

CHRONIC CONDITIONS & NHS-AVAILABLE INVESTIGATIONS

Condition	NHS Tests / Assessments (Free via GP/Referral)	Notes (Patient can ask GP)
Hypertension	- BP measurement (clinic & home) - 24h ambulatory BP monitor	Anyone with strong FH can ask for BP checks
Coronary artery disease / Stroke risk	- BP, lipid profile, HbA1c - NHS Health Check (40–74y) - QRISK3 calculation	FH of premature CVD = earlier screening possible
Type 2 diabetes	- Fasting glucose - HbA1c	Offered in NHS Health Check or earlier if FH
Familial hypercholesterolaemia (FH)	- Lipid profile - DNA/genetic testing (specialist referral)	GP can refer to lipid clinic if FH suspected
Obesity / Metabolic syndrome	- BMI, waist circumference - Fasting glucose, HbA1c, lipid profile	Routine via GP/NHS Health Check
Hypertrophic cardiomyopathy (HCM)	- ECG - Echocardiogram - Genetic testing (cardiology referral)	FH = urgent referral to inherited cardiac conditions clinic
Marfan syndrome	- Echocardiogram (aorta) - Eye exam - Genetic testing (specialist referral)	Usually initiated by GP → specialist genetics/cardiology
Asthma	- Spirometry with reversibility - Peak flow monitoring	GP can arrange if recurrent symptoms + FH
COPD	- Spirometry - CXR (if needed)	More smoking-related, but FH may justify earlier checks

Condition	NHS Tests / Assessments (Free via GP/Referral)	Notes (Patient can ask GP)
Cystic fibrosis	- Sweat chloride test - Genetic testing (CFTR gene)	Usually paediatric/genetic referral
Migraine	- Clinical diagnosis (no test) - MRI if red flags	FH considered in diagnostic history
Epilepsy	- EEG - MRI brain	Neurology referral; not routine screening
Alzheimer's disease / Dementia	- Cognitive testing (MMSE, MoCA) - Bloods to rule out reversible causes (B12, TFTs, syphilis screen)	No NHS genetic test unless early-onset FH
Parkinson's disease	- Clinical diagnosis (neurology)	No standard blood/genetic screening in NHS
Depression, bipolar, schizophrenia	- Clinical/psychiatric assessment - Bloods to exclude organic causes (TFTs, B12, folate, U&E, LFTs)	FH discussed but no direct screening test
Huntington's disease	- Predictive genetic testing (specialist referral)	NHS funded via regional genetics clinic (with counselling)
Osteoarthritis	- X-ray (if symptomatic)	No screening, but GP can arrange imaging if FH + symptoms
Rheumatoid arthritis	- Rheumatoid factor - Anti-CCP antibody - ESR, CRP	GP can order if FH + joint symptoms
Ankylosing spondylitis	- HLA-B27 (blood test) - MRI sacroiliac joints	GP can refer rheumatology if FH + back pain

Condition	NHS Tests / Assessments (Free via GP/Referral)	Notes (Patient can ask GP)
Osteoporosis	- DEXA scan (FRAX risk tool first)	DEXA available if FH hip fracture or high risk
Ehlers–Danlos syndrome	- Clinical assessment (Beighton score) - Genetic testing (specialist)	Referral to clinical genetics/rheumatology
Type 1 diabetes	- Blood glucose - HbA1c	No predictive screening in NHS; diagnosed on presentation
Autoimmune thyroid disease	- TSH, Free T4, thyroid antibodies	GP can request if FH + symptoms
MEN syndromes	- Hormonal tests (calcitonin, calcium, PTH, cortisol, catecholamines) - Genetic testing (endocrinology referral)	FH → genetics referral
Breast cancer	- NHS Breast Screening (age 50–70, earlier if FH) - Genetic testing BRCA (FH criteria) - MRI breasts (high-risk clinics)	GP can refer to Family History Breast Clinic
Ovarian cancer	- CA125 (if symptomatic) - BRCA testing if strong FH	No NHS population screening
Colorectal cancer (Lynch, FAP)	- Colonoscopy - Genetic testing	Referral to familial bowel cancer clinic
Prostate cancer	- PSA (age 50+ or earlier with FH)	Patient-requested PSA allowed via GP
Pancreatic cancer	- No NHS population screening - High-risk FH may get	Only via specialist genetics clinic

Condition	NHS Tests / Assessments (Free via GP/Referral)	Notes (Patient can ask GP)
	MRI/Endoscopic screening (research protocols)	
SLE (Lupus)	- ANA, ENA, dsDNA antibodies - ESR, CRP	GP can order if FH + suggestive symptoms
Psoriasis	- Clinical diagnosis	FH considered; no specific test
Multiple sclerosis	- MRI brain/spine - Lumbar puncture (oligoclonal bands)	Not screening; referral if symptoms
Inflammatory bowel disease	- Faecal calprotectin - Colonoscopy	GP can refer if FH + symptoms
Atopy (eczema, hay fever, allergies)	- Skin prick testing - IgE blood tests	Allergy clinics via NHS referral
Polycystic kidney disease (ADPKD)	- Renal ultrasound - Genetic testing	Screening offered to FH individuals
Alport syndrome	- Urine dip (haematuria, proteinuria) - Renal function (U&E, eGFR) - Genetic testing (nephrology referral)	Usually screened if FH present

Key points for patients

- NHS Health Check (age 40–74) already covers BP, cholesterol, diabetes risk, lifestyle risk assessment.
- Genetic testing is only NHS-funded if family history meets strict criteria → requires referral to a genetics or specialist clinic.
- Imaging (e.g. DEXA, MRI, ultrasound) usually requires symptoms or strong family history before referral.
- Patients can ask their GP for: BP, HbA1c, lipids, thyroid tests, autoimmune screens, PSA, CA125 (if symptoms), and referrals to specialist clinics (breast, bowel, cardiology, genetics).