

Examination Guidelines for New and Returning Patients:

AGE:	UNDER 40	40-49	50+
MALE ANNUALLY:	<ul style="list-style-type: none"> Preventive Exam and Result Visit Extensive Blood Work and Specimens Ophthalmology Exam EKG Dermatology Evaluation 	<ul style="list-style-type: none"> Preventive Exam and Result Visit Extensive Blood Work and Specimens CRP High Sensitivity Prostate Specific Antigen Ophthalmology Exam Hearing Screening (pure tone audiometry) Stress Test Dermatology Evaluation 	<ul style="list-style-type: none"> Preventive Exam and Result Visit Extensive Blood Work and Specimens CRP High Sensitivity Prostate Specific Antigen Ophthalmology Exam Hearing Screening (pure tone audiometry) Chest X-Ray Stress Test Colonoscopy* Dermatology Evaluation
	MAY BE REQUESTED: <ul style="list-style-type: none"> Hearing Screening (pure tone audiometry) Chest X-Ray Colonoscopy* 	<ul style="list-style-type: none"> Chest X-Ray Colonoscopy* 	
FEMALE ANNUALLY:	<ul style="list-style-type: none"> Preventive Exam and Result Visit Extensive Blood Work and Specimens Cytopathology, cervical or vaginal (Pap smear) Ophthalmology Exam EKG Dermatology Evaluation 	<ul style="list-style-type: none"> Preventive Exam and Result Visit Extensive Blood Work and Specimens CRP High Sensitivity Cytopathology, cervical or vaginal (Pap smear) Ophthalmology Exam Hearing Screening (pure tone audiometry) Stress Test Mammography Screen, bilateral Dermatology Evaluation 	<ul style="list-style-type: none"> Preventive Exam and Result Visit Extensive Blood Work and Specimens CRP High Sensitivity Cytopathology, cervical or vaginal (Pap smear) Ophthalmology Exam Hearing Screening (pure tone audiometry) Chest X-Ray Stress Test Bone Density Mammography Screen, bilateral Colonoscopy* Dermatology Evaluation
	MAY BE REQUESTED: <ul style="list-style-type: none"> Hearing Screening (pure tone audiometry) Chest X-Ray Colonoscopy* 	<ul style="list-style-type: none"> Chest X-Ray Bone Density Colonoscopy* 	
BY PHYSICIAN REQUEST (FOR ALL AGES AND GENDERS):	OPTIONAL TESTS <ul style="list-style-type: none"> Stress Echocardiogram Echocardiogram CT Scan Cardiac Score CT Scan Coronary Angiogram CT Scan Chest CT Scan Abdomen and Pelvis CT Scan Whole Body Carotid Ultrasound Abdominal Ultrasound Breast Ultrasound Breast MRI Peripheral Arterial Study Pulmonary Function Test Speech Audiology Threshold Audiology Threshold Evaluation HIV CA 125 		OPTIONAL CONSULTS <ul style="list-style-type: none"> Orthopaedic and Sports Medicine Evaluation Nutrition Counseling Exercise Physiology Assessment Stress Management, Smoking Cessation, and other Behavior Modification Programs Neuroscience Evaluation Plastic and Reconstructive Surgery Consultation Sleep Disorders Consultation Voice and Swallowing Evaluation Travel and Tropical Medicine Consultation (immunizations and medical service)

*If first colonoscopy is negative and there is no family history, the test does not need to be performed for another 5 to 10 years, in the absence of symptoms.

Program Leadership



David M. Barrett, MD

President and Chief Executive Officer, Lahey Clinic

David M. Barrett, MD, is President and Chief Executive Officer of Lahey Clinic. He is a member of Lahey Clinic's Board of Trustees and chair of the Board of Governors. Barrett received his medical degree from Wayne State University School of Medicine. From 1970-72, he served as a flight surgeon during the Vietnam War and was Chief of the Aeromedical Service at Cam Rahn Bay Air Base. He received his training at Mayo Clinic where he had a long and distinguished career as a physician, teacher and administrator.

Dr. Barrett is an authority on urologic oncology, urinary incontinence, bladder reconstruction, and genitourinary prostheses. He is a member of the American College of Surgeons, the American Urologic Association and the American College of Healthcare Executives. In 2007, he won the award for the Health Care Executive of the year. Barrett is a past president of the American Board of Urology, past Chair of the Massachusetts Hospital Association, and serves on the Board of Directors of the Massachusetts High Technology Council and Jobs for Massachusetts, Inc. Along with his administrative responsibilities, Dr. Barrett continues to work as a physician and teacher. He is a professor of urology at Tufts University School of Medicine.



Bruce B. Campbell, MD

Medical Director, Executive and International Health Program, Lahey Clinic

Bruce Campbell, MD, received his medical degree from Harvard Medical School and completed his Internal Medicine training at Lahey Clinic. In 1998, he was Chief Medical Resident at Lahey and has been a member of the Division of Internal Medicine since 1999.

Dr. Campbell has a strong interest in patient education and has pioneered the Men's Educational Group Appointment (MEGA) program for men's health and wellness, which was featured on NBC's *Today* show. Dr. Campbell has a national reputation in men's health as an engaging and entertaining speaker. He is a member of the Committee on Men's Health of the Massachusetts Medical Society and serves as a member of the board of advisors to the Men's Health Network.

Lahey Clinic Medical Center
41 Mall Road
Burlington, MA 01805

Executive Health Program: 781-744-8401, press 2
TTD/TTY: 781-744-8797
<http://www.lahey.org/executivehealth>
E-mail: ExecutiveHealth@lahey.org