

Preventive health check up for Managers - Fit Clarus

A one-day health prevention program with 7 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. Urea, creatinine, 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.

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

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

2.6. 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.

2.7. Iron and ferritin

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

2.8. CK - inflammation or muscle damage

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 will also slightly increase CK. It helps detect and diagnose heart disease.

2.9. TSH

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

2.10. Tumor markers - CEA, CA19-9

Laboratory blood tests, also known as tumor markers. CEA (marker for intestinal malignancy), CA19-9 (marker for pancreatic, gastric or bile duct malignancy).

2.11. Cortisol

Cortisol is a hormone that contributes to many bodily functions and plays a vital role in the body's response to stress. It raises blood sugar levels and increases the body's insulin resistance. It also increases fat storage, which is a common cause of obesity, despite sufficient physical activity and proper

nutrition. Cortisol levels help us assess adrenal function and are an indicator of Addison's disease and Cushing's syndrome.

3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8. 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.

9. 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).

10. Musculoskeletal Ultrasound

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.

11. 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).

12. 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.

13. Nutrition counseling

It includes dietary analysis and individual counseling based on the results regarding the intake of individual types of nutrients, vitamins, minerals, fluids and specifically according to the level and type of sports activity.

14. Review and final consultation with a sports medicine specialist

The examination includes an assessment of the cardiovascular and respiratory systems, an assessment of possible risk factors for cardiovascular diseases, an assessment of the condition of the musculoskeletal system and an assessment of possible risk factors for acute or chronic injury. The consultation includes a review of test results and advice on diet and choice of physical activity (level, frequency and type) in order to improve health, maintain health, strengthen certain motor and functional abilities and losing weight.

15. Certificate from the Occupational Health Specialist

Price: 650 €

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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