

Healthy Living

SAS Clinic Health Newsletter September 2010

SAS Clinic

Kampala/Bombo Road

Open 24 Hours

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SAS Clinic

Bugolobi

Open 8.00 am – 9.00 pm

Plot 54 Katazamiti Road

P O Box 3876 Kampala

Tel: 0414 220 970

Mob: 0772 629 773

Fax: 0414 345 339

Services available

24 Hour Clinic

24 Hour Laboratory

24 Hour CT-Scan

24 Hour X-ray

24 Hour Ultrasound

Hitech 3D/4D Ultrasound

Echo & Doppler

Resting ECG

Stress ECG

Holter Monitoring

Echo

Doppler Studies

Theatre & Surgery

Dental

Physiotherapy

Counseling

Inpatient /Admissions

Antenatal care

Regular Health Checks



Why you need them

Prevention is better and cheaper than cure. Regular health checks enable early diagnosis and management of any health problems that may be developing. Early treatment greatly increases chances of total recovery and minimizes chances of adverse complications.

These are the routinely recommended annual health checks for the different sexes and age groups, intending couples, as well as expecting mothers.



Men aged 18 – 50

- Complete Blood Count
- Lipid Profile
- Glucose
- Blood Pressure
- Body Mass Index
- Complete Physical Exam

Women aged 18 – 50

- Complete Blood Count
- Lipid Profile
- Glucose
- Blood Pressure
- Body Mass Index
- Complete Physical Exam
- Papsmear
- Mammogram for women who have reached 40 years of age and have a family history of breast cancer

NOTE: HIV & other sexually transmitted infections are optional but highly encouraged



Specialists at SAS

- Family Physician
- Physician
- Paediatrician
- OB/GYN
- ENT
- Dentist
- Cardiologist
- Surgeon
- Orthopedic Surgeon
- Neurosurgeon
- Psychiatrist
- Counseling Psychologist



Men aged 50 & above

- Complete Blood Count
- Lipid Profile
- Glucose
- Blood Pressure
- Body Mass Index
- Complete Physical Exam
- ECG (Electrocardiogram)
- PSA (Prostate Specific Antigen)
- RFTS (Renal Function Tests)
- LFTS (Liver Function Tests)
- Barium Enema (once in 5 years)
- Stool Occult Blood (annual) or Colonoscopy (once every ten years)

Use of each test

Complete Blood Count

Evaluation of anemia, leukemia, inflammations, infections, etc

Lipid profile

Evaluate risk of coronary heart disease

Glucose

Diagnosis of diabetes

Blood pressure

Detect high or low blood pressure

Body mass index

Weight assessment

Complete physical exam

Evaluate the status of the different systems and organs of the body

ECG

Evaluate the health status of the heart

Women aged 50 & above

- Complete Blood Count
- Lipid Profile
- Glucose
- Blood Pressure
- Body Mass Index
- Complete Physical Exam
- ECG
- Pap Smear (up to 65 years)
- Mammogram
- RFTS
- LFTS
- Barium Enema (once in 5 years)
- Stool Occult Blood (annual) or Colonoscopy (once every ten years)

NOTE: HIV & other sexually transmitted infections are optional but highly encouraged. Consult your doctor or counselor for proper guidance.

PSA

Diagnosis of prostate cancer

Papsmear

Diagnosis of cervical cancer

Mammogram

Early detection of breast cancer

Renal Function Tests

Evaluate kidney function

Liver Function Tests

Evaluate liver function

Barium Enema

Detection of colon cancer

Stool Occult Blood

Detection of ulcers and malignancies in the gastrointestinal tract

Colonoscopy

Detection of colon cancer and other abnormalities



VISION

Satisfying the communities health care needs through affordable and accessible services with applied academic excellence

MISSION

At SAS, your family's health is our top priority. We promise to be sensitive to your needs, and strive to provide you with timely care, using the best professional medical practices.

CORE VALUES

Integrity, Innovativeness, Image
Teamwork, Timeliness
Care, Perseverance

Recommended Pre-marital Screen

Below are some of the tests that are highly recommended for intending couples before they embark on the exciting journey of marriage. Consult your doctor and counselor for any additional advice.



- Voluntary Counseling & Testing for HIV
- Hepatitis B Serology
- Hepatitis C Serology
- Syphilis Serology
- HB – Electrophoresis (for sickle cell status)

Recommended Antenatal Screen

To monitor the wellbeing of both mother and baby during pregnancy, doctors carry out certain tests at different stages of the pregnancy. Below is a list of the most routine checks. Consult with your doctor for details of timing and whether you need additional tests.

- Full Blood count
- Blood Group (if unknown)
- Antibody screen
- Syphilis Serology
- Hepatitis B Serology
- Hepatitis C Serology
- HIV Screen
- Urinalysis and Culture
- Pap Smear
- Ultrasound Scan
- Gestational Diabetes



Disclaimer

This publication is not intended to be a substitute for sound advice from professional medical practioners. Seek medical advice from qualified medical professionals for proper management of all your health and medical needs



24 Hour X-ray Services



24 Hour
Ultrasound



24 Hour 3D - 4 Slice CT-Scan