The Manila Times®

INNOVATIVE KEYS TO UNIVERSAL HEALTH

Importance of an Executive Check Up

MAKATI MEDICAL CENTER

EXECUTIVE CHECK UP

MAKATI MEDICAL CENTER WELLNESS CENTER

- A comprehensive medical examination that involves a series of test and screening aimed to evaluate your overall health

- Assessment that involves different medical procedures aimed at preventing health problems.

Annual Physical Exam vs Executive Check Up

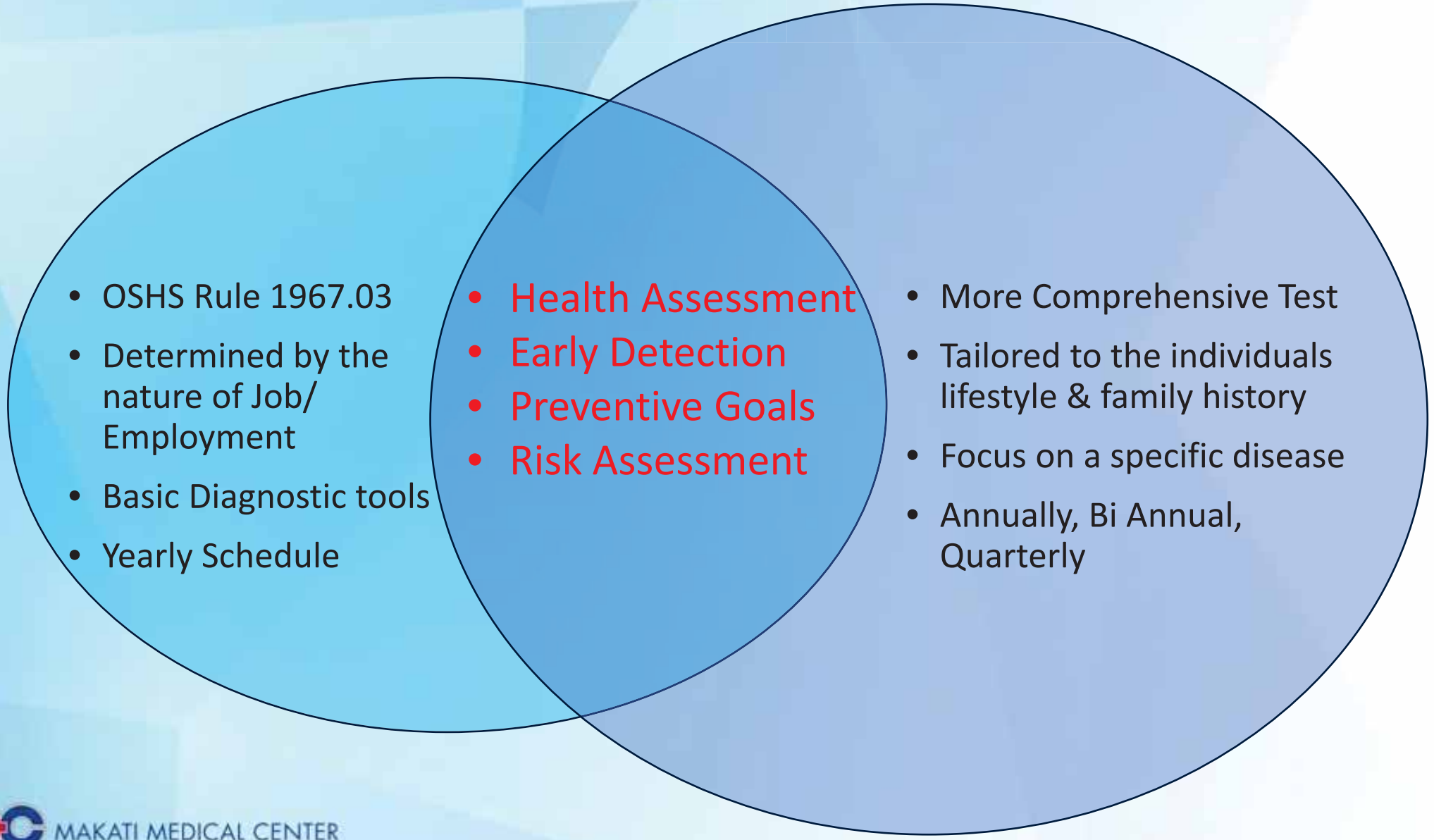
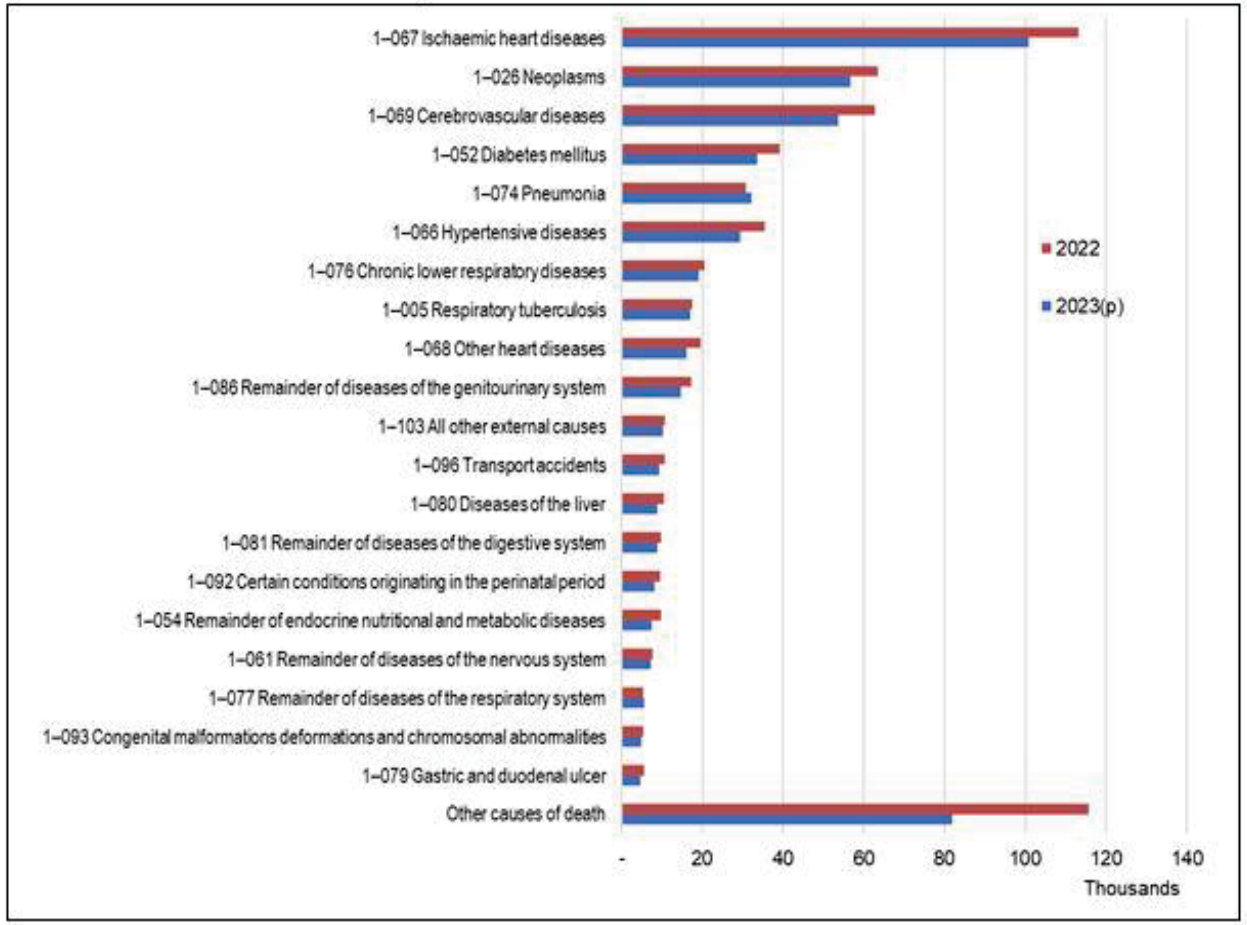


Figure 1. All Causes of Mortality (Top 20), Philippines: January to November, 2022 and 2023



Source: Philippine Statistics Authority *(Data on deaths are those registered at the Office of the City/Municipal Civil Registrars throughout the country and submitted to the Office of the Civil Registrar General using Certificate of Death-Municipal* Form No. 103)

Notes: Symptoms, signs, and abnormal clinical and laboratory findings, not elsewhere classified (R00-R99) are not included in the analysis due to the unspecified nature of these causes

Causes of death are coded based on the ICD-10 Rules and Guidelines and mortality grouping is based on the Mortality Tabulation List of ICD-10

Top 4 are Non Communicable Diseases

1. Ischemic Heart Disease
2. Neoplasms
3. Cerebrovascular Disease
4. Diabetes

Can be detected early

+

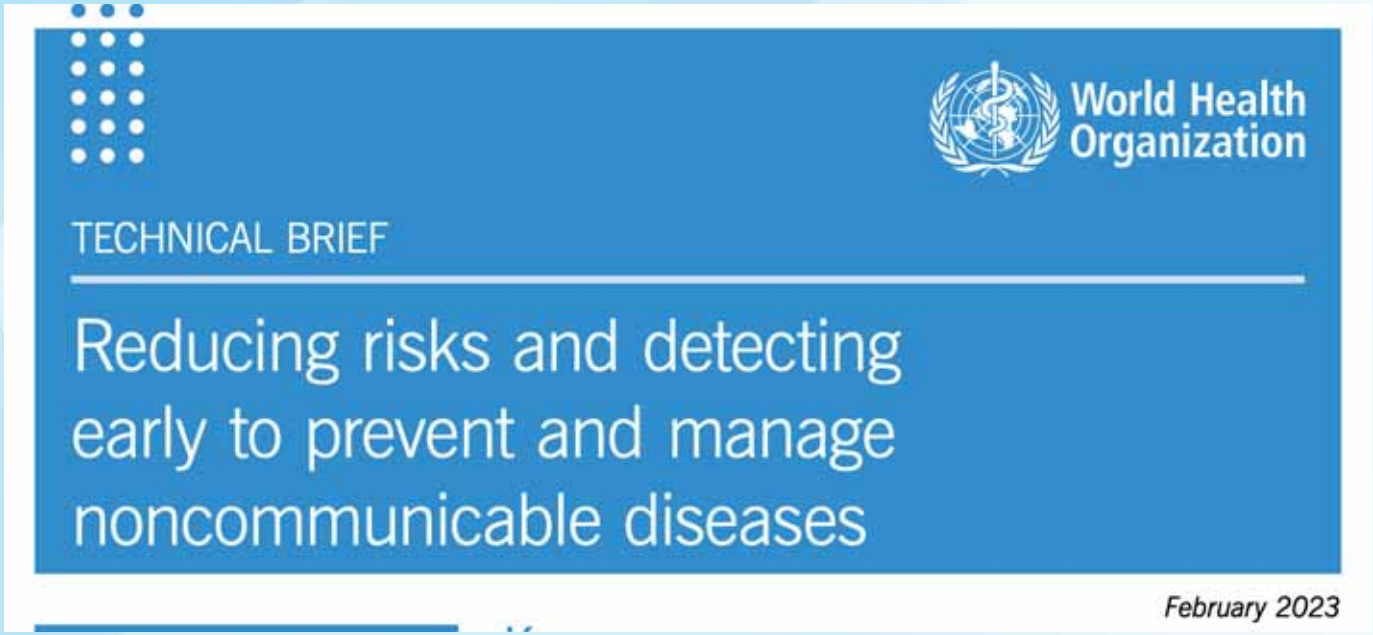
Good Disease Management

→

Less Financial Impact

&

Unnecessary Suffering



- ✓ Without action, 150 million adults (aged 30 to 70 years) will die prematurely from NCDs in the next 10 years
- ✓ Most NCDs are preventable, and collaborative, multisectoral engagement is crucial for addressing risk factors.
- ✓ People with NCDs are vulnerable to severe disease and death from COVID-19.

A 10-point plan for governments to build "differently but better", following the COVID-19 pandemic:

1. Expand benefit packages for universal health coverage to include NCDs.
2. Prioritize and implement NCD best buys and other WHO recommended cost-effective interventions (accelerators) to leapfrog progress towards SDG 3.4.
3. Include essential NCD services in primary health care, starting with hypertension and diabetes.
4. Implement three domestic regulatory or fiscal measures (such as excise taxes on tobacco and alcoholic beverages and taxation on sugar-sweetened beverages).
5. Secure seats for people living with NCDs at the decision-making tables of international financing mechanisms.
6. Harvest digital technology to scale up screening, early diagnosis, and self-care for those living with NCDs.
7. Treat people living with NCDs during humanitarian emergencies, and include NCDs into emergency preparedness and response plans
8. Establish treatment targets for hypertension and diabetes (similar to 90:90:90 target for HIV).
9. Establish meaningful and effective partnerships that contribute to SDG 3.4 on NCDs.
10. Strengthen data and surveillance for the prevention and control of NCDs.

NEOPLASM/ CANCER

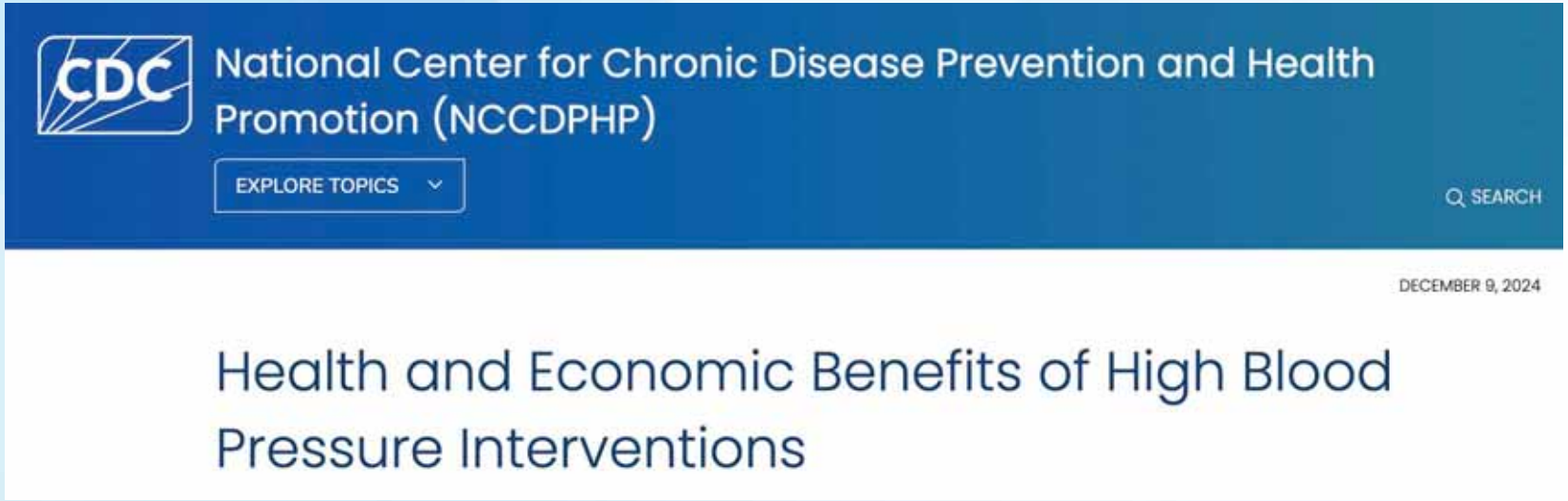
American Institute for Cancer Research



Nigel Brockton



- ✓ Early detection remains one of our most powerful weapons.
- ✓ When cancer is caught early, treatment is often more effective and less toxic
- ✓ May require less aggressive treatment, which leads to fewer side effects and a better overall quality of life.
- ✓ Consider this statistic: the 5-year survival rate for localized breast cancer is over 99%, compared to less than 32 % after the disease has spread
- ✓ Early detection typically results overall lower medical bills.



- High blood pressure is one of our nation's costliest health conditions
- 3 in 4 adults with high blood pressure (92 million) do not have it under control, defined as defined as less than 130/80 mm Hg
- In 2022, high blood pressure was a primary or contributing cause of 685,875 deaths in the in the United States
- As a preventable and treatable risk factor for cardiovascular disease, high blood pressure it is pressure it is a large contributor to increased health care costs
- Cardiovascular disease drives substantial Medicare costs.

EXECUTIVE CHECK UP RECOMMENDED AGE

DIAGNOSTIC TEST	RECOMMENDED AGE
Echocardiogram	18 years old
Diabetes Screening (FBS/ Hb1ac)	35 years old
Lipid Profile	35 years old
Mammogram	40 years old
Prostate Exam/ Prostate Specific Antigen	45 years old
Colonoscopy/ Endoscopy	45 years old
Bone Densitometry	50 years old
Cognitive Assessment	65 years old

Will vary with:

- ✓Family History
- ✓Lifestyle
- ✓Previous Illness
- ✓Signs and Symptoms



Is Executive Check Up Important?



- ✓Can erase uncertainty of your current health situation
- ✓Prevent diseases that may be in their early stages
- ✓Get treatment from a disease whose symptoms might not have shown up yet
- ✓Control Illness from doing more damage to the body
- ✓Financial savings from avoidable hospitalizations

INNOVATIVE KEYS



MAKATI MEDICAL CENTER HealthHub

MAKATI MEDICAL CENTER
WELLNESS
CENTER





Health Screening

MakatiMed Wellness Center reaches out to connect a patient's health and wellness needs through its Health Screening Services.

2D Echocardiogram
Electrocardiography (ECG)
Laboratory Procedures
Medical Acupuncture
Diabetes & Weight Wellness
Pap Smear
Primary Care Consultation
Vaccine Administration



Mammogram with Tomosynthesis



Bone Mineral Densitometry (BMD)



X-ray

Diagnostic Imaging Services



General Ultrasound &
Obstetrics and Gynecology
Ultrasound

MAKATI MEDICAL CENTER





Skin & Laser Hub

The MakatiMed Wellness Center's Skin & Laser Hub houses state-of-the-art machines to offer specialized solutions to skin and body concerns.

Staffed by **Philippine Dermatological Society (PDS) certified Dermatologists** and well-trained Registered Nurses and Allied Health Practitioners, the Skin & Laser Hub is equipped with highly modernized machines for the treatment of:

- Acne
- Cellulites
- Keloids
- Nail problems
- Pigmentation
- Scars
- Tattoo removal
- Wrinkles

The Skin & Laser Hub also offers the best possible laser procedures for:

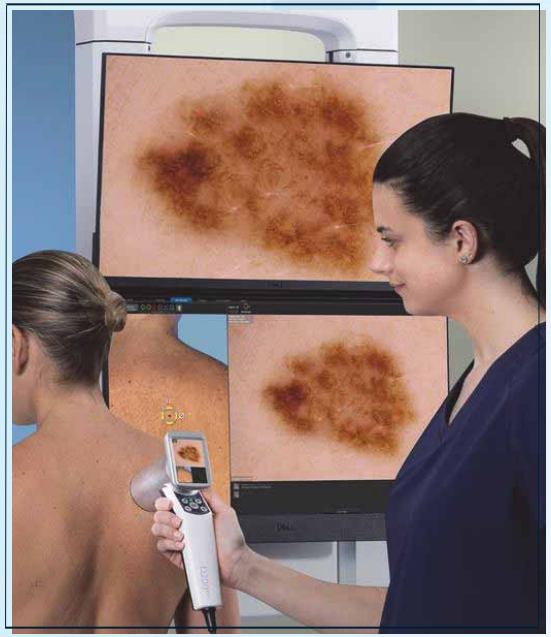
- Permanent hair reduction
- Unsightly facial and leg veins
- Fat reduction or body contouring treatments
  - Ultrasound
  - Radio frequency machines
- Body sculpting
- Skin whitening
- Tightening of sagging skin
- Removal of common skin growths

DermaGraphix body mapping solution



Fully automated capture of body map photos

DermaGraphix capture templates control camera settings and guide patient poses, while the motorized programmable lift ensures repeatable camera positions and lighting for consistent whole body photography with minimal staff training.



Capture dermoscopic images tagged to body map

All dermoscopic images associated with a lesion are linked to an automatically-generated unique number and tagged to the body map for efficient exams and accurate, workflow guided follow-ups.

Alma Hybrid™

MASTER YOUR CRAFT

Designed for a wide range of ablative and non ablative treatments, Alma HybridTM combines the power of 3 core energies, creating a uniquely synergistic effect.

Soft Lift Skin Rejuvenation

Hybrid Ultra Lift Skin Renewal

Hybrid CO2 Skin Resurfacing

Hybrid Destructor







MAKATI MEDICAL CENTER
Mind Wellness & Holistic Care

MakatiMed Wellness Center is dedicated to providing individualized psychological services in a caring, confidential, and respectful environment.
The Center also offers counseling, psychotherapy, and psychological assessment from a diverse team of competent and compassionate providers.

Clinical & Assessment Services

Psychological Assessment Services

The assessments are typically administered for diagnostic, psychotherapy, and personal purposes.

- Basic Screening Test
- ADHD Screening
- Personality Test
- Fit-to-Work / Fit-to-Study
- Complete Full Battery Test
- PWD Dependency
- Mental Ability Testing Screening (IQ & Executive Functions)



Psychological Interventions

The interventions focus on helping individuals seeking personal growth and psychological well-being.

- Psychotherapy / Counseling (Face-to-Face / Online)
- Child Psychotherapy / Counseling (15 years old and below)
- Stress Management Counseling (Solo / Group)
- Couples Counseling
- Family Therapy
- Trauma-Focused Psychotherapy

MAKATI MEDICAL CENTER

est. 2011

MakatiMed Cancer Center

First DOH Accredited

Cancer Specialty Center in a General Hospital

MAKATI MEDICAL CENTER



The STROKE SOCIETY of the PHILIPPINES

Stroke Society of the Philippines

Awards this Certification to

Makati Medical Center

As having complied with the requirements and standards set by the Stroke Society of the Philippines to be designated as an

Acute Stroke Ready Hospital

This certification is valid from May 1, 2023 to April 30, 2026

Jose G. Navarro, MD, FPNA
Chair, Committee on Certifications

Maria Socorro F. Sarlati, MD, FPNA
President, Stroke Society of the Philippines

Ma. Epifania V. Collantes, MD, FPNA
Co-Chair, Committee on Certifications

Allan A. Belen, MD, FPNA
Secretary, Committee on Certifications



WSO ANGELS AWARDS Q2 2023

DIAMOND STATUS

AWARDED TO

MAKATI MEDICAL CENTER
PHILIPPINES



WSO ANGELS AWARDS Q2 2024

PLATINUM STATUS

AWARDED TO

MAKATI MEDICAL CENTER
PHILIPPINES



PHILIPPINE HOSPITAL ASSOCIATION

"MINING DIAMONDS IN INFECTION PREVENTION AND CONTROL"

hereby awards

MAKATI MEDICAL CENTER

BEST INFECTION CONTROL COMMITTEE LEVEL 3

Given this 21st day of November in the year of our Lord Year Two Thousand Twenty Four during the the PHA 75th Annual National Convention and Exhibits held at the Manila Hotel, One Rizal Park, Manila, Philippines.

MARIA ISABELITA M. ESTRELLA, MD, MHA
PHA Treasurer and Overall Chairperson, HHRPIC Year 11 Award

JOSE P. SANTIAGO, JR., MD
President



PHILIPPINE HOSPITAL ASSOCIATION

"MINING DIAMONDS IN INFECTION PREVENTION AND CONTROL"

hereby awards

MAKATI MEDICAL CENTER

OVERALL WINNER LEVEL 3

Given this 21st day of November in the year of our Lord Year Two Thousand Twenty Four during the the PHA 75th Annual National Convention and Exhibits held at the Manila Hotel, One Rizal Park, Manila, Philippines.

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BEST IN ANTIMICROBIAL STEWARDSHIP LEVEL 3

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MARIA ISABELITA M. ESTRELLA, MD, MHA
PHA Treasurer and Overall Chairperson, HHRPIC Year 11 Award

JOSE P. SANTIAGO, JR., MD
President

THANK YOU FOR LISTENING

Ryan Raymond Y. Bautista, MD, MMHoA