

Stroke & Heart Disease

-are you at risk?

Heat disease, stroke, liver and kidney disease are often described as 'silent killers' as there can be no warning signs. Sadly, the first symptom of a stroke is normally the stroke itself. But, according **World Health Organisation**, 80% of strokes can be prevented. Your 53 medical readings include tests that can highlight a risk of stroke, as well as other key health concerns. **Plus you will get your 10 year Heart Disease Risk Assessment and Body Composition scan both FREE with this special offer.**

Your quick and easy way to help avoid serious health problems

75% of people with peripheral arterial disease (PAD) will suffer a heart attack or stroke if left untreated. As you age, fatty deposits known as 'plaque' can build-up in your arteries. Yet your simple 'PAD' screening uses painless sensors placed on your arms and legs to detect your risk and help avoid a problem.

Reduce your risk of blood clots, vascular dementia and stroke

You may have no warning signs, but may be affected by a condition called 'atrial fibrillation' which can lead to blood clots forming in your heart's chambers. If untreated, clots could enter your blood stream and may increase your vascular dementia and stroke risks. Your heart rhythm test, read by a cardiac specialist, will check your risk.

Help prevent liver and kidney disease

Liver disease has increased by over 25% in

sharpest rise being in those aged over 35 – and spotting the symptoms can be difficult. The good news is your screening includes checks for liver and kidney disease, so you can take action if you are at risk.

Your FREE 10-year risk assessment for coronary heart disease

This can help you understand and reduce your long term risk of developing heart disease – the Uganda main killer. Plus, you will also get your Body Composition analysis FREE. Your scan analyses dangerous visceral fat levels that can build up around your vital organs and includes other measurements to give you a fuller picture of your overall health.

All in one place - save at GIH!

Other hospitals can charge millions for the type of tests we offer. But, because we use specialized unit for our screenings, we have lower running costs, that means we can pass those savings to you. Check our website: www.guluindependenthospital.com

What age should I be screened?

It's a good idea to get regular checks at any age. If you are particularly concerned about stroke, it is worth noting that your risk doubles every decade after the age of 35.

Where will my screening be?

Your private screening takes place at Gulu Independent Hospital. All tests are painless and you don't need to remove any clothing other than your shoes and socks.

How long do screenings take?

You should be away within an hour, after which work will begin on compiling your Personal Health Report, which will then be sent or given to you within 10 days.

Don't wait around until its too late

It's easy to take your health for granted and wait for something to go wrong before troubling your doctor. But the effects can be prevented if you take action early enough, so waiting for an illness to surprise you is not always the best approach to looking after your health.

PERIPHERAL ARTERIAL DISEASE (PAD)

75% of people with PAD will suffer a heart attack or stroke if left untreated. Over time fatty deposits can build up in your arteries and your risk doubles each decade after the age of 35, so its worth having regular check-ups.

PLUS 53 medical health checks included in this package

STROKE The Ugandan largest cause of disability, and in 80% of cases there are no prior warning signs. Your screening includes a 'PAD' (peripheral arterial disease) check of your arteries for fatty

HEART DISEASE This is the Uganda No.1 killer and often shows no symptoms. You will get your 10-year Heart Disease Risk Assessment FREE.

DIABETES Around 2,8 million people in Uganda have diabetes. Left untreated it can lead to heart disease, stroke, nerve damage and blindness.

LIVER DISEASE Deaths from liver disease in Uganda have reached record levels, rising by 25% in less than a decade. It can often show no symptoms in its initial stages, but if caught early can be managed.

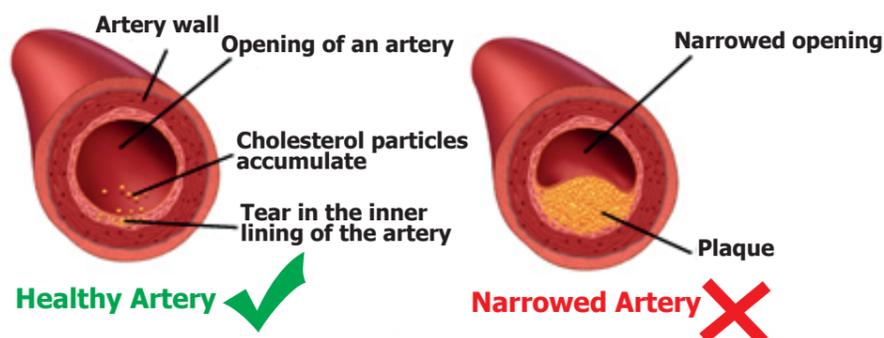
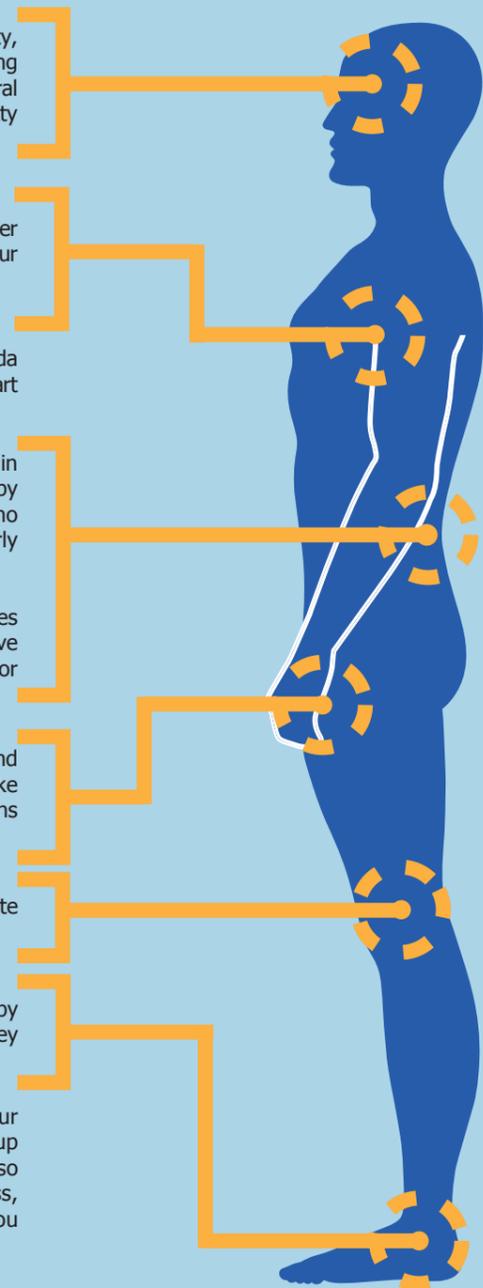
KIDNEYS Chronic kidney disease (CKD) causes no symptoms at all in its early stages. If you have CKD you are also at higher risk of heart attack or stroke.

IRON Iron deficiency can cause tiredness and shortness of breath. Left untreated it can make you more susceptible to illness and complications affecting the heart or lungs.

BONES We measure your calcium and phosphate levels to assess your risk from bone diseases.

GOUT A form of inflammatory arthritis caused by high levels of uric acid which can lead to kidney stones

BODY CONSUMPTION We will check your levels of dangerous visceral fat that can build-up around your vital organs. This FREE check also measures your hydration levels, muscle mass, bone mass, metabolic rate and age, giving you a bigger picture of your overall health.



YOUR KEY HEALTH CHECKS	WAS	NOW
Artery check for stroke & heart disease	204 600 UGX	200 000 UGX
Preventive test for liver & kidney disease, iron levels, gout, diabetes, bone and muscle health.	203 500 UGX	200 000 UGX
Specialist cardiac check for blood clot 'Atrial Fibrillation' risk	424 600 UGX	400 000 UGX
10-year heart disease risk assessment	90 000 UGX	FREE
Body composition scan & biometric analysis	520 000 UGX	FREE
READER DISCOUNT	SAVE 552 790 UGX	
SPECIAL PACKAGE	1 442 700 UGX	800 000 UGX



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