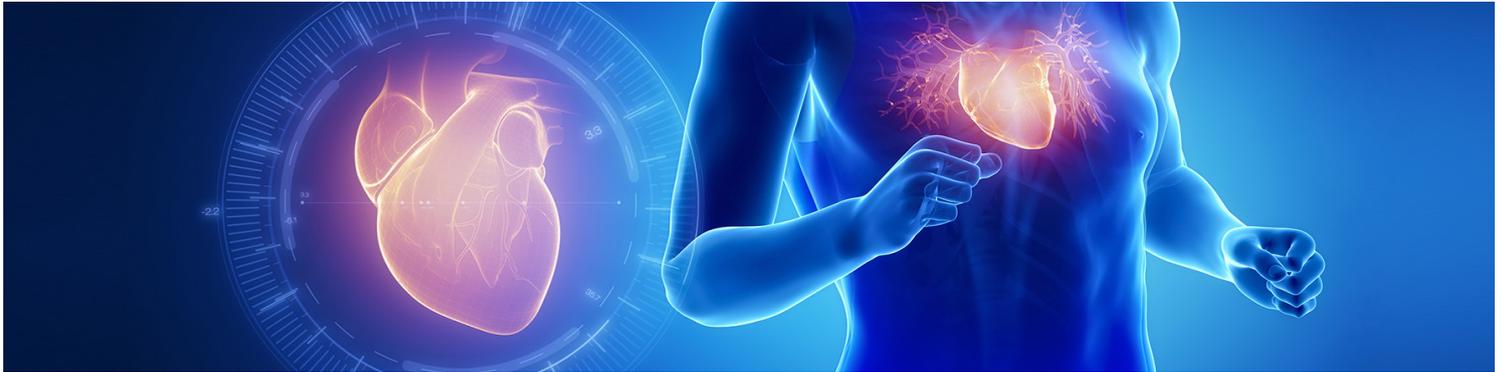




Cardiac Risk in Sports Screening Programme



Are You Fit for Your Sports?

We have all heard about the benefits of exercise. Regular exercise reduces the chance of dying from circulatory diseases such as a heart attack by 20-30%.

As you choose your Sports for work outs, it is prudent to understand if you are 'medically' fit for the Sports. You are aware of the occasional tragic news that young and apparently fit persons suffered a cardiac arrest while participating in public events such as marathon, triathlon, or cross harbour swimming. The consequences for the loss of life or disabilities are permanent but can be preventable.

For young athletes who participate in any competitive or strenuous sports, it is highly advisable to have a screening assessment by a [Cardiac Specialist](#). Beside medical history, your Electrocardiogram (ECG) will be skilfully interpreted, and Echocardiogram personally performed and analysed by the experienced Cardiac Specialist in accordance with a special set of sports criteria. Likewise, an Exercise Treadmill ECG with Echocardiogram shall be performed for detecting coronary heart disease.

For the older athletes, it is also advisable to undertake regular heart assessment as your body can change over time. In particular, the presence and progression of coronary heart disease can be silent until a major heart attack occurs during a period of intense exercise or thereafter. Other types of heart diseases such as cardiomyopathy (heart muscle disease), coronary artery anomalies (abnormal origin / location of heart artery) can also present later in life.

Anyone who has exertion related chest discomfort, breathlessness, racing heart beats, dizziness, a personal history of heart disease, or a family history of sudden unexplained death under 60 years old, they are advised to consult a Cardiac Specialist for a check up.

Exercising safely is your responsibility!

Reference:

1. Cardiovascular pre-participation screening of young competitive athletes for prevention of sudden death: proposal for a common European protocol. Eur Heart J 2005;26:516.

What items are included in the Screening Programme?

Besides the regular body check items and rest ECG performed, you will undergo detailed examination by the Cardiac Specialist with advanced scanning equipment such as Exercise Treadmill ECG with Echocardiogram. Test results will be explained to you by the Cardiac Specialist as well.

Weight, Height and BMI
Rest ECG
Chest X-ray
Blood Test
Lipid Profile: Cholesterol Total, HDL Cholesterol, LDL Cholesterol, Total / HDL Cholesterol Ratio & Triglycerides
Liver Profile: Alkaline Phosphatase, Bilirubin Total, Protein Total, Albumin, Globulin, SGPT (ALT), SGOT (AST) & Gamma GT
Diabetes Profile: Fasting Glucose & HbA1c
Kidney Profile: Urea, Creatinine, Potassium, Sodium & Chloride
Bone: Calcium & Phosphate
Thyroid: TSH
Anaemia: CBC & ESR
Gout: Uric Acid
Urine Routine: Urinalysis
Consultation with Cardiologist
Resting Echocardiogram
Myocardial Strain Imaging
Stress Treadmill
Exercise Echocardiogram

Package Price: \$17,800

Please [contact us](#) for appointment or enquiry about the screening programme.

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