

JMH Platinum Physical Exam

- ❖ **Complete medical history evaluation:** To be completed prior to patient arrival and feedback communicated to patient prior to the first visit.
- ❖ **Hospitality service** assistance throughout your clinical visit
- ❖ **Life style and risk appraisal**
- ❖ **Nutritional Screening:**
 - Three day food record.
 - Basic nutritional consultation.
- ❖ **Immunizations update and travel medicine consult*.**
- ❖ **Comprehensive physical examination:**
 - Women: Pelvic and breast exam
 - Men: Testicular and prostate exam
- ❖ **Extensive Laboratory screening tests:**
 - Chemistry profile
 - Electrolytes
 - Lipid profile
 - Complete blood count
 - Thyroid profile
 - Urinalysis
 - Hemocult
- ❖ **Extensive Cardiac lab screening tests:**
 - Albumin/creatinine ratio
 - Fibrinogen
 - Homocysteine
 - Lipoprotein (a)
 - Protein electrophoresis
 - Ultrasensitive C-reactive protein

❖ **Cardiac and pulmonary function tests:**

- EKG
- Calcium scoring of the coronary arteries
- CT Scan of the chest
- Stress test
- Echocardiogram
- Spirometer

❖ **Neurological risk assessment:**

- CT of the brain

❖ **Vascular screening:**

- Carotid duplex ultrasound
- Abdominal aorta ultrasound.(men)

❖ **Abdominal Organ screening:**

- Abdominal ultrasound(Liver, Pancreas, Gallbladder)

❖ **Cancer screening:**

- ***Women specific:***
 - ❖ Pap smear for cervical cancer
 - ❖ HPV testing
 - ❖ Digital Mammography (Typically at age 40)
- ***Male specific:*** PSA level for prostate cancer (age 45)

❖ **Exit Interview:**

- Results explained by our internal medicine physician
- Personalized prevention and maintenance plan
- Any further recommendation or follow up will be arranged by our coordinator.
- An electronic copy of your results will be provided.