



PREPARED BY
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YOUR HEART IS OUR MISSION

As part of the “Your HEART is our mission” package, you will be offered a set of preventive examinations that give important information about the condition of your cardiovascular system.

The package includes the following examinations:

- examination by medical doctor (physical examination and history)
- 12-lead ECG recording
- examination of oxygen saturation of haemoglobin using pulse oximetry (non-invasive test of breathing efficiency)
- preventive panel of lab tests - examination of fat metabolism (total cholesterol, HDL and LDL cholesterol, triglycerides) hs CRP, homocysteine, fibrinogen, blood magnesium and Q10 level
- evaluation of the results and recommendations (change of diet, medical therapy or additional tests)

For better orientation, we will explain the principle and benefit of individual lab tests:

hs CRP

A protein synthesized by the liver and fat tissue, elevated especially in acute and chronic inflammation. Patients’ CRP is commonly tested in a first-contact out-patient setting as one of the routine tests. The results of this test determine the need for antibiotic therapy, which can also be used to monitor the effectiveness of antibiotic therapy.

In addition to acute medicine, CRP tests are important when monitoring cardiovascular risks due to its very close association with “inflammatory theory of atherosclerosis” (chronic inflammation of the vascular wall contributes to the development of atherosclerosis). In this case, hsCRP (hs = high sensitivity) is tested, using a very accurate and specific testing method.

Based on the result of the hsCRP test, the cardiovascular risk in persons without diagnosed atherosclerosis (marker of heart attack risk in a healthy person) can be predicted, and risk of recurrence in a patient with a history of cardiovascular attack can be assessed.

Homocysteine

An amino-acid the elevated level of which represents a risk factor of cardiovascular disease. Excessive homocysteine in circulation can cause damage to blood vessels and result in inflammation and the development of atherosclerotic plaque with a risk of thrombus formation.

Fibrinogen

A protein considered an important risk factor of cardiovascular disease. Fibrinogen is commonly increased due to contraception use for example, as well as during menopause, when other risk factors need to be evaluated.

Coenzyme Q10

Major anti-oxidant and catalyst of energy processes in our body. It plays an important role in the protection of cells from damage and premature ageing. Sufficient intracellular levels of coenzyme Q10 ensure the growth of hair, fingernails, regeneration of skin, and improved muscle power.

Who are these preventive tests for?

The target population is healthy people:

- with irregular diet
- chronic fatigue
- exposure to long-term stress
- overweight
- smokers
- women using contraceptives or hormonal substitution
- individuals with a family history of cardiovascular disease (under the age of 55 for father, 65 for mother).

This test has an important benefit for diabetic patients, patients diagnosed with a cardiovascular condition (hypertension, ischaemia of heart muscle), and increased level of blood lipids. A special benefit is the examination of the level of coenzyme Q10 in patients using lipid-lowering drugs (statins). This class of medication has been known to reduce the production of the body’s own coenzyme Q10. Several clinical studies have confirmed the protective effect of coenzyme Q10 on the frequency of adverse effects resulting from statin therapy (especially damage to heart muscle).

We are confident that our “Your HEART is our mission” package will be useful in the prevention of the development or recurrence of cardiovascular disorders.

191€ PACKAGE PRICE

DISCOUNTS FOR MEMBERS WITH ONE OF THE FOLLOWING CARDS

WHITE CARD

10%

BLUE CARD

20%

SILVER CARD

40%

GOLD CARD

70%