

A photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, reaching towards each other in a gesture of care or support. The background is a solid light beige color. The hands are positioned in the upper and lower right quadrants of the frame.

PREVENTATIVE
MEDICINE
STARTS HERE

**Metabolic and
longevity focussed
health screening**

WHAT MAKES OUR SCREENING DIFFERENT?

1

Tests are carefully selected for metabolic health and have clear, actionable outcomes — no unnecessary tests.

2

Our goal is not just to screen, but to help improve your overall health.

3

Includes a complimentary consult with an endocrinologist to develop a personalised health plan.

4

Scans are reviewed by an expert in interpretation, who can guide you on how to address the findings.

5

Follow-up is with the same specialist to ensure continuity of care.

WHY US?

At TMC, screening packages are have been designed to give an insight into metabolism and longevity. The more comprehensive the screening package, the more data points / biomarkers we have for a deep dive into longevity-based medicine with the aim of increasing your healthspan (the number of years you live healthy). These screens act as a starting point to change.



**Dr. Dinesh Carl
Junis Mahendran**
MBBS (Hons) FRACP (Australia)
Consultant Endocrinologist

TMC

WHO ARE WE

The Metabolic Clinic is an endocrinologist-led space focused on helping you restore balance and feel your best. We take a holistic approach, addressing not just symptoms, but your overall well-being with thoughtful, personalised care. With expertise, empathy, and a deep commitment to the power of movement and science, we are here to support you every step of the way on your journey to better health.

SERVICES OFFERED INCLUDE

Diabetes Optimisation

Bone-building/ Anabolic Therapy

GLP-1/ Weight control Therapy

Hormone Replacement Therapy

Diet and Exercise-focussed Health Plans

Longevity Counselling and Management

Management of complex hormonal disorders

ESSENTIAL METABOLIC SCREEN **\$699*** *Blood test and specialist consultation*

Screening of cardiovascular risk factors, bone and nutritional health. A reflection of metabolic health with multiple targetable biomarkers. This includes lipoprotein (a) testing which should be done by everyone at least once to predict elevated cardiovascular risk.

INSULIN RESISTANCE

HbA1c, Fasting Glucose

LIPID HEALTH

Total cholesterol, LDL, HDL, high sensitivity CRP, Lipoprotein(a)

HORMONAL HEALTH

Thyroid function

BONE HEALTH

Calcium, phosphate panel, Vitamin D

ORGAN HEALTH

Kidney function including urine testing, Liver function

NUTRITIONAL HEALTH

Full blood count, Magnesium, Zinc, B12, Iron panel, Folic acid

ESSENTIAL LONGEVITY **\$899*** *Blood test, 1 scan and specialist consultation*

Includes bone mineral density, the best measure of bone health, interpreted by an osteoporosis specialist and tumor marker testing to screen for malignancy. Two factors that affect longevity and healthspan.

INSULIN RESISTANCE

HbA1c, Fasting Glucose

LIPID HEALTH

Total cholesterol, LDL, HDL, high sensitivity CRP, Lipoprotein(a)

HORMONAL HEALTH

Thyroid function

BONE HEALTH

Calcium, phosphate panel, Vitamin D

ORGAN HEALTH

Kidney function including urine testing, Liver function

NUTRITIONAL HEALTH

Full blood count, Magnesium, Zinc, B12, Iron panel, Folic acid

CANCER SCREENING

Faecal occult blood (FOBT), AFP, CEA, CA19.9, EBV, PSA in males and CA-125 in females

METABOLIC SCANS

DEXA Bone mineral density scan

LONGEVITY 360 **\$1449*** *Blood test, 2 scans and specialist consultation*

Our flagship longevity screen. It includes both bone mineral density and DEXA body composition screening to accurately gauge both bone health and body fat/ muscle composition so as to serve as a baseline for change. Includes full hormonal screening, in-depth cholesterol profiling with gold standard apolipoprotein testing, insulin resistance screening as well as viral screens for chronic hepatitis which are Singapore's number one cause of liver disease. This will give the best snapshot of a person's metabolic health and provide targets for further progress through the measurement of 61 important biomarkers.

INSULIN RESISTANCE

Insulin, HOMA-IR, HbA1c, Fasting Glucose

LIPID HEALTH

Apolipoprotein A1, B, Homocysteine, Total cholesterol, LDL, HDL, high sensitivity CRP, Lipoprotein(a)

HORMONAL HEALTH

Testosterone (males), Oestrogen and Progesterone (Females), LH, FSH, Thyroid function

BONE HEALTH

Calcium, phosphate panel, Vitamin D

ORGAN HEALTH

Hepatitis B and C, Kidney function including urine testing, Liver function

NUTRITIONAL HEALTH

Full blood count, Magnesium, Zinc, B12, Iron panel, Folic acid

CANCER SCREENING

Faecal occult blood (FOBT), AFP, CEA, CA19.9, EBV, PSA in males and CA-125 in females

METABOLIC SCANS

DEXA Body composition, DEXA Bone mineral density scan

**Prices stated are exclusive of GST*

ADD ON TESTS

**SPOT-MAS
(MULTI- CANCER
EARLY
DETECTION
SCREENING)
\$700***

Next generation multi-cancer screening using ctDNA technology to screen for cancer more accurately than traditional tumor marker screening. Detects 10 of the cancers accounting for 70 percent of all cancer mortality in Singapore. This includes Breast, Lung, Colorectum, Stomach, Liver-biliary tract, Ovary, Pancreas, Oesophagus, Uterus and Head/neck cancer.

**FATTY LIVER
ULTRASOUND
INCORPORATING
ELASTOGRAPHY
\$400***

The best way to check for scarring of the liver from non-alcoholic fatty liver disease which is extremely common in those with metabolic disease and is the projected number one cause of liver disease in the future. Highly recommended in those who are overweight or suffer from diabetes/ metabolic syndrome.

**LOW-DOSE CT
SCAN FOR LUNG
CANCER
SCREENING
\$415***

Suggested for those who are ex-smokers/ current-smokers aged 50 and above. This scan has been demonstrated to reduce the rate of lung cancer related death.

**CT CORONARY
ANGIOGRAM
(WITH CALCIUM
SCORE)
\$1350**

The best non-invasive investigation into potential heart blockages and heart risk. Advised for those with a long history of metabolic syndrome/ significant family history of heart disease.

Unsure of which tests or package to take, make an appointment for a pre-screening consultation, call us now at +65 8121 0711.

**Prices stated are exclusive of GST*



We are open from

MONDAY to FRIDAY 8:30 AM - 5:30 PM

SATURDAY 8:30 AM - 12:30 PM

Closed on sunday and PH

PHONE +65 8121 0711

WEBSITE themetabolicclinic.com.sg

LOCATION

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