



All-round prevention in August

Prevention doesn't take a holiday. For August only, CDC offers you the chance to take advantage of one of the prevention campaigns offered in previous months. Choose one of the seven prevention campaigns because regular health check-ups are the best way to prevent disease.



LOOK AFTER YOUR HEALTH. A busy lifestyle and the constant strain of daily life subject the body to severe stress. This is why it is important to have a regular general check-up to prevent the onset of disease or to identify it in the early stages. All you need to do is have some blood tests to find out exactly how your body's working.

30€ CDC 168



KEEP AN EYE ON YOUR PANCREAS. Electrolytes are minerals that are found in your bodily fluids (blood, urine, etc.). They are important because they detect the concentration in the blood of some other minerals (mainly sodium, potassium, chlorine and bicarbonate); their balance is very important for the general well-being of the body and an imbalance can create a variety of disorders, indicating heart disease, lung disease, liver and kidney disease and diabetes.

10€ CDC 166



THE SUPER VITAMIN. Thanks to exposure to the sun, the body produces vitamin D which, despite its name, is a hormone that regulates various organs and systems and plays a role in stimulating the immune system. In addition to osteoporosis, a deficiency is associated with various types of disease: autoimmune, cardiovascular, infectious, rheumatic, diabetes, metabolic syndrome, obesity, hypertension, Alzheimer's disease, cancer. In the Western world, about 60% of people are deficient, but the dosage of this substance is rarely required except in relation to skeletal pathologies.

20€ CDC 169



THE IMPORTANCE OF FILTERS. In Italy, one out of ten people suffer from kidney failure. Many kidney diseases are silent killers and they damage the kidneys without presenting symptom, sometimes working away quietly for years and becoming evident only when it's too late. Prevention and early diagnosis are essential

20€ CDC 177



WE HAVE YOUR HEALTH AT HEART. Cardiovascular diseases are pathologies which, if not contrasted, can put your health at severe risk.

They are caused by the abuse of cigarettes and alcohol, by diabetes, a sedentary lifestyle and a diet which pays little attention to the body's real needs and to avoiding excess. The main forms of prevention include the adoption of an adequate lifestyle and regular check-ups.

36€ CDC 175



HYPER OR HYPO? The thyroid is a little butterfly-shaped gland located at the front of the neck and shouldn't be underestimated as it regulates important bodily functions. The most frequent problems that occur when the thyroid gland does not work properly are: altered heart rate, weakness and fatigue, irritability, weight problems, inability to concentrate, dry skin and intolerance of hot and cold temperatures.

24€ CDC 135



GOOD OR BAD? To stay healthy and avoid heart problems, it is essential to keep the amount of fats circulating in the blood under control. Particular attention should be paid to:

TOTAL CHOLESTEROL: The ideal value is below 200 mg/dl

HDL CHOLESTEROL: HDL proteins are involved in the removal of excess cholesterol from the arteries. The ideal value is above 60 mg/dl

LDL CHOLESTEROL: An increase in LDL lipoproteins in plasma is associated with a high risk of arteriosclerotic disease. The value must be below 130 mg/dl

12€ CDC 117

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