

Tests and Procedures

- // **Comprehensive Physical Exam** – Examination conducted by an Executive Health Physician (Internist) that includes:
 - // **Vital Signs** – Indicators such as blood pressure, heart rate, respiration rate and temperature are measured.
 - // **Heart Exam** – Listening to your heart with a stethoscope, a doctor might detect an irregular heartbeat, a heart murmur, or other clues to heart disease.
 - // **Lung Exam** – Using a stethoscope, Physician listens for crackles, wheezes, or decreased breath sounds. These and other sounds are clues to the presence of heart or lung disease.
 - // **Head and Neck Exam** – Physician checks your throat, tonsils, teeth, gums, as well as ears, nose, sinuses, eyes, lymph nodes, thyroid and carotid arteries.
 - // **Abdominal Exam** – Physician uses a range of examination techniques including tapping your abdomen to detect liver size and presence of abdominal fluid, listening for bowel sounds with a stethoscope and palpating for tenderness.
 - // **Neurological Exam** – Nerves, muscle strength, reflexes, balance and mental state are assessed.
 - // **Dermatological Exam** – Skin and nail findings could indicate a dermatological problem or disease somewhere else in the body.
 - // **Extremities Exam** – Physician looks for physical and sensory changes. Examining joints can assess for abnormalities.
- // **Spirometry Screening** – Test used to assess how well your lungs work by measuring how much air you inhale, how much you exhale and how quickly you exhale.
- // **Resting EKG (Electrocardiogram)** – Test used to monitor your heart. Each beat of your heart is triggered by an electrical impulse normally generated from special cells in the upper right chamber of your heart. An electrocardiogram records these electrical signals as they travel through your heart. An electrocardiogram is used to look for patterns among these heartbeats and rhythms to diagnose various heart conditions.
- // **Dermatology Skin Assessment** – A skin examination conducted by a provider specialized in dermatology of either the upper body or full body screening which involves examination of the skin for benign and cancerous lesions. Treatment recommendations will be discussed and offered depending on exam findings.
- // **Laboratory Work**
 - // **CBC (Complete Blood Count)** – Blood test used to evaluate your overall health and detect a wide range of disorders, including anemia, infection and leukemia. Measures several components and features of your blood, including red blood cells, which carry oxygen.
 - // **CMP (Complete Metabolic Panel)** – Blood test to help diagnose conditions such as diabetes, liver or kidney disease.
 - // **Lipid Panel** – Blood test which measures the amount of cholesterol and triglycerides in your blood.
 - // **TSH (Thyroid Stimulating Hormone)** – Test that measures the amount of TSH in your blood. Used to diagnose and monitor the treatment of a thyroid disorder and help evaluate pituitary gland function.
 - // **UA (Urine Analysis) with Micro** – Analysis of the urine to determine the general health of the body and, specifically, kidney function.

- // **FOBT (Fecal Occult Blood Test)** – A lab test used to check stool samples for hidden (occult) blood. Occult blood in the stool may indicate colon cancer or polyps in the colon or rectum.
- // **IRON/TIBC (Total Iron Binding Capacity)** – Group of blood tests that are done to evaluate the iron level in blood serum, the body’s capacity to absorb iron, and the amount of iron actually stored in the body.
- // **PSA (Prostate-Specific Antigen) (Men 45+)** – Test is used primarily to screen for prostate cancer. Measures the amount of PSA in your blood.
- // **CA-125 (Cancer Antigen) (Women)** – Blood test that measures the amount of the protein CA 125 in your blood. Used to monitor certain cancers during and after treatment and can be used to look for early signs of ovarian cancer in women with a high risk of the disease.
- // **Vitamin D Level** – A blood test which measures how much vitamin D is in your body. This test is used to detect potential bone weakness or disorders which can occur as a result of Vitamin D Deficiency.
- // **Hemoglobin A1C** – A blood test which indicates the average blood sugar level in the body over the past 2-3 months. This test is used to screen for and diagnose diabetes and prediabetes.
- // **Hepatitis C Antibody (Persons born 1945-1965)** – A blood test that looks for antibodies to the hepatitis C virus. This test indicates if hepatitis C virus has occurred. Persons born between 1945 and 1965 are five times more likely to have hepatitis C than others.
- // **Cardiac Calcium Scoring** – Special X-ray test called computed tomography (CT) to check for the buildup of calcium in plaque on the walls of the arteries of the heart (coronary arteries). Used to check for heart disease and to determine how severe it is.
- // **Carotid, Abdominal Aortic, Peripheral Vascular Screening** – Tests which check for the buildup of fatty deposits in the arteries of the body. Screening the vascular system with ultrasound technology for signs of narrowing or blockages can help prevent future heart attacks, strokes and impaired blood flow to the legs, arms and abdomen.
- // **Comprehensive Audiology Exam** – Test conducted by an Audiologist that analyzes the ability to hear pure tones in each ear. Tests both bone conduction and air conduction. A comparison between these two types of conduction can be useful in localizing which part of the hearing mechanism is responsible for any hearing loss.
- // **Advanced Cardiac Stress Test** – Test that involves exercising on a treadmill or stationary cycle while being monitored. Used to:
 - // Determine how well your heart tolerates activity
 - // Evaluate the function of your heart and valves
 - // Determine your likelihood of having coronary artery disease
 - // Evaluate the effectiveness of your cardiac treatment plan
- // **Hearing Screening** – Test evaluates your ability to hear by measuring the ability of sound to reach the brain.
- // **3D Mammogram (Women)** – Digital tomosynthesis of the breast that can help determine whether a lump in the breast is a gland, a harmless cyst, or a tumor.
- // **Bone Density Scan (Men 60+ and Women 50+)** – Test that determines if you have osteoporosis which causes bones to become fragile and more likely to break.
- // **Pap Smear** – Procedure to test for cervical cancer in women.
- // **Sleep Study (Polysomnography)** – Test used to diagnose sleep disorders. Records your brain waves, the oxygen level in your blood, heart rate and breathing, as well as eye and leg movements during the study. Can be conducted either at your home or on-site in our Sleep Center.
- // **Colonoscopy** – Exam used to detect changes or abnormalities in the large intestine (colon) and rectum.

- // **CT Lung Screening** – Imaging test intended for those with no symptoms of lung cancer but with a history of smoking in order to catch any early signs of lung cancer. Images of the lungs are produced using a rapidly rotating x-ray tube while you lie still on a table. To limit unnecessary radiation exposure, it uses the minimum amount of radiation possible. Radiologist will review these images to screen for any areas of concern in the lungs. Due to the low radiation levels used, the images will not be of adequate quality to definitively diagnose a problem, so if areas of concern are identified follow-up imaging will likely be required.
- // **Strength and Flexibility Test** – Evaluation done by a Physical Therapist to determine joint and spinal range of motion limitations. Also performed to determine weakness surrounding any specific joints. Therapist will design a personalized home exercise program based on the findings of this exam.
- // **SFMA (Structure Function Mobility Assessment)**
A clinical assessment performed by a physical therapist that utilizes movement based diagnostic system. The assessment can breakdown dysfunctional movement patterns in a structured, repeatable assessment. The physical therapist will be able to pin point troubled areas and develop a treatment plan.
- // **Pellevé** – Pellevé is a non-invasive radiofrequency solution to help reduce the appearance of fine lines and wrinkles with out needles or surgery. Pellevé is a safe and effective option for a no downtime procedure that gives you a refreshed youthful appearance. A series of treatments is recommended to boost the collagen rebuilding process.
- // **Glyderm Chemical Peel** – Helpful for those individuals with facial blemishes, wrinkles and uneven skin pigmentation. A chemical solution is used to improve and smooth the texture of the facial skin by removing its damaged out layers.
- // **Obagi Blue Peel RADIANCE** – The Obagi Blue Peel RADIANCE is a quick and easy in-office application that can improve your skin’s texture and feel. This peel is perfect for most skin types and can improve a range of skin concerns, including photodamage, and help make your skin tighter, smoother and brighter-looking after just one use.
- // **Microdermabrasion** – Skin-refreshing technique that helps repair facial skin, refining the skin’s texture and tonality. It’s a noninvasive office procedure that may help control skin breakouts, reduce fine lines and wrinkles, reduce pore size and even out skin tone.
- // **Medical Microdermabrasion** – includes both benefits of microdermabrasion and chemical peel all in one treatment.
- // **Swedish Massage** – The most common and best-known type of massage. Swedish massage combines various hands-on techniques including gliding, kneading, and cross-fiber friction to break up muscle knots. Used especially for relaxation, relief of muscular tension, and improvement of circulation.
- // **Wellness Facility** – Access to treadmill, elliptical, and rowing machine in our wellness facility.
- // **Medications and Supplement Review** – Consultation with a Pharmacist to discuss prescriptions, over the counter medications, and any herbal supplements being taken for health benefits and potential interactions.
- // **Pharmacogenetic Testing** – This test indicates the body’s ability to metabolize certain medications and is a screening for possible reactions to medications based on an individual’s genetics. The Iowa Clinic utilizes ActX to analyze (saliva sample collection kit) genetic information in real time and alerts physicians about drug-genome interactions.
- // **Dietitian Consult** – A meeting with a Registered Dietitian to receive a nutrition assessment and a personalized plan. Nutrition education is provided for disease prevention and nutrition counseling for meeting individual health goals.
- // **Personal Trainer Consult** – Meeting with a personal trainer to develop a personalized safe and effective workout/exercise plan.

Vaccines

- // **Influenza Vaccine** – A flu shot which contains non-living influenza viruses and is given by injection. Influenza changes from year to year, so a flu shot, unlike other types of vaccinations, is recommended every year. Each year, the United States Centers for Communicable Disease Control predicts the strains of influenza that are likely to appear in the coming year.
- // **TDAP (Tetanus, Diphtheria and Pertussis)** – Vaccine that protects against diphtheria, tetanus (lockjaw) and pertussis (whooping cough). Diphtheria, tetanus and pertussis are serious diseases that can be life-threatening.
- // **Pneumonia Vaccine** – Vaccine containing purified capsular polysaccharide antigen from the most common infectious types of Streptococcus pneumonia, used to immunize against pneumococcal disease.
- // **Tetanus Vaccine** – Vaccine composed of deactivated tetanus toxins. Tetanus is also known as lockjaw.
- // **Shingles Vaccine** – Vaccine that contains live, weakened varicella-zoster virus which causes Shingles.

Consultations

- // **Health Coaching Session** – Consultation with a health coach to review your health goals, identify obstacles, develop strategies and create an action plan designed to guide you to your health goals.
- // **Sleep Study Consultation** – Consultation with a Pulmonologist whom will talk to you in detail to determine if you have a sleep disorder.
- // **Travel Medicine Consultation** – Consultation with a Travel Medicine Physician which will review the most important health risks associated with your travel destinations, determine the need for any vaccinations and/or antimalarial medication and identify any other medical items that you may require.
- // **Aesthetics Consultation** – Consultation with an Aesthetician to review minor skin defects or unwanted hair to provide guidance of appropriate treatment such as microdermabrasion, laser hair removal, laser peel to repair skin damaged by the sun or a relaxing facial.

- // **Cosmetic Surgery Consultation** – Consultation with a Plastic Surgeon regarding reconstruction of skin tissues, performed to improve and correct a structural defect such as removing a scar, birthmark, or normal evidence of aging.
- // **Vein Therapy Consultation** – Consultation with a Vascular Surgeon used to assess the nature of a patient's concern about their veins. If necessary, an individual vein treatment plan is designed for each patient according to the results of the surgeon's assessment.
- // **Podiatry Consultation** – Consultation with a Podiatrist focused on preventing, diagnosing and treating conditions associated with the foot and ankle.
- // **Urology Consultation** – Consultation with a Urologist focused on diseases of the male and female urinary tract system and the male reproductive organs. Includes the kidneys, adrenal glands, ureters, urinary bladder, urethra and the male reproductive organs.
- // **Ear, Nose & Throat Consultation** – Consultation with an Otolaryngologist focusing on the diagnosis and treatment of disorders of the head and neck, including particularly the ears, nose and throat.