

# CUSTOMISED MEDICAL CHECK-UP<sup>1</sup>

## **YOUR HEALTH – A CAPITAL ASSET**

The DIAGNOSTIK ZENTRUM Fleetinsel Hamburg GmbH has been the leading institute for medical prevention for over 10 years. We orient ourselves to the international standard of the Mayo Clinic in Rochester, Minnesota. Our check-up programme consists of sensibly graduated diagnostics and the latest test procedures, including if required computer tomography (CT) and magnetic resonance (MR) technology that can be used in a targeted manner and in a single day.

## **ALL THE TESTS IN ONE DAY**

In our basic check-up we consider all primary prevention issues, from the cardiac and circulatory system to cancer check-ups, and establish your current state of health. Our customised medical check-up offers you a comprehensive, individual medical examination on a single day. In accordance with your personal risk factors our specialists draw up your diagnostic programme for the day, including any additional tests that they may feel to be advisable. We recommend a colonoscopy from the age of 45 and lung screening with computer tomography for smokers, for example. Once you have completed your examination programme our doctors will explain the findings of your latest health check-up during the final discussion in the afternoon.

## **WHO ARE WE ADDRESSING?**

Health is our biggest asset, and that goes for everyone. Business executives and self-employed people are especially aware of and the most likely to make use of our medical check-up, but so is everyone to whom their health matters. We know that you bear a heavy burden of responsibility and often face pressure of deadlines. You rarely think about your health. We know that, and we also know that time is money. We will not keep you waiting.

We offer you an opportunity to be examined by our medical specialists in a discreet, relaxed atmosphere. Our diagnostic methods are always state of the art (or in this case, science).

And if the medical check-up reveals that further investigations are needed, our specialists will continue to look after you. Should surgery or invasive treatment be required, we will ensure by virtue of our cooperation arrangements with leading clinics and their specialists that you receive optimal treatment and ongoing care.

We will not leave you on your own with your medical problems.

## THE BASIC CHECK-UP AND OPTIONAL EXAMINATIONS

Please fill in the questionnaire about your previous medical history. It forms the basis on which we draw up a customised check-up programme in accordance with your personal risk factors.

## EXAMPLES OF A CHECK-UP PROGRAMME

### **Male patient aged 48, smoker**

In addition to the basic programme we recommend lung screening by means of a CT scan. As intestinal cancer has occurred in the family, a colonoscopy (from age 45) would make sense.

### **Female patient aged 37 with frequent abdominal pains**

In addition to the basic programme we suggest a precautionary gynaecological check-up (i.e. extensive cancer screening, including ultrasound examinations of the sexual organs and the bladder, plus a two-level mammogram. To clarify the trouble with pain in the upper and lower abdomen we also recommend gastroscopy.

### **Male patient aged 51, slightly overweight**

In addition to the basic programme we recommend a diet consultation to help you to achieve the desired weight reduction. You will be given a strategy for a possible change of diet, taking your preferences into account. And even if you have not yet found time to consider which sport is the right one for you, a sports medicine consultation is sure to be helpful.

### **Female patient aged 44 with backache and memory defects**

In addition to the basic programme the additional investigation that we would recommend is a function test of the musculoskeletal system (spinal column and joints) by our orthopaedic specialists. There should also be a check whether there are grounds for a subjective impairment of the short-term memory. Our brain check tests concentration, memory and brain disorder risk profile.

## ALL-ROUND DIAGNOSIS ON ONE DAY

### SCOPE OF BASIC CHECK-UP

#### **8.00 am**      **Introductory consultation**

Evaluation of the questionnaire on previous medical history

#### **8.45 am**      **Taking of a blood sample**

1. Blood sedimentation (BSR = Blood sedimentation rate), full blood count (examination of the blood, i.e. of red and white corpuscles), electrophoresis
2. Analysis of blood fats: total cholesterol, HDL and LDL cholesterol, lipoprotein (a)
3. Analysis of liver and gall bladder counts: GOT, GPT, Gamma-GT, alkaline phosphatase, cholinesterase and bilirubin
4. Examination of electrolytes (regarding the metabolism): sodium, potassium, chloride, magnesium, calcium, iron, amylase
5. Examination of blood sugar level: HbA1C (early diagnosis of diabetes). Blood sugar on an empty stomach
6. Analysis of renal count: uric acid, creatinine, urea
7. Analysis of coagulation factors: Quick, PTT, TT
8. Analysis of thyroid hormone TSH
9. Examination of the prostate tumour marker PSA (for men ages 40 and over)
10. Urine test: leucocytes, pH value, protein, glucose, ketone, erythrocytes, urobilinogen, nitrite
11. Stool test (prior to appointment): Haemoccult test for traces of blood in stool

#### **9.00 am**      **Examination of abdominal organs and thyroid gland**

Colour ultrasound imaging of liver, gall bladder, spleen, pancreas, kidneys, prostate (men), uterus (women) and thyroid gland

# EXAMINATION PROGRAMME<sup>1</sup>

## **10.00 am      Vascular diagnosis**

Colour ultrasonography of all major arteries, particularly the cerebral and leg arteries as well as the leg veins

## **10.30 am      Cardiac, circulation and lung diagnosis**

Colour ultrasound imaging of the heart (3D echo cardiography), ECG at rest and under strain, test of physical fitness (spiroergometry), lung functions (spirometry), weight and body mass index

## **11.30 am      Precautionary skin check**

Full skin inspection. Discussion of the individual risk profile with regard to skin diseases. Melanoma screening. Skin type determination

## **12.00 noon    Examination of eyes and ears**

Sight and field of vision test, eye examination, ophthalmoscopy, eye pressure measurement, hearing test

## **13.00 pm      Possible additional examinations**

Such as colonoscopy, lung screening for smokers, dietary consultation (not included in the scope of the basic check-up)

Last update: 1. January 2008

# ADDITIONAL EXAMINATIONS<sup>1</sup>

Our specialists offer additional examinations further to the optional examination programme. Please telephone in good time to make an appointment to ensure the smooth organisation of your medical check-up.

## **Endoscopic examination**

Gastroscopy/oesophagoscopy by our gastroenterologist to check for gastritis, ulcers or reflux trouble (Helicobacter pylori)

## **Radiological examination**

In cases of heightened cardiac and circulatory risk profile (PROCAM score) calcium scoring of the coronaries and, if required, CT/MR artery scan, non-invasive examination of intra- and extra-cranial blood vessels in the brain, bone density measurement as osteoporosis prophylaxis, MRT treatment by our radiologist

## **Orthopaedic examination**

Function checks of the musculoskeletal system for spinal and vertebral complaints, examination of joints, tendons and ligaments for joint and foot complaints by our orthopaedic specialists

## **Individual diet consultation**

To reduce weight and follow the right diet in cases of dyslipidosis or gout. Drawing-up of a diet that takes each check-up patient's preferences into account and is explained in detail. Recall management by telephone or e-mail to check the results of the change of diet

## **Physiotherapeutic examination**

Diagnosis and rectification of postural deformities, function profile of the musculoskeletal system

## **Neurological examination**

A brain check by our neurologist to test your memory and ability to concentrate that establishes the causes of headaches, migraine, dizziness, etc.

## **Ear, nose and throat examination**

Endoscopic examination of nose, throat and larynx, ultrasound investigation of nasal sinuses, allergy test for hay fever, etc. by our ear, nose and throat specialist

# ADDITIONAL EXAMINATIONS<sup>2</sup>

## **Urological examination**

In case of problematic urological findings during the check-up to confirm them by means of ultrasound tests of the bladder, kidneys, etc. and rectal prostate sonography by our urologist

## **Dental Examination**

General dental examination including examination of the gums. Clarification as to possible connection with orthopaedic complaints or ear, nose and throat illnesses

## **PSYCHOLOGICAL CONSULTATION**

### **Sleep disorders**

Sleep keeps the physical and mental equilibrium in order and thereby deals, for example, with occupational stress. Mental strain is often at the root of sleep disorders.

- Clarification of the reasons for sleep disorders such as physical exhaustion, lassitude, chronic fatigue, concentration problems and chronic muscular tension, backache and headaches.
- Instructions based on observation records
- Step-by-step guide to overcoming sleep disorders

### **Stress management and relaxation methods**

A two-hour consultation to clarify which relaxation methods and alternatives are suitable to meet individual needs. Learning a practicable method that is easy to integrate into your personal daily routine.

- Autogenic training
- Progressive muscle relaxation
- Imagination exercises
- Meditation
- and various breathing exercises

# MEDICAL SPECIALISTS<sup>1</sup>

**Dr. med. Detlef Becker-Capeller**

Specialist in internal medicine, rheumatology, physical and rehabilitative medicine

**Prof. Dr. med. Klaus Michael Braumann**

Specialist in sports medicine

**Dr. med. Thomas Broemel et al. /Conradia Hamburg**

Specialist in radiology

**Dr. med. Ansgar Frieling**

**Dr. med. Hans-Georg Bredow**

Specialists in neurology and psychiatry

**Prof. Dr. med. Karl H. Bohuslavizki / FEBNM**

**Dr. med. Christian Bleckmann**

Specialists in nuclear medicine

**Dr. med. Jürgen Walpert**

**Dr. med. Ernst-Helmut Schwer**

**Dr. med. Roland Sellckau**

Specialists in orthopaedics

**Dr. med. Dr. med. dent. Dieter Edinger**

Spezialist in oral surgeon

**Dr. med. Helmar Gai**

**Dr. med. Christine Gebhardt**

Specialists in surgery

**Dr. med. Matthias C. Gregersen**

**Dr. med. Andreas Meier**

Specialists in ophthalmology

# MEDICAL SPECIALISTS<sup>2</sup>

**PD Dr. med. Achim Hedtmann**

**PD Dr. med. Andreas Werner**

Specialists in orthopaedics and physical therapy

**Dr. med. Ingke Andreae**

**Dr. med. Björn-Georg Neumann**

Specialists in ear, nose and throat medicine, voice and speech disorders

**Dr. med. Jürgen Linn**

**Dr. med. Andreas Soyka**

Specialists in urology

**Dr. med. Thomas Meier**

Specialist in internal medicine and gastroenterology

**Prof. Dr. med. Dipl.-Psych. Wolfgang Meins**

Specialist in neurology, psychiatry and clinical neurophysiology

**Dr. med. Gert Müller-Möhring**

**Dr. med. Britta Heeren**

Specialists in gynaecology

**Dr. med. Beke Regenbogen**

Specialist in internal medicine, sports medicine, dietetics, naturopathy, acupuncture

**Dr. med. Tomas A. Stein**

Specialist in internal medicine, cardiology

Medical Director of DIAGNOSTIK ZENTRUM Fleetinsel Hamburg GmbH

**Prof. med. Volker Steinkraus und Partner / Dermatologikum**

Specialists in dermatology, allergology

**A. Rebecca Tacke-Held**

Certified psychologist and psychotherapist

# MEDICAL SPECIALISTS<sup>3</sup>

**Prof. Dr. med. Detlef Uthoff**

**Dr. med. Anke Wesselmann**

Specialists in ophthalmology, Leading Lasik LLK Augenlaserzentrum GmbH

**Dr. med. Anke Bittrich**

**Dr. med. Jutta Lübbering-Schmidt**

**Dr. med. Eva-Maria Baumgartner**

Mammary diagnostic practice

**Jutta Kraemer**

Physiotherapist

# MEDICAL CONFIDENTIALITY

Medical confidentiality for all examinations and consultations is guaranteed regardless of whether your company pays the fee for your medical check-up.

The final reports will be sent to your private address marked Private and Confidential.

# FEE

The fee for the basic check-up is € 1,490.00 for men and € 1,470.00 for women.

We offer special terms and conditions to companies for executives' medical check-ups. Please check in advance the extent to which your private health insurance will reimburse the medical check-up fee. On request, we will supply you with a list of expected items on the GoÄ schedule.

Please note that in case of cancellation less than 8 days prior to your appointment we will charge the full check-up fee by way of cancellation charge.

Last update: 1. January 2008

# WHAT HAPPENS NEXT

## **You have decided to have a customised check-up**

1. If you already have our brochures, you will be familiar with the different examination programmes that we offer and will already have answered the questions about your risk factors. Now all you need to do is to arrange an appointment for your check-up with Ms. Teufel-Sies or Ms. Schmidt. If you need a hotel room, ask for our special rates.
2. Those who do not yet have the details of our check-up programmes will receive them along with the questionnaire on individual health risk factors. In addition we will send you by the same post a Haemoccult sachet for the stool blood test.
3. Depending whether you or your company are paying for the medical check-up you will receive a Contract for Treatment. Please sign it and return it to the Diagnostik Zentrum Fleetinsel.
4. In the patient's details form we ask you to state your personal data and your health insurance details. Please note whether you would like your general practitioner to receive a report on the results of the examination.
5. You will receive a special questionnaire on your previous medical history. Please fill it in and return it with the Haemoccult sachet and the patient's details form prior to your check-up appointment.
6. Approximately two days before your appointment you will receive a detailed schedule of your examination programme along with the timetable for your check-up appointment.
7. Check-Up Day! Have a nice day at our DIAGNOSTIK ZENTRUM Fleetinsel GmbH.
8. Approximately 14 days after the check-up appointment you (and your general practitioner if requested) will receive a written final report and the invoice.
9. If you wish, we will be pleased to remind you when your next medical check-up is due.

# ORGANISATION & CONTACT DETAILS

If you have decided to have a customised medical check-up, please contact us 2 to 3 weeks in advance of your desired date to make an appointment. If you know in advance what optional and/or additional examinations you would like to have, let us know when you make your appointment so that we can coordinate all appointments in good time.

If you want to start your check-up feeling relaxed, we will be pleased to book you a hotel room near the Diagnostik Zentrum. You can make an appointment by post, telephone or e-mail.

**DIAGNOSTIK ZENTRUM**  
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Sabine Teufel-Sies (Marketing) and Gerti Schmidt (Office) will be glad to help you. We will confirm your appointment in writing and send you the further details.