



EXECUTIVE HEALTH



November 2022

HEALTH SCREENING

the EXECUTIVE health experience



THE EXECUTIVE HEALTH EXPERIENCE

Executive Health's team will ensure that you will receive a first-class experience and will be personally taken care of, from the consultation, examination and follow up appointments.



Early Diagnosis

The earlier the intervention in the disease process, the better the chances of success in treatment. A large proportion of those who die from cancer would have survived, if the cancer would have been discovered in time. The same is true for many who die from a heart attack. It is a well-known fact that about half of those who die from a heart attack never had any symptoms prior to the attack. Therefore, it is essential to identify the risk factors before they become a problem. This is one of the goals of our examination.



Your own personal doctor

As an Executive Health patient, you will have your own highly experienced personal doctor, who will be familiar with your medical history, will have time for you, and most importantly, will care about you.

If you were to fall ill or were simply worried about your state of health, you can contact your doctor at any time after your examination.



Your day with us

Our Exclusive Premium Screening day takes place at our state-of-the-art facility in Puerto Banús.

This is one of the safest and most comprehensive health screening programmes in Europe and it is recommended for everyone over 40 years.



08:30 Welcome to clinic and private suite

- Blood, urine and stools tests in private suite (to check the function of all vital organs and screening for latent infections and cancers).
- MRI of the abdomen (liver, gallbladder, spleen, pancreas, kidneys and adrenals).
- MRI of the liver (extra specialized scans for liver).
- MRI Cholangiography (extra specialized scans for gallbladder and pancreas gland).
- MRI of the chest (lungs, cancer, infections and other diseases). Sometimes combined with normal x-ray.

**It is necessary to fast before all tests except for the MRI chest exams.*



10:15-10:30 Breakfast in private suite

- MRI Head (all structures visualized)
- MRI Brain (several scans to visualize brain and exclude significant disease).
- MRI Angio of Brain arteries (risk of strokes, aneurisms).
- MRI Angio Carotid Arteries (neck vessels) with plaque and stenosis assessment (identifies risk of stroke).
- MRI Neck structures and organs, including larynx, throat, lymph nodes and thyroid.
- MRI Pelvis (all structures and organs, including bone, bladder and rectum).
- MRI Pelvis with focus/scans for prostate or uterus.
- MRI joint or spine scan if indicated
- CT Heart Scan X-ray technician = (A significant examination that does not only identify coronary disease now, but also provides us with a risk of future heart attack).
- CT lungs or x-ray thorax if indicated



12:00-12:10 Small break in private suite

- Consultation: full somatic/neurological exam, including anthropometrics and nutritional consultation.
- Echocardiography = (Heart contractility, dimensions and valves).
- Blood pressure, ABI Index = (Peripheral artery disease).
- Full dermoscopy to exclude skin cancer.
- Lung function test = (Lung disease incl. chronic obstructive lung disease).
- ECG test = (Heart rhythm).
- We might extend with holtermonitoring (home heart rhythm monitoring)

14.00-14:30 Lunch in private suite

- Preliminary results presented by Doctor and follow up appointment for full report and presentation planned.
- Endoscope Preparation for Premium Plus Clients (Capsule Camera or conventional colon endoscopy will be performed the following Friday)

Screening Programme

Service	Premium Programme	Premium+ Programme
Private suite	yes	yes
Breakfast	yes	yes
Lunch	yes	yes
Extensive survey about previous health, heredity, present situation, and lifestyle	yes	yes
Nutritional evaluation with follow up	yes	yes
Full Blood package, >50 conditions	yes	yes
Urine, 14 conditions	yes	yes
Sangre occulta /stools for blood, 1 item	yes	yes
Resting ECG (ElectroCardioGram)	yes	yes
48 hours ECG by indication included	yes	Yes
Dermascopy – skin check	yes	yes
Ultrasound Carotid Arteries	yes	yes
Echocardiogram (Ultrasound scan of heart)	yes	yes
CT heart calcium score	yes	yes
CT lungs by indication included	yes	yes
MRI Head all structures	yes	yes
MRI Brain with many different sub scans	yes	yes
MRI angio brain arteries	yes	yes
MRI angio neck arteries	yes	yes
MRI Neck – all organs	yes	yes
MRI chest, sometimes also normal x-ray	yes	yes
MRI abdomen	yes	yes
MRI extra scans liver	yes	yes
MRI colangio (gall and pancreas ducts extra scans)	yes	yes
MRI pelvis all structures	yes	yes
MRI pelvis with extra scans for uterus/prostate	yes	yes
MRI symptomatic joint scan by indication included	yes	yes
MRI symptomatic spine scan by indication included	yes	yes
Written report of all scans, blood, urine, and stools included	yes	yes
12-pages patient-friendly-detailed-summery of all findings, including nutritional advice	yes	yes
USB with all images included	yes	yes
Referral to specialists by indication included and arranged	yes	yes
Treatment and follow up on risk for 1 month included	yes	yes
Capso-Cam of gastrointestinal tract / Conventional colon Endoscopy	-	yes
Total price Euros (Prices from April 2021)	5.500	7.095



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