



## GP2Health Bronze Screening Check - Men

### **There are 3 stages to your health check**

1. Prior to the health check we ask that you complete 3 questionnaires specific to men.
2. We invite you to the practice for your physical exam, blood testing and urinalysis.
3. Alongside all of your results will be a written personalised interpretation of all the results delivered to you in person during a relaxed 30-minute GP consultation.

Please note when you register with GP2Health. We automatically collect basic health data. This is to ensure we have the most up to date relevant information.

### Comprehensive Health Screening Questionnaires – Completed prior to the any tests or consultations

**You will need to complete these questionnaires at home and record the results on paper or electronically. You will be asked to bring these to the final GP Consultation.**

**ADAM Questionnaire** – Assessment for Testosterone deficiency

<https://themenshealthclinic.co.uk/adam-questionnaire/>

**IPSS** - The International Prostate Symptom Score (IPSS) is an eight-question written screening tool used to screen for, rapidly diagnose, track the symptoms of, and suggest management of the lower urinary tract symptoms which can be associated with prostate cancer.

<https://www.med.unc.edu/menshealth/calculator-international-prostatism-symptom-score-ipss/>

**WHO Mental Health Self-Assessment tool** – A real time assessment tool for symptoms of depression and anxiety

[https://worldhealthorg.shinyapps.io/steps\\_depression\\_tool/](https://worldhealthorg.shinyapps.io/steps_depression_tool/)

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### Comprehensive physical exam by GP

Hand, ENT, Heart, Lungs, abdomen.

Optional prostate rectal exam.

Optional testicular exam.



## Blood tests

Full blood count, Kidney Health, lipids and heart health, liver function, bone health, diabetes, Nutritional Health, Iron Status, **complete prostate work-up, testosterone work-up**, thyroid check.

## Personal health measurements

Height, Weight, BMI and abdominal circumference.

Pulse (rhythm and rate), Oxygen, Blood pressure (lying and standing), respiratory Rate, Temperature.

## Q risk 3

A validated and evidenced based tool to most accurately predict the risk of having a heart attack or stroke in the next 10 years. This can then guide ways to reduce your personal risk, which includes lifestyle change and medications.

## Urinalysis

Urine dip to check for blood, fasting state, immune cells, by products of bacteria which may indicate infection, high levels of bilirubin in the urine and excess glucose possibly indicating a diabetic state.

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## Optional written interpretation of all results

In addition to a booklet with all your current blood test results and their generic meanings, you will receive a personalised report on all your results that is simplified and easy to understand by the GP. There will also be suggestions on ways to improve your health.

## GP Consultation

A relaxed discussion to go through your results. **Note we may not be able to go through everything in the 30-minute consultation in which case we will inform you.**

**Total Time = 65 minutes of GP time**