

**PERSONALIZED**

**MEDICAL  
CHECK-UP**

**BUSINESS AND FAMILY**



**REFERENCE CENTER IN  
CARDIOVASCULAR MEDICINE**

**PERSONALIZED**

MEDICAL

CHECK-UP

**T**he Personalized Medical Check-Up is designed to diagnose the current health status of men and women of all ages and to measure their potential risk of contracting diseases in the future, using the latest healthcare technology.

We use new technologies in the world of medicine in preventive and diagnostic examinations to identify problems and potential illnesses, even before the appearance of symptoms.

Cardiovascular disease is subject to different risk factors, which are considered and evaluated in the Personalized Medical Check-Up. We recommend that businesses and our patients monitor the following risk factors, annually or as suggested by their doctor: overweight and obesity, smoking, lipid profile, sedentary lifestyle, and control of blood sugar and blood pressure.



# HOW

## IS A PERSONALIZED MEDICAL CHECK-UP PERFORMED?

**A** team of specialists in internal medicine and other specialties and subspecialties perform a complete and thorough evaluation, initially in internal medicine, to determine the presence or absence of risk factors based on questionnaires that help to determine family history and lifestyle habits, and a personalized clinical evaluation that is complemented by a series of laboratory tests.

In the first phase of the check-up, the specialist determines the course to be followed by taking laboratory tests, diagnostic images and complementary tests.

In the second phase, the specialist makes a second assessment, and will inform the patient about his/her current state of health based on the tests performed during the first phase, as well as possible risks and relevant recommendations.

The Personalized Medical Check-Up is completed with the preparation of an understandable report, which is always privately available to the patient on our Web platform, together with the results of the tests, which can also be printed.

We maintain a record of the findings for each patient, so that new Personalized Medical Check-Ups in subsequent years can be designed on the basis of a logical, completely customized sequence.

**We are ready to monitor each patient in order to perform the complementary tests that may be required.**

All of our patients can benefit from the distinctive and innovative services that Fundación Cardioinfantil Instituto de Cardiología offers for the benefit of their future health: diagnoses, the scientific medical support of 51 specialties and subspecialties, and the monitoring and analysis of executives.

# ALTERNATIVES

FOR DIAGNOSING YOUR STATE OF HEALTH

# ALTERNATIVES

You have different diagnostic options with the latest medical technology available to evaluate your state of health through the Personalized Medical Check-Up, based on your medical and family history, budget and the type of medical check-up that you desire.



**PERSONALIZED  
MEDICAL CHECK-UP**

WOMEN  
MEN

**PG 7**



**ADVANCED  
MEDICAL CHECK-UP**

with CORONARY CT ANGIOGRAPHY  
with BODY SCAN

**PG 9**



**CORPORATIVE  
GROUPS CHECK-UP**

**PG 11**



**FAMILY  
MEDICAL CHECK-UP**

**PG 13**



**SPORTS  
MEDICAL CHECK-UP**

**PG 15**

The check-ups always begin with a Personalized Medical Check-Up and, depending on the clinical diagnosis and initial interviews with the internist, they may be complemented with Coronary CT Angiography, Body Scan or other diagnostic tests.

**PG 5**

# PERSONALIZED MEDICAL CHECK-UP FOR **MEN**

## PROCEDURES

Comprehensive medical attention, initial interview, physical exam, questionnaire and evaluations, final interview and instructions.

**TESTS** Stress test, chest X-ray, abdominal and pelvic ultrasound, laboratory tests (complete blood count, urinalysis, total cholesterol, HDL, LDL, triglycerides, creatinine, fasting glucose, ureic nitrogen, prostate specific antigen, TSH and Total T4 to evaluate thyroid function, fecal occult blood, uric acid, alkaline phosphatase, GOT and GPT to measure liver enzymes, syphilis serology, coprology, bilirubin, gamma-glutamyltransferase) and ophthalmological, optometry and audiometric evaluations.

Any procedure not included in the Personalized Medical Check-Up for MEN that is recommended by the specialist and approved by you in advance will be charged at the prevailing rates of Fundación Cardioinfantil Instituto de Cardiología.



# PERSONALIZED MEDICAL CHECK-UP FOR



# WOMEN

## PROCEDURES

Comprehensive medical attention, initial interview, physical exam, questionnaire and evaluations, final interview and instructions.

## STRESS TEST

Stress test, chest x-ray, breast ultrasound or mammogram depending on age, abdominal and pelvic ultrasound, laboratory tests (complete blood count, urinalysis, total cholesterol, HDL, LDL, triglycerides, creatinine, fasting glucose, ureic nitrogen, TSH and Total T4 to evaluate thyroid function, fecal occult blood, uric acid, alkaline phosphatase, transaminases, coprology, bilirubin, gamma-glutamyltransferase, syphilis serology, cervical-vaginal cytology) and ophthalmological, optometry and audiometric evaluations.

Any procedure not included in the Personalized Medical Check-Up for WOMEN that is recommended by the specialist and approved by you in advance will be charged at the prevailing rates of Fundación Cardioinfantil Instituto de Cardiología.

# ADVANCED MEDICAL CHECK-UP



Taking as a reference the Personalized Medical Check-Up, the Internist will determine whether Coronary CT Angiography, Body Scan or other complementary tests should be performed, in accordance with what is most medically appropriate and the patient's personal and family history.

Coronary heart disease can be investigated using Coronary CT Angiography, in addition to the laboratory and other diagnostic tests included in the Personalized Medical Check-Up. Coronary CT Angiography provides a non-invasive method for making a detailed examination of the heart and large blood vessels, such as the aorta, and for directly viewing the coronary arteries.

Coronary CT Angiography is recommended for people of all ages, especially those over 45 with risk factors such as high blood pressure, cholesterol, triglycerides and blood sugar; smoking; overweight; obesity; and a family history of cardiovascular risk.

## with CORONARY CT ANGIOGRAPHY



### PROCEDURES

This check-up follows the same procedure as the Personalized Medical Check-Up for Men or Women, and is complemented with Coronary CT Angiography.

Coronary CT Angiography is used to determine the anatomy of the heart and coronary arteries in order to establish the existence of heart disease in patients with cardiovascular risk factors, based on family and personal histories. The procedure takes between 10 and 15 minutes, and uses intravenous contrast media.

with

## PROCEDURES

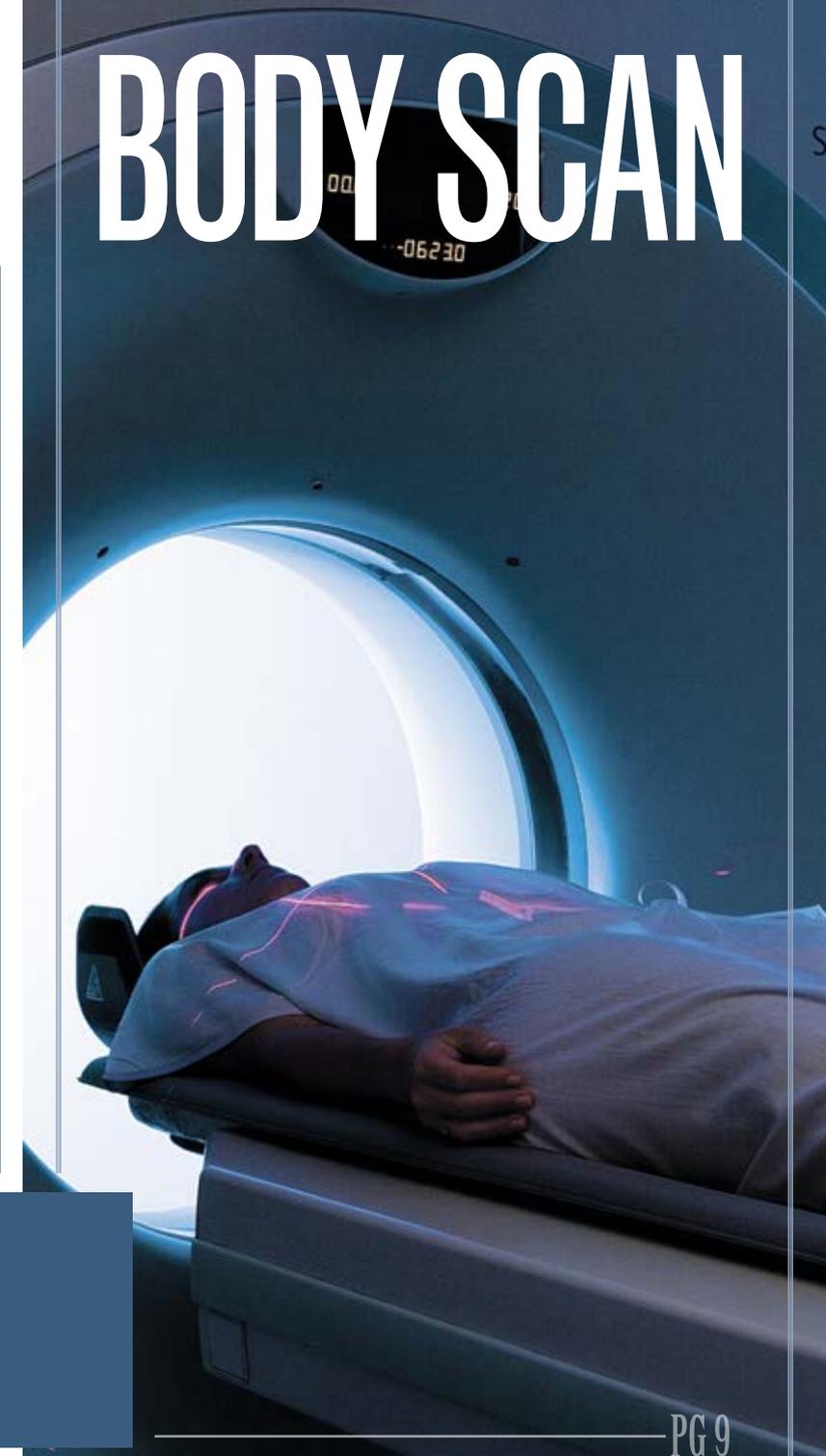
This check-up follows the same procedure as the Personalized Medical Check-Up for Men or Women, and is complemented with a Body Scan.

The Body Scan is a non-invasive method for performing an examination with 3D images of the internal functioning of the body. It provides views from different angles and enables exploration of large parts of the body in just a few minutes: the brain, face, neck, lungs, liver, kidneys, pancreas, urinary system and pelvis.

The test consists of a tomography of the head to the pelvis in order to view all organs except the extremities. The test takes between 10 and 15 minutes, and uses double contrast media, intravenous and oral, so the preparation for this test takes about 2 hours, during which time other steps in the Advanced Medical Check-Up can be completed.

Any procedure not included in the Advanced Medical Check-Up that is recommended by the specialist and approved by you in advance will be charged at the prevailing rates of Fundación Cardioinfantil Instituto de Cardiología.

## BODY SCAN



**T**he Corporative Groups Check-Up has its origin in the Personalized Medical Check-Up, and it is segmented by the type of population within a given business in order to make it more cost-effective, since not all patients require the same exams.

Men and women in general, Human Resource and Industrial Safety Departments, company medical directors and senior executives are all increasingly aware of the importance of routine annual exams for the prevention and control of heart disease.

Our businesspatient profile is broad: senior managers and executives in different positions and professions, such as engineers, business administrators, lawyers, economists, journalists, architects, and even doctors; a wide spectrum of professionals who are increasingly aware of the importance of caring for their current and future health and of knowing their family histories. **Around 30% of our patients have relatives in the first degree of consanguinity who have had heart disease before the age of 55.**

**Our epidemiological studies have shown that 70% of Personalized Medical Check-Up patients have between 1 and 3 cardiovascular risk factors.** They need to be treated in time with complementary exercise and nutrition programs offered by Fundación Cardioinfantil Instituto de Cardiología in order to control the development of cardiovascular disease.

Companies are increasingly aware and concerned about the health of their executives, so much so that we are seeing a much younger population being sent by companies as part of the job entry plan. This has reduced the average age of those seeking a Personalized Medical Check-Up to 35, with an age range of 20 to 58 for women and 23 to 75 for men.

Using methodologies such as the Framingham Score to calculate the 10-year cardiovascular risk, we have found that cardiovascular risk is 3% higher in men than in women; around 90% of the women who get a Personalized Medical Check-Up have a low cardiovascular risk (0 to 3%), while around 70% of the men have a moderate to moderately high risk.



Preventing the occurrence of disease, above all cardiovascular disease, which has the highest rates of morbidity and mortality in our population, is one of the objectives of Fundación Cardioinfantil Instituto de Cardiología, and the reason for offering the Corporative Groups Check-Up.

Cardiovascular disease is subject to different risk factors, which are evaluated in the Personalized Medical Check-Up. That is why we recommend that patients and businesses monitor the following risk factors annually or as suggested by their doctors: overweight and obesity, smoking, lipid profile, and control of blood sugar and blood pressure.



## PRESENTATION OF RESULTS TO COMPANIES

In order to evaluate the behavior of cardiovascular risk among the employees of our business clients, we analyze the results of patients who have undergone Personalized Medical Check-Ups year after year and compare them with a representative population that has had these check-ups for the same purpose. Based on these results, we prepare an annual epidemiological report that serves as the starting point for implementing business intervention programs with the assistance of the Personalized Medical Check-Up team to improve the health of the executives.

This study takes into account patients' age and gender (70% men, 30% women), given that these have an impact on cardiovascular risk. People over the age of 55 are at higher risk, and men are more predisposed to developing cardiovascular disease.

# CORPORATIVE GROUPS CHECK-UP



# FAMILY MEDICAL CHECK-UP



Some people may be less afraid of going to the doctor if they are accompanied by someone. With this in mind, we created the Family Medical Check-Up, a service that enables couples or parents with children to spend a morning caring for their health without compromising medical privacy when speaking to a specialist or undergoing required tests.

Our Personalized Medical Check-Up VIP Lounges have sufficient space and amenities to be shared perfectly by two people, and more from the same family, during a morning dedicated to their health.

The VIP Lounges are used exclusively as spaces for comfortably watching television, browsing the Internet and reading while our patients undergo tests in the different areas of Fundación Cardioinfantil Instituto de Cardiología. There is also an economic advantage, since two family members with the same condition will receive a special discount.

The Family Medical Check-Up, whether for adults or children, is also based on the Personalized Medical Check-Up, and, depending on the clinical diagnosis and initial interviews with the Internist, can be complemented with Coronary CT Angiography, a Body Scan, or other diagnostic tests.

As explained above, protection from cardiovascular disease is also important for families, and so we recommend that they be monitored annually or as suggested by their doctor for risk factors such as overweight and obesity, smoking, lipid profile, sedentary lifestyle, and control of blood sugar and blood pressure.

Creating a family contingency plan to treat cardiovascular disease in the family is easier; physical conditioning and nutrition are two important factors in cardiovascular protection and they can be embraced by the whole family. At FCI-IC, our specialists in Nutrition and CardioSport Sports Medicine can help families quickly begin to cultivate new lifestyle habits or strengthen those that they already have.

Exercising with a partner helps to maintain commitment, as does receiving advice on designing menus that appeal to everyone, with the recommendations of our specialists in Nutrition and our Health Gastronomy.





ARE YOU A HIGH PERFORMANCE ATHLETE, ENGAGING IN A SPORT OR PHYSICAL ACTIVITY WITHOUT KNOWING WHETHER IT IS APPROPRIATE FOR YOU

# SPORTS



# MEDICAL CHECK-UP

Our patients include those who wish to improve their physical condition in order to play a sport better and, in some cases, compete; those who are already competing as amateurs but seek to be high performance athletes; those who want to play a sport correctly so as not to become injured, but who don't want to compete; and those who simply want to lose weight for health reasons or to strengthen their muscles in order to prevent back, arm and leg pain. And there is another group of patients who just want to exercise to improve their mood and productivity during the day. All of these patients share an important characteristic – they see sports as a protective factor for cardiovascular risk when done correctly.

It has been many years since CardioSport, the Sports Medicine and Cardiovascular Disease Prevention Center for adults and children, was born at Fundación Cardioinfantil Instituto de Cardiología.

The exam takes approximately 6 to 8 hours. It begins with a Personalized Medical Check-Up, because before seeing you as an athlete, we must first diagnose your current health condition, following all of the steps involved in this check-up as explained above, in order to measure your potential risk of suffering an illness in the future.

Next, you will be evaluated by our specialists in Sports Medicine and Physical Activity, Sports Psychology, Nutrition and other disciplines, in order to determine whether or not it is appropriate for you to correctly engage in your daily sport or physical activity, and to make the required changes.

The assessment methodology provides a recreational way of making each person aware of his/her physical and health condition, and creates an opportunity for those who are not fit to improve their health by modifying their lifestyle habits.

CardioSport has designed individualized fitness programs to respond to the specific needs of women and men in relation to exercise, the preparation for doing it, and the physical condition that they want to achieve.

These individualized physical fitness programs were designed to protect cardiovascular and physical health with four important sports science assessments: Medicine, Psychology, Nutrition and Physiotherapy. Each of these assessments is made on an individualized basis, with appropriate recommendations on the physical activities that should be performed.

Competition or pre-participation assessments are designed for male and female athletes of all ages. They serve as useful and effective tools for detecting cardiovascular and osteomuscular signs and symptoms in apparently healthy individuals that are suggestive of abnormalities that could trigger adverse events (sports injuries) and/or catastrophic events (sudden death) in men, women, children or young people who engage in regular physical activity, regardless of age.

With the growth in exercise over the past decade, sports-related medical associations have become interested in developing key tools for detecting masked pathologies that harm the safety of sports. With the experience of CardioSport, the FCI-IC's Sports Medicine and Cardiovascular Disease Prevention Unit, experts in sports sciences are now within your reach.

## AT CARDIOSPORT, YOU MAY DO THE FOLLOWING WITH THE HELP OF SPORTS MEDICINE SPECIALISTS:

Scientifically establish your sports objectives.

Identify possible risks and care measures while performing a physical activity.

Learn about indications and limitations based on your physical condition and objectives.

Learn about your functional capacity and body composition.

Receive the recommendations of a specialist about the exercise that you can perform, based on the findings of your Personalized Medical Check-Up.

Become committed to physical activity and modify your lifestyle habits.



**ABOVE** ALL,  
COMFORT

You will always be in exclusive VIP Lounges, where you will receive personalized medical care of the highest quality in a large space that includes a private bathroom, broadband Internet access, a telephone line, reading and cable television, while you enjoy our chef's offerings of Healthy Gastronomy during breakfast and lunch. During this half day dedicated to health, we want you to experience an example of Health Gastronomy, which you can practice at home.

For the exams, we provide you with a sweatshirt that has been specially designed for the FCI-IC by ADIDAS. We will also give you some general exercise recommendations, which may be expanded upon in a specialized appointment in CardioSport, our Sports Medicine and Cardiovascular Disease Prevention Center, to design your own exercise plan.

Equally important, we want you to focus on what is most important - your health - so when you arrive at the FCI-IC you will be given a special spot for your car in our covered parking lot, with valet parking service.

# Reference Center IN CARDIOVASCULAR MEDICINE

Fundación Cardioinfantil Instituto de Cardiología is a Reference Center in Cardiovascular Medicine in Latin America and the Caribbean. Our Cardiovascular Medicine Group, which includes cardiovascular surgery, the cardiology clinic, hemodynamics, electrophysiology and non-invasive cardiology, works as a team for the benefit of patients.



**OVER THE LAST 15 YEARS, THE GROUP HAS PERFORMED MORE THAN 20,000 CARDIOVASCULAR SURGERIES (50% FOR CHILDREN) AND MORE THAN 40,000 HEMODYNAMIC PROCEDURES.**

The Cardiovascular Medicine Group can offer national and international patients of all ages a variety of services, from a Personalized Medical Check-Up using the latest medical technology, to the early diagnosis and treatment of coronary artery and heart disease.

For 40 years, we have been committed to cardiovascular health. We have 51 specialties and subspecialties, plus a first line team of 325 doctors, and we care for more than 1,200,000 patients annually, including a significant group of international patients from the United States, Central America, and the Andean and Caribbean Region.

We have developed a new structure that will strengthen the comprehensive care model in the cardiovascular line.

The evolution of hospital care models has made it evident that comprehensiveness is one of the bases for achieving better clinical and financial results. For this reason, integrated care models based on pathologies or service lines have proven to be safer and more efficient, and have contributed significant benefits to the sustainability of health systems.

In our continuous search for hospital care models that support the philosophy of providing humane services with superior quality standards, we have developed a new structure that will strengthen the comprehensive care model in the cardiovascular line, for no other reason than to achieve the best experience for patients and their families and to obtain the best clinical outcomes.

In honor of our founder, the Reinaldo Cabrera Polanía Cardiovascular Tower is now a reality – a building with the most advanced hospital technology for cardiovascular care, 64 beds (16 for the Coronary Intensive Care Unit and 48 individual rooms dedicated exclusively to the cardiovascular line), and sophisticated hospital monitoring equipment connected to a central nursing station 24 hours a day.

**PHILOSOPHY OF CONTINUOUS**

**IMPROVEMENT**

Under our philosophy of continuous improvement and the provision of better services to our patients, national and international agreements, insurers, academic partners and the medical, patient care and administrative teams, the new Cardiovascular Tower will enable us to strengthen the patient care model in the cardiovascular line, expand the coverage of the Cardiology Institute of Fundación Cardioinfantil at a national level, and open new markets in Latin America.

Santiago Cabrera Gonzalez - *Executive Director*



SCIENTIFIC MEDICAL TEAM FOR THE  
PERSONALIZED MEDICAL CHECK-UP

Internists

Dr. Rodolfo Dennis  
Dra. Carmen Cecilia Gómez  
Dr. Edgar Barrera  
Dr. Danny Novoa  
Dr. Marco Anaya

Cardiologists

Dr. Edgar Hernández  
Dr. Fernando Rada  
Dra. Mónica López  
Dr. Fernando Marín

Gastroenterologists

Dr. Enrique Ponce de León  
Dra. Adriana Varón

Pulmonologists

Dr. Rodolfo Dennis  
Dr. Alejandro Casas  
Dr. Carlos Torres

Urologists

Dr. Alberto Guerra  
Dr. Miguel Acuña  
Dr. Camilo Medina  
Dr. Camilo Ospina

Cardiology

Dr. Mauricio Pineda  
Dr. Darío Echeverri  
Dr. Daniel Isaza

Radiology

Dr. José Luis Roa  
Dra. Carolina Pérez

SCIENTIFIC MEDICAL TEAM FOR  
VIRTUAL CARDIOVASCULAR DIAGNOSTICS

We also have a Scientific Medical Team of 51 specialties and subspecialties that can be consulted if other assessments are needed.



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# OUR DREAM CONTINUES

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ALMOST 40 YEARS HAVE PASSED  
SINCE WE SAVED THE FIRST HEART,  
AND OUR DREAM CONTINUES.

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Fundación Cardioinfantil Instituto de Cardiología is a non-profit institution that, from its inception, has provided free care to more than 15,000 children with heart disease who have no social security system and are unable to access quality, high-technology medical services.

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Each year in Colombia approximately 10,000 children are born with cardiac problems, of whom 50% are economically disadvantaged. We invite you to SAVE A HEART, as only in this way can we continue our expansion efforts for the benefit of children from different regions of Colombia, newborns and children under 18.



## ACCREDITATIONS

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You have in your hands information about one of the 10 best hospitals in Latin America, and the leading cardiovascular institution in Colombia, according to *América Economía* magazine.

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In September 2012, *América Economía* evaluated the best hospitals in the region in areas such as patient safety and dignity, human capital, installed capacity, knowledge management, efficiency and prestige. The ranking that we achieved reflects the trust placed in us by our patients and their families; the work performed by the entire team at Fundación Cardioinfantil Instituto de Cardiología in achieving the Health Accreditation granted by ICONTEC and the Ministry of Social Protection within the Unified Health Accreditation System that forms part of the Mandatory Quality Assurance System; and our continuous improvement toward excellence that strengthens our services export strategy.

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This recognition ensures the high level, quality, reliability, credibility and transparency of the evaluation of health institutions and their compliance with international standards that promote the continuity and coverage of the system.

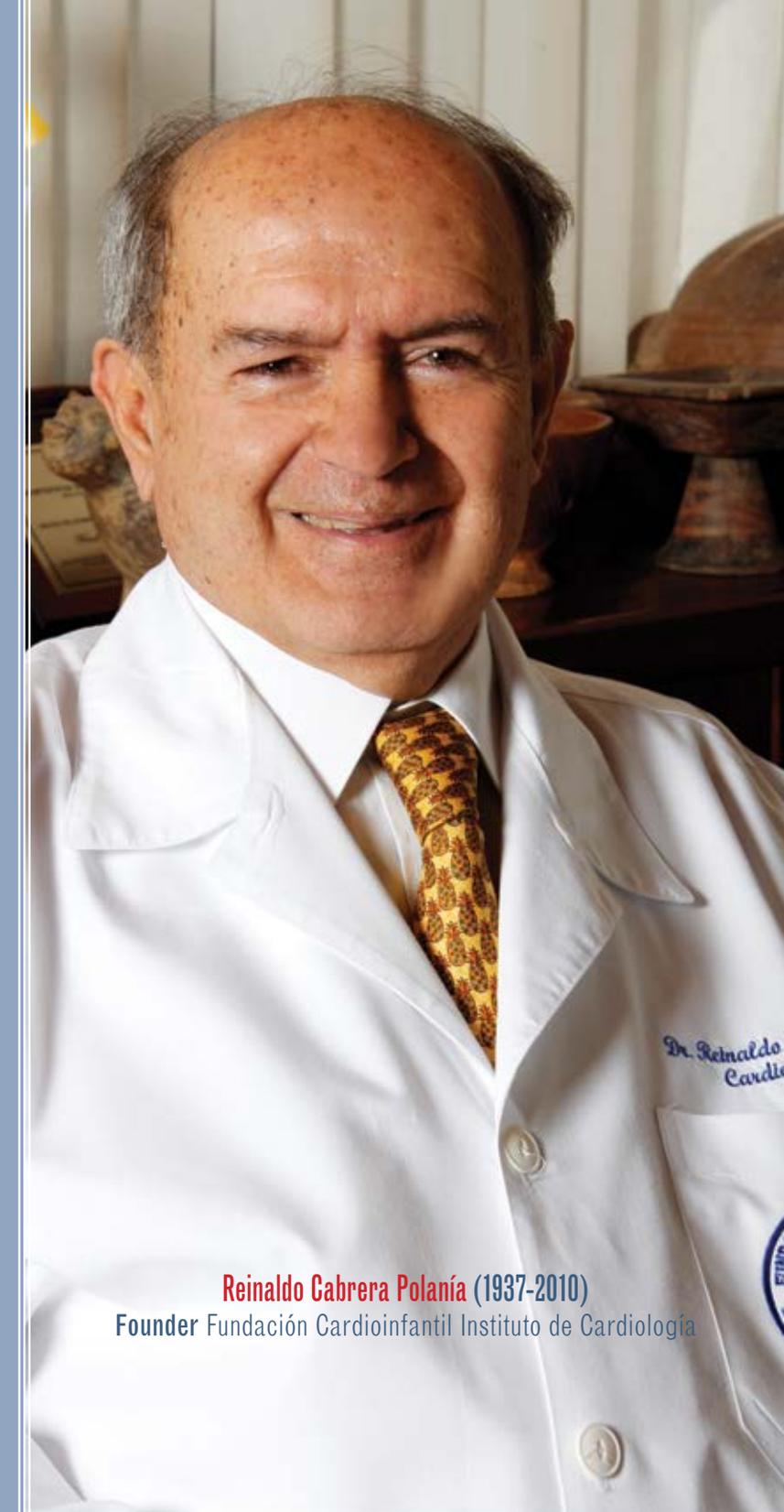
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The International Accreditation granted by ICONTEC's Health Accreditation System in Colombia is considered to be of world-class quality, as reflected by the 4-year approval that it has received from the Executive Council of the International Society for Quality in Health Care (ISQua).

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A Chinese proverb says: You can get two or more people to sleep in the same bed, but it is impossible to get them all to dream the same dream.

The success of Fundación Cardioinfantil Instituto de Cardiología is that it has gotten all who work in it to dream the same dream. The hearts of the children of Colombia.



**Reinaldo Cabrera Polanía (1937-2010)**  
Founder Fundación Cardioinfantil Instituto de Cardiología

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AND 669 0549 DIRECT.**

Program Director: **Svetlana Noworyta**

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WWW.CARDIOINFANTIL.ORG**

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Every time that you use the services of Fundación Cardioinfantil, you help us save the lives of underprivileged children with heart disease.



**INSTITUTE  
OF CARDIOLOGY**  
CHILDREN'S HEART FOUNDATION