

CHECK UP
INTERNATIONAL PATIENTS



Lilavati Hospital and Research Centre
More than Healthcare, Human Care



HEALTH CHECK UP

...Opening a New Chapter of Good Health in your Life



Health problems can be managed more effectively if, detected early. The Health Check-up program of Lilavati Hospital aims to promote good health and to facilitate early detection of disease and identification of unhealthy lifestyle practices. Positive health is achieved through lifestyle modifications that includes a good diet, regular exercise and periodic visits to your consulting physician.

Our goal is to encourage people to take simple steps for a longer, healthier and happier life. Scheduling a Health Check-up is the first step to taking time for yourself and putting your own health care needs first.

At Lilavati Hospital and Research Centre, we have fifteen customized packages to suit the requirement of varying lifestyles carried out in a completely delightful environment. Our Health Checks are designed such that the whole experience of the Health Check is not only informative but also very composed and peaceful.

MAKE TODAY THE DATE TO SCHEDULE YOUR HEALTH CHECK



+91 8657896447

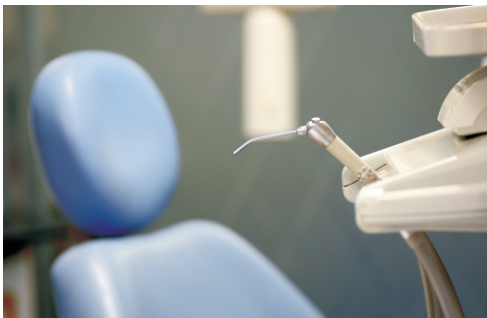


www.lilavatihospital.com



“ Our Health Check Executives Will Take Care Of You And Guide You Throughout Your Health Check Process ”

- A Complete Lab Profile.
- Imaging Diagnostic Modalities like Ultrasonography, X-ray, Mammography, ECG, 2D Echo, Stress Test, CT Scan and MRI.
- Assessment and Examination by Specific Specialty Consultants.
- Assessment of Individual Medical History, Physical Examination and advice by Consulting Physicians.



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Redefining MRI

Lilavati hospital launches OMEGA 3T MRI a first ever installation of its kind in Mumbai.

- The 3T MRI is a breakthrough in diagnostic imaging that combines cutting-edge technology offering unmatched speed, precision and comfort to patients across all age groups
- The new MRI system completes scan in just 10-12 minutes compared to conventional 30-40 minutes
- This innovation is especially valuable for Paediatric and Emergency cases where speed and accuracy are critical
- It's 36 times faster than standard MRI
- World's First 75cm Ultra-Wide Bore
- Advanced AI-Powered Imaging
- No Noise Technology
- Ultra-High Gradient Performance
- 300 kg Table Capacity
- Industry-Leading Homogeneity

Super Speciality Clinic: Heart Failure Clinic

Provides:

- Specialized biochemistry tests to ascertain prognosis, therapeutic modalities long term implication on patient with heart failure.
- Well – equipped non-invasive Cardiology department.
- Team of dedicated well-qualified Cardiologists supported by Heart Failure co-ordinator.
- Customized patient care by trained heart failure rehabilitation team.
- Dedicated Dieticians for standardized dietary regimen.
- Advanced Electrophysiology, Endocrinology & Sleep lab with specialized consultants.
- Use of supervised guideline-directed medical therapy improves Quality of life, reduces hospital visits and need for admission.
- Enable patients to get access to spealized consultation & echocardiography.



Super Speciality Clinic : Liver Transplant Hepatobiliary Clinic (LT & HB Clinic)

We have exhaustive experience and a dedicated team which aims to provide state-of-the-art services to patients suffering from Complex Liver, Biliary and Pancreatic Diseases (both Benign and Malignant).

Some of the cutting-edge technologies used by our experts in LT & HB Clinic include:

- Minimally Invasive Surgery (Laparoscopy) with:
 - Smaller Incisions
 - Reduced Pain
 - Shorter Hospital Stays
 - Faster Recovery
- Intraoperative Ultrasound
- Advanced Imaging MRI (Ultra wide bore 3T with shorter turn around time), CT Scans (The Somatom Drive CT with 256 slice acquisition, dual-source, dual-energy technology enables precise imaging)
- Intensive Care Unit with facility to manage Acute Liver Failure, Decompensated Chronic Liver Diseases and Chronic Liver Failure
- Ablative treatment for Liver Cancer (RFA, TACE, TARE, etc)

Parkinson's & Dementia

India has long been waiting for comprehensive care for patients of Parkinson's Disease and Dementia. These conditions steal away the happiness and enthusiasm among the elderly. What's more- even young population is now developing these degenerative conditions of the brain.

Both Parkinson's disease and Dementia are very complicated and need a team of specialists like

Movement Disorder Neurologist

Neuropsychologist

Speech and Swallow Specialist

Counselor

Dietician and Neuro-physiotherapist

Along with all other essential care required we will

First confirm the patient's diagnosis

Make a complete health profile

Educate family about their condition and possible prognosis.

Counsel caregiver about patient's medication, investigations, cross consultations

Customise their Diet

Physiotherapy

Psychotherapy

Why visit different specialties at different hospitals for a single patient? We will make sure that your patient of Parkinson's disease or Dementia will be seen by all necessary specialties under the same roof at the same time.

Please do take advantage of this **first-in-India** facility to return your beloved family member their dignity and right to a healthy and happy life. **Available every 1st & 3rd Monday.**



Gold Package - Men

Our Gold package is quite comprehensive. It involves detailed evaluation of Heart, Liver, Lungs, Chest, Abdomen, Pelvis, Eyes, Ears; and some screening for detection of cancer. It also checks diabetes and thyroid status. The package provides wide array of Consultations - Physician, Gynaecologist/Surgeon, Ophthalmologist, ENT, Dental and Dietician.

Profile for men

LAB TESTS

CBC
ESR
BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
BLOOD SUGAR POST PRANDIAL
GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
SGOT
SGPT
BILIRUBIN
GGTP
PROTHROMBIN TIME
ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
HDL CHOLESTEROL
LDL CHOLESTEROL
VLDL CHOLESTEROL
HDL / CHOLESTEROL RATIO
TRIGLYCERIDES

Tests for Kidney Profile

SERUM URIC ACID
SERUM CALCIUM
SERUM ELECTROLYTE

SERUM CREATININE
SERUM PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
BLOOD UREA
PHOSPHORUS

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Thyroid Hormone Test (TSH, T3, T4)

Prostate SP Antigen

Acid Phosphatase

Screening Tests for Cardiac Function

ECG
2-D ECHO

IMAGING TESTS

X-RAY CHEST
SONOGRAPHY Abdomen & Pelvis

AUDIOMETRY

SPIROMETRY

CONSULTATIONS

PHYSICIAN
SURGEON
OPHTHALMOLOGIST
ENT
DENTAL
DIETICIAN
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

* For test insights and Health Check up instructions kindly refer page 22 onwards

Get a 30% discount on additional investigations and consultation at ₹2200 done through this package within one week

"Prices are subject to change without prior notice"

Gold Package - Women

Profile for women

LAB TESTS

CBC
ESR
BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
BLOOD SUGAR POST PRANDIAL
GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
SGOT
SGPT
BILIRUBIN
GGTP
PROTHROMBIN TIME
ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
HDL CHOLESTEROL
LDL CHOLESTEROL
VLDL CHOLESTEROL
HDL / CHOLESTEROL RATIO
TRIGLYCERIDES

Screening Tests for Kidney Profile

SERUM URIC ACID
SERUM CALCIUM
SERUM ELECTROLYTE

SERUM CREATININE
SERUM PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
BLOOD UREA
PHOSPHORUS

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Thyroid Hormone Test (TSH, T3, T4)

PAP SMEAR

Screening Tests for Cardiac Function

ECG
2-D ECHO

IMAGING TESTS

X-RAY CHEST
SONOGRAPHY Abdomen & Pelvis
MAMMOGRAPHY

AUDIOMETRY

SPIROMETRY

CONSULTATIONS

PHYSICIAN
GYNAECOLOGIST
OPHTHALMOLOGIST
ENT
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DIETICIAN
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\$280



Platinum Package - Men

What primarily differentiates this package from our Gold package is that; in addition to tests included in Gold package; it comprises Coronary Risk Markers, HIV I & II and HBsAg (test for hepatitis), CT Scan – Calcium Scoring for men (test for coronary arteries of heart), Bone Mineral Densitometry for women (to detect osteoporosis and osteopenia), HPV DNA testing (to detect cervical cancer in female), CA 125 (to detect ovarian cancer in female).

Profile for men

LAB TESTS

CBC
ESR
BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
BLOOD SUGAR POST PRANDIAL
GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
SGOT
SGPT
BILIRUBIN
GGTP
PROTHROMBIN TIME
ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
HDL CHOLESTEROL
LDL CHOLESTEROL
VLDL CHOLESTEROL
HDL / CHOLESTEROL RATIO
TRIGLYCERIDES
LIPOPROTEIN A
APO LIPOPROTEIN A 1
APO LIPOPROTEIN B

Tests for Kidney Profile

SERUM URIC ACID
SERUM CALCIUM
SERUM ELECTROLYTE
SERUM CREATININE

MRI - Plain Brain

MRI - Spine Screening

SERUM PROTEIN

ALBUMIN (GLOBULIN, A/G RATIO)
BLOOD UREA
PHOSPHORUS

VITAMIN D3

VITAMIN B12

Prostate SP Antigen

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Acid Phosphatase

HIV I & II

HBsAg (Elisa)

Thyroid Hormone Test (TSH, T3, T4)

Tests for Cardiac Function

ECG
STRESS TEST
2-D ECHO

IMAGING TESTS

X-RAY CHEST
SONOGRAPHY Abdomen & Pelvis
CT Scan - Calcium Scoring

AUDIOMETRY

SPIROMETRY

CONSULTATIONS

PHYSICIAN
SURGEON
OPHTHALMOLOGIST
ENT
DENTAL
DIETICIAN
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

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\$590

Platinum Package - Woman

Profile for women

LAB TESTS

CBC
ESR
BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
BLOOD SUGAR POST PRANDIAL
GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
SGOT
SGPT
BILIRUBIN
GGTP
PROTHROMBIN TIME
ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
HDL CHOLESTEROL
LDL CHOLESTEROL
VLDL CHOLESTEROL
HDL / CHOLESTEROL RATIO
TRIGLYCERIDES
LIPOPROTEIN A
APO LIPOPROTEIN A 1
APO LIPOPROTEIN B

Tests for Kidney Profile

SERUM URIC ACID
SERUM CALCIUM
SERUM ELECTROLYTE
SERUM CREATININE
SERUM PROTEIN

MRI - Plain Brain

MRI - Spine Screening

ALBUMIN (GLOBULIN, A/G RATIO)
BLOOD UREA
PHOSPHORUS
VITAMIN D3
VITAMIN B12

CA 125 II IRMA

PAP SMEAR

HPV - DNA Testing

Urine - Routine / Microscopy

Stool - Routine / Microscopy

HIV I & II

HBsAg (Elisa)

Thyroid Hormone Test (TSH, T3, T4)

Tests for Cardiac Function

ECG
STRESS TEST
2-D ECHO

IMAGING TESTS

X-RAY CHEST
SONOGRAPHY Abdomen & Pelvis
MAMMOGRAPHY
SONOMAMMOGRAPHY
BONE MINERAL DENSITY

AUDIOMETRY

SPIROMETRY

CONSULTATIONS

PHYSICIAN
GYNAECOLOGIST
OPHTHALMOLOGIST
ENT
DENTAL
DIETICIAN
DERMATOLOGIST

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Solitaire Package - Men

As unique as a solitaire, this one of a kind package provides an exhaustive inspection of health status of an individual. It encompasses all the tests of Platinum package with special emphasis on detection of Vitamin, Iron and Folic deficiency.

Profile for men

LAB TESTS

CBC
ESR
BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
BLOOD SUGAR POST PRANDIAL
GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
SGOT
SGPT
BILIRUBIN
GGTP
PROTHROMBIN TIME
ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
HDL CHOLESTEROL
LDL CHOLESTEROL
VLDL CHOLESTEROL
HDL / CHOLESTEROL RATIO
TRIGLYCERIDES
LIPOPROTEIN A
APO LIPOPROTEIN A 1
APO LIPOPROTEIN B
CRP-HS

Tests for Kidney Profile

SERUM URIC ACID
SERUM CALCIUM
SERUM ELECTROLYTE
SERUM CREATININE
SERUM PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
BLOOD UREA
PHOSPHORUS

MRI - Plain Brain

MRI - Spine Screening

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Acid Phosphatase

HIV I & II

HBsAg (Elisa)

Anti HCV

Thyroid Hormone Test (TSH, T3, T4)

Vitamin D3, Vitamin B12

Folic Acid

Serum Iron

Ferritin

Magnesium

Serum Homocysteine

Anti CCP

Serum Electrophoresis-Protein

Hb Electrophoresis

Prostate SP Antigen (Free & Total)

Tests for Cardiac Function

ECG

STRESS TEST

2-D ECHO

IMAGING TESTS

X-RAY CHEST

SONOGRAPHY Abdomen & Pelvis

CT Scan - Calcium Scoring

AUDIOMETRY

SPIROMETRY

CONSULTATIONS

PHYSICIAN

SURGEON

CARDIOLOGIST

OPHTHALMOLOGIST

ENT

DENTAL

DIETICIAN

DERMATOLOGIST

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Solitaire Package - Woman

Profile for women

LAB TESTS

CBC
ESR
BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
BLOOD SUGAR POST PRANDIAL
GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
SGOT
SGPT
BILIRUBIN
GGTP
PROTHROMBIN TIME
ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
HDL CHOLESTEROL
LDL CHOLESTEROL
VLDL CHOLESTEROL
HDL / CHOLESTEROL RATIO
TRIGLYCERIDES
LIPOPROTEIN A
APO LIPOPROTEIN A 1
APO LIPOPROTEIN B

CRP-HS

Tests For Kidney Profile

SERUM URIC ACID
SERUM CALCIUM
SERUM ELECTROLYTE
SERUM CREATININE
SERUM PROTEIN
ALBUMIN (GLOBULIN, A/G RATIO)
BLOOD UREA
PHOSPHORUS

Urine - Routine / Microscopy

Stool - Routine / Microscopy

HIV I & II

MRI - Plain Brain

MRI - Spine Screening

HBsAg (Elisa)

Anti HCV

Thyroid Hormone Test (TSH, T3, T4)

FSH

LH

Vitamin D3, Vitamin B12

Folic Acid

Serum Iron

Ferritin

Magnesium

Serum Homocysteine

Anti CCP

Serum Electrophoresis-Protein

Hb Electrophoresis

CA 125 II IRMA

PAP SMEAR

HPV - DNA Testing

Tests for Cardiac Function

ECG
STRESS TEST
2-D ECHO

IMAGING TESTS

X-RAY CHEST
SONOGRAPHY Abdomen & Pelvis
MAMMOGRAPHY
SONOMAMMOGRAPHY
BONE MINERAL DENSITY

AUDIOMETRY

SPIROMETRY

CONSULTATIONS

PHYSICIAN
GYNAECOLOGIST
CARDIOLOGIST
OPHTHALMOLOGIST
ENT
DENTAL
DIETICIAN
DERMATOLOGIST

Healthy, Delicious Breakfast & Lunch

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Premium Package - Men

The Premium Health Check-up is the most comprehensive of all our health check-up packages which ensures that every aspect of your health is reviewed and assessed.

To ensure your comfort and wellbeing during the entire process of the health screening, we provide several exclusive services to the guest booking the Premium Check-Up.

- Dedicated Customer Care Coordinator
- Overnight stay in Super Deluxe room
- Private waiting area - Solitaire Lounge
- In room investigations wherever possible (Vital checks, blood sample collection, etc.)

Profile for men

LAB TESTS

CBC
 ESR
 BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
 BLOOD SUGAR POST PRANDIAL
 GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
 ALBUMIN (GLOBULIN, A/G RATIO)
 SGOT
 SGPT
 BILIRUBIN
 GGTP
 PROTHROMBIN TIME
 ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
 HDL CHOLESTEROL
 LDL CHOLESTEROL
 VLDL CHOLESTEROL
 HDL / CHOLESTEROL RATIO

TRIGLYCERIDES
 LIPOPROTEIN A
 APO LIPOPROTEIN A 1
 APO LIPOPROTEIN B

Tests for Kidney Profile

SERUM URIC ACID
 SERUM CALCIUM
 SERUM ELECTROLYTE
 SERUM CREATININE
 SERUM PROTEIN
 ALBUMIN (GLOBULIN, A/G RATIO)
 BLOOD UREA
 PHOSPHORUS

Thyroid Hormone (T3, T4, TSH, FT3, FT4)

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Anti CCP

Protein Electrophoresis

Vitamin D3

Vitamin B12

Magnesium

Serum Iron

HEALTH

CHECK UP

Iron Binding Capacity

Ferritin

Folic Acid

RA Factor

HIV I & II (Elisa)

HBsAg(Elisa)

Hb Electrophoresis (HPLC)

Biochemical Bone Markers

G-6PD

HCV Antibodies (ELISA)

Immunoglobulin Ig E

VDRL

CRP

Serum Homocystein

Free PSA

PSA Total

Acid Phosphatase

Total Testosterone

PFT

AUDIOMETRY

DENTAL SCALING

Tests for Cardiac Function

ECG

STRESS TEST

2-D ECHO

IMAGING TESTS

CT CORONARY ANGIOGRAPHY OR

CT BRAIN STROKE IMAGING

C.T.SCAN - CALCIUM SCORING

CHEST X-RAY AP VIEW

USG ABDOMEN & PELVIS

BONE MINERAL DENSITY

CAROTID DOPPLER

ANY ONE STUDY FROM BELOW:

- MRI Upper Abdomen with triple phase contrast
- MRI Liver with contrast
- MRI Pelvis with contrast
- MRI Brain with contrast
- MRI Brain Angio
- MRI Prostate with contrast

OR

ANY 2 STUDIES FROM BELOW:

- HRCT Chest
- MRI Single Hip Plain
- MRI Single Knee Plain
- MRI Single Shoulder Plain
- MRI Single Wrist Plain
- MRI Spine Screening
- MRI Brain Plain

CONSULTATIONS

PHYSICIAN

CARDIOLOGIST

OPHTHALMOLOGIST

DERMATOLOGIST

DENTIST

SURGEON

ORTHOPAEDIC

ENT

DIETICIAN

PHYSIOTHERAPIST

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- Private waiting area - Solitaire Lounge
- In room investigations wherever possible (Vital checks, blood sample collection, etc.)

Profile for women

LAB TESTS

CBC
 ESR
 BLOOD GROUP (OPTIONAL)

Tests for Diabetes

BLOOD SUGAR FASTING
 BLOOD SUGAR POST PRANDIAL
 GLYCOSYLATED Hb

Tests for Liver Profile

TOTAL PROTEIN
 ALBUMIN (GLOBULIN, A/G RATIO)
 SGOT
 SGPT
 BILIRUBIN
 GGTP
 PROTHROMBIN TIME
 ALKALINE PHOSPHATASE

Tests for Lipid Profile

TOTAL CHOLESTEROL
 HDL CHOLESTEROL
 LDL CHOLESTEROL
 VLDL CHOLESTEROL
 HDL / CHOLESTEROL RATIO

TRIGLYCERIDES
 LIPOPROTEIN A
 APO LIPOPROTEIN A 1
 APO LIPOPROTEIN B

Tests for Kidney Profile

SERUM URIC ACID
 SERUM CALCIUM
 SERUM ELECTROLYTE
 SERUM CREATININE
 SERUM PROTEIN
 ALBUMIN (GLOBULIN, A/G RATIO)
 BLOOD UREA
 PHOSPHORUS

Thyroid Hormone (T3, T4, TSH, FT3, FT4)

FSH

LH

Urine - Routine / Microscopy

Stool - Routine / Microscopy

Anti CCP

Protein Electrophoresis

Vitamin D3

Vitamin B12

HEALTH

CHECK UP

Magnesium
Serum Iron
Iron Binding Capacity
Ferritin
Folic Acid
RA Factor
HIV I & II(Elisa)
HBsAg(Elisa)
Hb Electrophoresis (HPLC)
Biochemical Bone Markers
G-6PD
HCV Antibodies (ELISA)
Immunoglobulin Ig E
VDRL
PAP Smear
HPV - DNA Testing
CA 125 II IRMA
CRP
Serum Homocystein
PFT
AUDIOMETRY
DENTAL SCALING
Tests for Cardiac Function
ECG
STRESS TEST
2-D ECHO
IMAGING TESTS
CT CORONARY ANGIOGRAPHY OR
CT BRAIN STROKE IMAGING
C.T.SCAN - CALCIUM SCORING
CHEST X-RAY AP VIEW
USG ABDOMEN & PELVIS
BONE MINERAL DENSITY
CAROTID DOPPLER
MAMMOGRAPHY
SONO MAMMOGRAPHY

ANY ONE STUDY FROM BELOW:

- MRI Upper Abdomen with triple phase contrast
- MRI Liver with contrast
- MRI Pelvis with contrast
- MRI Brain with contrast
- MRI Brain Angio

OR

ANY 2 STUDIES FROM BELOW:

- HRCT Chest
- MRI Single Hip Plain
- MRI Single Knee Plain
- MRI Single Shoulder Plain
- MRI Single Wrist Plain
- MRI Spine Screening
- MRI Brain Plain

CONSULTATIONS

PHYSICIAN
CARDIOLOGIST
OPHTHALMOLOGIST
DERMATOLOGIST
DENTIST
GYNAECOLOGIST
ORTHOPEDIC
ENT
DIETICIAN
PHYSIOTHERAPIST

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Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
2D Echo	Heart	2D Echo is ultrasound of the heart.	It provides information regarding the valves, walls of the heart and the pumping capacity of the heart (ejection fraction). Color doppler gives accurate information about congenital heart defects, leaking or choked valves.
Acid Phosphatase	Liver and Prostate	Through blood sample	Acid Phosphatase is an enzyme found throughout the body but primarily in the prostate gland.
Anti Hepatitis C Virus	Liver	Through blood sample	Anti Hepatitis C Virus helps detecting the presence of antibodies of the virus, indicating exposure to Hepatitis C Virus.
Anti CCP	Joints	Through blood sample	It is very useful test to order during the diagnostic evaluation of a person who may have rheumatoid arthritis



Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
Biochemical Screening for Osteoporosis	Bones	Through blood sample	Has four markers which are tested in blood and have a lot of utility in diagnosis and management of Osteoporosis.
Bone Mineral Densitometry (BMD)	Bone	Uses low dose radiation (X-ray)	BMD detects osteopenia and osteoporosis at an early and reversible stage.
C - Reactive Protein (High sensitivity)	Heart	Through blood sample	Predicts a healthy person's risk for heart disease/stroke.
Calcium Scoring	Coronary Arteries of Heart	Non invasive CT Scan	To understand probability of blockages of Coronary Arteries of Heart.
CA-125	Antibodies to Cancer cells in the body	Through blood sample	To detect Ovarian cancer in females



Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
CT Coronary Angiography	Coronary Arteries of Heart	It is a non-invasive, CT angiography.	Preliminary test for evaluation of coronary artery diseases.
CT Stroke Imaging	Brain	It is the non-invasive, CT angiography.	For the evaluation of circulation of the blood in the arteries of the brain.
Ferritin	Iron stores in body	Through blood sample	The test is done to evaluate the severity of Iron deficiency and overload.
Folic Acid	Cell Division	Through blood sample	Folic acid is a part of an evaluation for anemia and neuropathy.
FSH	Ovaries	Through blood sample	The test is used to check damage or disease of testes or ovaries, pituitary gland or hypothalamus.
G-6-PD	Red Blood Cells	Through blood sample	Helps in detection of G-6-PD deficiency.
(Hb) Haemoglobin Electrophoresis	Oxygen carrying protein (Haemoglobin) in blood	Through blood sample	Detects abnormality of haemoglobin like Sickle cell anaemia, Thalassemia.

Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
HBsAg	Liver	Through blood sample	Helps in detecting any infection due to Hepatitis B surface Antigen so that early diagnosis helps in early treatment.
HPV DNA Testing	Cervix and Vagina	Through scrape cells from the cervix.	To test for the presence of high risk human papillomavirus (hrHPV) in the cervical cells, that is associated with development of cervical cancer.
Lipid Profile (Heart)	Abnormal lipid in blood	Through blood sample	The purpose of lipid testing is to determine whether abnormally high or low concentration of specific macromolecular fat are present.
Liver Profile	Liver	Through blood sample	Liver function tests determine whether the liver has been damaged or its function impaired.
Lung Function- Pulmonary Function Test (PFT) - Spirometry	Lungs	Non invasive screening test for checking the status of the Lungs.	PFT checks the volume and capacity of the Lungs. It is very important in guests with Asthma, Bronchitis and also Chronic Smoker. Determines if lung has been damaged or its function is impaired.



Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
1. Lipoproteins A 2. Apolipoprotein A1 3. Apolipoprotein B	Abnormal lipid in body	Through blood sample	1. Lipoproteins are conjugated proteins in which one component is a lipid. They are principal means whereby lipids are transported in the body. 2. The protein promotes cholesterol efflux from tissues to the liver. 3. Apolipoprotein B is responsible for carrying cholesterol to tissues. High levels of Apo-B can lead to plaques that cause vascular disease leading to heart disease.
Magnesium	Heart, Liver and Calcium metabolism of the body	Through blood sample	The test reveals body's defense mechanism and calcium metabolism.
Mammography	Breasts	X-ray screening test for breasts	This is a screening test. It enables early detection of breast cancer. It also helps in detection of other breast lesions and masses. It is a 'must' yearly examination in women especially 40 years and above.

Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Benefit of the test
PAP Smear	Cervix and Vagina	Through scrape cells from the cervix.	To check for cervical cancer, vaginal cancer or abnormal changes in cells that could lead to cancer in females.
Protein SP Antigen (Free & Total)	Prostate Gland	Through blood sample	Abnormality of the prostate gland
Renal Profile (Kidney)	Kidneys	Through blood sample	Diagnostic test that measures the functionality of the kidney and its filtration mechanism of toxins.
Serum Electrophoresis-Protein	Specific proteins in the blood	Through blood sample	Sr. Protein electrophoresis is used to identify guests with multiple myeloma and other serum protein disorders.
Serum Homocysteine	Cardiovascular System	Through blood sample	Elevated levels of homocysteine in the blood may be associated with atherosclerosis (hardening and narrowing of the arteries) as well as an increased risk of heart attacks, strokes, blood clot formation, and possibly Alzheimer's disease



Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
Serum Iron	Body's ability to transport Iron	Through blood sample	Serum Iron are ordered when there are signs of anaemia especially when Hemoglobin and Hematocrit are low or Iron overload present.
Sonography of Abdomen	All abdominal organs like Liver, Spleen, Gall Bladder, Kidney and Pancreas	Ultrasound of the Abdomen	It includes examination of all the important abdominal organs like Liver, Spleen, Gall Bladder, Kidneys and Pancreas. Hence it helps in excluding any abnormality and to pick up early disease in any of these abdominal organs.
Sonography Pelvis	Pelvis	Ultrasound of the Pelvis	In females it helps in examination of Urinary Bladder, Uterus and Ovaries. It helps in ruling out any abnormalities in these organs like fibroids or cysts. In males it is important for screening of any pathology related to the Urinary Bladder and Prostate.

Description - Key Tests

Name of Test	Screening Organ / Body Part	How the test is performed	Purpose of the test
Sono Mammography	Breasts	Ultrasound of the breasts	Combined with mammography it further helps in grading the breast masses & lesions and for differentiating benign from malignant masses. Ultrasonography of the breast is also helpful in giving guidance for FNAC's and biopsies from breast.
Stress Test	Heart	The test is a continuous ECG and BP monitoring done during exercise on a treadmill.	This test is useful for detection of Coronary Artery Disease and to evaluate functional capacity of the heart.
T3, T4, TSH	Thyroid	Through blood sample	Helps in early detection of Thyroid problems.
Vitamin B12	Whole body	Through blood sample	Deficiency or excess of the vitamin can be corrected effectively
Vitamin D3	Bones	Through blood sample	Deficiency or excess of the vitamin can be corrected effectively



Health Check Up Instructions

Appointment & Reporting Time:

- Health checks are done through prior appointment. Please report at the appointed time given to you at the reception counter of the Health Checkup Department on 2nd Floor.
- We request you to kindly observe the appointment timings to facilitate the smooth flow of your Health Check. Guest reporting more than an hour late than his/her scheduled appointment time will not be taken.
- Kindly inform us in case of cancellations or postponements atleast 24hrs in advance.

Fasting & Medication:

- You are advised to observe minimum 10 hrs to maximum 12 hrs of fasting and abstinence from alcohol. Hence it is recommended that you do not eat or drink anything after dinner previous night. You can only take few sips of water in the morning of the Health Check with your antihypertensive or any other essential drugs except anti-diabetic medication, which should be taken before/with breakfast as per your regular schedule.
- Inhalers & Oral Bronchodilators for Asthma or Bronchitis should preferably be avoided on the day of the Check up for better Lung Function Test results.

What to bring?

- Please bring your morning stool and urine samples along with you on the date of the Health Check. You can collect the container from the Health Check Department in advance as per your convenience.
- In case you are under certain medication and/or are suffering from previous disease, you are advised to bring the previous Medical Records.

Radiological Tests:

1. Ultrasonography of Pelvis involves Intra Vaginal Sonography, which is a detailed examination of the Pelvic organs. If you do not wish to undergo the same kindly inform the Health Check executives at the Health Check Reception.

Health Check Up Instructions

2. Mammography is generally not recommended for women below the age of 40yrs, as they have dense breasts.
3. CT Test requires dye to be injected via IV and it requires normal kidney function.
4. Sonomammography will be done only if advised by the Radiologist.

Certain Radiological examination involves low dose radiation.

General:

- We can provide additional tests blood investigations / Procedure / Consultations subject to availability of appointment. These will be billed separately in addition to the package payment.
- Please wear comfortable attire, footwear and minimum jewellery on the day of the Health Check.
- For eye check up: Guests should be without contact lens atleast for 24 hrs.
- The PAP Smear and HPV DNA Test for females cannot be done during Menses (Periods).For further details, please contact our Health Check Reception

Corporate Client:

- Corporate sponsored clients are requested to bring their referral letter / credit note and employee ID.

In case we are unable to carry out any test/s or consultation because of unforeseen reason/s: the same test/s will be carried out on some other working day as per your convenience but within 10 days of the date of Health Check OR proportionate amount will be refunded from the package.

For Appointments Call : +91 86578 96447 (between 9 am to 5 pm)
Appointments can be taken for all weekdays except Sundays & Public Holidays.



Important Telephone Numbers

Emergency / Casualty	022 - 6931 8063 / 64
Ambulance	+91 97692 50010
Hospital Board Line	022 - 6931 8000 / 5059 8000
Appointment - OPD	+91 86579 07751
Health Check-up Department	+91 86578 96447 (9am - 5pm)
Visa Section	022 - 6931 8248 / 8244 +91 86579 07756 (12noon - 4pm)
Home Sample Collection	+91 86860 94646 (8am - 6pm)
Admission Department	022 - 6931 8080 / 8081
TPA Cell	022 - 6931 8089
Billing - OPD Department	022 - 6931 8053
Billing - IPD Department	022 - 6930 1586
Blood Bank Department	022 - 6931 8215
Report Dispatch Counter	022 - 6930 1620
MRI Department	022 - 6931 8066
X-Ray, Sonography Department	022 - 6931 8038 / 8030
CT Scan Department	022 - 6931 8044

HEALTHY

CHECK UP



Dr. Lila



HEALTH



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