

RECOMMENDED HEALTH CHECKS - Details

PACKAGE I (Rs. 1,750/-)

Heart Check

The Heart Check is advised for those at risk for heart diseases or have a history of it. This is applicable for persons who are above 30 years of age.

Laboratory investigations

General

- Complete Blood Count (CBC)
- ESR
- Fasting Blood Sugar (FBS)
- Urea, Creatinine
- Urine Routine

Lipid Profile

- Cholesterol
- Triglycerides
- HDL
- LDL
- VLDL

Non-Invasive Diagnostic Tests

- Chest X-ray
- ECG
- ECHO Doppler

Consultation with Cardiologist

PACKAGE II (Rs. 3500/-)

Cardiac, Liver, Renal, Check-ups

Advised for those who use alcohol and/or have diabetes and/or use tobacco

Laboratory investigations

General

- Complete Blood Count (CBC)
- ESR
- Fasting Blood Sugar (FBS)
- Post Prandial Blood Sugar (PPBS)
- Blood group and Rh typing
- Urine Routine

Lipid Profile

- Cholesterol
- Triglycerides
- HDL
- LDL
- VLDL

Liver Function Tests

- SGOT
- SGPT
- Total Bilirubin
- Direct Bilirubin
- Total Protein
- Albumin
- Alkaline Phosphatase

Renal Function Tests

- Urea Creatinine
- Uric acid
- Calcium
- Electrolytes
- Inorganic Phosphorus

Breakfast

Non-Invasive Diagnostic Tests

- Chest X-ray
- ECG
- ECHO Doppler
- TMT

Consultation with Cardiologist

PACKAGE III (Rs. 4,600/-)

Grand Check-up - Cardiac, Liver, Renal, & all other systems

For those who want a Master Health Checkup.

Laboratory Investigations

General

- Complete Blood Count (CBC)
- ESR

- Fasting Blood Sugar (FBS)
- Post Prandial Blood Sugar (PPBS)
- Blood group and RH typing
- Urine Routine

Lipid Profile

- Cholesterol
- Triglycerides
- HDL
- LDL
- VLDL

Liver Function Tests

- SGOT
- SGPT
- Total Bilirubin
- Direct Bilirubin
- Total Protein
- Albumin
- Alkaline Phosphatase

Renal Function Tests

- Urea, Creatinine
- Uric acid
- Calcium
- Electrolytes
- Inorganic Phosphorous

Non-Invasive Diagnostic Tests

- Chest X-ray
- ECG
- ECHO Doppler
- TMT

Consultations

- Cardiologist
- ENT
- Dental
- Ophthalmology
- General Medicine
- Endocrinology

RECOMMENDED HEALTH CHECKS - Details (cont'd)

- Gynecology (for women)

Breakfast

PACKAGE IV (Rs. 2,400/-)

Well Women Check

Women are encouraged to have a check-up annually. This check-up aims to help find all risk factors associated with various gynecological problems. It includes tests for the detection of Cancer of the Breast and the Cervix.

- Hb%
- WBC, Total & Differential Count
- ESR

- Blood Platelets
- PCV
- Blood Grouping and Rh Typing
- Urine Analysis
- Random Blood Sugar
- X-ray Chest
- Ultrasound Scan for Lower Abdomen
- Pap Smear
- Mammography

Consultation with Gynecologist

PACKAGE V (Rs. 750/-)

Child Health Check

This check-up evaluates your child's health. It helps monitor the growth & nutritional needs, & overall health status of the child. It includes:

- Hb%
- WBC, Total & Differential Count
- ESR
- Blood Platelets
- PCV
- Urine Analysis
- X-ray Chest
- Stool Examination
- Mantoux Test for under 4 yr-olds

Consultation with Pediatrician

Life in the 1500s in the West led to many of the Interesting Sayings we use today!

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off.

It was a sign of wealth that a man could "bring home the bacon."

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up.

Hence the custom of holding a "wake."

You will never grow old with love in your heart