

ENG



CHECK-UPS

gastroenterology, cardiology, urology,
preventive examination for women,
preventive nutrition consultation,
diagnostics of celiac disease



DIAGNOSTIČNI CENTER BLEĐ

GASTROENTEROLOGICAL CHECK-UP

Everyday stress, irregular diet and unhealthy lifestyle? A burning sensation in your abdomen? Do you suffer heartburn or constipation, and have no idea how to ease the symptoms? Is your stool irregular, or even contains traces of blood? Are you experiencing unexplained abdominal pain and bloating, even weight loss?

Nearly a third of patients are diagnosed during gastroscopy with gastroesophageal reflux disease, which in turn dictates a proper diet as well as the timely administration of medications which will improve the quality of living.

Due to the increase in colon cancer cases, the diagnosing of precancerous conditions (polyps) in the large intestine is of vital importance. In more than 95% of cases, cancer develops from the precancerous polyp, which is why such growths are regularly identified and removed.

Gastroenterological check-up is composed of the following tests:

1. Initial examination by a specialist including medical history and status

2. Targeted laboratory tests:

- Hemogram: a complete blood test
- Biochemical tests: liver condition indicators (AST, ALT, GGT, AF, bilirubins), blood sugar, iron, blood lipids (triglycerides, cholesterol), pancreas test (amylase, lipase).

The indicated targeted laboratory tests are used to determine the blood count, hepatic and pancreatic function while also evaluating blood iron, glucose and cholesterol levels.

3. Anthropometric measurements including body mass index

4. Ultrasound of abdominal organs – examination of the liver, gallbladder, pancreas, spleen, kidneys and major abdominal arteries, urinary system, prostate and sex organs.

5. Esophagogastroduodenoscopy including Helicobacter Pylori test – oesophagus, stomach and duodenum endoscopy.

6. Colonoscopy using Moviprep – endoscopy of the large and part of the small intestine.

7. Final examination by a gastroenterologist including the final diagnosis and the recommendations

In Ljubljana, gastroenterology examinations are carried out at the outpatient clinic, while at Bled patients are hospitalized (accommodated in rooms). Patients are required to prepare for the examinations by themselves as instructed.

At the patient's request, endoscopy tests may also be carried out under **analgo-sedation** with pain-relief and relaxing effects.

CARDIOLOGICAL CHECK-UP

Are you curious about the condition of your heart? Are you often stressed? Do you suffer from chest pain or palpitations? Is there a history of heart disease in your family?

The heart is of essential importance to health. That is why we offer cardiological preventive check-ups to determine the health and strength of your heart. The cardiology check-up focuses on the prevention of cardiovascular diseases and includes the following examinations:

1. Targeted laboratory tests:

- Hemogram: a complete blood test
- Biochemical tests: lipid profile (cholesterol, HDL, triglycerides) blood sugar, potassium, creatinine, urate, hepatogram, urine tests, TSH.

These targeted laboratory tests are used to determine the blood count, triglyceride levels (including blood cholesterol levels), liver and kidney functions, blood sugar levels and thyroid hormones level.

2. Anthropometric measurements including body mass index

3. **ECG at rest** – basic cardiology examination used to assess the heart rhythm and heart muscle function.

4. **Spirometry** – the measurement of lung volume and evaluation of lung function. The test enables the distinction between the symptoms of lung and heart disease.

5. **Heart ultrasound** – the test focuses on changes to the valves, possible thickening of the heart muscle, the expansion of the atrium etc.

6. **Ultrasound of the cervical arteries** – the test focuses on the evaluation of the above-mentioned signs of arteriosclerosis (hardening of the arteries).

7. **Stress testing using a treadmill or exercise bike, or cycle ergometry** – the capacity of the cardiovascular system and the activity of the heart during strain.

8. **Specialist cardiology examination including the final diagnosis and the evaluation of risk factors for the occurrence of cardiovascular disease.**

UROLOGICAL CHECK-UP

Do you notice a change in your urine's colour and smell? Do you feel you are retaining urine? Are you experiencing pain while urinating? Do you often urinate at night while the flow is weak? Is there a family history of urinary complications?

Opt for the urological check-up. The package of tests listed below is intended to thoroughly examine the health of your urinary system. Targeted urology examinations are recommended as a preventive measure as well as when the answer to any of the questions above is in the affirmative.

Urological check-up is composed of the following tests:

1. Examination by a urologist including the final diagnosis and the recommendations

2. Uroflow – urine stream flow measurement.

3. Targeted laboratory blood and urine analyses:

- Renal function evaluation: urea, creatinine, urate, GFR (glomerular filtration rate), basic urine analysis, uric acid (if necessary)
- Total PSA (specific prostate cancer antigen); free PSA (if necessary)

4. Ultrasound tests:

Men

- Ultrasound of the urinary tract (kidney, bladder, prostate)
- Ultrasound of the testicles
- Transrectal prostate ultrasound

Women

- Ultrasound of the urinary tract (kidney, bladder)

Since 1993, our establishment has carried out more than 6.000 different preventive check-ups.

PREVENTIVE EXAMINATION FOR WOMEN

A woman is strong, independent, ambitious... loving, tender... almost unstoppable. Her female body gives life, but has its own principles and needs. Do not neglect it!

We have developed a special preventive examination for all women encompassing the crucial medical examinations with which you can check your »female« health.

- 1. Gynaecological examination**
- 2. Gynaecological ultrasound**
- 3. PAP test with cytology**
- 4. Breast ultrasound**
- 5. Lab tests**
(haemogram, sedimentation, PTC, lipidogram, hepatogram, electrolytes, proteins, albumins, retentates, amylase, lipase, glucose, LDH, CK, TSH)
- 6. Ultrasound of abdominal organs**
- 7. ECG**
- 8. Spirometry**
- 9. An examination by a specialist in internal medicine, including an opinion**

The preventive examination has been developed for women

- who are deciding to start a family and need to make sure that their body is healthy and ready for pregnancy,
- who have cases of reproductive system and/or breast diseases in the family,
- who want more than merely a gynaecological examination,
- who want to check their health quickly and in one place.

The examination is performed on a completely empty stomach. It includes a complimentary lunch break.



PREVENTIVE NUTRITION CONSULTATION

We also have developed a 2-month programme that includes individual consulting and regular progress monitoring with regard to specific health problems.

We will monitor your progress in changing your lifestyle through regular body composition measurements and laboratory analyses and help you make your new eating habits part of your everyday life.

The 2-month programme includes:

- a comprehensive initial nutrition consultation with a laboratory analysis,
- an analysis of your current eating habits, body composition measurements,
- an individualized weekly meal plan prepared using Prodi 6.3 Expert software and
- three follow-up consultations with measurements.

DIAGNOSTICS OF CELIAC DISEASE

Do you often experience bloating, gas, diarrhoea or abdominal pain? Are you losing weight without an apparent cause and are anaemic (low blood iron levels)? Have you been diagnosed with osteoporosis? Is there a family history of celiac disease?

Then you are advised to undertake our examination package focusing on diagnosing celiac disease. In this way, you will be able to complete all the necessary tests in a single day, resulting in a reliable and definitive answer to your problems.

The celiac disease diagnostic examination package is composed of the following tests:

- 1. Specialist examination by an expert specialized in diagnosing celiac disease, including a final diagnosis and recommendations**
- 2. Laboratory analyses** – blood test, sedimentation, PTC, hepatogram, electrolytes, proteins, albumins, urea, creatinine, amylase, lipase, glucose, LDH, lipidogram, Fe, TIBC, TSH.
- 3. IgA tTG and IgA EMA antibodies**
- 4. HLA DQB1** – determining genetic predispositions for the development of celiac disease.
- 5. Vitamin/mineral deficiency determination** – ferritin, vitamin B12, folic acid, 25-OH vit D, zinc, magnesium.
- 6. Esophagogastroduodenoscopy** – oesophagus, stomach and duodenum endoscopy.
- 7. Duodenum sample histological examination** – laboratory test of tissue samples collected during the duodenum examination.

GENERAL INFORMATION

DATE AND LOCATION OF THE EXAMINATION

All examinations contained in a single package are carried out in a single day.

Check-ups are performed at **Bled** as well as **Ljubljana** as agreed. Cardiological Check-ups are performed also in **Medi Cons**, cardiology clinic, located in **Novo mesto**, which is a part of Diagnostični center Bled Group.

FEE

The fee of individual check-up is determined in the current price list. Please give us a call and submit your query.

FURTHER QUESTIONS AND BOOKINGS

Direct requests with regard to further questions or check-up bookings at:

Zlata Legat:

T: +386 (0)4 579 84 15

M: +386 (0)41 644 008

E: zlata.legat@dc-bleed.si



All check-ups are carried out by specialist physicians with extensive experience. Patients are also devoted the time necessary to talk about their health.

WHY THE DIAGNOSTIC CENTRE DIAGNOSTIČNI CENTER BLEĐ?

- 25 years of tradition and extensive experience.
- State-of-the-art medical equipment.
- Comprehensive patient treatment.
- All the necessary tests at a single location.
- International accreditation "Accreditation Canada".
- Friendly and helpful medical staff.
- Individual patient treatment.
- Satisfied repeat customers.



DIAGNOSTIČNI CENTER BLEĐ

Diagnostični center Bled:

T: +386 (0)4 579 80 00

info@dc-bled.si

www.dc-bled.si

Ljubljana Unit:

T: +386 (0)1 280 46 60

ljubljana@dc-bled.si

Novo mesto Unit:

Medi Cons d.o.o.

T: +386 (0)7 332 25 50

info@medicons.si