



## The Dominion Exam™

Dominion Medical Centres Ltd. is pleased to offer the *Dominion Exam™*, tailored to meet the needs of individuals who demand both excellence and efficiency. Emphasizing early disease detection and prevention, the *Dominion Exam™* combines clinical expertise with state-of-the-art technology to best assess your health. It is composed of three parts:

- 1. Laboratory Studies** - Prior to your appointment in our clinic, and at your convenience, we ask you to go to any of the Dynalife Laboratories in Alberta for a specimen collection. The laboratory analysis of these specimens will assist in the detection of kidney, liver or thyroid disorders as well as screen for diabetes, cholesterol and lipid irregularities, and anemia. Markers that are used to identify colorectal cancers will also be investigated.
- 2. Comprehensive History and Physical Examination** - A detailed history and physical examination are critical for an accurate assessment of your health. After spending 90 minutes discussing your health concerns and questions with one of our experienced physicians, you will receive a comprehensive physical examination. The following tests will also be conducted during your physical examination:
  - Spirometry - using spirometry, we will assess the health of your lungs. Flow volumes and flow rates will be determined to screen for lung diseases, including asthma. If you are a past or present smoker, spirometry is essential to screen for the presence of other chronic lung conditions. You will also be assessed for inhalation injuries that may have occurred as a result of occupational or environmental exposures (e.g. asbestos).
  - Visual Acuity - using the latest technology, we will assess your near and far vision, your peripheral vision, and your colour vision.
  - Audiometry - we will also assess your hearing using state-of-the-art equipment. This equipment emits sounds or tones, like musical notes, at various frequencies, or pitches, and at differing volumes or levels of loudness. The testing will be done in a soundproof testing booth.
- 3. Diagnostic Imaging** - We take into account your personal and family medical history as well as your current lifestyle to determine the most appropriate diagnostic scanning for you. We will use one or both of CT (Computed Tomography) and MRI (Magnetic Resonance Imaging) scans to complete the assessment of your current state of health. There is some risk associated with overexposure to CT scans and as such we are careful to ensure that the benefits of the scans outweigh the risks (CT scans are generally only done every 3-7 years). Typically, patients under the age of 40 will not be sent for diagnostic imaging. Patients between the ages of 40 and 49 will likely be referred for a Cardiac Score® and those over 50 will be sent for both a Cardiac Score® and a Core Body Scan.

A binder containing all the test results, referrals and recommendations will be delivered to you within 30 days. If, after you have reviewed your binder, you have any questions, we would be pleased to book a follow-up appointment with the physician who conducted your examination. It is our hope that the information you receive through your *Dominion Exam™* will bring you the peace of mind that comes with knowing all the facts and knowing them early.

## Included in every Dominion Exam™

	Male	Women
Comprehensive medical and lifestyle review and assessment	✓	✓
Complete physical examination	✓	✓
Prostate examination	✓	
Breast examination		✓
Gynecological examination with pap test (liquid cytology)		✓
Audiometry - detects hearing loss	✓	✓
Resting electrocardiogram (ECG)	✓	✓
Spirometry - assesses lung function	✓	✓
Vision Screening - acuity, depth perception, colour & peripheral vision	✓	✓
Fecal Immunochemical Test (screening for colon cancer)	✓	✓
Laboratory specimen collection	✓	✓
ALT - liver function	✓	✓
CBC and differential	✓	✓
Creatinine - evaluates kidney function	✓	✓
Electrolytes - essential for normal function of cells and organs	✓	✓
Fasting Glucose - diabetes screening	✓	✓
Lipid profile - total cholesterol/HDL ratio, LDL, triglycerides	✓	✓
Ferritin - detects iron levels in blood	✓	✓
GGT - evaluates kidney, bile and liver function	✓	✓
PSA - prostate cancer screening	✓	
TSH - thyroid function	✓	✓
Urine (microscopic)	✓	✓
Cardiac Risk Assessment	✓	✓
Physician Letter with recommendations and referrals	✓	✓
Binder with all test results, referral letters and recommendations	✓	✓

## Available Screening Tests

### Cardiac Score®

This leading-edge cardiac screening test uses computed tomography (CT) technology to obtain information about the location and extent of calcified plaque in the coronary arteries (the vessels that supply oxygenated blood to the heart). Plaque is a buildup of fat and other substances, including calcium, which in time can narrow the arteries or even stop blood flow to the heart. The result may be painful angina in the chest or a heart attack. The findings of this test, expressed as a calcium score may help decide what measures can be taken to avoid these events. A Cardiac Score requires no preparation or physical exertion and is completely painless.

### Core Body Scan

Because it provides detailed, cross-sectional views of all types of tissue, CT is one of the best tools for studying the chest, abdomen and pelvis. This test is used to screen the body for diseases when you are asymptomatic but concerned about your health. It is often the preferred method for diagnosing many different cancers, including lung, liver, and pancreatic cancer, since the image allows a physician to confirm the presence of a tumour and measure its size, precise location, and the extent of the tumour's involvement with other nearby tissue.

### Allergy Testing

Unlike the traditional "skin testing" method for allergies, this serologic test requires only a simple blood sample. Samples are then tested for both food and inhalant allergies. The clinical sensitivity and specificity of these serologic tests is in the range of 90% for most allergens tested.

### Bone Mineral Densitometry

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA or DEXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss. DEXA is today's established standard for measuring bone mineral density (BMD). DEXA bone densitometry is most often used to diagnose osteoporosis, a condition that often affects women after menopause but may also be found in men. Osteoporosis involves a gradual loss of calcium, causing the bones to become thinner, more fragile and more likely to break. This exam is precise, non-invasive, accurate, and reliable.

### Brain MRI

MRI imaging of the brain is the most sensitive imaging modality currently available to evaluate for the presence of a wide range of pathology including but not limited to tumours, strokes and demyelinating conditions such as Multiple Sclerosis. A negative exam can provide a high degree of assurance that significant pathology is not present.

### Breast MRI

As a complement to screening mammography, breast MRI can offer patients with an increased risk of developing breast cancer, the peace of mind that comes with early screening. Although there is much agreement that breast MRI is an extremely sensitive imaging technique for the detection of breast cancer, MRI does not replace screening mammography. Instead it provides a powerful supplementary tool for the detection and staging of breast cancer.

## Menopause Screening

As the menopause approaches, the ability of the ovaries to respond to certain hormones decreases. This leads to an increase in the production of these hormones (follicle stimulating hormone, or FSH, and luteinising hormone, or LH). The levels of these hormones can be measured as an indicator of the approaching menopause. A series of blood tests are taken to assess the levels of various hormones in your body. Symptoms of menopause can be managed in a variety of ways and our doctors can assist you in selecting the best management approach (es).

## Nutrition Assessment

To ensure you obtain optimal health we are pleased to provide the services of a registered dietitian. One of our dietitians will conduct a detailed dietary analysis and then give you specific strategies for reaching realistic nutrition goals. After your personal plan has been developed, we can arrange weekly, monthly or periodic assessments to discuss any possible barriers to your success and create strategies for overcoming these. Perhaps you feel your family could benefit from a detailed dietary plan? We can arrange for this as well.

## Virtual Colonoscopy

This is a highly specialized test that allows doctors to look at the large intestine (colon) to detect polyps and cancers. Polyps are small growths in the colon that may become cancerous if they are not removed. Virtual colonoscopy is a recently developed technique that uses a computed tomography (CT or CAT) scanner to look inside the body without having to insert a long tube (conventional colonoscopy) into the colon or without having to fill the colon with liquid barium (barium enema). Research has shown that virtual colonoscopy is better able to see polyps than barium enema and is nearly as accurate as conventional colonoscopy. In addition, most patients report that the virtual colonoscopy technique is more comfortable than either barium enema or conventional colonoscopy.