

## Weight Management

68% of men are considered obese or overweight in the UK.

Being overweight or obese is associated with reduced life expectancy and can put you at greater risk of a range of health conditions such as type 2 diabetes, cardiovascular disease, liver, and respiratory disease and can have a negative impact on mental health.

The weight management programme at Doctors Clinic Group is designed for adults that want to create long-lasting changes to their behaviour and lifestyle. The goal of this programme is to not only lose weight but to be able to maintain an ideal weight long after the programme is complete. We give clients the tools and help they need to overcome their personal barriers to weight loss and provide support over at least a 3-month period.

### Will the programme work for me?

Our weight management programme, including a specialist dietician, provides you with support and advice based on your own weight loss goals. So regardless of any pre-existing health conditions, dietary requirements, or background, we will come up with a plan that works for you, and we will be right there with you as you work towards a happier and healthier self.

## Useful websites

### Cardiovascular Disease

→ [www.bhf.org.uk](http://www.bhf.org.uk)

### Prostate & Testicular Cancer

→ [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

→ [www.nhs.uk](http://www.nhs.uk)

### Other useful sites:

→ [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

→ [www.samaritans.org](http://www.samaritans.org)

→ [www.mind.org.uk](http://www.mind.org.uk)

We offer a wide range of private, corporate and occupational healthcare services.

From private GP services, prostate screens, comprehensive health screens, PSA tests, fertility tests, counselling, mental health support and testicular examinations, we are here to help you receive the healthcare you need when you need it.

So, whether you are looking for yourself or to extend your healthcare benefits, wish to learn more about mental health or have any other query, our specialist team would be delighted to speak with you today.

 Doctors Clinic Group

[doctorsclinicgroup.com](http://doctorsclinicgroup.com)

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GP SERVICES • HEALTH SCREENINGS •  
SECONDARY CARE • OCCUPATIONAL HEALTH

Men's Health  
Prevention is better than cure

Numerous studies have found that men seek medical help less and utilise health care less compared with women.

At the Doctors Clinic Group, we are passionate about the general health and well-being of our patients and look to provide support that prevents as well as cures.

#### Key men's health concerns today:

- Heart Disease
- Mental Wellbeing
- Certain Cancers (prostate, testicular, lung)
- Type-2 Diabetes
- Obesity

Many of these health conditions are preventable from early detection and making health and lifestyle choices.

At The Doctors Clinic Group, we provide extensive men's health care services from GP appointments, male specific health assessments including prostate and testicular exams, male fertility including sperm testing, andropause profile tests, stress management, mental health services and more.

## Private GP appointments

Data on primary care in the UK shows that among those aged 21 to 58 years, men consult a general practitioner (GP) half as often as women.\*

Heart disease is the leading cause of death for men

\*[www.ncbi.nlm.nih.gov/pmc/articles/PMC3753483/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3753483/) (Accessed November 2022)



## Maintaining a Healthy Heart

If you're concerned with anything to do with heart disease or common heart related problems such as heart palpitations, dizziness, breathlessness, or blackouts, we can help. Our team of specialists will be able to conduct tests, evaluate and provide treatment.

#### LifeSpecific Heart Screen includes:

- Medical and family history
- Lifestyle and diet review
- Physical examination
- ECG
- Grip strength
- Calculated risk profile
- Full cardio blood profile

All clinics can provide ECGs (electrocardiograms). Our specialist cardiologist can also provide echocardiogram, Holter monitors, 24-hour blood pressure monitoring and exercise tolerance tests.

## Health Assessments

The Doctors Clinic Group has many general health screening programs to assist in early detection of health issues.

Private health screens can help make sure you're healthy and stay that way. If there is something that signals concern, we can help investigate and provide any treatment quickly. Our fully qualified, GPs and Nurses will carry out the tests, so you're in safe, trustworthy hands from start to finish.

Our Gold Health Assessments can identify current and future health risks and have male specific checks including testes and prostate examinations (for over 40s only).

These comprehensive health screens check all major areas of men's health concerns.

## Mental Wellbeing

Men are less likely to access help for mental health than women, with only 36% of referrals being men, please don't suffer in silence.

#### What We Can Help With

We can assist you with any areas of mental health and work with the best private specialists or online self-guided support. Our doctors can help you find a way to cope with:

- Depression
- Anxiety & panic attacks
- Addiction
- Insomnia
- Stress management
- And much more

#### Treatments include:

- Counselling
- Psychiatry
- Cognitive Behavioural Therapy (CBT)
- On-line CBT (supported or un-supported)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Online Self-Guided Support

76% of suicides are committed by men and suicide is the biggest cause of death for men under 35 in the UK. Talking to someone is the first step

