WELL WOMAN PACKAGES

American Hospital Dubai
Delivering Better Health in the Middle East
The Well Woman Package is a comprehensive package designed to assure a healthy life of all females, at all age groups. The Well Woman Package is a flexible scheme of medical and clinical tests that is tailor-made to suit every woman with different medical history.

**BREAST MAMMOGRAPHY**
An X-ray picture of the breast, used to detect tumors to help differentiate benign (non-cancerous) and malignant (cancerous) tumors.

Mammography is offered to women between the age of 40 - 49 every two years. For women above 50 years every 12 months. For women less than 40 years if there is a relevant family history or indication on clinical examination.

**BILATERAL BREAST ULTRASOUND**
is frequently used to evaluate breast abnormalities that are found with screening or if a lump can be easily felt during a breast exam. It can also determine if a suspicious area is in fact a cyst or an increased density of solid tissue (dense mass) which may require a biopsy to determine if it is a malignant.

**BONE DENSITY DXA SCAN**
You may not notice symptoms of osteoporosis until you break a bone. Bone Density DXA Scan determines if you have osteoporosis or are at risk of developing it. We recommend that women over 50 years must undergo Bone Density DXA Scan to show the current bone density.

**PAP SMEAR**
Is a smear of cells taken from the cervix to detect abnormal cervical cells.

Cervical cancer is a cancer of the neck of the womb. It is found that cervical cancer is one of the major three cancers which cause high mortality in women. Early detection relies on regular pap smears and subsequent treatment as necessary.
FACTS AND STATISTICS ABOUT CERVICAL CANCER

- Virtually all women are at risk of cervical cancer.
- All women between the age of 18 and 70 years should have a Pap Smear every year.
- Sexual intercourse for the first time at an early age, HPV infection and smoking are some factors associated with increased risk of developing Cervical Cancer. Pap Smear is the best method to help early diagnosis of Cervical Cancer.

CBC (COMPLETE BLOOD COUNT)
A blood screening test to help diagnose and manage various diseases. It can reflect dehydration, blood loss or anemia or blood abnormalities, infections, allergies and others.

LIPID PROFILE
A blood screening test to determine risk for heart disease. It includes testing for total cholesterol, LDL, HDL, and Triglyceride.

URINALYSIS
A urine screening test to check overall kidney functions, urinary tract infections, diabetes, or any other kidney diseases.

CALCIUM
A blood test to screen for, diagnose and monitor a range of conditions related to musculoskeletal system, and kidneys.

VITAMIN D
A blood screening test to detect Vitamin D deficiency which is a very common condition that can lead to multiple problems including but not limited to fatigue, body, joint pains osteopenia and osteoporosis.

URIC ACID
A blood test to diagnose a condition which might cause acute gout and kidney stone.

RENAL PROFILE
A combination of several tests which will evaluate the kidney function and detect electrolyte imbalance.

FASTING BLOOD SUGAR
Is a blood test that also falls under Renal Profile to diagnose Diabetes.

LIVER PROFILE
It is a group of blood tests that will evaluate the liver function and can help diagnose multiple diseases including fatty liver, hepatitis, cirrhosis, cancer and gallbladder stones.

BEDSIDE SPIROMETRY
It is a screening test and maybe the first test to indicate the presence of pulmonary disease.

ELECTROCARDIOGRAM WITH SHORT RHYTHM TEST ECG
A test to measure the electrical activity of the heart to determine whether a person has heart disease, or any abnormal heart beat.

TREADMILL STRESS TEST
A test to measure the electrical activity of the heart during physical stress to evaluate the heart’s reaction to increase demand of oxygen, or any abnormal heart beat. It is used to screen for coronary artery disease.

OCCULT BLOOD - FECES
A test to detect cancer in the bowel. The earlier the cancer is detected the better are the chances to cure.
WHY THE AMERICAN HOSPITAL DUBAI “WELL WOMAN PACKAGE”?

• The Well Woman Package is designed in a way to be comprehensive, efficient and a real value for money.

• The American Hospital Dubai is the first healthcare provider in the Gulf region, and the second outside the United States to attain the accreditation of the Joint Commission International (JCI) - an organization that monitors quality in every procedure.

• The Well Woman Package is designed in a way to meet your needs in choosing a screen which addresses - the areas of most concern to you, match your age, medical history, family history and financial status.

• The Well Woman Package is delivered by American / Western Board Certified Physicians, supported by well trained nurses, all under one roof.

CHOOSE YOUR OWN SCREENING

• The Well Woman Package is designed to be personalized, suitable for all age groups, and cost-effective. Four state-of-the art approaches of screening were designed based mainly on age, lifestyle, family history and other risk factors.

• The screen of your choice will include full physical examination, consultation with one of our highly qualified Physicians, assessment of the risk factors for the diseases, with advice on lifestyle modification.

Please take your time to have a look at the chart on the first page, and feel free to ask any of our staff for any queries. We look forward to seeing you at the American Hospital Dubai, to give us the chance to guard your health for a healthier tomorrow.

PLEASE NOTE

• Your checkup will take from 2 to 4 hours depending on the package you have chosen and how close your appointments can be scheduled.

• You need to arrive at the Hospital’s Primary Care Clinic 30 minutes prior to the scheduled time for subscribing your package and registration. Any delay in arrival may delay your appointments and cause inconvenience.

• Payment of the package is requested in advance upon registration (by cash or credit card only).

• Blood tests: You must come fasting for 10-12 hours, you can drink ONLY water.

• Please collect your snack coupon from the clinic upon arrival, and present it to the Coffee Shop in the hospital’s main lobby to take your snack.

• Treadmill exercise: You need to bring comfortable shoes & clothes for this test, e.g. track suit.

• Mammogram: Please don’t use any deodorant or Talcum powder on this day. If you’ve done any previous mammogram, please bring the negatives of the films with you. It is preferable to conduct the test at mid cycle.

• PAP Smear: It is preferable to be done at mid cycle.

• Please arrive for all your scheduled appointments at least 10 minutes before time.

• Please book your follow up visit after completing all the tests, in order to review them with your physician.

• The comprehensive physical examination that is done with your choice of the package may reveal indications for further tests or visits, which are not covered under your package. In this case, the extra tests requested will be charged separately.

• The package selected by you is substantially discounted by the Hospital. Services cannot be substituted and there is no refund for unavailed services.

• For any Cancellations or Rescheduling, please contact us at least 2 days in advance

Please note that prices are subject to change without prior notice.

For package bookings, please contact us on

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The first hospital in the Middle East to be awarded Joint Commission International Accreditation (JCI)

The first private laboratory to be certified by the College of American Pathologists (CAP)

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