



CHECK-UP PROGRAMS

1. Standard Check-Up Package

A) Laboratory Tests

1. Complete Blood Count and Inflammation Tests

- Complete Blood Count (CBC)
- ESR (Erythrocyte Sedimentation Rate)
- CRP (C-Reactive Protein)
- LDH

2. Blood Glucose & Diabetes Panel

- Fasting Glucose
- HbA1c (Hemoglobin A1c)
- Insulin

3. Liver & Pancreatic Function Tests

- ALT (Alanine Aminotransferase)
- AST (Aspartate Aminotransferase)
- GGT (Gamma-Glutamyl Transferase)
- ALP (Alkaline Phosphatase)
- Bilirubin Total

- Bilirubin Direct (Conjugated)
- Amylase

4. Kidney & Electrolyte Panel

- Urea
- Creatinine
- Uric Acid
- Sodium
- Potassium
- Chloride
- Calcium
- Magnesium

5. Lipid Profile

- HDL Cholesterol
- LDL Cholesterol
- Triglycerides

6. Thyroid Panel

- TSH (Thyroid Stimulating Hormone)
- Free T4 (Thyroxine)
- Anti-TPO (Thyroid Peroxidase Antibody)

7. Viral Markers

- HBsAg (Hepatitis B Surface Antigen)
- Anti-HBs (Hepatitis B Surface Antibody)

- Anti-HCV (Hepatitis C Antibody)
- Anti-HIV* (ELISA) (*:Optional)

8. Cancer Markers

- CEA (Carcinoembryonic Antigen)
- AFP (Alpha-Fetoprotein)
- CA 19-9
- CA 15-3 (Women)
- CA 125 (Women)
- PSA Total & Free (Men)

9. Vitamin & Mineral Tests

- Vitamin D
- Vitamin B12
- Ferritin

10. Urine & GI Screening

- Urine Test
- Stool Test

B) Imaging

- Chest X-Ray
- Abdominal Ultrasound
- Thyroid Ultrasound
- Cervical (Neck) Ultrasound
- Breast Ultrasound (Women)
- Mammography (Women over 40+ years)

- CT (Computarized Tomography) is available upon clinical indication

C) Specialist Examinations

1. Internal Medicine

Comprehensive system-based clinical assessment.

2. Cardiology

- ECG
- Echocardiography (ECHO)
- Treadmill Test

3. Obstetrics and Gynecology (*Women*)

- Pap Smear & HPV DNA (15 high-risk types + 2 low-risk wart-causing types)

4. Urology (*Men*)

- Urinary System Ultrasound

2. Personalized Check-Up Program

*Available for **all adults**, regardless of age. The physician conducts a preliminary interview with the check-up participant and decides on the tests to be included in the program and the specialties to be consulted based on age, medical history, genetic characteristics, risk factors and lifestyle.*

A) Age & Sex-Based Laboratory Enhancements

Bone Health

- Bone Densitometry (Women 40+, Men 65+)

Hormonal Panel

- DHEA-S (Dehydroepiandrosterone Sulfate)
- Cortisol
- Prolactin
- Anti-Müllerian Hormone (AMH) (*Women*)
- FSH
- LH
- Estradiol (E2)
- Total Testosterone

Renal / Vascular Screening (65+)

- Carotid Doppler Ultrasound
 - Renal Duplex Ultrasound (RDUS)
 - Urine Microalbumin (Spot Urine)
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B) Optional Specialist Examinations

Neurology

- Neurology Consultation
- Brain MRI (if clinically indicated)
- Cognitive Screening (65+)

Ophthalmology

- Refraction Test
- Applanation Tonometry

ENT (Ear, Nose & Throat)

- Pure Tone Audiometry (PTA)

3. Longevity & Healthy Aging Program

Overview:

The Longevity Program is designed for individuals who seek a comprehensive, personalized approach to preventive health and long-term wellness. It includes all assessments from the Personalized Check-Up Program, with additional expert consultations and a holistic review of results.

Program Components

1. Comprehensive Assessment

- All laboratory, imaging, and specialist evaluations included in the Personalized Check-Up Program.
 - Tests are selected according to age, sex, lifestyle, risk factors, and medical history.
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2. Nutrition & Lifestyle Consultation

- Dedicated session with a **Dietitian / Nutrition Specialist**.
 - Personalized guidance on diet, supplements, hydration, and lifestyle.
 - Tailored recommendations to support cardiovascular, metabolic, and bone health.
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3. Final Physician Review

- Conducted after all tests and consultations are completed.
 - Detailed review of all results with the physician who performed the initial consultation.
 - Discussion includes:
 - Explanation of findings and risk factors
 - Practical, day-to-day lifestyle and habit guidance
 - Preventive medicine strategies and warnings
 - Long-term health planning and goal-setting
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4. Benefits of the Longevity Program

- Personalized, holistic approach to health beyond standard check-ups.
- Early detection and risk prevention for age-related conditions.
- Integration of medical, nutritional, and lifestyle guidance in one program.

4. Venereal Check-Up Program

This program is designed for individuals who wish to receive comprehensive sexual health testing in a fully confidential and non-judgmental environment. All samples are processed anonymously, and results are shared only with the individual.

No personal identifiers are required beyond a unique test code.

What This Program Includes

1. Anonymous Laboratory Testing

- HBsAg (Hepatitis B Surface Antigen)

- Anti-HBs (Hepatitis B Surface Antibody)
 - Anti-HCV (Hepatitis C Antibody)
 - Anti-HIV
 - Syphilis Screening (VDRL)
 - Chlamydia PCR (NAAT)
 - Gonorrhea PCR (NAAT)
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2. Privacy & Security

- No name, ID number, or personal information is required for testing.
 - Each individual receives a **unique test code** used to access results.
 - Results are delivered securely and privately.
 - Staff follow strict confidentiality protocols.
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3. Optional Medical Consultation

(Only if requested.)

- Confidential discussion of results with a physician.
 - Guidance for follow-up, treatment options, and prevention strategies.
 - Anonymous consultation option available.
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4. Who Is This Program For?

- Individuals seeking routine sexual health screening
- Those starting a new relationship
- Individuals with potential exposure concerns
- Anyone who prefers complete discretion while checking STI status

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