

STOPPING DISEASE BEFORE IT STARTS

Get Cooperized™



Cooper Clinic™
Preventive Medicine
A COOPER AEROBICS COMPANY



Camron Nelson, M.D.

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 nearly 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.





“Two close friends of mine suggested I come to Cooper Clinic in Dallas nine years ago. That appointment literally saved my life by detecting pancreatic cancer. **I’m alive today because of Cooper Clinic.**”

– Thomas V. Rushing, Houston, Texas



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, nearly 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 of the public health recommendations on exercise worldwide. 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 all we do.



Julia L. Humphey, MD



Christopher D. Abel, MD

WHAT TO EXPECT

At Cooper Clinic you will be cared for by a team of preventive medicine experts who will 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 six to 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 enjoy 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 that this focused, unhurried time creates trust and enables your doctor to 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, a written report is mailed to you and you can access your records via our online Patient Portal.



Michele A. Kettles, MD, MSPH

THE FOUNDATION: SIX EXAM COMPONENTS

While every phase of the physical exam is important, we believe the following six medical components are crucial to providing a well-rounded, in-depth look at your overall health and they are strongly encouraged for all patients.

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

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/Bike Stress Testing

A standardized walking or cycling test used to determine your level of cardiovascular fitness. 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.

4 Multidetector Computed Tomography (MDCT) 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 MDCT 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 screening for skin cancer and other diseases of the skin. Some skin lesions can be removed that day.

6 Nutrition Coaching

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, analysis of your Three-Day Food Record and a personalized action plan based on your health history, lifestyle and habits.



A MULTI-SPECIALTY PRACTICE FOCUSED ON PREVENTION

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

Cardiovascular Screening

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 an MDCT 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.

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, vision, pulmonary/lung function, body fat and the vocal cords.

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

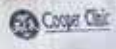
Our board-certified dermatologists can help revitalize your skin through a variety of elective cosmetic dermatology services including laser treatments, Botox® and Dysport®, dermal fillers, Kybella®, Ultherapy®, chemical peels, vein therapies and hand rejuvenation. Patients may elect to add these services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

Other Services

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



Shah, MD FAAD
Dermatology



Kejal R. Shah, MD

EXECUTIVE HEALTH PROGRAM

Named one of the top destinations for a comprehensive exam by *Fortune* magazine. With nearly 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.

Cooper Clinic provides executives 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.

In the work place, 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.

cooperexehealth.com | 972.560.3227



Abram M. Eisenstein, MD

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 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
- Annual and travel immunizations (available in-house)
- Personalized referrals to preferred specialists or medical centers with assistance in scheduling appointments
- Hospital and emergency room admission assistance
- Complimentary Cooper Fitness Center membership
- Preferred pricing on additional Cooper services and products

cooperclinicplatinum.com | 972.560.5490



Reuben J. Elovitz, MD

Emily G. Hebert, MD

Michael C. Chapman, MD

“I thought I was healthy, but a Cooper Clinic exam revealed four blockages around my heart and two tumors in my right kidney.

The exam literally saved my life.”

– Bart Mize, Corporate Client, Knoxville, Tennessee



Kenneth H. Cooper, MD, MPH

Tyler C. Cooper, MD, MPH

Schedule your preventive exam today.

972.560.2667 | 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.

12200 Preston Road, Dallas, Texas 75230 | 972.560.COOP (2667) | 866.906.COOP (2667) | cooper-clinic.com

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



Maintain a **HEALTHY WEIGHT**



Make **HEALTHY FOOD CHOICES** most of the time



EXERCISE most days of the week



Take the **RIGHT SUPPLEMENTS** for you



DO NOT USE TOBACCO



CONTROL ALCOHOL



MANAGE STRESS



Get a comprehensive **PHYSICAL EXAM**