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Diagnosis first: why a clear plan beats “wait and see”

A prompt, clear diagnosis is the base of longevity. Find the problem early, and you still have options. Wait months to “see what happens,” and the window shrinks.

This issue is for patients in the US and Canada who want prevention and clarity — not another year of fragmented labs, slow imaging, and long referral chains.

Educational only. Not medical advice. One Stop Cabo Health is a medical concierge — not a hospital. Licensed physicians provide clinical care.

The problem after 40

Routine organ-by-organ screens matter. They are not the same as a full diagnostic review.

Many adults hit the same three friction points:

1. Fragmentation

Labs in one place, imaging elsewhere, specialists weeks apart, no single owner of the timeline.

2. Symptom-triggered escalation

A broader workup is often easier to justify *after* something goes wrong.

3. Time and access

Long waits for specialists and imaging make “prevention” feel like a full-time job.

A coordinated executive checkup can be completed in one to two days — labs, imaging as indicated, internist review — with a written plan for your doctors at home.

[Read more: Early detection after 40](#)

Family history ≠ one test

If a first-degree relative (parent, sibling, or child) had stomach cancer, colonoscopy checks the colon. It does not screen the stomach.

Upper endoscopy looks at the esophagus, stomach, and duodenum. Colonoscopy looks at the colon. They are complementary tools — not substitutes for each other — and decisions belong with your physician.

When family history raises the question, a written plan for endoscopy, H. pylori (*Helicobacter pylori*, a common stomach bacterium) evaluation, colonoscopy, or a coordinated combo can replace months of fragmented referrals.

[Read more: Gastric / GI family history guide](#)

Before any OR date

Surprises belong in novels, not the night before surgery.

Pre-surgical clarity means labs, imaging, cardiac clearance when needed, and a written optimization plan — so you enter the operating room with a plan, not a question mark.

[Read more: Pre-surgical evaluation in Los Cabos](#)

[Insights Issue 02: Before the operating room](#)

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- **Same-day typical reply**
- **US and Canada** patients welcome
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