Center for Preventive Medicine
Munich
In our Center for Preventive Medicine, we offer you an individual health check-up. We consider it our aim to detect risks to health through preventive medical check-ups and to improve your achievement potential: *Life and Quality of Life* – that is our motto.

Early diagnosis of potential diseases is the central concern of preventive medicine. Our team of physicians will determine your personal risk profile together with you in order to give you the best possible support for your preventive health care. You have the choice among three intensity levels of health check-ups: *ClassicPlus*, *ClassicExtra* and *ClassicProFound*. You will find detailed information on the following pages.

Your time is valuable. Therefore, we perform the health check-up in less than one day (from Sunday afternoon to Monday at noon at most). You will have a pleasant stay in a relaxed hotel atmosphere and the appealing location right in the heart of Munich.
Health check-up *Classic* in less than 24h

- **01:00 p.m.** Final discussion
- **09:00 a.m.** Pulmonary function test
- **09:30 a.m.** Exercise ECG
- **10:30 a.m.** Dermatological preventive medical check-up
- **12:00 p.m.** Urological preventive medical check-up
- **08:00 a.m.** Sonography of the thyroid gland and upper abdomen, vessel Doppler, cardiac sonography (echocardiography)
- **07:30 a.m.** Gastroscopy/coloscopy (pleasant nap)
- **07:00 a.m.** Laboratory - anamnesis examination (on an empty stomach)**
- **Sun 04:00 p.m.** Prepacol und Mannit* in Hotel Bayerischer Hof (special rate for overnight stays has been arranged)

These appointed times may be organised for each individual case and may be varied according to your individual needs.

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1. *ClassicProFound*
2. *ClassicExtra*

* Medication for the preparation of the gastroscopy/coloscopy
**Please take your regular medication as usual – with a sip of water.
Your health check-up – a choice of three options

**ClassicPlus**
- Evaluation and explanation of the personal questionnaire
- Detailed questioning and internal medical examination
- Ultrasonic examination of the abdominal organs
- Ultrasonic examination of the thyroid gland
- Echocardiography of the heart (cardiac sound)
- Doppler sonography (ultrasound) of throat vessels
- Exercise ECG including resting ECG
- Pulmonary function test
- Laboratory: blood parameters with determination of all values relevant for preventive health medicine, tumor markers (CEA and PSA in men, CEA and CA 15-3 in women), thyroid function (TSH), urine status
- Detailed explanation of active health prevention through sport
- Detailed discussion of the results with your personal physician
- Detailed final medical report
- Reminder system for long-term measures

**ClassicExtra**
ClassicExtra includes all elements of ClassicPlus plus the following examinations:
- Urological preventive medical check-up (men)
- Dermatological preventive medical screening

**ClassicProFound**
ClassicProFound includes all elements of ClassicExtra plus the following examinations:
- Gastroscopy
- Coloscopy
- Nutritional counselling
Internal Medicine – Dr. med. Udo E. Beckenbauer and Colleagues
Cardiology – Prof. Dr. med. Karl Theisen and Colleagues
Gastroenterology – Dr. med. Albert Eimiller and Colleagues
Nutritional counselling – Dr. med. Claudia Milz

Further external examinations, e.g. gynaecology and cardiology MR/CT, can be organised by request.

Scientific advisory council, Center for Preventive Medicine
Prof. Dr. med. Martin Halle
Universitätsklinikum rechts der Isar
(University Hospital on the right side of the river Isar)–
Preventive and Rehabilitative Sports Medicine
Conollystraße 32, D-80809 Munich
INTERNAL MEDICINE

Diagnostics and therapy of the following diseases:

- Cardiovascular diseases
- Respiratory tract problems
- Gastrointestinal diseases
- Blood diseases
- Metabolic diseases
- Rheumatic diseases
- Arterial and venous diseases
- Infectious diseases
- Diseases of the musculoskeletal system
- Allergies
- Acute hearing loss and tinnitus
- Migraine

Other services:

- Travel medical counselling, vaccines
- Pre-operative care
- Infusion and injection therapies
- Health certificates
- Insurance examinations
- Medical certificates

Diagnostic procedures:

- X-Ray (heart, lung, spinal column)
- Sonography (heart, thyroid gland, abdominal cavity, arteries, veins)
- Echocardiography
- Stress echocardiography
- Pulmonary function test
- ECG
- Exercise ECG/spiroergometry
- Long-term ECG
- Long-term blood pressure measurement
- Laboratory examinations (examinations of blood, stool, urine, vaccine titre, Helicobacter breath test, food allergy tests, etc.)
- Cancer screening

We work closely with selected specialists of other medical departments.
CARDIOLOGY

Diagnostics and therapy of cardiac diseases and diseases of blood vessels:

- Cardiac arrhythmia
- Valvular heart defects
- Cardiac insufficiency
- Diseases of coronary heart vessels
- Hypertension
- Pre- and post-operative examinations
- Long-term ECG/blood pressure measurement
- Exercise ECG/spiroergometry
- Echocardiography
- Stress echocardiography
  (Cardiac ultrasound under stress)
- Examination of vessels

In collaboration with the University Clinic of the LMU Inner City (24-hour emergency medical care):

- Left and right-heart catheter examination
- Coronary angiography
- PTCA (dilation of narrowed coronary heart vessels)
- Pacemaker tests
- Defibrillator tests

www.lmu-kardiologie.de

Extended diagnostics in collaboration with further partners:

- Magnetic resonance tomography and computer tomography of the heart
- Myocardial scintigraphy
A healthy, physically-active lifestyle and early diagnosis may prevent the emergence of numerous diseases. However, “not being sick” is far from meaning that you have reached your optimum achievement potential. „Quality of Life“ will evolve only after Lifestyle-Risiken have been detected and avoided.

We consider it our job to provide regular specific preventive medical check-ups, medical consultation and recommendations regarding a healthy, physically-active lifestyle. Active health prevention through sports is an important part of preventive medicine. We are pleased to offer that to you in a competent, time-efficient, individual manner and in pleasant surroundings. Our individual health check-up will be performed in one of the most beautiful cities of Germany, right in the heart of Munich.

As an additional service to you, all relevant data will be stored in an electronically secure web-based patient record, to which you have world-wide access. An individual “Health Management” service will remind you of upcoming appointments and necessary measures on a diagnostic and therapeutic level.

www.hmo.de
Joint practice for Internal Medicine and Cardiology
Prof. Dr. med. Karl Theisen
Dr. med. Udo E. Beckenbauer

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Accommodation in hotel Bayerischer Hof.
www.bayerischerhof.de

We are pleased to take reservations.

Our opening hours
Mo–Fr: 08:00 a.m. – 12:00 p.m.
02:00 p.m. – 04:00 p.m.

Please always make an appointment,
except in cause of emergency.