

DIAMOND Health & Wellness Package

Package Price: AED 11,900

SERVICE DESCRIPTION

CONSULTATIONS

- Consultation with Internal Medicine Consultant / Family Medicine consultant
- Follow Up Consultation with the same physician
- Nutrition & Lifestyle Consultation

ROUTINE INVESTIGATIONS

- BMI/BMR
- Vital Signs - BP, Pulse, Body Temp, Weight and Height

LAB INVESTIGATIONS

- Complete Blood Count (CBC)
- Urine analysis
- Albumin/Creatinine Ratio (Microalbumin) random urine
- Stool Analysis
- Lipid Profile (Cholesterol, Triglycerides, VLDL, HDL, LDL, non HDL)
- Homocysteine (Hallmark of remethylation inherited disorders)
- CRP High Sensitive
- *New Guidelines Extended Tests*
- Apolipoprotein B
- Lipoprotein a
- Apolipoprotein A1
- *Diabetes screening and insulin Resistance*
- Fasting Blood Glucose
- Fasting Insulin
- HOMA Index
- HbA1C
- *Comprehensive Metabolic panel*
- Liver Function Test (ALT, AST, ALP, GGT, Bilirubin total, Bilirubin Direct, Bilirubin indirect, Albumin, Globulin, A/G ratio)
- Kidney Function Test (Creatinine, eGFR, Urea, BUN, Serum calcium, Phosphorus, Uric acid)
- Electrolytes (Na, K, Cl, serum CO₂)
- Pancreatic Function Test: Serum Amylase and Lipase
- *Thyroid Function Tests*
- TSH
- FREE T3
- FREE T4
- *Iron Studies*
- Serum Iron
- TIBC
- Ferritin
- Transferrin Saturation
- *Critical Vitamin Testing*
- Vitamin D (25 OH)
- Vitamin B12
- Vitamin B9 (Folate)

Minerals: Magnesium and Zinc

Hormonal profile:

- Hormonal Panel for Male (FSH, LH, DHEAS, Testosterone (total, free), SHBG, Estrogen, Prolactin)
- Hormonal Panel for Female (FSH, LH, DHEAS, Testosterone (total, free), SHBG, Estrogen, progesterone, prolactin)

Helicobacter Pylori infection (H.Pylori Antigen in stool)

CANCER SCREENING

Colon Cancer Screening

- Fecal occult blood in stool

Prostate Cancer Screening for men

- Serum PSA

Cancer screening for women if required

- Pap Smear
- Mammogram or Breast Ultrasound (Age Dependant as per guidelines)

SPECIAL INVESTIGATIONS

- Gut Microbiome Analysis (GI map Wellness)
- DNA core (Comprehensive Genetic testing)

PROCEDURE & RADIOLOGY

- ECG
- Chest X-Ray
- Ultrasound Abdomen/Pelvis/Thyroid
- Body Fat Analysis
- Q Risk - Cardiovascular Risk Assessment
- Pulmonary Function Test (Spirometry) lung capacity
- Cardiac Stress Test under Cardiologist supervision
- Ultrasound Screening for Abdominal Aortic Aneurysm
- Carotid Doppler Ultrasound
- REPORTING
- Final Report containing medical report, test results and copies of any scans undertaken

- Additional: (Platinum plus the below)
- Nutrition & Lifestyle Consultation
- CRP high sensitive
- Full hormonal profile
- Helicobacter Pylori infection (H.Pylori Antigen in stool)
- Gut Microbiome Analysis (GI map wellness)
- DNA core (Comprehensive Genetic testing)
- Thyroid Ultrasound