

Gold 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)

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)

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. 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.



5. 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.



6. 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.



7. 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 hearts physical state, wich helps to determieoe any pathology in the heart muscle.



8. 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.



9/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.



9/b. Breast examination and ultrasound (women)

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



10. 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.



11. Orthopedic examination

The orthopedic examination is a series of short clinical tests where the whole body's locomotor functionality is examined. For a more accurate diagnosis, we recommend you to bring X-ray images if you have any.



12. 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: 600,00 EUR

We allow the possibility of further investigations:

- lab research:

- CEA, CA 19-9 (tumor marker of the gastrointestinal tract)
- CA 15-3 (tumor marker for breast)
- CA 125 (tumor marker for ovaries)

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

- Gastroscopy
- Thyroid examination
- Otological examination
- Dermatological examination
- Skin allergy testing
- Echocardiogram
- Soft tissue ultrasound
- Neck ultrasound
- Mammography

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.