



**Dr.**  
**Arun**  
**Ghosh™**

'Mens Sana In Corpora Sano'

A healthy mind in a healthy body



# Welcome

Private GP service is friendly, convenient and more accessible than the service of most NHS GP's. Most people do not even know Private General Practice exists or why or when to access it.

You can use a private GP (private doctor) for a one-off consultation, may be a health screen or a MOT check-up and for acute illnesses, such as the flu or tummy upset. You may be looking for a more long term relationship and wish to have a private doctor to monitor you through your pregnancy or illness. We provide men, women and children with as much time with a doctor as they need in private appointments suitable to them.

Our aim is to help our patients and people stay fit and healthy in both mind and body, supporting them in diagnosing illness and aiding recovery. We are able to cover your individual needs, your entire family and even your business.

Confidential advice and treatment options can be provided for many medical conditions.



## Executive Lifestyle?

Are you worried about how a hectic lifestyle is affecting your health? Do people tell you to slow down or stop drinking? Are you frequently feeling tired? Do you worry about health concerns but are too busy to get a check up e.g. chest pains, bowel problems, headaches, high cholesterol, high blood pressure or how smoking is affecting your health.

If your asking these questions, did you know you can get the answers to most of these questions in 30 minutes? Come and get our 5 point executive lifestyle check designed to give you total peace of mind about your health or confirmation of any health problems.

Your health check is followed by a personalised health report with test results, explanations and any recommendations. Your report is delivered to you within one week, that can be posted, emailed or even sent via text message.

**Prices start from only £250.00, can you afford to ignore your health?**

Contact Dr Arun Ghosh today on [myhealth@drarunghosh.co.uk](mailto:myhealth@drarunghosh.co.uk) to book.



# Executive health check for total peace of mind about your health.

## The 5 point executive health check...

### **Resting ECG Test (Heart Trace):**

This is known as an electrocardiogram, and records any problems with the heart's rhythm, and heart beat conduction which may be affected by underlying heart disease. Your results are reviewed by a cardiologist.

### **Spirometry (Pulmonary Function Tests):**

Measuring your lung function, specifically volume and flow of air that can be inhaled and exhaled. The results help in assessing conditions such as asthma, pulmonary fibrosis, cystic fibrosis, COPD and any damage caused by smoking or environmental pollution.

### **Blood Tests:**

Allow for early detection of diseases with full blood count and tests for cholesterol levels, diabetes, gout, kidney and liver function,

iron levels, alcohol, hormones, bone profile and inflammation.

### **Urine Test (Urinalysis):**

A simple test with no discomfort done by passing urine into a pot to screen for early signs of diabetes or kidney disease, to check for blood in the urine and to diagnose a urinary tract infection.

### **Doctor Consultation & Examination:**

A top to toe physical examination focusing on your particular health concerns. This also allows you one-to-one time with the doctor where you can further disclose any information if you require.

**If required, we can also arrange a follow up appointment, referral or additional tests.**

# Additional Tests:

Specific male and female tests can be arranged on request as part of your executive health check. Additional tests may incur an additional charge.

## Specific Tests For Males:

- Prostate examination
- Testicular examination
- Instruction in self-examination
- Blood test for PSA (Prostate Specific Antigen) for men over 45 or if clinically indicated

## Specific Tests For Females:

- Pelvic examination
- Cervical smear
- Breast examination
- Instruction in self-examination and breast awareness
- Mammography for patients over 40 years or if clinically indicated

For further information or to book an appointment for an executive health check please contact Dr Arun Ghosh direct on [myhealth@drarunghosh.co.uk](mailto:myhealth@drarunghosh.co.uk) or call our Private GP Health Care team on +44 (0)151 733 7123.

# Contact:

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