

**WELLNESS PACKAGE
BROCHURE**



www.firstcardiology.org

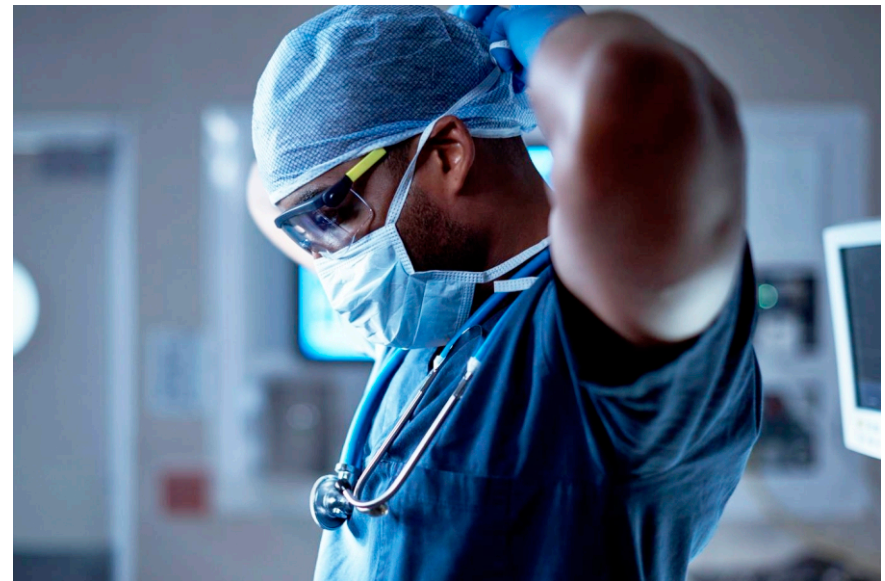
Background

First Cardiology consult (FCC) is a company created with a vision to be the avant-garde providers of cardiology and cardiovascular services of the highest quality in Nigeria. Our vision is: “To set the standard of excellence in medical care in Africa” The premise behind the creation of FCC is that the Nigerian market is mature and sophisticated enough to sustain locally, the same quality of cardiovascular healthcare services currently sought by Nigerians abroad.

We have over the past years evolved to become a comprehensive multi-specialty hospital with the addition of cardiac surgery and other surgical specialties. Our company is now called FCC Healthcare.

For over 10 years, we have been delivering the highest quality comprehensive care in Nigeria by innovative use of modern technology and a commitment to local capacity building, education, and collaborative research.

We put the patient first, and we have built a healthy medical environment to provide patients with comprehensive care, and deliver excellence in healthcare every day, and not just on some days.



Highlights

The FCC Healthcare wellness program offers a wide range of tests combined with a friendly schedule where you get to choose the best time for your appointments. This is coupled by a serene environment with a relaxing ambience and state of the art technology.

Wellness visits assess your lifestyle, evaluate health risks, and screen for health conditions, in order to prevent health problems or catch them in the early stages. Instead of waiting to see a healthcare provider once you have a health problem, the idea is to be proactive about your health and work with your healthcare provider to prevent health problems.

The program will help you to manage your work, leisure and lifestyle better and therefore look forward to years of good health. At your own convenience and as a participant of the Wellness Health Programme you will undergo a comprehensive set of lab tests and non-invasive exams.

Before you leave, the results, an in-depth consultation and strategic recommendations are given to you to address any current or potential health issues. At your request a confidential and comprehensive medical report is sent to you and your personal physician, Isn't your health worth one day of your time?

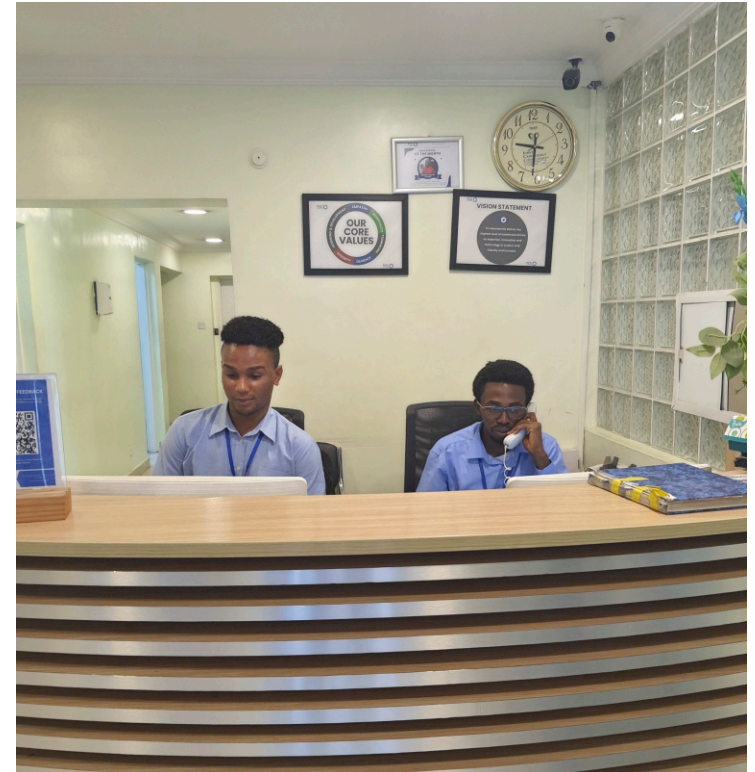


What to expect during a wellness visit

At FCC Healthcare we ensure that the clinic has the requisite human resource to offer the comprehensive wellness check-ups. This normally includes Physicians, Nurses, Laboratory technologists, Pharmacy Technologists and a Medical Officer who will conduct the wellness check-up with the utmost professionalism and confidentiality.

- Family and Medical history review
- Vital signs measurement
- Cognitive and mental health assessment
- Physical and Functional assessment
- Lifestyle factors
- Health risk assessment
- Screenings and health advice
- Consultation and lots more

One of the main goals of our program is to help patients understand, identify, and implement changes that reduce health risk factors especially those factors that can cause heart disease, cancer, bone disease, autoimmune diseases, and others.



How better sleep can improve your health

Lack of sleep causes both men and women of all ages problems with concentration, performing daily tasks, mood, and even your general health. Our FCC Sleep Clinic can help you tackle difficult sleep disorders that affect your daily life and help you live a happier, healthier life.

We treat a variety of common sleep disorders including chronic insomnia, sleep apnea, narcolepsy, restless leg syndrome and even excessive snoring.

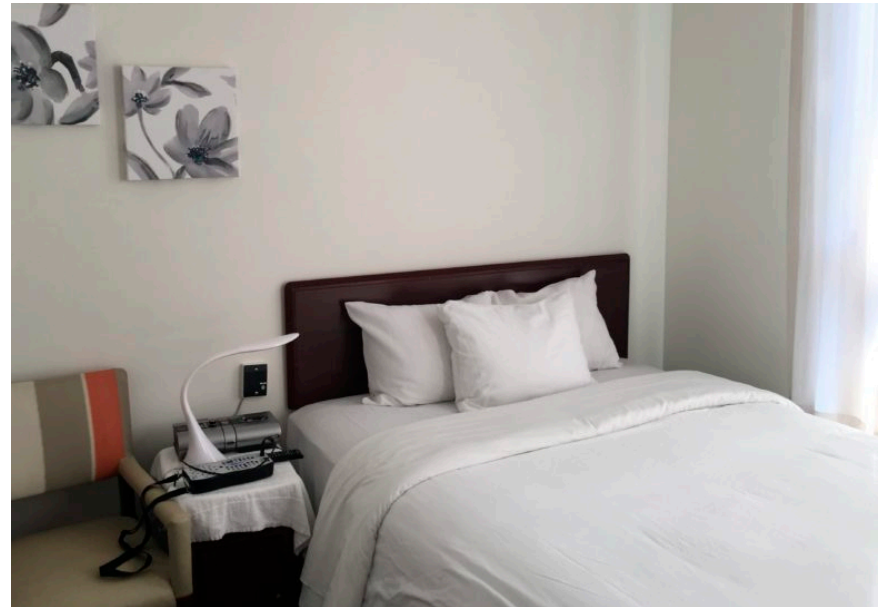
Try our stress test

How the heart performs during stress

A stress test or exercise stress test gives doctors a way to check how your heart functions while you are physically active. This kind of test can show whether or not there are any problems with the way blood flows in your heart, which could indicate heart disease or other heart problems.

Work-related stress is a growing problem around the world that affects not only the health and well-being of employees, but also the productivity of organisations.

You can book a stress test/echo to evaluate the heart health of your staff.



OUR CLIENTS



EXECUTIVE HEALTH CHECK

WOMEN

History & Examination

FBC
EUCR
FBS
HBA1C
LIPIDS
LFT
Uric Acid
Urinalysis
Stool Occult Blood
Resting ECG
Echocardiogram
Carotid Ultrasound
Exercise Stress Test
Chest Abdominopelvic - CT scan (Without Contrast)
Cervical Cancer Screening
Breast Cancer Screening
Dietician Consult

**Optional (Recommended): Colon Cancer Screening (Ages 45 & Above)*

MEN

History & Examination

FBC
EUCR
FBS
HBA1C
LIPIDS
LFT
Uric Acid
Urinalysis
Stool Occult Blood
Resting ECG
Echocardiogram
Carotid Ultrasound
Exercise Stress Test
Prostate Cancer Screening (PSA) - Men
Chest Abdominopelvic - CT scan (Without Contrast)
Dietician Consult

**Optional (Recommended): Colon Cancer Screening (Ages 45 & Above)*

CARDIAC HEALTH CHECK

(STROKE & HEART ATTACK PREVENTION PROGRAM)

History & Examination

FBC
EUCR
FBS
HBA1C
LIPIDS
LFT
Resting ECG
Echocardiogram
Chest X-ray
Exercise Stress Test
CAC Scoring
Dietician Consult
Cardiovascular Counselling

**Optional (Recommended): Colon Cancer Screening (Ages 45 & Above)*



Contact Us

📍 20A Thompson Avenue, Off Glover Road,
Ikoyi, Lagos.

📞 08082114266, 08035250205, 08183762438

✉️ info@firstcardiology.org

www.firstcardiology.org

Facebook: First Cardiology Consultants

Twitter: @HealthcareFcc

Instagram: firstcardiologyconsultants

FIRST CARDIOLOGY CONSULT QUESTIONNAIRE

1. Do you snore loudly? (Loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night.) Yes No
2. Do you often feel tired, fatigued, or sleepy during the daytime? (Such as falling asleep during driving or talking to someone.) Yes No
3. Has anyone observed you stop breathing or choking/gasping during your sleep? Yes No
4. Do you have or are being treated for high blood pressure? Yes No
5. Do you feel highly stressed from your job? Yes No
6. Do you have a hard time relaxing? Yes No
7. Have you done a comprehensive wellness health check in the last year? Yes No
8. Gender male? Yes No

