Health Screening Program

The Science of Trust.
Recommended for those below 40 years
**Men** S$720 excluding GST
**Ladies** S$700 excluding GST

**Physician Consultation**
- Complete medical history
- Physical examination & assessment
- Present medical complaints (if any)

**Physical Measurements**
- Body fat measurement
- Visual acuity test
- Blood Pressure measurement
- Body mass index (BMI)

**Diagnostic Imaging Tests**
- Chest X-ray
- Breast ultrasound (Ladies)
- Kidneys & bladder ultrasound (Men)

**Electrocardiogram (ECG) Test**

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**Laboratory Tests**

**Haematological Studies**
- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- PCV
- MCV, MCH, MCHC
- Peripheral Blood Film
- ESR

**Lipid Profile**
- Total Cholesterol
- HDL Cholesterol
- Cholesterol Ratio
- LDL Cholesterol
- Triglycerides

**Diabetic Screening**
- Fasting Blood Glucose
- HbA1C

**Thyroid Screen**
- T4
- TSH

**Kidney Profile**
- Urea
- Creatinine
- Potassium
- Sodium
- Bicarbonate
- Glucose
- Chloride

**Liver Profile**
- Total Protein
- Albumin
- Globulin
- Albumin/Globulin Ratio
- Total Bilirubin
- SGPT (ALT)
- SGOT (AST)
- GGT

**Hepatitis Virus Screen**
- Hepatitis Bs Antigen
- Hepatitis Bs Antibody
- Hepatitis C Antibody

**Tumour Markers**
- AFP (Liver)
- CEA (Colon/Intestinal)
- CA 125 (Ovary) (Ladies)

**Stool Analysis**
- Stool Occult Blood

**Urine Analysis**
- Urine FEME

**Bone & Joint Profile**
- Calcium
- Phosphate
- Uric Acid

**Pap Smear (Ladies)**

**Medical Review**

**Personalized Medical Report**
Recommended for those between 40 - 50

Men S$800 excluding GST
Ladies S$900 excluding GST

Physician Consultation
- Complete medical history
- Physical examination & assessment
- Present medical complaints (if any)

Physical Measurements
- Body fat measurement
- Visual acuity test
- Blood Pressure measurement
- Body mass index (BMI)

Diagnostic Imaging Tests
- Chest X-ray
- Mammogram (Ladies)
- Pelvis ultrasound (Ladies)
- Full abdomen ultrasound (Men)

Electrocardiogram (ECG) Test

Laboratory Tests
Haematological Studies
- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- PCV
- MCV, MCH, MCHC
- Peripheral Blood Film
- ESR

Lipid Profile
- Total Cholesterol
- HDL Cholesterol
- Cholesterol Ratio
- LDL Cholesterol
- Triglycerides

Diabetic Screening
- Fasting Blood Glucose
- HbA1C

Thyroid Screen
- T4
- TSH

Kidney Profile
- Urea
- Creatinine
- Potassium
- Sodium
- Bicarbonate
- Glucose
- Chloride

Liver Profile
- Total Protein
- Albumin
- Globulin
- Albumin/Globulin Ratio
- Total Bilirubin
- SGPT (ALT)
- SGOT (AST)
- GGT

Hepatitis Virus Screen
- Hepatitis Bs Antigen
- Hepatitis Bs Antibody
- Hepatitis C Antibody

Tumour Markers
- AFP (Liver)
- CEA (Colon/Intestinal)
- CA 125 (Ovary) (Ladies)
- PSA (Prostate) (Men)
- CA 19.9 (Pancreas)

Stool Analysis
- Stool Occult Blood
- Stool FEME

Urine Analysis
- Urine FEME
- Microalbumin (quantitative)

Bone & Joint Profile
- Calcium
- Phosphate
- Uric Acid
- RA Factor

Pap Smear (Ladies)

Medical Review

Personalized Medical Report
Recommended for those above 50 years

Men S$1,300 excluding GST

Ladies S$1,600 excluding GST

**Physician Consultation**
- Complete medical history
- Physical examination & assessment
- Present medical complaints (if any)

**Physical Measurements**
- Body fat measurement
- Visual acuity test
- Blood Pressure measurement
- Body mass index (BMI)

**Diagnostic Imaging Tests**
- Chest X-ray
- Full abdomen ultrasound
- Mammogram (Ladies)
- Pelvis ultrasound (Ladies)
- Bone mineral densitometry (Ladies)
- Prostate ultrasound (Men)

**Laboratory Tests**

**Haematological Studies**
- Haemoglobin
- Total White Cells
- Total Red Cells
- Platelets
- Differential Count
- PCV
- MCV, MCH, MCHC
- Peripheral Blood Film
- ESR

**Lipid Profile**
- Total Cholesterol
- HDL Cholesterol
- Cholesterol Ratio
- LDL Cholesterol
- Triglycerides

**Diabetic Screening**
- Fasting Blood Glucose
- HbA1C

**Thyroid Screen**
- T4
- TSH

**Kidney Profile**
- Urea
- Creatinine
- Potassium
- Sodium
- Bicarbonate
- Glucose
- Chloride

**Liver Profile**
- Total Protein
- Albumin
- Globulin
- Albumin/Globulin Ratio
- Total Bilirubin
- SGPT (ALT)
- SGOT (AST)
- GGT

**Hepatitis Virus Screen**
- Hepatitis Bs Antigen
- Hepatitis Bs Antibody
- Hepatitis C Antibody

**Tumour Markers**
- AFP (Liver)
- CEA (Colon/Intestinal)
- CA 125 (Ovary) (Ladies)
- CA 15.3 (Breast) (Ladies)
- PSA (Prostate) (Men)
- CA 19.9 (Pancreas)

**Stool Analysis**
- Stool Occult Blood
- Stool FEME

**Urine Analysis**
- Urine FEME
- Microalbumin (quantitative)

**Bone & Joint Profile**
- Calcium
- Phosphate
- Uric Acid
- RA Factor

**Hormonal Studies**
- FSH
- Estradiol
- Testosterone (Men)
- IGF1
- Anti-Nuclear Antibody

**Cardiac Risk**
- High sensitivity CRP
- Homocysteine

**Pap Smear (Ladies)**

**Medical Review**

**Personalized Medical Report**
What to expect during your initial appointment

Since the JHSIMC Preventive Screening Program is designed for people from all walks of life, evaluations and tests can be completed within a day, unless additional studies are necessary.

Your first visit to our medical facility is to establish your baseline health status. Our scheduling staff at Patient Service Centre will ask you to arrive at Johns Hopkins Singapore International Medical Centre between 8.30am to 9.00am. You will usually have your blood drawn first, which would then allow you to get a meal or snack before you meet with our physician. You will then have your medical history and physical examination. Our outpatient nurses will coordinate and guide all necessary tests with you.

What to expect from your second appointment

After your test results are out, our Patient Service Centre will schedule an appointment for medical review. During the medical review, our physician will explain and review the test results with you and provide recommendations relating to your health status. In addition, a comprehensive personalized report will be given to you.

Frequently Asked Questions & Answers

1. Does health screening improve outcomes?
   Screening can diagnose a condition when it is in the most treatable form. When a disease is detected early, doctors have a better chance of treating it, thus giving a person a higher chance of survival.

2. Why does screening help?
   Screening helps because sometimes symptoms of a disease may not manifest in one’s body till the disease has advanced to late stage and this is where screening has a chance of picking it up. For example, blood pressure checks, Pap smear to test for cervical cancer and mammography to detect breast cancer. This is also where some people will avoid health screening because of the fear of discovering an abnormality in their body. But, avoiding health screening is not going to help in the long run because diseases in their advanced stage are harder to treat and the chance of recovery or survival is lower.

Optional Add-ons (Additional charges apply)

Cardiac Assessment
• Treadmill Stress Test
• 64 Slice CT Coronary Angiogram

Blood Tests
• Nose Cancer (EBV VCA IgA)
• Lipoprotein A

Imaging Studies
• Bone Mineral Densitometry
• Full Abdomen Ultrasound
• Pelvis Ultrasound
• Mammogram (Ladies)
• Prostate Ultrasound (Men)

Note: For additional test/s not listed here, kindly approach our physician for assistance. The optional add-on tests are to be tagged along with the health screening programs. These test items recommended are based on our physician’s assessment according to health risk of various age groups. If you wish to have specific tests taken, our physician would be glad to discuss your preference with you personally. Thank you.
3. **When is the best time to start screening?**

   If a person has a family history of diseases such as cancer, heart problems, high cholesterol, diabetes, high blood pressure and so forth, they are advised to go for yearly screening at the age of 40 or earlier.

   One of the major risk factors of most diseases is age. So, the older one gets, his/her risk of having a disease increases. Thus, most doctors would advise a yearly health check-up for men and women above the age of 40.

4. **How long does it take for the test results to be out?**

   It takes about 3 to 5 working days for all your test results and report, such as Pap smear, mammogram, ultrasound and laboratory blood works to be out. Our staff will contact you to schedule an appointment for medical review once your report is ready.

5. **Will the doctor explain the results to me?**

   Yes, our physician will explain your test results to you during the medical review.

6. **What will happen if my test results are abnormal?**

   Depending on your test results, our physician will recommend follow-up actions such as, lifestyle changes, further tests to confirm the diagnosis or discuss with you the various treatment options.

7. **If I am on a tight schedule, can I request for my tests results to be released on the same day?**

   Yes, you may. However, some of the tests in the Platinum Health Screening Program may require you to wait for more than a week. These are IGF1 and anti-nuclear antibody under the Hormonal test and homocysteine to assess your cardiac risk.

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**Our Physician**

Dr. Troy Sullivan is an American, practicing as a full-time consultant for internal medicine at Johns Hopkins Singapore International Medical Centre. He received his medical degree from the Medical College of Georgia and completed his Internal Medicine residency at the University of Michigan. Prior to his current practice in Singapore, Dr. Sullivan was a private practitioner of Internal Medicine for ten years in California and Georgia. His specialty is General Internal Medicine, with special focus on chronic diseases, infectious diseases and preventive health screening. He also complements the medical oncologists at Johns Hopkins Singapore International Medical Centre to co-manage patients with multiple medical conditions.

**Preparation**

1. **Fast the Night before**

   As the health screening takes place in the morning, please fast for at least 8 hours the night before after midnight. You may however, drink plain water.

2. **Long-Term Medication**

   If you are currently on long-term medication, please bring this medicine along with you to show our doctor before the start of your screening.

3. **On the Day of Appointment**

   Please bring along your identity card or passport and past medical records, laboratory results and current medications (if available).

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**FOR WOMEN**

* Please ensure that you are not having menstruation as the screening program involves Pap smear and urinalysis.
* Please inform our nurse if you are pregnant. If you are unsure, please let the nurse or doctor know, so that we can do a pregnancy test to confirm. In the event of pregnancy we will avoid performing our usual X-rays, which might pose a risk to your unborn child.
To request for an appointment, please call our Patient Care office at +65 6251 1831 or email to appt@imc.jhmi.edu. Our operating hours are 8.30am - 5.30pm (Monday - Friday), 8.30am - 12.30pm (Saturday). We are closed on Sundays and public holidays.