



**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. All consultations are provided by a team of highly qualified medical personnel.

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.



### 1-2 DAYS OUT-PATIENT

## Preventive Medical Check-up for Adults

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- 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 further treatment recommendations.



### 2-3 DAYS OUT-PATIENT

## Gastroenterological Check-up

- 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 with histological analysis
- Testing for Helicobacter pylori

- Colonoscopy, including biopsy with histological analysis
- Liver sonography, abdominal ultrasound
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations
- Breathing test for lactose or fructose intolerance, as well as dysbiosis, if recommended by the doctor, can be arranged at additional costs





2-5 DAYS OUT-PATIENT

## Diagnosis of Hepatitis

- 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
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



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
- Cardio CT-scan, MRI or coronary angiography can be arranged at additional costs



1-2 DAYS OUT-PATIENT

## Preventive Pulmonological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Body plethysmography 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
- Detection of infectious agents via blood tests and examination of sputum
- Lung X-ray
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



1-2 DAYS OUT-PATIENT

## Preventive Pulmooncological Screening

- 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 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



1-2 DAYS OUT-PATIENT

## Urological Check-up

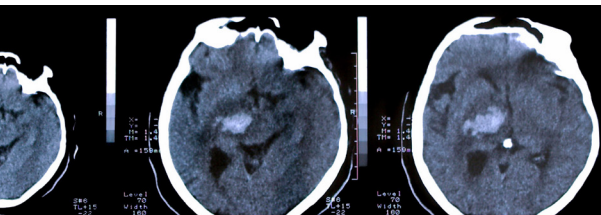
- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Urological examination
- Ultrasound of abdomen and the urinary tract
- Coloured Doppler ultrasound
- Encoded ultrasound of the vessels in the small pelvis and scrotum
- Digital rectal ultrasound of the prostate gland
- Extensive blood tests, including male hormones and tumor marker PSA
- General urin test, uroflow
- Medical consultation on vitality and potency
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



1-2 DAYS OUT-PATIENT

## Gynecological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Gynecological examination
- Cervical cancer screening test
- Vaginal ultrasound
- Breast ultrasound
- Mammography
- Microbiological tests, PCR to detect infections
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



1-2 DAYS OUT-PATIENT

## General Neurological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- EEG (electroencephalogram)
- Transcranial Doppler ultrasound
- Ultrasound and color flow doppler of the arteries in the neck and blood vessels in the brain
- MRI or CT of the brain
- Electromyography and evoked potential tests
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



1-3 DAYS OUT-PATIENT

## Neurological Check-up for Multiple Sclerosis

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- EEG (electroencephalogram)
- Transcranial Doppler ultrasound
- Ultrasound and color flow doppler of the arteries in the neck and blood vessels in the brain
- MRI or CT of the brain
- Lumbar puncture
- Electromyography and evoked potential tests
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



## 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



## Neurological Check-up for Parkinson's Disease

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- EEG (electroencephalogram)
- Transcranial Doppler ultrasound
- Ultrasound and color flow doppler of the arteries in the neck and blood vessels in the brain
- MRI or CT of the brain

- Electromyography and evoked potential tests
- DaTSCAN™/PET-CT
- Tremor analysis
- Summary provided by the doctor, discussion of the examination's results and further treatment recommendations





1-2 DAYS OUT-PATIENT

## Check-up of the Thyroid

- 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
- Comprehensive blood test including hormones and antibodies
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations
- Fine needle aspiration biopsy (FNAB) can be arranged at additional costs



3-5 DAYS OUT-PATIENT

## Allergological Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Immunoglobulin test (IgE)
- Extensive laboratory analysis
- Skin tests for various allergens
- Testing with ImmunoCAP® ISAC immunoassay platform
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



1-2 DAYS OUT-PATIENT

## ENT Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Examination of the ear, nose and throat
- 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 and further treatment recommendations
- BERA (brainstem-evoked response audiometry), CT-scan and allergy testing, if recommended by the doctor, can be arranged at additional costs



1-2 DAYS OUT-PATIENT

## Phlebological Check-up

- 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 and further treatment recommendations



1-2 DAYS OUT-PATIENT

## Dental Prophylaxis Check-up

- Consultation with the doctor (medical history; differential diagnostics; selection of required medical tests)
- Examination of the face/neck region and of the oral cavity (caries, restoration status)
- Aesthetic assessment of oral cavity, possible professional cleaning of teeth and oral mucosa, diagnostic of oral mucosa disease (cancer precursors), as well as gums and tongue diseases
- Ultrasonic examination of the head/neck area (lymph node status, assessment of the major salivary glands, mandibular gland, evaluation of the carotid arteries)
- X-ray image overview of the upper and lower jaws showing the teeth and temporomandibular joint
- If applicable: digital volume tomography (low-radiation X-ray method)
- Upon request: patients may receive digital files with their images
- Summary provided by the doctor, discussion of the examination results and further treatment recommendations



## Second opinion and online consultations

Enquiring about all possible treatment options is vital prior to making a decision.

The Medical Center - University of Freiburg offers an excellent opportunity to receive an additional consultation while eliminating the extra costs of travelling.

You can ask our doctors to confirm your diagnosis and discuss your treatment options with our senior specialists.

The Medical Center - University of Freiburg offers the following types of second opinion services:

- Teleconsultation - online video consultation with our senior medical specialist
- Teleradiology - evaluation of radiological images (PET/CT, CT, MRI) or X-ray
- Written second opinion - written report from a senior medical specialist.



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