



CLEMENCEAU MEDICAL CENTER HOSPITAL

DUBAI



www.cmcdubai.ae

HEALTHCARE TAILORED AROUND YOU

PREMIER EXECUTIVE HEALTH CHECK PROGRAM

THE GREATEST WEALTH IS HEALTH

Today's busy executives have more on their plates than just work. Your health and time are two of your most valuable resources. At CMC Dubai, our exceptional Executive Health Program can help you manage both.

This bespoke and effective program is specifically crafted to allow you to receive world-class preventive care and ultimately gain more health years.

From cutting-edge technology to personal services to strict confidentiality, our world-renowned specialists go beyond healthcare.

DESIGNED WITH YOUR TIME IN MIND

In this modern age, where business executives never seem to slow down, we provide a fully- focused, streamlined, and bespoke experience based around you and your time, every time.



THE EXECUTIVE TREATMENT YOU DESERVE

Our state-of-the-art services go beyond healthcare by valuing executives' time. We specialize in utilizing the best technology to provide efficient and accurate results by world-renowned medical staff.



A LASTING RELATIONSHIP

The cornerstone of the Premier Executive Health check is the interaction our certified internists for your complete physical exam and for one-on-one communication. At this point, you will be able to review your family and medical history, as well as any health care problems or concerns.

At the end of your journey a brief summary of results will be discussed with your physician. Three days later, a final exit interview will be conducted to provide your summary report including findings, with recommendations and referrals for further consultations.



MEDICAL HISTORY AND PHYSICAL EXAMINATION

LABORATORY SCREENING TESTS



The program includes a comprehensive set of blood screens covering all body functions and risk areas:

- Full complete blood count and differentials
- Full chemistries panel including urine analysis and micro-albumin level in urine and Vitamin D
- Full kidney and liver function panel
- Full lipid and diabetes panel, including blood sugar storage-HBA1c
- Full thyroid and hormonal panel for men and women
- Full cancer screening panel, Prostate-Specific Antigen (PSA) for men and other tumor markers (CEA, Ca15.3, Ca19-9, Ca125, and alpha feto-protein)
- Hepatitis B and C

Hormonal and cancer risk stratification will be discussed with our pECIALIZED medical team before the checkup.

CARDIAC EVALUATION



- Echocardiography
- Stress Echo test
- Carotids duplex ultrasound

All cardiac checkup investigations are non-invasive, followed up by a specialized cardiologist.

PULMONARY EVALUATION



- Function Tests (PFT) to evaluate all lung functions

WOMEN'S HEALTH



In order to meet the needs of women executives, we have customized to accommodate their specific requirements:

- Clinical exam to detect any abnormalities
 - Mammogram and breast ultrasound
 - Pap smear to detect early cervical cancer
 - Hormone replacement therapy counseling
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ENDOSCOPY SCREENING: COLONOSCOPY



A fiber-optic evaluation of the colon is essential in our screening plan, to identify if there are polyps, cancer, or other abnormalities.

IMAGING



Imaging will be discussed by our medical team according to the age, gender and previous history.

- Total body CT scan
 - Low dose radiation CT chest, for lung cancer early detection screening
 - CT abdomen and pelvis, to evaluate liver kidney and kidney stone, abdominal aorta, and any other abnormalities suspected on ultrasound checkup
 - CT calcium score and/or Ultra-fast CT scan (128 slice)
 - Abdomen and pelvis ultrasound
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SPECIALIZED INVESTIGATIONS



- Bone Densitometry (Dexa Scan)
- Audiogram
- Stress management
- Vaccination discussed based on your travel plans
- Eye checkup
- Nutritional/counseling

OPTIONAL TESTS AND ASSESSMENTS



Based on your age, gender, and risk factors, family history for certain diseases and conditions, there are other tests that may be appropriate for you.

- 24-hour ECG monitoring
- Blood pressure holter monitoring
- Gastroscopy
- Cosmetic surgery consultation
- Laser vision correction consultation
- Sleep Study (polysomnography) to check for obstructive sleep apnea (in case of snoring, unexplained fatigue, daytime somnolence)
- MRI Prostate for better cancer assessment

All results will be discussed with the specialized team at the end of each investigation.

SUMMARY



Our Executive Health Check Program physician will guide you through the health check-up and issue a summary report containing all your results for future reference, including our recommendations or treatment plan.



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