

Importance of Preventive Healthcare Programmes at Max Healthcare

At Max Healthcare, we are totally committed to the age old adage 'Prevention is better than Cure'. Our Preventive Healthcare Programme comprises a comprehensive set of tests, which have been specially designed keeping your health needs in mind.

The focus of the programme is on administering a truly standardised and medically correct set of tests. Unlike others, we do not include or exclude tests just to make our programme available at pre-decided prices.

Medically incomplete preventive check-ups can give you a false sense of security, as they do not include certain tests, which might be of vital importance to you. Max Preventive Healthcare Programme is designed keeping in mind the disease risk profile, which essentially varies with age and gender. On the strength of medical evidence, we have packages that are just right for you.

Furthermore our doctors, based on the analysis of data, regularly update the programmes so that you always get the latest.

For example, it is a well known fact that women are more susceptible to thyroid related disorders. However, our doctors reported an unusual prevalence of 'asymptomatic hypothyroidism' amongst males in the North Central Region of India. Consequently, the required screening test (TSH estimation) has been incorporated in the Preventive Healthcare Programme for men too.

Max Preventive Healthcare Programme

Max Preventive Healthcare Programmes (PHP) are comprehensive health check-ups and are designed to fulfill your medical needs. The PHPs are very simple to understand and the processes take a few hours to assure your well-being in the long run. A special questionnaire designed by our Clinical Psychologist, Nutritionists & Physiotherapists assesses your stress, diet and exercise quotient to make suitable modifications in your lifestyle.

Benefits of Various Tests

Blood Tests

Blood Grouping and Rh Typing

It is a simple test, which determines your blood group. In emergencies and for surgeries, the knowledge of your blood group is very important.

Complete Haemogram

These are a set of blood tests which indicate your general well being. They also help detect the presence of infection in the body; certain vitamin, mineral deficiencies and other blood related disorders.

Blood Sugar

This test is done to determine the level of sugar in the blood. A high blood sugar level may suggest that you are a Diabetic.

Lipid Profile

Lipid Profile helps in estimating the level of cholesterol in the blood. High levels of cholesterol lead to heart disease. By modifying your lifestyle and diet, you can significantly reduce your risk of a heart attack.

Liver Function Test (LFT)

Liver Function Tests are a set of tests which evaluate the optimum functioning of the 'powerhouse' of the body – the liver. These tests help in the detection of diseases such as Hepatitis (Jaundice) and Cirrhosis.

Thyroid Stimulating Hormone (TSH)

Thyroid Stimulating Hormone (TSH) estimation helps detect abnormalities of the thyroid gland. An imbalance in its hormone secretion causes Goitre. You may gain or lose weight abnormally and may feel depressed and fatigued.

Prostate Specific Antigen (PSA)

It helps in the detection of Prostate Cancer, which is very common in elderly males.

Serum Protein, Albumin, Globulin and A/G Ratio (RFT)

These tests help diagnose various kidney ailments.

Glycosylated Haemoglobin (HBA1C)

Glycosylated Haemoglobin is a test that indicates how much sugar has been in a person's blood during the past three to four months. It is used to monitor the effectiveness of diabetes treatment.

A routine blood sugar test reveals how close to normal a sugar level is at the time of the test. The glycosylated haemoglobin test reveals how close to normal it has been during the past several months.

Diabetes patients should have glycosylated haemoglobin levels less than 7.0%. Normal value for a non-diabetic person is 4.0–6.0%.

Urine Tests & Stool Examination

Urine Analysis

Urine Analysis evaluates the proper functioning of kidneys and helps detect infections of the urinary tract. Urine Analysis also helps in detecting Diabetes.

Microalbumin in Urine (MAU) Test

Normal Kidneys excrete less than 30 milligrams of albumin per day. Conventional routine 'Urine for Protein' test detects only more than 300 mg of albumin.

In early stages of kidney involvement, person excretes between 30 to 300 mg of albumin (also known as Micro-albumin) per day, which cannot be detected by routine Urine Examination

This test measures the small amount of a protein (microalbumin) in urine to check for earliest signs of kidney damage, especially in cases of Diabetes and Hypertension.

Stool Examination

Stool examination helps detect worm infestations and infections of the intestines. It is also used to detect the presence of occult blood which is a screening test for Colorectal Cancer. Colorectal cancer predominantly occurs in men over 50 years of age. Early detection and treatment may help prevent spreading of the disease and minimises the need for surgery.

Diagnostics

ECG, TMT

An Electrocardiogram (ECG) and Treadmill Test (TMT) help assess your heart rhythm, detect blood pressure abnormalities and serious heart ailments.

Chest X-ray (PA View)

An X-ray of the chest helps in detection and timely intervention in diseases such as Tuberculosis, Pneumonia and even Lung Cancer.

Pulmonary Function Test (PFT)

Pulmonary Function Test is used to determine the efficiency of the lungs and the airways. This helps in detecting diseases of the lungs and the respiratory tract,

USG - Abdomen

Ultrasonography of the abdomen is a non-invasive diagnostic procedure that helps in detecting presence of abnormal conditions such as stones, cysts, structures, growths etc. in the abdomen,

Mammography

Mammography is a specialised X-ray procedure used for the detection of breast tumours even smaller than what the fingers can feel. Mammogram is a painless procedure and early detection of cancerous tumours leads to total cure.

Pap Smear

Pap Smear is a screening test used to detect abnormal changes in the cells of the cervix. It is done to check for cervical, uterine and occasionally tubal & vaginal cancer. Early detection helps in effective management.

Bone Densitometry

Osteoporosis is a slow painless disease, which begins in mid to late thirties, causing the bones to become brittle and prone to fracture. Bone Densitometry is a painless procedure that can detect osteoporosis at an early stage leading to the effective management of the disease.

Audiometry

Pure Tone Audiometry is used to assess the range of hearing and detect loss of hearing. Specialised Audiometry tests also aid in the diagnosis of conditions in the middle and inner ears,

Ophthalmology Check-up

A simple examination of the eye helps detect defects in vision as well as the onset of diseases like Cataract and Glaucoma. Undetected and untreated, they can cause blindness,

Dental Care

A thorough examination is conducted to provide counselling on the prevention and treatment of any dental ailment.

Health & Lifestyle Issues

Diseases that are on the rise today are the ones that can be easily prevented by modifying one's lifestyle and living more responsibly. Kindly feel free to discuss with your Physician the following health and lifestyle issues:

- Tobacco, Alcohol & Drug Abuse
- Nutrition and Weight Control
- Fitness & Exercise
- Vitamins/Supplements Intake
- Stress and Depression