



Your Health, Your Way

# Maintaining Your Health



# Health Check at Mater Private Network

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 over 18 years old 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 Mater Private Network is a physician-led service and has been providing comprehensive health screening assessments for over 30 years.**

Your visit to Health Check should take less than 3 hours. 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.

Log on to [www.revenue.ie](http://www.revenue.ie)  
for information on how to claim 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
- Spirometry
- Respiratory Test
- Testicular Examination
- Breast Examination
- Vision Assessment
- Hearing Assessment
- Cardiovascular Evaluation
- Joint & Muscle Evaluation
- Respiratory Evaluation
- Central Nervous System
- Abdominal Examination

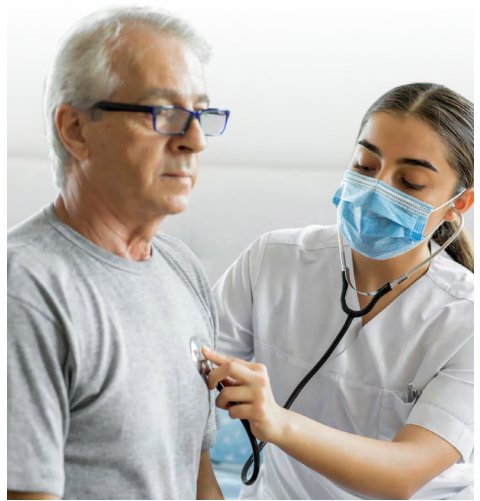
## Consultation



- Health Issues & Symptoms
- Medical History
- Allergy History
- Medication
- Lifestyle Analysis
- Family Medical History

## 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 on-site at Mater Private.



### 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
- 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)



### Additional Tests if clinically indicated

- Chest X-Ray
- PSA (Prostate Cancer Screen, Males Age 40+)



\* Anyone who requires further investigation or medical care following their Health Check can be referred on to our consultant specialists for expert care.

# How to Find Us

## Mater Private Cherrywood

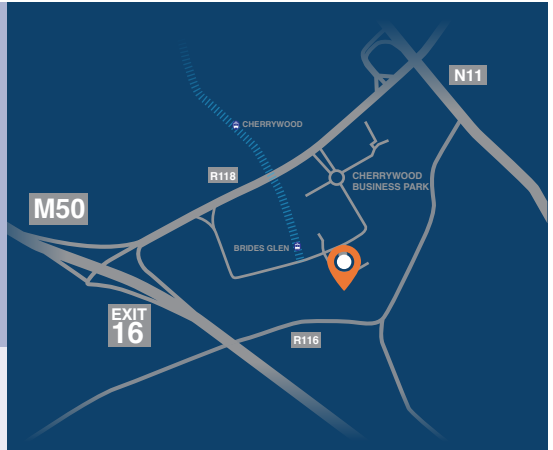
Building 11,  
Cherrywood Business Park,  
Loughlinstown,  
Dublin 18  
D18 DH50



Free parking



Wheelchair access



Our facility is accessible by car and public transport. Parking is available behind the building - please only use the spaces marked Mater Private.

## Mater Private Northern Cross

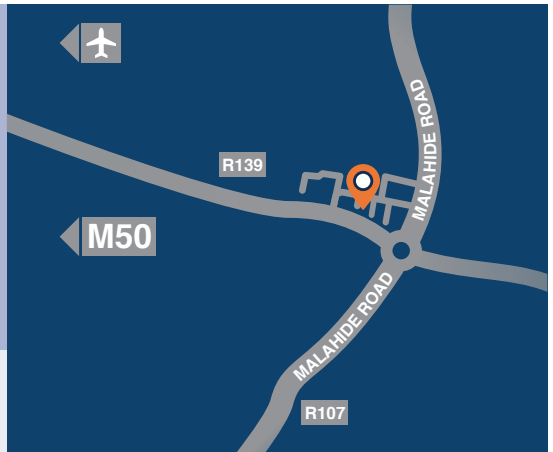
Newenham House,  
Northern Cross,  
Malahide Road,  
Dublin 17  
D17 AY6



Free parking



Wheelchair access



On-street parking is available - please check local signage, some areas are metered and some are free for up to 3 hours. There is an entrance from the car park and the front of the building.

## HEALTH CHECK

t 01 885 8257 / 885 8258  
e [healthcheck@materprivate.ie](mailto:healthcheck@materprivate.ie)

### MATER PRIVATE CHERRYWOOD

Cherrywood Building 11,  
Cherrywood Business Park,  
Loughlinstown,  
Dublin 18, D18 DH50

### MATER PRIVATE NORTHERN CROSS

Newenham House,  
Northern Cross,  
Dublin 17  
D17 AY61

Visit our website  
[www.healthcheck.ie](http://www.healthcheck.ie)



[www.materprivate.ie](http://www.materprivate.ie)

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