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One-day cardiological health audit (4 hours)

The health audit is a compact programme of tests, where the aim of the health tests is to be simple and convenient – referral letters to different physicians are not required, the condition of the organism is evaluated at one location and all at once. The health audit provides a great overview of the health condition, enables to prevent issues or prescribe a treatment at an early stage.

The one-day health audit takes 4 hours (and does not require hospitalisation).

The one-day health audit programme includes the following medical tests:

- Haemogram with 5-part leukogram, i.e. white blood cell count – gives an overview of the condition of the haematopoietic and immune system, shows the blood's ability to transport oxygen, permits the diagnosing and monitoring of anaemia and inflammation
- Glucose, i.e. blood sugar – high values may indicate diabetes
- Cholesterol, HDL-, LDL-cholesterol, triglycerides – help assess the risk of developing damage to the cardiovascular system
- ALAT, i.e. alanine aminotransferase – allows for the assessment of the presence of liver damage
- ASAT, i.e. aspartate aminotransferase – diagnostics and monitoring of liver and heart disease
- TSH, i.e. thyroid stimulating hormone – allows for the assessment of the functioning of the thyroid
- Potassium – diagnosis of the disturbances of fluid balance and acid-base balance and monitoring the course of the illness
- Sodium – diagnosis of the disturbances of fluid balance and acid-base balance and monitoring the course of the illness
- Creatinine – helps assess the functioning of the kidneys
- ECG, i.e. electrocardiogram – provides information about the heart rate and any irregularities in the heartbeat
- Cardiac stress test
- Echocardiography – the functioning of the heart is assessed with ultrasound
- Chest x-ray (takes place at the indication of the audit physician and on the basis of a referral letter)
- Cardiologist's appointment and assessment of the audit results