

THE SAINT JAMES HOSPITAL

# LONGEVITY CLINIC



[stjameshospital.com](https://stjameshospital.com)

# LONGER, HEALTHIER LIFESPAN.

The Longevity Clinic at St. James Hospital is an innovative service focused on medical interventions that increase healthspan and lifespan. We screen early for heart disease, cancer, Alzheimer's disease and metabolic disease before symptoms appear to help patients to optimise their health and prevent the onset of disease.

Your biomarkers are interpreted by your longevity medicine specialist to help you live a longer and healthier life. Services offered include annual health screening, a gold standard cancer screening service as well as standalone tests and consultations, when required.

The longevity health screening plans are assessments of health and fitness and biomarkers for diseases of ageing. Diagnostic tests and fitness parameters are analysed and after a detailed history, a longevity plan is prescribed by your longevity medicine specialist.

1. Initial 50 minute in clinic consultation

with your longevity medicine specialist introducing key elements of longevity medicine, an in depth clinical history, explanation of fitness assessments and time to ask any questions you may have.

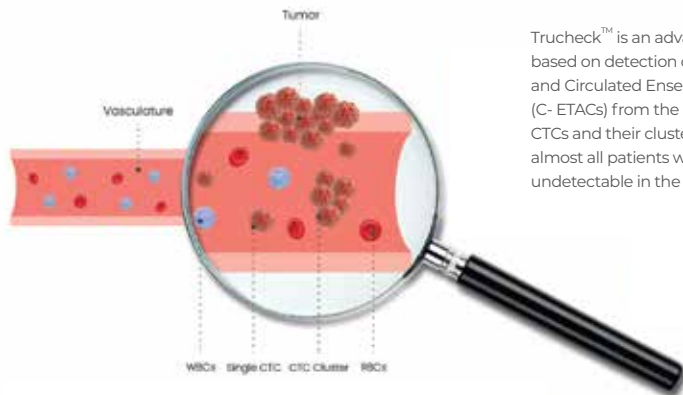
2. A nurse will measure your weight, height, waist circumference and take bloods and urine for tests prescribed by your specialist.
3. Blood tests included in the longevity annual package: Complete Blood Count, Lipid Profile, Liver Profile, Renal Profile, Thyroid Function Tests, FBG, HbA1c, Hs CRP, Vitamin D levels (as well as PSA and testosterone levels for males).
4. Fit for Age™ assessment. Our 60 minute physical fitness test measures aerobic capacity (VO<sub>2</sub> max), power and strength and is held by a qualified fitness instructor. Your performance in each of these categories is assessed

by your doctor and compared to a database to give an age adjusted score. Areas for improvement will be highlighted in your longevity plan.

5. Follow up summary 20 minute telehealth consultation with your longevity medicine specialist

to discuss results of physical measurements, blood tests and age adjusted total fitness results. A longevity plan will include prescription medications if clinically indicated and advice on healthy living to increase your healthspan.

## Trucheck™ Non-Invasive, Blood-Based Multi Cancer Screening



Trucheck™ is an advanced cancer screening test based on detection of Circulating Tumor Cells (CTCs) and Circulated Ensembles of Tumor Associated Cells (C- ETACs) from the blood sample of an individual. CTCs and their clusters are present in the blood of almost all patients with solid organ cancers and are undetectable in the seemingly healthy persons.

WBCs: White Blood Cells  
CTC: Circulating Tumor Cell  
RBCs: Red Blood Cells

## LONGEVITY BLUE

### Longevity Specialist Initial Consultation

50 minutes

### Fit For Age™ Assessment

60 minutes

#### Tests

Longevity Blood Panel  
Urine Analysis

### Summary Consultation

20 minutes

### Longevity Plan

Longevity Plan  
Prescription Medication\*

(\*if clinically indicated)

**€920**

## LONGEVITY GOLD

### Longevity Specialist Initial Consultation

50 minutes

### Fit For Age™ Assessment

60 minutes

#### Tests

Longevity Blood Panel  
Urine Analysis  
Trucheck Intelli™ Blood Test

### Summary Consultation

20 minutes

### Longevity Plan

Longevity Plan  
Prescription Medication\*

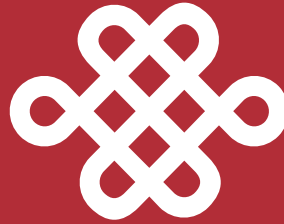
(\*if clinically indicated)

**€2170**





SAINT JAMES  
HOSPITAL



The Longevity Clinic

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