

margaret.mccartney@ft.com

Fair information about health  
checks

# at

#### SEND US YOUR QUERIES

Send your nutritional problems to [jane.clarke@thetimes.co.uk](mailto:jane.clarke@thetimes.co.uk) or to Jane Clarke, T2, 1 Pennington St, London E98 1TT. Jane's replies cannot apply to individual cases and should be taken in a general context. Consult your GP if you suffer from any health or specific conditions. Jane cannot enter into personal correspondence. Visit her website: [www.janeclarke.com](http://www.janeclarke.com)



#### A personal consultation with Dr Thomas Stuttford

Every Wednesday at noon he answers a different health question. Tomorrow he will deal with queries on the use of antidepressants. [www.timesonline.co.uk/talkingpoint](http://www.timesonline.co.uk/talkingpoint)

**ON SATURDAY IN** body&soul: Enjoy your Christmas dinner without piling on the pounds

## Give your body an MOT

### Lifescan offers direct access to the latest CT scanning technology

- We can detect the early signs of heart disease, lung cancer, colon cancer, osteoporosis, aneurysms and other illnesses
- Lifescan is the UK's leading provider of private CT health screening
- All images are reported on by highly experienced Consultant Radiologists
- Our CT scanners are 'open' so you are not enclosed in a small space or 'tunnel'
- Lifescan checks are usually only needed every 5 years making it good value for money compared to other health screens

A visit to Lifescan could help save your life or the life of someone close to you



## Would you benefit from a Lifescan health check?

Certain things can put your health at risk – smoking, for example, or if your family has a history of heart disease, stroke or cancer. So, too, can diabetes, high blood pressure or high cholesterol, and a stressful or sedentary lifestyle.

Our questionnaire will help you determine if your health and wellbeing could be at risk.

**Call now on  
0845 456 4484**  
for a free information pack and price list quoting the reference below, or visit our website at:  
**www.lifescanuk.org**

Lifescan centres are located in:-

- Brentwood
- Bristol
- Glasgow
- Guildford
- Leamington Spa
- London
- Manchester
- Tunbridge Wells

Lifescan is regulated and inspected under the IR(ME) Regulations 2000.

Reference DTDS18



If you answer YES to any of the questions you could benefit from the services offered by Lifescan.

Are you:	Over 40?	<input type="checkbox"/>
	Overweight?	<input type="checkbox"/>
Do you:	Smoke or have you ever smoked?	<input type="checkbox"/>
	Currently drink more than the recommended weekly levels of alcohol? (21 units for men, 14 units for women)	<input type="checkbox"/>
	Eat a diet that's high in fat or calories, or low in fibre?	<input type="checkbox"/>
	Suffer from high levels of stress?	<input type="checkbox"/>
	Have high blood pressure?	<input type="checkbox"/>
	Have high cholesterol?	<input type="checkbox"/>
	Have diabetes?	<input type="checkbox"/>
Do you have a family history of:	Have a history of colon cancer or polyps?	<input type="checkbox"/>
	Have a sedentary lifestyle?	<input type="checkbox"/>
	Heart disease?	<input type="checkbox"/>
	Diabetes?	<input type="checkbox"/>
Have you:	Lung cancer?	<input type="checkbox"/>
	Colon cancer or polyps?	<input type="checkbox"/>
	Recently experienced unexplained weight loss?	<input type="checkbox"/>
	Ever been exposed to asbestos or other hazardous chemicals?	<input type="checkbox"/>
	Had a change in your bowel habit, such as diarrhoea or constipation?	<input type="checkbox"/>



# We've been checked!



Put your mind at ease with a health check from Lifescan, the UK's leading provider of private CT assessments.



• Brentwood • Bristol • Glasgow • Guildford • Leamington Spa • London • Manchester • Tunbridge Wells

# Up to £100 off Bupa Health Assessments

- [Bupa Advanced Health](#)  
Combining an in-depth profile of your overall health with a fitness evaluation. This assessment provides you with a comprehensive overview of the exact shape you're in.
- [Bupa Complete Health](#)  
Providing a comprehensive picture of your current state of health. It alerts you to any early signs of disease and encourages you to take action against them.
- [Bupa Female Health](#) focusing on elements particular to female health that customers would like to have checked more frequently.

# Wouldn't it be reassuring...

- To find out exactly what shape you're in?  
Our new generation of personalised health assessments aim to do just that – offer you peace of mind on your state of health.

# People and patients

- Given tests when evidence applicable has not been explained
- Encouraged to have tests where evidence does not exist
- ‘Choice’ can cause fear and anxiety
- Costs are financial, emotional, physical and may not just involve one person
- Costs of follow up and sorting out seem to default to the NHS

# Doctors

- Make the care of your patient your first concern
- Give patients the information they want or need in a way they can understand
- Provide effective treatments based on the best available evidence
- Are doctors complicit in fuelling a non evidence based screening culture?

# Fair information – real choice

- Pros and cons
- False positives and false negatives
- Incidentalomas
- Lack of evidence and anecdote
- Inequity of provision and follow up
- The perils of being a ‘patient’