

COMPREHENSIVE HEALTH ASSESSMENT



**OE
HC** OAKVILLE
EXECUTIVE
HEALTHCARE CENTRE
WWW.OAKVILLEHEALTHCARE.COM

YOUR ROAD MAP TO BETTER HEALTH

Comprehensive Health Assessment

With a proactive and preventative approach to health care our services include an annual Comprehensive Health Assessment .

Your Assessment consists of a thorough medical exam including medical history, pathology, genetic profiling and a series of imaging and diagnostic tests completed on-site using leading edge technology. Your health care team will then collaborate and meet with you to go over all of the



results. The emphasis of this assessment is early stage diagnosis and screening as well as providing you and your medical team with a thorough starting point and ongoing map of your health. Genetic analysis is also available for you to uncover your genetic predispositions for a wide variety of health conditions and medication responses. Learning as much as possible about your health and potential risks due to genetics, natural aging and environment will allow you and your team to establish an ongoing preventative approach to your care.

Children will also be provided with an annual Comprehensive Health Assessment performed by your team Pediatrician and designed to set the stage for preventative care and ongoing health monitoring at an early age.

Step 1

Initial Appointment (1 hour)

- **Introduction to Your Personal Health Care Coordinator**
- **Orientation of the Facility**
- **Patient History**
 - *Medical Questionnaire*
 - *Lifestyle Evaluation with Physical Activity and Nutrition*
 - *Current and Past Medical Conditions*
 - *Current Medication Analysis*
- **Genetic Risk Assessment**
 - *Family History Evaluation*
 - *Introduction to the Personal Genome Testing*
- **Pathology**
 - *Full Lipid Profile (Cholesterol, HDL, LDL, triglycerides)*
 - *Blood Glucose (diabetes screen)*
 - *Liver Function*
 - *Kidney Function*
 - *Full Blood Count*
 - *Prostate Specific Antigen(men)*
 - *Uric Acid*
 - *Thyroid Stimulating Hormone*
- **Physical Elements Biometrics**
 - *Weight and Height*
 - *Body Mass Index Composition (fat,muscle,water)*
 - *Blood Pressure*
 - *Resting Heart Rate*
- **Strength and Agility Evaluation**
 - *Basic upper/mid/lower Body Strength and Endurance*
 - *Flexibility and Stretch Test*

Step 2

Second Appointment (3 hours)

- **Introduction and Consultation with Your OEHC Internal Medicine Specialist**
- **Consultation to Review and Discuss Results From Initial Appointment**
 - Patient History
 - Genetic Risks
 - Pathology
 - Physical Elements Biometrics
 - Strength and Agility Evaluation
- **Medical Examination**
 - Lifestyle Evaluation (Nutrition/Exercise)
 - Eyes, Ears, Mouth
 - Cancer Screening
 - Skin Cancer Exam and Prevention
 - Bowel Cancer Screening
 - Prostate Check
 - Breast Exam
 - Respiratory System
 - Abdominal Exam (Ultrasound Scan)
 - Urogenital / Genitourinary System
 - Urinalysis
 - Comprehensive Pharmacology Review
 - Thorough drug Interaction Analysis
- **Heart and Vascular Evaluation (Performed by Your Cardiologist)**
 - Introduction to Your OEHC Cardiologist
 - Resting Electrocardiogram (ECG)
 - Maximal Stress Test Exercise (ECG)
 - Vascular Ultrasound
 - Heart Disease Risk Analysis
 - Stroke Risk Analysis
- **Exercise Physiology (Collaboration with OEHC Cardiologist)**
 - Introduction to Your OEHC Exercise Physiologist
 - EKG Monitoring Through Exercise
 - Metabolic Measurements
 - Blood Pressure Analysis
 - Pulse Oximetry
 - Spirometry
 - Endocardiographic Measurements
 - Personalized Exercise Programming
- **Naturopathic Nutrition and Health Evaluation**
 - Introduction and Consultation With Your OEHC Naturopath
 - Education on Natural Health Methodologies

- **Nutritional Evaluation and Recommendations**

- Tests Available Upon Recommendation
- Metabolic - Organic Acid Test
- Allergy Test / Immunology
- Hormone Test / Endocrinology
- Gastrointestinal / Digestive Testing
- Nutritional / Toxic / Heavy Metal Testing
- Additional Blood and Urine Testing

Step 3

Synthesis of all test results and evaluations in the form of a comprehensive personalized health and lifestyle management report. With annual testing, results are tracked and compared on an ongoing basis. This report will outline any medical or health related issues or risk areas that were discovered along with recommendations from your health care team at OEHC.



Oakville Executive Healthcare Centre is a new approach to health care for executives and individuals that share our belief in the benefits of:

1. An Integrated Team Approach to Health Care with Multiple Specialists and Care Providers Dedicated to You and Your Family.
2. Second Opinion Services and Association with World Renowned Health Facilities.
3. 24/7 Access to Experienced Providers with Same Day Appointments.
4. At Home Monitoring and Connectivity to the Centre.
5. Annual Comprehensive Health Assessments.
6. Access to Natural Health and Alternative Care Options.
7. The Reassurance of Care in a State of the Art Professional Facility.



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