POPERATION FOR THE CHECK-UP AND OTHER RELEVANT INFORMATION

Kindly take prior appointments; Contact 0484 4147555
Overnight fasting required for 8 - 12 hours.
Report in empty stomach-only water can be taken.
You can take regular medicine with water barring the diabetic drugs
which can be consumed as usual after giving the fasting blood samples.
Please bring your medication along.
Avoid wearing the tight, formal clothes and shoes.
Can bring your sneakers along to walk on the treadmill.
It is advised to avoid health check for women during menstruation.
Avoid smoking & consuming alcohol for a minimum of 12 hours before check up.
If already registered at the hospital, provide your hospital ID number at
the time of reporting to hospital.
Bring stool and urine sample in a clean container (Container may be
collected from the Laboratory).
Bring all your earlier medical reports,
prescription if available along with
regular medicine.
Opinion and advice will be given by
the consultant, physicians, based on
the standard tests in the package.
Any further tests or consultation rec-
commended by the consultant will not
be part of this package and hence
will be charged extra. The availabil-
ity of reports in such instances will
depend on the nature of the tests.
At Silverline Hospital, we understand your concerns about Diabetes, Thyroid and Endocrine problems which can have significant impact on your quality of life. That's why we've put together a series of health check packages that will cover all the essential aspects of detection and go a long way towards easing your worries.

**SILVERLINE GENERAL HEALTH CHECK**

- Complete Blood Count (Hemoglobin, RBC Count, Total WBC, Platelet Count, DC, MCW, MCH, MCHC)
- ESR (Erythrocyte Sedimentation Rate)
- Blood Grouping & RH Factor
- Fasting Blood Sugar
- Serum Creatinine
- SGPT
- SGOT
- Urine Routine & Microscopy
- Stool Routine
- Chest X-Ray
- ECG
- Free T4 & TSH
- FLP
- Dietician consultation
- Physical Examination
- Physician Consultation

**2300/-** with Breakfast

**SILVERLINE ROUTINE DIA CHECK**

- **Blood Sugar**: Fasting sugar (need minimum of 8 hr fasting, tea/coffee not allowed) Post meal sugar (60 - 90 min for the first bite of the food)
- HBAIC (3 month blood sugar average)
- Fasting Lipid Profile: S. cholesterol, triglyceride, VLDL, LDL (bad cholesterol) HDL (good cholesterol)
- Kidney Test: Urine Routine Examination, S. Creatinine, Sodium, Potassium, Uric Acid, Albumin Creatinine Ratio
- Liver Function Test: SGOT/SGPT/Alkaline Phosphatase
- Heamogram: Hb, Total count, Differential count, ESR.
- Foot Test: Versalab, Vibrometer, Foot Care, Podiatrist consultation
- Dental Consultation: (Examination of the gum, teeth, oral cavity by Dentist), (Dental Procedure are charged extra).
- ECG / X-ray (Chest) / Dietician consultation / Counseling by Diabetes Nurse Educator, Consultation with Diabetologist / Endocrinologist

**2800/-** with Breakfast
SILVERLINE
DIA-EYE CHECK
3500/-
with Breakfast)

- Routine Dia Check: Eye test (refraction test, Eye Pressure Test, Dilated Fundus Examination with fundus picture, Consultation with ophthalmologist)
- Blood Sugar: Fasting sugar (need minimum of 8 hr fasting, tea/coffee not allowed) Post meal sugar (90 min for the first bite of the food).
- HBAIC (3 month blood sugar average)
- Fasting Lipid Profile: S. cholesterol, triglyceride, VLDL, LDL (bad cholesterol, HDL (good cholesterol).
- Kidney Test: Urine Routine Examination, S. Creatinine, Sodium, Potassium, Uric Acid, Albumin Creatinine Ratio.
- Liver Function Test: SGOT / SGPT / Alkaline Phosphatase
- Hemogram: Hb, Total count, Differential count, ESR.
- Foot Test: Versalab, Vibrometer, Foot Care, Podiatrist consultation
- Dental Consultation: (Examination of the gum, teeth, oral cavity by Dentist), (Dental Procedure are charged extra).
- ECG / X-ray (Chest) / Dietician consultation / Counseling by Diabetes Nurse Educator, Consultation with Diabetologist / Endocrinologist.

SILVERLINE
EXECUTIVE DIA CHECK
4800/-
with Breakfast)

- Routine Dia Check: Eye test (refraction test, Eye Pressure Test, Dilated Fundus Examination with fundus picture, Consultation with ophthalmologist)
- Scanning: ECHO & USG Abdomen.
- Blood Sugar: Fasting sugar (need minimum of 8 hr fasting, tea/coffee not allowed) Post meal sugar (90 min for the first bite of the food).
- HBAIC (3 month blood sugar average)
- Fasting Lipid Profile: S. cholesterol, triglyceride, VLDL, LDL (bad cholesterol, HDL (good cholesterol).
- Kidney Test: Urine Routine Examination, S. Creatinine, Sodium, Potassium, Uric Acid, Albumin Creatinine Ratio.
- Liver Function Test: SGOT / SGPT / Alkaline Phosphatase
- Hemogram: Hb, Total count, Differential count, ESR.
- Foot Test: Versalab, Vibrometer, Foot Care, Podiatrist consultation
- Dental Consultation: (Examination of the gum, teeth, oral cavity by Dentist), (Dental Procedure are charged extra).
- ECG / X-ray (Chest) / Dietician consultation / Counseling by Diabetes Nurse Educator, Consultation with Diabetologist / Endocrinologist.
Routine Dia Check: Eye test (refraction test, Eye Pressure Test, Dilated Fundus Examination with fundus picture, Consultation with ophthalmologist)
Scanning: ECHO & TMT.
Blood Sugar: Fasting sugar (need minimum of 8 hr fasting, tea/coffee not allowed) Post meal sugar (90 min for the first bite of the food).
HBAIC (3 month blood sugar average)
Fasting Lipid Profile: S. cholesterol, triglyceride, VLDL, LDL (bad cholesterol, HDL (good cholesterol).
Kidney Test: Urine Routine Examination, S. Creatinine, Sodium, Potassium, Uric Acid, Albumin Creatinine Ratio.
Liver Function Test: SGOT / SGPT / Alkaline Phosphatase
Heamogram: Hb, Total count, Differential count, ESR.
Foot Test: Versalab, Vibrometer, Foot Care, Podiatrist consultation
Dental Consultation: (Examination of the gum, teeth, oral cavity by Dentist), (Dental Procedure are charged extra).
ECG / X-ray (Chest) / Dietician consultation / Counseling by Diabetes Nurse Educator, Consultation with Diabetologist / Endocrinologist.

Routine Dia Check: Eye test (refraction test, Eye Pressure Test, Dilated Fundus Examination with fundus picture, Consultation with ophthalmologist)
Scanning: ECHO, TMT AND USG ABDOMEN
Blood Sugar: Fasting sugar (need minimum of 8 hr fasting, tea/coffee not allowed) Post meal sugar (90 min for the first bite of the food).
HBAIC (3 month blood sugar average)
Fasting Lipid Profile: S. cholesterol, triglyceride, VLDL, LDL (bad cholesterol, HDL (good cholesterol).
Kidney Test: Urine Routine Examination, S. Creatinine, Sodium, Potassium, Uric Acid, Albumin Creatinine Ratio.
Liver Function Test: SGOT / SGPT / Alkaline Phosphatase
Thyroid Test: Free T4, TSH
Heamogram: Hb, Total count, Differential count, ESR.
Foot Test: Versalab, Vibrometer, Foot Care, Podiatrist consultation
Dental Consultation: (Examination of the gum, teeth, oral cavity by Dentist), (Dental Procedure are charged extra).
ECG / X-ray (Chest) / Dietician consultation / Counseling by Diabetes Nurse Educator, Consultation with Diabetologist / Endocrinologist.
All the tests above will screen for Diabetes, Thyroid, Breast Cancer, Cervical Cancer, Cholesterol, Osteoporosis besides Vitamin D and Calcium deficiency.

Package cost $ 5900.00

MATURE 60s

You are well advised to consider the following tests

- Fasting blood sugar (FBS)
- Complete blood count
- Serum creatinine
- TSH
- Fasting lipid profile
- Blood Calcium
- Phosphorous
- Urine routine examination
- Stool occult blood
- ECG
- Chest X-ray
- Spine X-ray
- USG Abdomen
- Dexascan (3 site)
- Vitamin D
- Dietician consultation
- Doctor consultation

This package is mainly for checking bone density or Osteoporosis which is highly prevalent in this group as well as for Uterine fibroids. Diabetes, Thyroid and cholesterol levels are also checked.

Package cost is ₹ 4000.00

The Dos and Don'ts when you present yourself for screening

1. Please fast for 8 to 12 hours overnight. No feast before the fast.
2. Come with an empty stomach, you can drink water.
3. If you are diabetic carry your medicines with you and take them after giving your blood sample.
4. If you are going through your periods then it's better to wait till you are through before undergoing these tests.
5. Wear loose fitting comfortable clothes and shoes.
6. No smoking and no drinking for a minimum of 12 hours before the checkup.
7. If you are a patient of Silverline Hospital pls. refer your Id number.
8. If you are not a patient with Silverline please carry your earlier medical reports and prescriptions.
9. You will be advised based on the tests done as per the package you opted for. Any further tests will attract extra charges.
10. Availability of reports will be based on the tests done. Some reports may take a day or two more.

For more information / registration call:
95391 18118 / 0484 4147555, 7 am to 7 pm

Silverline Hospital
Centre for Diabetes, Thyroid & Endocrinology
K P Vallon Road, Kadavanthra, Kochi-682 020
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SILVER WELLWOMAN

Superwoman that you are, have you done all your health checks? You need to be sure of your own health, to continue the wonderful care that you selflessly bestow on your family.

Register with Silverline Hospital and be a Silver-well-woman.

Screen yourself for Cancer, Diabetes, Osteoporosis, Thyroid, Renal and Cholesterol related problems. Early detection helps to reverse and will keep under control many of the diseases that are fast becoming common.

The Silver-well-woman package is for women in their 30s, 40s, 50s and in the 65+ age group.

PRETTY 30s
The young woman in her 30s is advised to do the following tests.

> Fasting blood sugar (FBS)
> Complete blood count
> Serum Creatinine
> TSH
> Fasting lipid profile
> Blood Calcium
> Phosphorous
> Urine routine examination
> ECG
> Pap Smear
> Dietician consultation
> Doctor consultation

The above checks are for diabetes, cervical cancer, Thyroid, cholesterol and renal function.

Package cost ₹ 1600.00

GRACEFUL 40s
The graceful woman in her 40s is advised to do the following tests.

> Fasting blood sugar (FBS)
> Complete blood count
> Serum creatinine
> TSH
> Fasting lipid profile
> Blood Calcium

ELEGANT 50s
The lady in her 50s is advised to do the following tests.

> Fasting blood sugar (FBS)
> Complete blood count
> Serum creatinine
> TSH
> Fasting lipid profile
> Blood Calcium
> Phosphorous
> Urine routine examination
> ECG
> Sono-mammogram
> Pap Smear
> Dexa scan (3 site)
> Spine X-ray
> Vitamin D
> Dietician consultation
> Doctor consultation