



PULSE

BIOLOGY, EXAMS AND IMAGING

PULSE - COMPLETE LIST OF EXAMS

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BIOLOGY

♀ women only · ♂ men only

METABOLISM

- Alpha-linolenic acid
- Arachidonic acid
- Cis-vaccenic acid
- Dihomogammalinolenic acid
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Eicosatrienoic acid
- Elaidic acid
- Gammalinolenic acid
- Linoleic acid
- Linoleic acid CLA2 C18:2(10t,12c)
- Linoleic acid CLA3 C18:2(9c,12t)
- Myristic acid
- Oleic acid
- Palmitic acid
- Palmitoleic acid
- Ratio AA:EPA
- Ratio LN:DGLA
- Ratio ω6:ω3
- Rumenic acid
- Stearic acid
- Total ω3
- Total ω6
- Transpalmitoleic acid
- Transvaccenic acid
- ω3 Index

CARDIORESPIRATORY

- Homocysteine
- Lipemia
- Total cholesterol
- Vitamin B12
- Vitamin B9

ENDOCRINE

- Bioavailable testosterone ♂
- Bioavailable testosterone % ♂
- Bound testosterone % ♂
- DHEA sulfate
- Fasting blood sugar
- Free testosterone ♂
- Free testosterone % ♂
- Glycosuria
- HOMA index
- Insulin
- Pregnenolone
- Quicki index
- SHBG ♂
- Total testosterone ♂
- TSH

IMMUNITY & INFLAMMATION

- Albumin
- Basophils
- Basophils (AV)
- Eosinophils
- Eosinophils (AV)
- Ferritin
- Hematocrit
- Hemoglobin
- Hemolysis
- Lymphocytes
- Lymphocytes (AV)
- MCH
- MCHC
- MCV
- Monocytes
- Monocytes (AV)
- MPV (mean platelet volume)
- Neutrophils
- Neutrophils (AV)
- Neutrophils:Lymphocytes ratio
- Platelets
- RBC (Erythrocytes)
- Red cell distribution width (RDW)
- us CRP
- Vitamin A
- Vitamin D
- WBC (Leukocytes)
- Zinc

OXIDATIVE STRESS & ANTIOXIDANTS

- % transferrin saturation
- Antioxidant capacity n.meas.
- Calculated antioxidant capacity
- Copper
- Copper/Zinc ratio
- Iron
- Iron : transferrin ratio
- Oxidized LDL IgG
- Selenium
- TIBC
- Total antioxidant capacity
- Transferrin
- Vitamin E
- Vitamin E/Chol

DIGESTIVE

- ALAT
- ASAT

KIDNEY

- Chloride
- Creatinine
- GFR (CKD-EPI)
- Hematuria
- Leukocyturia
- Proteinuria
- Sodium
- Uric acid
- Urine pH

BIOLOGICAL AGE

- PhenoAge

MEDICAL & TECHNICAL EXAMS

♀ women only · ♂ men only

A.G.E. READER

A non-invasive measurement, using skin autofluorescence, of advanced glycation end-product (AGE) accumulation. These markers are associated with age, glycaemic exposure, oxidative stress and certain cardiometabolic risks. The result is a risk indicator to be interpreted in the clinical context; it does not establish a diagnosis on its own.

GRIP STRENGTH

A measurement of hand grip strength using a dynamometer. Simple and reproducible, it helps assess overall muscle strength and functional frailty; a low value may be associated with age-related loss of muscle mass or performance.

BLOOD PRESSURE

A resting blood pressure measurement in both arms. It helps identify high blood pressure or an inter-arm pressure difference, and is a major cardiovascular-risk marker to be confirmed according to medical recommendations.

ANTHROPOMETRIC MEASUREMENTS

Basic anthropometric measurements: height, weight, waist circumference and body mass index. They establish follow-up markers and contribute to metabolic-risk assessment.

TONAL AUDIOMETRY

A pure-tone audiogram that measures each ear's hearing threshold across the tested frequencies, especially those used for speech understanding. It specifies the degree and type of any hearing loss and may detect it before it is fully noticed.

HEART RATE VARIABILITY

Heart-rate variability measures tiny variations between heartbeats. It provides an indirect indicator of autonomic nervous system balance and recovery capacity, influenced by sleep, stress, physical activity and some medications. It is best interpreted over time.

IMAGING

♀ women only · ♂ men only

DEXA SCAN

DEXA analyses body composition using low-dose dual-energy X-ray absorptiometry. It measures bone mineral density, the reference method for assessing osteoporosis, and distinguishes lean mass, peripheral fat mass and estimated visceral fat, which helps assess the cardiometabolic profile.

OPTION · ADVANCED WOMEN'S HEALTH

BIOLOGY

- FSH
- LH
- Prolactin
- HPV (PCR)
- Progesterone
- Estradiol

MAMMOGRAPHY

Mammography is the reference radiological exam for organised breast cancer screening. It uses low-dose X-rays to look for masses, asymmetries or microcalcifications, sometimes before any clinical signs. Depending on breast density and clinical context, it may be complemented by ultrasound or other tests.

PELVIC ULTRASOUND

A high-resolution pelvic ultrasound, performed transvaginally when indicated and accepted. It assesses the uterus, endometrium and ovaries to look for fibroids, ovarian cysts, endometrial abnormalities, fluid collections or masses, including in the absence of symptoms.

BREAST ULTRASOUND

A radiation-free ultrasound that complements mammography when the context justifies it, especially in dense breasts or when an abnormality needs clarification. It helps distinguish cysts from solid masses and characterise some lesions not visible or insufficiently assessed on mammography alone.

OPTION · ADVANCED MEN'S HEALTH

BIOLOGY

- FSH
- LH
- Prolactin
- Inhibin B
- Progesterone
- Estradiol

PROSTATE MRI

A multiparametric MRI dedicated to the prostate, with no X-rays. Alongside PSA, clinical assessment and risk factors, it analyses the gland to look for and locate suspicious lesions and helps guide next steps, including the potential indication for targeted biopsies.

The lists in this document are indicative and may be adjusted by the Zoī physician based on each member's medical profile.