

The Basic Program

Follow-up examinations due to medical reasons or on patient's request, should the occasion arise

Initial consultation /Examination

The initial examination (IE) including the "Global Cardiovascular Risk Assessment" (EDP based) is conducted by a specialist of internal medicine. He is the patient's "personal doctor" and coordinates the check-up program.

Should the IE already indicate additional examinations beyond this basic program, or should the patient desire them, these will be scheduled between patient and "personal doctor". (Details please see flyer "Additional Examinations")

Laboratory tests

After the taking of a blood sample and stool or urine specimens, a standard program is conducted with 23 laboratory parameters.

Oral glucose tolerance test, 2 h measurement
if fasting plasma glucose is pathological (> 100 mg/dl)

Fecal occult blood test (Hemoccult)
if patient is older than 40 years

Prostate-specific antigen (PSA)
if patient is male and older than 40 years

Urological examination with ultrasonography (3D) of the prostate

if PSA is pathological (> 4 ng/dl)

ECG at rest and exercise stress test

The patient gradually is put under stress on a bicycle ergometer (duration approx. 15 minutes).

Ultrasonography (echocardiography at rest)

*if patient is older than 50 years ;
the examination is conducted by a cardiologic specialist or by cardiology staff under the specialist's supervision.*

"Premium sonography" (extra charge), if desired by patient:
If desired, several cardiologic specialists with DEGUM certification (= "Seminar Leader" or "Trainer" by the German Society for Ultrasonography in Medicine) are available to personally perform this examination.

Ultrasonography (duplex) of extracranial arteries

if patient is older than 50 years

The Basic Program (cont.)

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Ultrasonography of Abdominal Organs

"Premium Sonography" (extra charge), if desired by patient:

If desired, a specialist with DEGUM certification "Seminar Leader" (by the German Society for Ultra Sonography in Medicine) will personally conduct this examination.

Lung Function Test (spirometry at rest)

Hearing Test (audiometry)

if patient is older than 40 years

Basic Eye Check

Sigmoidoscopy (endoscopic inspection of the colon, 60 cm)

if patient is older than 50 years

Total Colonoscopy (endoscopic inspection of the entire colon)

In the case of patients older than 55 years we recommend this examination instead of a Sigmoidoscopy; due to the necessary cleaning of the colon an additional examination day is required.

Gynecological Examination / Consultation

Gynecological smear
if patient is older than 20 years

Transvaginal sonography
if patient is older than 20 years

Bilateral mammography
if patient is older than 50 years

Mammosonography both sides
if patient is older than 50 years

Final Discussion and Consultation by the "Personal Doctor"

In this discussion all test results are comprehensively explained; the "Personal Doctor" advises the patient regarding nutrition, exercise, style of living and, if necessary, treatment strategy.

Medical Report with Attachments

On principle, the medical report is sent only to the patient unless the patient desires further copies being forwarded to other recipients (e.g. family practitioner or company doctor).