



MISKAWAAN
HEALTH GROUP

CHECK-UP PROGRAMME



MISKAWAAN CHECK-UP PROGRAMME

Regular check-ups can help identify potential health issues before they become a problem. Detecting the underlying causes of illness early gives you the best chance of getting swift and proper treatment and avoiding complications.

At Miskawaan we evaluate physical wellbeing down to the cellular level to unlock a full health profile of the individual. We look at family medical history and lifestyle habits and take a deep dive into organ and critical systems function and the health of the gut microbiome and all-important immune system.

Regular wellness check-ups are ideal for those who are proactively looking to improve their lifestyle and optimize their physical health. They provide timely medical information that leads to accurate personalized screening and effective tailored health care that goes way beyond mere management of symptoms.



ESSENTIAL PROGRAM

Vital analysis of your wellness profile that includes inflammation markers, thyroid function and hormone profiling to help you and your doctor identify any underlying issue and proactively prevent problems before they occur.



		ESSENTIAL
INFLAMMATION MARKERS	hs-CRP	✓
	Homocysteine	✓
	Serum Ferritin	✓
THYROID FUNCTION	Free T3	✓
	Free T4	✓
	TSH	✓
HORMONE PROFILE	Cortisol	✓
	DHEA-S	✓
	Estradiol (E2)	✓
	Progesterone	✓
ESSENTIAL ELEMENTS	Free Testosterone	✓
	Vitamin D Total	✓
	Serum Iron	✓
	CBC	✓
URINE INVESTIGATION	Urine Exam	✓
CARDIOVASCULAR SCREENING	AGE Reader	✓

ELITE PROGRAM

A deeper exploration of your hormone profile, inflammation markers and thyroid function with an in-depth lipid profile and measure of stress levels in the body added. Highly beneficial for an anti-aging boost.



		ELITE
INFLAMMATION MARKERS	hs-CRP	✓
	Homocysteine	✓
	Serum Ferritin	✓
ADVANCED LIPID PROFILE	Lipoprotein A	✓
	Oxidized LDL	✓
THYROID FUNCTION	Free T3	✓
	Free T4	✓
	TSH	✓
HORMONE PROFILE	FSH	✓
	LH	✓
	Cortisol	✓
	DHEA-S	✓
	Estradiol (E2)	✓
	Progesterone	✓
ESSENTIAL ELEMENTS	Free Testosterone	✓
	Vitamin D Total	✓
	Serum Iron	✓
URINE INVESTIGATION	CBC	✓
	Urine Exam	✓
	Urine Kryptopyrroles	✓
CARDIOVASCULAR SCREENING	Urine Indican	✓
	AGE Reader	✓



Our ultimate package is created for those who have not had an annual check-up recently but would like a complete physical wellness and organ function overview. It helps detect any underlying issues early and gives the best chance to get appropriate treatment quickly. The package generates extensive information about an individual's health and susceptibility to chronic diseases. This data is used to create a highly personalized treatment regime.

ULTIMATE PROGRAM

		ULTIMATE
INFLAMMATION MARKERS	hs-CRP	✓
	Homocysteine	✓
	Serum Ferritin	✓
ADVANCED LIPID PROFILE	Lipoprotein A	✓
	Oxidized LDL	✓
THYROID FUNCTION	Free T3	✓
	Free T4	✓
	TSH	✓
HORMONE PROFILE	FSH	✓
	LH	✓
	Cortisol	✓
	DHEA-S	✓
	Estradiol (E2)	✓
	Progesterone	✓
ESSENTIAL ELEMENTS	Free Testosterone	✓
	IGF-1	✓
	Vitamin D Total	✓
SUGAR PROFILE	Serum Iron	✓
	CBC	✓
	Fasting Blood Sugar (FSB)	✓
LIPID PROFILE	HbA1C	✓
	Cholesterol	✓
	HDL	✓
KIDNEY FUNCTION	LDL	✓
	Triglyceride	✓
LIVER FUNCTION	BUN	✓
	Creatinine (eGFR)	✓
	Uric acid	✓
URINE INVESTIGATION	SGPT (ALT)	✓
	SGOT (AST)	✓
	GAMMA GT (GGT)	✓
HEAVY METAL SCREENING	Alkaline Phosphatase	✓
	Total protein (albumin and globulin)	✓
	Bilirubin	✓
CARDIOVASCULAR SCREENING	Urine Exam	✓
	Urine Organic	✓
	Oligoscan	✓
	AGE Reader	✓

		BIOHACKER
INFLAMMATION MARKERS	hs-CRP	✓
	Homocysteine	✓
	Serum Ferritin	✓
ADVANCED LIPID PROFILE	Lipoprotein A	✓
	Oxidized LDL	✓
THYROID FUNCTION	Free T3	✓
	Free T4	✓
	TSH	✓
HORMONE PROFILE	FSH	✓
	LH	✓
	Cortisol	✓
	DHEA-S	✓
	Estradiol (E2)	✓
	Progesterone	✓
	Free Testosterone	✓
ESSENTIAL ELEMENTS	Vitamin D Total	✓
	Serum Iron	✓
	CBC	✓
URINE INVESTIGATION	Urine Exam	✓
	Urine Organic	✓
HEAVY METAL SCREENING	Oligoscan	✓
CARDIOVASCULAR SCREENING	AGE Reader	✓



The ideal program for those who want a complete biological understanding of the scale of their health issues in order to design an optimal lifestyle program. It allows patient and doctor to plan a precise and personalized approach to reaching health goals and includes a hormonal profile, inflammation markers, thyroid function, heavy-metal screening and a metabolic function test.

BIOHACKER PROGRAM

HORMONE SCREENING PACKAGES

Miskawaan's sophisticated pathology capabilities include hormone testing to gauge symptoms of andropause and menopause in men and women. Hormones help to regulate a host of vital physical functions and if not in balance they can trigger health issues. Hence, based on highly accurate diagnostics, our doctors design tailored treatment plans using bio-identical hormone replacement and IV infusions that work best for the individual.



ITEMS	FEMALE	MALE
Serum Iron	✓	✓
Complete Blood Count (CBC)	✓	✓
Serum Ferritin	✓	✓
Free PSA		✓
TSH	✓	✓
Free T3	✓	✓
Free T4	✓	✓
Estradiol (E2)	✓	✓
FSH	✓	
LH	✓	✓
Progesterone	✓	✓
Free Testosterone	✓	✓
DHEA-S	✓	✓
IGF-1	✓	✓
Cortisol	✓	✓
Prolactin	✓	✓
CA125	✓	
CA153	✓	
IGFBP3	✓	✓
HbA1C		✓



*“We work with you to prevent
disease by building resistance.”*

Miskawaan uses non-invasive therapies and bio-identical to nature proprietary infusions and supplements to maximize the inherent efficiency of the immune system. The MHG journey begins with a comprehensive one-on-one session with a doctor that lasts for at least 60 minutes and touches on genetic, environmental, hormonal and lifestyle factors that influence long-term health.

*With time and dedication, we are confident that our
treatments can help you to discover the best
version of yourself.*

CONTACT US

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