

# STOPPING DISEASE BEFORE IT STARTS

Get Cooperized™



Cooper Clinic™  
Preventive Medicine  
A COOPER AEROBICS COMPANY



## THIS IS NO ORDINARY EXAM

The Cooper Clinic preventive exam is an individualized, extensive and detailed assessment of your health that will provide you with more essential information about your overall well-being than years of standard physical exams combined.

All in one day.

All at the world-renowned Cooper Clinic where the very notion of preventive medicine came to light more than 50 years ago.

At day's end, you will leave with important information about the overall state of your health. And an individually-tailored game plan for a healthier, more productive, longer life. Stopping disease before it starts. That's prevention.



Camron E. Nelson, MD



**“Cooper Clinic saved our lives in 1997.** A mass was discovered during my first-ever mammogram, which at 38 I wouldn’t have had except it was part of the comprehensive exam. That same day, my husband’s high calcification was detected by the CT scan. **We are sold on Cooper Clinic for life!”**

— Talmadge M.  
Raleigh, North Carolina  
Cooper Clinic patient since 1997



Carolyn M. Terry, MD

## PREVENTIVE MEDICINE AS A SCIENCE

The idea seems commonplace today. But it was a radical notion in 1970 when Kenneth Cooper, MD, MPH, founded The Cooper Institute® to spearhead research exploring the health benefits of aerobic exercise. Later that same year, he saw his first Cooper Clinic patient.

Today, more than five decades later, The Cooper Institute is recognized the world over as an authority in wellness, research and education. Findings from the Cooper Center Longitudinal Study—the world's largest and longest observational study on measured fitness—have laid the groundwork for many public health exercise recommendations. Helping millions improve the quality and quantity of their lives.

When you choose Cooper Clinic, you're choosing wisely. Expert physicians dedicated to preventive medicine. Comprehensive diagnostic screenings and services. The most efficient use of time to complete the ultimate personalized exam. A clinical view with the latest science, technology and research in mind.

You see, preventive medicine isn't just something we do.

It's our primary mission.



John J. Cannaday, MD



Christopher D. Abel, MD

## YOUR DAY AT COOPER CLINIC

At Cooper Clinic you are cared for by a team of preventive medicine experts who conduct a series of in-depth medical assessments, health screenings and diagnostic imaging tests—all individualized to your exact needs based on age, gender and medical history.

### **Check-in: 7-8:30 a.m.**

The full exam takes approximately eight hours. For our out-of-town guests, staying at our on-site Cooper Hotel makes checking in and out easy. A Patient Services Representative will give you a general idea of how the day may be scheduled and, once your physician has developed a plan, will direct you to each of your tests and procedures throughout the day.

### **Day flow: Begins with lab work**

Since you will have been fasting for 12 hours, typically the first procedure of the day is blood work. Once you have been cleared from fasting, healthy snacks are available throughout your day. In addition, you will receive a complimentary meal from Cedars Woodfire Grill, our on-site restaurant offering a wide range of delicious menu options.

### **Time with your physician**

We build in plenty of time for one-on-one consultation with your Cooper Clinic physician—as much time as needed. We know from experience this focused, unhurried time allows your doctor to gain a thorough understanding of your current situation and become a true champion of your good health.

Your Cooper Clinic physician will review your detailed medical history, conduct a thorough medical examination, review test results and create an individually-tailored plan to help you maximize your healthy potential now and in the years to come.

### **End result**

There is no waiting for days or weeks for your on-site test results. Cooper Clinic staff provides you with your test results the same day. In addition, you can access your records via our online Patient Portal 24-48 hours after your visit and a written report can be mailed to you.



Michele A. Kettles, MD, MSPH

Michele A. Kettles, MD, MSPH

# THE FOUNDATION: SIX EXAM COMPONENTS

Each of the six components of the Cooper Clinic preventive exam is delivered with an unparalleled level of personal care and attention, using the latest medical technology. And, each plays a critical role in defining how you can live a longer, better quality life.

## **1 Medical Exam and Counseling**

A review of your complete medical history with your Cooper Clinic physician and a thorough physical examination with special emphasis on cardiovascular health and cancer screening. Combining the information from your history, your physical examination and your on-site testing and consultations, your physician will put these results in context for you and provide you with recommendations for healthy living.

## **2 Blood Work Analysis (Laboratory Work and Analysis)**

A comprehensive analysis including cholesterol profile, blood sugar levels, complete blood count, homocysteine, urinalysis, high-sensitivity C-reactive protein, thyroid hormone, vitamin D and omega-3, among other important tests depending on your age.

## **3 Treadmill Stress Testing (Cardiovascular Screening)**

A standardized walking test used to determine your level of cardiovascular fitness proctored by an Exercise Physiologist. Clinical data, analyzed and published by The Cooper Institute, demonstrate cardiovascular fitness is a predictor of risk for many diseases—diabetes, depression, stroke, heart attacks and dementia. Before, during and after the stress test, there is continuous EKG monitoring to assess the response of your heart rate and blood pressure to exercise stress. A personalized exercise program following ACSM guidelines is provided.

## **4 Dual Source CT Scan**

A scan of the upper torso detects buildup of calcium in the heart arteries, which is associated with risk of coronary artery disease. The Dual Source CT Scan also evaluates the lungs and abdominal organs and may identify findings such as fatty liver, aortic aneurysms or tumors. Males: baseline at age 40. Females: baseline at age 40-50.

## **5 Skin Cancer Screening**

A Cooper Clinic board-certified dermatologist provides a head-to-toe exam for skin cancer and other diseases of the skin. Some skin lesions can be removed that day.

## **6 Nutrition Counseling**

As your body changes with age, so should your eating habits. A consultation with a registered dietitian nutritionist provides you with a realistic, practical approach to healthy eating. The session includes one-on-one nutrition coaching, discussion of your Three-Day Food Record and a personalized action plan.

## A MULTI-SPECIALTY PRACTICE FOCUSED ON PREVENTION

In addition to our exam's foundational components, specialty services and screenings may be added if elected or medically indicated.

### Cardiovascular Testing

Heart disease is a leading killer of men and women in the U.S. Fortunately, it is also preventable and treatable. Because heart disease is often asymptomatic in its early stages, cardiovascular screening is a fundamental component of prevention. In addition to treadmill/bike stress testing and a Dual Source CT Scan, your Cooper Clinic physician may recommend cardiovascular testing including echocardiography and CT angiography.

### Imaging Procedures

Early detection of disease can be lifesaving. Our state-of-the-art imaging procedures include CT scanning, CT angiography, vascular and abdominal ultrasound, advanced 3D mammography, DEXA bone density scan, whole body fat scan and virtual colonoscopy.



## **Optometry**

The eyes are the only part of the body where arteries and veins can be viewed without having to perform surgery. In addition to eye problems, an eye exam, can detect signs of stroke, diabetes, cardiovascular disease, brain tumors, and more. Offered as part of our comprehensive preventive exam or a stand-alone service, our optometry services include an eye health exam and a specialized screening for patients 50 and older or those with diabetes.

## **Sleep Medicine**

Sleep disorders and disruption are common and a significant contributor to health risks. Lack of sleep disrupts normal brain and body function, causing a decrease in metabolic rate and endocrine functions. The ability to diagnose sleep disorders and develop treatment plans for our patients early on helps set the stage for healthier outcomes. Our sleep medicine physician provides comprehensive evaluation, sleep lab studies and at-home studies.

## **Breast Health**

Having regular screenings is the best way to detect breast cancer early, when it is most treatable. We offer 3D mammography, the best in breast health, with same-day results reviewed by our board-certified diagnostic radiologist and breast health subspecialist. Based on the patient's need, a breast sonogram can also be performed the same day.

## **Medical Screenings**

Our general health screenings are wide-ranging including tests for hearing, pulmonary/lung function and body fat.

## **Gastroenterology Consultation and Imaging**

Our gastroenterology team focuses on digestive diseases affecting the esophagus, stomach, small intestine, colon, liver, gallbladder and pancreas. We offer colonoscopy and endoscopy exams on-site. These important services are performed on a day separate from the preventive exam, often the following day for our out-of-town patients.

## **Cosmetic Dermatology Consultation and Services**

Our board-certified dermatologists can help revitalize your skin through a variety of elective cosmetic dermatology services including laser treatments, Botox® and Dysport®, dermal fillers, chemical peels and hand rejuvenation. Patients may elect to add these services on a day separate from their preventive exam.

## **Other Services**

Based on your goals and needs, you may choose to add an individualized exercise consultation with an exercise physiologist, resting metabolic rate test with a registered dietitian nutritionist, psychological screening and stress assessment or get your immunizations updated.



Kejal R. Shah, MD

## EXECUTIVE HEALTH PROGRAM

In the workplace, increasing health risks and chronic disease in the workforce reduces productivity. A healthier executive and a healthier company are good for everyone's bottom line.

With more than 50 years of clinical data and expertise to draw from, we know good health affects an individual professionally as much as it does personally. Cooper Clinic Executive Health—designed for enterprises of all sizes—helps executives improve their health to increase their productivity.

Named one of the top destinations for a comprehensive exam by *Fortune* magazine, Cooper Clinic provides executives with an in-depth look at the state of their health through our preventive exam, all in one day, with same-day results—ideal for the busy professional. We provide corporate leaders with health information and realistic strategies to improve their health or stay healthy.

[cooperexehealth.com](http://cooperexehealth.com) | 972.560.3227



Tyler C. Cooper, MD, MPH

## PLATINUM 24/7 PREVENTIVE AND PRIMARY CARE

Integrating preventive and primary care, fitness, nutrition and life balance, Cooper Clinic Platinum provides comprehensive care around the clock. Your Platinum physician is your trusted advisor and health advocate, working with you proactively to prevent illness and maximize your quality of life.

Your membership in Cooper Clinic Platinum is an investment in yourself with truly extraordinary benefits:

- 24/7 access to your board-certified Platinum physician and/or team via phone, text or email
- Tailored wellness plan with guidance in exercise, nutrition, stress management and more
- Diagnosis and ongoing management of acute and reoccurring medical problems within Cooper Clinic's current practice areas
- Same day or next business day appointments
- In-house laboratory and imaging services
- Nutrition and exercise counseling and guidance
- Annual and travel immunizations (available in-house)
- Personalized referrals to preferred specialists or medical centers with assistance in scheduling appointments
- Hospital admission assistance
- Complimentary Cooper Fitness Center membership
- Preferred pricing on additional Cooper services and products

[cooperclinicplatinum.com](http://cooperclinicplatinum.com) | 972.367.6446



Kim H. Allen, MD



Michael C. Chapman, MD



Emily G. Hebert, MD



Steven M. Lilly, MD, MBA



Riva L. Rahl, MD

**“Since 1970 we have had a copy of Dr. Cooper’s book, *Aerobics*, on our shelf. I became a patient in 2004 and I truly believe Cooper saved my life. Dr. Cooper has assembled a team with a philosophy of care and excellence that is a blessing to many.”**

– Kent Roberts  
Cooper Clinic patient since 2004



Kenneth H. Cooper, MD, MPH

Tyler C. Cooper, MD, MPH

**Schedule your preventive exam today.**

972.560.2667 | [cooper-clinic.com](http://cooper-clinic.com)



## Cooper Clinic™ Preventive Medicine

A COOPER AEROBICS COMPANY

*Any person depicted as a patient in this brochure is a model, not an actual patient.*

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### DR. KENNETH H. COOPER'S 8 STEPS TO GET COOPERIZED™

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-  **EXERCISE** most days of the week
-  Make **HEALTHY FOOD CHOICES** most of the time
-  Maintain a **HEALTHY WEIGHT**
-  Take the **RIGHT SUPPLEMENTS** for you
-  Get a comprehensive **PHYSICAL EXAM**
-  **MANAGE STRESS**
-  **DO NOT USE TOBACCO**
-  **CONTROL ALCOHOL**