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SELFCheck Survey Reveals Reluctance to Visit GP

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An extensive **survey of 2,000 people** has been conducted by Pasante Healthcare Ltd in UK. Pasante Healthcare Ltd recently introduced the SELFCheck range of personal health screening tests to the Irish market.

The survey reveals that people are increasingly reluctant to visit their GP with 71% (nearly three quarters of us) admitting they avoid going to the doctor unless absolutely necessary. 16% said they ignore problems until they get worse and worryingly 4% (and 7% of men) claim they never go to the doctors at all.

The survey further found that 55% blame this reluctance on not thinking they are ill enough. 52% cited a desire to not want to waste the doctor's time whilst 47% blamed difficulty in finding the time for an appointment. A further 18% said it was due to the embarrassment involved in discussing health issues.

However, the survey suggests we are taking a more proactive approach to staying healthy. 67% now regularly use the Internet to research a health condition and 48% have used a device or test to monitor their own health. Women are twice as likely as men to have used a home test or device and showed a better knowledge of which health tests are currently available, such as cholesterol, blood glucose or Chlamydia tests. Encouragingly, 69% said they would feel confident using a home health test.

Professor Sarah Cowley, Head of Public Health & Health Services Research at King's College London, says: "People should not feel worried about visiting their doctor. It often aids treatment to detect health conditions early so it is encouraging that people are taking responsibility for their own health by using the Internet and home tests. However, home health test are not a replacement for your GP and they should be used as an indication that you need to seek further help and advice."



The SELFCheck range of highly accurate and easy to use home diagnostic test kits is now widely available across Ireland from a growing number of pharmacies, including pharmacy chains such as Hickey's, McCauley's, McSweeney's, as well as a large number of independent pharmacies.

The tests can provide an early detection of a condition and are designed to identify potential problems before there are any obvious signs or symptoms. When diagnosed in the early stages potentially serious illnesses (such as diabetes, ulcers and carcinomas) can be dealt with at an easily treatable stage.

The range of home diagnostic test kits currently includes cholesterol level test, blood glucose level test, bowel health test, stomach ulcer test, urine infection test, menopause test, female Chlamydia test, and other test kits.

Recommended sales prices for the test kits start at €14.99. Comprehensive product information, as well as a full list of stockists is available at www.selfcheck.ie.



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