

# WHY DO I NEED A HEALTH SCREEN?

## Annual Health Screen & Cancer Screen

**First Edition: A Simple Guide through NewLife Screening Options**



### **Why Do a Health Screen?**

Strongly believing in Preventive Medicine, NewLife Clinic encourages its patients to do regular health screens. Regular health screens help to detect particular diseases or conditions on an early stage. Early detection, followed by treatment and control of the condition lowers the risk of serious complications.

NewLife Clinic offers a vast range of health screens depending on a patient's medical history, age, life style, and life and health expectations.

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## Do I Need to Go for a Health Screen If I Feel Well?

Certain chronic diseases such as diabetes take time to develop and if detected early can be better managed with less complications and improved long term outcomes.

Cancer starts small and by the time a patient feels pain, bloated or an obvious lump, the cancer may already be at an advanced stage. A person who exercises regularly and watches his or her diet is more likely to prevent cancer and other chronic diseases like hypertension and diabetes. However, a disease such as cancer can sometimes be totally unexpected. For example, 10% to 15% of lung cancer occurs in non-smokers. That is why it is important to get screened even when you feel perfectly healthy.



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## **Screening Options NewLife Offers:**

NewLife Clinic offers a vast variety of screens that include:

- **Annual Health Screen (Different Packages)**
- **Cancer Prevention Screen**
- **Genetic Screening for Hereditary Cancer**
- **Anti-Aging Screen**
- **Comprehensive Metabolic Screen**
- **Weight Management Screen**
- **Child Allergy and Immunology Screen**
- **Child Growth and Development Screen**



### **How Do I Know Which Screen to Choose?**

It is crucial to have an initial consultation with a doctor in order to choose the type of screen you need. Learning about your medical history, lifestyle, age, and expectations, the doctor will help determine the exact check-up to be done; moreover, they can help to add extra tests to a certain package for better understanding of your health. Book your 20 minute appointment to let our medical team find the best ways to help you

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## A Closer Look at NewLife Screens:

### 1. Annual Health Screen

Annual Health Screen is used to detect and prevent or treat acute and chronic diseases, cancer, diabetes, high blood pressure, metabolic disorders, and others. After seeing your annual health screen results, the doctor will advise you on necessary dietary and life style changes to improve your health as well as treatment needed in case a certain illness was detected. Annual Health Screen should be done every 6-12 months; it includes:

- Doctor's consultation,
- Physical Exam and History (ENT, dental, ophthalmology, etc.)
- Surgical Examination
- Laboratory Tests (blood tests, urine, stool)
- Imaging Studies (MRI, CT, ultrasound, mammography, ECG, bone density, etc)
- Gynecology
- Other tests prescribed by the doctor during the consultation



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## A Closer Look at NewLife Screens:

### 2.Cancer Prevention Screening & Genetic Screening for Hereditary Cancer

Cancer screening is looking for cancer before a person has any symptoms. It is important to remember that when your doctor suggests a screening test, it does not always mean he or she thinks you have cancer. Screening tests are done when you have no cancer symptoms.

**NewLife Clinic's Early Cancer Screen** follows the concept of many country's National healthcare policies with regards to early cancer detection. It takes a comprehensive and accurate approach in assessing risk as well as finding potential issues that may represent early cancer. Based on your personal and family risk profile, our doctors will discuss a screening plan through a shared and informed decision making process.





## **Our screening tests include the following:**

### **•Physical Exam and History:**

An exam of the body to check general signs of health, including checking for signs of disease, such as lumps or anything else that seems unusual. A history of the patient's health habits and past illnesses and treatments will also be taken.

### **•Laboratory Tests:**

Medical procedures that test samples of tissue, blood, urine, or other substances in the body.

### **•Imaging Procedures:**

Procedures make pictures of areas inside the body.

### **•Genetic Tests:**

A laboratory test, in which cells or tissue are analyzed to look for changes in genes or chromosomes. These changes may be a sign that a person has or is at risk of having a specific disease or condition.

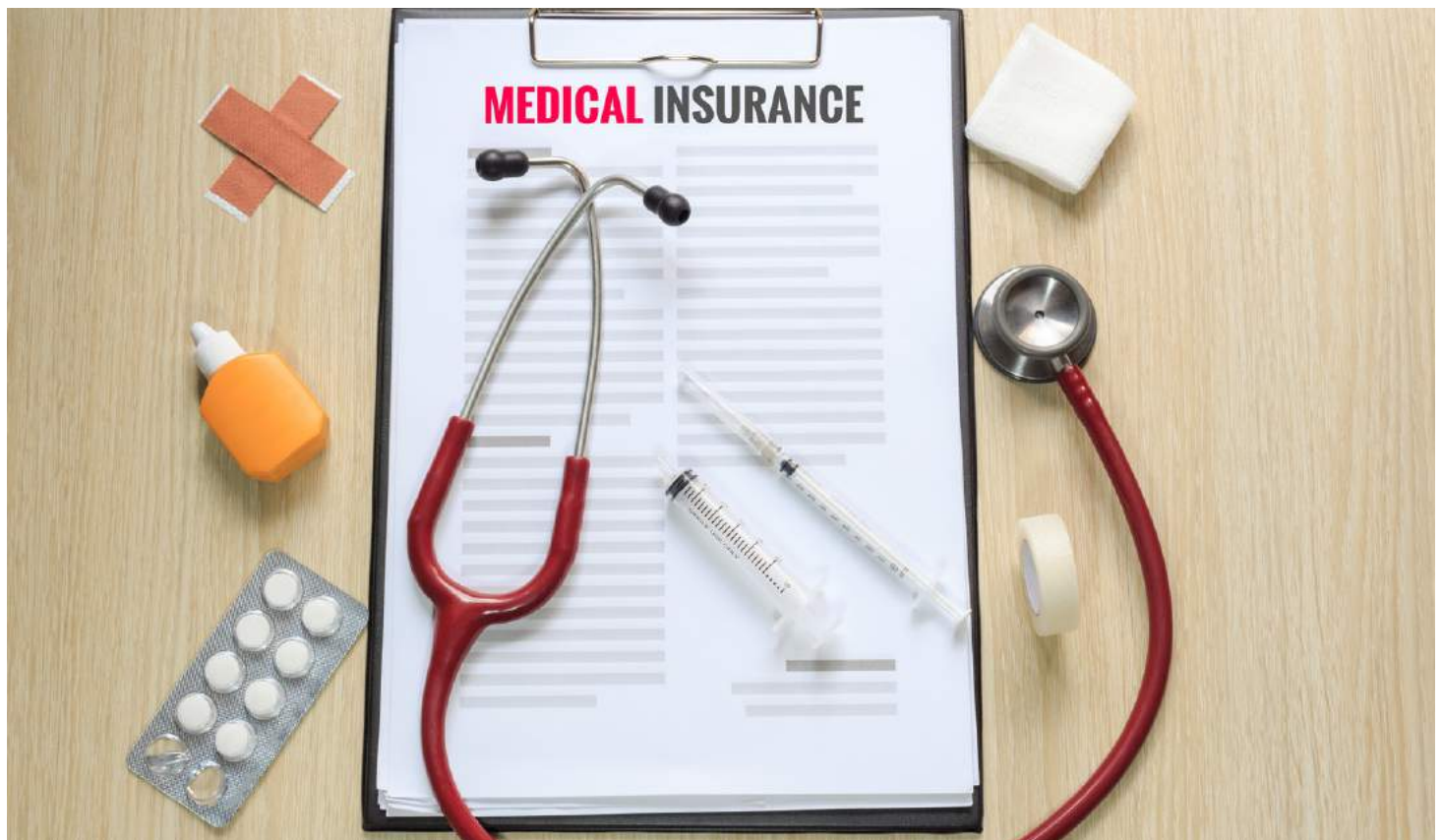
**Important Note:** Your annual health screen and cancer screen can be done simultaneously, after discussing with the doctor.

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## DOES MY INSURANCE COVER NEWLIFE HEALTH SCREENS?

NewLife Clinic is proud to announce that we have direct billing services with the most famous international and local insurance companies. Normally, you **health screen benefits** are covered by your policy's **wellness benefits**. If you want to learn more about your insurance benefits contact our team and we will assist you in checking them.



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## **Conclusion:**

It is important for every person to do health screens in order to improve their quality of life. Health screens not only help detect diseases on an early stage, but also guide you to your health improvement through dietary and life style changes, If you are still not sure which screen to choose, our international medical team will happily assist you. Contact us for more information and to make an appointment for your initial consultation.



**DO NOT MISS OUR NEXT ARTICLE!**

**The next article will focus on the following screens:**

- **Anti-aging Screen**
- **Comprehensive Metabolic Screen**
- **Weight Management Screen**

**For more information: [www.suzhounewlife.com](http://www.suzhounewlife.com)**

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