

# **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

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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



## Women aged 50 & above **Specialists at SAS** Men aged 50 & above Family Physician ☐ Complete Blood Count Physician ☐ Lipid Profile Paediatrician ☐ Glucose □ Blood Pressure OB/GYN □ Body Mass Index **ENT** ☐ Complete Physical Exam ☐ ECG (Electrocardiogram) Dentist ☐ PSA (Prostate Specific Antigen) Cardiologist ☐ RFTS (Renal Function Tests) ☐ LFTS (Liver Function Tests) Surgeon □ Barium Enema (once in 5 Orthopedic Surgeon years) ☐ Stool Occult Blood (annual) or Neurosurgeon Colonoscopy (once every ten **Psychiatrist** years) guidance. **Counseling Psychologist** Use of each test **PSA Complete Blood Count** Evaluation of anemia, leukemia, **Papsmear** inflammations, infections, etc Lipid profile Mammogram Evaluate risk of coronary heart disease **Renal Function Tests** Glucose Diagnosis of diabetes **Blood pressure Liver Function Tests**

	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	
NOTE. THE & STREET SEXUALLY CHAINSTRICTED	

Consult your doctor or counselor for proper

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

Diagnosis of prostate cancer

Diagnosis of cervical cancer

Early detection of breast cancer

Evaluate kidney function

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

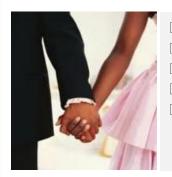
### MISSION

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