



PROTA CLINIC

BE HEALTHIER





“ Earlier diagnosis for breast, cervix and colorectal cancer can reduce mortality by at least 25%.



Health Care or Sick Care

WHICH WOULD YOU RATHER EXPERIENCE?

Our healthcare system focuses on providing aid when you are already sick.

Prota Clinic was created with a philosophy to provide you the proactive detection and advice that will help you improve your health, quality of life, and life span. This style of care can now be delivered to you in a modern, new private facility here in Winnipeg.

Our clinic's primary objective is to provide you with a comprehensive annual health assessment with advice and ongoing care if requested.

Your assessment is done by a team of health experts from different medical fields. Our team was carefully selected to cover a wide spectrum of possible health issues.

Prota's team collaborates with each other to generate detailed assessment reports and map out a program to help you achieve your goal of healthier living.

We identify risk factors so that they are minimized, helping maximize your future health.



A 10% increase in physical activity would reduce health expenditures by \$150 million/year in Canada.

Be Healthy

Recommendations are aggregated by our health team to help modify your lifestyle, provide better health, and enhance your quality of life. Prota Clinic does not stop there. We can provide the support services to assist you in implementing the changes needed to help you achieve better health.

Your journey to better health begins with a detailed medical assessment by highly qualified and reputable physicians. Specialists are available to help assess the more complex issues and provide recommendations as needed.

THE PROTA EXPERIENCE

At Prota Clinic, we will take our time and give your health the time it deserves in a caring, comfortable environment. Our caring physicians and allied specialists will spend as much time as necessary to learn about you and any health-related issues that you have or may develop. At Prota Clinic we give your health the time it deserves.

Prota's on-site diagnostics and experts mean you can have many of the required tests done the same day that you are here for your assessment. Further detailed or extensive testing may require additional visits.



A BMI of 25 or less helps reduce the risk of cancer.



On-Site Services Include:

- Radiology
- Ultrasound
- Dietitian
- Cardiac Stress Testing
- Women's Health
- Lab
- EKG (Cardiogram)
- Physiotherapy
- Pelvic Floor Physiotherapy
- Athletic Therapy
- Massage Therapy
- Acupuncture
- Body Composition

Additional Services:

- Cosmetic Therapy & Laser Centre
- Cosmetic Vein Center

“ Heart disease is a greater threat than breast cancer or prostate cancer.



7 MILES
of blood
vessels are
needed to
support
each pound
of fat gained



Our Process

The process begins with a thorough medical examination and a detailed review of your medical history. Additional tests will be ordered to supplement our assessment and to help generate our final recommendations. Most of our tests will be done on-site.

Qualified dietitians will explore your nutritional needs. They will tailor and implement a program to optimize your dietary needs and reduce risk factors on the road to better health; as a core part of your program.

Expert physiotherapists will identify risk factors that may affect your physical health. They will assess issues such as recurrent injury, falling risks, poor strength, and cardiovascular risk. Medical issues that can be addressed through physiotherapy, massage therapy, and a workout program will be fully explored. A custom designed program will be generated and instituted to help minimize your risk of injury and to improve your health and quality of life.

When all results are received and assessments are completed, our team will review the findings with you and make our recommendations, taking the time to ensure your needs and concerns have been thoroughly addressed.

Our staff is driven to help you achieve better health in all aspects of your life.



Dietitians translate complex scientific evidence into practical solutions to promote health and manage special health conditions such as diabetes, heart disease, cancer, allergies and obesity.

Ongoing, Accessible, Proactive Care

YOUR HEALTH IS PRICELESS

Non-insured services are available going forward at an additional cost if needed. These fees, however, may be covered through insurance policies. Please check with your personal insurance provider.

Many specialists are affiliated with our clinic to help provide additional assessments, when it may be required.

Prota's physicians have acute care interests and experience which allows us to provide for most of your needs.

At Prota Clinic, we believe in proactive care to keep you healthy and reactive care when you are ill. We will give you the time you need, whenever you need it. Your health is our business.

DISCLAIMERS

We are not able to safely provide emergency medical services due to the limitations of what can be provided on-site. We are not a hospital.



Early detection of ovarian and prostate cancers have a 90% survival rate.

Annual Fee Schedule:

Single Adult \$3,800

Spouse / Partner \$3,400

Dependant Children[†] \$3,400

[†] Each (16 years of age and over)

Corporate and Group (5 or more people) rates are available

DISCLAIMERS

Fees and registration costs may be tax deductible; please check with your financial advisor.



PROACTIVE MEDICINE



How can Prota
Clinic help clients
live longer, higher
quality lives?



Education



Early detection of
chronic disease



Programs



Regular checkups

90%

of cases of breast cancer diagnosed
early will survive for at least 5 years



COFFEE DRINKERS
have a **lower risk**
of diabetes, heart
disease & erectile
dysfunction



Heart disease is a greater
health threat than breast
cancer or prostate cancer



A matchbox-size piece of bone can support 18,000 pounds



MODERATELY
INTENSE

30
minutes

5 days
a week

RECOMMENDED WEEKLY
PHYSICAL ACTIVITY ESSENTIAL
FOR HEALTHY AGING

VIGOROUSLY
INTENSE

20
minutes

3 days
a week

80% of cardiovascular diseases
are preventable



Chances of obesity
are less in people who
eat fruits & vegetables
more than

5

times a week

Chances of obesity are
higher in people who
eat fruits & vegetables
less than

3

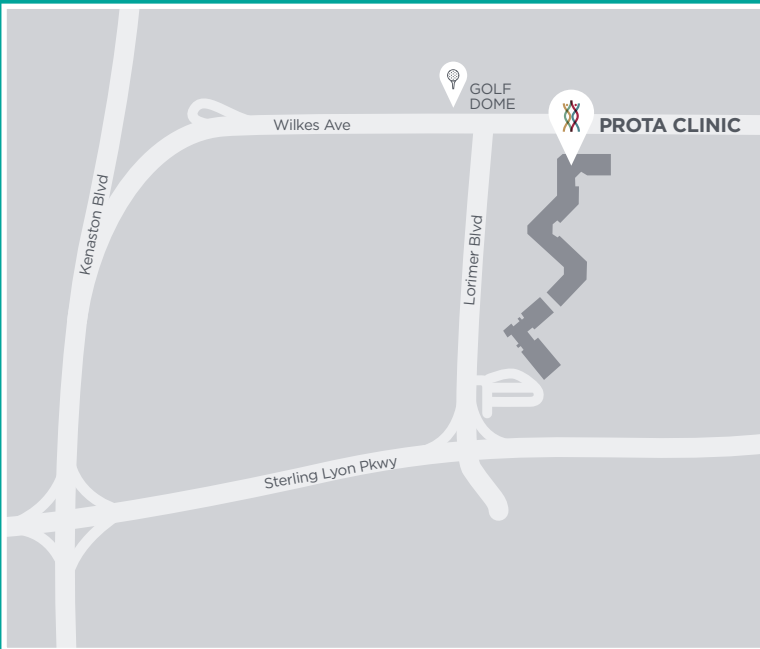
times a week

80% of healthcare resources
are spent on reactive medicine

Proactive medicine is important, because it requires really getting to know people and working with them over time to change their lives.



PROTA CLINIC



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