



How to find us

The hospital is two miles west of the city centre and central railway station, in the Uplands area of Swansea, behind St James Church on Walter Road. Buses run regularly along Walter Road.

There is parking at the front of the building and access to the main reception area is via a stepped entrance. Patients and visitors who may find difficulty with the main steps may use the disabled entrance at the rear of the hospital.



Sancta Maria Hospital, Ffynone Road
Swansea SA1 6DF
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Health Assessments

Taking care of your future

Often as we grow older, we seek reassurance about our health and well-being. The media may exacerbate our concerns with topical health stories and we begin to notice the natural wear and tear of life.

Health assessments can offer reassurance and are becoming increasingly popular. At Sancta Maria we believe preventative medicine and screening have particular advantages in identifying health problems. It is now accepted that most medical problems can be treated more effectively if they are detected in the early stages.

People of all ages can benefit from a health screening assessment. Actively taking good care of your health begins with understanding your own personal health issues and lifestyle choices. At Sancta Maria the health assessment will help you to identify aspects of your life that may be putting you at risk of future health problems.

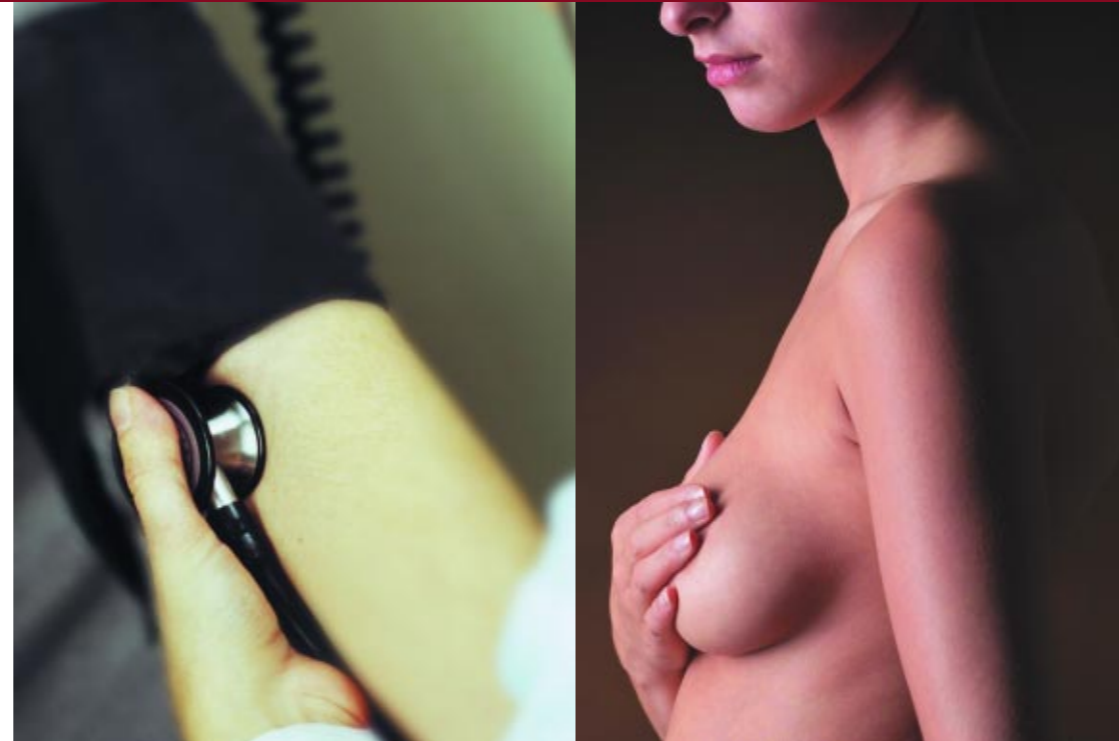
Assessments take place in a comfortable, relaxed environment with experienced, friendly doctors.

The full health assessment

The full health assessment will provide a comprehensive check-up, evaluating your current state of health, and examining your lifestyle. It will detect any problem areas or potential health risks. Initially, you will be asked to complete a questionnaire, which your doctor will review before meeting with you. It is important to answer all questions accurately, giving as much history as you are able.

Your full assessment will involve

- Full medical examination and consultation with a doctor
- Evaluation and analysis of lifestyle questionnaire with practical advice and information on maintaining a healthy way of life
- Comprehensive blood analysis to include approximately 30 different parameters including cholesterol, blood count, kidney and liver function
- Resting electrocardiogram to assess signs of heart disease or strain
- Urine analysis
- Hearing and vision tests
- Lung function test
- Weight/height/measurement
- Blood pressure



In addition, for men

- Prostate screening blood test

In addition, for women

- Gynaecological history
- Cervical smear test*
- Breast awareness tuition
- Mammogram*

Female Assessment

This assessment is one of our most popular programmes. Designed to identify and assess high-risk problem areas specifically associated with women's health such as early detection of breast and gynaecological problems.

The Female Assessment will involve

- Gynaecological history
- Pelvic examination
- Breast awareness tuition
- Blood pressure measurement
- Weight, height and body mass index
- Urine analysis
- Cervical smear test*
- Consultation with a Doctor

**(by arrangement and if clinically recommended)*

Alternative Assessments

It is not unusual to tailor make a screening process to suit particular requirements. These maybe for someone who is looking to join a fitness centre, or moving abroad. We also undertake company screens, pre-employment checks and occupational health screening to meet statutory requirements.

Your health assessment report

A report on the findings will be produced by your doctor within two weeks of your assessment. On the basis that all results are within normal parameters, the report will be sent to you confirming that no abnormalities have been detected. An additional copy will be enclosed for you to give to your GP, if you so wish.

Should any results indicate the need for further investigations, our qualified staff will contact you and advise you to contact your doctor. A report will be sent to you and your GP, so your doctor is in full possession of the facts when you arrange an appointment to meet.

To make an appointment, or for further information call **01792 479040**