

Wellness Screening

BLOOD GROUP TESTING

Blood group testing is used to determine ABO blood groups and Rh type. This is useful when you need to be transfused with blood or blood components or when you donate blood at a collection facility; pregnant women are tested to determine the risk of Rh incompatibility between the mother and foetus.

CHOLESTEROL

A cholesterol test (lipogram) helps to assess your risk of developing cardiovascular disease and assists in monitoring treatment for high cholesterol.

FULL BLOOD COUNT

This test can be used to determine your general health status and to screen for, diagnose, or monitor any one of a variety of diseases and conditions that affect blood cells, such as anaemia, infection, inflammation, bleeding disorders or cancer.

GLUCOSE

A glucose test determines if your blood glucose level is within a healthy range; may be used to screen for, diagnose, and monitor high blood glucose (hyperglycaemia) or low blood glucose (hypoglycaemia), diabetes, and pre-diabetes. A *glucose* test may be done as part of a regular consultation; when you have symptoms suggesting hyperglycaemia or hypoglycaemia; during pregnancy; if you are diabetic or pre-diabetic.

INSULIN

An insulin test is done to help evaluate insulin production; to help determine the cause of and to monitor hypoglycaemia; to diagnose insulin resistance; to monitor diabetics; and / or when you have symptoms suggesting insulin is being either inappropriately released or utilized by your body.

HIV ANTIBODY

A test used to determine if you are infected with the Human immunodeficiency virus (HIV). This test is done one month to three months after possible exposure to the virus; once a year if you are at increased risk of being exposed to the virus; when your doctor thinks that your signs and symptoms may be due to HIV; before becoming pregnant or when pregnant.

HOMOCYSTEINE

A Homocysteine test is used to determine if you are folate-deficient or B12-deficient; to help diagnose a rare inherited disorder called homocystinuria; to determine if you are at increased risk of heart attack or stroke and as part of a cardiac risk assessment.

IRON PROFILE

An iron profile is used to evaluate your body's current level of iron and assists in monitoring treatment. Iron deficiency can cause anaemia, which presents with symptoms such as fatigue, hair loss and depression. Iron deficiency can also weaken the immune system and make one more susceptible to infections.

LIVER FUNCTION

To screen for, detect, evaluate, and monitor acute and chronic hepatitis, liver disease and/or liver damage. It may be tested periodically to evaluate liver function; whenever you are at risk for liver injury; when you are taking medications that may affect your liver; when you have a liver disease or when you have symptoms associated with liver damage, such as jaundice.

THYROID FUNCTION AND ANTIBODIES

The thyroid function test is used as part of a health check-up or when symptoms suggest hypo- or hyperthyroidism due to a condition affecting the thyroid; it evaluates thyroid gland function and helps to diagnose thyroid disorders. The thyroid antibody test helps diagnose and monitor autoimmune thyroid diseases and to distinguish these from other forms of thyroid disease and to help guide treatment decisions. The antibody test is done when you have a goitre and/or when your other thyroid tests indicate thyroid dysfunction; as a monitoring tool when you have a known autoimmune thyroid disorder.

VITAMIN B12

This test is done when you have an abnormal full blood count or an abnormal blood smear; when you have symptoms of and/or of neuropathy or when you are being treated for vitamin B12 or folate deficiency. It is used to help diagnose one cause of anaemia or neuropathy; to evaluate nutritional status in some people; to monitor the effectiveness of treatment for vitamin B12 or folate deficiency.

VITAMIN D

This test determines if you have a vitamin D deficiency and is used to monitor treatment. Often tested when you have an abnormal calcium, phosphorus, and/or parathyroid hormone level; when you have evidence of bone disease or bone weakness; when you are at high risk of deficiency and prior to starting drug treatment for osteoporosis. Vitamin D deficiency is implicated in various diseases, some of which include infertility, depression, and autoimmune diseases.

If you would like to make an appointment with either Dr Cornelia Botha or Dr Tanith Davidson please contact their receptionist on 0117871221.