Lido Medical Practice becomes a Longitude partner practice

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Lido Medical Practice is now a Longitude partner practice in Jersey. Patients of the practice can now be offered Longitude metabolomic screening by their own doctor, who orders the test, receives the report and goes through it with them.

What Longitude measures

Longitude is built on the Nightingale Health Check. A single blood sample is analysed by nuclear magnetic resonance, reading an extensive panel of clinically validated metabolic markers from one draw. From that profile the report returns ten-year risk estimates for five conditions – heart attack, ischaemic stroke, type 2 diabetes, chronic kidney disease and fatty liver disease – alongside the individual blood values behind them.

Why it matters

The value of the test lies in what conventional screening cannot yet see. Metabolic risk can be elevated for years before cholesterol, blood pressure or blood sugar move outside the normal range. Longitude is designed to find that pattern while there is still time to change course. A result is a case-finding signal: it prompts conventional assessment and a conversation about modifiable risk. It is not a diagnosis, and clinical responsibility for the patient stays with the practice throughout.

The evidence behind it

The methodology is published. The Nightingale Health Biobank Collaborative Group study in Nature Communications (2024) developed and tested these models in 700,217 participants across the UK Biobank, the Estonian Biobank and the Finnish THL Biobank. The platform carries a CE mark: the blood values under the European In Vitro Diagnostic Medical Devices Directive 98/79/EC, and the disease risk assessments under the European Medical Device Regulation 2017/745.

Dr Guillaume Besson, Lido Medical Practice

“This is a natural fit for a lot of the patients I already see for medicals. What it gives us is the conversation we have never been able to have, about where somebody is heading rather than where they are today. It belongs in general practice, where the patients are and where the follow-up happens, and that is exactly how we are introducing it.”

Dr Guillaume Besson, GP Partner, Lido Medical Practice

Dr Jeff MacLeod, Archipelago Health

“Guillaume read every document properly before he asked a single question, which tells you how he will use this. Lido is introducing Longitude across the practice rather than leaving it to one interested doctor, and that is the model we want in Jersey: the test ordered by the patient’s own GP, and the result discussed by someone who knows them.”

Dr Jeff MacLeod, Founder, Archipelago Health

About Lido Medical Practice

Lido Medical Practice is a general practice at The Lido Medical Centre, St Saviour’s Road, Jersey. **lidomedicalpractice.co.uk**

About Archipelago Health

Archipelago Health Holdings Limited is a Jersey company distributing the Nightingale Health Check across the Crown Dependencies and the Caribbean under the Longitude brand. Longitude launches in Jersey this November.

archipelagohealth.org · For more information: enquiries@archipelagohealth.org