

Preventive health check up for Managers - Healthy Heart Clarus

A one-day health prevention program with 6 specialist doctors

Health prevention screening programs for executives and business people are quite popular in the developed world, and monitoring the psychophysical state is already a common practice. These examinations seek to identify and alert the presence of potential risk factors for early morbidity.

1. Laboratory examination of urine

Urinary Excretion is important for many bodily functions. With urinating we dispose of waste materials that are generated during metabolic processes. The presence of certain substances in the urine gives us information about urinary tract infection, kidney infection or systemic diseases.

2. Laboratory blood tests

Laboratory blood tests are one of the most important steps we can take to prevent life-threatening diseases. The results can help detect hidden health problems in the early stages when treatment is still possible and effective.

2.1. HEMOGRAM (blood count)

Hemogram determines the values of erythrocytes (red blood cells), leukocytes (white blood cells), platelet count and erythrocyte indices, determine hemoglobin in the blood and determines the volume fraction of red blood cells (hematocrit). Hemogram gives us general information about blood cells.

2.2. DKS (differential blood count - eng. DBS)

DKS (differential blood count) determines the values of individual leukocyte types (neutrophil, eosinophil, basophilic granulocytes, lymphocytes, and monocytes). A hemogram with DKS helps assess the overall health status and its a good indicator of various diseases that affect blood cells, such as anemia, infections, inflammation, and bleeding.

2.3. SR or sedimentation

Helps diagnose conditions with acute or chronic inflammation (infections, cancer or autoimmune diseases).

2.4. CRP

CRP (C-reactive protein) indicates systemic inflammation in the body. The inflammatory process is one of the key reasons for the development of metabolic changes, including diabetes. Permanently elevated CRPs are an important early indicator of many diseases.

2.5. Ast, Alt, GT

Liver tests are designed to diagnose and monitor liver disease or damage and to evaluate liver function (protein production, bilirubin purification ...). The liver is extremely important for overall health. One of the important roles of the liver is the neutralization of toxic substances in the body. In the case of slowed liver function, the body gradually goes into a state of chronic poisoning.

2.6. Glucose

Blood glucose is one of the basic indicators of diabetes. Diabetes is one of the most common chronic diseases that can be prevented in many cases if detected early enough. Increased glucose levels or hyperglycemia may indicate diabetes. Low glucose or hypoglycemia indicates hyperplasia or pancreatic tumor, but may also be due to kidney and heart disease, poor pituitary and adrenal function, and widespread liver disease.

2.7. Urea, keratin, urate

By determining the values, urea, creatinine, and urate, we can evaluate the function of the kidneys, make diagnoses of many kidney diseases and some liver diseases. Kidney health is important because it purifies the blood and creates urine to excrete harmful substances. With regular monitoring, important changes in kidney function can be detected early to prevent possible disease development.

2.8. Cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides

Blood cholesterol can be used to assess the risk of cardiovascular disease and heart and stroke.

CHOLESTEROL is an integral part of every cell and is crucial for the production of most hormones (eg. testosterone and estrogens).

HDL CHOLESTEROL releases excess cholesterol into the liver, so we can say that it is "good" cholesterol, which helps to cleanse blood vessels and reduce the risk of vascular disease.

LDL CHOLESTEROL, or "bad" cholesterol, increases the risk of storing impurities on the walls of blood vessels, which can lead to blockage and increases the risk of vascular disease, and stroke.

TRIGLYCERIDES are fats in the blood. Too much fat in the blood can lead to clogging and diseases of the blood vessels, including heart attack and stroke.

2.9. Sodium, Potassium, Chlorides, Magnesium, Calcium

Electrolytes and minerals are important for body fluid balance, hormone balance, bone health, digestive tract function, muscle and nerve function, blood pressure regulation... Electrolyte and mineral deficiency or imbalance can cause serious health problems.

2.10. Iron, UIBC, TIBC, ferritin

Iron is important for detecting anemia. Iron plays an important role as it is an integral part of hemoglobin in the red blood cells and is crucial for the transport of oxygen throughout the body. In iron deficiency, hemoglobin production is reduced, thereby erythrocyte production is impaired and blood oxygen transport capacity is reduced. Iron deficiency leads to anemia. UIBCs, TIBCs are measuring iron-binding capacity and transferring of iron. Ferritin is a protein that stores iron.

2.11. TSH

Thyrotropin, thyroid-stimulating hormone TSH promotes thyroid function. Measuring TSH helps us to evaluate thyroid function. Excessive or insufficient THS in the blood is a sign of a malfunctioning thyroid gland.

2.12. NT pro BNP

Increased concentrations of GNP and NT-proBNP are indicators of various heart conditions such as heart failure, inflammation of the heart muscle, myocardial infarction, Kawasaki disease, primary pulmonary hypertension, renal failure...

2.13. LDH

LDH is an enzyme found in almost every cell of the body, including blood, muscles, brain, kidneys, and pancreas. LDH is a good marker for tissue damage and is often used to monitor various conditions. LDH enzymes are important for detecting muscle damage, disease, and fatigue.

2.14. CK

The creatine kinase (CK) test is used to detect muscle inflammation or muscle damage due to muscle disorders. Any damage to the heart muscle causes an increase in CK. Intense physical exercise also slightly increases CK. This test helps to detect and diagnose heart disease.

3. Body mass index (BMI)

Body mass index (BMI) is a measurement of a person's relationship between body weight and height. A BMI of 30 or more indicates obesity. Obesity is associated with chronic conditions such as heart disease, diabetes, and some cancers.

5. Weight analysis with advanced TANITA technology

The device sends an unnoticed electrical current through your body (bioelectrical impedance). Muscles, fats, bones, and water all carry electricity at different rates. Based on these measurements, it calculates your body fat percentage, visceral fat, body water percentage, gives you muscle score, calculates the basal metabolic rate and metabolic age.

6. ECG or Electrocardiogram

An electrocardiogram (ECG) is a test that measures the electrical activity of a heartbeat and helps the physician evaluate the cardiac function. The purpose is to detect abnormal heart rhythms that can cause blood clots, detect heart attacks (past or current), detect arrhythmias, detect obstruction of the coronary arteries, detect an area of the damaged heart muscle (from a previous heart attack), detect inflammation of the heart or pericardium. It can also show us electrolyte imbalances and some lung diseases. The examination is painless, simple, quick and helpful to the doctor in making the final diagnosis.

7. Pulmonary function testing with spirometry

Spirometry is the most important independent diagnostic procedure used to determine a patient's lung function. A spirometer is a device that measures the flow of air into and out of the lungs. It measures the amount of air you can inhale and the speed of the breath itself. The test is a good indicator of asthma, chronic obstructive pulmonary disease (COPD), restrictive pulmonary disease (eg idiopathic pulmonary fibrosis) and many other disorders that affect lung function. A healthy person exhales about 80 percent of the air in the first second, and if there is obstruction or constipation due to inflammation in the respiratory tract, only about 50 to 60 percent of the air is exhaled.

8. Internist cardiac examination

It includes a condition assessment of the cardiovascular and respiratory systems and an assessment of potential risk factors for cardiovascular disease.

9. Exercise stress test

Stress test (performed on a stationary bike) shows how well your heart performs when it is under maximum strain. An internist cardiologist can determine if your heart is receiving enough oxygen and adequate blood flow when it needs it most. The doctor evaluates fitness, blood pressure, heart rhythm during activity, and identifies abnormalities in the blood circulation of the heart muscle.

10. Abdominal ultrasound

Abdominal ultrasound is a painless and non-invasive type of radiological examination. It helps the doctor evaluate the cause of abdominal pain or bloating. It provides insight into the major organs of the abdominal cavity: the gallbladder, bile ducts, kidneys, liver, pancreas, adrenal glands, spleen, bladder, major changes in the intestine, and orientation births. It is also used in the detection of kidney stones, liver disease, tumors, and many other conditions.

11. Heart ultrasound

The ultrasound of the heart reveals the structure, size, shape, and thickness of the heart, as well as the movement of the heart muscle. The doctor will assess your heart function, width and thickness of the aorta, the function of heart valves and heart sac, cardiac muscle damage, congenital heart defects, and unusual growths (eg, heart tumor).

12. Cervical vein ultrasound

Ultrasound examination of the cervical arteries provides non-invasive imaging of present (even initial) atherosclerotic changes on the internal vascular wall and possible narrowing of the vessel. The examination is completely non-threatening, non-aggressive and repeatable.

23. Dental examination

The examination includes an assessment of teeth and soft periodontal tissues, an examination of the entire oral cavity, an outline plan, and the intended course of treatment. If necessary, make an ortophan (panoramic image of the entire teeth).

24. Assessment of stress and burnout levels and proactive counseling aimed at improving psychophysical well-being.

Using a self-assessment psychometric questionnaire, the therapist assesses the level of stress and identifies indicators and major burnout criteria with increasing tendency. In a confidential environment, the therapist/counselor will discuss and highlight important topics. Then, based on the interview and the information obtained, the therapist advises on key strategies for coping with stress and on the correct steps for managing and limiting stress factors.

14. Zaključni pogovor in analiza izvidov specialista internista z obsežnim poročilom z izvidi preiskav

15. Spričevalo specialista za medicino dela prometa in športa o delazmožnosti

25. Final interview and analysis of all examination results with an internist specialist. You will also receive a comprehensive report.

26. Certificate from the Occupational Health Specialist

Price: 600 €

Preventive specialist examinations are adjusted according to specific jobs or specific requirements of the individual or company (adverse physical or chemical influences and other health hazards).

We can prepare different combinations of health examinations.

For any additional questions we are available at:

Tel.: 01/2000 910,

e-mail: diagnostika@diagnostika-clarus.si or mdps@diagnostika-clarus.si

Working hours from Monday to Friday between 7 am and 7 pm
Diagnostics Clarus doo, Šmartinska cesta 152 (Hall 9), 1000 Ljubljana

www.diagnostika-clarus.si