



# HEALTH CHECK

COMPREHENSIVE  
HEALTH SCREENING



*maintaining  
good health*



## HEALTH CHECK AT THE MATER PRIVATE HOSPITAL

**Medical research has shown lifestyle as a major contributor to many common conditions such as high blood pressure, heart disease, diabetes and certain cancers.**

**An illness once established may be treatable, but a preventative approach is preferable.**

**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 CHECK AT THE MATER PRIVATE** is a physician led service and has been offering comprehensive health screening assessments for over 20 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 will provide you with a detailed and accurate snapshot of your health in less than 3 hours and on a single visit.
- **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. A complete medical report is issued to you following your attendance.
- **APPOINTMENTS** are available with male and female doctors.

*Health screening is eligible for tax relief. Log on to [www.revenue.ie](http://www.revenue.ie) for information on how to claim.*



# 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.**

## CONSULTATION

- Health issues & symptoms
- Medical history
- Allergy history
- Medication
- Lifestyle analysis
- Family medical history

## PHYSICAL EXAMINATION

- Blood pressure
- Weigh-in
- Body Mass Index
- Lung function test
- Respiratory rate
- Testicular examination
- Pelvic examination
- Breast examination
- Vision assessment
- Hearing assessment
- Cardio-vascular evaluation
- Joint & muscle evaluation
- Respiratory evaluation
- Central nervous system
- Abdominal examination



## OUTLINE OF INVESTIGATIONS PERFORMED

**Investigations are carried out by qualified technicians and physicians. Blood samples are taken by qualified and 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, females age 40+ )

## OTHER TESTS INCLUDED AS PART OF YOUR ASSESSMENT

- Stool analysis
- Urine analysis (Diabetes, Infection, Kidney function)
- Electrocardiogram (ECG -tracing of the heart)
- Chest X-ray (age 35+ unless indicated)
- Cervical smear

## INVESTIGATIONS OFFERED TO FEMALES AGE 40+

- Mammogram
- DEXA Scan (early detection of evidence of osteoporosis)



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## 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.

