

# The state of the art in preventive healthcare

# Your health is your greatest asset

Executive Health is the first clinic in Scandinavia offering an advanced screening program to detect serious diseases with probable severe consequences for your health if not treated in time. We utilize the latest technique for detailed examinations of the heart, arteries, abdomen and the brain, amongst other organs. Our experienced doctors carefully review every aspect of your health.

## EARLY DETECTION – DISCOVERING DISEASES IN TIME

The earlier one is able to interrupt the course of a disease, the greater is the chance of success in treatment. A large number of those dying of cancer could have been saved if the disease was detected in time. The same applies for many dying of heart attacks.

Early detection is about improving the odds in order to successfully treat a number of serious diseases.

## PREVENTION – THE IMPORTANCE OF PREVENTIVE CARE

The purpose of our examinations is not only to discover serious diseases but also to provide us with an opportunity to find each individual's most important risk factors in order to tailor-make a preventive program.

## EXECUTIVE HEALTH CARRIES OUT TESTS FOR THE FOLLOWING DISEASES:

- Colon cancer
- Prostate cancer
- Renal cancer
- Breast cancer
- Brain tumor
- Skin cancer
- Coronary heart disease  
(Myocardial infarction risk)
- Vascular changes in the arteries to the brain  
(Stroke risk)
- Aneurysm of the aorta
- Chronic obstructive pulmonary disease  
(COPD)
- Diabetes
- Thyroid gland disorder (Graves' disease)
- Liver diseases



*“Early detection screening has over the past few years seen a very strong development in the U.S., and it is with great satisfaction that I am able to offer these services through Executive Health in Sweden as well. The purpose of these comprehensive examinations is to detect diseases before the appearance of any symptoms – in order to improve our patients’ chances if treatment should become necessary. Thanks to the comprehensive scope of the examination, we also get an extensive picture of the patient’s general state of health.”*

### **Ulf Lillkrona**

Director of Clinic, Executive Health

Associate professor and Director. Former Director of Department, Danderyd's Hospital.

We utilize the latest MRI technique from Phillips Medical Systems for the best image quality and patient comfort. Unlike x-rays, the MRI technique involves no harmful radiation.



# The majority of the most common forms of cancer are possible to detect and cure before the appearance of any symptoms

## CANCER

Cancer is, in the Western world, the second most common cause of death after cardiovascular diseases, and constitutes 25% of all deaths. In Sweden alone, there are 50,000 individuals diagnosed with cancer each year.

Today, there are reliable diagnostic methods in order to discover many forms of cancer at an early stage, prior to the appearance of symptoms that in many cases significantly increase the chances of survival.

Many of those who die of cancer could have been saved by using this form of early detection screening, which Executive Health offers.

## Survival statistics

### depending on the spread of the cancer\*

Early detection refers to the discovery of a local tumor. At a late detection, the tumor has already spread.

Types of cancer	Early detection	Late detection
Colon	91%	11%
Lung	49%	3%
Bladder	92%	6%
Renal	90%	10%
Prostate	99%	32%
Breast	98%	27%

Source: National Cancer Institute. Surveillance Epidemiology and End Results Program (online) cited Jan 2008. <http://seer.cancer.gov/> (2008)

\* 5 year survival rate

The MRI examination generates many detailed images that are later reviewed by at least two experts.



## HEART AND VESSEL DISEASES

Myocardial infarction is currently the most common cause of death in Sweden, and represents 30% of all deaths. Each year, well over 20,000 individuals are affected by myocardial infarction. The incidence of heart and vessel related diseases are almost as high in women as in men. The development of the occlusion in the blood vessels is a process taking several years and is determined by controllable as well as non-controllable risk factors.

Most often, when one has had a myocardial infarction or angina pectoris, the vessel changes are well advanced. It is therefore of great importance to find initial arterial changes at an early stage prior to the development of symptoms. One is thus able to implement proper measures at the right time.

The following items are included in Executive Health's extensive analysis regarding heart and vessel related diseases:

- MRI – heart
- Ultrasound – heart
- Exercise and resting EKG
- Blood fat analysis
- MRI- aorta
- MRI- angio (examination of the body's most important arteries)



Through an MRI-angio examination one obtains important information regarding the condition of the blood vessels thus enabling one to determine if there is a risk of e.g. stroke or aneurysm of the aorta, among other things.



*“Having had many years of experience with heart patients, I can conclude that a great number of patients with diagnosed coronary vessel disease long before acute myocardial infarction, have had a high risk profile of developing coronary vessel occlusion without their knowledge. Thanks to a combination of an extensive medical examination in a stress-free environment, and advanced technological diagnostic methods, we can, at Executive Health, offer the opportunity of identifying risk factors for heart and vessel diseases and thereby providing the opportunity of influencing the development of the disease.”*

### **Lars-Erik Strandberg**

Cardiologist, Executive Health

Chief Medical Officer. Former Director of clinic at Norrtälje Hospital.



# Early diagnosis – more good years

## AN EXECUTIVE HEALTH EXAMINATION MAY BE SUITABLE IF YOU:

- have an inherent predisposition for cancer or cardio-vascular related diseases
- live with risk factors i.e. smoking, high blood pressure, unhealthy diet or not enough exercise
- live a stressful life
- often worry about your state of health and would like to go through the most extensive examination possible

Being a client at Executive Health is about improving the odds when it comes to discovering and thereby curing difficult diseases.

Executive Health will not discover all diseases. There are no tests for some diseases, and other diseases can spread very rapidly. However, our examination program contains several of the most advanced screening methods available today, and we follow the development within early detection on a continuous basis.

## OUR EXAMINATION PROGRAM

Executive Health's examination program always contains an extensive review with your doctor of your previous state of health as well as risk factors, followed by a rigorous clinical examination.

Included in the program are also several different diagnostic technical methods.

The examination takes approximately five hours and all customers have access to their own, fully equipped room.

## IMPORTANT FINDINGS

Experience from other clinics\* that have performed similar examinations during a longer period of time indicates that:

- 3-5% of the examined patients are diagnosed with a potentially life threatening disease
- 30-35% are diagnosed with a previously unknown serious ailment

## PERSONAL DOCTOR

As a patient at Executive Health you will have your own experienced personal doctor, who knows your medical history, who has time for you, and more important, who cares for you. If you were to fall ill, or if you are just worried about your state of health, you may contact your doctor at any time after the examination.

## AFTER THE EXAMINATION

After the examination you will receive the results and review the images from the MRI examinations during a meeting with your doctor. You will also receive an extensive written summary of your state of health. Should we discover anything in need of additional examinations we have established contacts for convenient referrals with specialists at various clinics i.e. a close collaboration with the Surgical and Urological clinic at Danderyd's hospital.

\*References:

1. Baumgart & Egelhof, Hertz 32, 2007.
2. [www.mayoclinic.org/executive-health](http://www.mayoclinic.org/executive-health)

**Quality of care and patient safety are the foundation in Executive Health's operation and we work strictly in accordance with the directives stated by The National Board of Health and Welfare in Sweden regarding these matters.**



Executive Health Sweden AB, Blasieholmsgatan 4 A, SE-111 48 Stockholm, Sweden  
Tel +46 (0)8 410 957 00, Fax +46 (0)8 765 79 77  
info@executivehealth.se, www.executivehealth.se