



CARE – LISTEN – ACT – IMPROVE

Cancer screening and early detection

A recent report by Cancer Research UK has shown that by 2038 to 40 more than half a million people would be diagnosed with cancer every year in the United Kingdom (Cancer Research February 2023 – Cancer in the UK, Overview 2023).

This rising cancer incidence is driven by a growing and ageing population but in addition to this the incidence of cancers is increasing due to obesity lack of exercise and smoking. Despite a target of less than 5% people smoking none of the nations of the United Kingdom or anywhere near on track to achieve this target. It is estimated by 2040 more than 50% of the population will be obese. It has never been more important to activate patients and engage them in prevention and a healthy lifestyle. At Shilpa Dave health this is our number one priority for our patients.

In addition to the number of cancers rising in the United Kingdom the cancer patient population is projected to become older in the late 1970s forty 2% of new cancer diagnosis were in people aged 70 plus but by 2040 this figure could be 60%. Prostate cancer may well overtake breast cancer as the most common type of cancer in the United Kingdom. Although the death rate (mortality) is projected to be about 10% lower than today the growth of the population and ageing population means the absolute numbers of deaths could increase by almost 1/4 and about 3/4 of these deaths could be in the over 70's.

It is really important to recognise that four in 10 cancer cases in the United Kingdom can be prevented that's more than 100 35,000 cases every year simple things can reduce the risk of cancer such as enjoying the sun safely cutting back on alcohol eating

less processed food and being more physically active. Smoking and obesity are the two largest preventable causes of cancer in the UK they are responsible for 200 cases and up to 175 deaths every single day.

At Shilpa Dave health we offer personalised medicine to allow bespoke health screening for the early detection of cancer, and also offer a range of services around nutrition lifestyle medicine and mindfulness which together can help patients improve their health, sleep, and mental well-being which in turn can improve their ability to manage their weight and take regular exercise.

Do not leave symptoms – get checked

If you are over the age of 40 and have any of the following symptoms you really should seek medical assessment quickly.

- Unexplained weight loss
- A lump that has appeared and has not gone away
- A skin lesion that has grown or changed in size or shape
- Blood in your motions or urine or a change in your bowel habit that persists
- A persistent cough that will not go away or shortness of breath
- A breast lump, skin change or discharge from the nipple
- Unexplained anaemia on a routine blood test or feeling very fatigued all the time
- Persistent dizziness, problems with your vision or being unsteady on your feet
- Persistent aches and pains that are getting worse week by week

Our tailored health screens are not only designed to identify underlying health conditions but also screen you for future health risks and concerns.

We look at all aspects of your health not just physical problems and blood test results.

We are different from many health providers who often only perform a narrow range of basic blood tests (not cancer screening tests like a smear or FIT test) and cover only basic aspects of your lifestyle and also unlike most health screens we include a follow up Consultation to discuss the outcome and create a tailored plan just for you.

The Health Screening questionnaire covers all aspects of your Health and Lifestyle so please allow at least an hour to complete it thoroughly.

We offer two types of Health Screen **CORE** and **PLATINUM**. The Core Health Screen is ideal for patients who want a full health check, the Platinum Health Screen combines all the benefits of the Core Screen with our in depth Functional DX biomarker blood testing and a detailed Nutritional therapy appointment and report.

Frequently Asked Questions About our Health Screens

What to expect

Step 1: Choose a date and time that suits you and book online and pay for your health screen. The cost includes both initial and follow up consultation

The health screen is 60 minutes and includes an additional 30 minute follow up consultation usually 1-4 weeks after the health screen depending on the tests taken). Allow some time to complete your online questionnaire.

Step 2: The online questionnaire covers all areas of your health and will allow your Doctor to have a good understanding of your health concerns before the health screening appointment.

Step 3: On the day, arrive 10 minutes before your appointment and wait to be called into the surgery. You will be asked to provide a urine specimen so drink plenty of water before you arrive as well. We usually ask patients to arrive having fasted from 10pm the night before so we can perform accurate blood tests, so bring a snack with you so you can eat straight after your blood tests.

Most patients will have blood tests straight way, but patients undertaking FDX biomarker blood testing may be asked to book in for a dedicated appointment as the blood testing process is more complicated (we have to centrifuge and process the sample prior to courier collection).

You will be given a range of options depending on the health screen findings and we book your follow up appointment to discuss your test results.

Step 4: Follow up. At the follow up appointment many patients simply are reassured and discharged. For some patients who tests reveal medical conditions we may recommend further tests.

A good example of this is the Cardioscan myPatch remote Holter device. More information about the myPatch device can be found [here](#). Some patients will need referral to a specialist, and we may make suggestions for more detailed testing (such as gut testing). Our platinum health screens include a 60 minute appointment with Christine Bailey with the results of your FDX biomarker panel blood tests. The FDX test results and comprehensive report usually take 3 weeks to come back as the report is very detailed.

Step 5: Achieving your health goals. For some patients with chronic or ongoing health concerns follow up will be recommended to support you and some patients use a Functional Medicine approach to optimise their health at this stage. This could include wearable health technology. More information about the Functional Medicine approach can be found in the Functional Medicine Section of our website.

Some will choose to use our wellness team to pursue their health goals and improve their overall health and you can book appointments for personal training, Yoga or Nutritional therapy once your health screen results have been discussed with you.

Core Health Screen

- Lifestyle analysis
- Bodyscan
- Urinalysis
- Comprehensive Blood Panel*
- ECG
- FIT test for bowel cancer
- Cervical Smear
- PSA Test for men

Platinum Health Screen

- As above with replacement of comprehensive blood panel with FDX Advanced biomarker blood testing with detailed report and Nutritional therapy appointment 60 mins

Bolt ons

- Sleep and Activity Tracking**
- Yoga
- Mindfulness and Breathing sessions
- CardioScan remote cardiac monitoring
- MRI
- Mammography
- CXR

* Detailed Health Questionnaire and Lifestyle Analysis, Blood Pressure, Height, Weight, Body Composition Analysis Comprehensive Body composition with Bodyscan™ (Hydration, lean muscle, %body fat, visceral fat, Bone mass), urinalysis, (smear for women). Blood tests HAEMATOLOGY (FBC, differential, ESR, Ferritin) BIOCHEMISTRY (Sodium, potassium, chloride, bicarbonate, urea, creatinine, eGFR) LIVER PROFILE (bilirubin, Alkaline Phosphatase AST,ALT, Albumin, Globulin) CARDIAC PROFILE (LDH, CK, glucose, triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-LDL Cholesterol, iron, iron binding) BONE PROFILE (calcium, phosphate, uric acid) VITAMIN D, THYROID PROFILE (Free T4/TSH) HBA1c + FIT Test (faecal test).

** Requires OURA Ring 3 purchase via www.oura.com

Please visit our website to book your health screen today

Dr Shilpa Dave



Director Shilpa Dave Health March 2023

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Males

Persons