



The specialists of your heart!



The Cardiovascular Executive Health Program is an evaluation performed by a cardiologist, who assesses if there are or not cardiovascular risk factors through a complete medical history, physical examination and several screening tests. Therefore, the specialist can perform a diagnosis on the person's current health condition and the risk of developing some diseases in the future.

Clínica Cardio VID offers four kinds of Medical Checkup Packages recommended for people under 70 years of age, looking for risk factors of cardiovascular disease to prevent them or take care of them in an early stage.

This program has all the necessary medical, technical and scientific support to provide a reliable and customized executive checkup.

Basic Executive

health program

This executive health program provides general information about the person's health status and allows the early detection of risk factors for cardiovascular diseases.

It is recommended for adults, and includes:

- Evaluation by general practitioner and a cardiologist: complete questionnaire and full body examination, emphasizing in the cardiovascular system by a general practitioner at the beginning and once all the test results are ready, a cardiologist will explain you all the details and give you final recommendations
- Making and interpreting electrocardiogram(ECG): For heart rhythm (electrical activity) evaluation to detect possible abnormalities
- Abdominal ultrasound: For evaluation of the liver, pancreas, spleen, aorta, vena cava, kidneys, adrenal glands, the retroperitoneal space, bladder, ureters, Prostate (male) or Uterus and ovaries (female).
- Chest X rays
- Laboratory test:
 - Alanine Aminotransferase (ALT or SGPT)
 - Aspartate Aminotransferase (AST or SGOT)
 - Gamma-glutamyl transferase (GGT)
 - Alkaline phosphatase (ALP)
 - Total and direct bilirubin
 - Blood typing and Rh factor
 - Fasting blood glucose
 - Glycosylated hemoglobin (HbA1c)
 - Complete Blood Count (CBC)
 - Serum creatinine
 - Ferritin
 - Uric acid
 - Lipid panel
 - **Lipoprotein (a) NEW**
 - **High-sensitivity C-reactive protein (hs-CRP) NEW**
 - Free T4
 - TSH (Thyroid-stimulating hormone)
 - Vitamin B12 level
 - Syphilis non-treponemal test (VDRL/RPR)
 - HIV 4th generation test
 - Urinalysis
 - Coprogram (Stool test)
 - Fecal occult blood test (FOBT)
 - Prostate-Specific Antigen (PSA) *(for men)*
 - Vaginal Cytology (Pap smear) *for women*
 - **Molecular HPV testing for women over 30 NEW**



Special Executive health program

It is recommended for patients over 40 years and above with personal or family history of known risk factors as diabetes, hypertension, smoking, obesity, cardiac diseases or stress.

It includes the basic executive health program tests as well as:

- **Cardiac stress test:** It is a test that measures the heart's ability to respond to external stress in a controlled clinical environment
- **Transthoracic Echocardiogram (TTE)** is an ultrasound test that allows evaluation of the heart structures and its functioning to look for abnormalities or disease. .
- **Breast ultrasound or mammography** according with patient's age (Female). It is indicated to detect possible abnormalities and early detection of breast cancer (At Clínica Salud VID located in the downtown of the city).



Special Cardiovascular Executive Health Program

It is recommended for patients 40 years and older, with personal history of cardiac or peripheral vascular disease.

It includes the basic and special executive health program screening tests as well as:

- **Carotid/vertebral duplex ultrasound evaluates main arteries** which supply blood flow to the brain.
- **Ankle-brachial index (ABI)** is a non-invasive tool for the assessment of peripheral vascular status.



Special Cardiovascular Executive Health Program

with Coronary Calcium Scan

It is recommended for patients over 40 years, with personal, known cardiovascular risk factors, and unknown coronary artery disease.

It includes special cardiovascular executive health program tests as well as:

- **Cardiac CT for calcium scoring is a non-invasive way to have information about the presence of calcium deposits in the coronary arteries that can narrow arteries and increase the risk of heart attack.**

It is not indicated in patients with known Coronary artery diseases, because those already have established the risk.



The following **recommendations** must be taken into account if any of the executive health programs is going to be performed:

- The executive health program is an outpatient program. It is performed from Monday to Friday during the morning time (from 6:30 a.m. to 12:00 m.)
- You have to schedule your appointment ahead of time on the telephone number (+57) 604 5606015, or through WhatsApp 320 3520954, or by emailing chequeos@vid.org.co - internacional@vid.org.co.

Keep in mind that every kind of executive health program has different indications and prices.

- Do not stop any medication you may be taking.
- The day before the visit, you can follow a normal diet, have plenty of fluids and avoid liquor and fatty food.
- Avoid smoking the day before of the check-up; also, do not drink any soda or effervescent medication.
- The day before the visit you should have your last meal between 8:00 p.m. and 9:00 p.m. to have about 8 to 10 hours of fasting before blood samples are taken
- If you are a female, you must avoid any type of feminine wash, ovule treatment and vaginal cream, and must avoid sexual intercourse 4 days before the check up. Furthermore, you must be aware that, at least, 10 days has passed since your last period.
- Wear comfortable clothes and shoes (such as sneakers).
- Arrive at the Clinica Cardio VID at 6:30 a.m. in fast; Present yourself in the main entrance, on the first floor on your right (Executive check up office), bring the stool and urine samples in the proper containers (available at any pharmacy).
- The day of the visit make sure you have 2 glasses of water and try not to eliminate them until the abdominal ultrasound is performed.
- Changing rooms, lockers and showers are available if needed.
- According to your diagnostic test results and medical checkup, further assessment might be required.

Analysis and assessment

Evaluation by the cardiologist will be done on the next day or another day with previous appointment, to have a complete analysis and assessment of the results.

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The prevention and early diagnosis of diseases that may affect your health are a benefit to your quality of life.

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If you have any questions
please contact the nurse

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