



The Dove Clinic for Integrated Medicine
The Old Brewery, High Street, Twyford, Winchester, Hampshire SO21 1RG

WELL-BEING

LIFE EXTENSION, HEALTH SCREENING

ANTI-AGEING PROGRAMME

Introduction

It is now scientifically possible to promote life-extension with anti-ageing therapy. This programme also serves as a well-being/health screening programme.

Ageing occurs not only at a cosmetic level but also at an inward level, whereby organ function diminishes over time predisposing us to diabetes, thyroid dysfunction, cardiac and hormonal change. These changes are often subtle but can be detected with specific tests. By implementing a corrective health programme which may include, diet and lifestyle changes together with appropriate treatment and supplements the progression to a clinical disease state can often be averted.

At The Dove Clinic, we offer a programme based on the latest scientific research; firstly assessing each patient, and looking at his or her biological age in comparison with his or her chronological age. We also look at any symptoms the patient may be complaining of, including non-specific complaints such as lack of energy or poor sleep. We then devise a programme of lifestyle, diet and supplements, which is reviewed at each six-monthly consultation. The aim of this programme is to develop a specific approach in relationship to the individual risk profile – using the clinical and laboratory tests outlined below. We also aim to improve each patient's sense of well-being. Having discussed the test results with the doctor, and considering all the optional treatment and diagnostic tests available, the patient is able to make an informed decision regarding further intervention.

The Programme

The programme consists of an initial appointment, involving a physical examination, looking at basic parameters such as height, weight, blood pressure and body mass index. We look at the blood in its living state using dark field microscopy and take blood samples for the following tests:

- Thyroid profile
- Blood biochemistry
- Haematology profile
- Liver function test
- Blood lipid analysis
- C Reactive Protein (a measure of inflammatory process)

The cost of this initial assessment including the blood test is £350. This will take approximately an hour and a half and can be done at our Wimpole Street clinic or at our clinic in Hampshire.

Three weeks after the initial appointment, there will be a further appointment to see a clinic doctor for an overview of the results of blood and diagnostic tests. The cost of this is £175

A dietary, lifestyle and supplement programme will be devised at this appointment and a follow-up appointment will be made for approximately six month's time. Not all the blood tests will need to be repeated at the follow-up appointment, so subsequent costs may be significantly less depending on individual requirements. There is an additional cost for any supplements prescribed.

Optional Extras:

1. An Andropause profile for men of appropriate age (blood test) - £110
2. A menopause profile for women of appropriate age (blood test) - £90
3. A measurement of Interferon Gamma at a gene expression level (blood test), which looks at the integrity of cell mediated immunity - £88.20
4. Chlorinated pesticide screen. This detects levels of a whole range of chemicals which are commonly found in the body such as organophosphates, organochlorines, brominated flame retardants, phthalates and bisphenola, the latter two from plastics. Excess quantities of these and similar chemicals are known to be important co factors in the development of cancers, and nervous system disorders such as Parkinson's Disease. Remedial treatments can be used to help lower toxic overloads in the system. (blood test)
5. ECG.
6. Diabetes Screening.

If you wish to book for the Anti-Ageing Programme, please ring 0207 580 8886 or 01962 718000 (for Hampshire) and say that you wish to book for the Wellbeing Programme and appropriate bookings will then be made.