



hassle free
healthcare



What Your Blood Says About Your Health And Wellbeing

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At Hassle Free Healthcare we understand you want to feel confident and assured about your health status. In order to do that, you need to know you're healthy. The problem is, you don't have quick access to know what is going on inside your body which makes you feel worried about your health.

We believe everybody deserves to know what is going on inside their body to manage their health proactively. We understand how vital it is to have rapid understanding of your health when you need it, which is why we offer an extensive range of blood tests covering everything from routine checks to specialised diagnostics such as cancer screening.

Blood tests give us a snap shot of your overall health by telling us what is happening **inside**. This helps to detect problems early and monitor exciting conditions.

This document provides an overview of what some common blood tests can reveal about your health.

Full Blood Count (FBC):

A full blood count (FBC) is a common blood test that measures different types of cells in your blood, such as:

- **Red Blood Cells:** These cells contain Haemoglobin (HB), a protein that carries oxygen around your body. If your HB level is too low, it may indicate that you have anaemia or too high may suggest certain conditions that increase the risk of blood clots.
- **White Blood Cells:** These cells fight infection. High levels can be due to infection or more serious conditions like Leukemia. Low levels may be due to certain autoimmune conditions or drugs such as chemotherapy.
- **Platelets:** These cells help your body form clots to stop bleeding. If you cut yourself, it's the platelets that rush to the site of the injury and help seal the wound by forming a blood clot. Having either too many or too few platelets can indicate a range of health issues.

Liver Function:

The liver is responsible for many of the body's essential functions such as regulating blood sugar levels, fighting infections and detoxifying your blood.

The following enzymes are measured to see how well your liver is working:

- **Alanine Transaminase (ALT):**

- **Aspartate Transaminase (AST):**

- **Alkaline Phosphatase (ALP):**

- **Gamma Glutamyl Transferase (GGT)**

Abnormal levels of these enzymes can indicate liver damage and inflammation, hepatitis and bone disorders

Kidney Function:

Kidneys play a vital role in keeping your body functioning including the removal of waste products, releasing hormones to regulate blood pressure and controlling the production of red blood cells.

The following tests tell us how well your kidneys are functioning:

- **Urea:** When your kidneys are healthy, they filter out urea and other waste products from your blood, which are then excreted in your urine.
- **Creatinine:** Creatinine is produced by your muscles and is normally filtered out of your body by your kidneys.
- **Estimated Glomerular Filtration Rate (eGFR):** Estimates how well the kidneys are filtering blood and removing waste products. eGFR is primarily used to screen for and monitor kidney disease.

Thyroid Function:

Thyroid disorders are common but often remain undiagnosed. If your thyroid isn't functioning properly, it can cause tiredness, mood problems and weight issues.

These tests measure how well your thyroid gland is producing and reacting to certain hormones:

- **Thyroid-Stimulating Hormone (TSH):** This test measures the level of TSH in your body. TSH is a hormone that helps regulate the thyroid gland, which is responsible for controlling your metabolism.
- **Free T4:** This test measures the level of a hormone called thyroxine in your body. Thyroxine is produced by the thyroid gland and plays a crucial role in regulating your metabolism, energy levels, and growth.

Cholesterol:

High cholesterol levels can cause your arteries to become blocked - leading to coronary heart disease, heart attack or stroke. Finding out about high levels of cholesterol can help you to make the positive lifestyle and dietary changes needed to improve your chances of a long and healthy life.

- **Low-Density Lipoprotein (LDL):** Known as 'bad' cholesterol. While some cholesterol is necessary for our bodies to function properly, too much LDL cholesterol can be harmful and increase your risk of heart disease.
- **High-Density Lipoprotein (HDL):** Known as 'good' cholesterol because it helps remove bad cholesterol from your arteries, reducing the risk of heart disease.
- **Triglycerides:** Type of fat found in your blood. This test can assess your risk of heart disease .

Diabetes:

Diabetes is a condition where your body has trouble regulating blood sugar levels. High blood sugar levels can damage your organs over time, leading to serious health problems.

Unmanaged or undiagnosed diabetes is one of the leading causes of mortality.

We can screen for pre-diabetes and diabetes using the following test:

- **HbA1c:** This test measures the average amount of sugar in your blood over the past 2-3 months.

Book A Blood Test

**Get Your First Well Person Health Check for £295
Usually £400. Use Code HFH295**



Personalised Blood Test
Detailed medical history gained prior to your blood test so we can decide the right test for you.



Results Back Within 72 Hours
Results discussed in person alongside a personalised report and recommendations.



Feel Confident
Enjoy the peace of mind that comes with knowing your health is under control.

1. Contact our team – Book your blood test today. Our phone lines are open 8am to 8pm Monday to Friday and 8am to 4pm on Saturday. Appointments are available 3pm to 8pm Monday to Friday and on Saturdays.
2. Get your blood test results within 72 hours – We will go over your results in person and answer any questions you may have. You will leave with a detailed easy to understand report that includes personalised insights and recommendations.
3. Take action – If any of your results are significantly outside the normal range, we will discuss and agree a plan. This may include a prescription, further investigations, or a referral to a consultant.



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