

# Executive Health Exam

A unique, personalized, and  
integrative approach to healthcare



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## Be your healthiest.

**Houston Concierge Medicine's Executive Health Exam (EHE)** is the ultimate, comprehensive health exam with a strong focus on preventative healthcare and longevity. The EHE is our MOST personalized and extensive physical, designed for the patient who wants to take control of their longevity potential through early-detection, genetic profiling, and risk factor modification. Far beyond the standard battery of exams and office visit, the EHE includes extensive screenings, advanced blood work, and imaging. Our concierge will coordinate any necessary follow-up care and specialist referrals. If warranted, additional testing options are available to the patient (see Advanced Testing Options).

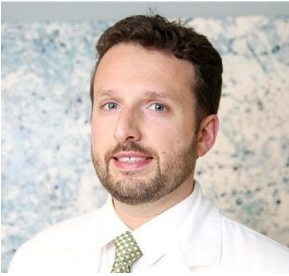
To inquire more about the HCM Executive Health Exam (EHE) please call (832) 991-8940.

## OUR PHYSICIAN

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# Gregory Burzynski, MD

*Internal Medicine*



Dr. Gregory Burzynski is a board-certified internal medicine practitioner who specializes in integrative approaches to patient care. He feels medical care should align with the "4 P's" to be effective in that it needs to be predictive, personalized, preemptive, and participatory. This was his focus when forming Houston Concierge Medicine & Wellness Center and he is determined to work with patients to achieve their goals.

Dr. Gregory Burzynski graduated from the University of Texas at Austin with a Bachelor of Science in Neurobiology and studied medicine at the Jagiellonian University Medical College in Krakow, Poland. He completed his internal medicine residency at the UT Southwestern Internal Medicine Residency Program at Seton Family of Hospitals in Austin and is board certified in Internal Medicine. Dr. Greg Burzynski also completed a fellowship in integrative/functional medicine at the Arizona Center for Integrative Medicine in affiliation with the University of Arizona.

Dr. Gregory Burzynski is a licensed US Civil Surgeon who has been authorized by the Bureau of Citizenship and Immigration Services to conduct immigration physicals and immigration exams for the Department of Homeland Security. Currently, he is a member of the American Medical Association, American College of Physicians, the Harris County Medical Society and the International Society of Travel Medicine.

## Executive Health Exam Components

**Every patient receives personalized medical care and service.** The Houston Concierge Medicine executive health exam consists of a battery of screenings and tests to provide the very best in early detection and a personal roadmap to better health.

### Our Executive Health Screening Program includes:

- An in-depth consultation covering your medical history, surgical history, diet and exercise history, family medical history, stress level, and current health concerns.
- A complete physical exam to assess your physical health.
- Vital signs including height, weight, BMI (body mass index), blood pressure, pulse, and oxygen saturation. Vision screening and hearing test.

### A comprehensive array of lab tests offered:

- Complete blood count (CBC) with differential
- Comprehensive metabolic profile including electrolytes, kidney and liver function (CMP)
- SpectraCell Micronutrient testing
- Average blood sugar (hemoglobin A1c)
- Cholesterol profile with lipoprotein particle size and number (NMR with lipid profile)
- Thyroid function (TSH and Free T4)
- Urinalysis
- Vitamin D level
- Vitamin B12 level
- Prostate specific antigen (PSA), if indicated
- An extensive nutrition evaluation that includes your dietary history, as well as dietary recommendations for treating medical conditions, improving overall health, and preventing serious medical conditions like heart disease and diabetes.

## CARDIO-PULMONARY EVALUATION

- Coronary risk and lipid panel
- Resting Electrocardiogram (EKG)
- Spirometry Pulmonary Function Test

## PHYSICIAN CONSULTATION & COMPREHENSIVE REPORT

- Extended meeting to review all screening and test results
- Determine required follow ups and coordinate preferred appointments with specialists
- Discuss and review your proposed personal wellness plan

## ADVANCED TESTING OPTIONS

The executive exam provides our patients with specialty services including a comprehensive physical exam. In addition to the executive exam, specialty tests and examinations are available on-site to address specific concerns and provide even greater insights and peace of mind.

## ADDITIONAL TESTING OPTIONS

- Resting Metabolic Rate
- DEXA BodyLogic Scan
- Ambulatory ECG Heart Monitor

## GENETICS/DNA TESTING/CANCER

- SEMA 4 testing
- New Amsterdam Genomics
- Galleri Testing
- TruDiagnostic
- Epi Heart Test

## ADDITIONAL IMAGING

- CT Heart Scan + Calcium Score
- Carotid Screening Ultrasound
- CT Angiogram
- Screening Breast Ultrasound
- Mammogram

## ADVANCED LAB OPTIONS

- Puls Test
- Allergy/Food Sensitivity
- Blood Type
- STD + HIV Panel
- Hepatitis Panel

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