health Screening

Early detection of preventable illness increases your chances of living life to your full potential.

We all aspire to improved health and fitness but the stress and pace of our daily lives makes this difficult to achieve.

A health screen from Medmark may be an effective starting point towards improving your health and wellbeing.

A health screen can

- benchmark your current health
- identify early disease indicators
- advise on a lifestyle and fitness plan
- modify risk factors

Medmark

We are the largest occupational healthcare practice in Ireland. We are approachable and client focused. Problem solving is the cornerstone of our strategy.

Expert - we are specialist trained and an experienced physician led practice

Decisive - we offer prompt and clear opinions which are client focused

National - we have medical centres covering Ireland with unified and secure systems



Why should I have a health screen?

The aim of the health screen is to determine your state of health. Many premature deaths and disabilities are due to preventable illnesses which are often lifestyle related. These include illnesses related to heart disease, stroke, diabetes and certain forms of cancer. A health screen may detect early indicators of future health problems and enable you to put in place lifestyle changes to maintain healthy living.

Why do we screen for risk factors for heart disease?

Coronary heart disease is the leading cause of mortality in Ireland. Major risk factors include: family history, smoking, high cholesterol, high blood pressure, diabetes and obesity. A screening medical will help identify individuals at risk.

Why is smoking important?

It is estimated that 25-30% of all cancers in developed countries are smoking related. Up to 90% of lung cancers in men and women are attributable to cigarette smoking. Smoking cessation will reduce the incidence of cancer, heart disease, respiratory disease and stroke.

Why screen for diabetes?

Diabetes is a leading cause of adult blindness, end-stage kidney disease and heart disease. There is a two to fourfold increase in the risk of heart disease and stroke in those with diabetes. In many cases adult-onset diabetes is a silent disease with few symptoms. It is detected easily by screening.

Why is obesity important?

It is estimated that one third of Irish people are overweight and more than 20% are clinically obese. Obesity increases the risk of developing premature cardiovascular disease, diabetes, osteoporosis, joint problems and depression.



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invest in
yourself

Silver - Medmark Health Screen

Types of health screens

Here in Medmark we have many types of health screens. These were designed with you in mind. We are flexible and can adjust the range of tests that are included. We have sophisticated diagnostic technology to assess your health. You can select what you need from the health screening programmes below.

Silver - Medmark Health Screen

Lifestyle Assessment

- Detailed medical history & family history
- Lifestyle assessment & questionnaire – smoking & alcohol intake, diet & exercise details.

Physical Assessment

- Height, weight and BMI measurement
- Blood pressure and pulse measurement
- Visual acuity testing
- Urinalysis to screen for diabetes and kidney disorders
- Physical examination by a doctor
- Males – testicular examination under 40 years - Prostate examination if over 50 years
- Females - breast examination

Blood Screen

- Fasting lipid profile
- Glucose testing and/or renal function testing (creatinine level) is provided for those whose initial urine test suggests the need to screen further for diabetes or kidney disorders.

Consultation

- Feedback on lifestyle and family history
- Recommendation for further action
- Information on lifestyle changes, diet and exercise

A detailed report is issued following your health screen.



Gold – Medmark Health Screen

Gold - Medmark Health Screen

Lifestyle Assessment

- Detailed medical history & family history
- Lifestyle assessment & questionnaire – smoking & alcohol intake, diet & exercise details.

Physical Assessment

- Height, weight and BMI measurement
- Blood pressure and pulse measurement
- Visual acuity testing
- Urinalysis to screen for diabetes and kidney disorders.
- Detailed physical examination
- Males – testicular examination under 40 years - prostate examination if over 50 years
- Females - breast examination

Blood Screen

- Fasting blood glucose to screen for diabetes
- Fasting lipid profile including total cholesterol, triglycerides high & low density lipoprotein
- Full blood biochemistry including liver and kidney function
- Full blood count (haemoglobin level)
- Serum ferritin (to check levels of iron)
- Prostate specific antigen (PSA) for males over 50 years - screening test for prostate disease

Cardiovascular Tests

- Cardiovascular assessment - resting ECG (tracing of the heart)

Consultation

- Review of health questionnaire
- Personal medical and full family history discussed
- Advice and recommendations for the management of health issues identified
- Relevant medical and health literature to improve your lifestyle

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*clear & concise
communication*

Platinum - Medmark Health Screen

Platinum - Medmark Health Screen

Lifestyle Assessment

- Detailed medical history & family history
- Lifestyle assessment & questionnaire – smoking & alcohol intake, diet & exercise details.

Physical Assessment

- Height, weight and BMI measurements
- Blood pressure and pulse measurement
- Visual acuity testing
- Urinalysis to screen for diabetes and kidney disorders.
- Detailed physical examination
- Males – testicular examination under 40 years - prostate examination if over 50 years
- Females - breast examination

Blood Screen

- Fasting blood glucose to screen for diabetes
- Fasting lipid profile including total cholesterol, triglycerides high & low density lipoprotein
- Full blood biochemistry including liver and kidney function
- Full blood count (haemoglobin level)
- Serum ferritin (to check levels of iron)



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National coverage
Local expertise



- Prostate specific antigen (PSA) for males over 50 years - screening test for prostate disease

Medical Tests

- Faecal occult blood test. Stool samples are screened for microscopic quantities of blood which may indicate bleeding from some point along the gastrointestinal tract. This may warrant further evaluation.
- Pulmonary function test (Spirometry) – this measures the lung function and detects early signs of lung disease
- Audiometry (hearing) test – this is a measurement of auditory acuity

Cardiovascular Tests

- Cardiovascular assessment - resting and exercise ECG (stress test). Screening test to detect often asymptomatic coronary heart disease. Individuals exercise until a maximum predicted heart rate is reached, serial ECG's are recorded during this test.

Consultation

- Review of health questionnaire
- Personal medical and full family history discussed
- Advice and recommendations for the management of health issues identified and provided
- Relevant medical and health literature to improve your lifestyle

A detailed report is issued following your health screen.



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stay healthy*

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