

Additional Health Services

Blood tests

These blood tests can be added to your health examination and can give information regarding whether or not you should make any lifestyle changes.

Test package regarding vitamins and minerals (750 SEK)	<p>Vitamin B12 Vitamin B12 is necessary for the formation of red blood cells. A deficiency can lead to anaemia.</p> <p>Vitamin D Vitamin D is essential for the body's metabolism and vitamin D deficiency can cause illness. We get vitamin D from certain foods but primarily through sun exposure. However, an excess of vitamin D can cause serious health problems.</p> <p>Folic Acid Low levels of folic acid can lead to anaemia and increase the risk of various health problems.</p> <p>Magnesium Magnesium is important for normal nerve and muscle function and plays an important role in the body's ability to create protein.</p> <p>Ferritin The amount of ferritin in the blood shows how much iron is stored in the body. Therefore, assessing ferritin levels provides information about your iron levels.</p>
Vitamin D (430 SEK)	<p>25 OH, hydroxy vitamin D Vitamin D is essential for the body's metabolism and vitamin D deficiency can cause illness. We get vitamin D from certain foods but primarily through sun exposure. However, an excess of vitamin D can cause serious health problems.</p>
Lipoprotein A (350 SEK)	<p>Lipoprotein A (LpA) This test provides information regarding risk factors for cardiovascular disease, including the risk of stroke.</p>
Magnesium (230 SEK)	<p>P-Magnesium Magnesium is important for normal nerve and muscle function and plays an important role in the body's ability to create protein.</p>
Zinc (330 SEK)	<p>Fs-Zinc Zinc is found in all cells of the body 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 Testosterone is one of the most important sex hormones in men. A lack of testosterone can be linked to, for example, fatigue, reduced</p>

	<p>energy, irritability, muscle weakness, reduced libido, reduced sexual ability, anaemia and obesity.</p> <p>The blood test must be taken before 10.00 am.</p>
Estrogen (450 SEK)	<p>S-FSH +S-Estradiol</p> <p>Estrogen is a female sex hormone which decreases as women enter menopause. When estrogen levels decrease, follicle-stimulating hormone (FSH) levels rise. This blood test can indicate whether or not you have entered menopause.</p> <p>You should not take this blood test if you take birth control pills.</p>
Gluten intolerance (570 SEK)	<p>Transglutaminase antibodies</p> <p>This test is taken to diagnose gluten intolerance. Common symptoms of gluten intolerance include stomach pain, diarrhoea, fatigue, weight loss and depression.</p>
Lactose intolerance (800 SEK)	<p>B-Lactase genotype</p> <p>This test is taken to diagnose lactose intolerance. Common symptoms of lactose intolerance include bloating, stomach pain and diarrhoea.</p>

Medical examinations

These are additional examinations that can be added after a completed health examination/medical consultation. Discuss your options with your doctor.

Bone density scan (2,400 SEK)	<p>Osteoporosis is typically an underdiagnosed disease that affects women more often than men. Around 50 % of all women and 25 % of all men are estimated to experience a fractured bone due to osteoporosis during their lifetime. In Sweden, approximately 90,000 fractures due to osteoporosis are treated every year. Early diagnosis and treatment as quickly as possible are important factors, which is why we now offer this new preventative health care service. We also offer medical treatment for patients diagnosed with osteoporosis.</p> <p>Recommended for women over 50 and men over 65.</p>
Body composition scan (1,500 SEK)	<p>This body composition scan provides a detailed insight into your body's composition, including fat mass and lean mass (primarily muscle mass), providing both a general result as well as an insight into specific areas of the body, including internal abdominal fat. The scan also measures bone density (BMD) in various parts of the body.</p> <p>Recommended for individuals who are overweight.</p>
Screening for high cholesterol and abdominal aortic aneurysm (2,150 SEK)	<p>This screening includes testing your level of lipoprotein A (LpA), which provides information concerning risk factors to do with cardiovascular disease, including the risk of stroke.</p> <p>The screening also includes an ultrasound of the abdominal aorta, part of the main artery, which is done to detect aneurysms. Typically, aortic aneurysms don't cause any symptoms, but they can be life-</p>

	<p>threatening. Currently, abdominal aortic screening is offered to men over 65.</p> <p>Recommended for individuals over 50.</p>
<p>Spirometry (1,000 SEK)</p>	<p>A spirometry is the most common type of lung function test and is performed when there is suspicion of lung disease (COPD, asthma, pulmonary fibrosis etc.). A spirometry measures how much air you can exhale and at what speed. The test is done through blowing into a mouthpiece connected to a device called a spirometer.</p> <p>Recommended for individuals who are or have been smokers.</p>