



**St. Nicholas
Hospital**



WELL WOMAN 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 Well Woman Scheme is a comprehensive package aimed at providing health and lifestyle advice for women 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

There are 6 Packages A-F. Each package has been designed based on age, lifestyle, personal history and other risk factors. The package of your choice will include full physical examination, consultation with the doctor, assessment of the risk factors for various medical conditions, and advice on lifestyle modifications.

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

	A	B	C	D	E	F
	Less than 40 years	40 - 49 years	50-59 years	50- 59 years (With previous heart disease or a smoker)	60 years & above	60 years & above (With previous heart disease or a smoker)
Primary Care Consultation	●	●	●	●	●	●
Breast Consultation	●	●	●	●	●	●
Follow - up Consultation	●	●	●	●	●	●
Ophthalmology Examination	●	●	●	●	●	●
Imaging						
Bilateral Breast Scan	●					
Bilateral Breast Mammogram		●	●	●	●	●
Abdominal Pelvic USS	●	●	●	●	●	●
Chest X-ray	●	●	●	●	●	●
Pathology						
Full Blood Count	●	●	●	●	●	●
Renal Function		●	●	●	●	●
Liver Function		●	●	●	●	●
Blood Sugar	●	●	●	●	●	●
Total Cholesterol	●					
Lipid Profile		●	●	●	●	●
Urinalysis	●	●	●	●	●	●
HVS	●					
Cervical Smear	●	●	●	●	●	●
Occult Blood (Stool)		●	●	●	●	●
Cardiopulmonary						
ECG	●	●	●	●	●	●
Exercise ECG			●	●	●	●
Echocardiogram				●		●
Package Price (Naira)	99,000	147,000	183,000	217,000	175,000	217,000

Other tests may be recommended by your doctor if necessary.

Breast Consultation

In breast cancer, some cells in the breast for reasons unknown start growing abnormally. They start to grow rapidly and in advanced cases may spread to other organs close by. Worldwide, the incidence of breast cancer is on the increase.

During your breast consultation the doctor will discuss any concerns you may have, explain how and when to examine your breast and will also perform a full breast examination.

Bilateral Breast Ultrasound Scan

This is an ultrasound picture of both breasts. It can be used instead of a mammogram in younger women to detect abnormal lesions.

Mammogram

This is an X-ray picture of the breast.

A mammogram is offered to women over the age of 40. Between the ages of 40-49 a woman should have a mammogram every 2 years and over the age of 50, yearly. Women less than 40 years are recommended to have one if there is a relevant family history of breast disease or if there is an indication on medical examination.

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.

Abdominal Pelvic Ultrasound Scan (USS)

This is a form of imaging that looks at the abdomen and the female reproductive organs. It enables the practitioner to detect any abnormal growth in these organs.

Cervical Smear

Cervical cancer is a cancer that forms in the cervix (neck of the womb). The cancer usually grows slowly and may not have any symptoms. However, regular cervical smear tests will detect the abnormal cells which lead to cancer.

Cervical cancer is one of the most common cancers affecting a woman's reproductive system. It is on the increase in Nigeria. Countries that have introduced regular cervical smear tests have recorded a decrease in deaths resulting from this cancer.

It is not yet defined what causes Cervical Cancer.

However, risk factors include increasing age and human papilloma virus infection.

It is recommended that all women aged 20 to 70 should have yearly smear tests.

Full blood count

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

Liver function test

This 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 looks at the electrolyte balance and also gives an indication as to how well the kidneys excrete waste.

Blood sugar test

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

Total cholesterol

Cholesterol is a soft waxy substance that is found in the blood stream 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 diseases. 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 fats 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.

High Vaginal Swab (HVS)

Infections of the reproductive organs are a major cause of fertility problems. Often the woman may not have any symptom until complications arise such as pelvic inflammatory disease (PID) or an ectopic pregnancy.

Women at the most risk of these are under the age of 35. However, all sexually active women should be screened regularly. A high vaginal swab can pick up some of these infections.

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 looks at the heart structure and function.

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 investigation 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.

Our Well woman Package is designed to be comprehensive, precise and value for money. The Package is also designed to meet your needs by you choosing a screen which addresses the areas of most concern to you.

Each package is delivered by a UK trained practitioner and supported by well trained nurses

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** 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/or prescription glasses.
Mammogram: This test is not conducted on site. A separate appointment will be made for this and details of the Clinic will be given to you. On the day of the test, please do not use body lotion, deodorant or talcum powder. The test is best done mid-cycle.
- * Your follow-up appointment will be scheduled 2 weeks 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.
- * A separate appointment will be made for the following tests: Mammogram, Echocardiogram. (There will be no additional cost if it is part of your package).
- * For Exercise ECG, 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

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.

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