

Preventive health check up for Managers - One Day Clarus

A one-day health prevention program with 10 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, DKS and SR

Presence of anemia, infection, leukemia and other hematological disorders. Helps diagnose conditions with acute or chronic inflammation (infections, cancer or autoimmune diseases).

2.2. Liver tests - AST, ALT, Gamma GT, bilirubin, protein, albumin

Liver tests are intended to diagnose and monitor liver disease or damage and to evaluate liver function.

2.3. 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.

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

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

2.5. Sodium, Potassium, Chlorides, Magnesium, Calcium

Electrolytes and minerals are important for the balance of body fluids, muscle and nerve function and regulation of blood pressure.

2.6. Iron and ferritin

Iron is important for detecting anemia. Iron deficiency leads to anemia.

2.7. TSH

Measuring TSH helps us to evaluate thyroid function. Excessive or insufficient TSH in the blood is a sign of a malfunctioning thyroid gland.

2.8. CEA, CA19-9, CA15-3, CA125, PSA

Laboratory tests, also known as tumor markers. CEA (colon cancer), CA19-9 (Pancreatic cancer, gallbladder and bile duct cancer, colorectal cancer), CA15-3 (breast cancer), CA 125 (ovarian cancer), PSA (prostate cancer).

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.

4. Consultation with a dietitian-nutritionist with the help of an advanced Tanita body mass analyzer

Muscle, fat, bone, and water carry electricity to varying degrees. The Tanita device sends an imperceptible electric current (bioelectrical impedance) through the body, and based on the obtained results, the dietitian-nutritionist makes an appropriate analysis of the individual.

The Tanita analyzer shows you:

weight,% fat, fat mass, abdominal fat level (visceral fat), muscle mass, bone mass, extra-cell water, intra-cell water, ECW / TBW ratio, basal metabolism - BMR, body mass index - BMI, segment analysis, and phase angle.

The analyzer is equipped with a standard measurement, and it is also possible to measure the functions of athletes.

5. 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.

6. 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.

7. Internist cardiological examination

It includes an assessment of the condition of the cardiovascular and respiratory systems and an assessment of possible risk factors for cardiovascular diseases.

8. 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.

9. 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.

10. 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).

11. 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.

12. Densitometry (DEXA scan) - Bone Mass Measurement

Densitometry is a test to measure bone mineral density. It is a safe radiological examination that measures bone density quickly and accurately. It is mainly used to detect osteoporosis, a disease in which bone density is so low that

the risk of bone fracture is greatly increased (a fall from a standing position is sufficient).

13. Eye examination (ophthalmic examination)

The ophthalmic examination includes electronic and manual measurements of the dioptre, biomicroscope examination, examination of the ocular background on a narrow pupil, and measurement of ocular pressure.

14. Assessment of stress and burnout levels with 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.

15./a Orthopedic examination (choose one)

Orthopedist specialist performs a clinical and functional examination of the locomotor apparatus, upper extremities, lower extremities, and the entire spine, and makes a final diagnosis. For a more accurate diagnosis, we recommend that you bring (if you have them) x-ray photos. Orthopedic injuries can include back and neck pain, sports injuries, or problems such as the carpal canal. The orthopedist assesses the injuries to determine which bones, muscles, tendons, and ligaments were affected and to what extent.

15./b Musculoskeletal Ultrasound (choose one)

You can choose between a shoulder ultrasound, elbow ultrasound, knee ultrasound, testicular ultrasound, Achilles tendon ultrasound, ultrasound of soft tissue lesions on the skin and muscle tears. We examine painful joints, joint effusions, determine the type of soft tissue swelling (bursitis, hematoma, tumor...), muscle tears and degenerative changes in the muscles. Ultrasound gives insight into the size, structure, blood flow and changes in soft tissues.

16./a Urological examination with transrectal ultrasound (for men only)

The urologist performs a clinical examination and a transrectal ultrasound examination to assess the condition of the urinary tract and the male reproductive system. The main purpose is to detect prostate cancer affecting 1 in 7 men after the age of 50. It can also detect other prostate diseases, ureteral stones, kidney stones, and tumors. The doctor can advise on problems with erectile dysfunction or urinary incontinence.

16./b Breast examination and ultrasound (only women choose one)

A specialist will perform a clinical examination of breasts and a breast ultrasound. Ultrasound of the breasts helps determine the size and location of the lumps formed and helps distinguish cysts from the tumors.

16./c Ali Gynecological ultrasound (only women choose one)

The examination is performed with a transvaginal ultrasound probe. The best time for a gynecological ultrasound examination is after the menstrual period is over.

16./d Neck and thyroid ultrasound (only women choose one)

A thyroid specialist performs a clinical and an ultrasound examination of the thyroid gland. The doctor determines the condition and structure of the thyroid, lymph nodes, and salivary glands. Examines possible formations like cysts, and clots, and determines thyroid blood flow. Based on your results, the doctor can give advice and answer any questions you may have.

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

23. Certificate from the Occupational Health Specialist

Price: 950 €

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:

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