



The Dominion Exam™

Who Should Have the Exam?

The Dominion Exam™ is intended for individuals who take their health seriously and want to take a proactive approach to managing their health. The exam is the ultimate tool in preventative health maintenance and early disease detection.

What is the difference between a Dominion Exam and a normal medical exam?

The Dominion Exam™ is an advanced medical screening exam that focuses on early disease detection and prevention. It is specifically designed to identify health issues that do not currently exhibit symptoms but may develop into health risks in the future.

The Dominion Exam™ combines outstanding clinical expertise with state-of-the-art technology to provide you with a complete assessment of your health

Emphasizing early disease detection and prevention, the *Dominion Exam™* combines clinical expertise with state-of-the-art technology to best assess your health. It is composed of three parts:

- 1. Laboratory Studies** - Prior to your appointment in our clinic, we ask you to go to any of the DynaLife Dx Medical Labs for a specimen collection. The laboratory analysis of these specimens will assist in the detection of kidney, liver or thyroid disorders as well as screen for diabetes, cholesterol and lipid irregularities, and anemia. Markers that are used to identify colorectal cancers will also be investigated.
- 2. Comprehensive History and Physical Examination** - A detailed history and physical examination are critical for an accurate assessment of your health. After discussing your unique health concerns and questions with one of our experienced physicians, you will receive a complete physical examination unlike any you have received before. The following tests will also be conducted during your physical examination:
 - Spirometry - using spirometry, we will assess the health of your lungs.
 - Visual Acuity - we will assess your near and far vision, peripheral vision, and colour vision.
 - Audiometry - we will also assess your hearing using state-of-the-art equipment.
- 3. Diagnostic Imaging** - We take into account your personal and family medical history as well as your current lifestyle to determine the most appropriate diagnostic scanning for you. We will use one or both of CT (computed tomography) and MRI (magnetic resonance imaging) scans to complete the assessment of your current state of health. Typically, patients under the age of 40 will not be sent for diagnostic imaging. Patients between the ages of 40 and 49 will likely be referred for a Cardiac Score® and those over 50 will be sent for both a Cardiac Score® and a Core Body Scan.

Shortly after completing your Dominion Exam™, a binder containing all test results, referrals and recommendations, will be delivered to you. If, after you have reviewed your binder, you have any questions, we would be pleased to book a follow-up appointment with the physician who conducted your examination. The Dominion Exam™ will bring you the peace of mind that comes with knowing all the facts and knowing them early.

Included in every Dominion Exam™

Comprehensive medical and lifestyle review and assessment
Complete physical examination
Prostate examination (Men)
Breast examination (Female)
Gynecological examination with pap test (liquid cytology) (Female)
Audiometry - detects hearing loss
Resting electrocardiogram (ECG)
Spirometry - assesses lung function
Tympanometry - detects disorders of the ear
Vision Screening - acuity, depth perception, colour & peripheral vision
Fecal Occult Blood (screening for colon cancer)
Laboratory specimen collection
ALT - liver function
CBC and differential
Creatinine - evaluates kidney function
Electrolytes - essential for normal function of cells and organs
Fasting Glucose - diabetes screening
Lipid profile - total cholesterol/HDL ratio, LDL, triglycerides
Ferritin - detects iron levels in blood
GGT - evaluates kidney, bile and liver function
PSA - prostate cancer screening (Male)
TSH - thyroid function
Urine (microscopic)
Cardiac Risk Assessment
Physician Letter with recommendations and referrals
Binder with all test results, referral letters and recommendations

Available Screening Tests

Cardiac Score®

This leading-edge cardiac screening test uses computed tomography (CT) technology to obtain information about the location and extent of calcified plaque in the coronary arteries (the vessels that supply oxygenated blood to the heart). Plaque is a build up of fat and other substances, including calcium, which in time can narrow the arteries or even stop blood flow to the heart. The result may be painful angina in the chest or a heart attack. The findings of this test, expressed as a calcium score may help decide what measures can be taken to avoid these events. A Cardiac Score requires no preparation or physical exertion and is completely painless.

Core Body Scan

Because it provides detailed, cross-sectional views of all types of tissue, CT is one of the best tools for studying the chest, abdomen and pelvis. This test is used to screen the body for diseases when you are asymptomatic but concerned about your health. It is often the preferred method for diagnosing many different cancers, including lung, liver, and pancreatic cancer, since the image allows a physician to confirm the presence of a tumour and measure its size, precise location, and the extent of the tumour's involvement with other nearby tissue.

Virtual Colonoscopy

This is a highly specialized test that allows doctors to look at the large intestine (colon) to detect polyps and cancers. Polyps are small growths in the colon that may become cancerous if they are not removed. Virtual colonoscopy is a recently developed technique that uses a computed tomography (CT or CAT) scanner to look inside the body without having to insert a long tube (conventional colonoscopy) into the colon or without having to fill the colon with liquid barium (barium enema).

Research has shown that virtual colonoscopy is better able to see polyps than barium enema and is nearly as accurate as conventional colonoscopy. In addition, most patients report that the virtual colonoscopy technique is more comfortable than either barium enema or conventional colonoscopy.

Other Imaging Available.

[Bone Mineral Densitometry](#) – used to measure bone loss.

[Allergy Testing](#) – unlike traditional testing, this test requires only a blood sample to detect allergies

[Brain MRI](#) – Detects a wide range of pathologies including tumors, strokes and MS.

[Breast MRI](#) – Provides a powerful supplementary tool for the detection of breast cancer.

[Menopause Screening](#) – detects the onset of menopause.

[Nutrition Assessment](#) – services of a registered dietician are available

Frequently Asked Questions

Can you bill my company?

Yes. Third party billing can be set up and all costs can be forwarded to your company.

Is the exam covered by Alberta Health and Wellness?

No. because the exam is an advanced health screening exam, AHW considers it *not medically necessary*. Therefore, the service is uninsured and must be paid for on a fee-for-service basis.

Is this private medicine?

No. This is **not** private medicine. This service is in full compliance with the Canada Health Act. Like Drivers' Medicals and many other elective procedures, this service is considered *not medically necessary* by the government and is therefore not covered by provincial health insurance plans.

How quickly can my Dominion Exam™ be scheduled?

Generally we book two to three weeks out to ensure all pre-exam testing is completed prior to your appointment.

Who performs the exam?

All exams are performed only by Senior Physicians on our staff.

How long does a Dominion Exam™ take?

The exam itself takes two hours. If the physician determines that you require imaging (CT, MRI etc.) we can arrange this either immediately after the exam or, if it is more convenient for you, on another day. Please allow an extra ninety minutes if imaging is required.

Will I need to spend time waiting to see the doctor?

No, every examination is carefully planned to eliminate any waiting on your part.

I always feel rushed when I see a doctor, Will I be rushed during my exam?

The pace of the exam is such that you will never feel rushed or dismissed by the physician. Depending on your health you will spend up to 90 minutes with the physician.

What if I have current medical problems?

You should document all current health issues in your Health and Lifestyle Assessment form so that the physician has an understanding of your issues.

Should I bring in medical files?

In the preparation package we send out, Lifestyle and Medical History forms are provided for you. The doctor uses these forms to assist in the assessment of your health.

Should I have a Dominion Exam™ done every year?

Yes, most people should schedule an annual screening examination. Doing so allows you to properly track your progress and build on past successes, or if needed, assists you to identify obstacles to success.

What if I already have a family doctor?

It is our intention that the Dominion Exam™ will compliment regular care from your family physician. If you wish a copy of all test results will be sent to your doctor. If you do not have a family physician it would be our privilege to provide you and your family with ongoing care at one of our family practice clinics.