

# Annual Test Options

One of the screenings listed below is included annually as part of your membership. Additional screenings can be ordered as needed, in addition to your annual test, however out of pocket cost may be required of the patient for additional tests.

- 1. CT Coronary Calcium Score:** Low dose radiation CT of heart used to estimate amount of cholesterol build up in 4 major heart arteries and estimates risk of heart attack in next 5-10 years.
- 2. Vascular Screen:** Looks at major blood vessels outside of heart including carotid arteries, abdominal aorta, and lower extremity arterial circulation assessment for blockages, aneurysm, low blood flow.
- 3. Abdominal Ultrasound:** Assessment of intra-abdominal organs including liver, pancreas (as best possible), spleen, gallbladder, common bile duct, kidneys, and major intra-abdominal blood vessels.
- 4. Food Sensitivity:** Looks for any inflammatory reaction related to common foods. More often used in patients with irritable bowel syndrome (IBS), recurrent skin rashes, recurrent migraines to see which foods may be a trigger.
- 5. Cancer Genetics:** Screening test for any mutations that predispose to most common cancers with possible genetic predisposition. Most cancers are sporadic and not related to genetics, 15% can have familial or genetic predisposition. It screens for prostate (males only), colon, stomach, pancreatic, breast, ovarian, cervix, and melanoma.
- 6. Sleep Screen:** 10-day home sleep study to assess quality of sleep and any concerns of sleep apnea, uses a ring worn at night, includes consultation with your Exponential physician informed by sleep specialists at Empower Sleep.
- 7. Echocardiogram:** Ultrasound of heart looking at heart function, chamber size, and heart valves for any significant issues. Also looks at thoracic aorta just above heart for cholesterol build up or aneurysm.
- 8. VO2 Testing:** Measures how efficiently your body uses oxygen during exercise, providing valuable insights into your cardiovascular health and fitness. We recommend completing two tests, six months apart, with personalized counseling in between to help improve your cardiovascular fitness and track your progress with the second test.
- 9. DEXA Scan:** A bone density test that measures body composition and assesses the risk of osteoporosis by analyzing bone mineral density.
- 10. Pulmonary Function:** A respiratory test that evaluates lung capacity and airflow to diagnose and monitor lung conditions.
- 11. Sweat Test:** A diagnostic test that identifies individual fluid and electrolyte needs, commonly used to improve hydration strategies.
- 12. Physical Therapy Assessment:** Assessment of strength, balance, and recommendations for long term improvements.
- 13. Low-Dose Lung CT Screening:** A quick, noninvasive scan that detects early signs of lung cancer in high-risk individuals.

## Optional Additional Testing & Screenings

In addition to the annual testing, we offer a variety of additional tests and screenings that can be selected individually or as recommended by your physician. These tests are not part of the standard annual package and are available on an a la carte basis, allowing you to customize your health assessment based on your specific needs or concerns.

### 1. Genetic Testing:

Personalized testing offering various options to analyze DNA, providing insights into inherited traits, disease risks, and potential responses to treatments, tailored to an individual's unique genetic profile.

### 2. Total Body MRI:

A comprehensive imaging scan that captures detailed pictures of the entire body, helping detect early signs of disease or abnormalities without radiation exposure.

### 3. CT Angiogram Coronary Arteries:

A specialized heart scan using CT imaging and contrast dye to visualize the coronary arteries, identifying blockages or narrowing.

### 4. Fractional Flow Reserve (FFR):

A procedure that measures blood pressure and flow in coronary arteries to determine the severity of blockages and guide treatment decisions.