



**Sagar**  
Multispeciality Hospital  
WE CARE • WE CURE



# HORMONE HEALTH CHECK – FOR WOMEN ABOVE 40

As women cross the age of 40, they need extra care to stay healthy and fit due to various changes occurring in their bodies. This specially curated package is best suited for women over 40 to help screen for hormonal imbalances, diabetes, thyroid disorders, osteoporosis, nutritional deficiencies, and anaemia.

## HORMONE HEALTH CHECK

FOR INQUIRES CALL

 **7880161616**

- ✓ Lab Tests : 18
- ✓ Parameters : 58
- ✓ Consultations : 1
- ✓ Ideal For : Female
- ✓ Age Group : >40

 **6,999/-**

## PACKAGE INCLUSIONS

### BLOOD INVESTIGATIONS

- Complete Blood Count (CBC)

### DIABETES SCREENING

- Glucose (Random)
- Glycylated Hemoglobin

### OBESITY SCREENING

- Body Composition Analyzer (BCA)

### ABDOMEN HEALTH

- USG LOWER ABDOMEN/PELVIS

### HEART HEALTH

- Lipid profile (non-fasting)
- ECG

### HORMONE HEALTH

- Follicle-stimulating hormone
- Leutinizing Hormone
- Thyroid Profile
- Para-Thyroid Hormone

### KIDNEY HEALTH

- Renal Function Test

### NUTRITIONAL HEALTH

- Vitamin B12
- Vitamin-D (25 Oh)

### LIVER HEALTH

- Liver Function Test

### ANAEMIA SCREENING

- Ferritin
- D Total iron binding capacity
- Iron (Serum)

### BONE HEALTH

- DEXA Whole Body Scan

### CONSULTATION

- Endocrinologist

## IDEAL FOR

Women above 40 years of age.



## PREPARATIONS

# GUIDELINES FOR PREVENTIVE HEALTH-CHECK PROGRAM

### General Instructions

- Get Sufficient Rest.
- Please do not eat or drink anything (no tea coffee lime water etc. ) except water for a minimum of 10 to 12 hours (Plain water is permitted) and abstinence from excessive fatty meal and meat for dinner in the evening before is essential.
- For Spirometry / Pulmonary Function test intake of inhalers needs to be avoided for 24 hours (if possible) hence patient should consult their prescribing physician.
- Avoid exercise in the morning on day of health check up.
- Please wear comfortable footwear since you be required to undergo a brisk walk as a part of Treadmill test (TMT ) if indicated .
- Do not consume alcohol or nicotine 24 hours prior to the health check.
- Please carry all your current medications and medical records for any known medical condition (Significant Medical or Surgical History).
- There may be a short waiting time for each test as per your selected package.
- This whole process will take minimum 3-4 hrs.

### For Women:

- It is advised to book your appointment on D2/D3 of your period for optimal FSH & LH test results.
- If you are menstruating on the day of your appointment please inform the nurses on arrival.
- In the event of pregnancy or suspected pregnancy, please avoid getting any X-rays or mammograms. Kindly notify the reception about your pregnancy status in advance.

### Other Instructions:

- If you are a diabetic/cardiac/BP patient or have suffered any illness or fever in the recent past please inform the EHC reception in advance.
- All corporate clients are requested to bring the original credit letter from your company.
- For identification kindly bring a valid photo ID Card.