

TOP MANAGER PLUS PACKAGE

Detailed list of examinations as per medical areas

Internal medicine screening:

- Taking the medical history (anamnesis) by questionnaire
- Examination by medical specialist
- Identifying the BMI (Body Mass Index)
- Waist circumference, waist-hip rate
- Identifying the risk of cardiovascular diseases
- Measuring blood pressure
- ECG examination at rest
- Calculating the Ankle-Arm index

Cardiologic screening:

- Examination by medical specialist:
- Cardiac ultrasound examination
- Exercise ECG

Respiratory function

Doppler test

- (lower limb) for early detection of arteriosclerosis
- (carotid arteries) carotis examination

Gynaecologic screening:

- Gynaecologic examination by specialist (colposcopy, vaginal cytology and trans-vaginal ultrasound)
- Manual examination of the breasts

Urology screening:

- Examination by specialist

Dermatology screening:

- Examination by specialist

Ophthalmologic screening:

- Examining visual acuity
- Ophthalmologic examination for people working in front of monitors
- Examining colour vision
- Fundus test

Digital imaging diagnostics:

- X-ray of the chest
- Abdominal and pelvis (transparent and complex) ultrasound (UH)

Supplementary examinations for ladies, according to professional protocol:

- Mammography
- Mamma ultrasound

Supplementary examinations for gentlemen, according to professional protocol:

PSA detection of prostate specific antigen for screening cancer

Clinical laboratory tests:

- Complete blood count: analysing the **blood** cells:
 - Vvt., Hgb. Htk., MCV, MCH, MCHC, Fvs, thrombocyte
 - Red blood cells sedimentation (We)
 - C-reactive protein (CRP)
- Chemical tests:
 - blood sugar, carbamid, creatinine, uric acid, SGOT, SGPT, GGT, se bilirubin, cholesterol, triglyceride, HDL cholesterol, LDL cholesterol, lab tests for controlling salt balance: Na, K, Ca, Mg
 - TSH, T3, T4
 - Prostate specific antigen (PSA test)
 - Detection of blood from **faeces** (Weber test)
 - Complete urine laboratory test
- Detection of tumour markers from blood:
 - CEA, CA 125 (ladies),
 - CEA, CA 199 (gentlemen)

Each package also includes a final consulting with a specialist to summarize the results. The patient will be provided with a written document about it. The document will comprise the results, the evaluation of them, the specialist's opinion and the recommendations for the patient.

(The MES Ltd. reserves the right to modify the contents of the package if justified from medical aspect).