

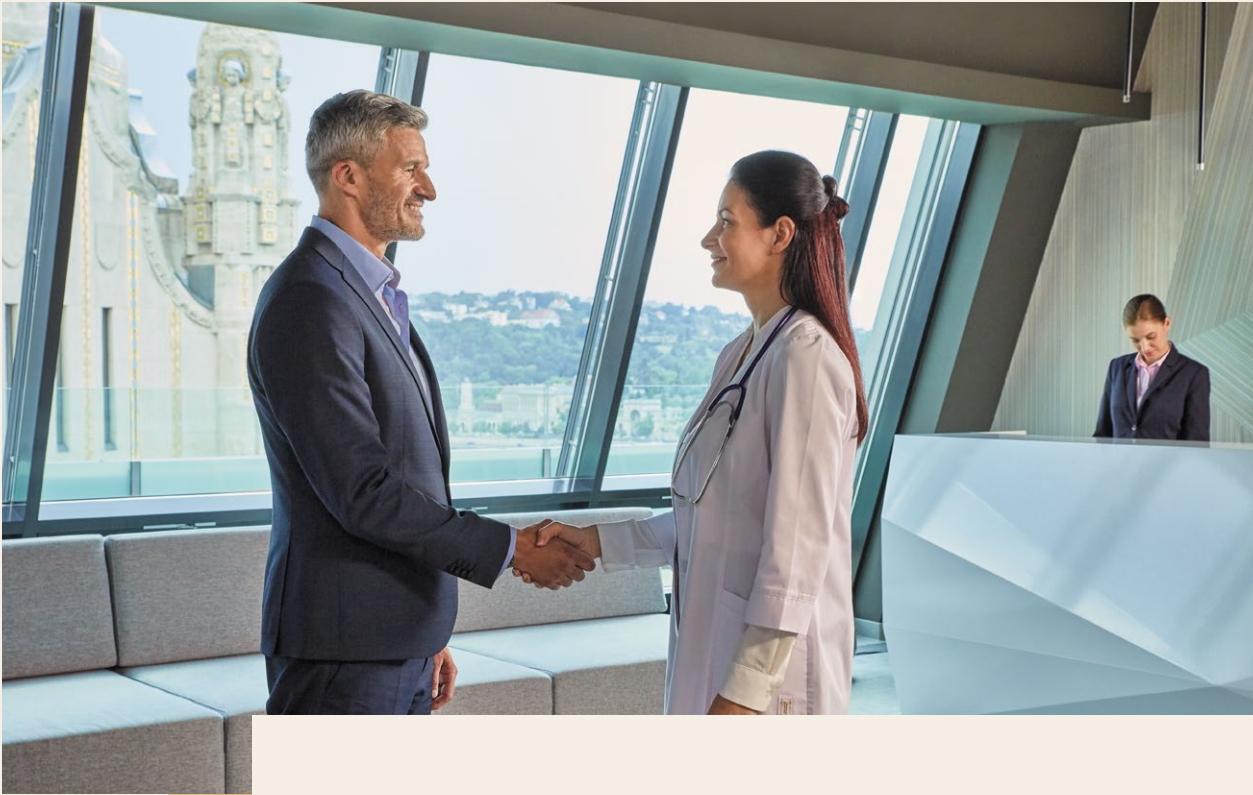


**DR. ROSE**  
PRIVATE HOSPITAL

EXCELLENCE IN HEALTHCARE.



INFORMATION ABOUT  
MANAGER SCREENINGS



Our comprehensive manager screening packages focus on cardiovascular disease, inflammatory processes, cancers and metabolic disorders, taking into account the extra stresses of our fast-paced lives. All our manager screening packages include specialist, laboratory, imaging and other diagnostic examinations. We provide a specialist's summary of the examination results, giving our patients an overview of their health and what they need to do to stay healthy.

*In this prospectus, we present the types of screening we offer, the examinations included in the screening and the screening process, in order to make it more convenient, quicker and easier for our patients to understand. If you have any questions, our colleagues will be happy to help you!*

# OUR MANAGER SCREENING PACKAGES

We offer our costumers three different manager screening packages – Standard, Komplex, Superior– providing an ever-expanding service.

	Standard	Komplex	Superior
SPECIALIST MEDICAL EXAMINATIONS			
Internal medicine	✓	✓	✓
Gynecology + cytology + vaginal ultrasound (woman)	✓	✓	✓
Urology + ultrasound if neccesary (men)	✓	✓	✓
Ophthalmology	✓	✓	✓
Cardiology		✓	✓
Surgery		✓	✓
Dermatology (melanoma screening, superior package with videodermatoscope)		✓	✓
Ear-nose-throat			✓
Locomotor screening (orthopedics/rheumatology) at a separate time, based on the screening specialist's recommendation			✓
Specialist's opinion and summary	✓	✓	✓
IMAGING DIAGNOSTICS			
Chest x-ray	✓	✓	✓
Abdominal and pelvic ultrasound	✓	✓	✓
Breast diagnostics (for women): breast ultrasound under 35, breast ultrasound and mammography over 35		✓	✓



	Standard	Komplex	Superior
Carotid artery Doppler ultrasound			✓
Thyroid ultrasound			✓
Laboratory tests			
Basic lab package <sup>1</sup>	✓	✓	✓
Additional lab package <sup>2</sup>		✓	✓
Special lab package <sup>3</sup>			✓
Other diagnostics			
12-lead ECG test	✓	✓	✓
ECG stress test		✓	✓
Heart ultrasound		✓	✓
Body composition measurement (Inbody 770)		✓	✓
Spirometry			✓
Bone-density measurement (ODM) over 35			✓
Medical report consultation <sup>4</sup>			✓
Business lunch at the Gresham Palace restaurant			✓
10% discount for 90 days for recommended screening tests	✓	✓	✓

<sup>1</sup> Complete blood test, Erythrocyte Sedimentation Rate (ESR), ions, kidney function, liver function, blood lipids, blood sugar, iron, thyroid examination (TSH), PSA screening (for men over 35), complete urinalysis, human hemoglobin/stool blood test (over 35)

<sup>2</sup> CRP, HbA1C, ferritin, transferrin, albumin, total protein

<sup>3</sup> Vitamin D, anti-TPO, Helicobacter antigen detection (from feces), Tumor markers package (Male: CA 72-4, CA 19-9, AFP, CEA, NSE, total PSA, szabad PSA, Female: CA 72-4, CA 19-9, AFP, CEA, NSE, CA-125, CA 15-3)

<sup>4</sup> With the internist in person or by phone



## THE MANAGER SCREENING PROCESS





## 1 ARRIVAL AT RECEPTION

- On arrival, please see our reception staff for registration and confirming your personal details.
- Tell us if you are pregnant or have diabetes so that you can be seen earlier.
- If you do not wish to have an examination, you must fill in a waiver form.

## 2 TESTS REQUIRING AN EMPTY STOMACH

- Drink only non-carbonated water before blood tests and abdominal and pelvic ultrasound scans.
- A full bladder is necessary to ensure the appropriate quality of radiological examinations, so please refrain from using the toilet. If you have not drunk enough water, you can make up for it while you wait.

## 3 SUBMITTING A SAMPLE

- Please use the sample jars you received in our hospital only after the abdominal-pelvic ultrasound examination and preferably before the gynecological/urological examination.
- If you use your own sample jar, please indicate your name and date of birth accurately.
- Please place the samples in the toilets on the floor in question and be sure to report them to reception.

## 4 BREAKFAST

- After the full-day screening examinations that require an empty stomach (Superior and Complex), we can offer you a light breakfast which you can enjoy between examinations.
- If you would like a soft drink, coffee or tea between examinations, our reception staff are at your disposal.

## 5 DURATION 3-5 HOURS

## 6 POST-SCREENING TASKS

- After screening, you will have the opportunity to consult your internal medicine specialist over the phone to discuss your findings, and if necessary, a further investigation plan will be drawn up.
- You should make an appointment for the above-mentioned consultation at least 2 weeks after the screening, during which time the results will be summarized.
- You can make an appointment in person with our reception staff, or by calling our Call Centre.

## 7 ANY FURTHER QUESTIONS?

Our reception staff are on hand to answer any questions you may have.

## TESTS INCLUDED IN THE MANAGER SCREENING PACKAGES

### INTERNAL MEDICINE

- Consultation regarding a detailed family and individual medical history: previous illnesses, allergies, medications, lifestyle, health complaints.
- Physical examination: stethoscopic and palpation tests of skin, thyroid, lymph glands, respiratory tract, cardiovascular system, abdomen, blood vessels; patient's height, weight, BMI (body mass index) assessment, blood pressure, pulse measurement, resting ECG assessment, simple musculoskeletal and neurological screening.
- Rectal palpation screening for rectal tumors and hemorrhoids, if not performed as part of a urological or surgical examination.

### OPHTHALMOLOGY

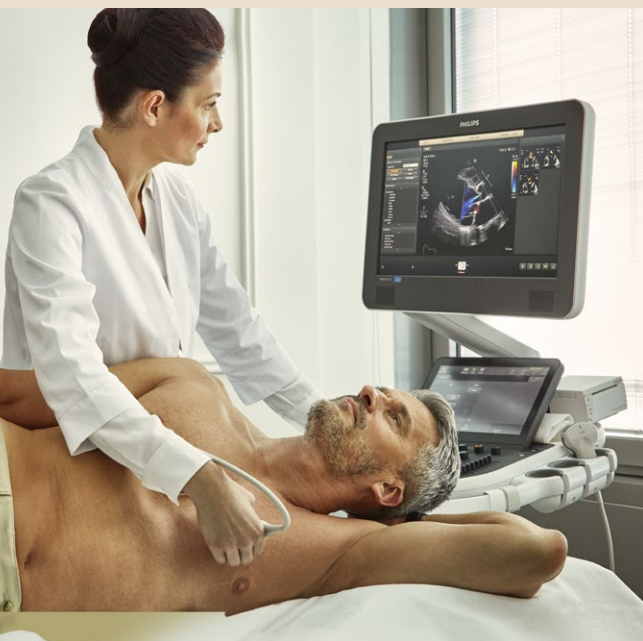
- Asking about eye and general medical history: disease, surgery, glasses, medication.
- Color vision test.
- Visual acuity test, with lenses.
- Slit-lamp examination.
- Retinal examination: front lens or ophthalmoscope with a constricted pupil (with retraction if pupil dilation is necessary).
- Measurement of intraocular pressure: over-40s, also under-40s on the basis of medical history or complaint.

- Ophthalmologist's opinion, if necessary for driving license or for employment.
- Prescription of spectacles in straightforward cases; in case of more complex spectacle needs (multifocal, cylindrical, etc.) a special examination is required.

### GYNECOLOGY

- Consultation regarding gynecological medical history: surgery, medications, complaints.
- Examination of external genitalia, vagina and uterus by palpation and inspection.
- Colposcopic examination of the cervix.
- Cytological examination (cancer screening) once a year.
- Examination of gynecological organs with vaginal ultrasound: uterus, uterine lining (endometrium) thickness, ovaries, free abdominal fluid detectable in the pelvis, other changes.





## UROLOGY

- Targeted consultation regarding urological medical history: surgery, medications, complaints.
- Physical examination: tactile and visual inspection of testicles, epididymis, hernial gates, inguinal lymph nodes, kidneys.
- Palpation of the prostate for over-40s, and for under-40s in the case of complaints.
- Evaluation: available radiological abdominal ultrasound findings, possibly urinalysis, kidney functions and PSA level.
- Additional urological ultrasound (in case of complaints, discrepancies), preferably with a full bladder.

## SURGERY

- Targeted surgical history consultation: surgery, medications, complaints.
- Physical examination: inspection and palpation of skin, lymph nodes, thyroid, abdomen, hernias, large blood vessels.
- Breast screening by palpation if complex radiological breast screening is not performed.
- Rectal screening by palpation for rectal tumors and hemorrhoids, if not performed as part of a urological or internal medicine examination.

## CARDIOLOGY

- Focused consultation regarding cardiological history: assessment of cardiovascular risk factors, medications, complaints.
- Physical examination: stethoscopic and palpation of skin, mucous membranes, chest, lungs, cardiovascular system, abdomen, blood vessels.
- Resting ECG assessment.
- Cardiac ultrasound: structural or functional abnormalities of the heart cavities, myocardium, valves.
- Exercise ECG: cycling exercise according to the professional cardiology protocol to assess functional capacity, blood pressure response, coronary artery disease, cardiac arrhythmia.
- Lifestyle advice, therapeutic recommendations.
- If necessary, proposal of additional tests: ABPM, ECG-Holter, etc.



## DERMATOLOGY

- Consultation concerning medical history: allergies, medications, complaints.
- Traditional dermatoscopic examination of moles.
- For superior screening, videodermatoscopic examination of moles (max. 3 images).
- Other lesions on the body's skin surface: scalp, nails, oral mucosa.
- Medical opinion, suggestions (light protection, check-up, excision, etc.).

## EAR, NOSE AND THROAT

- Consultation concerning patient's medical history: surgery, allergies, medications, complaints.
- Ear examination with otoscope: outer ear, eardrum.
- Examination with a nasoscope: nasal concha, nasal septum, area above the pharynx.
- Examination of the sinuses by tapping.
- Examination of the throat, pharyngeal mucosa, tonsils, oral mucosa and tongue by tongue swab and palpation.
- Examination of the pharynx, larynx and soft tissues around the larynx via laryngoscopy.
- Palpation of the soft tissues of the neck.
- If necessary, suggestion for further tests: allergy test, x-ray, CT scan of the facial bones, etc.

## MUSCULOSKELETAL SCREENING, ORTHOPEDICS

- Consultation regarding medical history: injuries, operations, medications, lifestyle, health complaints.
- Physique status: body shape, posture, gait, spinal curvature, chest, range of free movement, spinal tenderness, large joints, reflexes check, muscle strength, muscle tone, leg alignment.
- If necessary, suggestions for further investigations: x-ray, CT/MRI scans, prescription of orthopedic insoles.

## RADIOLOGY

- Two-view chest x-ray: screening examination for lung, heart, large blood vessels and chest wall abnormalities. For screening purposes, the test is not repeated within one year.
- Abdominal and pelvic ultrasound: a review of the abdominal organs, including the liver, gall bladder, pancreas, spleen, kidneys, major blood vessels of the abdominal cavity, lymph nodes, and with a full bladder, the prostate in men and the uterus and ovaries in women. In the case of the hollow organs (stomach, intestines), the examination can only detect suspected organ lesions.
- Complex breast screening for the over-35s: physical examination + mammography + breast ultrasound, with additional imaging if necessary.
- Under-35s: physical examination + breast ultrasound.



- Carotid ultrasound (carotid Doppler): examination of the large carotid arteries, detection of vasoconstriction, signs of early atherosclerosis.
- Thyroid ultrasound: examination of the thyroid gland and its surroundings for enlargement, cysts, nodules, chronic inflammation.

## OTHER DIAGNOSTICS

- 12-lead resting ECG: the nurse performs the test, and if the doctor detects an abnormality, repeating the test or further tests may be recommended.
- Body composition measurement: with InBody analyzer - performed by a specialist assistant.
- Bone density measurement (in the over-35s) in the heel bone with ultrasound ODM (osteodensitometer) - performed by a specialist assistant.
- Respiratory function test (spirometry): performed by a specialist assistant.
- Test results are evaluated by the specialist internist, who may recommend further tests, a specialist consultation, treatment or lifestyle changes in case of abnormalities.

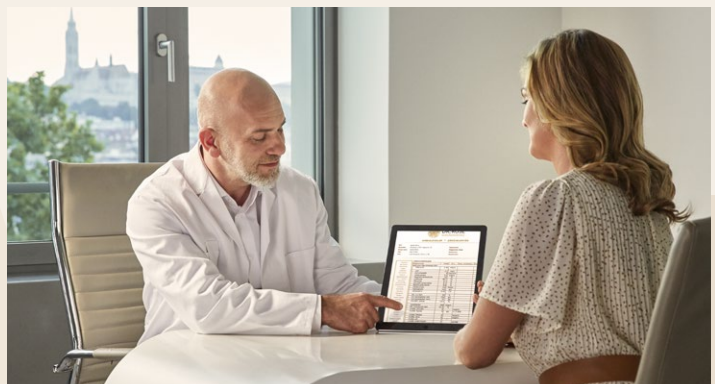
## LAB DIAGNOSTICS

- Basic lab package: complete urinalysis, full blood count test, sedimentation, ions (Na, K, Ca, Mg, phosphate), renal function (urea, creatinine, uric acid, e-GFR), liver function (GPT, GOT, GGT, ALP, total bilirubin), lipid profile (cholesterol, HDL, LDL, triglyceride), blood sugar level, iron, TSH, PSA (for men over 35), fecal occult blood test (over-35s).

- Supplementary lab package: CRP, HbA1C, ferritin, transferrin, albumin, total protein.
- Special lab package: vitamin D, anti-TPO, stool Helicobacter antigen detection, tumor marker package (Men: CA 72-4, CA 19-9, AFP, CEA, NSE, total PSA, free PSA; Women: CA 72-4, CA 19-9, AFP, CEA, NSE, CA-125, CA 15-3).

## SUMMARY OPINION AND HEALTH PLAN

- The specialist internist will summarize the results of the examinations carried out and, on the basis of these, draw up a health plan, which includes the following points:
  - identifying risk factors: cardiovascular disease, cancer;
  - opinion on pathological abnormalities;
  - summary assessment;
  - therapeutic measures, life management advice;
  - recommendation, suggestions for further tests, check-ups (scheduling).
- For Superior screenings a review of the summary opinion and health plan, in person or by telephone.





**DR. ROSE**  
PRIVATE HOSPITAL

1051 Budapest  
Széchenyi I. tér 7/8.  
Tel.: +36 1 377 6737  
[www.drrose.hu](http://www.drrose.hu)