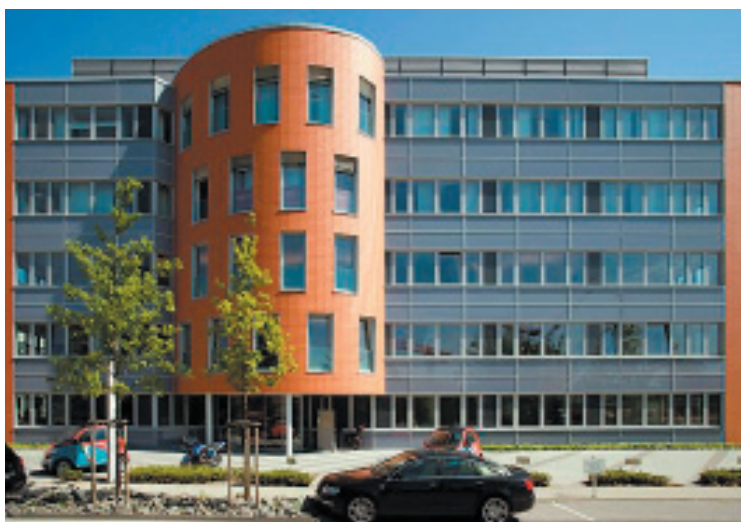


Your Prevention-Partner for More Well-Being in Life



radprax Düsseldorf
Airport City

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Why should you think about preventative medicine?

Nowadays many people want one thing above all: they want to age in a healthy way and maintain their abilities and quality of life. A healthy lifestyle means that this goal is often already within reach.

What does one have to do in order to maintain both physical and mental or spiritual health? Along with a healthy lifestyle, the key factors for this include a healthy balance between work and free time, physical activity and healthy leisure activities. Indeed targeted prevention is also a fundamental building block to realize the desire for healthy aging and the corresponding quality of life and functioning.

Although the average age of the population continues to rise, many people are developing chronic diseases much earlier in life. This applies in particular to the “civilization diseases” (or “lifestyle diseases”) such as high blood pressure, diabetes, and heart attacks. Almost every two minutes in Germany someone suffers from a heart attack or stroke as a result of the hardening of the arteries (the so-called atherosclerosis). Actually more than 90,000 patients die annually from the effects of a heart attack. The number of patients who die from strokes is also comparable. Major disorders of the cardiac and circulatory system are responsible for around 400,000 deaths annually. Consequently, vascular diseases are by far the most frequent cause of death in Germany. The second most frequent cause of death includes the varied and numerous forms of cancer. In Germany alone around 200,000 men and around 194,700 women will become sick annually.

In both cases, however, the proverb „prevention is better than cure“ rings true – it is possible to treat illnesses even in the early stages with the help of targeted early diagnosis and therapy introduced at the right time. By doing so, the chances of recovery increase dramatically. With a healthy lifestyle, it is often even possible to prevent the outbreak of illnesses by determining risk factors early and taking appropriate actions and by following these measures it is possible to maintain health and the related level of performance over the long term.

For which diseases can early detection through prevention play a particularly important role?

Early detection through prevention is particularly crucial when it comes to diseases which result in today's most frequent causes of death: changes to vessel walls, e.g. through fatty and calcium deposits (atherosclerosis), dilation of the vessel walls (aneurysms), degenerative changes of the spinal column and cancers.

Early detection of the hardening of the arteries

Most likely you have already heard the term hardening of the arteries at least once before. What is typically believed to lead to the hardening of the arteries is a blocked artery that results in an infarction.

However, this is only half of the truth. The most up-to-date research results show that other deposits e.g. in the cardiac vessels are much more dangerous. These deposits concern particles of fat. Under adverse general conditions such as smoking, lack of exercise or an unbalanced diet, these fat particles stick to arterial walls and change there. The fat will go "rancid", so to speak, and cause an inflammation, which the immune system tries to fight off. Thus an adipose deposit develops consisting of cholesterol particles and fragmented dead cells which is separated only by a very thin layer of cells from the bloodstream – this deposit is called soft-plaque.

These soft-plaques do not usually show any symptoms and therefore often remain undiscovered. Soft-plaque development is of course helped by certain risk factors. Causally related to the dramatic increase in the frequency of heart attacks (cardiac infarction) in the last few years is first and foremost the fact that we unduly strain our hearts through an unhealthy lifestyle. Of course, the risk of heart attacks increases with age. The risk of a heart attack, for example, increases considerably after the age of 35. Other important risk factors include smoking, high blood pressure, diabetes (diabetes mellitus), an unbalanced diet and obesity (adiposity), high cholesterol levels, stress, lack of exercise as well as hereditary factors (i.e. heart attacks in the family). Modern medicine, however, allows preventative examinations with the help of the most modern technology to show such soft-plaques as well as potential calcification of the heart. Moreover, such exams rule out possible damage to the heart muscle. A safe "rule out" diagnostic approach means that the presence of coronary heart disease (CHD) can be ruled out with a more than 98 per cent rate of accuracy. This is particularly applicable for those patients who have an increased risk of contracting coronary heart disease. As a result, any potential risk of infarction will be detected early and you as a patient can drastically reduce the risk of a heart attack through a change in your way of living and with adequate medical consultation.

Prevention Information

Early detection of cancer

There is no such thing as “the cancer” or “the disease cancer”. The word “cancer” is understood as a multitude of mostly malignant diseases. The type of cancer is typically named after the body cells from which the cancer develops. Cancer cells, or as the case may be, tumor cells, develop when an error in cell division occurs: this means that a healthy cell mutates and loses a number of vital control systems. Some cancer scientists like to call this a genetic accident. Through further divisions, the mutated cell finally turns into a neoplasm/swelling, a so-called tumor.

What is common for all tumors is that they are malignant and the malignant cells can both invade neighboring tissue and circulate through the blood stream and lymph channels to other remote organs in the body and settle there. This is called metastasis.

Value should be set on a healthy and preferably low-pollutant lifestyle in order to hinder healthy cell mutation. Given that today complete protection (from cancer) is virtually impossible, it makes sense to regularly take preventative examinations. If malignant tumors are detected early enough, the chances for recovery are excellent. Given that in the beginning tumors often display no symptoms due to their small size, most of them are not discovered until much later when other resulting symptoms appear. It is therefore extremely important that the early stages are detected through good and well-adapted imaging.

The radprax Prevention Concept

radprax Prevention – A Personal Approach

Prevention should always take a holistic approach. The concept of our radprax prevention-check-ups is targeted towards early detection of the vulnerable areas of your whole body. For this we use the most modern technology in magnetic resonance tomography, computer tomography and ultrasounds. In addition, in cooperation with professional preventive medicine specialists, specialists in internal medicine and cardiologists we can also offer you scientifically sound health consultations for „**healthy aging**”.

Check-ups – An Overview

An overview of our Check-ups

Cardiac and Circulatory Check-ups

The radprax cardiac and circulatory preventative examinations provide a comprehensive overview about the state of health of your whole cardiac, circulatory and vascular systems. An analysis of important laboratory findings as well as internal exams completes the check-up.

radprax Cardiac and Circulatory XS Check-up

Features include

- a thorough anamnesis to determine physical state
- cardiac and circulatory diagnostics
 - MR-Angiography of the entire vascular system
 - MRI of the skull
 - cardiac CT for calcium scoring (as indicated by the Radiation Control Regulations)
- a discussion of the state of your health in laymen's terms
- thorough medical report and comprehensive photo material (disc)

radprax Cardiac and Circulatory Check-up

Features include

- a thorough anamnesis to determine physical state
 - extensive laboratory tests
 - cardiac and circulatory diagnostics
 - ECG
 - lung functioning
 - ultrasound of the vessels supplying the brain
 - measuring the ocular fundus
 - MR-Angiography of the entire vascular system
 - Cardiac MRI
 - cardiac CT for calcium scoring (as indicated by the Radiation Control Regulations)
 - a discussion of the state of your health in laymen's terms
 - thorough medical report and comprehensive photo material (disc)
-

Check-ups – An Overview

radprax Full-body Check-ups

Thanks to the most up-to-date technology along with our medical expertise, the radprax full-body preventative examinations provide a comprehensive overview about the state of health of all organs and your muscular, skeletal and cardiovascular system. An analysis of important laboratory findings as well as internal exams completes the check-up.

radprax Full-body XS Check-up

Features include

- a thorough anamnesis to determine physical state
- tumor diagnostics
 - MRI of the torso
 - MRI of the skull
- a discussion of the state of your health in laymen's terms
- thorough medical report and comprehensive photo material (disc)

radprax Full-body Check-up

Features include

- a thorough anamnesis to determine physical state
- extensive laboratory tests
- cardiac and circulatory diagnostics
 - ECG
 - lung functioning
 - heart ultrasound
 - ultrasound of the vessels supplying the brain
 - measuring the ocular fundus
 - MR-Angiography of the entire vascular system
- Tumor diagnostics
 - MRI of the entire body
 - thyroid ultrasound
- a discussion of the state of your health in laymen's terms
- thorough medical report and comprehensive photo material (disc)

radprax Full-body Check-up Plus

The radprax Full-body Check-up Plus includes an additional complete examination of your heart with an analysis of the blood flow of the cardiac muscle, the functioning of the cardiac valves and the coronary vessels.

Additional features of the cardiac and circulatory diagnostics

- cardiac MRI
- cardiac CT (as indicated by the Radiation Control Regulations)

Check-ups – An Overview

radprax Sport Check-up

The radprax Sport Check-up gives you an overview of the state of health of your heart as well as the spinal column and joints.

Features include

- a thorough anamnesis to determine physical state
- cardiac and circulatory diagnostics
 - cardiac MRI
- orthopedic diagnostic
 - lumbar spine MRI
 - MRI of the joints (e.g. knee)
- a discussion of the state of your health in laymen's terms
- thorough medical report and comprehensive photo material (disc)

We are happy to advise you on which check-up is right for you and will draw up an individual proposal upon request.

You can call us at: +49 (0)2 11 / 22 97 32 - 22

Additional Services

Possible Additional Services for your radprax Prevention Check-up

Through potential supplement programs for your radprax preventative examinations coupled with our cooperation partners, we can offer you other expedient preventative services. The medical specialists will issue the invoices for these services separately. On request you can additionally access subsequent examinations on the day of your radprax preventative examinations:

Preventative Examinations: Teeth

Option 1:

Minor extensive examination

- Preliminary consultation
- Periodontal diagnostics
- Dental diagnostics
- Cavity diagnostics
- Dental photos (macro photograph with enlargement up to 30 times larger than the original)
- Concluding discussion

Option 2:

Moderate extensive examination (Diagnosis concept from L.D. Pankey Institute in Miami, USA)

- Preliminary consultation
- Diagnosis of function (biomechanics of proper bite)
- Oral mucosa examination (cancer diagnostics)
- Periodontal diagnostics
- Dental diagnostics
- Expanded cavity diagnostics with laser fluorescence and dental magnifying loupe
- Dental photos (macro photograph with enlargement up to 30 times larger than the original)
- Digital X-ray
- Concluding discussion

Option 3:

Major extensive examination (Diagnosis concept from L.D. Pankey Institute in Miami, USA)

- Preliminary consultation
- Diagnosis of function (biomechanics of a proper bite)
- Oral mucosa examination (cancer diagnostics)
- Periodontal diagnostics
- Analysis of bacterial coating
- Dental diagnostics
- Expanded cavity diagnostics with laser fluorescence and dental magnifying loupe
- Dental photos (macro photograph with enlargement up to 30 times larger than the original)
- Digital X-ray
- Aesthetic analysis
- Concluding discussion
- Dental hygiene instructions
- Nutritional advice

Additional Services

Preventative Examinations: Skin and Allergies

Option 1:

Preventative screening for skin cancer with the minor allergy test

- Examination of birthmarks using reflected light microscopy
- Allergy tests for the most common inhaled allergens (pollen, dust mites, moulds)

Option 2:

Preventative screening for skin cancer with the major allergy test

- Examination of birthmarks using reflected light microscopy
- Allergy tests for the most common inhaled allergens (pollen, dust mites, moulds, foods and preservatives).

It is also possible to conduct tests to determine allergies to medicines, insect poisons (insecticides), and materials present in the environment and workplace.

Preventative Examination: Ears, Nose and Throat

- Consultation
- Examination based on symptom
- Microscopic examination of both ears
- Laryngoscopy
- Tone swell audio program
- Measuring (acoustic) impedance
- Endoscopy (NRR)

Preventative Examination: Urological

- Anamnesis and clinical examination
- Urine test with a diagnosis for infection as well as a tumor marker analysis
- Cytology to rule out cancers of the renal pelvis, ureter and urinary bladder
- Digital uroflowmetry, color-coded duplex sonography of the kidneys, urinary bladder and residual urine as well as, if necessary, cystoscopy with anesthesia

Additional Services

Preventative Examination: Urological (Man)

Complete preventative exam for men that includes an examination of the prostate, testes and penis

- Anamnesis and clinical examination
- Urine test with a diagnosis for infection as well as a tumor marker analysis and cytology to rule out cancers of the renal pelvis, ureter and urinary bladder
- Digital uroflowmetry, color-coded duplex sonography of the kidneys, urinary bladder and residual urine
- Ultrasound of both testicles and epididymis including a doppler ultrasound examination of the vessels in the penis, a preventative examination for prostate cancer with biplane endocavity rectal color-coded duplex sonography as well as a tumor marker for prostate cancer and levels of testosterone in the blood, and, if necessary, cystoscopy with anesthesia

Preventative Examination: Gynecological

- Cervical smear test
- Test for vaginal fungal infections
- Vaginal ultrasound
- Breast ultrasound
- Cytology

We would be happy to answer your questions.
Please call us on: +49 (0)2 11 / 22 97 32 - 22

Information for getting a reimbursement from your health insurance company

Given that our services are concerned with so-called „requested services“, health insurance companies are not obligated to reimburse the costs for desired (or special) services and preventative examinations. However some insurances are prepared, as a gesture of goodwill, to reimburse partial costs for services in line with an existing, legitimate indication.

You will be invoiced in accordance with the medical fee schedule for physicians and the invoice will include a detailed list of the examinations and consultations you received in your preventative examination(s) including the number/cipher allocated to you by the medical fee schedule for physicians. Only with these details is it possible for your medical insurance company to reimburse you at any time.

Please call us on the following number for further inquiries concerning reimbursement options: +49 (0)2 11 / 22 97 32 - 22.

radprax-Contact

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Directions

Public transport:

By bus: Bus lines 721, SB 51, 760, 896
Stop: Flughafenverwaltung (Airport administration)
or Flughafen Terminal (Airport terminal)

By train: S-BAHN line S11
Leave at station: Terminal A or B
or
S-BAHN line S1
Leave at station: Bahnhof „Düsseldorf / Flughafen“

Follow the signs to „Maritim Hotel“, cross the hotel arcades and walk towards Peter-Müller-Straße (Peter-Müller-Street).

Parking:

Free parking is available in our underground car park to all clients undergoing preventative examinations for the duration of their stay.

The entrance to the underground car park can be found directly in front of the Porsche Center („Porschezentrum“). Please ring the bell for „radprax“ at the car park barrier.

From the underground car park, please take the elevator to the third floor.

