

Executive Health Programs

Prevention is your key to wellness and
longevity

University of Pittsburgh Medical Center (UPMC)

The University of Pittsburgh Medical Center (UPMC) is an integrated global health enterprise headquartered in Pittsburgh, Pennsylvania. With over 60,000 employees, more than 20 hospitals and 5,100 licensed beds, 500 doctors' offices, and nearly 3,600 physicians, UPMC is one of the most important not-for-profit health systems in the U.S.

UPMC is closely affiliated with the University of Pittsburgh, one of the top American universities for research activity supported by the National Institutes of Health (NIH).

For fifteen years, UPMC Italy, the Italian division of UPMC, has been managing **IRCCS Istituto Mediterraneo per i Trapianti e Terapie ad Alta Specializzazione (ISMETT)**, a hospital created in Palermo after a partnership with the Region of Sicily that has become the center of reference for the entire Mediterranean area for organ transplants and highly specialized therapies.

Together with the Presidency of the Italian Council of Ministers, the National Research Center (CNR), the Region of Sicily, and the University of Pittsburgh, UPMC Italy is a founder member of the **Ri.MED Foundation** and is currently involved in the realization of the Biomedical Research and Biotechnology Center (BRBC) in Carini, near Palermo, a facility due to become a pole of reference for biotechnology research, hosting 600 researchers, technicians, and administrative staff.

In collaboration with San Pietro Fatebenefratelli Hospital in Rome, in 2013 UPMC Italy opened the **UPMC San Pietro FBF Advanced Radiotherapy Center**, a brand new facility offering innovative radiotherapy treatments and advanced care oncology protocols to patients affected with cancer diseases.

The mission of UPMC is to provide outstanding patient care shaping the future of health care across clinical innovation, biomedical and clinical services, and investments in training and research. UPMC supports a new concept of treatment care using scientific, technology and medical innovation to inspire and promote an accountable model of patient care, economically efficient and patient-focused.

UPMC Institute for Health Chianciano Terme is an advanced and integrated *preventive medicine* center with a special focus on primary and secondary prevention of chronic diseases of the liver, cardiovascular system, diabetes, and metabolic syndrome in general.

Our preventive medicine programs are tailored to meet your needs. Our standard examination requires just a few hours of your time.

Your Health Check-up is geared to:

- Discover potential health problems
- Identify, reduce and eliminate medical risk factors
- Promote wellness, including nutrition, fitness and healthy life style
- Facilitate prompt care for illness

Afterward, you will feel confident in your health status, know the action steps you need to take, and have your own personal road map to better health and wellness.

The outcomes obtained may change your life and perhaps even save it!

YOUR COMPREHENSIVE HEALTH EXAM *

<input type="checkbox"/>	GENERAL SCREENING	€ 320
<input type="checkbox"/>	HEPATOLOGY SCREENING	€ 330
<input type="checkbox"/>	CARDIOLOGY SCREENING	€ 250
<input type="checkbox"/>	CARDIOVASCULAR SCREENING	€ 300
<input type="checkbox"/>	DIABETES SCREENING	€ 250
<input type="checkbox"/>	DIAGESTIVE ENDOSCOPY	
	<i>COLONOSCOPY</i>	€ 600
	<i>GASTROSCOPY</i>	€ 400
	<i>COLONOSCOPY + GASTROSCOPY</i>	€ 700
	<i>VIDEO CAPSULE ENDOSCOPY</i>	€ 1.200

*Additional clinical services can be available upon demand

PERSONALIZED CARE FOR MONTEVERDY TUSCANY CLIENTS

To provide the highest level of attention, each patient/client is assigned a personal coordinator who offers assistance 24 hours a day, from the time when the initial contact is established. The Patient Services Coordinator will address patient and family's requests and needs.

In addition, by performing a variety of services our team strives to handle all logistics, so patients are free to focus on their treatment and healing. Here below are some of the services available:

- Translation into English of medical documents for use upon return home
- Personal concierge service
- Dedicated nurse
- Interpreting services
- Private room with PC, internet connection, printer and Wi-Fi
- IT support and assistance with international communication

*The services listed above are available at additional cost. An estimate package will be tailored upon request depending on the type of service requested.

INSURANCE COMPANIES

UPMC Institute for Health Chianciano Terme has signed agreements with insurance Companies to cover costs of medical treatment. These include:

COMIPA	COOPSALUTE/MBA
Generali	FASCHIM
Mu.Sa./FIMIV	BLUE ASSISTANCE
My Assistance	EPACA
FASI	CASAGIT Servizi
Previmedical – RBM Salute	UniSalute
Europ Assistance	SDS Nuova Sanità

■ GENERAL SCREENING

The general screening program is composed of a group of tests to assess the health conditions of an individual with no symptoms, to detect or determine the level of risk for diseases that are among the main causes of death: cardiovascular diseases, metabolic diseases (diabetes mellitus and dysmetabolic syndrome), tumors. These diseases progress silently, and symptoms appear only at an advanced stage of the disease, therefore to prevent them, an advanced diagnostic screening program is necessary. Prevention today is very important. There are therapies able to prevent disease progression and treat the majority of diseases, especially if diagnosed at an early stage. The general screening program, based on the evaluation of non-invasive indexes that indicate the health of the liver and the cardiovascular system, is composed of:

- Short- and long-term personal and family history, data collection
- Lab tests: AST, ALT, glycemia, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, GGT, anti-HCV, HBsAg, blood counts, creatinine, uric acid, sodium, potassium
- Complete abdomen ultrasound
- Liver elastometry (FibroScan), with measurement of the intrahepatic fat
- Echo (color) Doppler of the supra-aortic trunks
- EKG
- Final specialty consult

■ HEPATOLOGY SCREENING

Performed under the supervision of an expert hepatologist, the liver screening is more in-depth compared with the liver *Mirror of Health* program, and includes targeted tests to identify functional alterations and liver disorders that can be an early sign of a liver disease that is not yet full-blown. At the end of the program, the hepatologist will provide a final report, with the results and the appropriate therapeutic indications on lifestyle for reducing the risks of a liver disease. The liver screening program includes:

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- Short- and long-term personal and family history, data collection
- Lab tests: AST, ALT, glycemia, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, GGT, anti-HCV, HBsAg, anti-HBs, anti-HBc, blood counts, creatinine, uric acid, sodium, potassium, insulin
- Upper abdomen ultrasound
- Liver elastometry (FibroScan), with measurement of the intrahepatic fat
- Echo (color) Doppler of liver and bile ducts
- Final hepatology assessment

■ **CARDIOLOGY SCREENING**

Performed under the coordination of an expert cardiologist, the cardiology screening program includes the study of heart function and morphology to evaluate the impact of cardiovascular risk factors on the health of the individual, and is designed for people interested in knowing the state of their cardiac health. At the end of the program, the cardiologist will express a diagnostic opinion based on results, and will indicate any changes in lifestyle, as well as therapeutic options to reduce the risk of disease. The cardiology screening program is composed of:

- Short- and long-term personal and family history, data collection
- Lab tests: AST, ALT, glycemia, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, GGT, microalbuminuria, glycated hemoglobin HbA1c, blood counts, creatinine, uric acid, sodium, potassium
- EKG (with report)
- Color Doppler Echocardiography
- Initial and final cardiology consult

■ **CARDIOVASCULAR SCREENING**

Performed under the coordination of an expert cardiologist, the cardiovascular screening program includes the study of the heart and vessel function and morphology to evaluate the impact of cardiovascular risk factors on the health of the individual, and is designed for people interested in knowing the state of their cardiac health, and the health of their arterial vessels. At the end of the program, the cardiologist will provide a final opinion and, based on the results, the proper preventive and/or therapeutic indications to reduce the cardiovascular risk.

- Short- and long-term personal and family history, data collection
- Lab tests: AST, ALT, glycemia, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, GGT, microalbuminuria, glycated hemoglobin HbA1c, blood counts, creatinine, uric acid, sodium, potassium
- EKG
- Color Doppler echocardiography
- Echo (color) Doppler of the supra-aortic trunks
- Initial and final cardiology consult

■ DIABETES SCREENING

The goal of the diabetes program is to prevent the onset of diabetes, and control the manifestation of some of its chronic complications. It is common scientific knowledge that the clinical diagnosis is preceded by an asymptomatic stage of the disease of variable duration, and characterized by mild alterations of glycemia, insulin-resistance, and an early decrease in islet secretory function. Hyperglycemia has deleterious effects on target tissues and, at the time of diagnosis complications of the disease are already present. An early diagnosis is likely to reduce the risk of complications. This clearly indicates the need to find cases of unknown diabetes, which account for one third of all diabetes cases. The diabetes screening program includes:

- Short- and long-term personal and family history, data collection
- Lab tests: AST, ALT, glycemia, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, GGT, microalbuminuria, glyated hemoglobin HbA1c, blood counts, creatinine, uric acid, sodium, potassium
- Echo (color) Doppler of the supra-aortic trunks
- Diabetology consult

■ DIGESTIVE ENDOSCOPY

Patients perceive endoscopy tests (e.g., gastroscopy and colonoscopy) as invasive and painful. The associated anxiety and psychological inhibition result in a reluctance to undergo a gastroscopy or colonoscopy. The UPMC Institute for Health Chianciano Terme was designed to allow endoscopy testing of digestive diseases and cancer prevention in excellent conditions and in a comfortable environment that best meets the psychophysical needs of patients.

Tests are conducted in a quiet and ergonomic facility equipped with most modern and high-definition equipment, in addition to a team of highly-skilled professionals. The team performing the endoscopy tests is composed of two highly-experienced professionals. The endoscopist uses the most fully physiological tests to reduce the occurrence of any problems associated with the peri- and post-procedure period. The test is performed under deep sedation on spontaneous breathing, and an anesthesiologist ensure that the patient is as comfortable as possible. The medical and nursing staffs collaborate to ensure the procedure proves excellent for the patient from diagnostic, perceptive, and cognitive points of view.

GASTROSCOPY

The test allows clinicians to study individuals with gastrointestinal disorders (e.g., gastroesophageal reflux disease, dyspepsia, and irritable bowel disease) and diagnose diseases of the esophagogastroduodenal tract (e.g., esophagitis, hiatal hernia, Barrett's esophagus, gastroduodenal ulcers, gastritis caused by *Helicobacter P.*, pre-neoplastic and neoplastic lesions), which are the causes of many very widespread diseases and high health expenditures. All these conditions, which initially present few symptoms when diagnosed early and treated adequately, can cause the onset of severe, potentially life-threatening complications.

COLONOSCOPY

This is the preferred examination method for the screening of colorectal cancer, which is the most common type of gastrointestinal cancer in Italy and Europe. In addition to a positive family history and the presence of intestinal inflammatory diseases and some hereditary conditions, the main risk factors are a diet poor in fibers and rich in saturated fats, a sedentary life style, metabolic syndrome, diabetes, obesity, exposure to radiation, and excessive consumption of alcohol and/or tobacco.

The screening for colorectal cancer is the only type of cancer screening and monitoring that has proved effective in reducing mortality in men. For this reason, all medical and scientific associations recommend the inclusion on prevention programs of a colonoscopy for people above 50, and individuals with a positive family history for this type of cancer.

VIDEO CAPSULE COLONOSCOPY

The video capsule colonoscopy is a recent non-invasive diagnostic method for intestinal disease, with no need for sedation, air insufflations, or radiation. The video capsule has two cameras that record 4-35 images per second over a period of approximately 10 hours. Color images are transmitted to a small recorder that the patient carries around the waist. The electronic support is procured 10 hours after ingestion, and recorded images are analyzed through the use of software that condenses 10 hours into 60 minutes. The capsule will pass naturally with a bowel movement and without any discomfort. The video capsule is at present the best non-invasive preventive diagnostic solution to examine the colon, and is the only test administered orally with a simple capsule.

OUR LOCATION



Viale Roma 97/99, Chianciano Terme 53042

Tuscany, Italy

FOR APPOINTMENTS AND REQUESTS:

Phone +39 0578 61198

Fax: +39 0578 62659

Email: upmcchianciano@upmc.it

TO LEARN MORE ABOUT UPMC INSTITUTE FOR HEALTH CHIANCIANO TERME AND UPMC:

www.upmcchianciano.it

www.upmc.com

www.upmcglobalcare.com

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