



Health screening & Cardiology services

THE
WHITEHALL
CLINIC

Regulated by



www.whitehallclinic.com



We focus on what really matters – you. Our comprehensive Screening packages are delivered by our experienced Consultants & Doctors, supported by evidence-based, medical technology and interventions.

We specialise in innovatively identifying cardiovascular risks early to help you understand your current health and learn how to prevent future disease. Whether you're worried about heart disease, diabetes or cancer, The Whitehall Clinic's screenings, carried out in our central Leeds clinic, provide an overview of your current health, identifying areas of risk whilst also providing you with individual advice and treatment.

Why focus on cardiovascular screening?

Heart & circulatory disease remains a leading cause of death and illness in the UK.

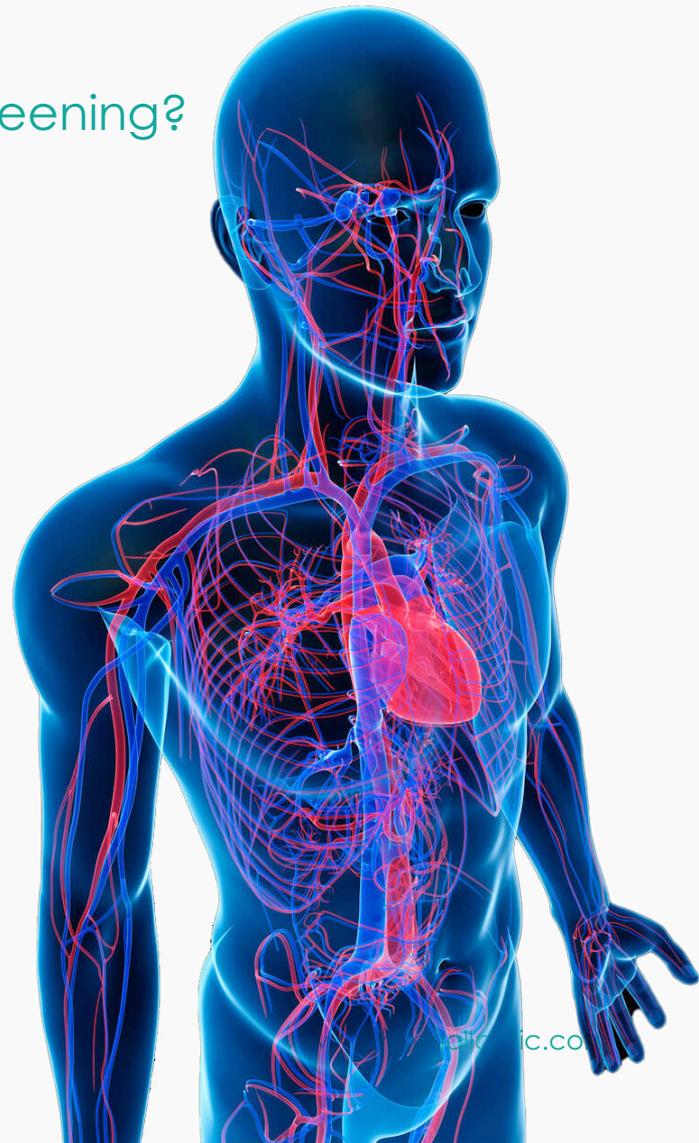
In the UK today, **460** people will die of heart or circulatory disease: that's one every three minutes.

The good news

A lot can be done to prevent heart disease. The key is to identify those people most at threat of heart problems, before taking positive steps to reduce the risks.

The Whitehall Clinic offers comprehensive screening tests using the latest technology, extensive laboratory diagnostics, and expert medical assessment of the results.

Once we know your risks, then we can manage them together.

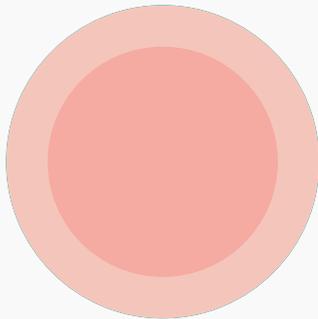




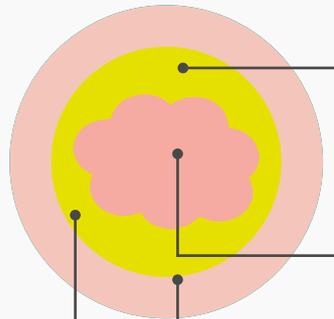
The Science

Cardiovascular disease is not a single disease. It's a general term used to describe a diverse array of disorders and dysfunctions that affect the heart or blood vessels that can present in a number of ways (heart attacks, angina, strokes, circulation problems of the limbs and kidney disease). Cardiovascular diseases are caused by the following related processes.

Healthy Artery



Atherosclerotic Artery



Atherosclerosis, the formation of lipid-filled plaque in the walls of blood vessels, is one of the most common and important processes contributing to cardiovascular disease. They account for nearly 80% of cardiovascular disease-related deaths.

Hypertension, or high blood pressure in the arteries, causes the heart muscle to work harder than normal. As wear accumulates, these tissues may not be able to keep up with the extra stress leading to heart failure, strokes and aneurysms, which is an artery wall weakness. Aneurysms can cause a vessel to burst and lead to severe disability or death. Hypertension is often called the “silent killer” as symptoms may not be apparent until it has already caused significant damage.

The deposition of calcium-rich minerals occurring inside arterial walls is characteristic of cardiovascular disease and causes the heart arteries and major body arteries to stiffen. Heart valves can also calcify, leading to reduced blood flow in the heart. Both effects can cause the heart to work harder and are frequent causes of heart failure.

Chronic Inflammation, the persistent activation of the immune system, is strongly associated with the multitude of factors and dysfunctions that contribute to cardiovascular disease.



Our technology

We take your heart health seriously. Our effective screening and prevention starts with using the latest technology and testing methods to properly assess your risk. There is no radiation or injection involved, as with some other heart screening tests.

The AGE Reader

We are the only clinic in the UK that offers the state of the art, non-invasive AGE Reader to provide an immediate real-time prediction of heart and cardiovascular risk. The AGE Reader has been validated in large scale clinical studies around the world and has been in use for 15 years and used in over 1,000 clinics worldwide. The AGE Reader allows us to quickly, reliably and painlessly measure your cardiovascular risk for major chronic diseases, such as diabetes, cardiovascular disease and kidney failure.

Cardio-ankle vascular index with detailed ECG & blood pressure monitoring

We are the only clinic in the UK that offers CAVI testing. This measures your arterial haemodynamics (the way blood moves through your vessels) to predict your 'vascular age' by measuring arterial stiffness – which reflects narrowing of your arteries that increases the risk of cardiovascular events such as heart attack and stroke.

Ultrasound scan of your heart

Using the latest ultrasound technology we can assess your heart valves, ejection fraction (pumping power of your heart) and the health of your important blood vessels.

InBody 570 – advanced body composition analyser

The InBody 570 goes beyond traditional body composition analysis measuring fat, muscle and total body water. Total body water data can be divided into intracellular water and extracellular water, values important for understanding a user's fluid distribution in medical, wellness and fitness contexts.



Advanced diagnostic blood analysis

High-sensitivity CRP

Many people know that a high cholesterol can be a sign of increased heart risk. However, over the past two decades, it has become very clear to cardiologists that inflammation poses a much bigger threat to the health of your heart.

We measure this through high-sensitivity CRP testing (not widely available)

BNP (Beta Natriuretic Peptide)

BNP is a protein in the blood stream. Raised BNP levels increase in heart failure and other cardiovascular illnesses.

Both our screening packages include over 100 laboratory tests providing a detailed dive into your health and wellbeing, covering:

- Full Blood count
- Kidney Health
- Liver Health
- Bone Health
- Urinalysis
- Thyroid Health
- Tumour Markers
- Heart Health
- Diabetes health
- Iron status
- Nutritional Health
- Metabolic Syndrome



Our Consultant Cardiologist & Health Screening Lead

Dr Haqeel Jamil is a passionate Heart Specialist who believes in providing a personalised, holistic and jargon-free experience.

Dr Jamil is a full-time Consultant Cardiologist with experience in all aspects of cardiology, with specialist interests in Heart Failure management, Pacemaker and Cardiac Resynchronisation Therapy, Implantable Defibrillators, Echocardiography, and over forty scientific publications in high-impact medical and cardiac journals.

Outside of work his main loves are family, travel and art.

So, whatever your cardiac concerns, you can be assured to receive a comprehensive and personable specialist consultation from Dr Jamil, with a targeted screening strategy designed to improve your heart health profile.



Dr. Haqeel Jamil Consultant Cardiologist

MbChB (Hons) MRCP(London) PhD



Digital Blood Pressure

READY TO MEASURE

SYS

189
mmHg

DIA

105
mmHg

PULSE

78
BPM

PULSE LEVEL

BATTERY CHARGING
EXTERNAL

HIDE

P-SET

140 180 220 260 280

AUTO

Cardiology consultation

£280

 30 minutes

One-to-one consultation with our Consultant Cardiologist, Dr, Haqeel Jamil includes a lifestyle assessment, detailed look at family history, extensive physical examination, psychological stress evaluation and a resting 12-lead ECG.

Dr. Jamil provides expert assessment, diagnosis

Conditions managed include:

- Angina
- Aortic Valve Disease
- Atrial Flutter
- Atrial Fibrillation (AF)
- Atrial Septal Defect (ASD)
- Cardiac Ectopic Beats
- Cardiomyopathy
- Chest Pain
- Extreme Fatigue
- Heart Block
- Heart Disease, at risk of
- Heart Failure
- Heart Murmurs
- High Blood Pressure (Hypertension)
- High Cholesterol
- Mitral Valve Disease
- Paravalvular Leak (PVL)
- Pulmonary Valve Disease
- Shortness of Breath
- Supra-ventricular Tachycardia (SVT)
- Tricuspid Valve Disease
- Vegetations and Clots
- Ventricular Septal Defect (VSD)
- Ventricular Tachycardia (VT)
- Palpitations

and management for a wide range of cardiac conditions, taking the lead on our cardiology screening programmes.

He offers the full range of non-invasive, cardiology investigations, using state-of-the-art equipment at The Whitehall Clinic in Leeds.



CARDIOLOGIST
CONSULTATION



ECG

Premier Plus cardiac screen

£450

A detailed analysis of your current health using blood tests, physical examination, and body composition analysis, providing a personalised health plan with recommendations and action plans for you to follow.

Blood and Urine tests: over 100 screening blood and urine tests providing a detailed dive into your health and wellbeing included extended cardiovascular health. (For more information, see page 8)

Advanced Body Composition Analysis: a highly accurate map of body composition using 30 impedance measurements. Assesses your visceral fat which is related to an increased risk of diabetes and cardiovascular disease.

This is our maintenance screening package, suitable for anyone over the age of 35. We recommend this screen to be taken annually to help with trend analysis. This package is also recommended as an annual follow-up to those patients who have had an Ultimate Cardiac Screen (for more information, see page 13).



BLOOD &
URINE TESTS



BODY
COMPOSITION
ANALYSIS



SUMMARY
REPORT

The Ultimate cardiac screen

£950



Results available across two appointments*

Resting 12-lead ECG: a heart tracer that looks at the rhythm and function of the heart to help identify electrical heart abnormalities and significant coronary artery disease.

AGE Analysis: the AGE reader provides an immediate prediction of your cardiovascular risk and (pre-)diabetes, reliably and non-invasively.

Ultrasound scan of your heart.

CAVI (Cardio–Ankle Vascular Index): The Future of Cardiovascular, Blood Pressure and Atherosclerosis Management. This non-invasive test measures the stiffness of important arteries in the body to determine your 'vascular age, thus identifying and managing your current and future risk of heart disease, stroke disease and chronic kidney disease.

Advanced Body Composition Analysis: a highly accurate map of body composition using 30 impedance measurements. Assesses your visceral fat which is related to an increased risk of diabetes and cardiovascular disease.

Blood and Urine tests: Over 100 screening blood and urine tests providing a detailed dive into your health and wellbeing included extended cardiovascular health (for more information see page 8).

Lifetime risk calculation of heart disease and Qrisk3 calculation of 10 year risk of heart disease.

Consultation with our Consultant Cardiologist, Dr. Haqeel Jamil including a full written report with personalised plan and trend analysis (trend analysis for patients on annual screening plan).



CARDIOLOGIST
CONSULTATION



ECG



AGE
ANALYSIS



ULTRASOUND
SCAN



CAVI



BODY
COMPOSITION
ANALYSIS



BLOOD &
URINE TESTS



QRISK 3



SUMMARY
REPORT

* Please note that some of the above blood tests are sent to our laboratory partner for analysis and results are not available immediately.

Additional Cardiac Investigations

These can be arranged following your consultation with Dr Jamil, with our partner clinics.

Patients undergoing these investigations will need a follow up appointment to discuss the findings, the average waiting time is 1–2 weeks for the investigations to be carried out

CT coronary angiogram

£1757

A CT coronary angiogram shows the blood flow through the coronary arteries using a CT scanner. For this test the dye is injected into a small vein in your arm, making it far less invasive than a traditional angiogram.

Stress echocardiogram

£350

This is a specialised heart ultrasound in which the function of the heart is assessed while your heart rate is increased using specific medications (or a treadmill). This tells us about the performance of the heart under stress but does not allow any direct visualisation of the coronary arteries.

Diagnostic angiogram

£2500

An angiogram (also known as a cardiac catheterisation) is a special type of X-ray which uses contrast dye to allow us to look directly at the blood flow within your coronary arteries. This is done under local anaesthetic (via a tube passed into the wrist or groin) in a cardiac catheter laboratory and takes half an hour to complete.

Additional screening tests

Add these tests to your screening medical for peace of mind.

24-hour Ambulatory BP

£250

Involves wearing a compact blood pressure machine on the arm for 24 hours. This checks your blood pressure throughout the day, and is the best and most accurate way to check for high blood pressure – much more accurate than just checking blood pressure with your doctor, nurse or pharmacist.

14 day cardiac rhythm monitoring ECG

£450

A holter monitor is a small, wearable biosensor device that keeps track of your heart rhythm. This allows information captured on the holter monitor to figure out if you have a heart rhythm problem. This test can only be arranged following a consultation with our Cardiologist.

CT Scan – Chest

£350

Advised for smokers > 50 years of age.

CT Colonoscopy

£895

Also known as a “virtual colonoscopy”, involves using a CT scanner to produce 3-dimensional images of the large bowel and rectum.

We can arrange further tests based on individual requirements, please contact us for a quotation.



CT-SCAN
CHEST



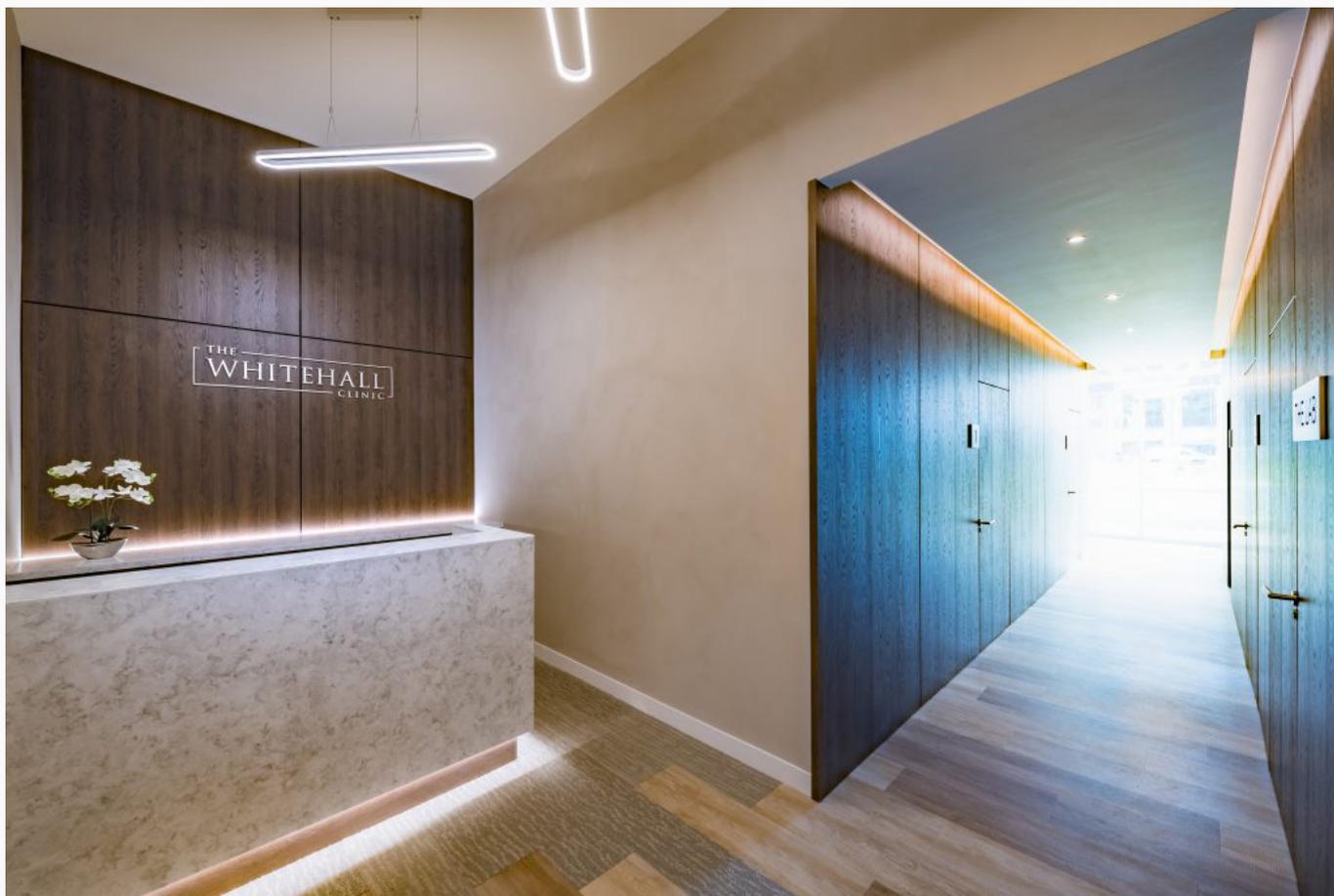
24-HOUR
BP



24-HOUR
ECG



CT
COLONOSCOPY



Private healthcare, the way it should be

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