

HEALTH SCREENING RESULTS IN 20% FEWER INSURANCE CLAIMS

Good lifestyle sense makes good business sense, according to ICLDC'S Executive Health Screening Programme mandate

(For more information on summer health check opportunities log on to www.icldc.ae)

Abu Dhabi, July 2007: Abu Dhabi's Imperial College London Diabetes Centre (ICLDC) claims that research shows that people who undergo medical examinations have 20% fewer health claims than those who fail to get checked regularly.

Meanwhile, turning specifically to the workplace, ICLDC's senior medical team stresses that business executives who regularly take health checks lose 45% fewer workdays than those who did not.

Research continues to show that regular medical examinations help identify early signs of disease and provide preventative steps to be implemented, resulting in fewer insurance claims and fewer sick days.

These findings support the notion that comprehensive executive physical examinations are a way for corporations to help ensure the long-term health and sustained productivity of their most valuable assets.

In the UAE, a large part of the population; local and expatriate, are working individuals and a typical 'work-lifestyle' varies from a nine to fourteen-hour day.

"This work time is most often peppered with little or no physical activity and is generally coupled with high-calorie, unhealthy fast food. This lifestyle is playing a role in the increasing risk of Type 2 Diabetes, and other debilitating illnesses," warned Dr Maha Taysir Barakat, Consultant Endocrinologist and Medical & Research Director at ICLDC.

"At ICLDC we try to identify health problems and draw attention to the potential hazards of not screening regularly, compounded with revealing the dangers of an unhealthy lifestyle," said Dr Maha.



ICLDC has introduced the three-pronged “**Executive Health Screening Programme**” tailored specifically for the UAE’s executive population. Three programme options are available and each administers thorough health testing and an opportunity for the doctor to give you personalized advice on health maintenance and disease prevention by adopting a healthy lifestyle.

“Good health maintenance really is as simple and as smart as managing a balanced diet and taking some light, regular exercise,” confirmed Dr Maha.

She also said that the focus of healthcare has shifted towards prevention with early diagnosis and proper treatment many conditions like heart disease and diabetes can be managed effectively and complications minimized.

A standard examination could miss the detection of life threatening conditions or the identification of early disease. ICLDC Executive Health Screening Programmes are comprehensive and combine physical examination, blood testing and cardiac assessments, with good health as the ultimate goal.

For more detailed information on ICLDC’s Executive Health Screening Programmes please log on to www.icldc.ae).

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Notes to the Editor

About Imperial College London Diabetes Centre

The Imperial College London Diabetes Centre is a state-of-the-art specialized out-patient clinic dedicated to help detect, prevent and treat diabetes. The centre is a one-stop-facility that specializes in Diabetes Treatment, Research, Training and Public Health. Located in Abu Dhabi (next to the Zayed Military Hospital), ICLDC allows the highest level of specialized patient care, from first diagnosis to the continued management of all complications associated with diabetes.



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Imperial College London holds a renowned history and expertise in the study of diabetes, bringing one of the leading medical academic institutions in the world to Abu Dhabi as a core working partner. Under ICLDC practices, one of the Centre's primary objectives will be to provide continuing education for health professionals and the general public. For more details visit: www.icldc.ae

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