



# Oasis Medical Group

Cayman Ltd.

## Your Annual Check-up... might save your life!

### Check list

#### Complete history

- Full physical examination
- Vital signs:
  - Blood Pressure, Pulse, Blood Sugar, Urinalysis
- Breast Examination
- Pap Smear (Cervical cancer/HPV)
- Vaginal Swab
  - Chlamydia/Gonorrhoea
- Mammogram (after age 40 & possibly USS)
- Chest X-ray
- ECG (especially if person has a chronic illness)

- Stool for occult blood
- Other investigations based on concerns, past medical history and family history
- DEXA Scan if osteopenic or osteoporosis
- Over 50 - Colonoscopy
- Blood work:
  - Complete Blood Count
  - HbA1c & Fasting Blood Sugar
  - Liver Function Tests
  - Kidney Function Tests
  - Cholesterol
  - Thyroid Function Tests
  - CA-125 (Cancer Marker for Ovaries)
  - Calcium & Vitamin D
  - HIV and VDRL

#### Have available

- Date of your last menstrual period
- Dates of your last pap smear and mammogram
- Current medications including supplements

#### Current medications and ask about

- Indications
- Dosages
- How to take
- Side effects
- Interactions with other medications
- Necessary dietary modifications

#### Ask about

- Screening for skin cancer
- Contraception
- Weight management
- Dietary modifications as per medical conditions

We're all about  
Knowing our patients.  
Phone: 943-6066  
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