

## Program Summary

### **MISSION: YOUR HEALTH IS YOUR WEALTH**

One of the cornerstones to a company's success is the physical well-being of its corporate executives and employees. Ongoing advances in preventive medicine have made an increasing number of screening tools available each year to help reduce your risk of developing health problems. It is the mission of Beaumont Executive Health Services to provide our clients with personalized access to the leading new developments in preventive healthcare and to tailor our services to meet the individual needs of our corporate leaders and their companies.

The Executive Health program was expressly designed to address the preventive care needs of our clients. One of the mainstays of preventive care involves early detection of health risks—frequently when there are no apparent signs of disease. Individuals' risks for developing certain health problems vary widely. As a client of Beaumont Executive Health Services, you will receive a comprehensive medical evaluation focused on:

- Identifying your personal risks for developing certain health problems
- Screening for early symptoms of disease or previously undetected conditions
- Minimizing (or eliminating) present and future health risks
- Optimizing care of current illnesses

Should you or your examining physician request further tests or consultations, our staff will gladly coordinate these appointments for you, utilizing the extensive specialty resources available at William Beaumont Hospital, when appropriate.

### **CLIENTS**

Who can benefit from our Executive Health program? Preventive care aims to optimize health and reduce health risks—particularly those risks associated with disease and disability. At Beaumont Executive Health Services, our clients include, among others:

- Executives from large, medium, and small companies
- Executives' family members (including children and teenagers)
- Corporate employees
- Individuals requiring pre-employment physicals
- Private participants

Although preventive care strategies may differ by age, prevention is beneficial at any age. Our medical team is able to meet the distinct preventive needs of children and teenagers, as well as young, middle-aged, and older adults.

## EXECUTIVE PHYSICAL

### COMPREHENSIVE CLINICAL EXAMINATION

The hallmark of Beaumont's executive health program is the executive physical, which is modeled after the most recent guidelines set forth by the leading medical societies. The executive physical is performed by your choice of one of our team of board-certified specialists in internal medicine. To enhance your privacy, our office suite is reserved for Executive Health clients during program hours.

What are the typical components of the executive physical? Prior to the actual physical examination, you can expect a complete review of your past medical history, family history, and current health status. Because lifestyle decisions can affect your degree of risk for incurring certain diseases and health conditions, we encourage discussion of issues such as diet, vitamin use, exercise, sleep quality, and stress, as well as any health or lifestyle questions you might have. Careful attention is given to identifying your personal risk factors for certain health problems and to discussing strategies for minimizing them.

Following your consultation with the physician, a series of routine screening tests are completed. For your privacy and convenience, these studies are performed in our office suite on the same day as your executive physical.

### ROUTINE SCREENING TESTS

In addition to the clinical examination, one of the primary strategies for preventing or diagnosing illness in our clients is a group of health screening tests—the need for which may vary based on factors such as your personal or family medical history, age, and gender. Tests typically performed or recommended at your executive physical include the following:

#### *Complete Blood Count (CBC)*

The CBC with platelets involves a series of separate tests that provide detailed information about the major types of cells in the blood. The results generate useful information about the body's overall functioning. Abnormal CBC results could be associated with a variety of diseases, including infection, anemia, B<sub>12</sub> or folate deficiencies, autoimmune disorders, malignancies, or bleeding disorders.

#### *Urinalysis*

Routine urinalysis involves a detailed series of laboratory tests performed on a randomly collected urine sample. These tests are used to screen for abnormalities in the kidneys or urinary tract, as well as unrelated metabolic or systemic illnesses such as diabetes.

#### *Basic Executive Chemistry Profile*

The basic executive chemistry profile consists of a group of blood tests that can aid in detecting a wide range of health problems, including kidney or liver disease, heart disease, stroke, vascular disease, autoimmune disorders, gout, diabetes, thyroid dysfunction, muscle disease and bone disease.

### ***Laboratory Studies of Cholesterol Metabolism and Coronary Risk Factors***

Your blood can be a valuable marker of your heart's overall functioning. Based on advancing research, additional blood tests may be ordered for you to help provide further information about the health of your heart and its blood vessels.

### ***Electrocardiogram (ECG)***

An electrocardiogram graphically represents the heart's electrical activity. The test is capable of identifying signs of heart disease or cardiac abnormalities, including the location and extent of previous heart attacks.

### ***Pulmonary Function Testing***

Pulmonary function testing provides a series of measurements that help reflect how well the lungs are working. These studies can aid in the early detection of pulmonary diseases such as asthma, emphysema, and bronchitis.

### ***Hemoccult Testing***

A Hemoccult test is designed to help detect the presence of abnormal blood in the stool. Laboratory testing of stool samples is capable of detecting unrecognized bleeding along the digestive tract from ulcers, polyps, tumors, or other sources.

### ***Immunization Review and Update***

An immunization review and update may help to reduce or eliminate the risk of contracting specific diseases caused by bacteria or viruses, including influenza, pneumonia, and tetanus/diphtheria.

### ***Gynecological Evaluations***

#### ***CA (Cancer Antigen) 125 (See Pelvic Ultrasound Testing)***

CA 125 is a protein that may be detected in higher than normal levels in the blood of certain women with ovarian cancer. CA 125 levels, however, may also be elevated in patients with other kinds of cancer, as well as in women with a variety of benign conditions. The specificity of the CA 125 test in the detection of ovarian cancer may be improved by supplementing a *series* of CA 125 measurements with concurrent pelvic ultrasound testing.

### ***Clinical Breast and Lymph Node Examination***

Breast and lymph node examination is performed by your physician to screen for palpable irregularities or abnormalities. These routine preventive measures for women can help identify signs of breast disease or cancer, often before any other symptoms appear.

### ***Digital Mammography***

Digital mammography is performed under the supervision of a Beaumont radiologist at the Vattikuti Breast Care Center. State-of-the-art digital technology is used to visualize breast abnormalities or signs of breast cancer. It is of particular benefit in screening for cancers that cannot be detected by physician- or self-examination.

### ***Papanicolaou (PAP) Test***

A PAP test, also called a PAP smear, aids in identifying changes in cervical cells. A sample of these cells, collected by your physician during your physical exam, is reviewed by a Beaumont pathologist. The PAP test is capable of detecting cervical abnormalities or early signs of cancer when no other apparent symptoms are present.

### ***Pelvic Ultrasound Testing***

Pelvic ultrasound is a test that uses sound waves to produce an electronic image of the pelvis. Pelvic ultrasound has been shown to be of value as a screening tool for ovarian and uterine cancers in women with risk factors for these diseases (such as personal or family history). The sensitivity and specificity of pelvic ultrasound as a screening tool for ovarian cancer has been found to increase when accompanied by a concurrent rise in CA 125 blood levels.

### ***Menopausal Hormonal Screening and Hormone Replacement Counseling***

Menopausal hormonal screening typically includes a clinical review of perimenopausal or menopausal symptoms; blood tests may also be ordered to assess hormone levels. Hormone replacement counseling is intended to help clarify the personal risks and benefits of instituting hormone replacement therapy.

### ***Bone Mineral Density Testing***

Bone mineral density testing is a screening study that is used to evaluate bone mineral content and density. DEXA (dual energy x-ray absorptiometry) uses low-dose x-rays to examine bone mass at specific sites—usually the lower spine, hips, and/or forearm. The bone mineral density test is capable of detecting osteoporosis at an early stage.

### ***Prostate-Specific Antigen (PSA) Testing***

A PSA test is a blood test that is used to assist in the detection of cancer, inflammation, or other disorders of the prostate gland.

### ***Supplementary Testing***

Additional studies or consultations may be recommended by your physician based on the results of your initial examination.

## **FORMAL PRESENTATION OF FINDINGS**

Once your test results are available, you will receive a personal letter from your physician explaining his or her medical findings, as well as copies of your test results. Specific recommendations will be made for reducing your risk of developing major health problems, including: (1) health-related lifestyle modifications, (2) medications or other therapies, and (3) supplementary examinations or consultations.

## **CONFIDENTIALITY**

Each client's privacy is our priority. Our office suite is reserved for our executive clients during program hours. As the guardians of your executive healthcare information, we also consider your medical record strictly confidential. Only at your written request will information be made available to anyone other than you.

## SPECIALTY EVALUATIONS

One of the primary goals of Beaumont's Executive Health Services is to help our clients reduce the risk of incurring unnecessary illness and disability. Your risk of developing a disease is dependent on many factors—including age, gender, personal and family history, lifestyle, and environment. Health promotion requires knowledge not only of your personal risk profile but also of strategies for minimizing risks to your health. Depending on your physician's findings and your own personal concerns, further examinations or consultations may be appropriate. For your reference, we have provided a partial list of the broad range of available screening and diagnostic studies:

### *Colonoscopy*

A colonoscopy permits visualization of the entire lining of the large intestine (colon). The procedure is used to screen for inflammation, ulcers, and abnormal lesions (including early signs of cancer). A colonoscopy may also be useful for patients with a history of unexplained constipation, diarrhea, rectal bleeding, or lower abdominal pain.

### *CT Colonography (Virtual Colonoscopy)*

CT Colonography graphically represents three-dimensional ("virtual") images of the colon, as well as surrounding abdominal structures. The test may be requested to screen for colorectal cancer or polyps. CT colonography typically requires less preparation than the traditional colonoscopy. However, it is often ordered following the more conventional colonoscopy because the doctor is not able to remove polyps or tissue samples during this procedure.

### *Exercise Stress Testing*

The exercise stress test is used to evaluate the effect of exercise on your heart. The test typically measures your heart's electrical activity as you walk on a treadmill or pedal a stationary bicycle. An exercise physiologist will then make recommendations about diet and exercise.

### *Echocardiography Stress Testing*

The echocardiography stress test uses ultrasound images to provide information about the function of heart structures when stressed—generally by exercise or pharmaceutical methods.

### *Myocardial Perfusion Stress Testing*

A myocardial perfusion stress test is a cardiac scan that involves the use of small amounts of radioactive imaging agents to help detect the presence of coronary artery or structural disease.

### *Screening Vascular Ultrasonography*

Screening vascular ultrasonography can help to assess cholesterol (plaque) deposition in the aorta, carotid arteries, and other blood vessels.

### *CT Coronary Angiography*

CT coronary angiography is a non-invasive technology capable of obtaining high-resolution images of the heart and great vessels. It may be recommended to evaluate build-up of plaque in the coronary arteries or to detect early signs of atherosclerosis (hardening of the arteries).

### ***Cardiac Risk Panel***

This panel looks at novel and evolving cardiac risk factors based on accumulating evidence in the scientific community. Currently we check NMR LipoProfile, High Sensitivity CRP, and B-type natriuretic peptide (BNP).

### ***Premium Executive Blood Panel***

This panel includes the Cardiac Risk Panel and in addition checks the hormone status, level of active Vitamin D and presence of Helicobacter pylori infection in the stomach.

### ***Chest X-Ray***

A chest x-ray produces a film image of the internal organs in the chest cavity, including the heart, lungs, and bone. A chest x-ray is typically ordered periodically to assess heart and lung structures. It is capable of detecting a broad range of problems, including inflammation, tumors, air or fluid accumulation, and heart size abnormalities.

### ***Hearing Evaluation***

Signs of hearing loss may be subtle (e.g., trouble hearing when more than one person is speaking). Hearing loss is a medical disorder that can frequently be corrected or improved. Depending on the symptoms of your hearing difficulty, you might be referred to an otolaryngologist or an audiologist for further evaluation. An audiogram is a test performed by an audiologist to help identify the presence of a hearing loss and its cause.

### ***Eye Examination***

Ophthalmologists specialize in the diagnosis and treatment of disorders of the eye. A routine eye examination can be helpful not only in evaluating vision but also in detecting eye problems or unrelated medical disorders at an early stage.

### ***Dexa Body Composition Analysis***

DEXA body composition analysis is both a global bone density screening test and a study of body fat and muscle composition. The test uses a whole-body scanner to provide estimates of three different components of body composition—bone mineral mass, fat mass, and fat-free soft tissue mass. If your bone mineral mass is found to be low, DEXA bone mineral density testing will usually be recommended. Test results are also used as a guide in evaluating whether you may be at increased risk for heart disease, diabetes, obesity, high cholesterol, or related illnesses based on tissue fat to muscle ratio.

### ***Dietary/Nutrition Consultation***

Dietary counseling is provided by a registered dietitian and generally includes a thorough assessment of a client's nutritional needs, development of a treatment plan, and education about pertinent dietary topics. Optimizing nutrition is important for health maintenance, weight-loss management, and reduction of potential health risks associated with illnesses such as osteoporosis, diabetes, high blood pressure, and heart disease.

### *Supplementary Testing*

Further testing or consultation may be requested or medically indicated based on the results of your initial executive physical or subsequent examinations.

The need for any of these specialty screening evaluations will be thoroughly discussed with you by your physician. Should you require additional care, personalized attention will be given to coordinating and scheduling all of your Executive Health specialty appointments for you. Please keep in mind that certain supplementary appointments can be prescheduled for you on the same day as your executive physical. When that is not possible, we will make every effort to accommodate the constraints of your personal schedule.