

Diamond Clarus

Specialized programs for preventive medical care are commonly used by leading business people and managers in the developed world. Monitoring the psychophysical state has become an everyday practice. The goal is to detect any potential risk factors that could lead to an early morbidity and mortality.

The program includes:



1. Laboratory testing

Hemogram and DKS (presence of anemia, infection, leukemia and other haematological disorders)

Glucose (screening for diabetes)

Urea, creatinine, urine (kidney function)

AST, ALT, gama GT,ALP, bilirubin cel., proteini, albumini (liver functionality testing)

Cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides (risk assessment of cardiovascular diseases, heart attack and stroke)

Sodium, Potassium, Chlorides, Magnesium, Calcium (electrolytes and minerals important for the balance of body fluids, muscle and nerve function and blood pressure regulation)

Iron, UIBC, TIBC, ferritin (detection of anemia)

TSH (assessment of thyroid function)

Urinalysis (urine is tested for the presence of proteins, glucose, bilirubin, ketones, bacteria, fungi and other parameters that give us important information about inflammation of the urinary tract, kidney and systemic diseases)

CEA, CA 19-9 (tumor marker of the gastrointestinal tract)

CA 15-3 (tumor marker for breast)

CA 125 (tumor marker for ovaries)

PSA (tumor marker for prostate - male > 50 years)



2. Abdominal ultrasound

The abdominal ultrasound is used to show the overall condition of the liver, gallbladder, bile ducts, spleen, pancreas, kidney, adrenal gland, and the main veins of abdominal organs, bladder, major changes in the gut, orientational evaluation of the female reproductive organs, prostate and testicles. The abdominal ultrasound examination is non-invasive, repeatable and completely risk free.



3. Bone mineral density tests

Bone mineral density test is a screening test for low bone density and osteoporosis. According to the results of the test we can recommend prevention steps and appropriate treatment for osteoporosis.



4. Dermathological examination

The examination includes a complete check up of your entire skin and skin appendages. The specialist offers treatment advice and if necessary, performs minor diagnostic and therapeutic procedures.



5. ECG

Elektrokardiogram srca je grafični zapis, ki zdravniku pomaga pri oceni delovanja srca. Preiskava je neboleča, enostavna, hitra in je zdravniku v veliko pomoč pri postavljanju končne diagnoze.



6. Anthropometric measurements and body mass analysis

We calculate the Body index mass (BMI) on calculations based from body weight and height. Our specialists offer advice on a healthier diet.



7. Pulmonary function testing with spirometry

Spirometry is one of the most important independent diagnostic tests, assessing the patient's lung function. It can help diagnose various lung conditions, most commonly the chronic obstructive pulmonary disease (COPD) and asthma. A healthy patient expires approximately 80% of all the air out of his lungs in the first second during this test. If there is an airway obstruction or constriction caused by inflammation, only 50% - 60% of all inhaled air will be expired in the first second.



8. Musculoskeletal ultrasound examination

We perform ultrasound examinations of joints (shoulders, elbows, knees...) fluid effusions and haematomas, muscles (tears, scars, tumors...), bursal (acute and chronic inflammations) and tendons (ruptures, acute and chronic inflammations).



9. Echocardiogram

Echocardiogram or ultrasound of the heart is a precise examination of all four heart chambers, heart valves and walls and the pericardium. The examination is painless and completely harmless.



10. Ultrasound of neck vessels

The ultrasound of the neck vessels is a noninvasive examination that helps find any atherosclerotic changes inside vessel walls, that could lead to subsequent narrowing of the arteries. The examination is completely harmless, non-invasive, repeatable and it accurately and quickly reveals the initial stages of atherosclerotic changes to the vascular system in the neck.



11. Thyroid gland ultrasound and examination

This diagnostic procedure shows thyroid size, internal structure and any changes occurring in the neck glands. A thyroid ultrasound is used to examine thyroid for abnormalities such as: cysts, nodules (abnormalities in thyroid tubes) and tumors.



12. Exercise stress test

The examination includes: assessment of the cardiovascular system and identification of potential risk factors for cardiovascular diseases. It is performed on a stationary bicycle. It provides an objective insight into the heart's physical state, which helps to determine any pathology in the heart muscle.



13. Otologic examination

A specialized otologist conducts an ENT exam (ear, nose and throat examination). Our specialist informs you of any abnormalities, offers advice and gives instructions. If necessary we remove excess earwax.



14. Visual exam

The ophthalmic exam includes: electronic and manual measuring of visual accuracy, eye examination with a biomicroscope, examining the fundus through a narrow pupil and a quick tonometry test.



15/a. Urological examination (men)

Besides a standard urinary tract and prostate examination, an ultrasound of kidneys, bladder, ureter and prostate is included. We also do a prostate-specific antigen (PSA) blood test. PSA is a protein made from the cells of the prostate gland. Raised PSA levels may suggest a problem with the prostate.



15/b. Breast examination and ultrasound (women)

A doctor, specialized in oncology performs a clinical breast examination and a diagnostic ultrasound examination.



16/a. Assessment of the level of stress and burnout and proactive counseling with the goal of improving psychophysical well-being

Using a self-assessment psychometric questionnaire and an appropriately chosen approach, we evaluate the degree of stress, identify indicators and the main criteria for burnout with increasing tendency. In the following, a client in a confidential environment with a therapist / consultant will talk and highlight relevant content. Then, on the basis of the discussion and the acquired stress data, the therapist advises on the key strategies for coping with stress and about the correct measures for controlling and limiting the stress factors. Thus, the client is acquainted with the methods and techniques needed to develop his own power in dealing with working and daily workloads.



16/b. or FIRSTBEAT BODYGUARD - 24h heart rate monitor

Purpose of monitoring:

- Getting to know the body's response to everyday life challenges,
- Detecting key moments of stress and recovery,
- Advice on managing stress based on key indicators
- Establishing balance between stress and recovery to achieve a healthy wellbeing

We can measure factors such as:

- Sleep quality,
- Level of stress,
- Quality of rest,
- The level of physical activity,
- Physical condition indicators: estimation of oxygen uptake, response to effort and heart rate frequency responses.



17. Exclusive offer of adde value - a free dental examination

The dentist examines the state and overall health and hygiene of teeth, gums and the whole oral cavity. Evaluate the risk of tooth decay, root decay and gum diseases. We can prepare a plan with a predicted course of treatment. If any indications show that a Dental X-Ray (OPG – orthopantomogram) would be necessary, we make one.



18. Arterial doppler ultrasound of lower extremities

With this examination we are able to assess the health status of lower extremity arteries. We can detect abnormal flow within an artery or blood vessel; reveal blocked or reduced blood flow through narrowed areas in the arteries and blood clots.



19. Final consultation with a specialist

After the testing is done there is a finishing consultation with a medical specialist, where you get a verbal and written report on your overall health condition and recommendations for further steps in your health care.

Price: 1.100 EUR

We offer the possibility of additional specialist examinations if any conducted tests indicate further health uncertainty:

- Gastroscopy
- Orthopedic examination
- Skin allergy testing

We can adjust our specialized preventive programs for individuals and companies to suit specific jobs or requirements (such as harmful physical or chemical effects and other demanding factors). We can arrange different combinations of examinations and tests.

For more information you can reach us at diagnosticnicenter@clarus.si and telephone: 01/2000 910.