

# “It’s never too late?” Think again...

Don’t forget to have regular “Check-ups”

## CHECK UP - WOMEN - AGE OVER 65

### Examinations

- Check-up Physical Examination
- Check-up Overall Evaluation
- Dietary and Nutritional Assessment
- Cardiology Physical Examination
- Dental Examination
- Gynecological Examination

### Radiological Imaging

- Abdominal and Pelvic Ultrasonography
- PA/L Lung Graphy
- Breast Ultrasonography (bilateral)
- Mammography (bilateral)
- Thyroid US

### Nuclear Medicine

- Measurement of Bone Density in the Proximal Femur (HIP) + Vertebral Bone Density (AP + lateral)

### Heart&Vascular Screening

- ECG (Electrocardiogram)
- Doppler Echocardiography + Color + M mode + B mode
- Carotid RDUS (bilateral)
- Quantitative computed tomography (QCT)

### Biochemical Analyses

- Complete Blood Count (Hemogram)
- TSH
- Total Protein
- Albumin
- Uric Acid
- Lactate Dehydrogenase
- Sedimentation (ESR), 1h
- hsCRP (high sensitivity)

### Vitamins & Minerals

- 25 Hydroxyvitamin D (Vitamin D3)
- Vitamin B12
- Folate,
- Ferritine
- Calcium
- Magnesium
- Phosphorus
- Iron (Fe)
- Total Iron Binding Capacity (TIBC)

### Diabetes Screening Test

- HOMA-R (Insulin Resistance, IR)
- Hemoglobin A1c (%)

### Blood Lipids

- Total Cholesterol,
- Cholesterol-HDL (High density lipoprotein)
- Cholesterol-LDL (Low density lipoprotein)
- Triglycerides

### Liver Functions

- ALT/GPT Alanine Aminotransferase
- AST/GOT Aspartate Aminotransferase
- Alkaline Phosphatase
- GGT Gama-Glutamyl Transferase

### Renal Functions

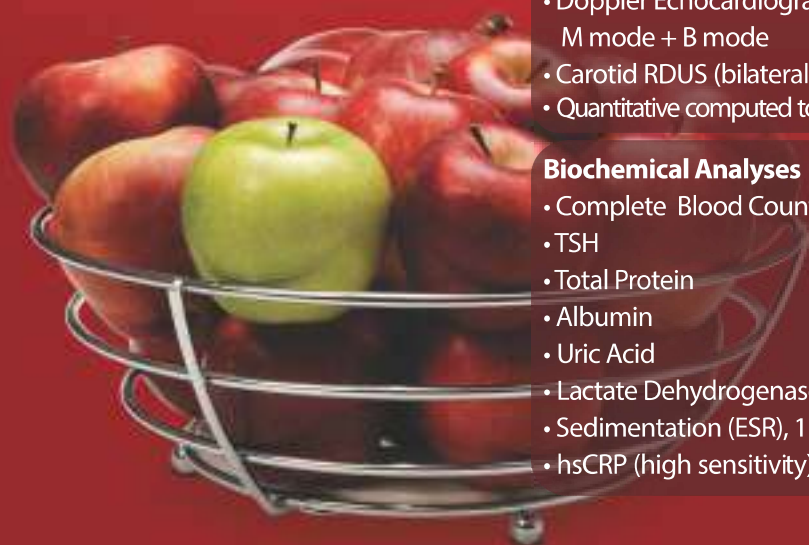
- BUN (Blood Urine Nitrogen)
- Creatinine
- Urinalysis
- Microalbumine, spot urine

### Stool tests

- Ova and Parasite Test + Stool Colored
- Hidden (occult) blood in stool sample

### Gynecological Screening

- Cervical / Vaginal (Thin-Prep)
- HPV



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