

# Cooper Clinic Comprehensive Examination Procedures and Guidelines

This overview lists the procedures included in Cooper Clinic's Comprehensive Examination, along with recommendations from Clinic physicians about how often the tests should be conducted. To learn more about the comprehensive exam or to schedule an appointment, please call us toll free at 866-906-COOP (2667).

Procedure	Cooper Clinic Physician Recommended Guidelines
<b>Medical Examination &amp; Preventive Medicine Counseling*</b>	<b>Annually</b>
Pap Smear	Females: annually or at physician's discretion
HPV (human papillomavirus)	Females: physician's discretion
<b>Cardiovascular Screenings</b>	
Resting EKG*	Annually
Treadmill or Stationary Cycle Stress Test*	Annually
<b>Laboratory Analysis</b>	
Comprehensive Lab Testing (physician preference)* Chem. 16; Lipid Panel; CBC; UA; Ferritin; RPR; Homocysteine; TSH; TPSA; hs-CRP; Hemoglobin A1c; GFR; Vitamin D; Vitamin B12; Omega-3 Index	Annually TPSA for males 40+ Vitamin B12 for ages 65+
<b>Medical Screening</b>	
Body Composition (underwater weighing, skinfold measurements, DEXA scan)	Annually
Hearing	Annually
Pulmonary/Spirometry	Annually
Vision	Annually
Laryngoscopic Examination	Annually
<b>Nutrition</b>	
Nutrition Consultation and Three-Day Food Record*	Annually
Resting Metabolic Rate	
<b>Radiology Procedures</b>	
Multidetector Computed Tomography (MDCT) Scan	Males: baseline at 40 Females: baseline at 40-50 As clinically indicated thereafter
Digital Chest X-Ray	Baseline and follow up at physician's discretion
Lung CT	Physician's discretion
Digital Mammogram	Females: baseline at 35 to 39; age 40+, annually
Osteoporosis Screen/Bone Density	Females: baseline at 35; as clinically indicated thereafter Males: baseline at 60; as clinically indicated thereafter
Virtual Colonoscopy	
<b>Dermatology</b>	
Skin Cancer Screening	Annually
<b>Optional Services</b>	
Colonoscopy (requires an additional day)	Every 5 years starting at 40 or physician's discretion
Psychological Screening and Stress Assessment	Optional or as clinically indicated
FAA Certification: Class I, II, III	
Exercise Consultation	Annually
H. Pylori Screening	As clinically indicated
Mercury Blood Test	
Cooper Coach (health coaching by phone)	As recommended
Cooper Clinic Platinum (24/7 direct medicine practice)	

\*core components of exam