

*one* LIFE. *one* DAY. *one* INVALUABLE EXPERIENCE.

*one*

EXECUTIVE PHYSICAL *and* LIFESTYLE ANALYSIS



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BURICK CENTER

FOR HEALTH AND WELLNESS

[www.burickcenter.com](http://www.burickcenter.com)

## *one* COMPREHENSIVE ASSESSMENT.

Your health may not be the first thing that comes to mind, but stress, physical problems and emotional issues DO impact your health and productivity. **Our executive physical is designed to serve people who are seeking exceptional personalized attention and care** that fits conveniently into a demanding schedule. Our individually customizable executive physical is completed in one day and is coordinated by a board certified internal medicine physician. It is designed to thoroughly evaluate a client's current state of health, identify concerns and provide solutions for a healthier future. We invite you to a **comprehensive medical assessment** which can be your first step to making your future health and wellness a life-long priority.

*Give us one day  
and we will take  
care of everything,  
streamlining  
your care to  
maximize your  
time and minimize  
your stress.*

### *Highlights of the executive physical:*

- A physical exam with a **comprehensive** review of past medical history and current medical concerns or issues.
- Lab assessment:
  - Urinalysis
  - Complete blood count (CBC)
  - Comprehensive Medical Profile (CMP)
  - Lipid panel
  - Thyroid function tests
  - C-reactive protein
  - Vitamin D
  - HbA1C
  - PSA (for men)
- EKG
- Lung function analysis (spirometer)
- Non invasive radiologic imaging studies:
  - Vascular studies of the carotid, aorta, and peripheral vascular systems
  - Complete abdominal ultrasound
  - Chest X-ray
  - Calcium scoring chest CT for cardiovascular assessment
- Exercise treadmill stress testing
- Body composition analysis
- Screening hearing assessment
- One-on-one nutritional review and counseling session
- Private session with a psychologist for executive coaching



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## one PERSON. MANY DIMENSIONS.

True wellness is an integration of a person's physical, mental and spiritual health. We recognize that lifestyle choices can be great predictors of our future health. For this reason, we have incorporated a **full nutritional assessment** that will identify dietary challenges and create solutions to optimize health. A healthy mind and spirit is also a focus for the day as our clients meet with a psychologist who will provide an opportunity to **maximize personal and professional potential** through a thought-provoking and creative session.



## one COMPLETE ANALYSIS.



The primary focus of our program is wellness, disease prevention and early detection. We create a Personal Health Assessment (PHA) for each client that will include the results of the diagnostic tests and studies performed during your day. At the conclusion of your day, your internist will review the results and provide you with a written report outlining a **strategic plan for risk assessment and health improvement.**

### *Additional Testing*

Please refer to our web site for details on additional testing opportunities.  
[www.burickcenter.com](http://www.burickcenter.com)

*Your health is amongst your greatest assets. Invest today and you will reap the benefits for years to come.*

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### *Additional Coordination of Care*

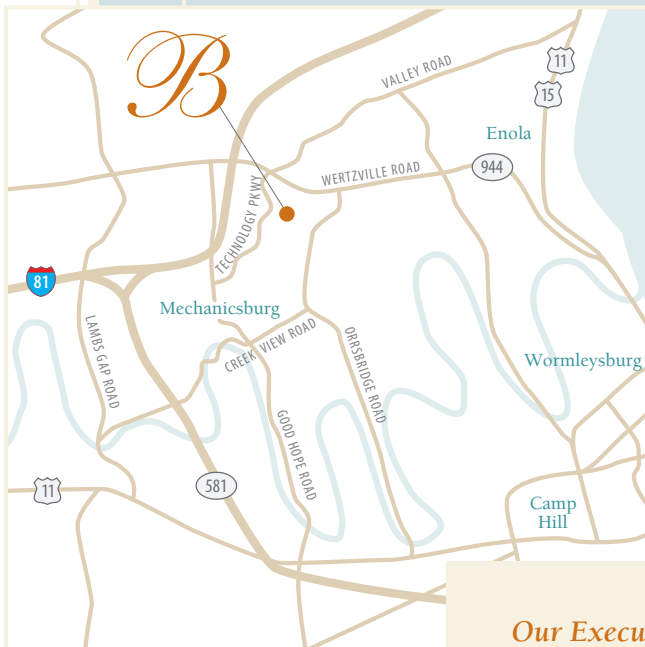
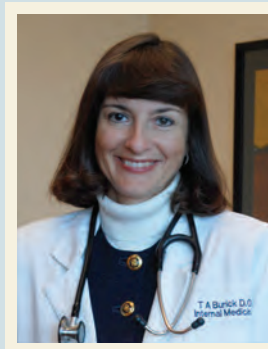
If additional evaluations by other physicians or institutions are required based on your exam, your physician can facilitate referrals to the finest medical and surgical subspecialists.

### *How to get started...*

Upon calling our center, a day will be reserved for you. You will be contacted by a member of our team four weeks prior to your appointment. You will be given details of your day at the Burick Center and provide information that will optimize your experience and personalize your Executive Physical.

### *An Invitation by Dr. Theresa Burick*

Thank you for considering this unique and special opportunity to invest in your health and wellness. We look forward to serving you!



*Our Executive Physical and Lifestyle Analysis is conveniently located at the Fredricksen Outpatient Center in Mechanicsburg.*



**BURICK CENTER**  
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