

Cardiac Fitness Assessment

- Consultation with a Specialist Cardiologist.
- Review of personal and family medical history.
- Complete physical examination.
- Electrocardiogram.
- Laboratory Studies:
 - Haemoglobin
 - Red cell count
 - White cell count
 - Erythrocyte Sedimentation Rate (E.S.R.)
 - Glucose (Fasting)
 - Glucose (2-hours PP)
 - Total Cholesterol
 - HDL/LDL Cholesterol
 - Trglycerides
 - Haematocrit
 - Indices
 - Platelets
 - Urea
 - Creatinine
 - Sodium
 - Potassium
 - Urate
- Urinalysis (dip test)
 - pH
 - Bilirubin
 - Albumin
 - Sugar
 - Ketones
- Written report of examination findings and recommendations.