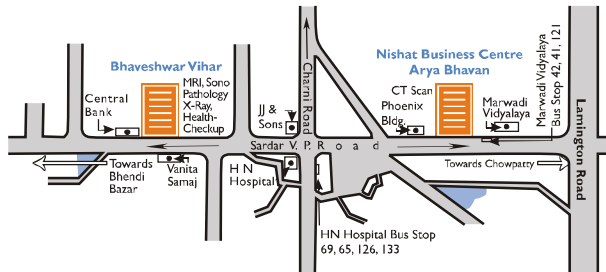




## Jankharia Imaging



- LANDMARKS (Main Clinic)**
- Prarthana Samaj Area
  - Near Central Bank
  - Opp. Vanita Samaj
  - Near H.N. Hospital
  - Nearest Bus routes: 65, 69, 133, 126

- LANDMARKS (CT)**
- Prarthana Samaj Area
  - Between Phoenix Building & Marwadi Vidyalaya
  - Behind Marwadi Vidyalaya Bus stop
  - Nearest Bus routes: 42, 41, 121

### Piramal Diagnostic Services and Jankharia Imaging Venture Main Clinic

Bhaveshwar Vihar, 383, Sardar V.P. Road, Prarthana Samaj, Mumbai - 400 004.

T 022 6617 3333

Extn. 1 - MRI

Extn. 2 - Pathology, Doppler, Sonography, Mammography, DXA

Extn. 3 - X Ray, OPG, Barium Study

Extn. 4 - Health Checkups, 2D Echo, ECG

#### Cardiac & Ultra-Fast CT

Nishat Business Centre, Arya Bhavan, 461, Sardar V.P. Road, Prarthana Samaj, Mumbai - 400 004.

T 022 2389 3551/2, 2380 2172

#### PET/CT & 3T MRI

Ground Floor, Piramal Diagnostics Bldg., Next to A to Z Ind. Estate, Ganpatrao Kadam Marg, Off. Worli Naka, Lower Parel, Mumbai - 400 013. • T 022 - 6617 4444

W [www.piramaldiagnosics.com](http://www.piramaldiagnosics.com), [www.jankharia.com](http://www.jankharia.com)

E [info@jankharia.com](mailto:info@jankharia.com), [info@pds.piramal.com](mailto:info@pds.piramal.com)

F 022 2382 9595



## Jankharia Imaging



# PREVENTIVE HEALTH CHECKS

A GUIDE



**Piramal Diagnostics**

knowledge action care

Jankharia Imaging

For appointments please contact:

**022 6617 3344**

**Total Body Profile\***

(CBC + ESR + Blood Group  
 TP + BILI + SGOT + SGPT + GGTP + ALKP  
 BUN + CREAT + UA + CALCIUM + LDH  
 CHOL + TG + HDL + LDL + Ratios  
 Sugars F & PP  
 Serum Electrolytes (Na, K, Cl, Phos)  
 Urine R & Stool R)

**Preventive Health Checks FAQ'S**

- Reporting Time: 8.00 am to 9.00 am
- Duration: 4 to 5 hrs approx, depending on the package taken (Breakfast will be served to you at the centre)
- Discussion & Report collection: after 2 days or would be couriered to the desired address.
- All patients will be provided with special clothing & footwear. Tennis shoes will be provided for the Stress test.
- We also customize packages as per your needs.
- Overnight fasting is required.

**Our Team of Consultants**

<b>Names</b>	<b>Department</b>
<b>Dr. Deepa Pande</b>	General Physician & Head
<b>Dr. G.R. Jankharia</b>	Radiologist
<b>Dr. Bhavin Jankharia</b>	Radiologist
<b>Dr. Bijal Jankharia</b>	Radiologist
<b>Dr. Anuradha Shah</b>	Chest Physician / Sleep Specialist
<b>Dr. Akhilesh Sharma</b>	Physician & Cardiologist
<b>Dr. Vaibhav Dedhia</b>	Cardiologist
<b>Dr. Nishit Shah</b>	ENT Specialist
<b>Dr. Pranay Kapadia</b>	Ophthalmologist
<b>Dr. Narendra Nikam</b>	General Surgeon
<b>Dr. Bineeta Mehta</b>	Gynaecologist
<b>Dr. R. K. Mansuri</b>	Dentist
<b>Ms. Nrupa Joshi</b>	Nutritionist
<b>Mr. Bhavin Shah</b>	Audiologist

## PET-CT Department

### Machine

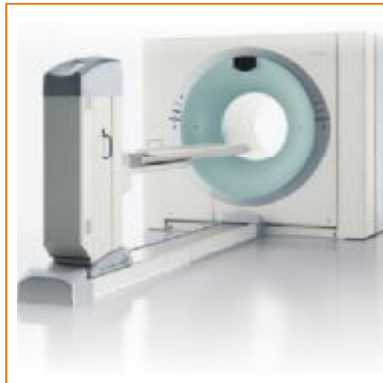
- Siemens HD - PET/CT Scanner
- High Definition PET-CT Machine

### What is PET?

PET (Positron Emission Tomography)

### What is HD-PET/CT?

Most current PET/CT scanners have a limitation on the PET resolution; they can rarely pick-up lesions smaller than 6-8mm. With HD-PET/CT, using revolutionary new technology developed by Siemens, it is now possible to pick-up lesions as small as 2mm, which helps diagnose smaller lesions, thus picking up disease earlier and more accurately.



### Indications

- Oncology in the detection and staging of tumors, in assessing response to treatment, in guiding biopsy and in checking for recurrence after treatment.
- Cardiology to assess the viability of infarcted muscles
- Neurology in patients suspected to have dementia and in the evaluation of epilepsy
- Inflammation and Infection to search for the focus of infection, in patients with fever of unknown origin

## Preventive Health Checks

**“A paisa of prevention is worth a rupee of cure”.** An old cliché, but nevertheless a true one.

We all know that the more we take care of ourselves and our bodies, the less chance of disease will we have in the future. To this end, we take care of our diets, we exercise, we stop smoking and we try and lead better quality lives.



While living healthily is important, it is also important to know whether our bodies, our organs and the various systems in our bodies are doing well or not. Just as we send our cars for a once-a-year service to ensure that everything is working fine, we also need to get ourselves checked medically, at least once a year.

If we pick up disease or pathology early, we will always be able to take better care of the problem at that point, rather than when the problem presents later, in a more advanced form.

To take this concept ahead, we at Piramal Diagnostics - Jankharia Imaging, have started "Preventive Health Checks", with a variety of packages to suit different individuals. You can choose between our Standard or Executive packages, or those more geared towards the heart (Cardiology package) or towards picking up early cancer (Oncology package).



Jankharia Imaging has been this city's best radiology and imaging centre for over 30 years now. Piramal Diagnostics (formerly Wellspring) is India's premier pathology service organization. Piramal Diagnostics - Jankharia Imaging brings all this expertise into this new venture.

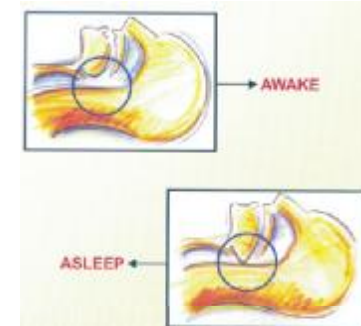
Our team is led by Dr. Deepa Pande, who has more than 10 years experience in running Health Check-Up services. She will ensure that all the tests are done with the highest level of care possible, in a professional environment, with ably trained staff. Once all the results are in, she will then schedule a consultation session after a day or two, depending on the package, so that accurate advice can be given and further steps taken. She will also follow-up with you regularly, as and when required.

## What is Sleep Apnea ?

Sleep apnea occurs when there are periods of time when you stop breathing while you are asleep. These periods can be as brief as 10 seconds, but are sometimes longer. When you stop breathing the body does not get enough oxygen, this will cause you to momentarily awaken, and also cause a rise in your heart rate and blood pressure just before you start breathing normally again. This can occur hundreds of times throughout the night and can keep you from getting the restful sleep you need.

### The symptoms include:

- Day time sleepiness
- Choking at night during sleep
- Morning headaches
- Irritability or mood swings
- Poor concentration
- Breathing pause during sleep.



### What are you at a risk for?

- Developing Hypertension
- Heart attack
- Cardiac Failure
- Irregular heart rhythm
- Brain strokes



### What can be done to treat Sleep Apnea ?

Once your doctor determines that you have sleep apnea a CPAP/ BiPAP device may be prescribed. This form of treatment is the most effective and widely used means of treating Sleep Apnea.

## Mammography

### Machine

- Siemens, Mammomat 3000
- A high-end machine meeting all
- AERB, India and FDA, USA criteria
- Performed and interpreted by women

### Indications

- Breast cancer is still the number 1 cancer in women.
- If picked up early enough, the survival increases dramatically
- Mammography is perhaps the best technique for picking up cancer early, if done on a regular, yearly basis.



## 4D & Color Doppler Ultrasound



### Machines

- GE L5, GE Voluson
- State-of-the-art ultrasound machines with real-time 4D capabilities

### Indications

- For an initial screening of the abdomen and pelvic organs
- Evaluation of the carotid arteries

Basically, USG can be used in many different parts of the body, usually as an initial tool, but in many instances as a definitive tool (prostate, scrotum, eye, obstetrics, gall-bladder, etc)

Standard Health Package	Executive Health Package
<b>Pathology</b> • Total Body Profile*	<b>Pathology</b> • Total Body Profile* • Glycosylated Hb • Australia Antigen
<b>ECG</b>	<b>ECG</b>
<b>2D Echo or Stress Test</b>	<b>2D Echo</b>
<b>X-ray Chest</b>	<b>Stress Test</b>
<b>Sonography</b> • Abdomen or Pelvis	<b>X-ray Chest</b>
<b>Spirometry</b>	<b>Sonography</b> • Abdomen or Pelvis
<b>Audiometry</b>	<b>Mammography</b> (Women only)
<b>Dental or Dietician</b>	<b>Spirometry</b>
<b>Ophthalmology</b>	<b>Audiometry</b>
<b>ENT Consultation</b>	<b>Dental</b>
<b>Gynaec</b> (Women only)	<b>Dietician</b>
<b>Papsmear</b> (Women above 35 yrs)	<b>Ophthalmology</b>
<b>Surgical Consultation</b> [Optional]	<b>ENT Consultation</b>
<b>Physician Consultation</b>	<b>Gynaec</b> (Women only)
	<b>Papsmear</b> (Women above 35 yrs)
	<b>Surgical Consultation</b> [Optional]
	<b>Physician Consultation</b>
<b>Total Package Price - ₹ 6000/-</b>	<b>Total Package Price - ₹ 8500/-</b>

Comprehensive Health Package	Specialized Senior Citizen Health Package
<b>Pathology</b>	<b>Pathology</b>
<ul style="list-style-type: none"> <li>Total Body Profile*</li> <li>Glycosylated Hb</li> <li>Australia Antigen</li> <li>T<sub>3</sub>, T<sub>4</sub>, TSH</li> </ul>	<ul style="list-style-type: none"> <li>Total Body Profile*</li> <li>Glycosylated Hb</li> <li>Australia Antigen</li> <li>T<sub>3</sub>, T<sub>4</sub>, TSH</li> </ul>
<b>ECG</b>	
<b>2D Echo</b>	
<b>Stress Test</b>	
<b>X-ray Chest</b>	
<b>Sonography</b>	<b>ECG</b>
<ul style="list-style-type: none"> <li>Abdomen &amp; Pelvis</li> </ul>	<b>2D Echo</b>
<b>Mammography</b> (Women only)	<b>X-ray Chest + one X-ray</b> as per patients history
<b>DXA</b> (Women only) or <b>Calcium Scoring</b> (Men only)	<b>Sonography</b>
<b>Spirometry</b>	<ul style="list-style-type: none"> <li>Abdomen &amp; Pelvis</li> </ul>
<b>Audiometry</b>	<b>Mammography</b> (Women only)
<b>Dental</b>	<b>DXA</b> (Bone Densitometry)
<b>Dietician</b>	<b>CIMT</b> (for risk of stroke)
<b>Ophthalmology</b>	<b>Audiometry</b>
<b>ENT Consultation</b>	<b>Dental with OPG</b>
<b>Gynaec</b> (Women only)	<b>Dietician</b>
<b>Papsmear</b> (Women above 35 yrs)	<b>Ophthalmology</b>
<b>Surgical Consultation</b> [Optional]	<b>ENT Consultation</b>
<b>Physician Consultation</b>	<b>Gynaec</b> (Women only)
	<b>Papsmear</b> (Women above 35 yrs)
	<b>Surgical Consultation</b>
	<b>Physician Consultation</b>
<b>Total Package Price - ₹ 11,000/-</b>	<b>Total Package Price - ₹ 11,000/-</b>

## Bone Densitometry using DXA

### Machine

- Lunar Prodigy
- Whole body, fan beam

### Indications

Osteoporosis is silent disease that produces morbidity and mortality, by weakening the bones, which then fracture even with minor injuries.



If we diagnose osteoporosis in time, there are ways of improving the bone density, with medicines and life-style changes.

A bone density by DXA is indicated in the following

1. All peri-menopausal and post-menopausal women
2. Steroid intake
3. Cigarette smokers
4. Milk intolerant individuals
5. Patients with other metabolic and endocrine abnormalities
6. Elderly sedentary men, as well

## Dental Panoramic OPG -X-ray

### Machine

- Kodak 8000 C
- Digital OPG and cephalometry

### Indications

Today, a panoramic radiograph allows accurate evaluation of various parts of the jaw bones and teeth. Further, smaller, focussed radiographs may be obtained, depending on the situation.



## MRI Department

### Ultra-Fast MRI

#### Machine

- Siemens Sonata
- 1.5T with 40mT gradients

#### Principles

MRI uses the principle of magnetic resonance and without radiation is able to scan different parts of the body.

#### Indications

Currently, MRI is the gold standard for

- A. Most brain problems
- B. Spine
- C. Joints (knee, shoulder, TM joint, etc)
- D. Heart, for viability imaging after infarcts



- There are special tests as well, such as
- A. MRCP (MRI cholangiopancreatography)
  - B. MRI angiography
  - C. Stress MRI of the lumbar spine
  - D. MRI for prostate gland evaluation
  - E. MRI of the eye
  - F. MRI for fistula-in-ano, etc

### Specialized Cancer Health Package

#### Pathology

- Total Body Profile\*
- Glycosylated Hb
- Australia Antigen
- T<sub>3</sub>, T<sub>4</sub>, TSH
- Cancer Markers (CEA, PSA/CA125, CA15.3, CA19.9, AFP)
- Protein Electrophoresis

#### X-ray Chest

#### Sonography

- Abdomen & Pelvis

#### Mammography

(Women only)

#### CT Scan Lung (Screening)

#### Dietician

#### ENT Consultation

#### Gynaec (Women only)

#### Papsmear (Women above 35 yrs)

#### Surgical Consultation

#### Physician Consultation

**Total Package Price - ₹ 11,000/-**

### Specialized Cardiac Health Package

#### Pathology

- Total Body Profile\*
- Glycosylated Hb
- Australia Antigen
- T<sub>3</sub>, T<sub>4</sub>, TSH
- Cardiac Markers (Homocysteine, CRP, Lipoprotein A, Apo A1+B)

#### ECG

#### 2D Echo

#### Stress Test

#### X-ray Chest

#### Calcium Scoring

#### CIMT (for risk of stroke)

#### Colour Doppler (any one Limb study)

#### Spirometry

#### Dietician

#### Fundoscopy

#### Surgical Consultation (Optional)

#### Cardiology Consultation

**Total Package Price - ₹ 11,000/-**

Master < 45 yrs. Health Package	Master > 45 yrs. Health Package
<b>Pathology</b>	<b>Pathology</b>
<ul style="list-style-type: none"> <li>Total Body Profile*</li> <li>Glycosylated Hb</li> <li>Australia Antigen</li> <li>T<sub>3</sub>, T<sub>4</sub>, TSH</li> <li>Cardiac Markers (Homocysteine, CRP, Lipoprotein A, ApoA1+B)</li> </ul>	<ul style="list-style-type: none"> <li>Total Body Profile*</li> <li>Glycosylated Hb</li> <li>Australia Antigen</li> <li>T<sub>3</sub>, T<sub>4</sub>, TSH</li> <li>Cardiac Markers (Homocysteine, CRP, Lipoprotein A, ApoA1+B)</li> <li>CA 125 (Women only) or</li> <li>PSA (Men only)</li> <li>Vitamin B<sub>12</sub></li> <li>Vitamin D<sub>3</sub></li> </ul>
<b>ECG</b>	<b>ECG</b>
<b>2D Echo</b>	<b>2D Echo</b>
<b>Stress Test</b>	<b>Stress Test</b>
<b>X-ray Chest + one X-ray</b> as per patients history	<b>X-ray Chest + one X-ray</b>
<b>Sonography</b> Abdomen & Pelvis	<b>Sonography</b> Abdomen & Pelvis
<b>Mammography</b> (Women only)	<b>Mammography</b> (Women only)
<b>DXA</b> (All Women & Men with risk factors only)	<b>DXA</b> (Women only) or
<b>Spirometry</b>	<b>Calcium Scoring</b> (Men only)
<b>Audiometry</b>	<b>Spirometry</b>
<b>Dental with OPG</b>	<b>Audiometry</b>
<b>Dietician</b>	<b>Dental with OPG</b>
<b>Ophthalmology</b>	<b>Dietician</b>
<b>ENT Consultation</b>	<b>Ophthalmology</b>
<b>Gynaec</b> (Women only)	<b>ENT Consultation</b>
<b>Papsmear</b> (Women above 35 yrs)	<b>Gynaec</b> (Women only)
<b>Surgical Consultation</b>	<b>Papsmear</b> (Women above 35 yrs)
<b>Physician Consultation</b>	<b>Surgical Consultation</b>
<b>Total Package Price - ₹ 13,500/-</b>	<b>Physician Consultation</b>
	<b>Total Package Price - ₹ 16,500/-</b>

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Lets take a look at our different departments.

## CT-Scan Department

### Ultra-Fast CT

#### Machine

- Siemens Somatom 64
- 64-slice CT with, 194 slices per - second



### Cardiac CT

#### Indications

Cardiac CT today is the best test in the setting of "To rule out coronary artery disease". This is the only non-invasive study that allows us to evaluate the status of the coronary arteries and the presence or absence of plaque.

### Lung CT

#### Indications

If you are or have been a smoker, there are two problems that can affect the lungs

- Emphysema
- Cancer

There is now enough data that tells us that a screening lung CT can pick up nodules and disease much before any other modality. If a lung cancer nodule is picked up early enough, it can significantly improve survival.

### Dental CT

#### Indications

If you are thinking of getting implants done, then this is the best way of evaluating the width and depth of the bone, to assess accurately whether implants will be possible and if so, which ones would be ideal.

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