



**UNIVERSITÄTS  
KLINIKUM** **FREIBURG**

Medical Center —  
University of Freiburg

# Check-up Programs



## Prevention is better than cure.



Regular check-ups are the best form of preventive health care as conditions diagnosed in their early stages can be better treated and even cured.

The Medical Center - University of Freiburg offers a range of health check-ups and special examinations for all age groups.

Our check-up programs are conducted on an out-patient basis and take from 1 to 3 days. All consultations are provided by a team of highly qualified (assistant) medical director.

While you are here for your check-up, you can stay at one of the Freiburg hotels and enjoy regional sightseeing tours and attractions.

Yours sincerely,  
International Medical Services  
Medical Center – University of Freiburg.



## Preventive Medical Check-up

2 DAYS OUT-PATIENT

- Consultation with the doctor
- Extensive laboratory analysis
- Resting ECG (electrocardiogram)
- 24-hour-ECG-monitoring (Holter)
- Blood pressure checks (including a 24-hour-monitoring)
- Ergometry: ECG-Stress test (treadmill, sitting, or lying down)
- Spirometry (examination of the lung function)
- Lung volume test by plethysmography
- Echocardiography
- Sonography of the abdomen, including Doppler ultrasound
- Sonography of the brain vessels
- Body composition assessment (measuring of body fat and muscle mass using plethysmography technology BodPod)
- Hearing test
- Evaluation of reasons for back pain
- Summary provided by the doctor, discussion of the examination results and written treatment plan.



2-5 DAYS OUT-PATIENT

## Diagnosis of Hepatitis B and C

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Extensive laboratory analysis
- Fibroscan of the liver
- Liver sonography
- Virological tests, virus intensity, viral load, genotype testing
- Gastroscopy, including multiple biopsies of gastric mucosa and histology
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



## Gastroenterological Check-up

2-3 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Extensive laboratory analysis
- Gastroscopy, including multiple biopsies of the esophageal, gastric, duodenal, and small bowel mucosa
- Testing for Helicobacter pylori
- Colonoscopy, including biopsy and, if necessary, polypectomy
- Liver sonography, abdominal ultrasound
- Rectoscopy and treatment according to the stage of haemorrhoids as found
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



1-2 DAYS OUT-PATIENT

## Cardiological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Extensive laboratory analysis
- ECG (electrocardiogram), ECG-stress test
- 24-hour-ECG-monitoring
- Echocardiography
- Stress echocardiography
- Peripheral ultrasound of the blood vessels (Doppler)
- Blood pressure test (including 24-hour-monitoring)
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan

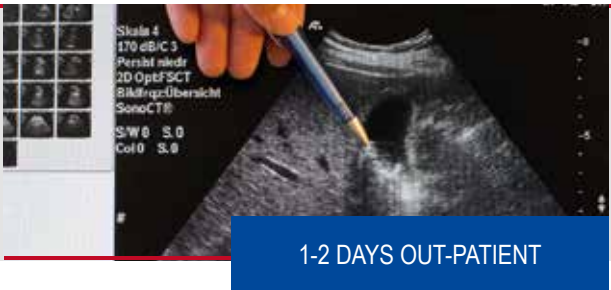


# Preventive Pulmonological Check-up

1-2 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Bodyplethysmography combined with spirometry to attain information about lung volumes, air flow and airway resistance
- Arterial blood gas (ABG) analysis to measure the amounts of oxygen and carbon dioxide in the blood, as well as the acidity (pH) of the blood

- Spiroergometry
- Detection of infectious agents via blood tests and cytological examination of sputum
- Lung X-ray
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



1-2 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Urological examination (palpation of the testicles and spermatic cords)
- Ultrasound of abdomen and the urinary tract
- (Color-) Doppler sonography
- Encoded ultrasound of the vessels in the small pelvis and scrotum
- Digital rectal ultrasound of the prostate gland

# Urological Check-up

- Extensive blood tests, including male hormones
- General urin test, uroflow
- Tumor marker blood test including PSA blood test
- Medical consultation on vitality and potency
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



# Preventive Pulmonological Screening

1-2 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; physical examination; differential diagnostics; selection of required medical tests)
- General spirometry
- Extended spirometry to attain information about the airway resistance and to measure the static compliance
- Blood gas (ABG) analysis to measure the amount of oxygen in the blood

- Detection of infectious agents via a special microbiological examination of the sputum
- Two-plane chest x-ray
- Low-dose thorax CT
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations and, if necessary, written treatment plan



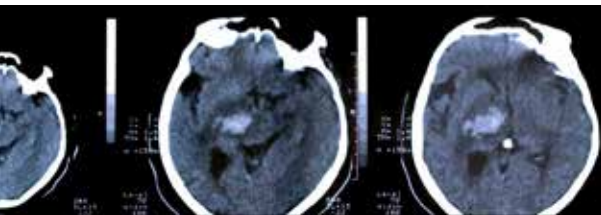
1-2 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Gynecological examination
- Cervical cancer screening test
- Vaginal ultrasound

# Gynecological Check-up

- Breast ultrasound
- Mammography
- Microbiological tests
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan





1-2 DAYS OUT-PATIENT

## General Neurological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- EEG (electroencephalogram)
- Hyperventilation test
- Transcranial Doppler ultrasound
- Ultrasound of the arteries in the neck and blood vessels in the brain
- (Color-) Doppler Sonography
- Magnetic Resonance Imaging (MRI) or Computer Tomography (CT) scan of the brain
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



7 DAYS OUT-PATIENT

## Oncological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Extensive laboratory analysis (blood test, tumor markers)
- PET-CT
- Tumor biopsy
- Pathological analysis of type and kind of tumor
- MRI, CT
- Ultrasound, Duplex
- Discussion and definition of optimal treatment at the interdisciplinary oncological conference with specialists from various medical fields
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan.



1-2 DAYS OUT-PATIENT

## Neurological Check-up by Multiple Sclerosis

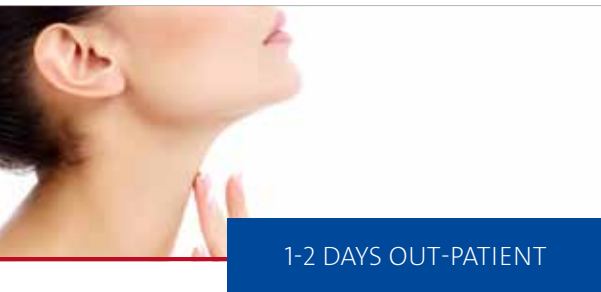
- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- EEG (electroencephalogram)
- Hyperventilation test
- Transcranial Doppler ultrasound
- Ultrasound of the arteries in the neck and blood vessels in the brain
- (Color-) Doppler sonography
- Combination of PET (Positron Emission Tomography) and X-ray CT (X-ray/computed tomography)
- Lumbar puncture
- Electromyography, nervsonography, evoked potentials
- Summary provided by the doctor, discussion of the examination results, elaboration of the medical recommendations, and, if necessary, writing out the treatment plan.



1-2 OUT-PATIENT

## Neurological Check-up by Parkinson's Disease

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- EEG (electroencephalogram)
- Hyperventilation test
- Transcranial Doppler ultrasound
- Ultrasound of the arteries in the neck and blood vessels in the brain
- (Color-) Doppler sonography
- Combination of PET (Positron Emission Tomography) and CT (Computed Tomography)
- Magnetic Resonance Imaging (MRI) or Computer Tomography (CT) scan of the brain
- Electromyography, nervsonography, evoked potentials
- Summary provided by the doctor, discussion of the examination's results, elaboration of the medical recommendations, and, if necessary, writing out the treatment plan.



## Endocrinological Check-up of the Thyroid

1-2 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Physical examination of the thyroid
- Ultrasound examination of the thyroid and cervical lymph nodes
- Thyroid scintigraphy
- Fine needle aspiration biopsy (FNAB) if recommended by the doctor
- Comprehensive blood test including hormones and antibodies
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



## ENT Check-up

1-2 DAYS OUT-PATIENT

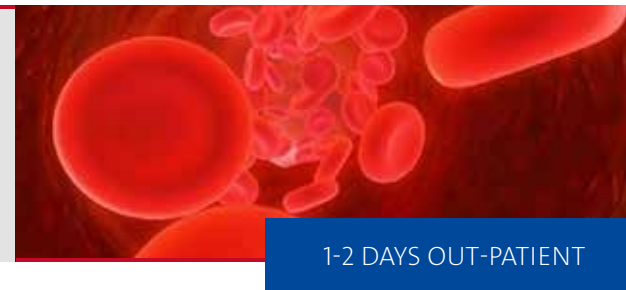
- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Examination of the ear, nose and throat
- Ultrasound examination
- Test for spontaneous nystagmus
- Tone threshold and supra-threshold audiometry
- Microscopic examination of the ear
- Acoustic impedance test
- Rhinomanometry
- Nasal and nasopharyngeal endoscopy
- Laryngoscopy
- Smell and taste testing
- Summary provided by the doctor, discussion of the examination results, elaboration of the medical recommendations, and, if necessary, written treatment plan



## Allergological Check-up

3-5 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Immunoglobulin test (IgE)
- Extensive laboratory analysis
- Skin tests for systemic and seasonal allergy (19 allergens)
- Allergy diagnostics by means of the Immuno CAP ISAC system
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations, and, if necessary, written treatment plan



## Phlebological Check-up

1-2 DAYS OUT-PATIENT

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- General examination
- Doppler ultrasound: measurement of intravascular pressure and flow in blood vessels of the lower extremities
- Measurement of ankle-brachial index (ABI)
- Capillar microscopy
- Light reflection rheography
- Ergometry: ECG-Stress test
- Summary provided by the doctor, discussion of the examination results, elaboration of the medical recommendations, and, if necessary, written treatment plan



## Dental Prophylaxis Check-up

1-2 DAYS OUT-PATIENT

- Consultation with the doctor
  - Thorough examination of the face/neck region: moles, lymph nodes, skin changes
  - Thorough examination of the oral cavity: teeth, possible professional tooth cleaning, oral mucosa disease and cancer precursors, oral cavity health and tongue
  - Ultrasonic examination of the head/neck area: lymph node status, assessment of the major salivary glands, mandibular gland and evaluation of the carotid arteries
- X-ray image overview of the upper and lower jaws showing the teeth and temporomandibular joint
  - Where applicable: digital volume tomography
  - Upon request: patients may receive files with their images
  - Summary provided by the doctor, discussion of the examination results and further treatment recommendations







## Imprint

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International Medical Services

**Universitätsklinikum Freiburg, IMS**

Breisacher Str. 86 b

79110 Freiburg

Germany

Telephone: +49 761 270 21310

Fax: +49 761 270 19310

[info-ims@uniklinik-freiburg.de](mailto:info-ims@uniklinik-freiburg.de)

[www.ims.uniklinik-freiburg.de](http://www.ims.uniklinik-freiburg.de)