

THE CLEVELAND CLINIC

personal

Health

Management

Program

*Our Personal Health
Management Program
offers a comprehensive
examination in a package
tailored to meet your
unique medical needs.*

Expert Care

The Cleveland Clinic's Personal Health Management Program is one of the largest and oldest in the United States. Five full-time physicians experienced in determination of health risk and prevention of disease evaluate and counsel some 3,000 men and women each year in this program.

Our program offers a comprehensive evaluation, with access to the full resources of The Cleveland Clinic's medical, surgical and laboratory facilities. You have access to more than 120 medical and surgical specialties and primary, specialty and subspecialty medical consultations — all under one roof, in a package tailored to meet your unique medical needs.

The program is aimed at targeting, reducing and removing health risks; promoting wellness; discovering potential health problems; and facilitating prompt, expert, and compassionate treatment of injuries and diseases.

Personal Attention

The Cleveland Clinic places great emphasis on the patient-physician relationship. One internist is responsible for the individual's care. This physician performs the physical examination, coordinates tests, interprets the results and discusses the findings with the patient.

Professional Staff

Richard S. Lang, M.D., M.P.H.,
Head, Section of Preventive Medicine

John P. Campbell, M.D.

Michael E. Felver, M.D.

Catherine A. Henry, M.D.

Raul J. Seballos, M.D.

Convenience

The Personal Health Management Program is designed with your schedule in mind. All examinations, screenings and tests are completed in the same visit.

Confidential Follow-up Reports

If you have a personal physician, we will keep him or her informed of our findings. If not, we will be pleased to assist in identifying an appropriate physician to follow your care.

Planning for Health

Choosing the Cleveland Clinic Personal Health Management Program for your care gives you access to the expertise you need, when you need it.

The initial examination takes approximately four to six hours, beginning in the morning and is usually completed in one visit. Subsequent follow-up varies according to your needs.

Evaluations and Consultations

Your evaluation could include the following:

❖ **History and Physical.** A detailed history and physical examination provide a basis for all other testing. Preventive medicine specialists conduct and coordinate the evaluation. Gastroenterologists, audiologists, cardiologists, radiologists and biochemists all lend their expertise to the initial evaluation.

As much time as needed is taken to gain a thorough understanding of your past medical problems and risks, based on family, social and work history. You are encouraged to use this time to raise any and all health questions and concerns you may have.

❖ **Laboratory Studies.** The Personal Health Management Program uses comprehensive screening tests, including a complete blood count, cholesterol and lipid profile, urinalysis, and blood chemistries. The purpose of these screening tests is to detect problems such as anemia, diabetes, thyroid abnormalities, liver disease and kidney disorders. Cholesterol and lipid profile and other markers reveal risk for

atherosclerosis, which can cause heart disease or stroke. For men at risk, a blood test is performed to detect prostate-specific antigen, a marker for prostate cancer.

❖ **Resting Electrocardiogram (EKG).** A resting EKG records the electrical activity of the heart. Abnormalities in the EKG may signify a number of potentially serious heart problems, which may be treated if detected early.

❖ **Cardiac Stress Test.** The treadmill exercise EKG test is performed by a cardiologist to screen for unrecognized coronary artery disease, hypertension and abnormal heart rhythms.

❖ **Visual Acuity Test and Tonometry.** A vision screening is performed, and pressure in the eyes is checked for glaucoma.

❖ **Audiogram.** A licensed audiologist evaluates hearing and makes recommendations for preservation of hearing and hearing amplification, as needed.

❖ **Chest X-ray.** This determines heart size and screens for lung cancer -and other pulmonary diseases.

❖ **Spirometry.** This test of breathing function helps to detect emphysema, bronchitis, asthma and other airway problems.

❖ **Vaccinations.** Adult-recommended vaccinations are reviewed and administered when appropriate.

❖ **Colonoscopy.** Fiber-optic examination of the entire colon for polyps, cancer or other abnormalities of the colon.

❖ **Body Composition.** This evaluation is conducted by a registered dietician and determines percent body fat, desired body fat parameters and target weight. The dietician then provides nutritional counseling; answers questions on sports, nutrition and dietary supplements; and provides guidelines for healthy eating when dining out and traveling.

❖ **Physical Fitness Profile.** Your fitness consultation is conducted by the exercise physiologists in Cleveland Clinic Sports Health who develop conditioning programs for the Cleveland Browns,

Cleveland Cavaliers, Cleveland Rockers and Cleveland Barons. Specific fitness guidelines can be established, along with recommendations for home exercise equipment, if necessary. A nutritional program will be tailored to the individual's food preferences, activity level and medical history.

❖ **Bone Densitometry for both Men and Women.** Testing to determine presence of bone loss (osteoporosis).

❖ **Cervical Pap Smear for Women.** A method for detecting cervical cancer.

❖ **Mammogram for Women.** A method for detecting early breast cancer.

Additional Services

Any of the following options may be added to the comprehensive health evaluation. These options are requested in advance and billed as separate, individual services apart from the core program.

❖ **Stress Evaluation.** A confidential consultation with an experienced psychologist offers the opportunity for you to examine professional and personal stress triggers, physiologic responses, and strategies for coping.

❖ **Carotid Artery Ultrasound Testing.** Screening study of the carotid arteries of the neck for atherosclerosis and risk of stroke.

❖ **The Total Body Scan.** A new diagnostic technique that uses computed tomography to help identify potential problems and diseases before symptoms even appear. The scan looks at five major areas of the body: heart, major blood vessels, lungs, abdomen and pelvis. The scan includes:

❖ Calcium-Score Screening of the heart to detect calcium deposits found in plaque in the arteries of the heart.

Lung CT Scan for Early Detection of very small lung cancers before they can be seen on chest X-rays and, importantly, while most are still curable by surgery.

Abdominal and pelvic CT scan to evaluate the liver kidneys, abdominal aorta, and internal organs for growths or structural abnormalities.

❖ **Dental and Oral Examination.**

Oral and dental health often are neglected when people are busy. A staff dentist performs a thorough clinical examination of the mouth, including the tongue and cheeks, to assess decay, gum disease and other medical problems.

❖ **Eye Care.** A complete eye examination is recommended at least every two years to check eye structures, pupils, eye muscle function, visual fields, and a refraction for eyeglasses, if needed. Opticians at Pearle Vision, conveniently located in the Cleveland Clinic's Cole Eye Institute, and optometrists in the Contact Lens Service can, in most cases, provide eyeglasses and contact lenses on the day of the exam.

❖ **Skin Examination.** A dermatologist performs a complete skin examination, checking for skin cancer and examining rashes, moles and other lesions.

❖ **Cosmetic Surgery Consultations.** The Cleveland Clinic offers a full range of cosmetic procedures. A consultation can be arranged upon request.

❖ **International Travel Clinic.** This clinic in the Department of Infectious Disease provides immunizations, the latest information on health regulations, updated travel advisories and information for individuals who are planning to travel abroad.

Prior to your appointment, you will receive:

- ❖ Your test schedule
- ❖ A questionnaire regarding personal and family health history
- ❖ Instructions for fasting before certain tests, as needed
- ❖ Athletic attire requirements, when necessary
- ❖ Cleveland Clinic map and brochure and valet instructions.

To Make an Appointment

To schedule an appointment with the Cleveland Clinic Personal Health Management Program or for additional information, call one of the following numbers:

216/444-5707

toll-free 800/223-2273, ext. 45707

FAX: 216/445-2144

Please inform the appointment secretary of the options you wish to include, so that they may be scheduled on the same day as your evaluation. If possible, please allow four weeks advance notice to schedule special tests or additional consultations.

For more information or to receive a free brochure, call:

216/223-2273

toll-free 800/2230-2273, ext. 43480

FAX: 216/444-7021

THE CLEVELAND CLINIC
FOUNDATION



9500 Euclid Avenue, Cleveland, OH 44195

The Cleveland Clinic Foundation is an independent, not-for-profit, multispecialty academic medical center, recognized as a National Referral Center and an international health resource. It is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with 927 staffed beds, an education division and a research institute.

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