

Anti - Aging Screen

Comprehensive Metabolic Screen

Weight Management Screen

Second Edition: A Simple Guide Through NewLife Screening Options



Following our article about the importance of health screens, we are proud to share the second edition, which covers **Anti-aging Screen, Comprehensive Metabolic Screen, Weight Management Screen.**

1. Anti-aging Screen

The goal of anti-aging medicine is to promote healthy daily living, improve the quality of life and thereby achieve longevity. Anti-aging medicine elucidates the mechanism of aging and senescence through a multidisciplinary collaboration of science,

determining the degree of aging through an anti-aging medical checkup. The early assessment and comparison of biological age

and chronological age is an important factor in premature aging.



The degree of aging can be assessed by biochemical and hormonal markers as a sign of immunological stress, oxidative stress, glycative stress and psychosomatic stress. As we age or indulge in a poor diet and lifestyle, oxidative stress affects our internal organs, skins and hormonal systems. These result in damage to the body over the long run which can result in a poor complexion, poor cardiorespiratory function and even brain function.

Early detection of cancer in aging is also important because many cancers are curable if detected at an early stage. Understanding these factors is important for the implementation of life therapies including exercise, diet and the use of supplements in slowing down the clock of life.



How to do it?

The tests are divided into three categories namely : 1. Metabolic stress 2. Cancer detection 3. Possible nutritional and elemental deficiencies. By elucidating each category, we can effectively control risks of developing disease that are due to oxidative stress, poor lifestyle or a nutritional lack.

2. Comprehensive Metabolic Screen

By understanding the biochemical processes involved in your body and the interplay with certain regulatory hormones, a metabolic screen allows

the doctor to fully understand the associated risks and causes of your metabolic issues, thereby allowing for a diagnostic approach to treatment.

By testing our metabolic status, we are able to form a predictive assessment of future risk of disorders like ischemic heart disease, type 2 diabetes and even early dementia. Your risk for heart disease, diabetes and stroke increases with the number of risk factors you have. The risk of having metabolic syndrome is closely related to overweight issues and a lack of physical activity. Many simple measures can be taken to mitigate such risks and an early start will always be beneficial to correction of our metabolic dysfunction.

Most scientists now agree that reducing these risk factors will eventually reduce the number of reactive oxygen species (ROS) and interleukins in our body. These cause inflammation and damage to our healthy cells, which in turn lead to unhealthy immune reactions and mutations that cause disease.



Blood Test Results		Levels
Glycaemic Control		
Fasting		4.4 – 6.1 mmol/L
Non- fasting		4.4 – 8.0 mmol/L
HbA1c		< 6.5%
Lipids		
Triglycerides		≤ 1.7 mmol/L
HDL cholesterol		≥ 1.1 mmol/L
LDL cholesterol		≤ 2.6 mmol/L
Exercise		150 minutes/week
Blood Pressure		
Normal Blood Pressure		≤ 130/80 mmHg

3. Weight Management Screen

Weight issues and obesity are one of the most common afflictions in this era, where poor nutritional habits and busy schedules are partly to be blamed. If you have weight issues and have been trying to lose weight without good results, you may be suffering from conditions such as a low metabolism, hypothyroidism, or insulin resistance.

Insulin resistance and hormonal dysfunction are by far the most common causes of weight issues in this day and age. When we eat, our insulin rises, especially with sugars and carbs. But, if we keep eating multiple meals a day, our insulin secretion remains high in the blood stream and this causes our body to store fat. This will result in difficulty in weight loss. Most people do not understand that starving causes weight loss but also causes a dramatic drop in metabolism known as the resting energy expenditure.



For both Metabolic and Weight Management screens, our doctors will provide you with a thorough consultation, BMI analysis, and blood tests.

How to do the above screens?

Make an appointment with our medical staff.

2. Do not consume any food from 12 midnight the day before. You are allowed to have water on the morning before the test but no sugar or food is to be consumed.

3. Consultation and tests will require 15 minutes.

4. You will be notified of results and a consultation will be made to discuss the follow-up measures.



DO NOT MISS OUR NEXT ARTICLE!

The next article will focus on the following screens:

- **Child Allergy and Immunology Screen**
- **Child Growth and Development Screen**