



**St. Nicholas  
Hospital**



# WELL MAN PACKAGE

St. Nicholas Hospital, founded in 1968 has been at the vanguard of medical care in Nigeria. We are an organisation that monitors quality in every procedure of patient care.

The St. Nicholas Hospital Wellman Scheme is a comprehensive package aimed at providing health and lifestyle advice for men of all age groups.

It is a flexible package of medical and clinical tests, depending on the age and medical background of the individual.

# Choose your own Wellness Package



The scheme comprises 3 packages, designed to promote a healthy lifestyle for men of all ages.

The package of your choice will include a full physical examination and consultation with our doctor. Your risk factors will also be assessed for various medical conditions and you will be advised on any lifestyle modifications you need to make.

**Please take your time to look at the chart below. If you require any clarification, feel free to ask any of our Client Service staff.**

	A	B	C
	Below 40 years	COMPREHENSIVE 40 year & above	COMPREHENSIVE 40 year with previous heart disease or a smoker
Primary Care Consultation	●	●	●
Follow-Up Consultation	●	●	●
Ophthalmology Examination	●	●	●
<b>Imaging</b>			
Chest Xray	●	●	●
Prostate scan		●	●
Abdominal Scan	●	●	●
<b>Pathology</b>			
Full Blood Count	●	●	●
Renal Function		●	●
Liver Function Test		●	●
Total Cholesterol	●		
Lipid Profile		●	●
Blood Sugar	●	●	●
PSA Definitive	●	●	●
Urinalysis	●	●	●
Occult Blood (Stool)		●	●
<b>Cardiopulmonary</b>			
ECG	●	●	●
Exercise ECG			●
Echocardiogram			●
<b>Package Price (N)</b>	<b>77,000</b>	<b>115,000</b>	<b>201,000</b>

*Other tests may be recommended by your doctor if necessary*

## Primary Care Consultation

This consists of an initial consultation with the doctor who will collect all your medical information and discuss any health concerns you may have. The doctor would carry out a comprehensive medical examination. At the end of the consultation, the investigations you will carry out will be discussed with you. More tests may be added by the doctor depending on the findings during the consultation or at your request.

## Prostate Disease

The prostate is a small gland about the size of a nut, found only in men. It sits under the bladder and in front of the rectum (lower end of the bowel). The urethra is a narrow tube that runs the length of the penis and carries both urine and semen out of the body. It runs directly through the prostate, therefore, any condition affecting the prostate will ultimately affect the function of the urethra. The prostate is an important organ and its level of importance in men rises as they get older.

### There are 3 major health problems that affect the prostate gland:

- **Prostate cancer**- one of the most common cancers affecting men and a significant cause of cancer death in men over the age of 60 in Nigeria.
- **Benign prostate hyperplasia (BPH)** - this is the term used to describe an enlargement of the prostate gland. The gland often enlarges to a point where urination becomes difficult.
- **Prostatitis**- painful inflammation of the prostate gland, which can cause urinary tract infections in men.

## Prostate Specific Antigen (PSA)

PSA is a protein produced by cells of the prostate gland. The PSA test is a blood investigation that measures the level of PSA in the blood at any point in time. It is the most effective test currently available for the early detection of prostate cancer. Regular measurement of PSA is recommended for all men over the age of 40. Studies have shown that men who have yearly PSA tests are 3 times less likely to die from prostate cancer than those who do not have yearly screening tests.

## Prostate Scan

This is an ultrasound scan of the prostate gland. It will measure the size of the prostate and assess its shape. It can be used to detect BPH and prostate cancer.

## Chest X-Ray (CXR)

This is a radiological picture of the chest area showing the internal structures such as the heart, lungs and ribs. It can be used to evaluate problems/abnormalities within this area.

## Full Blood Count

This is a blood screening test that detects anaemia, blood abnormalities and infections,

## Liver function test

This is a blood test that measures the function of the liver. It can be used to screen for hepatitis and liver disease.

## **Renal function test**

This is a blood test that is used to evaluate the function of the kidney. It assesses electrolyte balance and also gives an indication as to how well the kidneys excrete wastes.

## **Total cholesterol**

Cholesterol is a soft waxy substance that is found in the bloodstream and in the cells of the body. It is important for normal bodily functions e.g. cell development and hormone production. However, high levels of cholesterol in the blood can cause blockage of blood vessels which can lead to conditions such as heart attacks, stroke and kidney disease. This test measures the total cholesterol in the blood which can then be used to determine your risk of coronary heart disease.

## **Lipid profile**

This is a group of blood tests that measures the fat in the body. It looks at the total cholesterol; high and low density lipoprotein and triglycerides

This allows us to assess your risk of cardiac disease accurately.

## **Urinalysis**

This is commonly used as a screening test for diabetes and kidney disease. It can also be used to diagnose urinary tract infections.

## **Blood sugar test**

This blood test measures the level of glucose in your body at any given time. It can be used as a screening test for diabetes.

## **Colorectal Cancer**

This is the abnormal growth of cells in the intestine and rectum.

In the USA it is one of the leading causes of cancer related deaths and the incidence is increasing in Nigeria.

The cause of colorectal cancer is not known. However, some risk factors have been identified; these include advancing age, diets high in red and processed meat, and a personal or family history of colorectal cancer.

## **Faecal occult blood test**

One of the symptoms of colorectal cancer is blood in the stool. The faecal occult blood test is a laboratory test that is carried out on stool to check for blood which is not visibly apparent.

The main use of this laboratory test is to screen for colorectal cancer.

## **Electrocardiogram (EGG)**

This test measures the rhythm and electrical activity of the heart when at rest. It is used to detect problems with the heart.

## **Exercise ECG**

An exercise ECG or stress test is a tool that tests the effect of exercise on your heart it provides an overall impression of the health of the heart.

## **Echocardiogram (ECHO)**

This is an ultrasound scan of the heart. It is used to assess the structure of the various parts of the heart and their function.



**PLEASE NOTE**



- ★ Your check-up will take approximately 2-4 hours depending on your package.
- ★ You will need to arrive at St. Nicholas Hospital- Clinics, Victoria Island Clinics approximately 15 minutes before your appointment, to select your package, register and make payment (if you have not already done so).
- ★ You will need to come fasted for 12 hours before your appointment. You may drink water only
- ★ Please bring along any medication and/or prescription glasses.
- ★ Your follow-up appointment will be scheduled 1 week after the initial appointment. Please ensure that the appointment is made before you leave. If you want to change your appointment please call any of the numbers below.
- ★ Any additional tests outside of your chosen package will be charged separately.

***The following tests will be carried out separately:***

Echocardiogram. (There will be no additional cost if it is part of your package).

For Exercise EGG, please bring your sports clothes and tennis shoes.

***To book an appointment or for further information please call***

**CLIENT SERVICES:** 0808-463-2038, 01-270-5921-2, 01-270-5256-8

**E-mail:** [appointmentsvi@saintnicholashospital.com](mailto:appointmentsvi@saintnicholashospital.com)

***Disclaimer***

The information contained on this information sheet is written in good faith and at the time of writing is correct to the best of the author's knowledge. Nothing written should take the place of a consultation with a doctor.

**Each package is delivered by a UK trained practitioner with support by well trained nurses.**



## St. Nicholas Hospital

### Lagos Island

57, Campbell Street,  
Lagos Island, Lagos.  
Tel: 0802 290 8484

### Victoria Island


7B, Etim Inyang Crescent,  
Victoria Island, Lagos.  
Tel: 0808 463 2038


### Lekki Free Trade Zone


Lekki, Ibeju Lekki,  
Lagos.  
Tel: 0909 300 0380

### Maryland

18, Faramobi Ajike Crescent,  
Off Ikorodu Rd., Anthony, Lagos.  
Tel: 0906 500 3036

 @St.Nicholas.ng

 @StNicholas\_ng

 @StNicholas\_ng

[www.saintnicholashospital.com](http://www.saintnicholashospital.com)