

ADD-ON PACKAGES

Select to use with standard packages depend on doctor's recommendations and customer's needs

SERVICES	MEANING	FOR
Esophagus and stomach cancer screening packages	Detect cancer or precancerous lesions of the upper gastrointestinal tract, including the esophagus, stomach and duodenum.	Customers > 40 years old. Customers with a history of atrophic gastritis, chronic gastritis, Barrett's esophagus, submucosal tumors need periodic examination, customers with anemia of unknown etiology, after gastrectomy, family history of stomach cancer.
Colon cancer screening package	Detect cancer or precancerous lesions of the lower gastrointestinal tract, including the colon and rectum.	Customers > 40 years old, customers with history of colon polypectomy 1 year, colon lumpectomy 1 year, history of Lynch syndrome, or "Peutz-Jeghers" with family history of colon polyps, colon cancer.
Esophagus, stomach and colon cancer screening packages	Detect cancer or precancerous lesions of the upper and lower gastrointestinal tract, including the esophagus, stomach, duodenum, colon, and rectum.	<ul style="list-style-type: none"> - Customers > 40 years old, customers with history of atrophic gastritis, chronic gastritis, Barrett's esophagus, submucosal tumors need periodic examination, customers with anemia of unknown etiology, after gastrectomy. - Customers > 40 years old, customers with history of colon polypectomy 1 year, colon lumpectomy 1 year, history of Lynch syndrome, or "Peutz-Jeghers" with family history of colon polyps, colon cancer.
Breast Cancer Screening Package	<ul style="list-style-type: none"> - Help detect breast cancer at an early stage. - Increase the curability of breast cancer in situ (very early stage) to over 90% - Breast cancer at an early stage is much less expensive to treat than those at a late stage, while improving the quality of life for patients. 	<ul style="list-style-type: none"> - Customers < 40 years old or >= 40 years old, with moderate risk factors (No personal or family history of breast cancer; no chest irradiation; negative genetic tests for breast cancer or no genetic tests done yet but have no related symptoms) - Customers < 30 years old or >= 30 years old, with high risk factors (Have personal or family history of breast cancer; Have chest irradiation; Have positive genetic tests for breast cancer)
Cervical cancer screening package	<p>The package with basic services includes:</p> <ul style="list-style-type: none"> - Clinical examination to detect risk factors for cervical cancer, detect lesions suspected of cancer, inflammatory lesions in the cervix - Cervical cytology test to detect cervical cell changes (Able to detect 50.5 - 64.6% of abnormal cervical lesions from epithelial dysplasia grade 2 to higher), categorize cell changes and recommend appropriate follow-up plan for each case. - If in doubt, further investigations such as colposcopy and tumor biopsy may be required to diagnose cancer. 	<ul style="list-style-type: none"> - The package is used for initial evaluation and periodic follow-up for group of women aged 21-29 years, with moderate risk factors: no history of cervical lesions - Or for periodic follow-up for customer group > 30 years old; high-risk customer group"

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<p>Ovarian cancer screening package</p>	<p>The package with basic services includes:</p> <ul style="list-style-type: none"> - Clinical examination to detect risk factors for ovarian cancer, detect clinical signs suspected of ovarian cancer, detect suspected lesions in the pelvis and ovaries. - Transvaginal ultrasound helps to evaluate images of the uterus, ovaries, pelvis, detect abnormal cysts and masses of the ovaries. - CA-125 test is a tumor marker which elevates highly in the case of ovarian carcinoma. - If all investigations reveal abnormalities, the likelihood of ovarian cancer is up to 23.5%. Additional investigations such as MRI, PET-CT or diagnostic endoscopy may be needed to diagnose cancer. 	<p>Applied for women with slightly increased risk of ovarian cancer (Ovarian cancer risk is 3 times higher than normal):</p> <ul style="list-style-type: none"> - Over 40 years old - History of breast cancer after age 42 and no family history of breast or ovarian cancer - History of assisted reproductive technology - History of endometriosis - Obese or overweight women - History of exposure to: Asbestos, radiation, diabetes treatment with insulin
<p>Liver cancer screening package</p>	<p>The package is for initial screening & evaluation or routine monitoring every 6 months for the following at-risk customer groups:</p> <ol style="list-style-type: none"> 1. Moderate risk: liver fibrosis stage F3, family history of liver cancer 2. High risk: liver fibrosis due to other causes, chronic hepatitis B, C; 3. Very high risk: liver fibrosis due to hepatitis B, C <p>And monitoring every 3 months for the very high risk group: liver fibrosis due to hepatitis B, C;</p>	<ul style="list-style-type: none"> - The package is for customers over the age of 18 and from groups that are at risk for liver cancer. It consists of services for early detection of liver cancer at the stage when symptoms are not noticeable yet. - Other customers are screened by abdominal ultrasound in the general health check package. - In case of suspicion, other investigations such as MRI, CT scan, tumor biopsy, etc. might be done for liver cancer diagnosis.
<p>Lung cancer screening package</p>	<p>Help with early detection of lung cancer (are stage 1 and stage 2 lung cancers, if any) and reduce fatality rate due to lung cancer by 20% in comparison to high-risk people who have never been screened. Downsides of the package are having exposure to radiation and overdiagnosis that can result in interventional modality abuse.</p>	<p>Customers at high risk of lung cancer: from the age of 50 - 74, smoke cigarette, from 30 packs per year and above</p>
<p>Prostate cancer screening package</p>	<p>The package aims at detecting and screening prostate cancer and urinary tract abnormalities, determining status of the prostate gland: size, characteristics, echogenicity of the gland</p>	<p>Males over the age of 50</p>
<p>Cardiovascular Screening package</p>	<ul style="list-style-type: none"> - Screen sporadic cardiovascular diseases (if any), bring about monitoring plan, consult about examination with specialists - Evaluate cardiovascular risk factors, anticipate future cardiovascular disease event in order to have preventive plans 	<p>Target customers of the basic cardiovascular disease screening package are:</p> <ul style="list-style-type: none"> - Customers who have never been examined and diagnosed with cardiovascular diseases beforehand - Customers who have the following risk factors of cardiovascular diseases: <ol style="list-style-type: none"> (1) Family history of stroke or cardiovascular diseases (2) Age 55 and above (3) Gender (male has increased risks) (4) Smoking habit (past, present or constant exposure to cigarette smoke) (5) High cholesterol level (6) No or little physical activities (7) Obesity (BMI > 23.5) (8) Diabetes, thyroid diseases (9) Increased blood C-reactive protein (CRP)
<p>Hypertension examination package</p>	<ul style="list-style-type: none"> - Diagnose hypertension (if any), provide an appropriate treatment plan - Assess risk factors of cardiovascular disease and some comorbidities of patients - Predict cardiovascular events in the future and provide prophylaxis strategies <p><i>Note: Clients need to be assessed blood pressure every year. For the client who is older than 50 year olds, need to be assessed blood pressure regularly at any level because an increase in blood pressure has always been taken as an inevitable consequence of ageing.</i></p>	<p>Subject of hypertension examination package:</p> <ul style="list-style-type: none"> - All adults 18 years and older should have their blood pressure measured and know their BP (IB) - Clients with hypertension or the following risk factors: <ol style="list-style-type: none"> (1) Family history of hypertension, cardiovascular disease, dyslipidemia, diabetes or chronic kidney disease. (2) Smoking (3) Eating habits (eating salty foods, eating a lot of fatty foods, eating less green vegetables...) (4) Overweight, obese (5) Sedentary physical activity (6) Snoring, sleep apnea (7) Have suggestive symptoms of thyroid disease

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<p>Cardiovascular examination package</p>	<ul style="list-style-type: none"> - Diagnose coronary artery disease (severity levels) - Assess risk factors of cardiovascular disease, predict cardiovascular events, especially myocardial infarction in the future, thereby providing prophylaxis strategies. 	<ul style="list-style-type: none"> - Clients have chest pain symptoms with the following suggestive characteristics (Constriction feeling in chest, or neck, jaw, shoulder or arm, onset after exercise, relief with rest or with using nitrates after 5 minutes). However, the above symptoms are not typical in elderly patients, with high blood pressure, diabetes or taking other sedatives and analgesics. - Customers with risk factors of coronary heart disease: hypertension, diabetes, smoking, hyperlipidemia. - Patient has been diagnosed with coronary artery disease before.
<p>Coronary artery disease examination package</p>	<p>Comprehensive cardiovascular examination, thereby giving precise diagnosis of cardiovascular disease (if any), providing the most appropriate and comprehensive treatment plan</p>	<p>Customers have been previously diagnosed and treated for heart failure or have the following factors:</p> <ul style="list-style-type: none"> - History of coronary heart disease - History of hypertension - Exposure to cardiotoxic agents, radiation therapy -Dyspnea when lying down - Paroxysmal nocturnal dyspnea at night - Diuretics use"
<p>Comprehensive cardiovascular examination package</p>	<p>Comprehensive cardiovascular examination, thereby giving precise diagnosis of cardiovascular disease (if any), providing the most appropriate and comprehensive treatment plan</p>	<p>Comprehensive cardiovascular examination has been performed for all customers, including those with pre-existing cardiovascular disease.</p> <p>In addition, the examination package should be performed if Customers have the following factors:</p> <ul style="list-style-type: none"> - Risk factors (family history of cardiovascular disease, Smoking, overweight, sedentary behaviors, diabetes, thyroid disease, dyslipidemia, etc.) - Cardiovascular symptoms (chest pain, dyspnea, palpitations, fatigue, sleep apnea, snoring, fainting, etc.)