

Basic Check



You can't get healthy
in five hours.
But you can find out how
to stay healthy.

**It doesn't take long.
It doesn't hurt.
But it's worth your while.**

That sounds like the strategy of some innovative corporate consultant. But here we're talking about your health, the most important capital you've got. With the greatest in medical quality, we make it easy for you to invest a little bit of time in it. We personally guide you through all of our wards ensuring that you don't have to wait because medizinplus' Basic Check gets to the point fast. And our physicians are among the best in their business. That means we're looking for the same things, aren't we?



9.00	A talk with the patient, the patient's history and a physical examination
9.30	Lab examinations
9.45	Ultrasound examination
11.00	Heart diagnosis
12.00	Lung diagnosis
14.00	A final talk with the patient

Information and advice



An organisation of the Nuremberg Clinic

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Basic Check

- 1 A talk with the patient and the patient's history**
- 2 A physical examination with pulse, blood pressure and temperature**
- 3 Lab examinations**
 - Blood sedimentation rate (BSR)
 - Haemogram
 - Electrolytic
 - Blood fats: overall cholesterol, HDL, LDL cholesterol and triglycerides
 - Liver/gall bladder values: γ GT, GOT, GPT, LDH and cholinesterase, bilirubin
 - Electrolytic/metabolism: sodium, potassium, calcium, magnesium, zinc, iron and lipase
 - Blood sugar values, HbA1c
 - Kidney values: uric acid, creatinine, urea
 - Coagulation values: quick and PTT
 - Thyroid values: TSH
 - Urine examination
 - Prostate gland (PSA) with men over 40
 - Stool examination (in advance): testing for traces of blood

- 4 Examining the abdominal organs**
 - Ultrasound of liver, gall bladder, pancreas, bile, kidneys, prostate gland, uterus and ovaries
- 5 Examination of the thyroid**
 - Ultrasound
- 6 Vascular diagnosis**
 - Colour ultrasound examination of all of the large arteries, especially the brain and leg arteries and the leg veins
- 7 Lung diagnosis**
 - Spirometry (diagnosis of pulmonary function)
- 8 Heart diagnosis**
 - Resting ECG, exercise ECG and colour ultrasound of the heart
- 9 A final talk with the patient**

For everybody who wants or needs more

Basic Check^{plus}

The following is not included in the Basic Check

- + Smokers**
 - Computer tomography of the lungs
- + Gastrointestinal preventative medicine**
 - CEA and CA 19-9 tumour marker
 - Colonoscopy* (endoscopic examination of the intestine)
 - Oesophagogastroduodenoscopy* (endoscopic examination of the oesophagus, stomach and duodenum)
- + Gynaecology**
- + Eyes***
- + Lungs**
- + Cardio-pulmonary**
 - 24-hour ECG
 - 24-hour blood pressure measurement
- + Urology**
- + Ears/nose/throat**
- + Skin**

*For these examinations it is necessary to make special arrangements in advance. Please contact us for further information.



medizinplus: Expertise in an elegant ambience

State of the art high-tech medicine in almost every discipline and the ambience of a sophisticated hotel with its own kitchen, wellness area and conference room. That's what the medizinplus private clinic is all about. It is an organisation of the Nuremberg Clinic, one of the largest municipal hospitals in Europe. medizinplus patients have the entire array of the clinic's medical expertise at their disposal with more than 35 medical institutes and departments. You will find specialists for high-tech medicine and experts in consultation, prevention, check-ups and questions of general health.

- High-tech medicine in diagnosis and therapy
- Expertise from almost all fields of medicine
- Out-patient check-ups and admission to the clinic
- Senior physician care
- Single rooms with bath, television, DVD and internet
- Separate catering with our own cook
- Business and secretarial service and
- Recreational and event consultation for members