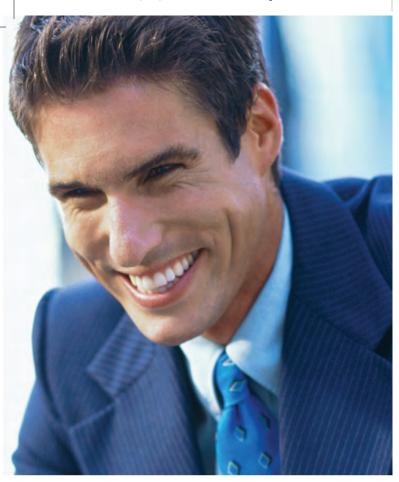
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Clemenceau Medical Center PREMIER EXECUTIVE HEALTH CHECK

It is my pleasure to present to you the Clemenceau Medical Center (CMC) Premier Executive Health Check; a thorough determination of your health status with a customized wellness program for your continued health and well-being.

Our Premier Executive Health Check is part of our belief that preventive care is a wise investment. It is designed to manage your most important asset: your health. The Clemenceau Medical Center team highly recommends this series of tests and examinations.

The Clemenceau Medical Center Premier Executive Health Check guarantees an experienced team of world-renowned specialists, cutting-edge technology, personal services and strict confidentiality. The program will provide a complete panel of tests and examinations requiring you to spend one full day within our care. Additional tests can be accommodated by consulting with your Health Check Team. During your final interview, your physician will provide you with a preliminary summary of findings with recommendations and referrals for further consultations.

Thank you for considering Clemenceau Medical Center Premier Executive Health Check. We look forward to serving your health.

Dr. Mounes Kalaawi, MD Chief Executive Officer

PREMIER EXECUTIVE HEALTH CHECK PROGRAM

MEDICAL HISTORY AND PHYSICAL EXAMINATION

The cornerstone of the Premier Executive Health Check is the interaction with one of 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.

LABORATORY SCREENING TESTS

- Laboratory studies for a complete blood count, urinalysis and evaluation of blood chemistries, kidney function, fasting blood sugar, liver function tests, and thyroid function tests
- Lipid evaluation obtained through a thorough assessment of cholesterol levels
- HBA1C (blood sugar storage test) and urine micro albumin (for diabetes mellitus)
- Cancer screening: Carcino-embryonic Antigen, CA125 (for tumor detection in women)
- Prostate-Specific Antigen: to detect prostate cancer or prostate enlargement for men over the age of 40

CARDIAC EVALUATION

- Resting electrocardiogram (EKG): records the electrical activity
 of your heart and provides indicators for a number of potentially
 serious cardiovascular problems that may be treated if
 detected early
- Cardiac stress test to screen for unrecognized coronary artery diseases, hypertension and abnormal heart rhythm, as well as to evaluate how your heart responds to physical activity
- Ultra-fast CT scan (64 Slice) for evaluation of coronary heart disease

PULMONARY FUNCTION TESTS (PFT)

To evaluate how well your lungs work. The tests can diagnose lung diseases and measure the severity of lung problems

COLONOSCOPY

A fiber-optic evaluation of the entire colon to identify if there are polyps, cancer, or other abnormalities

TOTAL BODY CT SCAN

A new diagnostic technique that uses computed tomography to help identify potential problems and diseases before symptoms even appear. The scan looks at 6 major areas of the body: heart, major blood vessels, lungs, abdomen, pelvis, and brain. The scan includes:

- Lung CT scan for early detection of very small lung cancer before they can be seen on chest X-rays, and most importantly, while they are still curable by surgery
- Abdominal and pelvic CT scan to evaluate the liver, kidneys, abdominal aorta, and internal organs for structural abnormalities
- Brain scan to detect any abnormalities

BONE DENSITOMETRY (DEXA SCAN) For both men and women to determine presence of bone loss (osteoporosis)

PROSTATE HEALTH EVALUATION Includes ultrasound to detect prostate cancer and enlargement for men over 40

AUDIOGRAM To evaluate your hearing and provide recommendations as needed for hearing amplification and preservation

EYE EXAM A vision screening test and check for increased eye pressure that could lead to glaucoma

BODY FAT ASSESSMENT Conducted by a dietician and determines the percent of body fat, desired body fat parameters and target weight

NUTRITIONAL COUNSELING Taking into account your overall assessment, medical history, and personal goals, the dietician provides nutritional counseling, answers questions on sports, nutrition and dietary supplements; also provides guidelines for healthy eating when dining out and traveling

SKIN EXAMINATION A dermatologist performs a complete skin examination, checking for skin cancer and examining rashes, moles, and other lesions

PHYSICAL FITNESS PROFILE A physiologist will establish guidelines, along with recommendations for home exercises and required equipment, if necessary

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

- Clinical breast exam to detect any abnormalities
- Mammogram to detect early breast cancer
- Pap smear to detect early cervical cancer
- Hormone replacement therapy counseling
- Menopausal hormone screening

OPTIONAL TESTS

Based on you age, gender, and risk factors for certain diseases and conditions, there are other tests that may be appropriate for you at the time of your physical.

24-HOUR BLOOD PRESSURE monitoring for known hypertension

24-HOUR HOLTER RHYTHM monitoring for known or suspected cardiac illness

CAROTID ULTRASOUND OR MR ANGIOGRAPHY

Screening of the carotid arteries of the neck for atherosclerosis and risk of stroke.

GASTROSCOPY For people with upper gastrointestinal symptoms

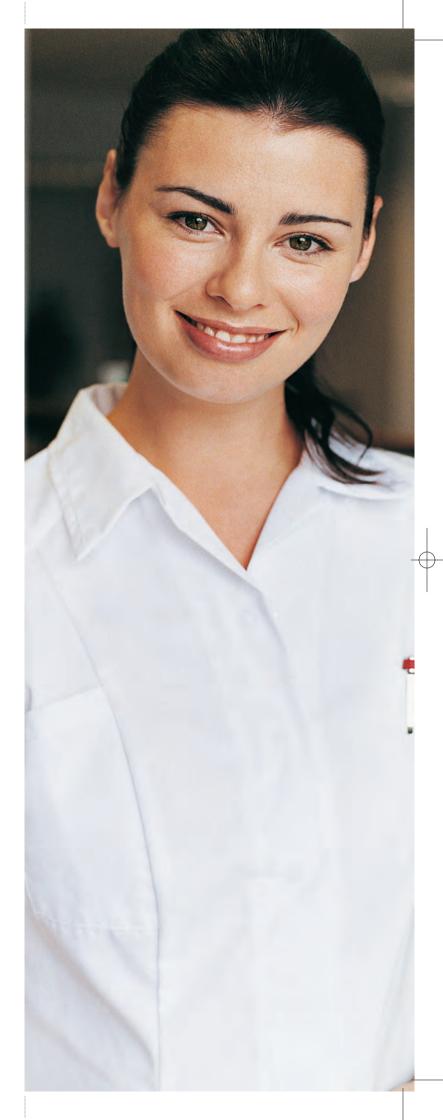
VACCINATION Adult-recommended vaccinations are reviewed and administered when and if appropriate

LASER VISION CORRECTION CONSULTATION

 $\label{prop:prop:comprehension} A \ comprehension \ evaluation \ using \ state-of-the-art-technology$

COSMETIC SURGERY CONSULTATION The Clemenceau Medical Center offers a full range of cosmetic procedures upon request

STRESS MANAGEMENT A confidential consultation with an experienced psychologist provides you with the opportunity to examine professional and personal stress triggers, psychological responses, as well as coping strategies



PREMIER EXECUTIVE HEALTH CHECK

APPLICATION FORM				
Full Name:	First Name Middle	Name Family Name		
Gender: New Patient:	Male □ Yes □	Female No		
Date of birth: Nationality: Full Address:				
Tel. No.: Fax No.: Email Address:				
Date of admission:	:			

برنامج الفحص الطبي الشامل

	طلب تس	جيل		
الإسم الثلاثي:	الإسم إسم ا	الوالد	إسم العائلة	
الجنس: مریض جدید:	أنثى نعم	ذكر كلا		
تاريخ الميلاد:				
الجنسية: العنوان بالكامل:				
رقم الهاتف:				
رقم الفاكس: البريد الإلكتروني:				
تاريخ الدخول:			•••••	

TO MAKE AN APPOINTMENT

To schedule an appointment with the CMC Premier Executive Health Check Program or for further information, please call +961 (1) 372 888 and ask for our program coordinator, or fax the attached application to: +961 (1)361286 or by e-mail: executive@cmc.com.lb

A TYPICAL VISIT

On the morning of your visit, you will be greeted by your Executive Nurse and meet with her to discuss you scheduled appointments and raise any question or concern. Tour Physician will then perform a complete physical examination. You and your doctor will discuss any additional tests deemed appropriate based on your evaluation. You will spend the rest of the day and the second day at different testing areas in the center. After completing your itinerary, you will meet with your coordinating physician to review and discuss the test results. At that time, your coordinating physician may give you additional recommendations for treatment, care, or follow-up. A written report summarizing your results will be mailed to you shortly after your final visit.

PREPARING YOUR VISIT

When you come to Clemenceau Medical enter for your appointment, please be sure to bring:

- A list of your current medications and their specified dosages
- Pertinent medical information and X-rays
- Comfortable clothing and shoes for the treadmill test
- Follow any other instructions you received for test preparation
- Arrive on the first morning, having fasted for 12hours.







PREMIER EXECUTIVE HEALTH CHECK



