

What is preventive health care?

Preventive healthcare involves measures taken to identify and minimize risk factor for diseases, improve the course of an existing disease and screens for early detection of diseased. It also involves health promotion, which is aimed at brining changes to the individual's lifestyle so that their health is improves (or maintained) and various diseases can be prevented.

Why is preventive healthcare so critical?

Some diseases like cancers cannot be cured if they are diagnosed at an advanced state while some disorders like heart diseases may result in sudden death without any previous symptoms. Prevention, in such cases, is not only better than care but is often only option for a healthy life. Modern lifestyle doesn't leave people with quality time for ups be done for early detection of risk factors and diseases like Diabetes, Obesity, Hypertension, Stress, High Cholesterol and Heart Diseases.

Do I need a preventive health check?

A comprehensive health check-up is essential in providing continuous health surveillance at all time. After all, a stitch in time saves nine. You should take your health seriously if you are above 25 years of age and even more importantly if you have.

- Sedentary lifestyle/Obesity
- Smoking/heavy drinking habit
- Stressful job/business
- Family history of diabetes/high blood pressure and Heart disease
- Low exercise tolerance
- Chronic indigestion

How does a Preventive Health Check help?

A proper and comprehensive Preventive Health Check will conduct a range of medical tests and help you to:

- Find out how healthy various organs of your body are and it your lifestyle is leading you towards a potential disease.
- Discover what you can do avoid risk of such a disease.
- Learn how you can enjoy good health year after year and not become a victim of lifestyle diseases.

INSTRUCTION FOR PREVENTIVE HEALTH CHECK UPS:

Kindly take appointment before coming on 01493-395000 and Please carry all your previous medical records & reports. Please come in fasting overnight (12 Hours) for the checkup. Avoid alcohol & smoking and food items with excess fat

- like cheese, deep fried preparations etc. on the prior to your check-up
- Take 1 liter of water before you arrive at the hospital. You should avoid passing urine till your ultrasound test is over.
- Please Come in Casual Comfortable Clothing. Do Not Use jewelry, cream, oil/talcum powder.
 - Please carry your first morning urine & stool samples in the sterilized plastic containers (Containers can be collected a day prior from the PHP deptt.)

SPECIAL NOTE FOR DIABETIC/CARDIAC PATIENTS: -

- Please inform your Health Check Executive about your condition at the time of registration.

If you are taking medications for Diabetes or Cardiac.

- Problem Please carry them along with you and inform the
- Health Check Executive.

SPECIAL NOTE FOR LADIES: -

- Pregnant ladies or if suspecting Pregnancy, do not get any X-ray or mammography done.

Avoid Gynaecological checkup done during menstrual cycle

HEALTH CHECK-UP PACKAGES

• Please take prior appointment

• Health Check process can take 3-4 hours

CODE: PH 001

Premium Package (Rs 7750)

LAB INVESTIGATIONS

- Complete Haemogram with ESR • Blood Group
- Liver Function Test • Renal Profile • Lipid Profile
- Blood Sugar Fasting & PP • PAP Smear (for females)
- PSA (for Males) • Glycosylated Hemoglobin
- Serum Calcium an Phosphorous • Stool Routine and Microscopy • Urine Routine and Microscopy
- Uric Acid • MAU • S Electrolytes (Sodium, Potassium, Chloride) • Alkaline Phosphates • Urine Routine
- CRP • Thyroid Profile • PFT • CPK

RADIOLOGY INVESTIGATION

- X-Ray • Ultrasound whole abdomen
- Ultrasound Breast (for females) on gynecologist

recommendation

- Mammography (for females)
- Bone Densitometry Hip 8, Spine

CARDIOLOGY INVESTIGATIONS

- ECG • TMT • ECHO

SPECIALIST CONSULTATIONS

- Physician/ Gynae/ Dental/ Cardiology/ Ophthalmology / Dietician

CODE: PH 002

Comprehensive Health Check (Rs 5750)

HAEMOGRAM

- Haemoglobin • ESR • PCV • MCHC • MCV • MCH
- Total WBC (TLC) • DLC Peripheral Smear
- Platelet Count

BIOCHEMICAL PARAMETERS

- Uric Acid • Serum Calcium & Phosphorous
- Lipid Profile (Total Cholesterol, HDL, LDL)
- Triglycerides screening, Ratio of Cholesterol/HDL

KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

LIVER FUNCTION TEST

- Total Protein • Albumin Globulin • A/G Ratio
- SGPT • SGOT • Alkaline Phosphates
- S. Bilirubin (Total & Direct)

THYROID PROFILE

- T3, T4 & TSH

CARDIAC ASSESSMENT

- ECG • Tread Mill Test (TMT) • Echocardiography

GENERAL TEST

- Blood Grouping & Rh Typing • Stool examination
- X-ray Chest • Ultrasound screening of the whole abdomen Prostate Specific Antigen (PSA) for men
- Pap Smear, Mammography for women
- Clinical examination, Medical Summary and advice by Senior Consultant Internal Medicine
- Gynaecologist Consultant (for women) Consultation with Senior Cardiologist
- Diet counseling

- Eye Consultation Dental Consultation
- Post Check up consultation by Senior Consultant Internal Medicine

HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

- Nutrition & Diet counseling • Stress Management
- Exercise & Fitness counseling • Risk Management of addictions, Cardiac problems, Cancer, AIDS, etc.

DIABETIC PROFILE

- Blood Sugar (Fasting & Post Prandial)
- Glycosylated Hemoglobin (HbA1 C)

CODE: PH 003

Healthy Heart Check (Rs 3850)

HAEMOGRAM

- Hemoglobin • ESR • PCV • MCHC • MCV • MCH
- Total WBC (TLC) • DLC Peripheral Smear
- Platelet Count

BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandial) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides screening, Ratio of Cholesterol/HDL)

KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

LIVER FUNCTION TEST

- Total Protein • Albumin Globulin • A/G Ratio
- SGPT • SGOT • Alkaline Phosphates • S. Bilirubin (Total & Direct)

LUNG FUNCTION TESTS

- Pulmonary Function Test (PFT)

CARDIAC ASSESSMENT

- ECG • Tread Mill Test (TMT) • Echocardiography

GENERAL TEST

- Blood Grouping & Rh Typing • Stool examination
- X-ray Chest • Ultrasound screening of the whole abdomen • Clinical examination • Medical Summary and advice by Senior Consultant- Internal Medicine • Post Check up Consultation by Senior Consultant-internal Medicine
- Consultation with Senior Cardiologist
- Diet Counseling • Ophthalmology

HEALTH & LIFESTYLE ASSESSMENT AND COUNSELING

- Nutrition & Diet counseling
- Stress Management • Exercise & fitness counseling

CODE: PH 004

Executive Health Check (Rs 3350)

Especially designed and recommended for executives who are living a stressful life

HAEMOGRAM

- Hemoglobin • ESR • PCV • MCHC • MCV • MCH
- Total WBC (TLC) • Differential Count (DLC)
- Peripheral Smear • Platelet Count

(Continued)

HEALTH CHECK-UP PACKAGES

• Please take prior appointment

• Health Check process can take 3-4 hours

BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandia) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides screening, Ratio of Cholesterol /HDL)

KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

LIVER FUNCTION TEST

- Total Protein • Albumin Globulin • A/G Ratio
- SGPT • SGOT • Alkaline Phosphatase • S. Bilirubin (Total & Direct)

LUNG TESTS

- Pulmonary Function Test (PFT)

CARDIAC ASSESSMENT

- ECG • Tread Mill Test (TMT)

GENERAL TEST

- Blood Grouping & Rh Typing • Stool examination
- X-ray Chest • Ultrasound screening of the whole abdomen • Clinical examination, medical Summary and advice by Senior Consultant - Internal Medicine • Pap Smear
- Gynaecologist Consultant (for women)
- Post Check up Consultation by Senior Consultant- Internal Medicine • Nutrition & Diet counseling
- Stress Management • Exercise & Fitness counseling • Ophthalmology Consultation

CODE: PH 005 Master health Check Up (Rs 2250)

A range of tests recommended for your complete wellness.

HAEMOGRAM

- Hemoglobin • ESR • PCV • MCHC • MCV • MCH
- Total WBC (TLC) • Differential Count (DLC)
- Peripheral Smear • Platelet Count

BIOCHEMICAL PARAMETERS

- Blood Sugar (Fasting & Post Prandia) • Uric Acid
- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides screening, Ratio of Cholesterol /HDL)

KIDNEY ASSESSMENT

- S. Urea • S. Creatinine • Complete Urine Analysis

LIVER FUNCTION TEST

- Total Protein • Albumin Globulin • A/G Ratio
- SGPT • SGOT • Alkaline Phosphates
- S. Bilirubin (Total & Direct)

GENERAL TESTS

- Blood Grouping & Rh Typing • Stool examination
- X-ray Chest • ECG (resting)
- Ultrasound screening of the whole abdomen
- Clinical examination, Medical Summary and advice by senior Consultant - Internal Medicine
- Gynecologist Consultation (for women)
- Post Check up Consultation by Senior Consultant- Internal Medicine

CODE: PH 006 Cancer Check (Rs 2000)

Timely detection can help in prevention of various forms of Cancer

- Complete Haemogram • Kidney Function Test
- Blood Sugar (Fasting & PP) • Liver function test
- Stool for Occult Blood • X-ray Chest
- Pap Smear (for women) • PSA (for men)
- Mammography (for women)
- Ultrasound Screening of the whole Abdomen
- Clinical Examination, Medical summary and advice by Oncologist

CODE: PH 007 Diabetes Check (Rs 2000)

- Complete Haemogram
- Blood Sugar (Fasting & Post Prandial)
- Lipid ECG • Glycosylated Haemoglobin (HbA1 C)
- Chest X-ray • Serum Creatinine • SGOT • SGPT
- Urine Routine/Microscopic • Urine Microalbumin
- Clinical Examination by Physician
- Consultation with Endocrinologist
- Eye Examination by Ophthalmologist
- Diet Consultation

CODE: PH 008 Well Woman Check (Rs 1950)

- Blood Grouping & Rh Typing
- Breast Examination • Complete Haemogram
- Pap Smear • Urine Routine • X-ray (Chest)
- Stool Routine • Family planning Advice
- Ultrasound (Gynae Pelvis Screening)
- Mammography • Ultrasound • Breast (Screening)
- Blood Sugar (Fasting & PP)
- Clinical Examination, advice by Sr. Gynecologist

CODE: PH 009 Breast Check (Rs 1350)

For early detection prevention of Breast Cancer, under go regular Breast Check up.

- High Resolution Mammography
- Ultrasound of both breasts
- FNAC / Exfoliative Cytology if required
- Complete Physical Examination by Specialized Breast Surgeon
- Review and advice by a senior consultant Breast Surgoen

CODE: PH 010 Child Health Check (Rs 1000)

For Children above 4 years of age

- Empty Stomach is not required
- Blood Grouping & Rh Typing
- Montoux Test Complete Haemogram
- Stool Examination, Complete Urine Analyses, Hearing test by an Audiologist Eye Examination by Ophthalmologist / Dental Examination
- Clinical Examination, Medical Summary and advice by Sr. Consultant Pediatrics .