

Women's Executive Health Check

A comprehensive executive health check with your physician is crucial for maintaining overall wellness. It helps detect potential health issues early, allowing for timely intervention and prevention. This comprehensive evaluation includes a thorough review of your physical and mental health, as well as personalised screenings based on your unique profile.

Women Under 40 years AED 4800

In clinic assessment

- Consultation and examination
- Vision test
- Hearing test
- ECG
- Blood pressure and vitals
- ABPI Ankle brachial pressure index
- BMI and body fat analysis
- Spirometry – Lung function
- Cardiovascular risk score QRISK3
- Metabolic syndrome screening assessment
- Liver fibrosis risk assessment Fib 4 score
- Mental wellbeing assessment PHQ9 GAD7
- Perimenopause screening assessment
- Breast cancer risk assessment

Laboratory

- Anemia and Vitamin/Mineral screening - CBC Ferritin Iron Vit D Vit B12 Calcium Magnesium Zinc
- Chronic Disease Screening - Lipid panel Liver panel Renal panel + EGFR BUN Thyroid panel TSH T4 T3 Diabetes panel HBA1c FS Fasting insulin + insulin resistance HOMA index
- Uric acid
- Calprotectin
- Cancer screening – Cervical Pap smear Bowel Fit test
- Urine Analysis

Diagnostic Radiology

- US Breast
- US Abdomen
- US Abdominal aortic aneurysm
- US Pelvis
- Chest X-Ray

Final report, follow up appointment, and aftercare

- Consultation with a Family Medicine Consultant with a specialist interest in Preventive Medicine
- In clinic aftercare appointment with full report breakdown, risk assessment, health education and management plan
- Co-ordination for onward referrals, additional tests, and aftercare with a dedicated wellness manager.

Women Over 40 years AED 5800

In clinic assessment

- Consultation examination
- Vision test
- Hearing test
- ECG
- Blood pressure and vitals
- ABPI Ankle brachial pressure index
- BMI and body fat analysis
- Spirometry – Lung function
- Cardiovascular risk score QRISK3
- Cardiovascular Apolipoprotein specialised risk ratios
- Metabolic syndrome screening assessment
- Liver fibrosis risk assessment Fib 4 score
- Mental wellbeing assessment PHQ9 GAD7
- Perimenopause screening assessment
- Breast cancer risk assessment

Laboratory

- Anemia and Vitamin/Mineral screening - CBC Ferritin Iron Homocysteine Vit D Vit B12 Calcium Magnesium Zinc
- Chronic Disease Screening - Lipid panel Liver panel Renal panel + EGFR BUN Thyroid panel TSH T4 T3 Diabetes panel HBA1c FS Fasting insulin + insulin resistance HOMA index
- Uric acid
- Calprotectin
- Specialised Cardiac Markers – Apolipoprotein A1 Apolipoprotein B HS-CRP Homocysteine
- Cancer screening – Cervical Pap smear Ovarian Ca-125 Bowel Fit Test
- Inflammatory Markers – ESR HS-CRP
- Urine Analysis

Diagnostic Radiology

- Mammogram or US Breast
- US Abdomen
- US Abdominal aortic aneurysm
- US Pelvis
- Chest X-Ray

Final report, follow up appointment, and aftercare

- Consultation with a Family Medicine Consultant with a specialist interest in Preventive Medicine
- In clinic aftercare appointment with full report breakdown, risk assessment, health education and management plan
- Co-ordination for onward referrals, additional tests, and aftercare with a dedicated wellness manager.

Depending on the results of this health check, your physician may recommend additional tests to investigate specific concerns further. These might include advanced imaging, blood tests, or cardiovascular assessments. By catching issues early and following up with targeted tests, you can ensure optimal health and longevity.