The Well Woman Package

The Well Woman Package is a comprehensive package designed to assure a healthy life of all females, at all age groups. The Well Woman Package is a flexible scheme of medical and clinical tests that is tailor-made to suit every woman with different medical history.

- The Well Woman Package will include a full Health Questionnaire, Physical Examination and Consultation with a Doctor.
- Medical investigations including blood tests will be individualised. Please see the list below for a brief summary of some of the tests offered.
- Based on the consultation and special investigations, an assessment of the Risk Factors for various Diseases will be identified and Corrective Measures instituted.
- We look forward to welcoming you at the Wellness Clinic

BREAST MAMMOGRAPHY

- An X-ray picture of the breast, used to detect tumours
- To help differentiate benign (non-cancerous) and malignant (cancerous) tumours.
- Mammography is offered to women between the ages of 40 - 49 every two years.
- For women above 50 years, every 12 months.
- For women less than 40 years if there is a relevant family history or indication on clinical examination.

BILATERAL BREAST ULTRASOUND

- Ultrasound is frequently used to evaluate breast abnormalities that are found with screening or if a lump can be easily felt during a breast exam.
- It can also determine if a suspicious area is in fact a cyst or an increased density of solid tissue (dense mass) which may require a biopsy to determine if it is a malignant.

BONE DENSITY DXA SCAN

- Bone Density DXA Scan determines if you have osteoporosis or are at risk of developing it.
- We recommend that women over 50 years must undergo Bone Density DXA Scan to show the current bone density.

PAP SMEAR

- Pap smear is a smear of cells taken from the cervix to detect abnormal cervical cells.
- Cervical cancer is a cancer of the neck of the womb. It is found that cervical cancer is one of the major three cancers which cause high mortality in women. Early detection relies on regular pap smears and subsequent treatment as necessary.

FACTS AND STATISTICS ABOUT CERVICAL CANCER

• Virtually all women are at risk of cervical cancer.

• All women between the age of 18 and 70 years should have a Pap smear every year.

• Sexual intercourse for the first time at an early age, HPV infection and smoking are some factors associated with increased risk of developing Cervical Cancer. Pap smear is the best method to help early diagnosis of Cervical Cancer.

FBC (Full BLOOD COUNT)

- A blood screening test to diagnose and manage various diseases. It can reflect dehydration, blood loss, anaemia or blood abnormalities, infections, allergies and others.

LIPID PROFILE

- A blood screening test to determine risk for heart disease.
- It includes testing for total cholesterol, LDL, HDL, and Triglyceride

URINALYSIS

- A urine screening test to check overall kidney functions, Urinary Tract Infections, Diabetes or any other kidney disease.

CALCIUM

- A blood test to screen for conditions related to musculoskeletal system and kidney disease.

VITAMIN D

- A blood screening test to detect Vitamin D deficiency, which is a very common condition, that can lead to multiple problems including but not limited to fatigue, body, joint pains osteopenia and osteoporosis.

URIC ACID

A blood test to diagnose acute gout and kidney stones

FASTING BLOOD SUGAR

- Is a blood test that diagnoses Diabetes.

LIVER PROFILE

- A blood screening test to measure the function of the liver, liver enzymes, billirubin and others. It helps to screen for hepatitis and liver disease.

BEDSIDE SPIROMETRY

- It is a screening test indicating the presence of pulmonary disease.

ELECTROCARDIOGRAM WITH SHORT RHYTHM TEST ECG

- A test to measure the electrical activity of the heart
- To detect any heart disease problems

TREADMILL STRESS TEST

- A test to measure the electrical activity of the heart during physical stress and its reaction to increased demand of oxygen, or any abnormal heart beat.
- It helps detect Ischemic heart disease (poor circulation) which predispose to heart attack.

OCCULT BLOOD - FAECES

- A test to detect cancer in the bowel. The earlier the cancer is detected the better the chances to cure.

INSTRUCTIONS & PROCEDURES

- Your check-up will take from 1 to 2 hours
- Blood tests: You must come fasting for 12 hours, you can drink ONLY water
- Treadmill exercise: You need to bring comfortable shoes & clothes for this test, e .g. track suit

- Mammogram: Please don't use any deodorant or Talcum powder on this day. If you've done any previous mammogram, please bring the negatives of the films with you. It is preferable to conduct the test at mid cycle
- PAP Smear; It is preferable to be done at mid cycle
- Please arrive for all your scheduled appointments at least 10 minutes before time
- Please book your follow up visit after completing all the tests, in order to review them with your physician
- For any Cancellations / or Rescheduling, Please contact us at least 1 or 2 days in advance
- Please note that prices are subject to change without prior notice

The Well Woman Package will include full physical examination, consultation with a doctor and assessment of the risk factors for various diseases with advice on lifestyle modifications. Please take your time to take a look at the chart on the first page, and feel free to contact our staff who would be happy to address your questions and concerns. We look forward to welcoming you at the Wellness Clinic.

For package bookings, please contact us on
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