ABOUT THE INTERNATIONAL CENTER

The International Center is a full-service department dedicated to meeting the needs and requirements of international patients who receive their care at The Cleveland Clinic. The dedicated professionals in the International Center provide help in scheduling appointments, travel arrangements and accommodations. Staff interpreters are available to accompany patients to medical appointments, explain important medication information and physicians’ instructions, and assist with hospital admissions. Financial counselors help international guests obtain an estimate of charges for medical and surgical services, conduct banking and wire money from home.

International patients are encouraged to call or write the International Center before traveling to The Cleveland Clinic in order to ensure that their visit will go as smoothly as possible. The International Center can be reached at:

Phone: 216/444-6404
Fax: 216/444-0266
E-mail: icwebmail@ccf.org
The Premier Health Profile is unmatched in scope and detail. This program utilizes the full resources of one of the world’s most renowned medical centers — including a medical staff of 1,400 physicians and scientists representing more than 120 specialties — for a health profile that is individualized to meet the needs of each patient. From the first phone call to the final report, Premier patients benefit from a staff of specialists that explores every risk factor, uncovers potentially harmful health problems and sets your course toward a healthy future.

Take a look at what the Premier Health Profile offers, and let us know when we can put you on the road to an improved healthy lifestyle.

**Advantage #1**

*Coordinated care by a specialist in preventive medicine*

A physician who is board-certified in internal medicine with a subspecialty interest in preventive medicine will coordinate your care. This physician will conduct your evaluation and physical examination and arrange all tests and consultations with other specialists.

Premier physicians are devoted to preventive medicine and work hard to stay in the forefront of their field. Conducting thorough physical examinations on Premier patients is their priority.

**Advantage #2**

*An evaluation tailored to meet your needs*

Your Premier Health Profile will be designed to meet your needs and requirements based on your risk factors, family history, gender, age and specific requests. Your Premier physician will call you in advance of your visit to obtain details of your personal and family medical history and lifestyle, and will use this information to plan your examination.

If you are considered at risk for a particular medical problem, certain tests will be included. If you have other issues — perhaps you have gained weight and are unable to lose it, or have begun experiencing headaches — other tests will be recommended. If you are not sleeping well, are unable to enjoy the fruits of your labors, or feel that looking older may be a handicap to future success, a consult with a particular specialist can help.

This pre-visit phone consultation is an ideal time to talk with your physician about any personal health concerns you may have so the appropriate studies or consultations can be incorporated into your examination. For example, if a close relative had Alzheimer’s disease, a rare disorder or a genetic disease, you may want your risk for the problem to be carefully assessed.
**ADVANTAGE #3**

*Care by specialists and subspecialists*

All tests and procedures on Premier patients are performed by Cleveland Clinic specialists and subspecialists. This ensures you receive definitive opinions by some of the best medical minds in the world.

Tests and consultations determined during the pre-visit conversation are scheduled within the three-day examination period. Should any urgent issue be identified during your examination, an appropriate specialist will see you immediately.

At the end of your visit, your Premier physician will explain your test results and recommend steps you might take to maintain your health and protect yourself from future medical problems. If a potential or existing problem needing further evaluation is identified, your physician will arrange for you to see a Cleveland Clinic specialist for an in-depth assessment.

**ADVANTAGE #4**

*Sophisticated technology*

As one of the world’s leading medical centers, The Cleveland Clinic is proud to offer the most sophisticated technology available anywhere today. Whether it is a scan of the brain, chest, abdomen or arteries; a mammogram, stress test, or colonoscopy; or an advanced laboratory study, your tests and procedures will be performed using the latest equipment. You can have confidence that the combination of physician expertise and advanced technology produces highly accurate results. This is known as Cleveland Clinic Confidence.

**ADVANTAGE #5**

*A total package of convenience and luxury*

Premier patients enjoy personal attention and luxurious suite accommodations found on the exclusive Club Floor of the new InterContinental Hotel on the Cleveland Clinic’s main campus. In addition, Premier patients enjoy a variety of privileges, including transportation to and from the airport, a pre-visit phone call from the concierge to determine your special needs and requirements, and free in-room movies. The Club Floor has amenities of its own: keyed access; continental breakfast, high tea, hors d’oeuvres and cocktails in a private lounge; a library; head and neck massages; and beds with luxurious linens and goose down duvets. All this will make your visit as easy, relaxing and stress-free as possible.

**HOW TO MAKE AN APPOINTMENT FOR A PREMIER HEALTH PROFILE**

A personal care liaison will be happy to schedule your appointment with a Premier physician and coordinate your travel arrangements, accommodations at the InterContinental Hotel and airport hotel transportation. For more information or to make an appointment, please call:

**800/223-2273, ext. 43480**  - or -  **216/444-3480**

If you are calling from outside the United States, the International Center will make these arrangements for you. To reach the International Center, please call or e-mail:

**216/444-6404**  - or -  **icwebmail@ccf.org**
What the Premier Health Profile Includes

Please note that the following menu of tests is representative of what a Premier patient receives. Your examination may vary, and may differ each time you are re-examined. This flexibility ensures that you receive the tests you need and desire.

Screening and risk assessment tests for heart and cardiovascular disease:
- Comprehensive laboratory tests, including lipid profile
- Lipoprotein electrophoresis
- Ultrasensitive C-reactive protein
- Fibrinogen
- Homocysteine
- Lipoprotein (a)
- Albumin/creatinine ratio

Scans and procedures to evaluate the heart’s electrical system, valve and muscle structure, function and likelihood of coronary artery disease:
- Electrocardiogram
- Electrocardiography stress test
- Calcium scoring of the coronary arteries

Mental health assessment and evaluation of brain for risk of stroke or aneurysm:
- Magnetic resonance imaging of the brain
- Magnetic resonance arteriography of the brain and carotid arteries
- Mental health assessment for stress management and related issues

Screening and risk assessment tests for common cancers:
- Laboratory studies and studies of tumor markers for pancreatic, gastrointestinal and colorectal cancers
- Prostate-specific antigen and free PSA level for prostate cancer (men only)
- CA-125 test for ovarian cancer (women only)

Cancer screening procedures and scans:
- Colonoscopy for colorectal cancer and precancerous growths in the colon and rectum
- Whole body scanning for the abdomen, pelvis and chest for lung cancer and internal organ tumors
- Pap smear for cervical cancer (women only)
- Transvaginal ultrasound for uterine and ovarian cancer (women only)
- Mammography (women only)

Screening tests and consultations for general health and vitality:
- Complete blood count, comprehensive chemistry profile, urinalysis, thyroid screening and hormone levels to assess internal organ function

Studies of special senses and internal organs:
- Audiogram to assess hearing
- Spirometry to determine lung function
- Full eye examination to outline any undiagnosed eye condition and discuss any options for improving vision

Consultations to evaluate fitness and personal habits:
- Body fat percentage and nutritional counseling with a registered dietitian
- Evaluation of fitness and determination of fitness goals with an exercise physiologist
- Thorough skin examination by a dermatologist to locate any cancerous or precancerous conditions and to discuss ways to maintain skin health

Additional consultations:
- Cosmetic surgery
- Dental assessment
- Immunization update and consultation of health risks related to international travel