

ANNUAL HEALTH CHECKUP

Taking care of your health is our responsibility and to make sure that you remain at a distance from the serious maladies, we also step forward in providing health checkups. This world which has nowadays , become a hub of endless diseases ,we keep our patients in assurance that they remain healthy ,fit and fine .This also keeps away the fear of getting trapped by any malady, to detect it and find a possible solution to cure it before it becomes serious .

With our experienced Team of professionals, we provide annual health checkup, because we want to see you smiling forever.

Towards this we offer various health checkup packages as follows:

BASIC HEALTH PACKAGE

(More than 60 parameters) which is meant for assessing the key function of the body such as

1. **FREE THYROID PROFILE**
 - FT3, FT4 and TSH

2. **DIABETIC SCREENING**
 - FBS
 - HbA1C
 - Mean average Glucose

3. **LIVER PROFILE**
 - Total Bilirubin
 - Direct Bilirubin
 - Indirect Bilirubin
 - SGOT / SGPT
 - Alkaline Phosphatase
 - Total protein, Albumin, Globulin , A/G ratio

4. **LIPID PROFILE**
 - Total cholesterol
 - HDL cholesterol (Good cholesterol)
 - LCD / HDL Ratio

5. **KIDNEY PROFILE**
 - BUN urea
 - Creatinine
 - BUN / Creatinine ratio
 - Urea / Creatinine ratio

7. **Electrolytes**

- Sodium
- Potassium
- Chloride

8. **ARTHRITIS PROFILE**

- Calcium
- Phosphorus
- Uric acid
- ESR

8. **BLOOD PROFILE**

- TLC
- DLC
- Absolute count of Neutrophil, lymphocyte, eosinophil, basophil and monocyte
- Platelet count
- Mean platelet volume
- PCT
- Peripheral smear

10. **ANEMIA PROFILE**

- Serum iron, TIBC, UIBC, %transfusion saturation
- Hemoglobin
- RBC, RBC distribution
- Width-CV, RDW, MCV, MCH, MCHC.
- Hematocrit

11. **URINE EXAMINATION**

- Complete routine
- Microscopy

Turn Around Time	-	Same day
Pre Test Information	-	Overnight fasting is required
Sample	-	Whole - blood EDTA (3 ml)
	-	Serum (3 ml)
	-	Plasma - NaF (1 ml)
	-	Urine (5 ml) in sterile container

ADVANCE HEALTH PACKAGE

Complete health package offering more than 80 parameters

1. **VITAMIN PROFILE**
 - Vitamin D3
 - Vitamin B12

2. **FREE THYROID PROFILE**
 - Free T3 , Free T4, Free T5H

3. **ELECTROLYTES**
 - Sodium
 - Potassium
 - Chloride

4. **LIVER PROFILE**
 - Total Bilirubin, Direct Bilirubin, Indirect Bilirubin
 - SGOT, SGPT
 - Total Protine , Albumin , Globumin, A/G Ratio.

5. **DIABETIC PROFILE**
 - FBS
 - HbA1c
 - Mean glucose level
 - Urinary microalbumin

6. **LIPID PROFILE**
 - Total Cholesterol
 - HLD (Good Cholesterol)
 - LDL (Bad Cholesterol)
 - Triglycerides
 - VLDL Cholesterol

7. **CARDIAC PROFILE**
 - Total Cholesterol / HDL Ratio,
 - LDL / HDL Ratio
 - Hs CRP

8. **KIDNEY PROFILE**
 - BUN, Urea

- Creatinine
- Bun / Creatinine Ratio
- Urea/ Creatinine Ratio

9. **ARTHRITIS PROFILE**

- Calcium
- Phosphorus Acid
- Uric acid
- Erythrocyte Sedimentation Rate

10. **ANEMIA PROFILE**

- Serum, Iron, TIBC, UIBC,% Transferrin Saturation
- Hemoglobin
- RBC, RDW- CV , RDW
- MVC
- MCH
- MCHC
- Hematocrit

11. **BLOOD PROFILE**

- TLC
- DLC
- Absolute Count of Neutrophils, Lymphocytes ,Eosinophil, Basophils ,& Monocytes Count
- Platelet count, mean platelet volume, PCT, Peripheral smear

12. **URINE EXAMINATION**

- Complete routine
- Microscopy

Turn around time - Same day

Pre- test information - overnight fasting is required.

Sample - Whole - blood EDTA (3 ml)
 - Serum (3 ml)
 - Plasma - NaF (1 ml)
 - Urine (5 ml) in sterile container

SENIOR CITIZEN WELLNESS PACKAGE

This package is specially designed to monitor the health of elders and senior citizens which includes

- Old age cancer markers specially for males and females
- Vitamins
- Thyroid function Test
- Diabetic screening and overall health screen.

PROFILE Includes :

1. Vitamin D3
2. CA125 (Ovarian Cancer Marker)
3. Total PSA (Prostate Cancer Marker)
4. Free Thyroid Function Test (FT3, FT4, TSH)
5. Complete Blood Analysis
6. Kidney Function Test
7. Liver Function Test
8. Lipid Profile
9. Calcium, Phosphorus
10. Uric acid
11. Blood Sugar
12. Fasting
13. HbA1c
14. Urine - Micro albumin
15. Electrolytes
16. Serum Iron, TIBC UIBC % transferrin saturation
17. Urine routine and microscopy
18. Stool occult blood

- | | | |
|---------------------|---|-----------------------------------|
| Turnaround time | - | Next day |
| Pretest Information | - | Overnight fasting is mandatory |
| Sample | - | Whole - blood EDTA (3 ml) |
| | - | Serum (3 ml) |
| | - | Plasma - NaF (1 ml) |
| | - | Urine (5 ml) in sterile container |
| | - | Stool (2 gm) |

MENOPAUSE WELLNESS PANEL

During perimenopause hormone levels are irregularly irregular but after menopause FSH levels rise and estradiol levels decreased. Thyroid disorder can lead to menstrual irregularities which can be easily excluded by measuring TSH levels.

Serum AMH levels become low approximately five years before the final menstrual period and are undetectable in post-menopausal women.

Accurate estimation of the time of menopause could improve the preventive management of women's health.

Reproductive hormones reflect the activity of follicle pools and provide information about ovarian aging. Ovarian mass and fertility decline sharply after 35 years of age and especially during perimenopause which is characterized by accelerated follicular phase and shortening of intermenstrual intervals.

Transition from perimenopause to menopause may take 2 - 8 years with an average of 4 years.

Estradiol, FSH, TSH, Lipid profile, calcium, phosphorus.

Sample - 3 ml serum

ARTHRITIS PROFILE

Arthritic profile is done to rule out the musculo-skeletal deformity. This generally includes joint pain, stiffness with other symptoms like redness warmth, swelling and decrease range of motion of the affected joints.

PROFILE includes:

- ESR
- CRP
- Anti-streptolysin O
- Calcium
- Phosphorus
- RA factor
- Uric acid
- Vitamin D3

Turnaround time - Same day

Pretest information - No special preparation required.

Sample - Whole - blood EDTA (3 ml)
- Serum (3 ml)
- Plasma - NaF (1 ml)

ANEMIA PROFILE - I

Anemia occurs when you have less than the normal number of red blood cells in your blood or when the red blood cells in your blood don't have enough hemoglobin.

Hemoglobin is a protein that gives the red colour to your blood. Its main job is to carry oxygen from your lungs to all parts of your body.

If you have anemia, your blood does not carry enough oxygen to all the parts of your body .without oxygen, your organs and tissues cannot work as well as they should. There are many types and causes of anemia.

The most frequent CAUSES

- Iron deficiency
- B12 deficiency
- Bone marrow's ability to produce red blood cells.

PROFILE includes:

- Complete blood count
- Iron
- TIBC
- UIBC
- % Transferrin saturation
- Ferritin

Turnaround time	-	Same day
Pretest information	-	No special preparation
Sample	-	Whole - blood EDTA (3 ml)
	-	Serum (3 ml)

ANEAMIA – 2

PROFILE includes

- Complete blood count
- Peripheral smear
- Iron
- TIBC
- UIBC
- % Tranferrin saturation
- Ferritin
- CRP
- Total protein, Albumin, A/G ratio
- Hemoglobin electrophoresis (HPLC)

LIPID PROFILE

The lipid profile components are useful in the detection classification and monitoring of patients with hyperlipidemia.

The lipid profile is used as a part of cardiac risk assessment to help determine an individual's risk of heart disease and to help make decisions about which treatment may be best if there is borderline or high risk.

Lipids are a group of fats and fat-like substances that are important constituents of cells and sources of energy. Monitoring and maintaining healthy levels of these lipids is important in staying health.

The results of the lipid profile are considered along with other known risk factors of heart disease to develop a plan of treatment and follow up.

Depending on the results and other risk factors, treatment options may involve lifestyle changes such as diet and exercise or lipid - lowering medications such as statins.

This group of test includes

- Total cholesterol
- Triglyceride
- HDL
- LDL
- ULDL
- Cholesterol / HDL ratio
- LDL / HDL ratio

Turnaround time - Same day

Pretest information - Overnight fasting

Sample - Serum 2 ml

HEART FITNESS PACKAGE

This package is designed to rule out the cardiovascular diseases which is the most prevalent serous disorder in industrialized and developing countries.

It is responsible for nearly 25% of all deaths per year.

An elevated concentration of Homocysteine is an independent risk marker for cardiovascular disease and apart from that a group of blood tests assess the risk of developing CVS disease and to monitor treatment.

This panel includes :

- CBC
- ESR
- TLC, DLC
- Platelet count, mean platelet volume count
- Blood sugar fasting
- HbA1c

- Lipid profile
- Homocysteine levels
- HS CRP

LIPID PROFILE EXTENDED

This lipid profile components are useful in the detection, classification and monitoring of patients with hyperlipidemia. The extended lipid profile panel has various lipid markers of cardiovascular disease.

Elevated LP (a) levels are commonly observed in patients and families with premature coronary heart disease / stroke / Cerebrovascular and peripheral vascular disease.

This panel includes

- Total cholesterol
- Triglycerides
- HDL - Cholesterol - Direct
- LDL - Cholesterol - Direct
- ULDL - Calculated
- Chol / HDL Ratio
- LDL / HDL Ratio
- Apolipoprotein A1 (APO - A1)
- Lipoprotein a (LP -A)

Turnaround time	-	2 days
Pretest information	-	Overnight fasting mandatory
Sample	-	Serum(4 ml)