

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 (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. 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.

2.9. 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.

2.10. 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.

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. Myoglobin

Myoglobin is a protein commonly found in cardiac and skeletal muscle tissues. The iron bound to Myoglobin has the task of delivering enough oxygen to the cells for the body to function smoothly. The test is performed to detect disorders present in skeletal and cardiac muscles. Myoglobin is also an indicator of potential myocardial infarction (in case of chest pain).

2.13. Cortisol

Cortisol is a hormone that contributes to many body functions and plays a vital role in the body's response to stress. Cortisol increases blood sugar levels and increases insulin resistance. It also increases fat storage, which is a common reason for obesity, despite having 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.

2.14. CEA, CA19-9,

Laboratory tests, also known as tumor markers. CEA (colon cancer), CA19-9 (Pancreatic cancer, gallbladder and bile duct cancer, colorectal cancer).

3. Internist cardiac examination

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

4. 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.

5. 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.

6. 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.

7. 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.

8. 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).

9. 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.

10. 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).

11. Nutritional counseling

Nutritional counseling includes nutrition analysis and individual counseling based on the results of your intake of particular types of nutrients, vitamins, minerals, fluids, and specific to the level and type of sports activity.

12. Examination and final consultation with a sports medicine specialist

The examination includes an assessment of the condition of the cardiovascular and respiratory systems, an assessment of potential risk factors for cardiovascular disease, an assessment of the condition of the locomotor apparatus and an assessment of possible risk factors for acute or chronic injury. The consultation includes a review of all results and advice on nutrition the level, frequency and type of physical activity aiming to improve health, maintaining health, strengthening certain motor and functional abilities and weight loss.

13. 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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