



# Vital Scan Inc.

Early Detection is the Key to Prevention!

## What to Expect from Your Screening:

### Standard Package

The **Aortic Aneurysm (AAA), Gallbladder, Kidney, Liver, Pancreas, and Spleen** are all ultrasound screenings done by our trained and professional technologists. An ultrasound device utilizes sound waves to produce an image of the organs being screened and other structures around them. For these screenings the participant will be laying down, except the thyroid which may be done sitting. Loose clothing is recommended for these tests so the technologist has easy access to the abdominal area. Fasting for 7-8 hours prior to this screening is recommended to ensure the most accurate results.

### Plus Package

The **Bone Density** screening uses a sonometer to measure bone strength and help predict possible fracture risk. A participant's bare foot is placed into the machine, and through high frequency ultrasound waves (no radiation), bone mineral density can be determined. Easily removable footwear and socks are recommended for this screening.

The **DermaScan** screening utilizes ultraviolet light to detect abnormalities in your facial skin. Determining sections which are dehydrated, too oily, or have aging cuticle can be indicators of more serious skin condition. Avoid applying cosmetics, sunscreen or any other lotions for this screening.

The **Glucose and Cholesterol** screenings uses a single finger-prick and can be done simultaneously or as individual tests. A small drop of blood is transferred onto a strip and inserted into the test unit. Cholesterol and glucose results take 2-5 minutes. Fasting for 7-8 hours prior to this screening is recommended to ensure the most accurate results.

The **Metabolism** screening checks your body's core, checking for your resting metabolic rate, body fat %, skeletal muscle %, visceral fat levels and your relative body age. This screening involves a small, handheld device connected to scale-like equipment to determine the different parameters

### Complete Package

The **CardioVision (Artery Stiffness)** test works through a special program on our computers. A modified cuff is placed on the participant's arm and is inflated/deflated automatically. This screening will inform you of the possibility of cholesterol buildup inside the arterial walls along with information regarding the elasticity of the arteries (which could lead to hardening). A short sleeved shirt is recommended for the easy application of the cuff.

The **Heart (Echo), Stroke and Thyroid** screenings are also done using our ultrasound equipment. These take a little longer to perform than the other ultrasound tests. As with the others, loose clothing is advised for the heart screening for easy access to the chest area. For the Echo screening, clothes are asked to be removed from the waist up (a gown will be provided).

Similarly to glucose and cholesterol, **the Hemoglobin** screening uses a finger-prick in order to transfer a small drop of blood onto a strip and inserted into the test unit. Results take 4-6 minutes to be visible. Fasting for 7-8 hours prior to this screening is recommended to ensure the most accurate results.

The **Pulmonary (Respiratory) Function** screening is provided using a spirometer, an advanced respiratory detector which tests the lung capacity of an individual. Using disposable tubes, the participant takes a deep breath and then exhales into the innovative device from which detects vital capacity of the lungs.