



مركز العبدلي الطبي
ABDALI MEDICAL CENTER
Member of Clemenceau Network



HEALTH ASSESSMENT

Why do a health assessment?

A health assessment is a set of tests and examinations that provide you with an overview of your current health. They address specific health concerns, or simply help you in improving your health.

We use our health expertise to get an assessment of where your health is, identify potential future health risks and help you in improving your lifestyle and becoming healthier.

What can I expect from a health assessment?

Health assessments are carried out by specialized doctors and nurses. You will have the opportunity to discuss your results with your doctor and will receive a personalized health report and practical lifestyle advice.

Abdali Medical Center health assessments are tailored to the needs of each patient, i.e. the specific test, diagnosis procedures or consultations are recommended depending on risk factors, such as family history of diseases, weight, smoking habits, and age. Health assessments consist of:

- A consultation with our Internal Medicine Department who will go through a thorough review of your family history and general health conditions, and conduct a physical examination
- Lab tests and possibly some images and other tests, such as hearing, ophthalmology and cardiac
- Discussion with your doctor about your results and plan, after which you will receive a comprehensive report of your results, recommendations and advice

The health assessment duration varies, depending on your type of assessment. You will have the option to book a room for your comfort.



What health assessment is suitable for me?

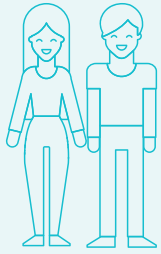
We offer a range of health assessments that are relevant to your risk factors, including age, gender and general health. Our advisers are always delighted to provide you with advice on the most appropriate health assessment for you.



Do you offer health assessments to international patients?

All our international patients will be received by our dedicated team who will look after all their needs from the point of arrival up to discharge. Our experienced team will accompany and support you during each step of the process, to ensure a pleasant experience.

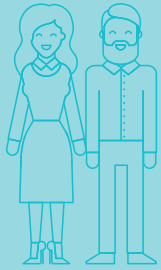




Basic

For individuals below the age of 39. Our Basic Health Assessment is an ideal way to get a rounded view of your current health and identify any future health risks and improvement areas.

Our Female Basic Health Assessment is targeted at women, focusing on breast and gynaecological health.



Plus

For individuals aged 40 - 49 years. Our Plus Health Assessment covers the same examination and tests as the Basic Health Assessment, and is complemented with additional focus on future risk areas according to age and/or other factors.



Advanced

For individuals aged 50 years and above. Our Advanced Health Assessment is a comprehensive check up including PSA and prostate, endoscopy or colonoscopy and CT scans for smokers, as recommended by best evidence-based prevention programs for this age group.



Cardiac Health Focus

Recommended for male and female individuals with specific cardiac-related risk factors.

Consultation & tests	Basic		Plus	
	female	male	female	male
Consultation	✓	✓	✓	✓
CBC: Film, creatinine, urea, uric acid, calcium, ALT, AST, TSH, iron, vitamins D, B12, zinc, lipid profile, fasting blood sugar, urine analysis	✓	✓	✓	✓
CBC blood film, kidney & liver function, TSH, T3, T4, sensitive CRP			✓	✓
PSA				✓
Prostate exam				✓
Skin exam	✓	✓	✓	✓
Cardiology consultation	✓	✓	✓	✓
Calcium score			✓	✓
Stress test	✓	✓	✓	✓
ECG	✓	✓	✓	✓
2D echo			✓	✓
Coronary evaluation				
Chest X-Ray	✓	✓	✓	✓
Colonoscopy & endoscopy				
Smear test	✓		✓	
Ultrasound pelvis, abdomen	✓	✓	✓	✓
Mammogram			✓	
Eye exam			✓	✓
Audiogram			✓	✓
DEXA bone scan (women over 50 & men over 65)				
Nutrition consultation	✓	✓	✓	✓
CT-scan (smokers only)				

Consultation & tests	Advanced		Cardiac	
	female	male	female	male
Consultation	✓	✓	✓	✓
CBC: Film, creatinine, urea, uric acid, calcium, ALT, AST, TSH, iron, vitamins D, B12, zinc, lipid profile, fasting blood sugar, urine analysis	✓	✓	✓	✓
CBC blood film, kidney & liver function, TSH, T3, T4, sensitive CRP	✓	✓	✓	✓
PSA		✓		✓
Prostate exam		✓		
Skin exam	✓	✓		
Cardiology consultation	✓	✓	✓	✓
Calcium score	✓	✓		
Stress test	✓	✓		
ECG	✓	✓	✓	✓
2D echo	✓	✓	✓	✓
Coronary Evaluation			✓	✓
Chest X-Ray	✓	✓		
Colonoscopy & endoscopy	✓	✓		
Smear test	✓			
Ultrasound pelvis, abdomen	✓	✓		
Mammogram	✓			
Eye exam	✓	✓		
Audiogram	✓	✓		
DEXA bone scan (women over 50 & men over 65)	✓	✓		
Nutrition consultation	✓	✓		
CT-scan (smokers only)	✓	✓		

Specialties available at Abdali Medical Center from 2019

ORTHOPEDIC & RHEUMATOLOGY



Upper & Lower Limb Surgery
Spinal Surgery
Rheumatology

CARDIOVASCULAR CARE



Cardiology
Cardiothoracic Surgery
Thoracic Surgery
Vascular Surgery

GASTROINTESTINAL CARE



Gastroenterology
Hepatology
Colorectal Surgery
Hepatobiliary Surgery

COLORECTAL SURGERY



GENERAL & BARIATRIC SURGERY



EAR, NOSE & THROAT



UROLOGY



BREAST & WOMEN'S HEALTH CENTER



Breast Services
Gynecology

PLASTIC SURGERY & AESTHETICS



INTERNAL MEDICINE



HAEMATOLOGY ONCOLOGY



INFECTIOUS DISEASES



NEPHROLOGY & DIALYSIS



ENDOCRINOLOGY & DIABETOLOGY



NEUROLOGY & NEUROSURGERY



PULMONOLOGY



ANAESTHESIOLOGY & PAIN MANAGEMENT





Where you can find us:

- Abdali District Area, Entrance 8
- Inpatient Entrance & Valet from Al-Ne'amah St.
- Outpatient Parking from Al-Ghad St.
- Outpatient Building (tower), Floor #13

For more information & to book your assessment:

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Email: appointments@abdalimedical.com

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