



EVENT TESTING

Don't wait to take control of your well-being



The King's Award for Voluntary Service

GFCT Ltd (The Graham Fulford Charitable Trust) have been awarded the King's Award for Voluntary Services which is the highest award an organisation can be given and is the equivalent of an MBE for an individual.



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CHARITY NUMBER 1109385



My Health Tests and My PSA Tests

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The King's Award for Voluntary Service

The Graham Fulford Charitable Trust receives The King's Award for Voluntary Service

The Graham Fulford Charitable Trust (GFCT Ltd), have just been awarded The King's Award for Voluntary Service in November 2023. This is the highest award a local voluntary group can receive in the UK and is equivalent to an MBE.

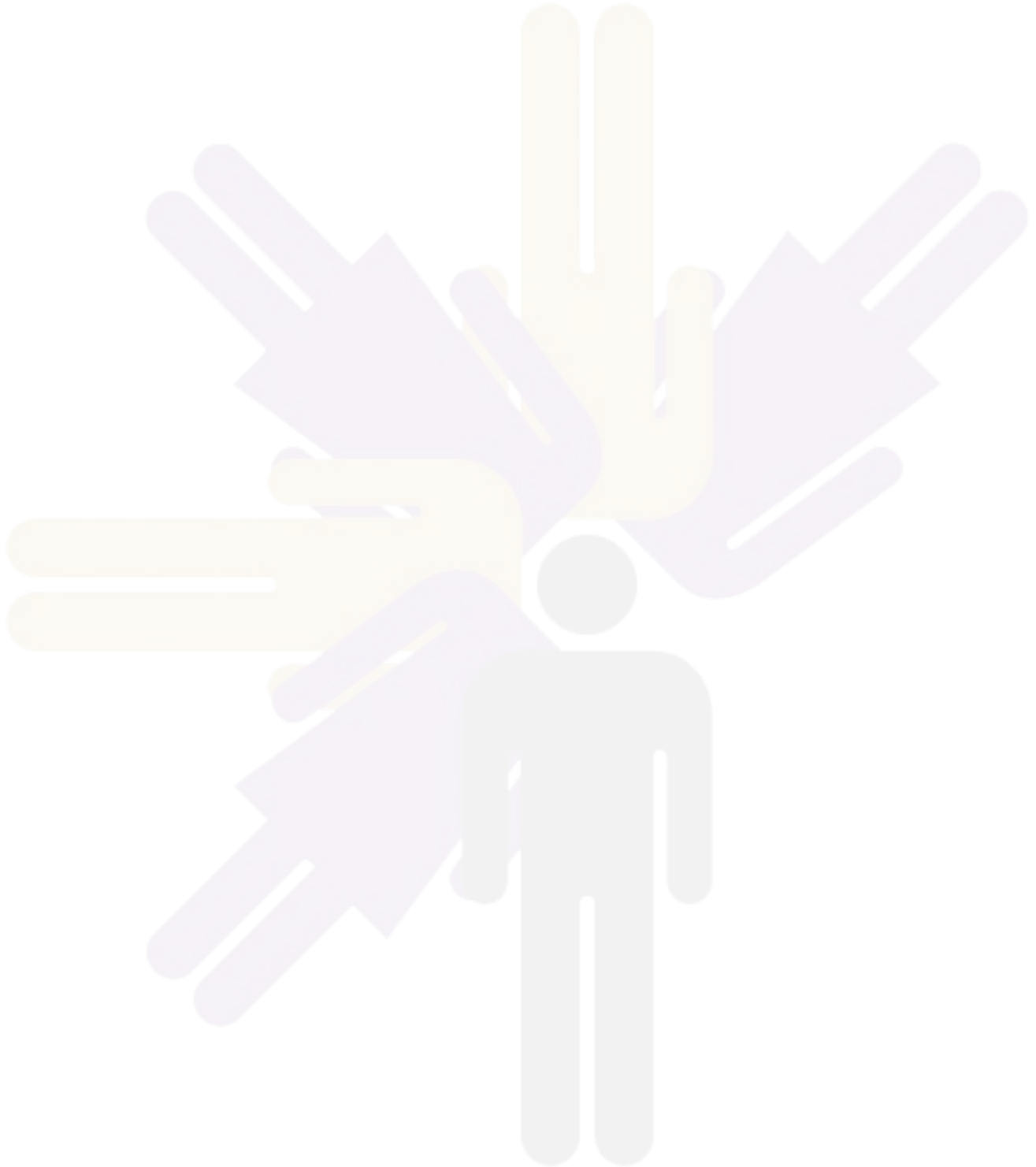
GFCT was set up by Graham Fulford to promote awareness of prostate cancer and encourage early diagnosis. Since 2004, the charity has been involved in testing over 260,000 people and has so far identified over 2,500 known cancers that might otherwise not have been discovered.

The King's Award for Voluntary Service aims to recognise outstanding work by local volunteer groups to benefit their communities. It was created in 2002 to celebrate Queen Elizabeth II's Golden Jubilee and, following his accession, His Majesty The King emphasised his desire to continue the Award.

Representatives of GFCT have received the award crystal and certificate from Tim Cox, Lord-Lieutenant of Warwickshire later this summer.

Graham Fulford, Founder of the Graham Fulford Charitable Trust, said: *"We are delighted to receive this very prestigious award on behalf of the hundreds of volunteers who have worked tirelessly for the charity over the past 19 years, giving men in Warwickshire the opportunity to find out more about their prostate and general health."*

For more information about
The King's Award for Voluntary Service and The Graham Fulford Charitable Trust ,
please visit: www.psatests.org.uk/news



Why should you have a Cholesterol blood test?

A cholesterol blood test is used to assess your risk of developing heart disease. Elevated levels of cholesterol in the blood can contribute to the buildup of plaque in the arteries, which can increase the risk of heart attack and stroke. By measuring your cholesterol levels, your healthcare provider can collaborate with you to develop a plan to manage your risk factors and improve your heart health.

A cholesterol test is a simple blood test that measures the levels of cholesterol and triglycerides in your blood. It can help determine your risk of developing heart disease by detecting the buildup of fatty deposits (plaques) in your arteries that can lead to narrowed or blocked arteries throughout your body (atherosclerosis).

High cholesterol does not cause symptoms, so the only way to find out if you have it is through a blood test. Your GP might suggest having a test if they think your cholesterol level could be high due to factors such as your age, weight, or another condition you have (like high blood pressure or diabetes).

A cholesterol test can measure total cholesterol, the overall amount of cholesterol in your blood, including both “good” and “bad” cholesterol. It can also measure the total cholesterol to HDL cholesterol ratio (TC: HDL), the level of good cholesterol in your blood compared to your overall cholesterol level.

If you have high cholesterol, a doctor or nurse will talk to you about how you can lower it. This might include things like changing your diet or taking medicine. They may also work out your risk of having a heart attack or stroke in the next 10 years. Lowering your cholesterol can help lower your risk of having a heart attack or stroke.

In summary, having a cholesterol test is a key step in taking control of your health and reducing your risk of heart disease.

Do not wait, order your test today by visiting www.myhealthtests.org.uk or speak to one of the team **01926 419959**



Why should you have a Diabetes blood test?

A diabetes test is recommended for individuals who are at risk of developing diabetes or who are experiencing symptoms of diabetes. Diabetes is a chronic condition that affects the body's ability to produce or use insulin, which leads to high blood sugar levels. If left untreated, diabetes can cause serious health problems such as nerve damage, kidney damage, and cardiovascular disease.

Risk factors for diabetes include being overweight or obese, having a family history of diabetes, being over the age of 25, being physically inactive, and having high blood pressure or high cholesterol levels. Symptoms of diabetes include increased thirst and hunger, frequent urination, blurred vision, fatigue, and slow healing of cuts and bruises.

Early detection and management of diabetes through regular testing and monitoring can help prevent complications and improve quality of life. It is recommended that adults over the age of 25 or those with risk factors for diabetes undergo regular diabetes testing.

A diabetes blood test is a simple and effective way to find out if you have diabetes or are at risk of developing it. The only way to find out if you or a loved one has diabetes is from blood tests that measure your blood glucose (sugar) levels. Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This can lead to serious health complications such as heart disease, stroke, kidney disease, nerve damage, and eye damage. Early detection and management of diabetes can help prevent or delay these complications.

One of the most common blood tests for diabetes is the HbA1c test, which measures your average blood glucose levels for the last two to three months. This test gives a good indication of how well your diabetes is being controlled and can help you and your healthcare team make informed decisions about your treatment.

If you have diabetes, an ideal HbA1c level is 48mmol/mol (6.5%) or below. If you are at risk of developing type 2 diabetes, your target HbA1c level should be below 42mmol/mol (6%). Knowing your HbA1c level and what you can do to lower it will help you reduce your risk of devastating complications.

In summary, having a diabetes blood test is a key step in taking control of your health and reducing your risk of developing diabetes or its complications.

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Why should you have a Liver Function test?

Liver function blood tests are used to evaluate the overall health and function of the liver. These tests may be used to screen for liver diseases or monitor liver function in individuals with known liver conditions. Some common reasons for ordering a liver function blood test include:

- Symptoms of liver disease, such as abdominal pain, jaundice, or fatigue
- Elevated liver enzymes found on routine blood tests
- Heavy alcohol use or history of liver disease
- Exposure to hepatitis viruses or other liver-damaging substances
- Monitoring liver function during medication or treatment that may affect the liver
- Screening for liver disease in individuals at high risk, such as those with a family history of liver disease or obesity.

A liver function blood test is a simple and effective way to find out how well your liver is functioning and if there is any damage or inflammation inside the liver. These tests measure the levels of proteins, liver enzymes, and bilirubin in your blood.

The liver is an essential organ that performs many vital functions, including filtering toxins from the blood, producing bile to help digest fats, and storing energy in the form of glycogen. Liver disease or damage can interfere with these functions and lead to serious health problems.

Liver function tests can be used to screen for liver infections, such as hepatitis, monitor the progression of a disease, such as viral or alcoholic hepatitis, and determine how well a treatment is working. They can also measure the severity of a disease, particularly scarring of the liver (cirrhosis), and monitor side effects of medications.

In summary, having a liver function blood test is a key step in taking control of your health and reducing your risk of liver disease or damage.

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Why should you have a Kidney Function blood test?

A kidney function blood test is used to check how well your kidneys are working. The test measures the levels of various substances in your blood, such as creatinine and blood urea nitrogen (BUN), which can indicate if your kidneys are filtering waste and excess fluids properly. Kidney function tests are used as part of routine health check-ups, or if you have symptoms like swelling, fatigue, or changes in urination. They can also be used to monitor kidney function if you have a history of kidney disease or are taking medications that can affect kidney function.

A kidney function blood test is a simple and effective way to find out how well your kidneys are working. These tests measure the levels of several substances in your blood, including minerals, electrolytes, proteins, waste products and glucose (sugar). This can give an indication of the condition of your kidneys.

The kidneys are essential organs that perform several vital functions, including filtering waste materials from the blood and expelling them from the body as urine. They also help control the levels of water and various essential minerals in the body. Kidney disease or damage can interfere with these functions and lead to serious health problems.

Kidney function tests can be used to screen for kidney infections, monitor the progression of a disease, such as chronic kidney disease (CKD), and determine how well a treatment is working. They can also measure the severity of a disease, particularly scarring of the kidney (nephrosis), and monitor side effects of medications.

In summary, having a kidney function blood test is a key step in taking control of your health and reducing your risk of kidney disease or damage.

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Why should you have a Thyroid blood test?

In today's fast-paced world, maintaining optimal health is crucial for leading a fulfilling life. One often overlooked yet vital aspect of our well-being is the thyroid gland. Responsible for regulating metabolism, energy levels, and hormone production, the thyroid plays a pivotal role in our overall health. To ensure that your thyroid is functioning optimally, a thyroid blood test emerges as a vital tool.

A thyroid blood test allows for the early detection of thyroid-related issues. By measuring the levels of thyroid hormones (T3 and T4) and the thyroid-stimulating hormone (TSH), healthcare professionals can identify any imbalances or abnormalities. Early detection is key to prevent the progression of thyroid disorders, such as hypothyroidism or hyperthyroidism, which can have a significant impact on your overall health and quality of life.

Thyroid dysfunction can lead to fatigue, weight gain or loss, and a sluggish metabolism. By regularly monitoring your thyroid hormone levels through blood tests, you can identify any irregularities and take timely corrective actions. Optimising thyroid function can result in improved energy levels, increased metabolic rate, better weight management, and enhanced overall well-being.

The thyroid plays a vital role in regulating brain functions, including cognition, memory, and emotional well-being. Thyroid imbalances can contribute to mood swings, depression, anxiety, and brain fog. By monitoring thyroid function through regular blood tests, you can ensure that your mental and emotional health remains in check, leading to improved cognitive abilities and a greater sense of emotional stability. Thyroid imbalances, particularly hypothyroidism, can adversely impact fertility and reproductive health. Irregular menstrual cycles, difficulty conceiving, and increased risk of miscarriage are some consequences of untreated thyroid dysfunction. Regular thyroid blood tests can help identify any underlying issues and allow for timely intervention, optimising your chances of conceiving and maintaining a healthy pregnancy.

Incorporating thyroid blood tests into your wellness routine highlights a proactive approach to healthcare. By prioritising preventive measures, you can identify potential health concerns before they manifest into more severe conditions. Regular thyroid monitoring empowers you to take charge of your health, make informed decisions, and work towards maintaining optimal thyroid function.

Your thyroid is a small yet mighty gland that impacts numerous bodily functions. Prioritising regular thyroid blood tests enables you to stay proactive in maintaining optimal thyroid health and overall well-being. By detecting thyroid imbalances early on, you can take timely corrective actions, ensuring improved energy levels, metabolic function, mental and emotional health, and reproductive wellbeing.

Embrace the power of preventive healthcare and unlock optimal health by incorporating thyroid blood tests into your wellness routine.

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VITAMIN D

Why should you have a Vitamin D blood test?

A Vitamin D blood test measures the level of Vitamin D in your blood to make sure you have enough for your body to work well. Vitamin D is essential for healthy bones and teeth. It also helps keep your muscles, nerves, and immune system working normally. Having low levels of Vitamin D is a common problem that can lead to bone disorders and other medical problems. Vitamin D testing can let you know if you need to increase your Vitamin D levels.

If you have signs or symptoms of a bone condition that may be related to a Vitamin D deficiency (very low levels of Vitamin D), such as bone pain, muscle weakness or aches, soft bones, deformed bones, weak bones and fractures (broken bones), low bone density (osteoporosis or osteopenia).

In today's fast-paced world, maintaining optimal health has become a top priority for individuals seeking to live their best lives. While most of us know about the importance of a balanced diet and exercise, one crucial aspect often goes unnoticed: Vitamin D. This vital nutrient plays a critical role in promoting overall health and wellbeing. To ensure that you are getting enough of this essential vitamin, it is highly recommended to have a Vitamin D blood test. In this document, we will explore the numerous benefits of regular Vitamin D testing, enabling you to take control of your health like never before.

Knowledge is power, and understanding your Vitamin D levels is the first step towards optimum health. A Vitamin D blood test provides valuable insights into your current Vitamin D status, allowing you to make informed decisions about your diet, lifestyle, and supplementation. By knowing your levels, you can take proactive steps to maintain, increase, or restore your Vitamin D levels, leading to enhanced overall wellness.

Vitamin D deficiencies are more common than you might think and can have detrimental effects on your health. A Vitamin D blood test is a reliable method to identify any deficiencies early on, preventing potential health complications. Low levels of Vitamin D have been linked to various conditions, including weakened immune system, bone disorders, fatigue, mood swings, and increased risk of chronic diseases. By detecting deficiencies, you can respond appropriately to address the issue promptly, promoting better overall health.

Supplementation is often necessary to maintain optimal Vitamin D levels, especially for individuals residing in regions with limited sunlight or those with dietary restrictions. A Vitamin D blood test helps you determine the right dosage and type of supplementation required to meet your specific needs. This tailored approach ensures that you achieve adequate Vitamin D levels without the risk of over-supplementation, maximising the benefits while minimising potential side effects.

Vitamin D plays a crucial role in calcium absorption, promoting healthy bone development and strength. By having a Vitamin D blood test, you can ensure that your levels are within the optimal range to maintain strong bones. This is particularly important for individuals at higher risk of osteoporosis, including women in postmenopausal stage, elderly individuals, and those with a family history of bone-related issues. Regular testing allows you to monitor your bone health and take necessary actions to prevent bone loss or fractures.



Vitamin D is renowned for its immune-boosting properties, helping to protect against respiratory infections, autoimmune disorders, and other illnesses. A Vitamin D blood test enables you to identify deficiencies that may compromise your immune system, allowing you to take proactive steps to strengthen it. Especially in today's world, where maintaining a robust immune system is paramount, monitoring and optimising your Vitamin D levels can significantly contribute to your overall wellbeing.

A Vitamin D blood test is a powerful tool that empowers you to take control of your health and wellbeing. By understanding your Vitamin D levels, identifying deficiencies, tailoring your supplementation, and promoting bone health and immune function, you can maximize the benefits of this essential vitamin. Do not leave your health to chance – invest in yourself and prioritize your wellbeing.

Do not wait, order your test today by visiting www.myhealthtests.org.uk or speak to one of the team **01926 419959**

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Why should you have a Iron Count blood test?

An iron count blood test measures the level of iron in your blood. Iron is an essential mineral that helps your body produce red blood cells and transport oxygen throughout your body. If you have low levels of iron, it can lead to iron deficiency anaemia, which can cause fatigue, weakness, and other symptoms.

Order an iron count blood test if you have signs or symptoms of iron deficiency anaemia, such as tiredness and lack of energy, shortness of breath, noticeable heartbeats (heart palpitations), or pale skin.

As individuals, we often overlook the significance of maintaining a healthy iron level in our bodies. However, iron plays a critical role in our overall well-being, impacting everything from energy levels to cognitive function. To better understand your iron status and ensure your body is functioning optimally, we present the iron count blood test. Why you should consider getting an iron count blood test and the benefits it can bring to your life.

The iron count blood test offers a comprehensive evaluation of your iron levels, allowing you to assess your body's ability to transport oxygen and produce essential proteins. By obtaining a clear picture of your iron status, you can identify any deficiencies or excesses that may be affecting your overall health.

Iron deficiency anaemia is a common condition that occurs when your body lacks sufficient iron to produce an adequate amount of healthy red blood cells. Fatigue, weakness, and decreased cognitive performance are some of the tell-tale signs of this condition. An iron count blood test can accurately diagnose iron deficiency anaemia, allowing for timely intervention and appropriate treatment.

Iron is a key component of haemoglobin, which carries oxygen from the lungs to all parts of the body. Inadequate iron levels can result in reduced oxygen supply, leading to decreased energy levels and overall fatigue. By monitoring your iron count regularly, you can ensure that your energy levels are optimised, allowing you to perform at your best throughout the day.

Iron is essential for proper brain function as it helps maintain healthy neurotransmitter levels. When iron levels are low, cognitive function can be compromised, resulting in difficulties with concentration, memory, and learning. Regular iron count blood tests can help identify any iron-related cognitive impairments, enabling targeted interventions to improve mental acuity and overall brain health.

For athletes and individuals engaging in regular exercise, maintaining appropriate iron levels is crucial. Iron is involved in the production of healthy red blood cells, which deliver oxygen to working muscles. An iron count blood test can help ensure that your body has adequate iron stores, promoting endurance, stamina, and overall athletic performance. While iron deficiency is a common concern, excess iron can also be harmful.



Haemochromatosis is a genetic disorder characterised by excess iron absorption, which can lead to organ damage and various health complications. By monitoring your iron count regularly, you can identify and address iron overload in its initial stages, mitigating potential long-term health risks.

Incorporating an iron count blood test into your regular health check-ups is a proactive step towards ensuring your body operates at its peak potential. By understanding your iron status, you can optimize energy levels, enhance cognitive function, and support overall health and well-being. Do not let iron-related issues go unnoticed, take control of your health today with an iron count blood test and embrace a life filled with vitality.

Do not wait, order your test today by visiting www.myhealthtests.org.uk or speak to one of the team **01926 419959**

IRON
COUNT



Why should you have a PSA blood test?

A PSA test is a blood test used to help identify prostate conditions including prostate cancer. The test measures the amount of Prostate Specific Antigen (PSA) in your blood. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate, a small gland that sits below the bladder in males.

It is wise to get a PSA test if you have certain risk factors for prostate cancer. These include having a father, uncle, grandfather or brother with prostate cancer, mother, sister, grandmother or aunt having breast cancer, or being African-American. We conduct testing for men over the age of 40.

- About 15% of men who have a Prostate Cancer do not have a raised PSA level.
- Three out of four men with a raised PSA Level don't have prostate cancer.
- One out of four men with a raised PSA level will have cancer.
- Three out of four men who have a biopsy don't have cancer.
- Biopsies in one in five men fail to spot prostate cancer.

For these reasons we have organised all men with a high score can access the RAPID Protocol at Imperial College London Hospital and be seen by Professor Ahmed and his team. All men will have a Prostigram which is a mini MRI scan prior to any biopsy being undertaken.

A PSA is not a perfect test, but will help find other conditions and is the best test until something better comes along.

The Importance of Early Prostate Cancer Detection

As human beings, our health is our most valuable asset. Regular health check-ups are essential to maintain overall well-being. We aim to shed light on the significance of PSA (Prostate Specific Antigen) blood tests, emphasising why every individual, particularly those at risk, should consider this screening tool for early detection of prostate cancer. By understanding the advantages and benefits of PSA testing, we can empower individuals to take charge of their health and make informed decisions.

Early Detection Saves Lives. Prostate cancer is one of the most common cancers affecting men worldwide. However, when detected early, the survival rate rises significantly. PSA blood tests provide a simple and effective screening method to identify potential abnormalities in the prostate gland, enabling early intervention and increased chances of successful treatment.

PSA blood tests are minimally invasive, requiring a simple blood sample. It is a quick and painless procedure. This non-invasive nature makes it accessible and suitable for everyone, including those who may be hesitant about more invasive screening methods.



While prostate cancer is more prevalent in men over the age of 50, it can also affect other men. PSA blood tests provide a personalised risk assessment, considering a range of factors such as age, family medical history, and lifestyle choices.

Apart from initial detection, PSA blood tests also serve as a valuable tool to monitor the progression of prostate cancer. By regularly measuring PSA levels, healthcare professionals can track changes over time, assess treatment effectiveness, and make informed decisions regarding further interventions or adjustments in the treatment plan.

For individuals concerned about their prostate health, a PSA blood test provides peace of mind. Knowing that you have undergone the necessary screening and taken proactive steps towards early detection can alleviate anxiety and promote mental well-being. Regular PSA testing can instil confidence and empower individuals to take control of their health.

By promoting the significance of PSA blood tests, we aim to raise awareness about men's health and encourage conversations around prostate cancer. Early detection is the key, and through education and advocacy, we can empower men to prioritize their health, break taboos surrounding screenings, and ultimately save lives.

PSA blood tests are an invaluable tool in the arsenal against prostate cancer. By offering early detection, personalised risk assessment, and monitoring capabilities, they provide a comprehensive approach to prostate health management. Embracing regular PSA testing not only saves lives but also promotes a culture of proactive healthcare, empowering individuals to prioritize their well-being.

Do not wait; take the first step towards safeguarding your health by considering a PSA blood test.

For more information on PSA testing visit www.psatests.org.uk
Do not wait, order your test today by visiting www.myhealthtests.org.uk
or speak to one of the team **01926 419959**



FEMALE HORMONES

Why should you have a Female Hormone test?

A female hormonal blood test can measure different hormones in the blood, such as estrogen, FSH, LH, and AMH. These tests can reveal information about a woman's health, such as her menstrual cycle, fertility, menopause, or hormonal imbalance. Hormone tests can also play a role in diagnosing medical conditions such as thyroid disease or diabetes.

However, hormonal blood tests are not recommended or needed for women aged 45 or above with typical menopausal symptoms and/or period changes. Hormone levels fluctuate on a regular basis and have their own normal ranges depending on a woman's age and reproductive status.

We understand that your health and well-being are of paramount importance. That's why we're thrilled to introduce our Female Hormone Blood Test which includes a thyroid test. Designed exclusively for women, this comprehensive analysis offers invaluable insights into your hormone levels, enabling you to take control of your health and live your best life.

Why should you consider the Female Hormone Blood Test?

Hormones play a vital role in regulating numerous bodily functions, including reproductive health, metabolism, mood, and energy levels. By undergoing our Female Hormone Blood Test, you can gain valuable insights into the intricate balance of your hormones and better understand how they impact your overall well-being.

Hormonal imbalances can lead to a wide range of symptoms, such as irregular menstrual cycles, mood swings, weight fluctuations, and low energy levels. Our test provides a comprehensive analysis of key hormones, including estrogens, progesterone, testosterone, and thyroid hormones, allowing you to identify and address any imbalances that may be affecting your quality of life.

If you're planning to start a family, monitoring your hormone levels is crucial. Our Female Hormone Blood Test can provide valuable insights into your fertility and help identify any potential issues that may affect conception. By addressing hormonal imbalances, you can optimize your reproductive health and increase your chances of a successful pregnancy.

We believe that every woman is unique, and a one-size-fits-all approach to healthcare simply doesn't work. Our Female Hormone Blood Test provides you with a personalized analysis of your hormone levels, allowing you to make informed decisions about your health. Armed with this information, you and your healthcare provider can develop a tailored plan to optimize your hormone balance and improve your overall well-being.



As women approach menopause, hormonal fluctuations can lead to a range of symptoms, including hot flushes, night sweats, and mood swings. Our Female Hormone Blood Test can help you track the changes in your hormone levels during this transition, empowering you to manage your symptoms effectively and improve your quality of life.

If you're currently undergoing hormone replacement therapy, our Female Hormone Blood Test can provide crucial information about the effectiveness of your treatment. By monitoring your hormone levels over time, you and your healthcare provider can make adjustments to your therapy, ensuring that you receive the optimal dosage and achieve the desired results.

Take the first step toward a healthier and happier you with our Female Hormone Blood Test. Do not wait, order your test today by visiting www.myhealthtests.org.uk or speak to one of the team **01926 419959**

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V I T A M I N B 1 2

Why should you have a Vitamin B12 blood test?

Are you feeling tired, sluggish, or lacking the energy you once had?

It's time to take charge of your health and unlock your energy potential! Introducing the Vitamin B12 blood test, a vital tool in understanding your body's needs. This comprehensive test can provide valuable insights into your overall health and well-being. Why you should consider getting a Vitamin B12 blood test today!

Vitamin B12 is an essential nutrient that plays a crucial role in maintaining our energy levels, brain function, and overall health. A deficiency in Vitamin B12 can lead to fatigue, weakness, mood swings, and even more serious health complications. By taking a Vitamin B12 blood test, you can identify any deficiencies and address them promptly to restore optimal health.

Do you often find yourself feeling fatigued or lacking the energy to get through the day? Vitamin B12 is known for its role in energy production within our bodies. By measuring your Vitamin B12 levels, you'll gain valuable insights into your energy status and can take appropriate measures to naturally boost your energy levels. Imagine feeling revitalized and ready to take on life's challenges!

Vitamin B12 is vital for brain health and cognitive function. It plays a key role in the production of neurotransmitters that regulate mood, memory, and focus. By monitoring your Vitamin B12 levels through regular blood tests, you can ensure that your brain is functioning optimally, enhancing your mental clarity, and maintaining overall cognitive well-being.

A Vitamin B12 blood test is not just about identifying deficiencies; it also provides an opportunity for personalized nutritional guidance. By assessing your results, healthcare professionals can offer tailored advice on dietary changes, supplementation, and lifestyle modifications to optimize your Vitamin B12 intake. This guidance can help you maintain optimal levels and prevent future deficiencies.

Vitamin B12 plays a crucial role in maintaining our overall health. Low levels of Vitamin B12 have been linked to an increased risk of cardiovascular diseases, weakened immune system, and even mental health disorders. By regularly monitoring your Vitamin B12 levels, you can proactively manage your health and reduce the risk of developing chronic conditions.

Don't let fatigue and low energy levels hold you back from living life to the fullest. Take charge of your health by opting for a Vitamin B12 blood test. By identifying deficiencies, boosting your energy levels, supporting brain health, and receiving personalised nutritional guidance, you can take the necessary steps to optimise your well-being. Embrace a healthier, more energetic you!

Do not wait, order your test today by visiting www.myhealthtests.org.uk or speak to one of the team **01926 419959**



Why should you have a Baseline Health Blood test?

Having a regular health blood test to check your cholesterol, diabetes, and iron count is important for maintaining a healthy heart. Here are a few reasons why:

Cholesterol: Elevated levels of cholesterol, specifically LDL (bad) cholesterol, can lead to the build-up of plaque in your arteries, increasing the risk of heart disease and stroke. Regularly monitoring your cholesterol levels allows you to respond appropriately to manage it through lifestyle changes or medication if necessary.

Diabetes: Diabetes is a condition that affects the body's ability to regulate blood sugar levels. High blood sugar levels can damage blood vessels and increase the risk of heart disease. Regular blood tests can help detect diabetes or monitor its management, enabling you to make necessary lifestyle modifications or seek medical intervention if needed.

Iron Count: Iron is an essential nutrient that helps carry oxygen throughout our bodies. However, too much or too little iron can have adverse effects on our health. Excessive iron levels can lead to organ damage, while low levels can cause anaemia, which can strain the heart as it tries to compensate for the reduced oxygen-carrying capacity of the blood. Regular blood tests can help identify imbalances in iron levels and guide appropriate treatment.

By regularly monitoring these factors through blood tests, you can proactively manage your heart health, make informed decisions about your lifestyle, and seek medical intervention if necessary. It is always recommended to consult with a healthcare professional for personalized advice and guidance based on your specific health needs.

Do not wait, order your test today by visiting www.myhealthtests.org.uk or speak to one of the team **01926 419959**

We are a charity owned and operated by the **Graham Fulford Charitable Trust (GFCT Ltd)** who are a not-for-profit charity.

We collaborate proudly with its partners to provide and promote a variety of health testing services for men and women, in a public or corporate setting.

Expertise:

We work with a state-of-the-art laboratory with technology to deliver accurate and reliable results.

Convenience:

Our tests can be conducted in the comfort of your own home with a simple blood sample collection kit, making it both easy and convenient.

Confidentiality:

We prioritize your privacy and ensure that all your data is handled securely and confidentially.

Comprehensive Reports:

You will receive a detailed report that outlines your results and recommendations for optimizing your health.



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**The King's Award
for Voluntary Service**

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