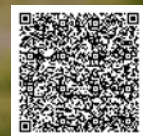




LONDON
GENERAL
PRACTICE
LEADERS IN
MEDICAL EXCELLENCE



LONGEVITY



At The London General Practice (LGP), we believe that living longer isn't just about adding years to your life – it's about making those years healthier and better.

Under the expert guidance of Dr Angela Rai, PGCert Anti-ageing Medicine expert, our practice integrates cutting-edge diagnostics with bespoke health strategies designed to prevent illness, enhance vitality, and support long-term wellbeing.

Whether you're seeking to optimise your healthspan, manage risk factors, or simply feel your best every day, our team is here to empower you with clear, actionable insights and world-class care.

FOR MORE INFORMATION
REGARDING OUR LONGEVITY
PROGRAMME OR TO BOOK
AN APPOINTMENT PLEASE
GET IN TOUCH:

24 Hour Phone Line:
+44 (0)20 7935 1000

info@thelondongeneralpractice.com
www.thelondongeneralpractice.com
114a Harley Street, London W1G 7JL

YOUR LONGEVITY JOURNEY

By attending the Longevity Programme at The London General Practice, you will gain far more than a snapshot of your current health – you will receive a personalised, medically-led strategy for living better, longer.

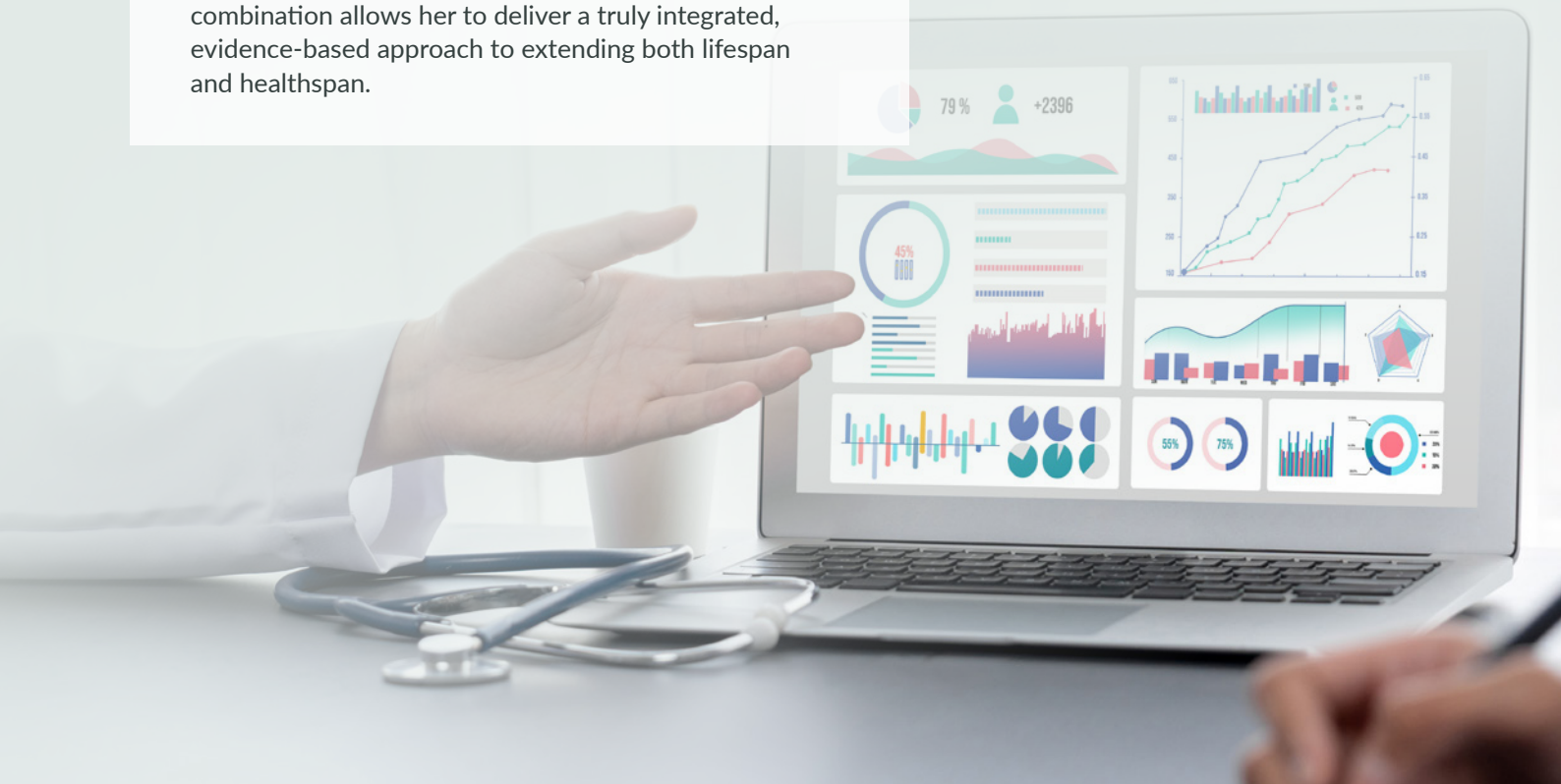
Under the expert guidance of Dr Angela Rai, you will be empowered with deep insights into your biological age, cardiovascular fitness, and overall wellbeing. This programme is designed not only to identify areas for improvement, but to unlock your full health potential through tailored interventions and ongoing support. It's a proactive investment in your future – where longevity meets vitality.

Dr Angela Rai, GP

General Practitioner & Medicines Management Lead
MBBS, BSc, MRCP, DCH, DRCOG, Dip Cardiology, PGCert Anti-ageing Medicine (Distinction)

Dr Angela Rai is a leading authority in anti-ageing and longevity medicine, with a rare and powerful combination of clinical expertise and academic credentials. She also holds a Postgraduate Certificate in Anti-Ageing Medicine, placing her at the forefront of this rapidly evolving field. This advanced qualification equips her with deep knowledge in regenerative therapies, biological age assessment, and preventative strategies designed to optimise long-term health and vitality.

In addition to her specialisation in anti-ageing, Dr Rai is uniquely qualified in Cardiology, making her London's leading Longevity Doctor with dual expertise in both Cardiology and Anti-Ageing Medicine. This distinctive combination allows her to deliver a truly integrated, evidence-based approach to extending both lifespan and healthspan.





BIOLOGICAL AGE TESTING & EPIGENETIC BIOMARKERS

We use the most advanced biological age testing with system-level health analysis to deliver a full-spectrum view of both aging and cellular health across 185+ epigenetic biomarkers, all from one convenient test.

Developed with cutting-edge science from Harvard, Yale, and Duke, this dual assessment delivers clinically validated insights into both your biological age and your systems-level health.

With TruAge, you'll gain quantifiable data on how rapidly your body and organ systems are ageing, empowering you to take proactive steps toward prevention and longevity.

TruHealth complements this by revealing hidden dysfunctions across key areas like inflammation, metabolism, and immunity, helping your doctor tailor interventions for full-body optimisation.

Together, these tests provide a powerful foundation for personalised, measurable health improvement – all from one easy, science-backed test.

ENQUIRE NOW TO BEGIN YOUR LONGEVITY JOURNEY WITH DR ANGELA RAI AND THE LONDON GENERAL PRACTICE.

BIOLOGICAL AGE
How old your body is compared to your real age.

NUTRIENT LEVELS
Optimize your vitamin levels for better health.

GUT HEALTH
Assess digestion and nutrient absorption for better overall wellness.

FITNESS AGE
Your physical health based on strength, lung capacity, and movement.

TOXIN EXPOSURE
Detect exposure to heavy metals and environmental chemicals.

PACE OF AGING
How quickly you're aging each year.

METABOLIC HEALTH
Understand your metabolism for improved energy and weight control.

BRAIN HEALTH
Uncover biomarkers for memory, focus, and long-term brain health.

SMOKING IMPACT
How smoking has affected your epigenetic age.

HEALTHY FATS
Optimize your omega fatty acid balance for heart health.

OXIDATIVE DEFENSE
Measure your body's ability to combat free radical damage.

ALCOHOL IMPACT
How alcohol consumption has influenced your health.

CELLULAR ENERGY
Evaluate how efficiently your cells produce energy for vitality.

LONGEVITY PROGRAMME

£4,500

| ASSESSMENT AND TESTS | Included | Optional |
|--|----------|----------|
| Your journey begins with a personalised consultation with Dr Angela Rai, specialist in Anti-ageing Medicine, to explore your medical history, lifestyle, and long-term health goals. Following this, our clinical team conducts essential baseline assessments, including body composition analysis, blood pressure, and advanced biological age testing. | • | |
| VITAL OBSERVATIONS | | |
| Height and weight | • | |
| Blood pressure | • | |
| Electrocardiogram (ECG) | • | |
| Spirometry | • | |
| Vision test | • | |
| Hearing test | • | |
| Body composition analysis | • | |
| Grip Strength | • | |
| WELL-WOMAN | | |
| Female hormone profile | • | |
| CA-125 (Ovarian tumour marker) | • | |
| Mammogram/Breast ultrasound | | • |
| Pelvic/Transvaginal ultrasound | | • |
| WELL-MAN | | |
| Male hormone profile | • | |
| Total and Free PSA (Prostate tumour marker) | • | |
| Prostate MRI | | • |
| BLOOD TESTS | | |
| Haematology profile inc haemoglobin, white cell count & platelets | • | |
| Liver function | • | |
| Kidney function, Uric acid, Electrolytes | • | |
| Bone profile | • | |
| ESR (Marker of inflammation) | • | |
| Iron studies | • | |
| Fasting glucose and HbA1c | • | |
| Vitamin B12 + Folate profile | • | |
| Vitamin D | • | |
| Thyroid profile | • | |
| AFP (Alpha-Fetaprotein) | • | |
| CARDIAC RISK PROFILE | | |
| Apolipoprotein A1 | • | |
| Apolipoprotein B | • | |
| Lipoprotein (a) | • | |
| HS-CRP (Cardiac Risk) | • | |
| Lipid Profile | • | |
| Homocysteine | | • |
| URINE TEST | | |
| Urinalysis: Glucose, bilirubin, ketones, specific gravity, blood, pH, protein, urobilinogen, nitrites & leucocytes | • | |
| MSU (Laboratory urine test for microscopy and culture) | • | |
| STOOL ANALYSIS | | |
| Bowel cancer screening test (Stool qFIT) | • | |
| LONGEVITY INSIGHTS | | |
| TruAge & TruHealth - Biological age test and 105+ biomarkers to assess wellbeing | • | |
| Metabolic insights - An assessment of the body's metabolic efficiency and energy utilisation | | • |
| GI360 complete test: Stool analysis to assess pathogens, microbiome balance, digestive function, and inflammation | | • |
| VO ₂ Max - Measuring cardiovascular fitness and aerobic endurance | | • |
| Nutritionist consultation | | • |
| RISK SCORES | | |
| Biological age & Pace of ageing score | • | |
| Cardiovascular risk score | • | |
| FRAX score - Osteoporosis risk | • | |
| INSIGHT & STRATEGY | Included | Optional |
| Dr Angela Rai will bring together the full spectrum of diagnostic insights, including your TruAge and TruHealth results, to deliver a truly integrated health strategy. With Dr Rai's expertise in Anti-ageing Medicine, she will interpret the data holistically, identifying patterns, correlations, and areas for targeted intervention. This comprehensive review allows Dr Rai to tailor a personalised optimisation plan that not only addresses current dysfunctions, but also supports long-term vitality, cognitive clarity, and peak physical performance. | • | |
| OPTIONAL | | |
| Genetic testing | | • |
| TruCheck early cancer screening blood test for circulating tumour cells | | • |
| Brain MRI | | • |
| Sleep screening | | • |
| Coronary CT angiogram, including calcium score | | • |
| Echocardiogram | | • |
| DEXA bone density scan | | • |