

WHAT IS INCLUDED IN THE EXECUTIVE PHYSICAL?

The *Executive MD* Executive Physical begins with a comprehensive personal and family health history and risk factor questionnaire. The physical typically takes 2 to 4 hours.

- Your major medical concerns
- Family history of diseases and disorders
- Personal medical history
- Social and behavioral history
- Current medicine use: prescription, OTC, supplements
- Physical Activities
- Vital Signs— Blood pressure, height, weight, pulse, respiratory rate,
- Immunization History
- Vaccine update
- Surgical hx
- Allergies
- Vital Signs— Blood pressure, height, weight, pulse, respiratory rate
- Body Mass Index
- Complete Physical Exam
- Rectal and Prostate exam for men
- Exam for Hernias
- Pelvic and Pap Smears for women
- Breast exam
- Skin Checks for cancers
- Neurology exam
- Stools for Hemeoccult
- Vitamin D level
- Hemoglobin A1C for those at risk for Diabetes
- Urinalysis— To detect kidney disease, metabolic problems, and urinary infection
- Complete blood count— To screen for anemia, blood diseases, immune function, clotting disorders, and infection
- Iron levels and Ferritin (storage form)
- Chemistry profile— Complete chemistry panel to detect kidney disease, diabetes, metabolic disorders, blood proteins, and liver disease, Homocysteine level
- Vitamin levels— Common deficiencies can be tested for, including B12 and Folic acid.
- Lipid levels— Complete profile of blood lipid levels
- Thyroid Stimulating Hormone— To detect an under- or overactive thyroid
- Cardiac C Reactive Protein— An inflammatory marker that may signify risk for coronary artery disease
- Homocysteine level- a biomarker for strokes and thrombotic diseases
- Prostate-specific antigen (PSA)— To screen for prostate cancer or prostate enlargement for males over the age of 40.

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- EKG— To screen for a number of potential problems including irregular heart rhythms, damage to the heart muscle, enlargement of the heart's chambers, and mineral imbalances in the blood.
- Spirometry— To assess lung function and to evaluate for respiratory diseases
- Audiometry evaluation
- Visual acuity and color screening
- Disease-specific screens when indicated, and technologies for further screening (coronary CT angiogram, Carotid and aorta screening, etc).
- Review of organ systems and symptoms
- For female clients, gynecologic exam, Pap smear, mammography and Bone Density Testing can be arranged.
- If needed, arrangements can be made for additional procedures, utilizing your insurance benefits when possible, such as chest x-ray, colon cancer screening (virtual or standard colonoscopy), carotid artery blood flow assessment, aortic aneurysm screening, bone density evaluation, and cardiac stress testing. ‘Total body’ and ‘ultra-fast cardiac’ CT scans are scheduled when needed.

Tests offered for an additional charge:

- **Spectracell FIA 5000 Panel**—Functional Intracellular Analysis™ (FIA™), patented tests for assessing the function of specific vitamins, minerals, antioxidants, and other essential micronutrients within an individual's white blood cells (lymphocytes).
- **Novel Cancer Marker Screening**—run only after careful discussion of their inherent value, including tests for CA 19-9 (gastric, colon and pancreatic), AFP (hepatocellular and germ cell), and CA-125 (ovarian)
- **Cardiovascular Panel**— BNP (to screen for heart failure), enhanced diabetes screening (insulin and GAD-65 antibodies), VAP, Apoprotein E Genotype (gene types for cholesterol metabolism) , Berkley Heart Lab (enhanced cholesterol subparticle profile and cardiac marker screen)