

# GOLDEN Health & Wellness Package

Package Price: AED 4,190

## SERVICE DESCRIPTION

### CONSULTATIONS

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

### ROUTINE INVESTIGATIONS

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

### LAB INVESTIGATIONS

- Complete Blood Count (CBC)
- Urine analysis
- Stool Analysis
- Lipid Profile (Cholesterol, Triglycerides, VLDL, HDL, LDL, non HDL)
- Homocysteine (Hallmark of remethylation inherited disorders)

### *New Guidelines Extended Tests*

- Apolipoprotein B
- Lipoprotein a

### *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)

### 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)

### PROCEDURE & RADIOLOGY

- ECG
- Chest X-Ray
- Ultrasound Abdomen/Pelvis
- 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

### REPORTING

- Final Report containing medical report, test results and copies of any scans undertaken

- Additional: (Silver plus the below)
- Complete Ultrasound Abdomen/Pelvis
- Cardiac Stress Test under Cardiologist supervision
- Ultrasound Screening for Abdominal Aortic Aneurysm