



Personalised Tests

UPGRADE YOUR HEALTH ASSESSMENT TODAY

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Bluecrest

Choose from our selection of Personalised Tests

You're unique and so are your health needs. That's why we've designed a selection of comprehensive personalised tests, specifically tailored to provide deeper insights into your wellbeing. Speak to your Health Assessment Specialist today if you have any questions or if you would like to include any personalised tests in your health assessment.

OUR MOST POPULAR TESTS

Page: 3 **Thyroid Function - €69**

This blood test measures levels of thyroid stimulating hormone (TSH) and thyroxine (FT4). Imbalances in these hormones can be due to an over or underactive thyroid.

Page: 4 **Vitamin D - €69**

This test measures the vitamin D levels in the blood. Vitamin D is essential to regulate calcium and phosphate balance, and is important to help keep bones and muscles healthy.

GENERAL HEALTH

Page: 5 **Blood Health Profile - €89**

Your Blood Health Profile measures the quantity of red blood cells, white blood cells, and platelets (cell fragments required for blood clotting) in a blood sample.

Page: 7 **Inflammatory Bowel Disease - €79**

This test detects faecal calprotectin, released in response to bowel inflammation, in stool. The test uses a self-collection kit with instructions on how to collect a sample at home.

Page: 9 **Blood Group - €69**

This test is used to establish a person's specific blood group (type). Your blood group is important to know, as receiving blood from the wrong group can be life threatening.

Page: 6 **Coeliac Disease - €69**

This test measures the level of transglutaminase antibody (tTG) in the blood. High tTG levels indicate coeliac disease, an autoimmune disorder causing an intolerance to gluten.

Page: 8 **Rheumatoid Arthritis - €69**

This test measures both Rheumatoid Factor and Anti-CCP Antibodies in the blood. Raised levels indicate an increased risk of rheumatoid arthritis, a chronic autoimmune disease.

VITAL ORGAN HEALTH & STROKE RISK

Page: 10 **Advanced Diabetes (HbA1c) - €69**

While a glucose test measures blood glucose levels at one moment in time, a HbA1c test gives a picture of the average amount of glucose in the blood over the last few months.

Page: 12 **Enhanced Liver Fibrosis (ELF) - €169**

This test examines three markers in your blood - HA, PIIINP and TIMP-1. The results are combined into a score which correlates with the risk of liver fibrosis (scarring).

Page: 11 **Advanced Heart Risk - €139**

This test measures the level of B-type Natriuretic Peptide (BNP) in the blood. High BNP levels can indicate heart failure, as the heart releases BNP when its cells are stretched.

Page: 13 **Heart Health - PLAC - €119**

The PLAC test measures an enzyme called Lp-PLA2 in the blood. Elevated levels of Lp-PLA2 increase the risk of heart attack and stroke, irrespective of any other risk factors.

VITAMINS & MINERALS

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Iron Stores (Ferritin) - €69

This test measures ferritin levels in the blood, correlating directly with total body iron stores. Ferritin is more sensitive at recognising iron deficiency than a simple iron test.

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Vitamin B12 - €69

This test measures the vitamin B12 (or cobalamin) levels in the blood. Vitamin B12 is vital for red blood cell formation, tissue repair, DNA synthesis and good nerve health.

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Omega 3 & 6 Ratio - €119

This test assesses the ratio of Omega 3 and Omega 6 fatty acids in the blood. These polyunsaturated fats are known as "healthy fats", as they can help to lower cholesterol.

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Vitamin B9 (Folate) - €69

This test measures folate levels in the blood serum. Folate (also called folic acid or vitamin B9) is used for red blood cell formation, tissue repair, DNA synthesis and nerve health.

CANCER RISK

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Bowel Cancer Risk (qFIT) - €79

This test helps detect traces of human blood in stool. The test uses a self-collection kit with full instructions on how to collect a small stool sample at home.

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Lung Cancer (EarlyCDT) - €349

The EarlyCDT blood test measures your antibody response to 7 proteins produced by lung cancer cells. This can help find lung cancer at an early stage, before symptoms appear.

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Stomach Cancer Risk (H. Pylori) - €69

This test looks for Helicobacter Pylori in the blood. This bacterial infection of the stomach lining may lead to ulcers in the stomach, increasing the risk of stomach cancer.

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Cervical Cancer (HPV) - €89

This test checks for HPV strains which increase cervical cancer risk. The test uses a self-collection vaginal swab kit with instructions on how to collect a sample at home.

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Prostate Cancer (PSA) - €89

This test measures the Prostate Specific Antigen (PSA) levels in the blood. Raised PSA levels are linked to an increased risk of prostate cancer. Suitable for males over 40 only.

Thyroid Function

€69

It's estimated that around 1 in 20 people have a problem with their thyroid function. The symptoms are broad, making it easy to mistake them for something else. There are two main conditions associated with thyroid function.

Underactive thyroid

Hypothyroidism means your thyroid does not produce enough of the hormone thyroxine (T4). It's important to diagnose as if left untreated, your risk of cardiovascular disease is increased.

Common symptoms of hypothyroidism include:

- Feeling very tired
- Weight gain
- Constipation
- Depression
- Dry skin and brittle hair/nails

Overactive thyroid

Hyperthyroidism means your thyroid overproduces thyroid hormones. If left untreated, the condition can cause eye problems, atrial fibrillation, osteoporosis and heart failure.

Common symptoms of hyperthyroidism include:

- Difficulty sleeping
- Feeling very tired and weak
- Mood swings
- Feeling anxious, nervous or irritable
- Weight loss
- Heart palpitations

About the thyroid function test

- This blood test measures the levels of thyroid stimulating hormone (TSH) and thyroxine (FT4) in your blood. It is the best means of testing for an over or underactive thyroid
- You do not need to have fasted before taking the blood test



Date of Inspection: 1st July 2022

Vitamin D

€69

Vitamin D helps regulate the amount of calcium and phosphate in your body, which are essential for healthy bones and teeth. Low levels can cause weakening of the bones (osteomalacia), whereas persistently high levels can lead to kidney problems.

Vitamin D Deficiency

Vitamin D deficiency is common in the UK, and it puts you at greater risk of osteomalacia. About 10% of vitamin D is acquired from dietary sources and the remainder is synthesised in the skin on exposure to sunlight. Good sources of vitamin D include oily fish, red meat, liver, eggs and some fortified foods (such as spreads and breakfast cereals).

Common symptoms of Vitamin D deficiency include:

- Tiredness and fatigue
- Unexplained aches and pains
- A general feeling of not being well
- Back or bone pain

Common causes of vitamin D deficiency include:

- Limited exposure to sunlight, for example spending a lot of time indoors or covering up when outside
- Not consuming the recommended levels of the vitamin over time
- Having dark skin: for example if you have an African, African-Caribbean or south Asian background

Taking too much Vitamin D

Excessive Vitamin D can cause kidney damage and bone weakness through the loss of calcium from your bones. Supplements should be limited to no more than 25 micrograms per day, otherwise you could be causing more harm than good.

About the Vitamin D test

This blood test measures the levels of Vitamin D (25-OH) in your blood to help identify deficiency or overload. You do not need to fast before your test.



Date of Inspection: 1st July 2022

Blood Health Profile

€89

The blood health profile includes 10 readings to assess your blood health, helping highlight conditions including leukaemia (cancer of the white blood cells), lymphoma (cancer of the lymphatic system), anaemia, infection, and inflammation.

About the Blood Health Profile test

This blood test measures the quantity of a number of important components in your blood, including:

- **Red blood cells:** Low red blood cell counts may indicate conditions such as anaemia or vitamin B6, B12 or folate deficiency. High red blood cell counts may be caused by congenital heart disease, smoking or dehydration
- **White blood cells:** This is the total number of neutrophils, lymphocytes, monocytes, eosinophils and basophils in your blood. Each type of cell will be counted and explained separately in your results report, helping highlight conditions including kidney and liver disorders, viral infections, rheumatoid arthritis and haematological diseases
- **Platelets:** These are small cell fragments, made in your bone marrow, which help your blood to clot. Abnormal levels can commonly be found in cases of infection or inflammation
- **Haemoglobin:** This is a protein which transports oxygen in the blood and gives red blood cells their colour. Levels can be affected by acute or chronic medical conditions including heart and lung diseases
- **Mean Cell Haemoglobin:** This is the average concentration of haemoglobin within a single blood cell. A high result can be caused by liver damage, whereas a low result can indicate iron deficiency
- You do not need to have fasted to take this test



Date of Inspection: 1st July 2022

Coeliac Disease

€69

Coeliac disease is an autoimmune condition where gluten triggers an immune reaction and chronic inflammation of the small intestine. Around 1% of people in the UK have Coeliac Disease, but it is thought that the majority of people affected are unaware.

Some people with Coeliac Disease experience few or no symptoms at all. Others may experience symptoms including:

- Diarrhoea
- Constipation
- Nausea and vomiting
- Tiredness
- Stomach cramps
- Bloating
- Excessive wind

More about Coeliac Disease

- Coeliac disease often runs in families. There may also be family members with other autoimmune conditions such as rheumatoid arthritis, type 1 diabetes or autoimmune thyroid disease
- The intestinal inflammation caused by Coeliac Disease interferes with the absorption of a number of important micronutrients including calcium, iron, folic acid and vitamins D and B12
- Over time this can lead to iron deficiency anaemia, vitamin B12 and folate deficiency anaemia and osteoporosis (loss of bone strength)

About the Coeliac Disease test

This blood test examines the level of anti-tissue transglutaminase antibodies (tTG) in your blood. High levels of tTG in your blood suggest you may have coeliac disease

IMPORTANT

You must have eaten at least one meal containing gluten each day for at least 6 weeks before taking this test, otherwise the result may be falsely reassuring.



Date of Inspection: 1st July 2022

Inflammatory Bowel Disease (IBD)

€79

IBD is the collective name for Crohn's disease and ulcerative colitis. These two conditions both involve inflammation of the gut. People with IBD are at an increased risk of developing bowel cancer.

The symptoms of IBD can come and go. Common symptoms include:

- Stomach pain, cramps or swelling
- Diarrhoea
- Extreme tiredness
- Unexplained weight loss
- Vomiting

More about Crohn's disease and ulcerative colitis:

- It's not known exactly what causes IBD, but people who smoke are twice as likely to get Crohn's disease than people who don't
- If you have a close relative with IBD, you're more likely to get the condition yourself
- Problems with the immune system are also thought to be a contributing factor to developing IBD

About the IBD test

Faecal Calprotectin is a protein which is released into the intestines when there is inflammation present. Its presence can mean a person has Crohn's disease or ulcerative colitis.

How it works



You will be provided a stool self-collection test kit at your appointment to take home.



In the comfort of your home, follow the instructions and collect your stool sample.



Place your sample in the provided packaging and send it to our lab by freepost.



Date of Inspection: 1st July 2022

Speak with your Health Assessment Specialist to add this test

Rheumatoid Arthritis

€69

Rheumatoid arthritis is a chronic autoimmune disease which causes pain, stiffness and swelling in the joints. Without a blood test, it can be hard to detect because it can begin with subtle symptoms including achy joints and tiredness.

Common symptoms of rheumatoid arthritis include:

- Joint pain which is often worse in the mornings
- Stiff joints
- Tiredness and a lack of energy
- Sweating

More about rheumatoid arthritis:

- As an autoimmune condition, it is caused by the immune system attacking healthy body tissue. It is not yet known what triggers this
- If left untreated, over time joints can become completely destroyed
- The condition puts you at a higher risk of developing other conditions, including carpal tunnel syndrome and cardiovascular disease increasing your risk of heart attack and stroke
- Treatments can help relieve pain and prevent or slow down joint damage

About the Rheumatoid Arthritis test

This blood test measures your levels of anti-CCP antibodies and rheumatoid factor (RF):

- Anti-CCP and RF are types of antibody produced by your immune system which have the potential to attack healthy tissue in the body
- Positive anti-CCP and RF readings have a strong association with rheumatoid arthritis
- This test can help detect rheumatoid arthritis up to five years before symptoms appear, making early treatment much more effective
- You do not need to have fasted prior to taking this test



Date of Inspection: 1st July 2022

Blood Group

€69

There are four different blood types. These are known as group A, group B, group AB and group O. Your blood group is determined by genes inherited from your parents, and remains the same throughout your life.

About the Blood Group test

Each of the four blood types can be either RhD positive or RhD negative, which means in total there are eight main blood groups.

- In the UK population, group O is the most common blood group (44% of population), followed by group A (42% of population) then group B (10% of population). Only 4% of people have AB blood making it the rarest blood group
- Blood groups are important because not all blood types are compatible and receiving blood from the wrong ABO group can be life threatening. For example, group A blood must never be given to someone who has group B blood and vice versa
- If you require an urgent blood transfusion, O RhD negative blood can be given to anybody safely. Some people like to know their blood group out of curiosity or in case of travel abroad
- You do not need to have fasted to take this test



Date of Inspection: 1st July 2022

Advance Diabetes (HbA1c)

€69

Type 2 diabetes - where the body does not produce enough insulin, or the body's cells do not react to insulin - is the most common type of diabetes in the UK. As not everyone experience symptoms, many people have type 2 diabetes without realising.

Common symptoms of type 2 diabetes include:

- Feeling very tired
- Needing to urinate more frequently, often at night
- Feeling thirsty all the time
- Blurred vision

Common causes of type 2 diabetes include:

- High blood pressure – this puts extra strain on the heart, which can over time lead to heart failure
- Irregularities in heart rhythm (arrhythmias), such as atrial fibrillation
- Coronary heart disease – this happens when arteries become clogged with fatty substances (atherosclerosis), which can cause heart attack
- Your risk of type 2 diabetes is higher if you are over 40 (or 25 for South Asian people), have a family history of diabetes, are overweight or obese or are of Asian, African-Caribbean or black African origin

About the Advanced Diabetes test

This blood test measures the levels of glycated haemoglobin (HbA1c) in your blood. You do not need to have fasted to take the test.

- Unlike a blood glucose test, which is a snapshot of your glucose (sugar) levels at the moment your sample is taken, the HbA1c test measures the average amount of glucose (sugar) in your blood over the last 2-3 months
- For people who have not been diagnosed with diabetes, this test can be used to help diagnose pre-diabetes and diabetes
- For people with diabetes, this test can help determine how well your diabetes is being controlled



Date of Inspection: 1st July 2022

Advanced Heart Risk (BNP)

€139

Heart failure means that your heart is not able to pump blood around your body as well as it should. Once identified, heart failure can often be controlled and slowed down by lifestyle changes and medication.

Common symptoms of heart failure include:

- Shortness of breath
- Feeling lightheaded
- Feeling tired and weak
- Fluid retention, causing swelling in the legs and ankles

Common causes of heart failure include:

- High blood pressure – this puts extra strain on the heart, which can over time lead to heart failure
- Irregularities in heart rhythm (arrhythmias), such as atrial fibrillation
- Coronary heart disease – this happens when arteries become clogged with fatty substances (atherosclerosis), which can cause heart attack

About the Advanced Heart Risk test

This blood test measures the levels of the B-type Natriuretic Peptide (BNP) hormone in your blood.

- The heart releases BNP when its walls are stretched as a response to pressure or there is an overload of pressure. High levels of BNP in the blood can therefore be a sign that your heart is not pumping as much blood as your body needs
- In addition to helping spot heart failure in individuals with or without symptoms, high BNP levels can also help identify COPD, diabetes, liver cirrhosis and chronic kidney disease
- For people who already have heart failure, BNP testing can also be helpful in assessing treatment and monitoring progress



Date of Inspection: 1st July 2022

Enhanced Liver Fibrosis (ELF)

€169

Liver fibrosis is the scarring process that shows the liver's response to injury. Over time, fibrosis can lead to liver cirrhosis (severe scarring), liver failure and liver cancer. Fibrosis often isn't diagnosed in its early stages as it may not cause symptoms.

Symptoms of liver cirrhosis can appear as your liver becomes more damaged. These include:

- Feeling very tired and weak
- Feeling nauseous
- Loss of appetite
- Unexplained weight loss
- Yellowing of the skin

Common causes of liver fibrosis include:

- Excessive alcohol consumption
- Viral hepatitis B and C
- Fatty deposits in the liver (non-alcoholic fatty liver disease – NAFLD), usually seen in people who are overweight

About the ELF test

This blood test looks for three markers in your blood - HA, PIIINP and TIMP-1. The results from these are then combined into a score which shows your level of liver fibrosis.

- It can take years for fibrosis due to excessive alcohol consumption or being overweight to develop
- This means that once identified, there is a great opportunity to make lifestyle changes to prevent the problem from getting worse
- You do not need to have fasted before taking the blood test



Date of Inspection: 1st July 2022

Over time, fatty deposits build up in our arteries, narrowing the arteries and reducing blood flow. These deposits are known as atherosclerosis or plaques. Arterial plaques can develop slowly over decades but they are often symptomless.

About the Heart Health - PLAC test

This specialist blood test measures an enzyme called Lipoprotein-associated phospholipase A2 (Lp-PLA2) in the blood.

- People with elevated levels of Lp-PLA2 have a higher chance of suffering a heart attack or stroke irrespective of other risk factors
- There are two broad categories of arterial plaques: stable and unstable
- The PLAC test can help identify unstable plaques which can rupture and cause a blocked artery, leading to a heart attack or stroke
- You do not need to have fasted to take this test

Factors which increase your risk of developing arterial plaques include:

- Smoking
- An unhealthy or high-fat diet
- Excessive alcohol consumption
- Being overweight or obese
- High blood pressure
- High cholesterol
- Having diabetes

Further information

The traditional methods of determining heart disease and stroke risk are still very good at identifying those who most need treatment.

The PLAC test does not replace these measures, or change recommendations about heart- healthy behaviours like quitting smoking, increasing exercise, reducing alcohol consumption or having a healthy and varied diet. Instead, the PLAC test offers additional information that can help pinpoint those most at risk of ischemic heart disease.



Date of Inspection: 1st July 2022

Iron Stores (Ferritin)

€69

Ferritin is a blood protein which contains iron. A Ferritin test is a better way of identifying iron deficiency than simply measuring iron levels because Ferritin shows how much iron your body stores. Low Ferritin levels can indicate iron deficiency.

Iron deficiency anaemia

- Anaemia is a condition where you have fewer red blood cells than normal, or where you have a low amount of haemoglobin in each red blood cell. There are many forms of anaemia, each with its own cause – iron deficiency is one form.
- According to the National Institute of Health and Care Excellence (NICE), iron deficiency is the most common cause of anaemia, affecting around 500 million people worldwide

Symptoms of Iron deficiency and anaemia include:

- Extreme tiredness
- Lack of energy
- Shortness of breath
- Thin or brittle hair and nails
- Poor concentration
- Heart palpitations
- Pale skin
- Headaches
- Feeling itchy

Causes of Iron deficiency include:

- Inadequate dietary intake, sometimes from a plant-based diet
- Excessive blood loss (such as menstruation, nosebleeds or peptic ulcer)
- Inadequate absorption, for example due to Coeliac disease
- Stomach ulcers

About the Ferritin test

This blood test measures the levels of Ferritin in your blood to help identify too much or too little. You do not need to have fasted before your test.



Date of Inspection: 1st July 2022

Omega 3 & 6 Ratio

€119

Omega-3 and omega-6 are a type of polyunsaturated fats, which are known as “healthy fats” as in the right quantities, they can help to lower your cholesterol levels. They play a critical role in brain function as well as normal growth and development.

More about Omega-3 and Omega-6:

- Omega-3 fatty acids have an anti-inflammatory role and reduce your risk of coronary heart disease (angina and heart attacks)
- Many people do not consume enough omega-3 in their diet
- Good sources of omega-3 include oily fish like salmon, trout and mackerel
- Omega-6 fatty acids have a pro-inflammatory role and are associated with a higher risk of heart disease and cancer
- Omega-6 is found in vegetable oils such as corn and sunflower oil, together with processed foods and meat products

About the Omega 3 & 6 ratio test

This blood test measures the levels of omega-3 and omega-6 fatty acids in your blood, giving the result as a ratio.

- Several sources of information suggest that human beings evolved on a diet with a ratio of omega-6 to omega-3 fatty acids of approximately 1 to 1
- In modern western diets, it is thought the ratio is now around 15 to 1
- You do not need to fast prior to taking the test



Date of Inspection: 1st July 2022

Vitamin B12

€69

Vitamin B12 is required for red blood cell formation, tissue and cellular repair, DNA synthesis and for nerve health. A B12 deficiency can lead to anaemia, with symptoms getting worse the longer it's left untreated.

Vitamin B12 Deficiency Anaemia

Anaemia is a condition where you have fewer red blood cells than normal, or where you have a low amount of haemoglobin in each red blood cell. There are many forms of anaemia, each with its own cause – Vitamin B12 deficiency is one form.

- According to the National Institute of Health and Care Excellence (NICE) around 6% of people aged under 60 are B12 deficient
- This figure rises to around 20% (1 in 5) in those aged over 60
- Around 11% of people who follow a vegan diet are also deficient

Common symptoms of Vitamin B12 deficiency and anaemia include:

- Extreme tiredness
- Lack of energy
- Feeling faint
- Breathlessness
- Mouth ulcers
- Pins and needles
- Disturbed vision
- Irritability
- A sore and red tongue
- Depression

About the Vitamin B12 test

This blood test measures the levels of Vitamin B12 in your blood to help identify deficiency or overload. You do not need to have fasted before your test.



Date of Inspection: 1st July 2022

Vitamin B9 (Folate)

€69

Folate (also known as folic acid or vitamin B9) is required for red blood cell formation, tissue and cellular repair, DNA synthesis and nerve health. Chronic low folate intake can lead to fatigue and anaemia.

Vitamin B9 Deficiency Anaemia

Anaemia is a condition where you have fewer red blood cells than normal, or where you have a low amount of haemoglobin in each red blood cell. There are many forms of anaemia, each with its own cause – Vitamin B9 deficiency is one form.

- According to the National Institute of Health and Care Excellence (NICE) deficiency of vitamin B12 or Folate are the most common causes of megaloblastic anaemia
- Folate deficiency is often caused by problems with dietary intake
- Folate deficiency can also be caused by your body using too much folate, or your body not being able to absorb it properly, for example in blood disorders or liver disease

Common symptoms of Vitamin B9 deficiency include:

- Extreme tiredness
- Lack of energy
- Feeling faint
- Breathlessness
- Difficulty concentrating
- Irritability

About the Vitamin B9 test

This blood test measures the levels of Vitamin B9 in your blood serum to help identify deficiency. You do not need to have fasted before your test.



Date of Inspection: 1st July 2022

Bowel Cancer Risk (qFIT)

€79

Statistics from Cancer Research UK show that 1 in 15 males and 1 in 18 females will be diagnosed with bowel cancer in their lifetime. But 54% of bowel cancer cases in the UK are preventable, making early diagnosis all the more important.

Symptoms of bowel cancer can be subtle and may not necessarily make you feel ill, but they include:

- A persistent change in bowel habits
- Blood in the stool
- Stomach pain, discomfort or bloating, often after eating

While the exact cause of bowel cancer is unknown, research has shown that several factors may increase your risk of developing it. These include:

- Age: 90% of cases develop in adults aged over 50
- Family history: Having a family history of bowel cancer in a close relative (mother, father, brother or sister) under the age of 50 can increase your lifetime risk of developing bowel cancer
- Smoking: People who smoke cigarettes are at a higher risk of developing bowel cancer, as well as other types of cancer.
- Weight: Being overweight or obese, particularly in men, is linked to an increased risk of bowel cancer

About the Bowel Cancer risk test

The qFIT, or Quantitative Faecal Immunochemical Test, is used to detect traces of human blood in a sample of your stool. The qFIT is more accurate and sensitive than previous generation Faecal Occult Blood (FOB) tests, and less likely to be falsely triggered by diet and medication.

How it works



You will be provided a stool self-collection test kit at your appointment to take home.



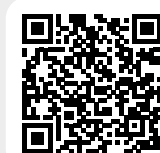
In the comfort of your home, follow the instructions and collect your stool sample.



Place your sample in the provided packaging and send it to our lab by freepost.

Each cancer risk test has its benefits and limitations, and we want to provide you with all the relevant information to make an informed decision about whether to take the test. For more information, please scan the QR code with your mobile device to visit our website.

www.bluecrestwellness.com/informed-consent



Date of Inspection: 1st July 2022

Cervical Cancer (HPV)

€89

Almost all cases of cervical cancer are linked to Human Papilloma Virus (HPV) infection. Although around 13 types of HPV can cause cancer, 70% of cervical cancer cases are caused by just two types: HPV16 and HPV18.

More about HPV and cervical cancer

- Human papilloma virus (HPV) is the name for a group of viruses that affect your skin and the moist membranes lining your body, for example, in your cervix, anus, mouth and throat
- The majority of HPV infections do not cause symptoms or disease and resolve spontaneously. However, persistent infection with specific types of HPV (most frequently types 16 and 18) may lead to precancerous lesions
- If untreated, these lesions may progress to cervical cancer, but this progression usually takes many years
- Cervical cancer mainly affects sexually active women aged 30-45 years
- Although symptoms of cervical cancer tend to appear only after the cancer has reached an advanced stage, these can include: irregular, intermenstrual (between periods) or abnormal vaginal bleeding after sexual intercourse; vaginal discomfort or odourous discharge

About the HPV test

This is a self-collection test kit which includes a self-collected vaginal swab to measure the levels and strains of HPV in your body.

How it works



You will be provided a vaginal swab self-collection kit at your appointment to take home.



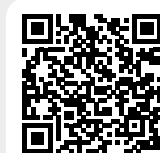
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Date of Inspection: 1st July 2022

Lung Cancer (EarlyCDT)

€349

The EarlyCDT test can help find lung cancer at an early stage, before symptoms appear. When cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread, making it harder to treat.

About the EarlyCDT test

This blood test measures your antibody response to seven proteins produced by lung cancer cells. The test result is reported as a low, moderate or high.

- If the test result is reported as moderate or high, then it is highly likely that lung cancer will be present
- The test is usually only suitable for those aged over 50 who smoke or have a history of smoking, as the risk of lung cancer outside this group is very low
- You may also consider this test if you have a family history of lung cancer, a personal history of exposure to certain substances (such as asbestos) and/or a personal history of other lung diseases (such as COPD). Living in an area where radon levels are particularly high might also warrant this test

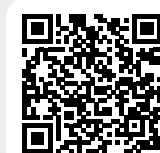
Further information

When taking the EarlyCDT blood test for lung cancer, it is important to understand:

- Six out of ten lung cancers will not be detected by EarlyCDT testing
- If your result is moderate or high the next step is to arrange an urgent appointment to see your own GP
- You do not need to have fasted to take this test.

Each cancer risk test has its benefits and limitations, and we want to provide you with all the relevant information to make an informed decision about whether to take the test. For more information, please scan the QR code with your mobile device to visit our website.

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Date of Inspection: 1st July 2022

Prostate Cancer (PSA)

€89

Prostate cancer is the most common cancer in males in the UK. Every year around 50,000 men in the UK are diagnosed with prostate cancer. Of these 12,000 men will die of the disease, making early detection all the more important.

Common symptoms of prostate cancer include:

- Needing to urinate more frequently
- Unexplained lower back pain
- Difficulty in passing urine
- A weak flow of urine

The causes of prostate cancer aren't fully understood, but there are things which increase your risk of developing the condition:

- **Age** – your risk of developing prostate cancer increases as you get older. Most cases develop in men aged over 50
- **Family history** – if your father or brother has had prostate cancer, your risks are slightly increased
- **Ethnicity** – according to the NHS, for reasons not yet understood, prostate cancer is more common in black men and less common in Asian men
- Recent research also shows a correlation between obesity and an increased risk of developing prostate cancer

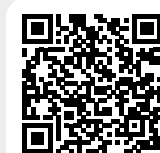
About the prostate cancer risk test

Most early prostate cancers do not cause any symptoms, but they may release a protein called Prostate Specific Antigen (PSA) into the blood

- This blood test measures the levels of PSA in your blood
- The test is only suitable for males aged 40-79 due to the risk of false-positive or false-negative results
- A raised PSA level does not necessarily mean you have prostate cancer. PSA levels may also be raised if you have ejaculated within 48 hours of your appointment, exercised heavily within 48 hours of your appointment, or if you have a UTI

Each cancer risk test has its benefits and limitations, and we want to provide you with all the relevant information to make an informed decision about whether to take the test. For more information, please scan the QR code with your mobile device to visit our website.

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Date of Inspection: 1st July 2022

Stomach Cancer Risk (H. Pylori)

€69

Over 6,000 people are diagnosed with stomach cancer in the UK each year. Infection with a bacteria called Helicobacter Pylori (H. Pylori) has been shown to increase the risk of developing stomach ulcers and stomach cancer.

More about H. Pylori and Stomach Cancer

- Most stomach cancers are linked to lifestyle or environmental factors, such as smoking or eating foods that are high in salt
- Stomach cancer is more common in men than women
- Around 50% of cases occur in people aged 75 or over
- H. Pylori is a type of bacteria that infects the stomach lining. It is normally picked up through consuming contaminated food and water during childhood
- A H. Pylori infections often doesn't cause symptoms, so many people won't be aware they have it
- In some people, H. Pylori infections can cause long-lasting irritation, swelling and pain in the stomach

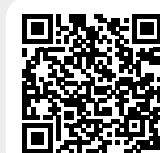
About the H. Pylori test

This blood test measures the levels of H. Pylori antibodies in your blood.

- A positive result on this blood test can mean that you are currently infected with H. Pylori or that you had an infection in the past that has now cleared
- Once identified, H. Pylori infections can normally be treated with a course of antibiotics
- If your H. Pylori test result is negative, this does not necessarily rule out stomach cancer, or mean you will never develop it
- You do not need to have fasted before taking the blood test

Each cancer risk test has its benefits and limitations, and we want to provide you with all the relevant information to make an informed decision about whether to take the test. For more information, please scan the QR code with your mobile device to visit our website.

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