

## MY PARENTS DIED EARLY SO I FELT AT RISK

*KAY TURNER, 34, a teacher from Northallerton, North Yorkshire, chose to have a full body scan because of her family history of cancer and heart disease*

MY mum Alice was diagnosed with breast cancer in 1996 when she was 48. The cancer spread to her uterus, then bones. She died in 2001 aged 54. My dad Allan had already died of a massive heart attack in 1999 aged 52.

Losing both parents so young has made me very careful about my own health. I make sure I do the best I can by eating healthily, managing stress and swimming regularly.

Although I had no symptoms of illness or disease, I had a

body scan as a precaution. I chose an MRI scan above a CT scan as no radiation is involved. I had to fast for six hours before my appointment, which started with blood, urine and stool tests to check my cholesterol, complete blood count, glucose and important tumour markers.

The scan covered my brain and skull, arteries to my brain, all vital organs, my uterus and my ovaries. To check my heart I also had an echocardiogram.

The whole procedure took about four hours and some of my results were available on the day. I was e-mailed and sent doctors' reports by post and was given a CD containing my scan pictures. I also had a

telephone consultation with a doctor to talk through my results.

Overall, the scan showed I am perfectly healthy. It did reveal I had some cysts on an ovary and the doctor advised me to see my own GP if I had any symptoms of polycystic ovary syndrome.

I've since asked my GP about having a mammogram, as that wasn't included in the tests I had, and I've been told I'm not at high risk of breast cancer at my age. My GP also reassured me about my bone density, which also wasn't tested.

● *PreScan's Total Body Scan costs £1,390 plus £70 for a GP consultation. Call 0845 257 0012, or visit [www.prescan.co.uk](http://www.prescan.co.uk)*