



HEART SCREENING PACKAGES



Heart disease is the number one cause of death for men and women in the Maldives. Protect your heart, get it checked.

- Expertise in diagnosis, treatment and management of cardiac conditions.
- Highly-trained and experienced Cardiology Specialist.
- State-of-the-art equipment and technology.
- Convenient, compassionate and personalised care.

CATEGORY	HEALTHY HEART (Age 30-60)	STRONG HEART (Age 60 above)
Clinical Examinations	Patient History	Patient History
	Height and Weight Measurement	Height and Weight Measurement
	Body Mass Index	Body Mass Index
	Blood Pressure	Blood Pressure
Laboratory Investigations	Full Blood Count	Full Blood Count
	Erythrocyte Sedimentation Rate	Erythrocyte Sedimentation Rate
	Glycated Haemoglobin	Glycated Haemoglobin
	Fasting Blood Glucose	Fasting Blood Glucose
	Urea	Urea
	Creatinine	Creatinine
	Uric Acid	Uric Acid
	Sodium	Sodium
	Potassium	Potassium
	Lipid Profile	Lipid Profile
	Thyroid Stimulating Hormone	Thyroid Stimulating Hormone
Homocystein	CRP (Vario)	
Imaging and Diagnostics	Chest X-Ray (1 view)	Chest X-Ray (1 view)
	Echocardiogram	Echocardiogram
	Electrocardiogram	Electrocardiogram
	Cardiac Stress ECG (TMT)	Cardiac Stress ECG (TMT)
OPD	Consultation and Review by Cardiology Specialist	Consultation and Review by Cardiology Specialist
	Nutrition Assessment by Clinical Dietitian	Nutrition Assessment by Clinical Dietitian

TERMS AND CONDITIONS

- Appointment must be made in advance
- Prices are subject to change without prior notice

PREPARATION FOR HEART HEALTH SCREENING

IMPORTANT NOTES

- Please fast for at least 12-14 hours prior to the appointment, to avoid having false positive results.
- Do not consume any stimulants such as coffee, tea, soft drinks, nicotine.
- Guests on maintenance medications are allowed to have sips of water after intake of oral medications.
- Guests can continue their medications as usual. Drink water freely after blood tests.

THINGS TO BRING

- Comfortable clothing and shoes for your stress test, you will be expected to run or walk fast. Bring joggers and extra shirt.

DURATION OF SCREENING

The entire health screening process including the clinical examinations by a Cardiology Specialist and nutritional screening by Clinical Dietitian will take one day.



