

# Sports and Fitness Screening

## ● What is pre-participation screening?

A pre-participation screening provides an evaluation of the body, including a cardiovascular, respiratory, gastrointestinal, neurological and musculoskeletal assessment. It will identify symptoms that one usually ignores but may indicate a health condition or signs of overtraining and overuse.

## ● Who is it for?

Undergoing a pre-participation screening will allow a person taking up or returning to a sport develop a training plan that fits their goals, individual health needs and minimise their risk of injury.

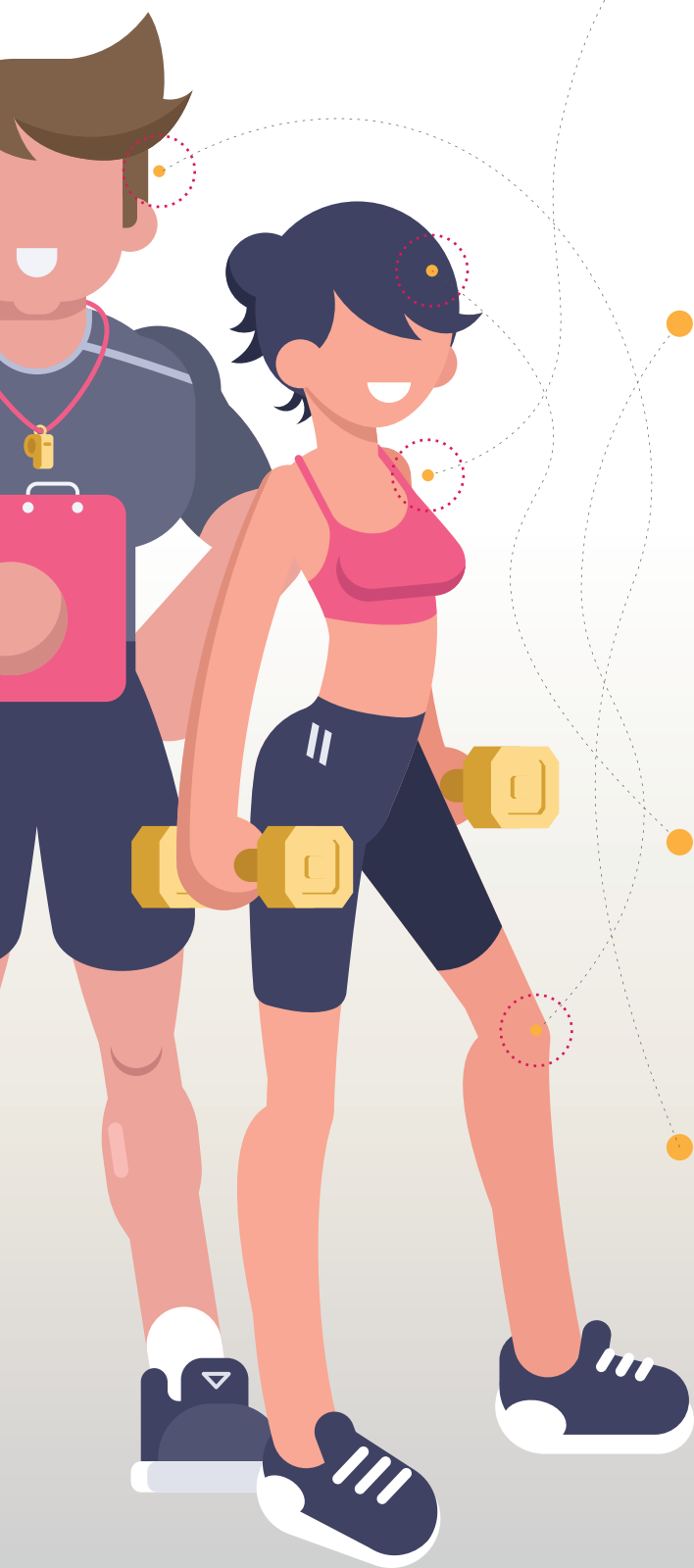
The screening also assures athletes who need to be certified prior to a sporting event or competitive season, especially if they are concerned about the symptoms experienced during sporting activities, have a family history of significant disease or a recent change in health status.

## ● When should I do it?

Undergoing a pre-participation screening annually is recommended. But if it is not possible, the screening should be undertaken if there symptoms of concern or a significant change in health status. To be forewarned is to be forearmed.

## ● How to do it?

Make an appointment by calling us at **6555 8000** or email us at **ktph.sportsmed@ktph.com.sg**. Select a package suitable for your needs and prepare for it.



# Sports Screening Packages

## Package A

\$218 (with GST)

Suitable for individuals with no known heart-related problems.

## Package B

\$412 (with GST)

Suitable for those aged 35 and above or with identified heart-related problems.

### SCREENING ITEMS

<b>Assessment of the musculoskeletal system</b>	✓	✓
<b>Blood cholesterol test</b> Assess risk of heart disease and stroke caused by a blockage in blood vessels	✓	✓
<b>Blood glucose test</b>	✓	✓
<b>Full Blood Count</b>	✓	✓
<b>Urine analysis</b> Detect early signs of kidney disease, diabetes or urinary tract infection	✓	✓
<b>Electrocardiogram (ECG)</b> Detects abnormalities in heart rhythm.	✓	✓
<b>Treadmill Stress ECG</b> Detection of early heart disease	✓	✓
<b>Evaluation by a sports physician</b>	✓	✓

### HOW TO PREPARE?

	<ul style="list-style-type: none"> <li>› Set aside three to four hours for the screening</li> <li>› Do not eat or drink 8 to 10 hours before the appointment so that your blood cholesterol and sugar results are accurate. You may consume plain water.</li> <li>› Bring along your NRIC / Passport / Employment Pass / Work Permit / Company letter / Past medical records/X-ray films and current medications</li> </ul>	<ul style="list-style-type: none"> <li>› Set aside one day for the screening</li> <li>› Avoid medications that slow down the heart rate, such as Atenolol. These should be stopped 48 hours prior to the test. Please check with your doctor if you are on any cardiac or blood pressure medications</li> <li>› Do not eat or drink 8 to 10 hours before the appointment so that your blood cholesterol and sugar results are accurate. You may consume plain water.</li> <li>› Bring a set of sports attire, past medical records/X-ray films and current medications / your NRIC / Passport / Employment Pass / Work Permit / Company letter</li> </ul>
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