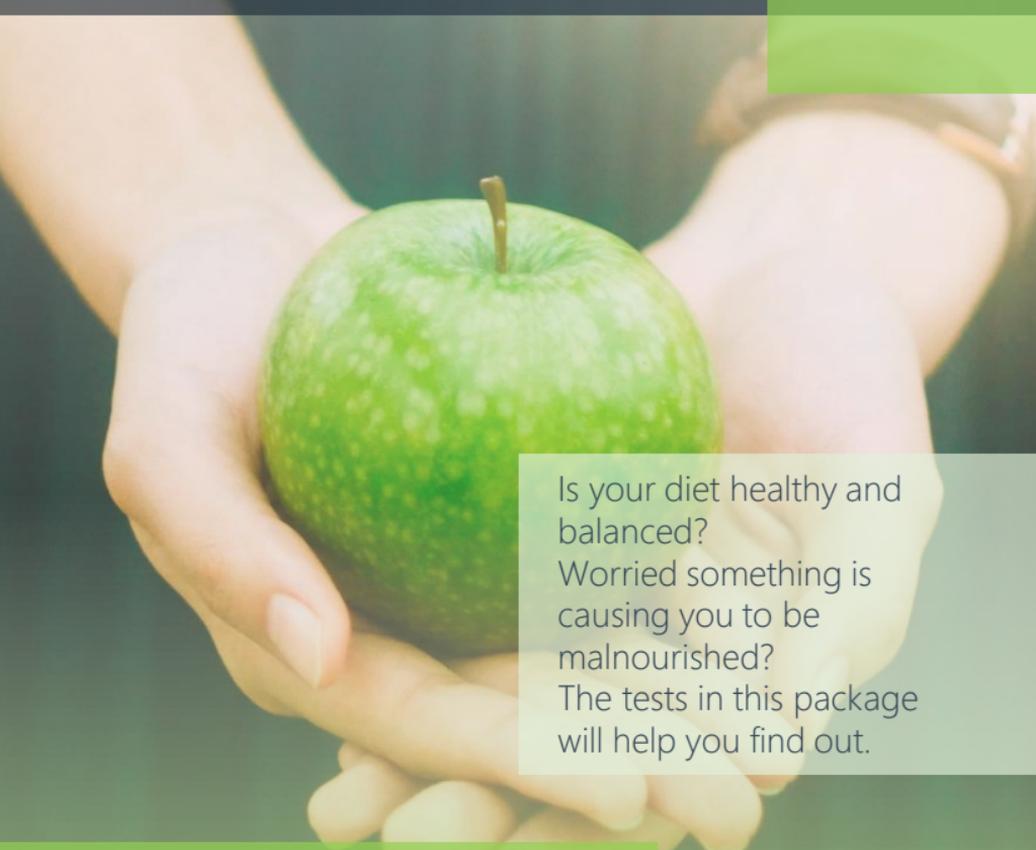




LEEUVENHOEK  
HEALTH SCREENING

# Nutrition Health Screening



Is your diet healthy and balanced?  
Worried something is causing you to be malnourished?  
The tests in this package will help you find out.

Package specially designed to assess the body's nutritional status

[www.leeuwenhoek.ie](http://www.leeuwenhoek.ie)

Your nutritional status is mainly influenced by the type, amount and quality of essential nutrients you consume and your physical health. However, some chronic conditions such as coeliac disease or Crohn's disease impact your access to or ability to consume and absorb food.

A good nutritional status implies a combination of a healthy body, healthy weight, adequate levels of nutrients and a balanced diet.

The purpose of assessing our nutritional intake/ status is to identify those not well nourished or at risk of becoming malnourished.

These tests provide an insight into your nutritional status. They are useful to early detect changes in the body metabolism and nutrition before symptoms appear. The tests measure macronutrients such as carbohydrates, proteins and fat which are necessary to provide calories and energy that your body needs. Also includes nutrients such as the vitamins and minerals that participate in various processes allowing your body to function appropriately.

## Find out more

Visit [www.leeuwenhoek.ie](http://www.leeuwenhoek.ie) for more info or to book an appointment.

Questions? send an e-mail or give us a ring. Also feel free to drop in and we'll gladly answer any question you may have.

## Tests (on blood)

**Complete blood count** - size, shape, colour and quantity of white and red cells and platelets in your blood. Used to check for anaemia, infection and several other disorders.

**Calcium and Magnesium** - to screen for conditions relating to heart, nerves, muscle, kidneys, intracellular communication, bones and teeth.

**Iron** - used to form red cells and in the production of proteins. Too much iron can occur in haemochromatosis. Lack of iron is related with anaemia.

**TIBC and UIBC (Total and Unsaturated iron-binding capacity)** - measures the proteins in blood that bind with iron to make blood cells.

**Ferritin** - it's level is directly related to the total iron stores in the body. Iron accumulation can result in abnormal organ function.

**Folate** - an essential B vitamin also known as folic acid. Its deficiency is most commonly due to the insufficient dietary intake.

**Vitamin D** - levels reflect nutritional status, malabsorption or lack of exposure to sunlight. Vitamin D helps to absorb calcium and to maintain levels of calcium and phosphorus.

**Total Proteins and Albumin** - typically low if you are malnourished, so used as a nutrition marker.

**Lipids** - evaluates general health/ nutritional status and risk of atherosclerosis and developing heart disease, stroke or related cardiovascular diseases.

**Vitamin B12** - has a key role in the formation and maturation of red blood cells and it is involved in the metabolism of the cells.

**Homocysteine** - an amino acid of which high levels have been thought to be an independent risk factor for CVD; most likely an indicator of poor lifestyle and diet.

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