

# CHECK-UP AND HEALTHY LIFE

Life is Beautiful



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# TAKE A DECISIVE STEP OPEN THE DOORS TO A HEALTHY LIFE

*If you could determine your future over the next ten years, what would you do? What course would you set for your life, and what plans would you make for your loved ones?*

*Don't forget that you it is only with good health that you can make your dreams come true. So take a decisive step and open the doors to a healthy life.*



## THE POWER IS IN YOUR HANDS

Threats to good health such as pollution, stress, poor nutritional habits and genetic risk factors manifest themselves in the form of a number of diseases and conditions. Regular check-ups are essential to maintain a healthy life. The check-up programs at Liv Hospital Healthy Life and Check-Up Clinic offer a specialized service to men and women of all ages.

- ✓ What are you doing for your health?
- ✓ What positive steps are you taking to protect against disease?
- ✓ Did you get a flu jab last year?
- ✓ Have you scheduled your next PAP smear test?
- ✓ Are you being screened to prevent or gain early detection of cancer?

Many studies have shown that a balanced diet, exercise and regular health screening tests saves lives.

## LISTEN TO THE EXPERTS

Remember that psychological health and inner peace are as important for your health as physical health... Listen to the experts...

- ✓ Believe in good things.
- ✓ Eat less, take more exercise and enjoy yourself.
- ✓ Take pleasure in the people around you. (Your spouse, children, family, neighbors and colleagues)
- ✓ Strike the right balances in life.
- ✓ Take daily exercise, eat a balanced diet, maintain relationships through meaningful social activities and set yourself major tasks.
- ✓ Sleep at least 8 hours a day.
- ✓ Manage stress and have a good time with your friends.
- ✓ Stay positive. Register with a family doctor to help prevent disease and stay healthy.

## SAY "HELLO" TO A HEALTHY LIFE

Everyone wants to have a long and healthy life. Having a healthy, long and high quality life is not as hard as you think. With Liv Hospital's Check-Up and Healthy Life Programs, you can say "hello" to a healthy life and "farewell" to disease...

# TEST

## IS EVERYTHING TO DO WITH YOUR HEALTH ON THE RIGHT PATH?

A balanced diet, regular exercise and scheduled health scans are among the most important criteria for a healthy life. Yet most of the time it is our daily lifestyle choices that underlie health problems. Using the test below, you can grade your health profile and decide what lifestyle changes you need to make.



### BAD HEALTH HABITS

Grade yourself in line with the points system for the poor eating habits listed below.

- ✓ Regular consumption of foodstuffs containing trans fats (hydrogenated fats) **3 Points**
- ✓ Regular consumption of high sodium content packaged foods, chips and other processed foods **4 Points**
- ✓ Sprinkling salt on most meals **3 Points**
- ✓ Eating out (or ordering in) more than three times a week **4 Points**
- ✓ Regular daily consumption of more than two standard glasses of alcohol **3 Points**
- ✓ Eating most meals with white bread or white rice **3 Points**
- ✓ Eating sugary desserts after most evening meals **3 Points**
- ✓ Regular smoking **5 Points**
- ✓ Occasional smoking **4 Points**
- ✓ Lack of regular communication with other people **5 Points**
- ✓ Regular and uncontrolled stress **4 Points**
- ✓ Being more than 15 kilos overweight **4 Points**
- ✓ Sleeping less than 7 hours a night **3 Points**

### GOOD HEALTH HABITS

Grade yourself according to the points system below if you can say “Me too” to these good eating habits.

- ✓ Regular consumption of fruit and vegetables seven times a day **5 Points**
- ✓ Consumption of fat free milk or low fat yoghurt at least twice a day **3 Points**
- ✓ Not consuming more than two standard alcoholic beverages a day **3 Points**
- ✓ Taking an average of 20 to 30 minutes of aerobic exercise most days **5 Points**
- ✓ Taking strength gaining exercise two or three times a week **4 Points**
- ✓ Following regular meditation or other stress reducing methods **4 Points**
- ✓ Always washing your hands after using the toilet and before preparing food **5 Points**
- ✓ Regular dental brushing and flossing **4 Points**
- ✓ Annual flu jabs **4 Points**
- ✓ Regular blood pressure monitoring **4 Points**
- ✓ Regular cholesterol level monitoring **3 Points**

# RESULTS

Grade yourself on your good and bad health habits, subtracting your bad health habit total from your good health habit total to reach your final score as detailed below.

### More than 20:

Congratulations! You have a lifestyle that supports the maintenance of a healthy life.

### 14 to 20:

You have a healthy lifestyle. Still, you should take care and try to adopt at least one more good health habit and drop one bad health habit.

### 8 to 13:

You do not have an unhealthy lifestyle but you do need to adopt a few more good health habits and drop a few bad ones.

### 0 to 7:

You have a partially healthy lifestyle – you need to make some positive changes. Try to adopt some more good health habits and drop some bad ones.

### -1 to -7:

You need to take health habits more seriously if you wish to avoid health problems in the future.

### -8 and below:

You are not trying to improve your health and remain attached to certain harmful habits. Start making positive changes. Every step counts.







# BID FAREWELL TO DISEASE

Good health is a person’s most treasured asset. You need to have regular check-ups to have a healthy life and to protect this treasure. The check-up programs at Liv Hospital Healthy Life and Check-Up Clinic offer a specialized service to men and women of all ages.

Threats to good health such as pollution, stress, poor nutritional habits and genetic risk factors manifest themselves in the form of a number of diseases and conditions. Liv Hospital Healthy Life and Check-Up Clinic offers you the possibility of disease prevention, early diagnosis and a healthier life! At Liv Hospital Healthy Life and Check-Up Clinic, health risks that exist in men and women of all ages as well as congenital or hereditary risks are detected and investigated. A genetic map-based risk analysis is generated in cooperation with the Regenerative Medicine and Stem Cell Research and Application Center, facilitating early treatment of high risk diseases identified through analysis of your family health history.

## WHAT IS A CHECK-UP?

One of today’s most important weapons in the fight for a healthy life is the annual check-up in which your doctor conducts an examination and the necessary tests and scans are carried out. This can also result in early diagnosis and treatment of undetected health issues. Chronic conditions that are being treated also need monitoring through designated check-up and follow-up protocols.

## WHAT DOES A CHECK-UP INVOLVE?

While the exact nature of the check-up varies in line with the specified program and the tests to be carried out, the processes listed below form the basis of every check-up.

- ✔ Your doctor’s detailed physical examination and conclusions are designed to establish which further tests should be carried out, as well as forming the basis for decisions about any necessary consultations and recommendations, in line with an assessment of the results.
- ✔ Blood tests establish the person’s metabolic, hormonal and hematologic condition as well as organ function.
- ✔ The main radiologic tests are X-rays and ultrasound examinations. If required, advanced technology based tests designed to obtain finer imaging of the organs of the body may also be carried out.
- ✔ Function tests measure the productivity of the heart and respiratory system.
- ✔ The purpose of endoscopic imaging is specifically to obtain direct access to the stomach and intestinal system, and to obtain biopsy samples if necessary.

## HOW LONG DOES A CHECK-UP TAKE?

An outpatient check-up generally takes half a day to complete, with the results ready the following day. In some cases in which more detailed tests need to be carried out, the person may schedule a check-up with an overnight stay at Liv Hospital; again, results are read the day after the tests are carried out.

## WHY SHOULD YOU HAVE A CHECK-UP?

- Clinic if a long and healthy life is among your goals, and if:
- ✔ You want to find out what you need to do to achieve this goal
  - ✔ You want to see whether you are as healthy as you feel
  - ✔ You find it hard to reserve time for healthy living in a hectic life
  - ✔ You are concerned about health issues that arise frequently in your family
  - ✔ You want to detect and treat health issues early ... You should make an appointment at Liv Hospital Check-Up and Healthy Life.





# BEFORE COMING FOR YOUR CHECK-UP...

- ✓ Please refrain from eating anything for a period of 12 hours before your check-up. This is important in terms of obtaining accurate results from fasting lipid profile, blood sugar level and other tests.
- ✓ Certain medications, herbal remedies and antioxidants like Vitamin C can affect blood sugar and metabolic values. You should come without having taken anything except essential medications that you take regularly.
- ✓ Refrain from alcohol and caffeine for at least one day before your check-up.
- ✓ Be careful about your dietary habits over the past three days, especially to increase your consumption of vegetables. It is advisable to avoid animal foodstuffs and especially meat.
- ✓ Do not undertake over-taxing sporting activities or physical exercise in the day before the check-up.
- ✓ Women who believe they may be pregnant should inform us.
- ✓ In the event that an effort test is to be carried out, you should bring appropriate footwear and comfortable clothing.
- ✓ You may contact our call center (0850 222 2 548) if you have any queries or concerns.

Please take a look at the different Check-Up packages we have prepared for you.

## HEALTH@LiV BASIC PACKAGE

In the basic package, vital systems are subject to general testing and critical data about their functioning is obtained. The package includes basic cardiologic, radiologic and laboratory tests regardless of age or gender. The systems are evaluated according to main headline criteria. The results and pathology that emerges from these tests will give an indication about how to proceed.

## STANDARD LiV MEN / WOMEN

The tests and detailed physical examination included in this program evaluate metabolic and bodily functions; important health recommendations are given in the light of the results of these tests. This is suitable for a general evaluation for men and women whose previous tests have not revealed any particular issue. The package includes X-ray and ultrasound imaging, biochemical, hematological, hormonal and serological tests, electrophysiological cardiac assessment, and an overall assessment by physicians including a dentist and nutritionist.

## YOUNG LiV MEN / WOMEN (UP TO THE AGE OF 39)

This package focuses on risks and functional capacities of particular relevance to young men and women, as well as general tests. The contents of the test package have been designed to combine age and gender related variables for the most useful possible results.

The package includes X-ray and ultrasound imaging, biochemical, hematological, hormonal and serological tests, electrophysiological cardiac assessment, for women, age appropriate breast and gynecological tests, and an overall assessment by physicians including a dentist and nutritionist.

## YOUNG-PLUS LiV MEN/WOMEN (AGE 40-49)

This program provides detailed testing for men and women who are still young but need to be aware of certain age-related issues that may affect their health. Tests related to various branches of medicine are carried out and the results are evaluated in order to plot an individual road map for a healthy life.

The package includes X-ray and ultrasound imaging, biochemical, hematological, hormonal and serological tests, metabolic profile analysis, electrophysiological and stress test cardiac assessment, age-appropriate prostate (for men) and hormone tests, age appropriate breast, mammography and gynecological tests for women, and an overall assessment by physicians, nutritionists and dental specialists.

## ACTIVE LiV MEN /WOMEN (AGE 50-65)

The Active Liv Men /Women program is designed for men and women over the age of 50 who are determined to maintain an active life but who are aware of the potential threats to health associated with their age group. While this age group remains highly active both physically and mentally, special care and attention is required to ensure the whole body keeps working in harmony.

The package includes X-ray and multi-site ultrasound imaging, biochemical, hematological, hormonal and serological tests, metabolic profile analysis, trace element and vitamin level tests, electrophysiological and stress test cardiac assessment, echocardiography, age-appropriate scan tests, age appropriate breast and gynecological tests for women and andrologist consultation for men, and an overall assessment by physicians including gynecologists for women, urologists for men, cardiologists, ophthalmologists and dental specialists.

## EXECUTIVE LiV MEN /WOMEN

This package is designed exclusively with a focus on hectic professionals who find it hard to devote time to their health, with an added focus on issues specific to gender. Detailed results are analyzed and you will be given recommendations to help you keep up your busy pace in a healthy and sustainable manner. All aspects of the effects of the physical and psychological stress that all executives and professionals have to learn to live with are thoroughly evaluated.

The package includes X-ray and multi-location ultrasound imaging, biochemical, hematological, hormonal and serological tests, metabolic profile analysis, trace element and vitamin level tests, electrophysiological and stress test cardiac assessment, age- and gender- appropriate scan tests, and an overall assessment by physicians including gynecologists or urologists, ophthalmologists, dental specialists and stress management experts.



FULL BODY CANCER DETECTION  
MRI CHECK-UP

The Full Body MRI scan achieves a radiation-free scan of your entire body without side effects within 45 minutes. This generally allows for the detection of tumors and tumor-like lesions more than 1 centimeter in diameter. This enables treatment at the earliest stage of the cancer when the disease has yet to show symptoms and when the chance of success is highest. It also facilitates the scanning of brain tissue, bone structure and extremities, in a single session.

CARDIAC AGE DETERMINATION

You can see if you need any heart attack prevention treatment when you find out your cardiac age using the “Liv Cardiac Age Determination” program. The Carotid Intima-Media Thickness (CIMT) test achieves early diagnosis and detection for potentially fatal complications such as heart attacks and strokes, thus allowing preventative measures to be taken. A painless ultrasound imaging test that lasts about 10 minutes, since it emits no radiation, CIMT can even be safely carried out on pregnant women.



THORACIC CT - VIRTUAL  
(CORONARY) ANGIO

Obtaining tomographic imaging of the interior of coronary vessels through the use of a contrast material administered via blood vessels in the arm, this method renders significant data on the existence of vessel thickening as well as blockages in the coronary vessels. The diagnostic accuracy is close to 100%, even when no coronary blockage is detected. In the virtual angiography procedure, contrast material is administered directly through veins in the arm, which are then imaged tomographically. The diagnosis has the same accuracy as traditional angiography in cases where no abnormality is detected in the coronary vessels. While the contrast material administered is similar in both methods, the radiation level is less than in traditional angiography.

“I’M PLAYING SPORTS”

Everyone should do some sporting activity and those who do not should be encouraged to do so; but one should not forget that the correct start is important in achieving the desired results. The “sports is medicine” concept that has gained currency in the medical world in recent years shows that a planned age-related sports program can help to prevent disease. Before beginning a program of sporting activity, or if you are starting again after a period without sports, examinations should be carried out to check your suitability. Program participants undergo detailed examination of their heart and lung function and capacity while their blood values are analyzed with from a sports physiology perspective.



IS MY CARER / NANNY IN GOOD HEALTH TOO?

This program is designed to check whether the carer to whom you have entrusted the people you value most, your children, parents or loved ones, is in good health. This program checks the general health of the carer or nanny you propose to host in your own home, as well as evaluating the carer’s suitability for employment with respect to infectious diseases.



“CHILDREN – LET’S PLAY”

Being healthy and maintaining sporting activity as a life discipline begins in childhood. All children should play sports and be examined first for potential health risks. Structural issues can be complicated by sports and it is important to rule out such a possibility at the outset. Children are tested primarily for undetected congenital heart conditions as well as undergoing metabolic check-ups.

SHAPE – ADVANCED CARDIAC  
DIAGNOSTIC PROGRAM

SHAPE stands for the Society for Heart Attack Prevention and Eradication, a US-based international organization whose mission is to eradicate heart attack by championing new strategies for prevention while advancing the scientific quest for a cure. Under the SHAPE program, any signs of hardening of the arteries and coronary heart disease are identified using standard screening methods and an early diagnosis is achieved while possible disease can still be treated. SHAPE-certified experts at our Check-Up and Healthy Life Clinic implement individualized coronary arterial disease preventive protocols. The contents of this program have been determined in line with international criteria.



VIRTUAL COLONOSCOPY  
(INTESTINAL HEALTH)

Intestinal cancer is one of the main diseases that can be easily treated if it is diagnosed early, and the only way to achieve early diagnosis is by visual examination. Other methods are indirect and cannot match actually taking a look. Virtual colonoscopy overcomes most people’s hesitation about undergoing the procedure. There is no longer any need to cleanse the affected intestine or to undergo an anal endoscopic procedure that requires sedation. This tomography procedure is achieved in small doses within a short period of time, allowing a virtual journey throughout the entire intestine to gather vital data and information.

TAILOR MADE CHECK-UPS

Tailor made examinations can achieve the most accurate results for men and women. High tech imaging methods make it possible to obtain a highly detailed health analysis together with genetic data from DNA sequence analysis and sophisticated laboratory tests. The examination carried out within the scope of this program coupled with evaluation of the patient’s medical history and data obtained during the tests leads to decisive and effective results.