



CHECK-UP CENTER

An outstanding check-up center
serving you

Check-Up Center

American Hospital of Paris

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Administration and advice

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American Hospital of Paris



HEALTH AND PERFORMANCE



Created in 1991, the Check-Up Center of the American Hospital of Paris boasts longstanding expertise in preventive medicine and in performing health assessments.

We offer a range of options. Thanks to our health assessments, risk factors and disease are detected in many patients every year.

More than **7,000**
health assessments performed annually

More than **250**
partner companies

OUR 7 COMMITMENTS, HONORED
FOR MORE THAN 20 YEARS

- QUALITY
- SAFETY
- RESPONSIVENESS
- PERSONALIZATION
- PERFORMANCE
- COMPREHENSIVE CARE
- A SINGLE APPOINTMENT IN ONE PLACE

Managing your health is essential to your personal well-being and quality of life.

AN OUTSTANDING CHECK-UP CENTER
SERVING YOU

The doctors at the Check-Up Center strive to fulfill several objectives:

- Prevent and screen for risks factors
- Detect potential health problems early on
- Provide personalized advice



WHAT SETS THE CHECK-UP CENTER APART?

The expertise of a multidisciplinary team of 40 health care professionals specialized in prevention and screening, including internists, general practitioners, cardiologists, gynecologists, radiologists, endocrinologists and nurses

- The quality, safety and comfort of the American Hospital of Paris
- The efficiency, attentiveness and excellence of our patient services: a structure optimized to streamline patient care while providing personalized support
- English-French bilingual staff and specific services for patients who speak Japanese, Arabic and Chinese



OUR
EXPERTISE
DEDICATED TO YOU

97%

of our patients would recommend
the Check-up Center
*(anonymous quality survey conducted by the AHP
in 2017, completed by 724 patients)*

Our team contacts you
by email and/or phone
to schedule a health assessment
based on your availability.

PERSONALIZED NOTIFICATION
BY EMAIL

- A description of the medical assessment(s) that will be performed
- A confidential medical questionnaire to be completed and brought in on the day of the check-up

THE CHECK-UP CENTER: A
PRESTIGIOUS ENVIRONMENT
OFFERING QUALITY, COMFORT AND
DISCRETION

- Breakfast is served in a lounge reserved for this purpose
- A selection of newspapers, TV screens and free Wi-Fi are available
- The American Hospital of Paris also has a restaurant (The Garden), a snack bar and a tea room

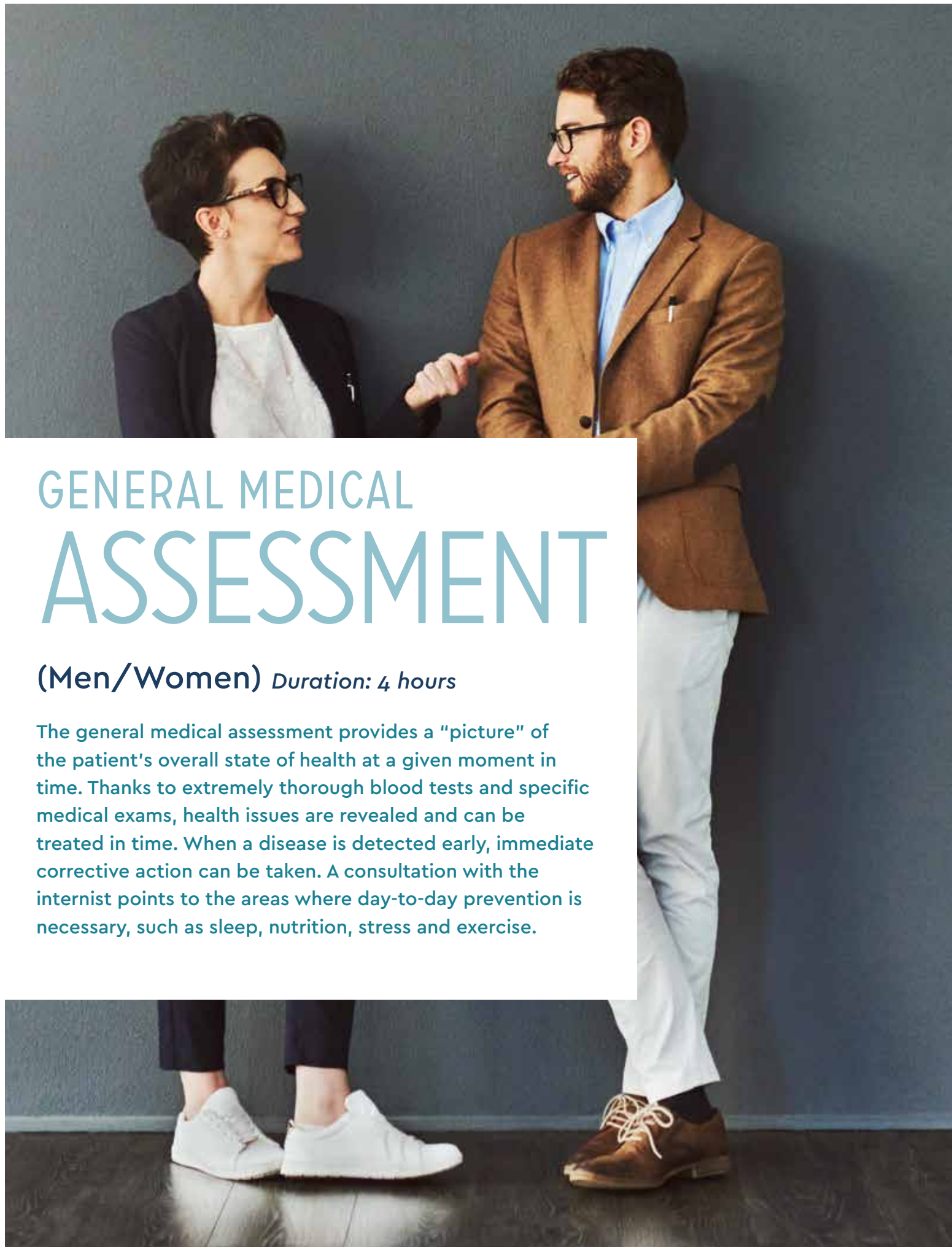
AFTER THE HEALTH ASSESSMENT

- A detailed report is sent to you along with a copy of all tests performed.
- The doctor who supervised the assessment will remain at your disposal for further information or explanations.

RICHARD VIPIANA,
CHECK-UP CENTER PATRON

The Check-Up Center was created thanks to the generous donation of one man, Richard Vipiana. Richard Vipiana was the founder and chairman of Céline, a prestigious fashion house selling luxury clothing and accessories created just after World War II. Within a few short years, he skillfully transformed his small shoe manufacturing business into the international brand we know today. Richard Vipiana was a pioneer in the sponsorship of science, creating the Céline-Pasteur award in 1973. This award is bestowed every year to researchers and teams who contribute outstanding scientific work in the field of health. Through his involvement in the creation and development of the Check-Up Center, Richard Vipiana perpetuates this commitment to health and science.





GENERAL MEDICAL ASSESSMENT

(Men/Women) *Duration: 4 hours*

The general medical assessment provides a "picture" of the patient's overall state of health at a given moment in time. Thanks to extremely thorough blood tests and specific medical exams, health issues are revealed and can be treated in time. When a disease is detected early, immediate corrective action can be taken. A consultation with the internist points to the areas where day-to-day prevention is necessary, such as sleep, nutrition, stress and exercise.

GENERAL MEDICAL ASSESSMENT

This check-up is for anyone over 40 who wishes to assess their current condition and protect their health by adopting the right behaviors.



COMPLETE BLOOD TEST

Patients must fast prior to this test, which screens for insufficiencies and anemia, infection, blood disease, diabetes, liver disorders, kidney failure, prostate cancer, hormonal disorders and so on.

- Hepatitis B **serology** (HBsAg, HBs antibody, HBc antibody), hepatitis C serology, HIV 1 and 2 serology (with patient consent)
- **Protein electrophoresis** for patients over 60 (may be repeated if necessary)
- VDRL
- Vitamin D **levels**
- **CBC, platelets**, ESR, high sensitive CRP
- **Metabolic assessment**: total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, glucose, HbA1C, uric acid, calcium
- **Renal function**: natremia, potassium levels, creatinine, protidemia
- **Liver function**: AST/ALT, Gamma-GT, alkaline phosphatase
- **Thyroid function**: TSH
- **Ferritin**



URINALYSIS

To screen for urinary tract infections, diabetes, control of renal function and to evaluate the risk of urolithiasis (cytology, sugar, albumin, creatininuria, calciuria, and urine density)



OC-SENSOR IMMUNOCHEMICAL TEST

To screen for colon cancer
Test for blood in the stool based on a single sample



SCREENING INVESTIGATIONS

- **Optometry and tonometry**: verification of visual acuity and intraocular pressure, to diagnose any problems or diseases such as myopia, astigmatism, presbyopia and glaucoma
- **Audiometry**: assessment of auditory acuity
- **Pulmonary function tests**
- Impedance measurement: body mass index, body fat percentage

- **Resting electrocardiogram** (results validated by a cardiologist)
- **Exercise electrocardiogram** with a cardiologist
- **Holter ECG** for those over 65 and for the youngest in case of palpitations or extrasystoles on the resting ECG or during exercise testing
- **Trans-abdominal pelvic ultrasound** to screen for diseases of the liver, gallbladder, spleen, pancreas, kidneys and bladder, and for ovarian and uterine diseases in women
- **Sudoscan** to assess early neuropathies of small nerve fibers in several diseases and especially in the metabolic syndrome and diabetes.
- **Chest x-ray** (on clinical advice)

IN CASE OF SUSPICION:

- **Blood pressure holter** proposed in case of high blood pressure at rest or during exercise
- **Ventilatory polygraph** proposed to patients who snore, sleepy or are tired, who have headaches when waking up or suffer from nycturia

FOR MEN:

- **Free and total PSA test (prostate)** - beginning at age 45 to detect prostate cancer



VERIFICATION OF VACCINATIONS and DTP-polio booster shot (if needed)

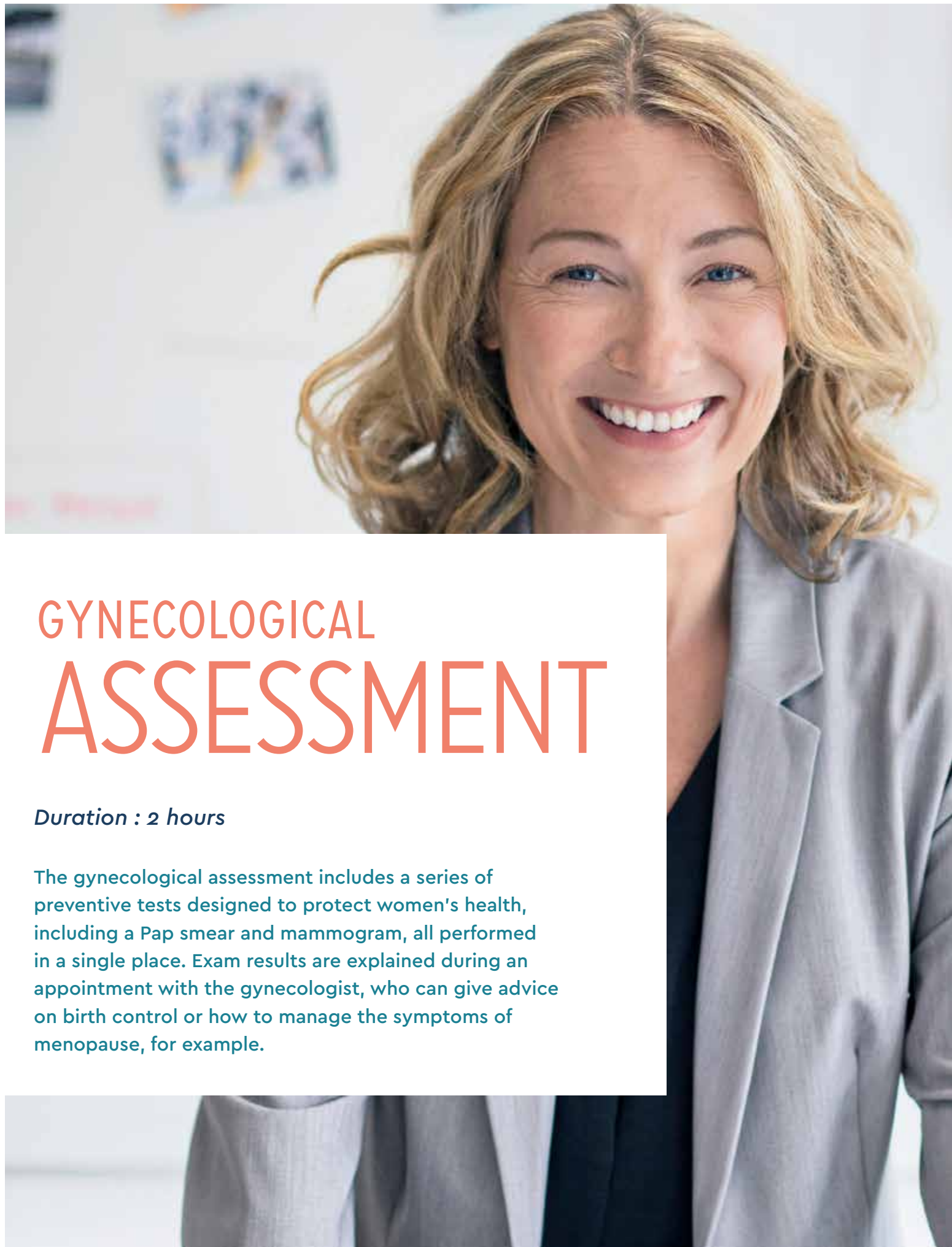


CONSULTATIONS WITH SPECIALISTS

- **Dietary teleconsultation**: nutritional assessment by a dietitian
- **General medical consultation with an Internist**



A detailed report is sent including test results, risk factors and personalized medical recommendations (a copy of all tests performed is attached to the report).



GYNECOLOGICAL ASSESSMENT

Duration : 2 hours

The gynecological assessment includes a series of preventive tests designed to protect women's health, including a Pap smear and mammogram, all performed in a single place. Exam results are explained during an appointment with the gynecologist, who can give advice on birth control or how to manage the symptoms of menopause, for example.

GYNECOLOGICAL ASSESSMENT

This assessment, combined with the General Medical Assessment, is for all women over 40 who want to preserve their health and are aware of the benefits of screening for women's cancers.

Performed in addition to the General Health Assessment



COMPLETE BLOOD TEST
performed as part of the General Health Assessment



SCREENING INVESTIGATIONS

- For women over 45 (every 24 months)
To screen for breast cancer
- **Digital 3D mammography**, also known as breast tomosynthesis
- **Breast ultrasound** in addition to the mammogram (unless otherwise indicated)



MEDICAL CONSULTATION WITH A GYNECOLOGIST

- **Gynecological exam** with Pap smear and systematic testing for HPV (human papillomavirus) during the first visit (and subsequent visits if indicated), to screen for cervical cancer in particular

ADVICE ON:

- **Choosing a birth control method** or evaluating your current birth control, and any indications/contraindications based on age and family planning goals
- **Lifestyle and quality of life**



A detailed report is sent including test results, risk factors and personalized medical recommendations (a copy of all exams performed is attached to the report).



WOMEN'S RISK INSTITUTE ASSESSMENT

Duration: 2 hours

Building on its experience in providing everyday medical care to women, the American Hospital of Paris has launched an innovative and unprecedented risk prediction and prevention program through its newly created Women's Risk Institute. Thanks to the development of extremely efficient technologies in imaging and biology, what was inconceivable ten years ago is possible today: each woman's personal risk of developing breast cancer can now be evaluated, with even earlier screening and targeted prevention.

WOMEN'S RISK INSTITUTE ASSESSMENT

This assessment is for all women 35 and older who do not have a personal history of breast cancer. Using an algorithm derived through artificial intelligence (MammoRisk™), it offers a specific, personalized way for women to rapidly evaluate their risk of developing breast cancer in the coming years.



PERSONAL AND FAMILY ANTECEDENTS

- Online questionnaire (prior to the assessment) used to gather **personal and family data** (breast cancer risk factors)



SCREENING INVESTIGATIONS

- **Digital 3D mammogram** (tomosynthesis) with standardized evaluation of breast density
- **Breast ultrasound** combined with mammogram, unless otherwise indicated
- **DNA analysis** on a saliva sample to identify the genetic polymorphisms of predisposition to breast cancer (result integrated into the evaluation algorithm of risk)



MEDICAL CONSULTATIONS WITH BREAST CANCER SPECIALISTS

- **Consultation with a radiologist** specialized in breast imaging
- **Concluding consultation** with an oncologist specializing in breast cancer:
 - To **evaluate risk using personal data**, family history and imaging, and an algorithm produced by MammoRisk™ artificial intelligence
 - To provide the patient with an **assessment of her personal breast cancer risk**
 - To define, jointly with the patient, a **personalized monitoring and prevention plan**



RECOMMENDATIONS AND FOLLOW-UP

- **Definition of a customized** plan for imaging-based breast cancer monitoring and prevention
- **Recommendations on birth control** and hormone replacement therapy
- **Oncogenetics referral** in the event of an identified genetic risk



A detailed report is sent to patients, including examination results, the individual five-year breast cancer risk evaluation result (MammoRisk™ score),

identified risk factors, and personalized medical recommendations. A copy of all examinations performed is attached to the report.

- Does not replace mass organized screening initiatives
- Does not concern post-therapeutic monitoring of patients who have already undergone cancer treatment



CARDIOVASCULAR ASSESSMENT

(Men/Women) *Duration: 2 hours*

The Cardiovascular Assessment focuses on your heart's condition and consists in a series of specialized, innovative exams including coronary calcium scoring, which helps to predict the risk of Myocardial infarction over a three-year period. During the consultation included in this assessment package, the cardiologist provides medical recommendations (such as the potential need for additional tests) as well as advice in terms of exercise and diet, to help patients adopt the right behaviors. Cardiovascular disease is responsible for one-third of all deaths in France.

CARDIOVASCULAR ASSESSMENT

This assessment, combined with the General Medical Assessment, is for all patients over 40 who want to make sure their heart is in perfect working condition, and thereby limit their cardiovascular risk factors.

Performed in addition to the General Health Assessment



COMPLETE BLOOD TEST
performed as part of the General Health Assessment



URINALYSIS
Microalbuminuria test to verify kidney function



SCREENING INVESTIGATIONS

- **Blood pressure monitoring** (if indicated) to screen for hypertension
 - **ABI: Ankle-Brachial Index test** (measures blood pressure in the ankle and the arm) to screen for atheroma in the arteries
 - **Doppler examination of the supra-aortic trunks** with measurement of the intima-media thickness to assess risk of stroke and detect atheromatous plaque
 - **Doppler echocardiogram** and ultrasound of the abdominal aorta to screen for heart failure and heart valve dysfunction, and test for aneurysm of the aorta
 - **Coronary calcium scoring via CT scan**, for men 45 and older, and women 50 and older. Performed every three years to test for calcium deposits on the coronary arteries and to screen for heart disease
 - **Indirect estimation of VO2 max** (if indicated) to measure cardiac performance during exercise
- IN CASE OF SUSPICION:**
- **Blood pressure holter** proposed in case of high blood pressure at rest or during exercise
 - **Ventilatory polygraph** proposed to patients who snore, sleepy or are tired, who have headaches when waking up or suffer from nycturia



MEDICAL CONSULTATION WITH A CARDIOLOGIST

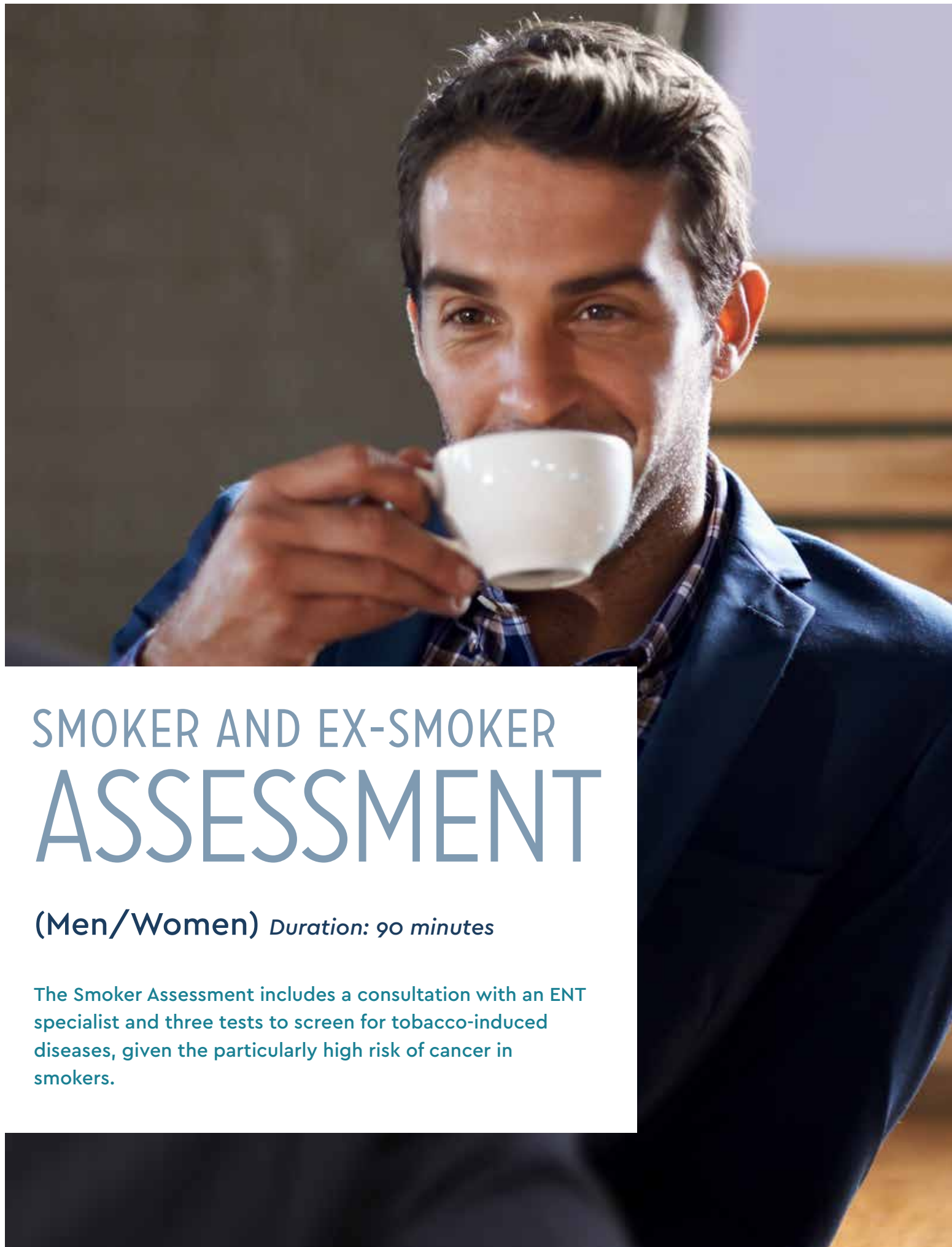
- **Assessment of cardiovascular risk** (heart attack and stroke) and prevention advice



THE AMERICAN HOSPITAL OF PARIS has a team of experienced cardiologists on call 24/7.



Assessment of cardiovascular risk factors and prevention recommendations.
A detailed report is sent including a copy of all tests performed.



SMOKER AND EX-SMOKER ASSESSMENT

(Men/Women) *Duration: 90 minutes*

The Smoker Assessment includes a consultation with an ENT specialist and three tests to screen for tobacco-induced diseases, given the particularly high risk of cancer in smokers.

SMOKER AND EX-SMOKER ASSESSMENT

This assessment, combined with the General Medical Assessment, is for all patients who smoke or have quit smoking in the last 15 years. Patients are referred to a smoking cessation or addiction specialist during the assessment, as needed.

Performed in addition to the General Health Assessment



URINALYSIS

- **Cytology** (to search for abnormal cells)



SCREENING INVESTIGATIONS

- **Low-dose chest CT scan** (without iodine injection) for smokers and former smokers, screening for emphysema and lung cancer



MEDICAL CONSULTATION WITH AN ENT SPECIALIST

- **Clinical exam**
- **Nasal endoscopy** to screen for ENT cancers



SMOKERS ARE AT A PARTICULARLY HIGH RISK OF DEVELOPING CANCER, INCLUDING:

- **Cancer of the throat and larynx**
 - Lung cancer
 - Bladder cancer





NASH ASSESSMENT

(Men/Women) *Duration: 90 minutes*

Non-Alcoholic SteatoHepatitis (NASH) is the most severe form of non-alcoholic fatty liver disease (NAFLD). If left undiagnosed, NASH can progress to fibrosis, cirrhosis and even liver cancer. NASH is also strongly correlated with cardiovascular disease and diabetes.

NASH ASSESSMENT

A NASH assessment is an opportunity to evaluate the overall health of your liver and heart in an entirely noninvasive manner.

Performed in addition to the General Health Assessment



PRELIMINARY MEDICAL QUESTIONNAIRE;



LABORATORY TESTS with three diagnostic scores:

- FibroTest®
- SteatoTest®
- NashTest



MEDICAL IMAGING

- Magnetic Resonance Elastography (MRE)
- Heart MRI



VIRTUAL NUTRITION CONSULTATION

CONSULTATION with a gastroenterologist



Following the assessment, you will receive a full medical report by postal mail and/or via virtual consultation

LEADING-EDGE TECHNOLOGY

DEDICATED TO CHECK-UP CENTER ASSESSMENTS



ARTIFICIAL INTELLIGENCE: MAMMORISK™

The Check-Up Center is equipped with a new expert software product called MammoRisk™. Based on artificial intelligence, it evaluates each woman's individual risk of developing breast cancer in the future.

MammoRisk™ objectively evaluates women's breast cancer risk by taking account of key risk factors such as breast density, which was previously not included in prediction tools. MammoRisk™ uses an innovative risk prediction model based on data mining, developed and validated on a cohort of 1,350,000 women in France and the United States.

Results are presented as a graph and can be shared with the patient.

LATEST-GENERATION 3D TOMOSYNTHESIS MAMMOGRAPHY

American Hospital of Paris has acquired one of the most advanced, latest-generation 3D mammography devices.

Breast tomosynthesis, a digital mammography technique producing 3D images, offers better viewing leading to improved screening accuracy. The technique consists in moving the x-ray tube around the breast to capture multiple images at the same time, as opposed to a single image captured during a traditional mammogram. The images are reconstructed, or synthesized, using an algorithm similar to the one used by a CT scan.

This new device, with its rounded shapes and reassuring curves, was designed to be more user-friendly and less stressful for patients. It also allows women, if they so wish, to play an active role in their breast exam by using a remote control to continue the breast compression initiated by the technician. This advanced feature improves tolerance for this exam, often considered painful by patients.

CORONARY CALCIUM SCORING

Coronary calcium scoring is a non-invasive test used to evaluate the condition of the coronary arteries.

Performed using a scanner and requiring no shots or injections, this test produces images of calcified atheromatous deposits – or plaque – on the coronary arteries, which supply blood to the heart. Using specific software, the radiologist calculates the severity of these deposits in what is known as a calcium score.

Calcium scoring is an excellent way to predict the risk of a cardiac event. If the score is high, the doctor may prescribe further tests like a CT scan of the coronary arteries or a coronary angiogram, and will propose the necessary measures to the patient.

VIRTUAL COLONOSCOPY

Virtual colonoscopy, also known as CT colonography, is an abdominal scan providing three-dimensional images of the colon.

The purpose of this exam is the early detection of lesions, or polyps, on the colon that could develop into cancer. The procedure does not require sedation or injection of an iodine-based contrast medium. It is used to systematically screen for colon cancer in men and women 50 and older.

Depending on the medical assessment results, this exam can be scheduled at a later date as long as the patient has no family history of colon cancer or any other digestive disorders, in which case a conventional colonoscopy is prescribed.



American Hospital of Paris

Founded in 1906, the American Hospital of Paris is a private, not-for-profit institution of recognized public benefit whose mission is to provide the best in French and American medical practices to its French and international patients.

Our global expertise combines the most innovative investigative technologies, state-of-the-art treatment techniques and individualized care all on a single site, to ensure our patients receive personalized treatment within a minimal timeframe. The American Hospital of Paris is accredited by two organizations for the quality of the care it delivers: the French Haute Autorité de Santé and The Joint Commission, which accredits institutions according to U.S. standards.

Check-Up Center **Espace Diagnostic Santé Richard Vipiana**

Administration and advice

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