



EXECUTIVE HEALTH

*“Your journey to  
longevity starts here”*



## THE EXECUTIVE EXPERIENCE

We offer Europe's most comprehensive health screening. We take care of you, from the first consultation to examinations, doctor's visits and future follow-ups.

- ⊕ We screen your whole body for potential health risks, with an extra focus on cancer and cardiovascular diseases. Since the opening of the first Executive Health clinic in 2008, we have performed over **10,000** health screenings.
- ⊕ Our screenings aim to detect serious diseases, but also allow us to identify each individual's over all health and most critical risk factors to create a tailored health program.

### IMPROVE YOUR ODDS

By examining your body and health, potential health risks may be detected at an early stage, improving your chances of successful treatment and increased life expectancy.

# Take control of your health

Executive Health offers the most advanced health screenings available to find serious illnesses even before they cause symptoms. We screen primarily for cancer and cardiovascular disease.

## Early detection screening is about detecting diseases in time

The earlier you intervene in the course of a disease, the greater the chances of successful treatment.

A large proportion of those who die of cancer would have survived if the disease had been detected earlier. The same applies to many who die of heart attacks, where about 50% have never had any symptoms before their first heart attack. Our task is therefore to identify risk factors for cancer and cardiovascular disease to ensure that the risks are minimised.

## The 5 most common diseases

Five diseases cause 3/4 of all deaths in Sweden today - heart attack, cancer, stroke, COPD and diabetes. Detecting these diseases at an early stage, before they cause any symptoms, is valuable in order to minimise damage and to ensure the best chances of complete recovery.

## Cancer survival statistics

Below is a table of survival statistics depending on the spread of the cancer\*. Early detection refers to the detection of a local tumor, while late detection means that the cancer has spread.

Type of cancer	Early detection	Late detection
Colon	88%	16%
Lungs	57%	7%
Bladder	94%	8%
Kidney	91%	17%
Stomach	72%	8%
Breast	98%	30%
Prostate	100%	32%
Ovary	91%	31%

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, November 2023. \*5 year survival.

# DON'T WAIT FOR SYMPTOMS

 **1 out of 20**

In 1 out of 20, we find a potentially life-threatening disease that needs to be addressed.

In 3 out of 10 we find a previously unknown serious disease.

## Inconvenient facts

- 1 out of 4 die of cancer.
- 2 out of 5 die of heart attack or stroke.
- 30% do not survive their first heart attack.
- Nearly 50% suffer permanent damage after a stroke.
- Atherosclerosis can lead to blood clots and other cardiovascular diseases.
- Of those who receive a late diagnosis of kidney cancer 83% die within 5 years.
- Of those who receive a late diagnosis of colon cancer 84% die within 5 years.
- Of those who receive a late diagnosis of lung cancer 93% die within 5 years.
- 150.000 Swedes have diabetes or high blood pressure without knowing it.



# Our MRI scanner shows what we can't see with any other instruments

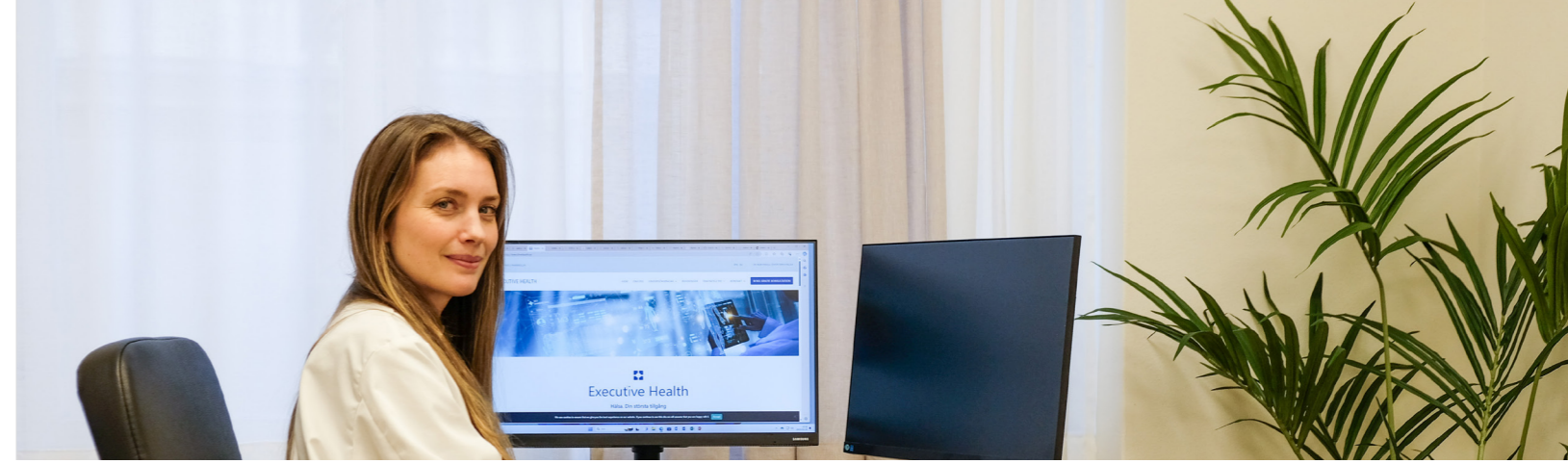
Our state-of-the-art magnetic resonance imaging (MRI) creates detailed images of the body's internal organs. This is done by using a magnetic field, which sends radio waves through the body that "bounce" back differently depending on the structure they encounter in the body. The signals are captured and compiled into images that can show pathological changes in various organs. The method is completely harmless, unlike X-rays and computed tomography (CT).

## Award-winning technology

The technology was awarded with the 2003 Nobel Prize in Physiology and Medicine. The MRI has a unique feature in terms of the camera that improves the chances of detecting many of the most common forms of cancer at an early stage. The aim is to enable cancer detection before the cancer has started to grow and spread, i.e. before it starts to cause symptoms.

With our MRI scan, we can see your health condition as of today, but not what it will look like in 5 to 10 years. Therefore, we recommend to do a screening at least every three years.

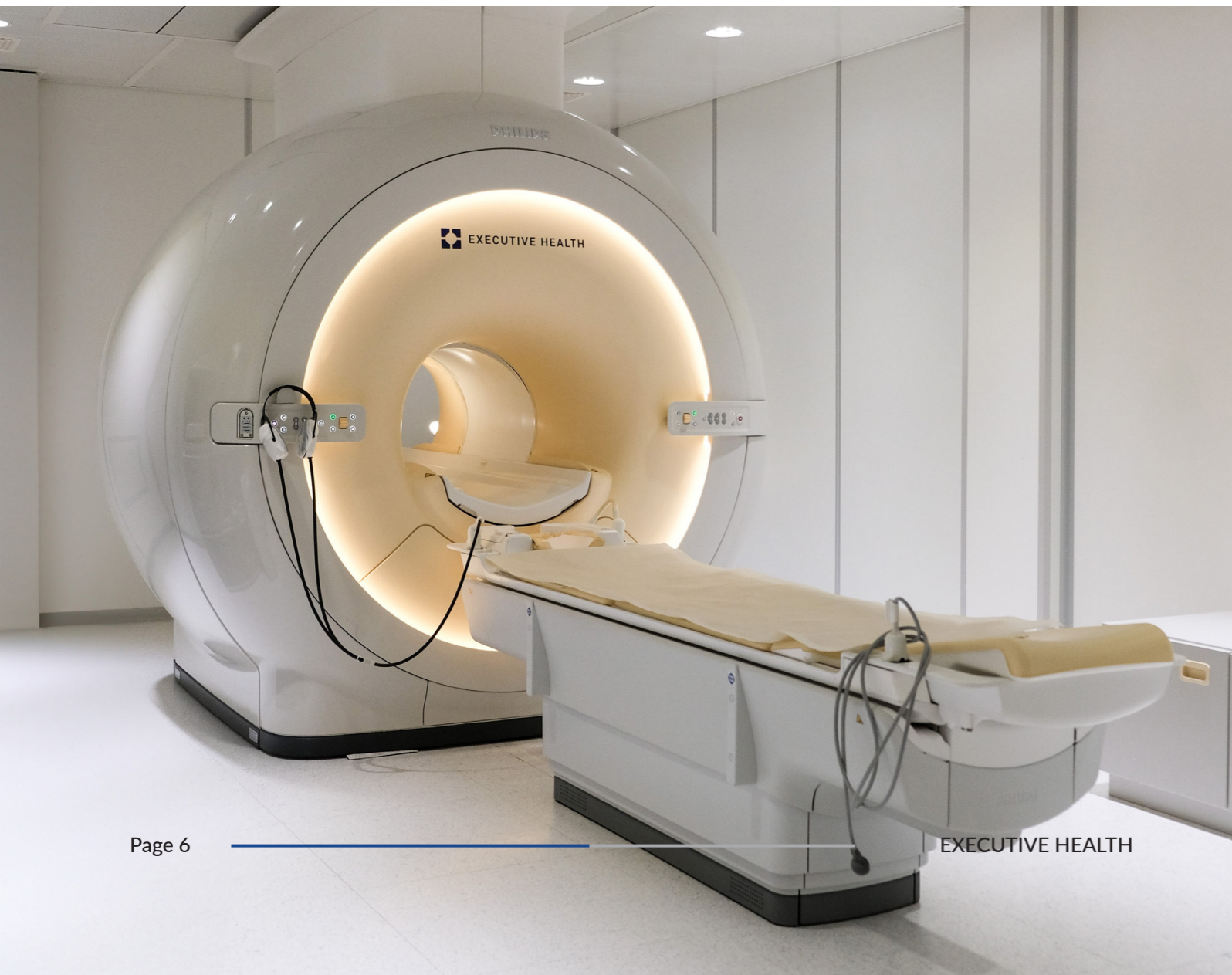
The screening is performed by experienced MRI nurses and the images are interpreted by our experienced radiologists.



Dr. Anna Siebenmann, Executive Health Stockholm.





## Health Detectives

The Executive Health team of doctors and nurses will ensure that you are well taken care of, from consultation to examinations and follow-ups. Our doctors are well-known for their expertise in their respective areas. They have research background and many years of clinical experience in emergency care, as well as several years of experience in health screening. Some of the findings from our screenings benefit research, for example through research projects with the Karolinska Institutet. Our ambition is to continue on with our role as the leading clinic in preventative health screening.



Dr. Henrick Reinhard, Executive Health Marbella.

### We screen for the following diseases, among others:

-  **Cancer**  
Colon Cancer, Kidney Cancer, Lung Cancer, Skin Cancer, Pancreatic Cancer, Prostate Cancer, Liver Cancer, Uterine Cancer and Brain Tumor, etc.
-  **Heart attack**  
Vascular changes in the coronary arteries.
-  **Stroke**  
Vascular changes in arteries to the brain.
-  **Other diseases**  
Aorta aneurysms, COPD, osteoporosis, diabetes, thyroid disorders, liver diseases and dyslipidemia, etc.

# Let us take care of you

## Welcome to our clinics in Stockholm, Lund and Marbella

During the five-hour examination, we will screen you from head to toe to detect any signs of illness. Before the visit, you will be asked to fill in a comprehensive health declaration in which you will answer questions about lifestyle, previous illnesses and illnesses in the family.

You will get a private room at your disposal during the day, where you can change before the blood tests taken on an empty stomach. Therefore, make sure not to eat or drink after midnight before the examination. After blood and urine tests, an MRI examination, a doctor's consultation with a thorough medical examination, a resting ECG, exercise tests, ultrasound examination of the heart, carotid arteries and groin arteries, bone mineral measurement and examination of lung function awaits. The order may vary from customer to customer.

You will get a detailed picture of your health and advice on how to prevent diseases to stay healthy and active.



**Dr. Carl Wendel**, Executive Health Stockholm.

# Biobeat - 24h continuous health monitoring

Biobeat is a biosensor that easily attaches to your body to monitor your health data over a longer period of time. With simple, non-invasive measurement, Biobeat provides real-time information about your blood pressure, oxygenation, heart rate, and more. Biobeat's continuous monitoring features give you a clear picture of your health, so you can spot potential problems early on and make informed decisions about your future health condition.



### Biobeat is used for screening of:

- Cardiovascular diseases: By monitoring heart rate and blood pressure in real-time, Biobeat can detect cardiovascular diseases such as hypertension.
- Respiratory diseases: By tracking oxygenation, Biobeat can help identify respiratory issues such as sleep apnea and chronic obstructive pulmonary disease (COPD) at an early stage, enabling early intervention and treatment.

# Sleep investigation with our premium screening

## Good sleep is just as important for health as regular exercise and healthy food

Sleep gives rest and recovery for both body and brain. Good sleep makes us live longer, have more energy, strengthens our memory and immune system, and also makes us look better. Sleep deprivation or disturbed sleep can lead to a number of diseases such as cardiovascular disease, diabetes, obesity, burnout, depression and impotence.



At Executive Health we offer sleep recording/apnea screening as part of our premium screening.

After nurse-led instructions on how to use the measuring equipment, you carry out the sleep examination at home. During one night: breathing, pulse, snoring, sleeping position and the oxygen level in the blood are measured, among other things.

All collected data from the sleep recording is then analyzed by our experienced specialist doctors and you will find out, among other things, whether you have pauses in breathing while you sleep.

# Nutritional analysis and dietitian advice

## Serious diseases such as cardiovascular disease can in many cases be linked to diet and lifestyle

In Sweden alone, 1.4 million Swedes are affected by diseases that could largely be prevented with healthier food, regular exercise and improved sleep habits. That's why we offer advanced micronutritional analysis and dietitian counseling.

### The analysis in brief:

- We perform a thorough analysis of your diet, metabolism, food intolerance and a DNA analysis of the interaction between your lifestyle and diet
- The analysis is set in relation to your previous Executive Health examination for optimal results
- You get tailored dietary advice and supplements based on your circumstances and needs
- The analysis includes blood tests, DNA tests, two visits to a dietitian and continuous follow-ups



# OUR SCREENING PROGRAMS

Executive Health's screening programs are available in three different packages. Here is a summary of what is included.

	 <b>PREMIUM</b> All included!	 <b>HEART</b> Focuses on your heart	 <b>START</b> Suitable under 40 years old
Consultation with a doctor about health history, heredity and lifestyle	✓	✓	✓
Clinical examination by doctor	✓	✓	✓
Resting ECG	✓	✓	✓
Work ECG	✓	✓	✓
Blood tests (47 pcs.)	✓	✓	✓
Lung function examination (spirometry)	✓	✓	✓
Ultrasound: Heart (Echocardiogram)	✓	✓	✓
Sleep registration and apnea investigation	✓	✓	✓
Bone density measurement	✓	✓	
MRI: Corporal artery	✓		
MRI: Brain	✓		✓
MRI: Upper abdomen with pancreas, liver, kidneys and gall bladder	✓		
MRI: Lower abdomen with prostate/uterus and ovaries and lymph nodes	✓		
MRI: Aortic arch	✓	✓	
MRI: Lungs	✓		
MRI: Risk fat analysis	✓		
1 f-Hb/ year for 3 years	✓		
<b>Follow up:</b>			
Review of results by a doctor where risk factors and possible lifestyle changes are reviewed	✓	✓	✓
Treatment and investigation of any new diseases	✓	✓	✓
If necessary: Referral to hospital	✓	✓	✓
Written compilation of results & MRI images	✓	✓	✓

## WHY EXECUTIVE HEALTH?

### LATEST TECHNOLOGY

Our clinics in Stockholm, Lund and Marbella are equipped with the latest technology to provide the best possible care.

### PROACTIVE

Our advanced screenings and examinations are designed to identify potential health risks before they cause symptoms and create serious problems.

### EXPERIENCED DOCTORS

Experience the highest standards of professionalism and efficiency at Executive Health.

### PERSONAL CARE

Your health journey is unique, and so are our recommendations as well. You get tailored recommendations based on your individual health profile.



# EXECUTIVE HEALTH

STOCKHOLM - LUND - MARBELLA

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Europe's most comprehensive health screening

**TREASURE  
YOUR HEALTH**

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