

Additional services

Blood test

Below you will find possible blood tests that can be selected for your health examination. By getting tested, you get a good insight into your values and whether you need to make any changes to your lifestyle

Sample packs of vitamins and minerals (750 SEK)	<p>Vitamin B12: B-12 is necessary for the body to form red blood cells. If you have too little B12, you may develop anemia.</p> <p>Vitamin D: Vitamin D is important for the body's metabolism. A deficiency in the vitamin can lead to illness. We get vitamin D through food but primarily from activation via sunlight. Excessive levels of vitamin D are dangerous.</p> <p>Folic Acid: Low levels can lead to anemia and increase the risks of various health problems.</p> <p>Magnesium: Magnesium is important for normal nerve-muscle function and protein production.</p> <p>Ferritin: The amount of ferritin in the blood shows how much iron is stored in the body. Ferritin is therefore often called the iron reserve. By testing ferritin levels, you get a better picture of your iron levels.</p>
Vitamin D (430 SEK)	<p>25 OH, hydroxy vitamin D Vitamin D is important for the body's metabolism. A deficiency in the vitamin can lead to illness. We get vitamin D through food, but primarily through activation by sunlight. Excessive levels of vitamin D are dangerous.</p>
Lipoprotein A (350 SEK)	<p>Lipoprotein A (LpA) The test provides information for the doctor to assess risk factors for cardiovascular diseases, including stroke.</p>
Magnesium (230 SEK)	<p>P-Magnesium Magnesium is important for normal nerve-muscle function and protein production.</p>
Zinc (330 SEK)	<p>Fs-Zinc Zinc is found in all of the body's cells and is needed for the immune system to function properly. Zinc also plays a role in cell division, cell growth, the central nervous system, and metabolism.</p>
Testosterone (450 SEK)	<p>S-Testosterone + S-HBG-ratio</p>

	<p>Testosterone is one of the most important sex hormones in men. A lack of this hormone can be linked to, for example, fatigue, reduced energy, irritability, muscle weakness, reduced libido and sexual ability. At the same time, anemia and obesity are often seen.</p> <p>The sample must be submitted before 10.00 am.</p>
<p>Estrogen (450 SEK)</p>	<p>S-FSH +S-Estradiol</p> <p>Estrogen is a female sex hormone and decreases as women enter menopause. At the same time, FSH (follicle-stimulating hormone) rises. Tests can show whether menopause has started. If you are taking birth control pills, you should not take the test.</p>
<p>Celiac (570 SEK)</p>	<p>Transglutaminase antibodies</p> <p>The test is taken to diagnose gluten intolerance. Symptoms include stomach pain, diarrhea, fatigue, weight loss and depression.</p>
<p>Lactose intolerance (800 SEK)</p>	<p>B-Lactase genotype</p> <p>The test is take to diagnose lactose intolerance. Symptoms include bloating, stomach pain and diarrhea.</p>

Medical tests

Below you will find possible options after a completed health examination/medical consultation. Talk to your doctor about any preferences you may have.

<p>Bone density measurement (2 400 SEK)</p>	<p>Osteoporosis is an often hidden and underdiagnosed condition that effects women more than men. Around half of all women and 25 % of men are estimated to experience an osteoporosis-related fracture (bone break) during their lifetime. In Sweden, approximately 90,000 osteoporosis fractures are treated each year. As early diagnosis and treatment are important, we have now developed a new preventive health service. For those diagnosed with osteoporosis, treatment options are also available at the Medicine Clinic.</p> <p>Recommended for women over 50 years old and men over 65 years old.</p>
<p>Body composition (1 500 SEK)</p>	<p>iDXA Body Scan composition test for health purposes to measure the amount of fat mass and lean mass (mainly muscle mass) in total, as well as in different parts of the body (including measurement of visceral fat), as well as bone mineral density (BMD), in different parts of the body.</p> <p>Recommended for individuals with overweight.</p>
<p>Screening for high cholesterol and abdominal aortic aneurysm (2 150 SEK)</p>	<p>Lipoprotein A (LpA) provides information for the doctor to assess risk factors for cardiovascular diseases, including stroke.</p> <p>Furthermore, the abdominal aorta (a part of the main artery) can be examined using ultrasound to detect aneurysms. An aneurysm in the aorta rarely shows any symptoms but can be life-threatening. In</p>

	<p>today's healthcare system, abdominal aorta screening is performed for men over 65 years of age.</p> <p>Recommended for individuals from 50 years of age.</p>
<p>Spirometry (1 000 SEK)</p>	<p>Spirometry is the most common lung function test and is regularly performed when there is suspicion of lung disease (COPD, asthma, pulmonary fibroses, etc.). With spirometry, the amount of air you can exhale and the speed at which you exhale are measured. You will blow into a mouthpiece connected to a device called spirometer.</p> <p>Recommended for individuals who are or have been smokers.</p>