

MOT



The menopause and osteoporosis test exclusively developed by Dr Marilyn Glenville PhD

This unique multi-part health screening can be regarded in much the same way as an MOT for your car – an opportunity to monitor your present condition, to highlight current and potential problems, and then to put them right.

The MOT is designed to address the specific health risks for women who are pre-menopausal, going through the menopause or post-menopausal: in particular, the threat of osteoporosis, heart disease, breast cancer, diabetes, high cholesterol, premature ageing or Alzheimer's.

Dr Glenville's emphasis is always on preventative action, since this is far more constructive than waiting to treat problems after they occur.

Bone scan

Testing for: bone health/osteoporosis

This test assesses bone health and fracture risk, and can indicate your risk of osteoporosis. Results are immediate and will be explained during your appointment. The scan is also useful as a filter to determine if you need to be referred to your doctor for further specialist investigations.



Test method

The scan uses ultrasound which is passed through the heel bone. The heel bone, like the hip and spine, is rich in trabecular bone where the most common fractures occur. In studies, ultrasound of the heel has been shown to predict future hip fractures.

The state-of-the-art machine used for this test is the only ultrasound scanner to be FDA approved in assessing fracture risk in women. The test is performed during your appointment. This painless non-invasive procedure takes around just a few minutes.

Bone turnover test

Testing for: bone health

This test analyses the rate at which your bone tissue breaks down. Bone is living tissue which, in a healthy body is constantly being broken down and replaced. The speed at which it does so is called bone turnover. Old bone is weaker so efficient renewal is vital for bone strength.

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Test method

Bone turnover is measured via the biochemical markers present in urine. A number of these markers can be analysed but one of them, N-telopeptide (NTx) seems to be most sensitive and specific, especially for women. Ahead of your appointment you will be asked to send a urine sample (in the kit provided) directly to the laboratory. The results will be ready by the time you attend your MOT appointment. Specific nutritional recommendations will be given to help alleviate any problems found.

Mineral analysis test

Testing for: mineral deficiencies

It is vital around the menopause to ensure you are not deficient in certain minerals, especially for the long-term health of your bones. This test accurately analyses the levels of the following minerals in your blood.

Calcium is the most abundant mineral in the human body and is crucial in the prevention of osteoporosis. Research shows that good levels of calcium can also help with high blood pressure, heart disease, Alzheimer's, muscle cramps, anxiety depression, irritability and tooth decay. Calcium on its own, however, is not enough as other minerals are as important.

Magnesium is the body's second most abundant mineral, 60% of which is found in your skeleton. It is as important as calcium for the prevention and treatment of osteoporosis. Most cases of magnesium deficiency go undetected because serum magnesium levels are measured. However, 99% of your body's magnesium is stored in cells, not in serum, so in your screen we measure **red cell** magnesium (not serum). This is regarded as the most accurate indicator of magnesium levels. Magnesium is essential to help the absorption of calcium.

Zinc There are more than 200 zinc-dependent enzymes in the system and zinc is involved in the production of many hormones including thyroid, insulin and sex hormones. It is also vital for the optimal functioning of your immune system, and zinc is found in higher concentrations in bone than any other tissue in the body – and together with vitamin D boosts calcium absorption from food. A zinc deficiency is also thought to accelerate the ageing process.

Manganese Good levels of manganese are needed for healthy bones, cartilage and skin. It helps with the metabolism of fats and stabilisation of blood sugar levels. It also functions in many enzyme systems, including those involved in energy and thyroid hormone function.

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Chromium is important for prevention of diabetes. It is required for the metabolism of sugar and helps insulin take glucose into the cells. Without chromium, insulin is less effective at controlling blood sugar levels and glucose levels rise. It is the most widely-researched mineral used in the treatment of obesity partly because it helps to control cravings and reduces hunger. It has been found to help in breaking down fat and cholesterol in the blood. maintaining a good level of chromium can also help with mood swings, depression and stress.

Selenium is a powerful antioxidant and is known as one of the most important 'anti-ageing' minerals, helping to protect the body from highly-reactive chemical fragments called free radicals. Free radicals are linked to many health problems including cancer, coronary heart disease and premature ageing. They speed up the ageing process by destroying healthy cells and they can then attack DNA in the nucleus of a cell, causing cell mutation and cancer. Low levels of selenium have also been linked to underactive thyroid problems.

Test method

Your mineral levels will be determined from a small blood sample. You will be given a test kit which you will need to take to your doctor to get a blood sample. This sample should then be sent by you to the laboratory before your MOT appointment. The results will be ready at your MOT appointment. Your Health Screen Practitioner will advise you on a specific 3- month supplement programme for you to follow to make up for any deficiencies revealed by the test.

Weight and height measurement

Testing for: general health indicators

Based on your bodyweight and height, the Health Screen practitioner will calculate your Body Mass Index (BMI). This gives an indication of whether you are under- or overweight for your height, information which is then taken into account when your dietary recommendations are given. For many reasons it is unadvisable to be either under- or overweight at the menopause. It is also important to begin a process of regularly measuring height. This is because even the slightest reduction in height over time can indicate spinal compression and the possible onset of osteoporosis.

Body fat assessment

Testing for: total fat percentage of body

Nobody wants to be overweight but it is more important not to be 'overfat'. It is perfectly possible for a woman to seem to be an ideal weight for her age and height – but actually to be carrying too much fat and too little lean tissue (muscle).

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A higher than average body fat percentage is now known to increase the risk of heart disease and strokes, excess cholesterol, high blood pressure, insulin resistance and Type 2 diabetes. It can also indicate a heightened risk of breast cancer, since oestrogen is produced in fat cells.

The MOT therefore includes a very accurate body fat measurement using our state-of-the-art clinical standards body fat monitor. If your body fat is found to be at a dangerous level, you will be given all the dietary and nutritional advice you need to help reduce it.

Blood pressure measurement

Testing for: heart disease indicators

High blood pressure on its own often reveals no immediate symptoms, but higher than normal readings can indicate increased risk of heart disease and strokes. High blood pressure is usually treatable via dietary, supplementary and lifestyle solutions.

Personal consultation - up to one hour

The MOT includes a one-to-one consultation with your Health Screen practitioner. He or she will analyse and explain the results of the lab tests and other tests conducted during your Health Screen, plus the data gathered from your Lifestyle Questionnaire (on health, medication, family history etc) completed prior to your appointment.

Based on all this information, they will give you a specific plan of action to include dietary recommendations, what supplements to take and for how long, exercise suggestions - and flag up any risk factors that need to be focused on more fully either nutritionally or to be referred on for medical treatment.

During the consultation you will have the chance to discuss any specific health concerns you may have and to ask questions about the results. Your health screen practitioner may, of course, recommend you to see your GP or a specialist for further investigation, if your results warrant this.

Personalised health report

This detailed 20-page report contains copies of the results, analyses of all your tests, and specific dietary and supplement recommendations. The report is produced at the consultation enabling the contents to be discussed fully there and then.

This report is a uniquely important feature of the MOT and aims to give you a lasting sense of confidence and purpose.

It also means you can go home and talk over the findings with family and friends without forgetting anything that was said!



Optional add-on tests



Optional add-on tests

Dr Glenville's unique MOT represents an all-round 'menopause' health screening for any woman aged 40 and over.

However, we also offer other additional optional tests that investigate a number of other health concerns. Depending on your requirements, one or more of these extra tests can be booked in addition to the MOT or on their own.

Like the MOT, these tests address the specific health risks of women who are pre-menopausal, going through the menopausal or post-menopausal: osteoporosis, heart disease, diabetes, high cholesterol, premature ageing, breast cancer or Alzheimer's.

Cholesterol & Diabetes test

Specific risk factors:

- *family history of heart disease or strokes*
- *family history of late onset diabetes*
- *personal concern about either of the above*
- *tendency to be overweight*
- *you have smoked or do smoke*



The cholesterol test measures the levels of your total cholesterol, and also the proportions of both 'good' and 'bad' cholesterol. It is important that your overall cholesterol is within the normal range but it is even more important that the ratio of 'good' to 'bad' cholesterol is normal - otherwise you run an increased risk of heart disease. The glucose test measures your level of glucose to assess risk of diabetes. Type II (late onset) diabetes is an increasing risk as we get older, so it is important to know whether this is a problem.

Test method

Cholesterol is measured from a blood sample. You will be given a test kit which you will need to take to your doctor to get a blood sample. This sample should then be sent by you to the laboratory. Results will be discussed and recommendations for dietary changes and treatment will be explained at the consultation.

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Optional add-on tests

Homocysteine test

Specific risk factors:

- *family history of heart disease or strokes*
- *family history of Alzheimer's disease*
- *family history of senile dementia*
- *family history of osteoporosis*
- *personal concern about any of the above*

If any of the above risk factors apply to you, it is well worth including the homocysteine test in your health screen. Homocysteine is a toxic substance produced by the body which should be naturally detoxified – but when it isn't, it can increase the risk of heart disease, strokes, Alzheimer's and even osteoporosis. If the test shows your body is not working efficiently to detoxify homocysteine, it is possible to reduce high levels with specific vitamins.

Test method

Homocysteine is measured from a small blood sample. You will be given a simple finger-prick test kit to perform at home. You should then send the sample directly to the laboratory. The results will be discussed at the consultation, and any supplement recommendations and treatment will be explained.

Oestrogen metabolism test

Specific risk factors:

- *family history of breast cancer*
- *personal concern about breast cancer*

This is a test for women who want to lower their risk of breast cancer, especially for those with a family history of this condition. The test investigates the ways in which oestrogen is metabolised in your body. Along one pathway it is converted into a powerful substance (16-alpha-hydroxyestrone) which can stimulate certain tissues in the body and has been linked to problems such as breast cancer. However, it can also be metabolised along another pathway where it is broken down into a much weaker substance (2-hydroxyestrone) which may help to slow the division of cells.

Having the right balance between these two forms of oestrogen is important. It is possible to alter the balance of these two metabolites of oestrogen by making specific dietary changes. You are advised to repeat the test after 3 months to ensure the treatment has been effective.

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Optional add-on tests

Test method

Oestrogen metabolism is measured from a urine sample. You will be given a test kit beforehand. Take a sample first thing in the morning, then return the sample to the laboratory. The result will be discussed at the consultation, and treatment recommendations will be explained.

Vitamin D test

Specific risk factors:

- more likely to be at risk of osteoporosis
- family or personal history of cancer

This test measures the level of Vitamin D in your blood. Vitamin D is crucial not only in the prevention and treatment of osteoporosis, but also in the prevention of cancer. Clinical studies have shown that having good levels of vitamin D positively helps to control the growth of cancerous cells.

Test method

Vitamin D is measured from a blood sample. You will be given a test kit which you will need to take to your doctor to get a blood sample. This sample should then be sent to the laboratory. Results will be discussed and recommendations explained at the consultation.

Which combination of tests is right for me?

The table below helps you choose which tests will benefit you most.

I'm concerned about....	The MOT	Optional add-on tests			
	Menopause & osteoporosis test	Cholesterol & diabetes test	Homocysteine test	Oestrogen metabolism test	Vitamin 'D' test
My health now - and keeping myself well	✓	✓	✓	✓	✓
Osteoporosis*	✓		✓		✓
Past dieting or anorexia	✓				
Irregular menstrual cycles in the past	✓				
Effects of steroids, heparin or long-term laxatives	✓				
Heart disease or strokes*	✓	✓	✓		
Late onset diabetes*	✓	✓			
Being overweight	✓	✓			
Smoking - now or in the past	✓	✓			
Alzheimer's or senile dementia*	✓		✓		
Breast cancer*	✓			✓	✓
Cancer*	✓				✓
Prices: MOT Special Offer - Save £50	£347 £297	£47	£75	£147	£97

*Especially if you have a family or personal history of these particular conditions

Bone scan



Testing your bone health and your risk of osteoporosis

Although an integral part of the whole MOT health screen, the bone scan is also available on its own.

This vital test assesses bone health and fracture risk, and can indicate your risk of osteoporosis.

Results are immediate and will be explained by your health screen practitioner. The scan is also used as a filter to determine if you need to be referred to your doctor for further specialist investigations.

Specific risk factors

For women concerned about the risk of osteoporosis

Reliable statistics from the National Osteoporosis Society reveal that 1 in 2 women over the age of 50 in the UK will suffer from osteoporosis.

They also show that someone suffers a fracture due to osteoporosis every 3 minutes – and that up to 20% of women with osteoporosis die within six months of sustaining a bone fracture.

In view of these alarming statistics, you owe it to yourself to take every possible measure to reduce the risk of osteoporosis, or to minimise the effects if already present.



Test method

The scan uses ultrasound which is passed through the heel bone (calcaneus). The calcaneus, like the hip and spine, is rich in trabecular bone which has the faster 'turnover' and is where fractures most commonly occur.

The state-of-the-art bone machine used for this test is the only ultrasound scanner to be FDA-approved and is the first to be clinically proven in assessing fracture risk in women.

This painless non-invasive scan takes around 15 minutes, including expert analysis of the results by your health screening practitioner, each of whom has been personally trained by Dr Glenville herself.

Approved supplements



A positive way forward

Supplements approved by Dr Marilyn Glenville PhD

The aim of Dr Glenville's health screens is to give you a detailed understanding of your physical condition around the menopause and beyond, and to provide practical recommendations to help you stay as fit and healthy as possible throughout your future life.

The recommendations given in your Dr Glenville health screening report are based on nutritional protocols and lifestyle advice.

All of the supplements recommended in the report are based on Dr Glenville's many years of clinical practical experience and expertise, and are the same ones she uses in her clinics.

The supplements are of the highest quality and at the right dosage levels, giving you peace of mind that you are getting the maximum effectiveness and safety





Your questions answered

Why do I need a health screen?

Women are now living much longer, potentially 30 to 50 years past the menopause. However statistics show that women are increasingly subject to three major risks following the menopause: osteoporosis, heart disease and breast cancer.

Dr Marilyn Glenville PhD has used her years of nutritional research and experience to develop unique health screens for women. The screens are designed specifically to prevent, detect or treat conditions affecting women today including osteoporosis, heart disease, breast cancer, diabetes, premature ageing and Alzheimers.



The aim of the screens is to give women a detailed understanding of their health around the menopause and to provide practical recommendations to improve their health now and in the future. The screens are likened to giving the body an 'MOT' where health is assessed, problems are picked up and action is taken.

How does the MOT differ from other 'well woman tests'?

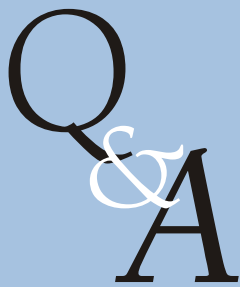
Dr Glenville's MOT is specifically aimed at women around the menopause. This combination of tests is unique in the UK. Indeed, some of the tests are not yet available on the NHS or from other private screening centres. Moreover, the MOT has a strong emphasis on natural solutions, not drug-based treatments. Whenever possible, it is about the prevention of future problems using nutritional protocols proven in Dr Glenville's clinics over decades.

I'm already taking supplements. Do I still need a health screen?

More people than ever want to avoid long-term use of medical drugs and the risk of side-effects, and to use a more natural approach to correct health problems. In fact, over 40% of UK adults (the vast majority women) are spending nearly £400 million a year on supplements.

But without testing you cannot be sure you're taking the supplements you personally need. Our health screens precisely identify the mineral deficiencies that should be corrected. So the answer to your question is 'yes', it would be very advisable.

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Who will actually do my screening?

Every Health Screening Centre is staffed by healthcare practitioners trained personally by Dr Glenville. And unlike other private screens, it is not an impersonal process. Your personal practitioner carries out the whole consultation, runs the tests, produces the report, discusses the findings in detail, answers questions face to face, and makes the recommendations for follow-up tests, lifestyle changes, dietary needs and a supplement programme.

What if the screening identifies I need supplements?

The supplements that are recommended as part of your action plan are the same ones that are used in Dr Glenville's clinics. They are of the highest quality and at the right dosage levels, giving you peace of mind that you are getting the maximum level of effectiveness and safety.

Can I have a health screen without a referral from my GP?

Yes. The MOT is ideal for pro-active women who are happy to take greater responsibility for their own long-term wellbeing.

Can you tell me more about Dr Glenville?

Dr Marilyn Glenville PhD (Camb) is the UK's leading nutritionist specialising in women's health. She has studied and practised nutrition both in the UK and in the USA for over 25 years. She is the President of the Food and Health Forum at The Royal Society of Medicine, a member of the Nutrition Society a psychologist, author and broadcaster. She currently runs clinics in London and in Tunbridge Wells with her team of nutritionists.

For more information on Dr Glenville, go to www.marilynglenville.com

How do I book my screening or find out more?

Simply call your local Health Screening Centre or visit in person if preferred.



Health screen price list



Health screen price list

Dr Glenville's Health Screens for women are unique in the private healthcare market. No other clinic or private hospital offers such a comprehensive combination of tests for pre-menopausal, menopausal and post-menopausal women, or the same quality of nutritionally-based advice and recommendations.

Bone scan only	£47
MOT health screening	£297
Optional add-on tests	
Cholesterol/Diabetes test	£47
Homocysteine test	£75
Oestrogen Metabolism test	£147
Vitamin D test	£97



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Past dieting or anorexia	✓				
Irregular menstrual cycles in the past	✓				
Effects of steroids, heparin or long-term laxatives	✓				
Heart disease or strokes*	✓	✓	✓		
Late onset diabetes*	✓	✓			
Being overweight	✓	✓			
Smoking - now or in the past	✓	✓			
Alzheimer's or senile dementia*	✓		✓		
Breast cancer*	✓			✓	✓
Cancer*	✓				✓
Prices: MOT Special Offer - Save £50	£347 £297	£47	£75	£147	£97

*Especially if you have a family or personal history of these particular conditions

How to book your health screen

If you require more expert help or advice on which tests you need, feel free to contact your local Health Screening Centre.

But if you have already decided you would like a health screen and to take this pro-active approach to your future health and wellbeing, please call your Health Screening Centre and book your appointment as soon as possible.

Appointment request



Request for appointment

When you have decided which health screen(s) you require, you have a choice of four ways to book your appointment.



1. Tel: **0845 2171373**
2. E-mail your contact details and the tests you require to: **enquiries@mghealthscreens.com**
3. Fax this form to: **0845 3133417**
4. Post this form to:
Dr Marilyn Glenville PhD Health Screens
14 St Johns Road
Tunbridge Wells
Kent
TN4 9NP

First name _____

Surname _____

Address _____

_____ Postcode _____

Telephone no. _____

E-mail _____

Health screens required

- Bone scan only
- MOT health screen

Optional add-on tests

- Cholesterol/Diabetes test
- Homocysteine test
- Oestrogen Metabolism test
- Vitamin D test

Once we have received your completed request we will call you to confirm the details of your appointment.