

Advanced Wellbeing Profile

as part of the service I offer through Wellbeing Doctors

A personalised diagnostic service from Dr Satinder Sanghera, Grow Your Life Health

As part of your journey with Grow Your Life Health, I offer this doctor-led Advanced Wellbeing Profile, our most comprehensive biological map for total healthspan mastery. It integrates every major system in your body, from advanced lipid sub-fractions and hormonal synergy to organ function and deep nutrient status. By looking at the intersection of your metabolic pace, cardiovascular risk, and hormonal vitality, we get the high-resolution data we need to build your personalised path forward. This isn't just a test, it's a full-system audit for anyone who's serious about long-term, whole-life health.

What We Test, And Why It Matters

The Advanced Cardiovascular & Lipid Suite

- **ApoB/A1 Ratio & Lipoprotein (a)** We go beyond standard cholesterol to measure the actual number of atherogenic particles in your blood (ApoB) and your genetic cardiovascular risk (Lp(a)). This is the gold standard for predicting your long-term heart health.
- **Lipid Profile & hs-CRP** A full breakdown of your circulating fats, paired with high-sensitivity inflammation tracking to identify “silent” vascular stress you might not otherwise notice.

The Endocrine & Vitality Axis

- **Advanced Thyroid Function Profile** A deep dive into your metabolic thermostat, ensuring your cellular energy production isn't being held back by autoimmune or conversion issues.
- **Hormonal Synergy (Testosterone, FAI, LH, FSH, Oestradiol)** A complete audit of your reproductive and anabolic health. We calculate your “Free” Testosterone to make sure your drive, recovery, and cognitive clarity are performing at their peak.

Metabolic Efficiency & Organ Integrity

- **HbA1c, Uric Acid & Kidney/Liver Function** We assess your 3-month blood sugar stability, your metabolic waste management (Uric Acid), and how efficiently your primary organs are filtering.
- **Full Blood Count (FBC)** A foundational look at your immune cells and oxygen-carrying capacity.

Nutrient & Storage Pillars

- **Active B12, Folate, Vitamin D & Iron Profile** Making sure your DNA repair, immune surveillance, and mitochondrial energy have the bioavailable raw materials they need for longevity.

Optional Add-On: Coronary Artery Calcium (CAC) Scan

For clients who want the sharpest possible picture of their present-day cardiovascular risk, I offer the CAC scan as an add-on to this panel.

- **What it is:** a low-dose CT scan of your heart that directly visualizes and quantifies calcified plaque in your coronary arteries, producing an Agatston score.
- **Why it matters:** your ApoB, Lp(a), and hs-CRP results estimate your *future* cardiovascular risk from the risk factors circulating in your blood. The CAC scan instead shows your *current, actual* plaque burden, a direct, physical read of any disease already present in your arteries. This gives it much more powerful discrimination of your risk today than blood markers alone. A score of zero also carries strong reassurance value, as it's associated with very low near-term risk of a cardiac event.
- **What to expect:** a separate imaging appointment at a CT facility (not part of your blood draw), involving a small dose of ionizing radiation.
- **Good to know:** the scan captures calcified plaque only, it doesn't detect soft, non-calcified plaque, so a low score doesn't rule out all disease. It's generally not recommended for clients under 40 with no risk factors, or during pregnancy. I see it as complementary to your lipid and ApoB/Lp(a) results, not a replacement, together they show both where your risk is heading and where it stands right now.

Ask me about adding the CAC scan when we book your consultation.

This Panel Is For You If You:

- Want a total-system overview of your biological health and aging rate.
- Are a high-performance individual seeking to synchronize your metabolism and hormones.
- Have complex health goals or a family history of multi-system disease.
- Want the highest level of data-driven clarity available in modern diagnostics.
- Prioritize whole-life health as the foundation of your longevity journey.



How to Prepare for Your Test

Pre-Test Instructions

- **Sample Type:** this test requires a venous blood draw performed by a qualified clinician.
- **Fasting:** you must fast for 10–12 hours prior to the test. Water only. Avoid alcohol and red meat for 48 hours prior.
- **Timing:** take your sample before 10am to capture your peak morning levels of Cortisol, Testosterone, and TSH.
- **Cycle Timing:** if you’re female, testing on Day 2, 3, or 4 of your menstrual cycle is recommended for the most accurate hormonal baseline.
- **Activity:** avoid strenuous, exhaustive exercise for 48 hours before your test. Intense training will skew Liver enzymes, hs-CRP, and Free Testosterone readings.
- **Supplements:** avoid Biotin (B7), B-vitamins, Vitamin D, and Iron for 48 hours prior to ensure laboratory accuracy.

Ready to Take the Next Step?

This profile is part of a personalised journey, I'll talk you through every one of your results in a full consultation, so you leave with a clear, actionable plan rather than just numbers on a page.

Get in touch to book your consultation.