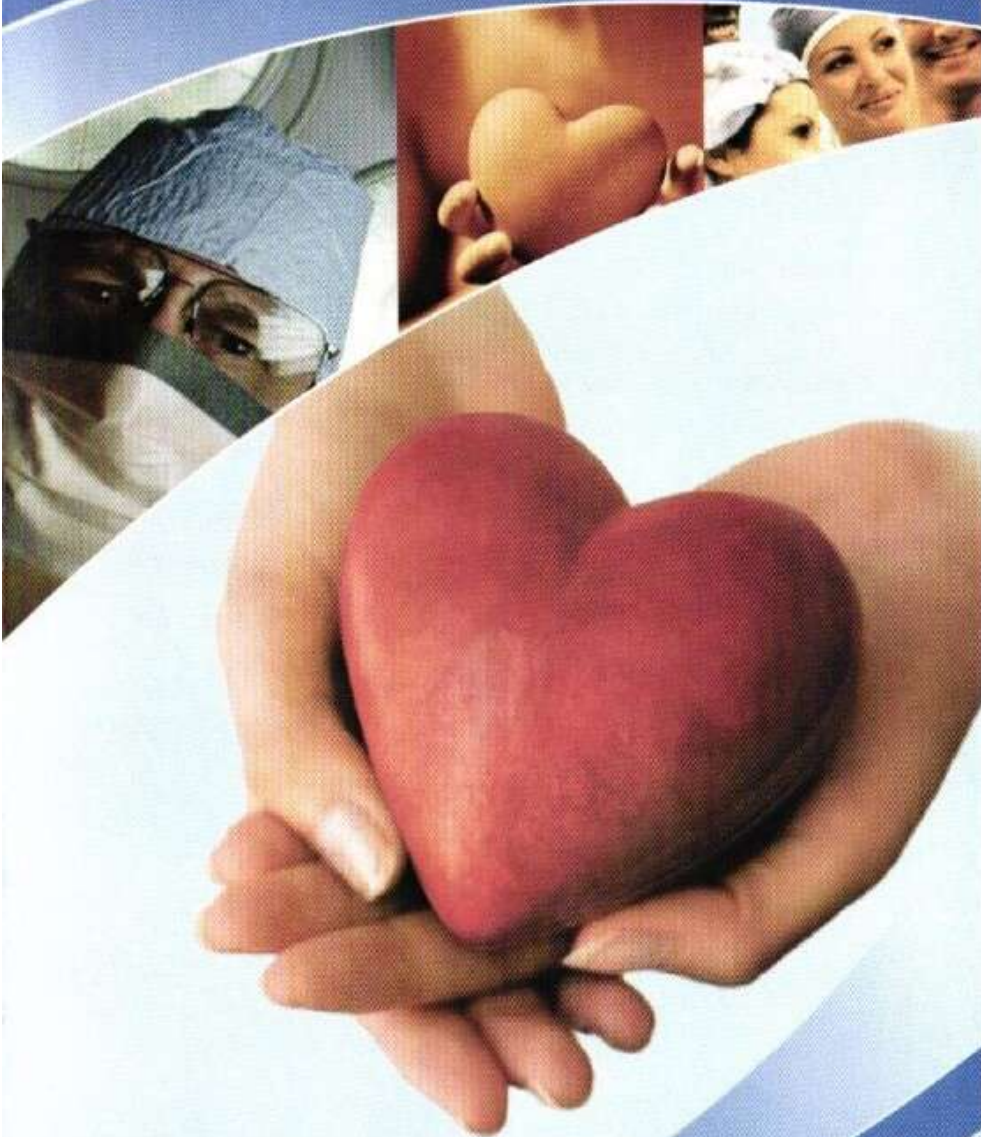


# PREVENTIVE HEALTH CHECK-UP BROCHURE



**DAYANAND MEDICAL COLLEGE & HOSPITAL**  
**UNIT - HERO DMC HEART INSTITUTE**  
LUDHIANA



# Health Check Up

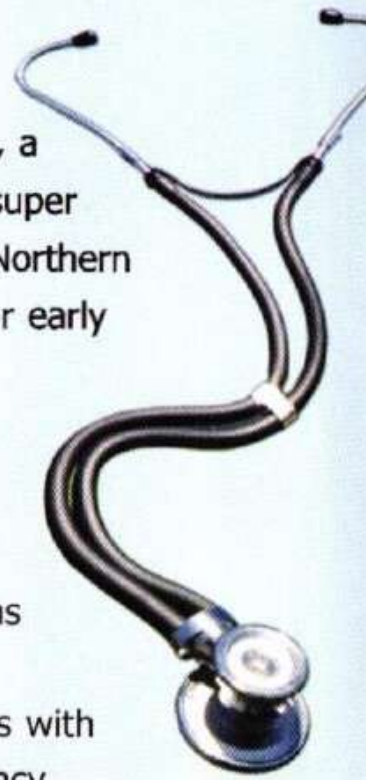
## About Us

**Hero DMC Heart Institute**, a 189 bedded state of the art super speciality cardiac hospital in Northern India is a unique facilitator for early detection of cardiac disease.

## Introduction

Coronary Artery Disease is assuming epidemic proportions in our country due to strong association of high risk factors with our life style & genetic tendency.

Coronary Artery Disease (CAD) is a condition affecting the arteries that run on the surfaces of the heart & supply blood to the heart muscles. The most common cause of CAD is atherosclerosis, where fatty deposits cause narrowing of arterial lumen & obstructing the flow. This can cause either chest pain (angina pectoris), or a heart attack.



Echo in Progress





The factors which increase the risk of this disease are :

**HIGH BLOOD PRESSURE**

**HIGH BLOOD CHOLESTEROL**

**SMOKING HABIT**

**INCREASE AGE (ABOVE 40 YEARS)**

**EXCESS WEIGHT**

**DIABETES MELLITUS**

**STRESSFUL LIFE STYLE**

**FAMILY HISTORY OF PRE MATURE CAD**

**LESS PHYSICAL ACTIVITY**

**MENOPAUSE**

If any of above mentioned risk factors are associated with you then you are advised to have your health check up done at least annually.

For early detection of such potential cardiac cases our Institute offers a comprehensive health check package including complete body examination through various investigations.

The patients are attended to, in a pleasing atmosphere at our Health Check up Cell where personalized care and attention is extended to all individuals.

A comprehensive health record is maintained and regular followup is done which includes reminder for annual check up etc.

# Health Check-up Package

## INVESTIGATIONS

Blood Sugar Fasting, Lipid Profile

(Investigations to be done on fasting)

Blood Sugar PP

Complete Haemogram

(Hb, TLC, ESR, Haematocrit, Peripheral Smear)

Blood Group (ABO, RH)

Serum Creatinine, Serum Uric Acid, SGOT, SGPT

Urine Examination

X-Ray Chest

ECG

2-D Echocardiography

Exercise Stress Test (TMT)

Yoga Advise

Dietician's Consultation

## Doctor's Consultation and Full Medical Examination

**Health Checkup Package 3500/-**

(With ECHO & TMT)

**Health Checkup Package 3300/-**

(Optional ECHO or TMT)

**Health Checkup Package 2800/-**

(Without ECHO & TMT)

### Additional Investigations (Optional)

- CPET (Cardiopulmonary Exercise Testing)
- LFT, Fibroscan, Serum Electrolytes
- Ultrasound (Whole Abdomen)
- Hbs Ag. (Elisa), Anti HCV
- Calcium, Vitamin D3, Vitamin B12
- Eye Examination
- Gynae Consultation
- Dental Check-up  
(Charges as per rate list)



### *How To Come For Health Check Up ?*

You have to come fasting in the morning at 8.30 am in health check up room which is located at the ground floor in OPD. You will be given Breakfast after blood samples have been drawn. You may get free within 3-4 hours. You'll have to come again next on some other day of your choice for the cardiac, yoga and dietary consultations as by that time all the reports shall be ready. You have to come twice because it takes time for the Labs to prepare the reports.

**Finally on your 2nd visit after consultations you'll be given all the reports which you must be preserved for future reference.**

### **Health Checkup Room - 1**



# HEART Emergency ?



**DIAL**  
**0161-2304291**



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*We Care For Your Heart*