

PEARL Packages	Investigations
Basic	<ul style="list-style-type: none"> <li>• Blood investigations to assess your risk profile.</li> <li>• ECG, chest X-ray and ECHO to assess your heart function.</li> <li>• Pulse wave velocity: To assess the stiffness of your blood vessels. Basically it's an assessment of age of your blood vessels. Higher the value, higher the chance for heart disease and stroke.</li> </ul>
Comprehensive (Basic +)	<ul style="list-style-type: none"> <li>• <b>EndoPAT:</b> This assesses the endothelium which is the inner lining of all your blood vessels. Improper function of endothelium is the first step in the process of damage to blood vessels. Endothelial function decreases with age and poor life style habits. Other conditions where in endothelial dysfunction happens are diabetes, stroke, obesity, smoking, hypertension, Pregnancy Induced Hypertension, some forms of cancer, erectile dysfunction, PCOD etc.</li> <li>• <b>Coronary Calcium score:</b> Measuring calcified plaque with a heart scan allows to identify possible coronary artery disease before you have signs and symptoms. The result of the test is usually given as a number called an Agatston score. The score reflects the total area of calcium deposits and the density of the calcium (score zero – low chance of heart attack; higher the calcium , higher risk of heart attack).</li> <li>• <b>Ultrasound abdomen:</b> This scan is being done to look for polycystic ovarian disease in women and fatty liver in both genders. Both fatty liver and PCOD are associated with heart disease and diabetes.</li> </ul>
Premium (Comprehensive +)	<ul style="list-style-type: none"> <li>• <b>HsCRP:</b> Inflammatory marker.</li> <li>• <b>Homocysteine:</b> One of the risk factors for heart disease.</li> <li>• <b>Lipid panel (apo A, apo B, sdLDL &amp; Lp(a)):</b> Lp (a) is an underrated risk factor in Indian population compared to LDL.</li> <li>• <b>CPET:</b> Cardio Pulmonary Exercise Test (CPET) is a test in which the person is asked to run on a treadmill while breathing through the mask. His breath will be analyzed. The results give information about the heart, lungs and fitness level.</li> </ul>

Common for all packages	
Assessment	<ul style="list-style-type: none"> <li>• Anthropometric assessment - BMI, Waist-Hip Ratio and skin fold thickness.</li> <li>• Evaluation of Physical Activity - Flexibility, Strength, Endurance and Balance.</li> <li>• Comprehensive Diet Assessment, Food Preferences and Food Economics.</li> <li>• Established Risk Score Assessment for Diabetes and Heart Disease.</li> </ul>
Consultation	<ul style="list-style-type: none"> <li>• Group Consultation with YOGA and Naturopathy Doctor for YOGA and breathing exercises.</li> <li>• Individual consultation with Dietitian for personalized diet prescription.</li> <li>• Individual consultation with Physiatrist for tailor-made exercise prescription.</li> <li>• Individual consultation with Cardiologist to get an overview of investigations and for final summary.</li> </ul>
Continued care	<ul style="list-style-type: none"> <li>• Feasible plan of action to attain set goals is arrived with individual's concurrence.</li> <li>• Periodic follow up (at two, four and twelve weeks) as per plan of action and further modification of lifestyle changes depending on the individual's ability to adhere to the original plan.</li> </ul>



For Enrollment



<https://tinyurl.com/5wt4jusz>

**PSG SUPER SPECIALTY HOSPITALS**  
**Department of Cardiology**

**“PEARL CLINIC”**  
**Comprehensive Cardiac Care Centre**

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