

One Day Entirely Devoted To
The Rest Of Your Life.



“I am a walking example of the effectiveness of The Executive Evaluation Center. They have literally saved my life twice through early detection of life threatening conditions.” Excerpt from a patient’s letter

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.



Kim Hartman, Director of Operations

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 an added benefit, you treat us all to a pampered environment. I 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 cancers of the liver and pancreas)
- 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.

Your Medical Evaluation Team



William M. Bethea, Jr., M.D., F.A.C.P.

Founder and Director

Dr. Bethea graduated from the University of Georgia, received his degree from the Medical College of Georgia and completed his graduate medical education at Oschner Medical Foundation in New Orleans and the University of Alabama Medical Center. He's board-certified in internal medicine and was accorded fellowship in the

American College of Physicians in 1990. He has been included in *The Best Doctors in America*.

Charles A. Lisner, M.D., F.A.C.P.

Director, Medical Services

Dr. Lisner earned his degree from the UVA School of Medicine, and had his internship and graduate medical training at the University of Iowa Hospitals and Clinics. He is board-certified by the American Board of Internal Medicine and has been accorded fellowship by the American College of Physicians.

Dr. Lisner was selected by his peers as one of "America's Top Physicians" in 2006. His special interests are preventive health, cardiovascular disease, pulmonary medicine, diabetes and rheumatology.



Sherry A. Scheib, M.D.

Associate Director, Women's Services

Dr. Scheib graduated from the University of Pittsburgh and received her medical degree from Temple University School of Medicine earning the Kravitz Award in Internal Medicine. She completed her internship and residency at UVA and is certified by the American Board of Internal Medicine. She's active in the American College of

Physicians, served on the Young Physicians Subcommittee and serves on the Sentara Medical Group Board of Directors. Her special interests are women's health, cardiovascular disease management, diabetes management and preventive medicine.

Gregg R. Clifford, M.D., F.A.C.P.

Associate Director

Dr. Clifford earned his medical degree from UVA and served his internship and residency at Vanderbilt University Medical Center. He then joined the Faculty Staff of General Internal Medicine at the UVA Medical Center and a practice at the Central Virginia Community Health Center to complete his NHSC Scholarship. He serves as an

Assistant Professor of Clinical Internal Medicine at EVMS. He's certified by the American Board of Internal Medicine and is associated with the American College of Physicians.



Mark D. Weisman, M.D.

Associate and Administrative Director

Dr. Weisman earned his medical degree from George Washington University, completed his residency in internal medicine at North Shore University Hospital, and is certified by the American Board of Internal Medicine. He is associated with the American College of Physicians and has a particular interest in osteoporosis and is a Certified

Clinical Densitometrist. He also has a broad range of medical interests including asthma, diabetes and cardiovascular disease.

John D. O'Neil, M.D.

Director, Radiology Services

Dr. O'Neil is an associate director of The Executive Evaluation Center and its Director of Radiology. He received his medical degree from UVA and completed his specialty training in radiology at the University of Florida at Gainesville and at Georgetown University Hospital. Dr. O'Neil is board-certified by the National Board of Medical Examiners and the American Board of Radiology. He is recognized as a leader in the field of diagnostic radiology and ultrasound studies.

Dr. O'Neil has served as The Executive Evaluation Center's Director of Radiology since its inception.



William L. Oelrich, M.D., F.A.C.C., F.A.C.P.

Director, Cardiac Services

Dr. Oelrich is an associate director of The Executive Evaluation Center and is Director of Cardiac Evaluations. He received his degree from Duke and completed his internship and graduate medical education at Baylor College of Medicine, and his cardiology fellowship at Duke University School of Medicine. He is board-certified in internal

medicine and cardiovascular disease. He has been accorded fellowships in the American College of Cardiology and the American College of Physicians.

Glenn C. Jones, M.D., M.B.A., F.A.C.P.

Lead Physician

Dr. Jones earned his medical degree from the University of Chicago and completed his internship and residency at Duke University Medical Center in 2001. He is a Visiting Assistant Professor of Medicine at the University of Virginia, a position he has held since 2003. He was elected a Fellow

of the American College of Physicians in 2005 and sits on the Virginia ACP Governor's Council. He has been named to America's Top Physicians every year since 2005 and was selected for Strathmore's Who's Who in Internal Medicine in 2006. He was nominated for the Virginia ACP Young Internist of the Year award in 2007.



What you don't know *can* hurt you.

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