


Register for
VAMA ✓
WELL WOMEN
HEALTH
CHECK-UP!

 Pamper your loved ones with
THE GIFT OF GOOD HEALTH

Vama well women health check-up

Get one step ahead of disease,
as your active life demands
a healthy mind and body..




BOOK YOUR ✓
GOOD HEALTH
T O D A Y



Golden Square, Beside Sargam Shopping Centre, Parle Point, Surat-395007.

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For Teens

Healthy Teenage is the foundation of healthy adulthood. Therefore, it is very important to monitor the physical health as well as mental, emotional and social development of a teenager. These packages will help in the overall growth as well as determine and underlying concerns, if any.

Vama Wellness Center for Women offers a comprehensive health check for **girls between the ages 9 to 19** that helps address various health problems.

Here are a few health checks for teens that you must consider.

1) Healthy "Teen" Package

(without vaccination)

BLOOD TESTS

- CBC Blood Group
- Thalassemia Test
- TSH

SONOGRAPHY

- Abdomen and Pelvis

CONSULTATION

- Adolescent Physician
- Dietician
- Physiotherapist
- Psychiatrist

2) Healthy "Teen" Package

(with vaccination)

BLOOD TESTS

- CBC Blood Group
- Thalassemia Test
- TSH

SONOGRAPHY

- Abdomen and Pelvis

CONSULTATION

- Adolescent Physician
- Dietician
- Physiotherapist
- Psychiatrist

ADOLESCENT VACCINATION

- Anti cervical cancer vaccine (2 doses)

3) Teen PCOS / Obesity Package

BLOOD/HORMONAL TESTS

- CBC, Bl. Group & Rh Factor
- Fasting sugar, fasting insulin
- LH, FSH, AMH,
- TSH, Prolactin
- SGPT, SGOT
- DHEAS, S Testosterone
- Lipid profile

SONOGRAPHY

- Abdomen and Pelvis

CONSULTATION

- Adolescent Physician
- General Physician
- Dietician
- Physiotherapist
- Psychiatrist



Pre-Marital "Wife to be" Package

Pre-marital testing is a set of comprehensive medical tests and consultations that can ensure better medical compatibility between partners. For a women considering marriage, pre-marital screening helps identify her own potential health problems and risks for her future offspring. Our Premarital counseling sessions can help ensure that you and your partner have a strong and healthy relationship, giving you a better chance for a stable and satisfying marriage.

LABORATORY TESTS

- CBC
- Blood Group & Rh Factor
- Diabetes (RBS)
- TSH
- Hepatitis (BHBsAG), HIV
- Venereal Disease Screen (Syphilis)
- Rubella IgG
- Hb electrophoresis
- Urine Analysis

DIAGNOSTIC TESTS

- Abdomen and Pelvic Ultrasound

CONSULTATIONS

- Gynecologist

PRE MARITAL COUNSELING SESSIONS FROM AN EXPERT

(For couple)

- Includes sex education, marital relationship, birth control etc.



Pre Pregnancy Health Package

Yes. It's worth visiting your doctor before you become pregnant. Giving your baby the best start in life means getting your own health sorted well before you become pregnant.

Get a preconception checkup even if you've already had a baby. Your health may have changed since you were last pregnant. A preconception checkup is especially important if you've already had a premature baby, a baby with a birth defect, a miscarriage or stillbirth.

BLOOD TESTS

- Hematological Profile
- Blood Group & Rh Factor
- Diabetes (RBS)
- TSH
- Hepatitis (BHBsAG), HIV
- Venereal Disease Screen (Syphilis)
- Rubella IgG
- Hb electrophoresis
- Urine Analysis

MIDCYCLE PELVIC SONOGRAPHY CONSULTATION

- Gynaecologist
- Nutritionist
- **Fetal medicine expert's counseling***
- ***add on** –in case of genetic problem in family or history of previous baby with birth defect or genetic problem



Healthy She Packages

Is your health slipping down in your priority list as you are a superwoman-multitasking between your job, family and household?

Vama has taken a step towards creating a healthy woman world, now it's your turn to take one step forward! Embrace good health with a simple start point...

1) Healthy She "Dashing" Package (for < 35 women)

BLOOD TESTS

- CBC with ESR, Blood Group, RBS, Urine Test Routine-micro, SGPT, SGOT, Lipid Profile, BUN, Creatinine, TSH, Calcium ESR, Uric Acid, B12 and Calcium

DIAGNOSTIC TEST

- USG pelvic & abdomen

CANCER MARKER TEST

- Pap Smear

CONSULTATIONS

- Gynecologist
- Physician
- Dietitian

2) Healthy She "Dynamic" Package (for >35 to < 50 years women)

BLOOD TESTS

- CBC with ESR, Blood Group, FBS & PP2BS, HB1AC, Urine Test Routine-micro, SGPT, SGOT, Lipid Profile, BUN, Creatinine, TSH, Calcium ESR, Uric Acid, RA factor, B12 and Calcium

DIAGNOSTIC TESTS

- ECG
- USG Pelvis and abdomen

CANCER MARKER TEST

- Pap Smear-conventional*
- * add on LBC with HPV
- Sonomammography and Mammography

CONSULTATION

- Physician
- Gynecologist
- Menopause specialist
- Ophthalmologist
- Physiotherapist and fitness expert
- Dietitian

3) Healthy She “Devine” package (for > 50 years women)

BLOOD TESTS

- CBC with ESR, Blood Group, FBS & PP2BS, HB1AC, Urine Test Routine-micro, LFT, Lipid Profile, BUN, Creatinine, TSH, Calcium ESR, Uric Acid, RA factor, B12, D3, Calcium

DIAGNOSTIC TESTS

- ECG
- Chest X-ray
- USG Pelvis and abdomen
- Bone densitometry

CANCER MARKER TEST

- Pap Smear-conventional*
- * **add on** LBC with HPV
- Sonomammography and Mammography

CONSULTATION

- Physician
- Gynecologist
- Menopause specialist
- Ophthalmologist
- Physiotherapist and fitness expert
- Dietitian
- Psychiatrist (Optional)

4) Healthy She - Premium

BLOOD TEST, CBC WITH ESR

- CBC with ESR, Blood Group Rh, FBS, PP2BS, Hb1AC, LFT, Thyroid Function Test, LDH, Lipid profile, Urea, Creatinine, Uric Acid, RA factor, Serum Electrolytes, S Calcium, D3, B12, HIV, HbSAG, HCV, VDRL

DIAGNOSTIC TESTS

- ECG
- Chest X-ray
- USG Pelvis and abdomen
- Bone densitometry

CANCER MARKER TEST

- Pap Smear- on LBC with HPV
- Sonomammography and Mammography

CONSULTATION

- Physician
- Gynecologist
- Menopause specialist
- Ophthalmologist
- Physiotherapist and fitness expert
- Dietitian
- Psychiatrist (Optional)

Instructions

- Prior appointment is essential for health check ups
- We request you to take an appointment at least 24 hours prior to check up and cancellations should be intimated at least 24 hours prior to check up.
- Health checkups may take 2-6 hours and may require 2-3 visits as certain tests like Mammography, Sonography and certain consultations with expert doctors can be by appointment.
- Patients are requested to carry with them all their previous medical reports and medicine prescriptions.
- Patients can pay for the add on tests in the packages and can avail additional tests.
- Blood and Urine samples are to be collected as fasting samples and so patients are advised to report in the morning between 8 to 9 AM with minimum 10 hours of fasting. Tea-coffee are also to be avoided, however water can be taken.
- The files and reports generated during the checkup are to be brought every time during subsequent visit to the centre.
- We are having arrangement for your X-ray chest and bone densitometry test at Synergy Imaging Centre, Jeevendeep Copmlex, Near Nirmal Hospital, Opp. J.K Tower, Ring Road, Surat
Our front desk staff will help you to book your appointment.

Gift “**Vama Health Card**”
to yourself or to all beloved women of your life today..!!

