

ROYAL Health & Wellness Package

Package Price: AED 23,950

SERVICE DESCRIPTION

CONSULTATIONS

- Consultation with Internal Medicine Consultant /Family Medicine consultant
- Follow Up Consultation with the same physician
- Nutrition & Lifestyle Consultation
- Consultations with all specialties if needed (Customization possible for specific health concerns; Pulmonology, Rheumatology, Allergy and Immunology, Cardiology,Gastroenterology)

ROUTINE INVESTIGATIONS

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

LAB INVESTIGATIONS

- Complete Blood Count (CBC)
- (PT & INR Pre procedure Tests)
- 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

▪ *Thyroid antibodies* (Anti TPO, Anti TG)

▪ *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 panel:*

- 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)

▪ *Infectious Disease Screening* (HIV, Hepatitis B & C, Syphilis)

- HIV Abs +P24 ,HBsAg, HCV Ab, RPR
- ANA screening (for Autoimmune diseases)

CANCER SCREENING

▪ *Colon Cancer Screening*

- Fecal occult blood in stool

▪ *Prostate Cancer Screening for men*

- Serum PSA
- Prostate ultrasound and rectal examination by a Urologist

▪ *Cancer screening for women if required*

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

▪ *Tumor markers:* CEA, CA 19.9, CA125, C 15.3

▪ *Cancer Genetic testing* (BRCA1, BRCA 2 and 38 genes)



SPECIAL INVESTIGATIONS

- Gut Microbiome Analysis (GI map Wellness)
- DNA core (Comprehensive Genetic testing)
- Urine Toxic Metals & Elements
- Skin mole mapping (Dermoscopic analysis)

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
- Coronary Calcium Score (CT Scan for Heart Disease Risk)
- Bone Density Scan (DEXA) for Osteoporosis
- Whole-Body MRI
- Echocardiography
- Liver Fibroscan (Non-Invasive Liver Health Assessment)
- Gastroscopy ,Colonoscopy

REPORTING

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

- Additional: (Elite plus the below)
- ANA screening (for Autoimmune diseases)
- Urine Toxic Metals & Elements
- Gastroscopy ,Colonoscopy
- (PT & INR. Pre procedure Tests)

HEALTHBAY SPECIALTY CARE - VERVE VILLAS VILLA #1-6, UMM AL SHEIF, AL WASL ROAD, DUBAI, UAE

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