

ABCD Packages (One-Day Health Examination) Lianan Wellness Center Health Examination Items & Information

‘☆’ indicates items to be included in the examination, (” ▲” means for male, while ” △” for female.)

Items	Examination Items	A	B	C	D	Information
General Examination	Height, Body Weight, Body Temperature, Pulse Rate, Respiratory Rate, Blood Pressure, Waistline	☆	☆	☆	☆	Basic body function analysis.
	Body Fat Composition	☆	☆	☆	☆	(1) Degree of obesity. (2) Body fat, muscle, body fluid ratio, etc.
	Physical Examination(including head and neck, respiratory system, cardiovascular system, digestive system, nervous system, musculoskeletal system and skin)	☆	☆	☆	☆	General physical analysis.To detect signs of disease and anatomical abnormalities.
	Body Mass Index	☆	☆	☆	☆	A numerical computation regarding height and weight.
Ophthalmology	Ophthalmological Examination	☆	☆	☆	☆	Check fundus, eyelids, conjunctiva, cornea, and pupils.
	Visual Acuity(including intraocular pressure)	☆	☆	☆	☆	Check visual acuity, color blindness, and eyeball pressure.
ENT	ENT (Ear, Nose, and Throat) Examination	☆	☆	☆	☆	Check external ear, ear canal, eardrum, nasal cavity nasal septum, tonsil, pharynx, and larynx. Check for infection, tumor, deviated nasal septum, and nasal polyp, etc.
	Nasopharynx Endoscopic Examination		☆	☆	☆	Check for nasopharyngeal and laryngeal tumor.
Pulmonary Function	※Chest x-ray and lateral view of chest x-ray are not sensitive to lesions in some areas and small lesions in lung. Low dose CT examination could increase the sensitivity of lung cancer detection.					
	Chest X-Ray, PA View	☆	☆	☆	☆	Pulmonary TB, pneumonia, pleural effusion, bronchiectasis, emphysema, cardiomegaly, lung tumor.
	Chest X-Ray, Lateral View	☆	☆	☆	☆	An auxiliary examinaiton to the ordinary chest x-ray.
	Pulmonary Function Tests					
	Forced Vital Capacity (FVC)	☆	☆	☆	☆	Lung function,vital capacity, pulmonary ventilation volume, expiratory flow rate, obstructive pulmonary diseases, and restrictive pulmonary diseases.
	Forced Expiratory Volume in One Second (FEV1)	☆	☆	☆	☆	
	Forced Expiratory Flow 25-75% (FEF25-75%)	☆	☆	☆	☆	
	Peak Expiratory Flow Rate (PEFR)	☆	☆	☆	☆	
	Lung Age	☆	☆	☆	☆	The estimated age of your lung based on the pulmonary function tests to show how aging, chronic diseases, and smoking affect the lung, is used for 25~99 years old.

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Gynecologic Examination	Sonography of Uterus, Ovary, and Adnexal Structures	△	△	△	△	Check for presence of uterine, ovarian and adnexal abnormalities.
	Pap Smear	△				Evaluate cervicitis, cervical erosion, and cervical cancer.
	Liqui PREP Pap Smear		△	△	△	Use a specially designed brush and a special preservative solution to collect more samples, which increases the accuracy of cervical cancer detection.
	Cervical Cancer Risk Assessment: Human Papillomavirus (HPV) Test			△	△	An exam for HPV will assess risk for cervical cancer. Over 10 types of HPVs can be detected. HPV test and Liqui PREP Pap smear together increase the accuracy of evaluating cervical cancer.
Breast Examination	Breast Examination (Palpation)	△	△	△	△	Palpate breast tissue to detect and define breast masses.
	choose one from below Breast Ultrasound or Mammography	△	△	△	△	(1) To evaluate if there is tumor, cyst, fibroadenoma, etc. (2) To evaluate any early pathological changes cannot be detected by palpation.
Male Urological Examination	Male External Genitalia and Prostate Examination	▲	▲	▲	▲	Evaluate tumor of external genitalia and prostate, and benign prostatic hypertrophy.
	choose one from below Transrectal Ultrasonography (TRUS) of Prostate or Scrotal Sonography	▲	▲	▲	▲	TRUS is used to measure the prostate gland and has been used as a screening modality for prostatic tumor. Scrotal sonography can detect: (1) Acute orchitis, testicular torsion, testicular tumor, etc. (2) Epididymitis, epididymal cyst (3) Hydrocele, inguinal hernia (4) Varicocele, seminal vesicle syst, corditis, etc.
Cardiovascular System	Resting ECG (or EKG)	☆	☆	☆	☆	To detect : (1) Cardiac arrhythmia (2) Cardiomegaly (3) Myocardial ischemia (4) Conduction defect
	Cardiovascular Screening Device (CVSD)	▲	▲	▲	▲	To assess atherosclerotic disease risk.
	Framingham Risk Score	☆	☆	☆	☆	10-year coronary heart disease risk assessment, is used for 35~74 years old.
	【心血管病變危險因子檢驗】 Cardiovascular Risk Factors					
	Triglyceride (TG)	☆	☆	☆	☆	(1) Hyperlipidemia (2) Atherosclerosis (3) Cardiovascular risk factors (4) Evaluate vascular inflammation
	Total Cholesterol (T-CHOL)	☆	☆	☆	☆	
	High-Density Lipoprotein Cholesterol (HDL-C)	☆	☆	☆	☆	
	Low-Density Lipoprotein Cholesterol (LDL)	☆	☆	☆	☆	
	Total Cholesterol to HDL Ratio (T-cho/HDL)	☆	☆	☆	☆	
	High Sensitivity C-Reactive Protein (HS-CRP)	☆	☆	☆	☆	
	Homocysteine	☆	☆	☆	☆	
	Lipoprotein(a)		☆	☆	☆	
	Fibrinogen		☆	☆	☆	

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Digest System	Abdominal Sonography: Liver, Gallbladder, Kidneys, Pancreas, Spleen, Portal Vein	☆	☆	☆	☆	Diseases and structural abnormalities of liver, gallbladder, kidneys, pancreas and spleen.
	Fecal Occult Blood (EIA)	☆	☆	☆	☆	Screening test for colon cancer.
Liver System	Liver Function					
	Total Protein	☆	☆	☆	☆	Check for disease of liver and biliary tract, hepatitis, abnormal liver function, liver cirrhosis, etc.
	Albumin	☆	☆	☆	☆	
	Globulin	☆	☆	☆	☆	
	A/G	☆	☆	☆	☆	
	Direct Bilirubin	☆	☆	☆	☆	
	Total Bilirubin	☆	☆	☆	☆	
	Alkaline Phosphatase (ALK-P)	☆	☆	☆	☆	
	Serum Glutamic Oxaloacetic Transaminase (SGOT)	☆	☆	☆	☆	
	Serum Glutamate Pyruvate Transaminas (SGPT)	☆	☆	☆	☆	
	Gamma Glutamyl Transpeptidase (GGT)	☆	☆	☆	☆	
	Serology					
	HBsAg	☆	☆	☆	☆	Hepatitis B (HBV) carrier status.
	Anti-HBs	☆	☆	☆	☆	Immunity to HBV.
	Anti-HCV	☆	☆	☆	☆	Hepatitis C carrier status.
Endocrine and Metabolic System	Vitamin D	☆	☆	☆	☆	To evaluate the lack of vitamin D.
	Zinc			☆	☆	To evaluate the lack of zinc.
	Diabetes Tests					
	AC Sugar	☆	☆	☆	☆	A survey for diabetes mellitus and hypoglycemia.
	PC Sugar	☆	☆	☆	☆	
	emoglobin A1c (HbA1c)	☆	☆	☆	☆	To show the average level of blood sugar over the previous 3 months.
	Thyroid Function					
	Free Thyroxine (Free T4)	☆	☆	☆	☆	Hyperthyroidism Hypothyroidism
	Thyroid-Stimulating Hormone (TSH)	☆	☆	☆	☆	
	Thyroid Structural					
	Thyroid Sonography		☆	☆	☆	For detection of goiter, thyroid cancer, thyroiditis, and assessment of thyroid nodule

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Skeletal System	Lumbar Spine X-Ray	☆	☆	☆	☆	Evaluate the L-spine structure and disease.
	Abdominal X-Ray (KUB)	☆	☆	☆	☆	Evaluate the bony struture and soft tissue of abdomen.
	Bone Mineral Density Scan(BMD) - Lumbar Spine + Hip Joint		☆	☆	☆	To evaluate the bone mineral density over the lumbar spine and femoral neck. <i>P.S. BMD scan may not be needed every year. For female, the other option is Cardiovascular Screening Device; for male is Blood Test of Brain Natriuretic Peptide (BNP).</i>
	CTx Test			☆	☆	CTx test is a blood test measures the amount of degraded bone product circulating in the bloodstream. The result is usually associated with BMD scan result to evaluate bone density.
Tumor Markers Screening	※Tumor markers may be used to help detect cancer. However, in order to confirm the diagnosis, other examination is necessary such as endoscopy, sonography, MRI, CT, PET, etc; Abnormal tumor marker level could occur in non-neoplastic diseases.					
	Alpha-Fetoprotein (AFP)	☆	☆	☆	☆	Liver tumor, reproductive organ tumor.
	Carcinoembryonic Antigen (CEA)	☆	☆	☆	☆	Digestive system tumors, lung cancer, etc.
	Prostate Specific Antigen (PSA) (Applicable to Male)	▲	▲	▲	▲	Prostate tumor.
	Cancer Antigen 125(CA125) (Applicable to Female)	△	△	△	△	Ovarian tumor and other female reproductive system tumor.
	Cancer Antigen 15-3 (CA15-3) (Applicable to Female)	△	△	△	△	Breast tumor.
	Epstein-Barr Virus Antibody-IgA (EBV-IgA)	▲	☆	☆	☆	Nasopharyngeal cancer.
	Cancer Antigen 19-9 (CA19-9)	☆	☆	☆	☆	Pancreatic tumor and intra- abdominal organ tumors.
	Squamous Cell Carcinoma Antigen	☆	☆	☆	☆	Cervical and lung cancer, head and neck tumor, etc.
	Cytokeratin Fragment 21-1 (CYFRA 21-1)			☆	☆	Evaluation of non-small cell lung cancer.

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Urinary System	Renal Function					
	Blood Urea Nitrogen (BUN)	☆	☆	☆	☆	Evaluation of renal funtion.
	Creatinine-Serum	☆	☆	☆	☆	To evaluate renal function, and to detect renal failure, uremia, etc.
	Uric Acid	☆	☆	☆	☆	To detect hyperuricemia.
	Estimated Glomerular Filtration Rate (eGFR)	☆	☆	☆	☆	To detect early signs of kidney damage.
	Microalbumin-Urine	☆	☆	☆	☆	
	Creatinine-Urine	☆	☆	☆	☆	
	Microalbumin / Creatinine-Urine Ratio (ACR)	☆	☆	☆	☆	
	Urinalysis					
	Appearance	☆	☆	☆	☆	(1) Proteinuria, nephrotic syndrome, (2) Urinary tract infection, (3) Diabetes, jaundice, (4) Hematuria, urinary tract stone, etc.
	Sspecific Gravity, pH Value, Urobilinogen, Protein, Glucose, Ketone Body, Bilirubin, Occult Blood, WBC, Nitrite	☆	☆	☆	☆	
	Sediment: RBCs, WBCs, Epithelial Cells, Casts	☆	☆	☆	☆	
	Urodynamic Study					
	Uroflowmetry		☆	☆	☆	To measure the volume of urine released from the bladder, the release speed, and how long the release takes. To assess the volding function.
	Blood Routine	White Blood Cell (WBC)	☆	☆	☆	☆
WBC Differential Count (DC)		☆	☆	☆	☆	
Red Blood Cell (RBC)		☆	☆	☆	☆	
Hemoglobin (Hb)		☆	☆	☆	☆	
Hematocrit (HCT)		☆	☆	☆	☆	
Platelet		☆	☆	☆	☆	
Mean Corpuscular Volume (MCV)		☆	☆	☆	☆	
Mean Corpuscular Hemoglobin (MCH)		☆	☆	☆	☆	
Mean Corpuscular Hemoglobin Concentration (MCHC)		☆	☆	☆	☆	
Ferritin		☆	☆	☆	☆	Iron deficiency anemia, iron storage diseases, chronic illness, chronic inflammation, etc.

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Electrolyte Tests	Sodium (Na+)	☆	☆	☆	☆	Electrolytes abnormalities.
	Potassium (K+)	☆	☆	☆	☆	
	Chloride (Cl-)	☆	☆	☆	☆	
	Calcium (Ca2+)	☆	☆	☆	☆	
Psychosomatic Medicine	Psychosomatic Questionnaire		☆	☆	☆	Evaluation of personal mental health status. This check item is designed for Taiwanese only. The health consultant will provide alternative item for foreigners.
Nervous System	Autonomic Nervous System Testing		▲	☆	☆	To evaluate the autonomic nervous system, organ dysfunction and aging of your body.
Medical Consultation	Explanation of Data	☆	☆	☆	☆	A certified Internist or Family Physician will analyze the data and advise accordingly.
	Diet Consulting	☆	☆	☆	☆	Diet advice by a Nutritionist.
Choose one of the following options						
Option 1. Basic Gastrointestinal Examination						
Advanced Options for Package A	choose one from below Gastroscopy OR Upper Gastrointestinal (UGI) Series (X-Ray)	☆				Gastroscopy: Esophagitis, gastritis, duodenitis, or polyp, ulcer, tumor of the upper GI tract. UGI series (x-ray): The test uses gas-making crystals, barium contrast material, and fluoroscopy to check the structure of esophagus, stomach, and duodenum.
	Sigmoidoscopy	☆				Hemorrhoids, polyp, tumor, ulcer, colitis, diverticulum.
	Option 2. Basic Cardiovascular System Examination					
	Carotid Ultrasound	☆				To evaluate the patency of carotid artery and risk for cerebrovascular disease.
Choose one of the following options						
Option 1. Advanced Gastrointestinal Examination						
Advanced Options for Package B	Gastroscopy under anesthesia		☆			Esophagitis, gastritis, duodenitis, or polyp, ulcer, tumor of the upper GI tract.
	Colonoscopy under anesthesia					Hemorrhoids, polyp, tumor, ulcer, colitis, diverticulum.
	Option 2. Advanced Cardiopulmonary Examination					
	Low Dose Lung CT Scan		☆			The low dose lung CT scan is a noninvasive medical examination to detect small lesions in lung, which helps to screening the lung cancer at an early stage.
	Echocardiography		☆			To evaluate the heart size, valvular abnormalities, congenital heart defects, myocardial infarction, tumor, etc.

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Advanced Options for Package C	1. Gastrointestinal Examination					
	Gastroscopy under anesthesia			☆		Esophagitis, gastritis, duodenitis, or polyp, ulcer, tumor of the upper GI tract.
	Colonoscopy under anesthesia					Hemorrhoids, polyp, tumor, ulcer, colitis, diverticulum.
	2. Cardiovascular System Examination					
	Echocardiography			☆		To evaluate the heart size, valvular abnormalities, congenital heart defects, myocardial infarction, tumor, etc.
	Carotid Ultrasound			☆		To evaluate the patency of carotid artery and risk for cerebrovascular disease.
	Exercise EKG			▲		To evaluate coronary arterial disease or ischemia during exercise.
	3. Medical Imaging Examination					
	Low Dose Lung CT Scan			☆		The low dose lung CT scan is a noninvasive medical examination to detect small lesions in lung, which helps to screening the lung cancer at an early stage.
Advanced Options for Package D	1. Gastrointestinal Examination					
	Gastroscopy under anesthesia			☆		Esophagitis, gastritis, duodenitis, or polyp, ulcer, tumor of the upper GI tract.
	Colonoscopy under anesthesia					Hemorrhoids, polyp, tumor, ulcer, colitis, diverticulum.
	2. Cardiovascular System Examination					
	Echocardiography			☆		To evaluate the heart size, valvular abnormalities, congenital heart defects, myocardial infarction, tumor, etc.
	Carotid Ultrasound			☆		To evaluate the patency of carotid artery and risk for cerebrovascular disease.
	Exercise EKG			▲		To evaluate coronary arterial disease or ischemia during exercise.
	3. Medical Imaging Examination					
	Low Dose Lung CT Scan			☆		The low dose lung CT scan is a noninvasive medical examination to detect small lesions in lung, which helps to screening the lung cancer at an early stage.
	4. Functional Medicine					
	Comprehensive Adrenocortex Stress Profile				☆	Capability to cope with stress, stress-related physical disturbance. Understanding chronic stress syndrome, anxiety, depression, poor immunity, chronic fatigue syndrome, influences of hormone imbalance (level of stress and whether anti-stress hormones are sufficient)
	Chronic Food Allergy Profile				☆	To evaluate the related factors of children's chronic eczema, asthma, attention deficit hyperactivity disorder (ADHD), autism, chronic tinnitus, rhinitis and adult's gastroenteritis, irritable bowel syndrome, gastric ulcer, chronic arthritis, dermatitis, chronic fatigue syndrome, vertigo, anemia, autoimmune diseases, mental disorders, etc.
	choose one from below Oxidative Stress Analysis OR Comprehensive Hormone Profile				☆	(1)Evaluate the levels of free radical and the ability of detoxification. Overt free radical is related to chronic degenerative disease. (2) Evaluation for hormone replacement therapy

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【 A Packages : NT\$ 22, 000 】

【 B Packages : NT\$ 35, 000 】

【 C Packages : NT\$ 48, 000 】

【 D Packages : NT\$ 66, 000 】

- P.S.
1. ‘☆’ indicates items to be included in the examination. (” ▲” means for male, while ” △” for female.)
 2. Value-added services : Lianan Health Management Center provides medical referrals, assistance, advisory reports, daily nutrition advisory, and other advisory services.
 3. Value-added services : At the examination day, We offer a set of comfortable clothing and delicious vegan meal by senior nutritionist designs
 4. Value-added services : For Choose New C or D Package customers, We provide meal replacement for low-residue diet, to provide you with the most appropriate Colonoscopy preparation.
 5. The items of examination Package can't request replacement item or refund. However, if the physician assessment should not do this check may exempt

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