



GENERAL MEDICAL CHECK UP


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“Health is a state of complete physical, mental and social well-being. It is more than the mere absence of disease”

(WHO)



An executive medical checkup aims to provide individuals with personalized health recommendations, early detection of any health problems, and guidance on maintaining or improving their overall well-being. This comprehensive assessment can help individuals stay healthy and proactively manage their health.

The General medical checkup program includes:

ELECTRONIC HEALTH RECORD



PHYSICIAN'S CONSULTATIONS:



- GP/Family physician: Consultation and Physical Exam.
- Ophthalmology checkup
 - Dental checkup
 - Dietetic checkup

LABORATORY TESTS:



FBS, CBC, Platelets, ESR, Cholesterol, TG, HDL, LDL, Uric acid, BUN, Cr, Urine Analysis, SGOT, SGPT, and Alkaline Phosphatase.

PROCEDURES:



EKG, Spirometry

MALE MEDICAL CHECK UP

		Visit 1	Visit 2
CONSULTATIONS			
FAMILY MEDICINE		X	X
CARDIOLOGIST		X	
UROLOGIST		X	
OPHTHALMOLOGIST		X	
DENTIST		X	
DIETICIAN		X	
LABORATORY			
BLOOD PROFILE	CBC	X	
LIPID PROFILE	Cholesterol, TG,HDL,LDL	X	
KIDNEY PROFILE	BUN, Cr, Microalbumin, Urinalysis	X	
METABOLIC PROFILE	FBS, Stools (R&M), TSH, T4, HbA1c	X	
INFECTIOUS	CRP	X	
LIVER	SGOT, SGPT, GGT, Alkaline phosphatase, Bilirubin	X	
UROLOGY	PSA (Prostate-Specific Antigen)	X	
JOINTS	ESR, RF, Uric acid	X	
PROCEDURES			
ECHOCARDIOGRAPHY		X	
CHEST X-RAY (PA & LATERAL)		X	
SPIROMETRY		X	
DENTAL CHECK-UP		X	

FEMALE EXECUTIVE CHECK-UP

		Visit 1	Visit 2
CONSULTATIONS			
FAMILY MEDICINE		X	X
CARDIOLOGIST		X	
GYNECOLOGIST		X	
OPHTHALMOLOGIST		X	
DENTIST		X	
DIETICIAN		X	
LABORATORY			
BLOOD PROFILE	CBC	X	
LIPID PROFILE	Cholesterol, TG,HDL,LDL	X	
KIDNEY PROFILE	BUN, Cr, Microalbumin, Urinalysis	X	
METABOLIC PROFILE	FBS, Stools (R&M), TSH, T4, HbA1c	X	
INFECTIOUS	CRP	X	
LIVER	SGOT, SGPT, GGT, Alkaline phosphatase, Bilirubin	X	
GYNECOLOGY	Cervicovaginal cytology (Pap-smear)	X	
JOINTS	ESR, RF, Uric acid	X	
PROCEDURES			
ECHOCARDIOGRAPHY		X	
CHEST X-RAY (PA & LATERAL)		X	
ABDOMINAL ULTRASONOGRAPHY		X	
TRANSVAGINAL ULTRASOUND		X	
MAMMOGRAPHY OF BREASTS			
SPIROMETRY			
DENTAL CHECK-UP			


Program
developed by



Program delivered
in Lebanon by




Contact Us

 +973 1778 3858

 info@mdmedicine.com

 Office 203, HMG Tower
Al Seef 428, Building 2358 Road 2830,
Manama, Kingdom of Bahrain

 mdmedicine.com

 +961 (01) 752 111

 info@uniteddrs.com

 Abdelaziz Street Al Hamra, Al Mabani
Building, Beirut, Lebanon

 uniteddrs.com

