



"All testing and exams are done professionally and the administrative requirements are handled in a timely manner. I highly recommend The Doctors Center Health Services for any company."

*-Jeff,
Human Resource
and Safety Director*

Who We Are

Founded in 1999, with corporate headquarters in Jacksonville, Florida and a satellite office in California, The Doctors Center Health Services is a provider of mobile occupational health and wellness testing. Dedicated to preserving safe work environments, we offer a wide variety of health screen options to help employers develop and expand their wellness programs.

Our highly trained staff will come to your facility in one of our modern mobile units to train, test, and screen your employees, ensuring a convenient and comfortable way for your company to maintain a healthy and positive work environment without interrupting productivity.

Additionally, our highly experienced physicians and administrators will make sure that all our services keep your company in proper compliance with the latest OSHA mandates and regulations.

Our services include:

- HEALTH AND WELLNESS SCREENING
- AUDIOMETRIC TESTING
- RESPIRATOR FIT TESTING
- D.O.T. PHYSICALS AND ANNUAL MEDICAL MONITORING
- SUBSTANCE ABUSE TESTING
- IMMUNIZATIONS



Call today—our dedicated staff is waiting to answer questions or provide additional information.

9803-3 Old St. Augustine Rd. • Jacksonville, FL 32257
(904) 880-9515 • (904) 292-9684 (Fax) • www.thedoctorscenter.com

Drug Screens • Physicals • Audio Testing • Fit Testing • Immunization • Health Screens

Medical Screening

THE DOCTORS CENTER HEALTH SERVICES provides companies with a preventative healthcare and worksite wellness management system that helps target incentive and intervention programs while reducing implementation costs, maximizing participation, increasing employee wellness and decreasing healthcare costs.

Medical screening is a method for detecting disease or body dysfunction before an individual would normally seek medical care. Screening tests are usually administered to individuals without current symptoms but who may be at high risk for certain adverse health outcomes. The fundamental purpose of screening is early diagnosis and treatment of the individual and thus has a clinical focus.

Services Available

- **Blood tests:**
 - Blood Chemistry/Lipid Profile*
 - Complete Blood Count (CBC)*
 - Prostate Specific Antigen-Blood (PSA)*
 - Ovarian Cancer Marker (CA-125)*
 - C-Reactive Protein (HsCRP)*
 - Thyroid Panel with TSH*
 - VAP Cholesterol Tests*
- **Cardiovascular Health Screens:**
 - Echocardiogram*
 - Electrocardiogram (EKG)*
 - Arterial Stiffness Index (ASI)*
 - Ankle Brachial Index (ABI)*
- **Abdominal Aortic Aneurysm Ultrasound**
- **Body Mass Index (BMI)**
- **Body Composition**
- **Osteoporosis Detection:**
 - Bone Mineral Density (BMD) Test*
- **Early Stroke Detection:**
 - Carotid Artery Ultrasound*
- **Blood Pressure**
- **Immunizations:**
 - Flu Shots*
 - Hepatitis A & B*
 - Tetanus*
 - Pneumonia*
- **Thyroid Ultrasound**
- **Vision Screening**



Disease Risk Assessment

The Know Your Number® Disease Risk Assessment

- Assesses an individual's risk of developing chronic disease
- Acts as an "early warning system" to alert individuals and their doctors of potential health problems.
 - Coronary Heart Disease (CHD)
 - Congestive Heart Failure (CHF)
 - Type II diabetes
 - Colorectal cancer
 - Prostate cancer
 - Breast cancer
 - Lung cancer
 - Chronic Obstructive Pulmonary Disorder (COPD)
 - Stroke
- KYN® also provides a goal for the individual to aim for. It helps to promote the doctor/patient partnership to facilitate healthy behavior changes to lower disease risk.

Reporting Individual Reports

Employees receive a confidential assessment based on their individual results. Secure, on-line access is available so employees can access complete reports.

Aggregate Reports

Results from the individualized disease risk profiles are summarized in the form of confidential (no personalized data) aggregate reports that forecast the population's risk of onset for each chronic disease. Aggregate data can then be stratified into risk groups, so that targeted prevention strategies can be planned, budgeted and implemented.



Basic Medical Screenings

Blood Chemistry Panel

Glucose, Sodium, Potassium Chloride, Carbon Dioxide, Urea, Nitrogen, Creatinine, BUN/Creatinine Ratio, Uric Acid, Phosphorus, Calcium, Protein, Total Albumin, Globulin, Calculated A/G Ratio, Bilirubin, Total Bilirubin, Direct Alkaline Phosphatase, ALT Iron

Lipid Profile

Triglycerides, Total Cholesterol, HDL-Cholesterol, LDL-Cholesterol, Cholesterol/HDL Ratio

CBC (Complete Blood Count)

Red blood cell count, Hematocrit, Hemoglobin, RBC Indices, Reticulocyte count, Erythrocyte Sedimentation Rate, White blood cell count, WBC differential, and Platelets

PSA (Prostate Specific Antigen-Blood) *Men 40 and Older*

This blood test is a screening tool that aids in determining cancer of the prostate. This test is indicated for men age 40 and older. Elevated test results indicate the need to follow up with a physician for a digital examination of the prostate gland and further diagnostic testing.

CA-125 (Ovarian Cancer Marker)

This blood test is a screening tool that aids in determining ovarian cancer as well as a few other types of cancers. Elevated test results indicate the need to follow up with a physician for further diagnostic testing.

HsCRP (C-Reactive Protein)

Fairly new, this test looks for an elevated protein produced by the liver in response to inflammation in the body. Elevated levels of CRP are associated with an increased incidence of cardiovascular disease.

Thyroid Panel with TSH

This blood test determines normal thyroid function and/or disease.

Eye Exams with Titmus Machine

A visual acuity test. Participants are checked on eye sight, depth perception & color perception.

Know Your Number® Disease Risk Assessment

Assesses an individual's risk of developing chronic disease. Employees receive an individualized report which shows their 5-year risk for heart attack, stroke, diabetes, and lung cancer (for smokers). Employers receive an aggregate report showing the population's risk for each chronic disease.

VAP® Cholesterol Test

An expanded lipid panel providing a more accurate measurement of LDL and other important lipoproteins. This information can improve the ability to predict the risk of cardiovascular disease from about 40% to more than 90%. Because Lp(a) and LDL are under strong genetic control, increased levels may indicate premature heart disease. Those with a history of elevated cholesterol and/or currently taking cholesterol-reducing medication may wish to consider this test.

Body Mass Index (BMI)

BMI is a statistical measure of the weight of a person scaled according to height. BMI categories are regularly regarded as a satisfactory tool for measuring whether sedentary individuals are underweight, overweight, or obese.

Blood Pressure

Immunizations

Advanced Health Screens

CARDIOVASCULAR HEALTH

- **ECHOCARDIOGRAM:** An ultrasound study that depicts the resting function of the heart. The echocardiogram is recorded onto a video for a physician to read. This is considered the best and most accurate noninvasive study to obtain a great deal of information about the heart including: size and strength of contractions, valve function, areas of old heart attacks, fluid around the heart, and the effects of disease processes such as hypertension, coronary artery disease, diabetes, thyroid disease and many others.
- **ELECTROCARDIOGRAM:** The EKG provides a picture of the electrical activity responsible for the heart's cycle of contraction and relaxation. A single EKG "strip" shows the electrical changes (up and down) over time (left to right). By evaluating the tracings of the heart's electrical activity, doctors can see whether the heartbeat is irregular (arrhythmia), detect an enlarged heart, or detect the signs of damage from a previous heart attack.
- **ARTERIAL STIFFNESS INDEX:** The ASI of the brachial artery has been demonstrated in studies to correlate with the coronary arteries as to the extent of atherosclerotic lesions. The ASI is a number that correlates with arteriosclerosis. Because arteriosclerosis reduces flexibility in the arteries, the higher the ASI, the more likely someone is to have hardening of the arteries; the lower the number, the less likely. Arteries are responsible for moving the majority of the blood through the vascular tree. Consequently, hardened arteries cause the heart to work much harder when it is forced to push blood through partially occluded vessels. This extra strain on the heart and the resulting blockages are a root cause of cardiovascular disease.
- **ANKLE BRACHIAL INDEX:** The ABI is an index used to measure blood flow in the lower extremities. Individuals with a high ABI are three to five times at greater risk of heart attacks.
- **PERIPHERAL VASCULAR ULTRASOUND:** A non-invasive, diagnostic technique used to evaluate the health of blood vessels. The diseases that affect blood vessels are primarily atherosclerosis of arteries and the slowing of blood flow through veins. These conditions can lead to clotting and embolisms (blockage of a blood vessel by a clot

that has traveled from another location). and slowing of blood flow through veins. These conditions can lead to clotting and embolism (blockage of a blood vessel by a clot that has traveled from another location).

EARLY STROKE DETECTION

- **CAROTID ULTRASOUND:** Ultrasound of the carotid (neck) arteries used to detect the possibility of stroke. A stroke is a "brain attack", a condition in which a part of the brain is starved of blood. This may occur in a variety of ways, though about 80% of all strokes result from clots that block arteries in the brain, starving tissue of oxygen and nutrients. Furthermore, 80-85% of these clots originate from accumulated plaque in the carotid arteries. The amount of carotid plaque is a good prognostic indicator of a stroke.

OSTEOPOROSIS DETECTION

- **BONE MINERAL DENSITY TEST:** An ultrasound of the heel used to determine the mineral density of the bone. Osteoporosis is largely preventable for most people. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. A bone mineral density test is used to determine whether you need medications to help maintain your bone mass, preventing further bone loss and reducing fracture risk.

THYROID SCREENING

- Ultrasound of the thyroid gland (located in the neck) used to detect the possibility of any visual thyroid abnormalities.

ABDOMINAL AORTIC ANEURYSM SCREENING

- Ultrasound of the aorta, the main artery leaving the heart and supplying blood to the abdomen. Used to visualize the presence of an aneurysm, an abnormal swelling or dilation of a blood vessel.