

Base Health Test - the process considers and provides results for the following

Component	Details
1. Phlebotomy	Blood taking and diagnostic for risk assessment inclusive of STDs and blood born viruses
2. Temperature	As above
3. Urine sample testing	As above
4. Body Mass Index 5. Waist Hip Ratio	Clinical Examination <ul style="list-style-type: none"> ➤ Results of BMI, ➤ Weight, ➤ Height ➤ Waist, ➤ Hips
6. Blood Pressure	<ul style="list-style-type: none"> ➤ Lying right arm, ➤ Sitting Right Arm ➤ Normal
7. Pulse wave analysis	<ul style="list-style-type: none"> ➤ Ejection Duration ➤ Aortic Time of reflectance ➤ Augmentation Pressure ➤ Augmentation Index ➤ Sub-endocardial Viability Ratio ➤ Sympathetic/Parasympathetic Ratio
8. Electrocardiogram (ECG)	Heart Rate Analysis
9. Heart Rate Viability (HRV)	<ul style="list-style-type: none"> ➤ Resting heart rate ➤ Sympathetic ➤ Parasympathetic ➤ Sym/Para ratio ➤ rMSSD
10. Pathology	<ul style="list-style-type: none"> ➤ Cholesterol ➤ Triglyceride ➤ LDL ➤ HDL ➤ Glucose ➤ Homocystine ➤ Plasma Creatine ➤ Proteninura

11. Lifestyle	<ul style="list-style-type: none"> ➤ Smoking ➤ Tea ➤ Coffee ➤ High caffeine products ➤ Alcohol ➤ Exercise ➤ Exercise details ➤ Current Diet Details
12. Physical and medical symptoms	<ul style="list-style-type: none"> ➤ Symptoms such as chest pain, uncomfortableness irritations, rashes etc. ➤ Other conditions; ➤ Medications ➤ Medical conditions ➤ Other conditions ➤ Any other information collected from patient
13. Sub maximal Exercise test	Your personal fitness level
14. Body Composition	Your body weight assessed from two perspectives Active Tissue Mass (ATM) and fat mass – fat is lighter by volume than ATM!
15. Cellular Health	Intracellular water (ICW) the potassium rich fluid found within a cell Extracellular water (ECW) the sodium rich fluid found outside of a cell (toxins)
16. Body Composition Age	Your BCA rating ideally below your age – turning back your body clock
17. Girth Measurements	A variation tool to assess whether weight is being gained or lost, a guide for fat loss muscle (hypertrophy) gain
18. Family History	Collection of health data pertaining to family history. <ul style="list-style-type: none"> ➤ Angina ➤ Heart Attack ➤ Stroke ➤ High Blood Pressure ➤ High Cholesterol ➤ Diabetes ➤ Cancer ➤ Obesity ➤ Other
19. Skin Cancer Testing	Operated by mole map at our premises *

MoleMap is a state of the art program involving the digital imaging, archiving, and diagnosis of moles and other suspicious lesions.

The procedure utilises a combination of high resolution dermoscopy imaging technology that uses high intensity light to penetrate through the surface of the skin to show the structure of moles (and other lesions) and a dermatologist's expert evaluation of the images.

In addition to the increased diagnostic accuracy associated with dermoscopy, MoleMap is able to detect at an earlier stage any new, changing and/or suspicious lesions by monitoring and comparing the images over time. While MoleMap has the ability to identify all skin cancers, its primary focus is on the early detection of melanoma.