One Day Entirely Devoted To The Rest Of Your Life.
Congratulations on being pro-active about your health. It is the first and most vital step to ensuring your active and productive well-being.

So now the time has come to take a serious look at your health. This means going far beyond the scope of the routine physical.

Here at The Executive Evaluation Center, you will experience a uniquely comprehensive full day of advanced medical testing. Your day will include a complete medical history review and examination by not one, but a variety of specialists. Over a dozen high level tests and studies will be performed, all here, at this location on the day of your appointment. There is an emphasis on early detection and disease prevention, and in addition you will receive personalized exercise and nutrition counseling. All delivered with a level of detail, comfort and attention like you’ll find nowhere else.

The experience culminates with a private and extensive consultation and review of your test results with a highly qualified physician. The result of which will be a clear picture of the state of your health – and a bound report summarizing our findings and recommendations for staying healthy.

Recognizing that your time away from the office is valuable, we have equipped each private room with telephones, voice mail and computers that allow you to conduct business during your visit.

While insurance may not cover this prevention and early detection-oriented health assessment, your well-being is undoubtedly worth the investment.

What Executives Have To Say About The Executive Evaluation Center.

“My cardiac surgeon and I honestly believe you saved my life. I was able to return to work three-and-a-half weeks after my quadruple bypass that I didn’t even know I needed, and I feel great!”

“I began having an annual physical five years ago. These were required by my company and considered executive class. They pale in comparison to the complete and comprehensive approach taken by your practice.”

“The technology your facility offers is second to none. You offer a service this area sorely needed, and as added benefit, you treat us all to a pampered environment. Thank you for helping me sleep with one less worry on my pillow.”

The Executive Evaluation Center Physical
One Day Of Testing, Diagnosis and Education

Complete Cardiovascular Work-up
- Stress Echocardiogram
  An echocardiogram is a test in which ultrasound is used to examine the heart.
- Carotid Artery Ultrasound
  A test that shows the carotid arteries (vessels in the neck that provide blood flow to the brain), as well as how much blood flows and how fast it travels through them.
- Electrocardiogram, Baseline
  An electrocardiogram (ECG/EKG) is an electrical recording of the heart and is used in the investigation of heart disease.

Ultrasound Studies
- Gallbladder Ultrasound
  An abdominal ultrasound uses reflected sound waves to produce a picture of the organs and other structures in the upper abdomen.
- For Women: Transvaginal Examination of Uterus and Ovaries
  A method of imaging the genital tract in women that is used to check for endometrial and ovarian cancer. The ultrasound machine sends out high frequency sound waves, which bounce off body structures to create a picture.

CT (Computerized Tomography) Imaging
- CT of the Chest
  Computed tomography of the chest uses special equipment to obtain multiple cross-sectional images of the organs and tissues of the chest. Used for detection of lung cancer.
- CT of the Abdomen
  Computed tomography of the abdomen is particularly useful because it can show several types of tissue with great clarity, including organs like the liver, spleen, pancreas and kidneys.
- Calcium Scoring
  A special X-ray called a computed tomography (CT) scan to find the buildup of calcium on the walls of the arteries of the heart (coronary arteries), a significant risk factor for heart disease.
- Virtual Colonoscopy
  Non-invasive X-rays and computers are used to produce two- and three-dimensional images of the colon (large intestine) from the lowest part, the rectum, all the way to the lower end of the small intestine. The procedure is used to diagnose colon and bowel disease, including polyps, diverticulosis, and cancer.

Body Composition Analysis (Assess Body Fat)
The technical term used to describe the different components that, when taken together, make up a person’s body weight.

Chest X-Ray
A simple X-ray useful in detecting lung cancers and other abnormalities of the chest.

Mammogram
Screening X-rays for the early detection of breast cancer in women.

Bone Density
A non-invasive measurement of bone thickness to screen for bone thinning or osteoporosis.

Laboratory Tests
- Cholesterol Screening
- Liver Function Tests
- Complete Chemistry Profile
- Complete Blood Count
- Urinalysis
- Thyroid Studies (TSH)
- HbA1C (early diabetes detection)
- PSA (prostate cancer)
- CA125 (ovarian cancer)
- Ferritin (iron stores and a risk factor for diabetes and stroke)
- C-Reactive Protein-High Sensitivity (“vascular inflammation test”, a risk factor for heart disease and stroke)
- Homocysteine (another risk factor for heart disease or stroke)

Comprehensive Physical Examination
All of the above testing is complemented with a thorough physical examination by your evaluating physician, including time to discuss issues that are important to you and your health.

Private Consultation
With your individual test results and examination findings in hand, you will have one-on-one consultation time with your evaluating physician to review your current status and make a plan to optimize your future health. One of our physicians can also be available for your future care, if you so desire.
What you don’t know can hurt you.

229 West Bute Street, Suite 910 • Norfolk, Virginia 23510
(757) 388-1870 • www.eecva.com