



Nuffield
Health

Cancer risk prevention.

Our cancer risk prevention option has been designed to allow open conversation around associated factors contributing to cancer risk with a focus on lifestyle changes to reduce the risk.*

What to expect from your assessment.

Using the information gathered from the first half of your assessment your health and wellbeing physiologist will use a validated risk analysis system to identify whether your risk is above or below average and provide an analysis of contributing factors.

Together with your health and wellbeing physiologist you will work to identify ways to reduce your cancer risk, specifically considering modifiable factors including nutritional habits, activity levels and body composition measurements.

All of our assessments now include the option of up to two 10 minute follow up calls with a health and wellbeing physiologist. These are used to support agreed behaviour change plans or any issues found during the assessments**.

www.nuffieldhealth.com/changingyourhealth

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