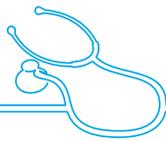




ASTF

Prevention is better than cure



Health check-ups

The ASTF organizes health check-ups for employees of its member companies

As a rule these check-ups include:

- a blood test to measure the blood count (red and white corpuscles, ferritin etc...), a lipid analysis (blood fats, including in particular cholesterol, the renal function, the hepatic function (liver), the blood sugar level and the thyroid gland function, and vitamin D. For men above the age of forty, -five PSA (prostate-specific antigen) is also measured;*
- a urine test;*
- detection of blood in the stool (screening for cancer of the colon);*

- calculation of the BMI (body mass index) and measurement of body fat a*

- audiometry (hearing test);*

- spirometry test, i.e. measurement of the lung functions and capacity (detection of early-stage chronic bronchitis, emphysema, asthma, fibrosis);*

- eyesight test, colour vision and field of vision tests;*

- eye pressure measurement (screening for glaucoma);*

- basic electrocardiogram;*

- bone densitometry (to detect osteoporosis) for women above the age of forty-five;*

- case history and a full clinical examination (blood pressure, ORL, cardiovascular etc.),*

- discussion of the results with the doctor and health advice, together with documentation on any specific problems that have been detected;*



- if necessary, referral to a specialist (at that stage paid for of course by the Health Insurance Scheme);

-complete medical report for the employee with a copy of the results for the general practitioner.

Practical details: the patient attends in the morning on an empty stomach. We take a blood sample and breakfast is then served. Afterwards, he or she takes all the tests listed above and then sees the doctor. The whole procedure will take around two hours.

Flat-rate fees are charged for our services depending

on the age group (the indications for the different screening tests vary with age) and the particular services requested by our clients

This is the basic check-up which we advise as the bare minimum.

On request, we can also arrange the following additional check-ups with a specialist:

- effort test*
- Doppler ultra-sound of the carotid arteries*
- abdominal ultra-sound*
- coloscopy*

For organizational reasons and because of the need for preparation, most of these examina-

tions cannot be arranged on the same day.

A check-up is recommended once every three years, but this frequency will depend on the patient's age.

Please contact us for further information.

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