

State-of-the-art technology for people



DÜSSELDORF



Diagnosis and
prevention



Sustainable health



Welcome to radprax Düsseldorf

We are pleased that you are interested in radprax and the services offered by our preventive medicine institute!

The idea of prevention is not new. We all know the saying “an ounce of prevention is worth a pound of cure”. Prevention however is becoming ever more important. Although the average age of the population is increasing, many people in middle age suffer from chronic diseases. Above all people under stress are frequently subject to lifestyle diseases such as high blood pressure, diabetes, and heart attack. We want to help you identify your own health status and individual risks so that you can leave us, in the best case, with the comforting feeling that you are in good health.

If we diagnose a specific disease, we are pleased to refer you to the appropriate specialists. We also want to reach those decision-makers

in businesses that consider it their responsibility to invest in the health and well-being of their employees. This brochure provides you with the initial important information about the opportunities and advantages of targeted prevention. Upon request we will develop with you a special prevention package designed for your needs (a so-called Individual Check).

Warm regards

Your radprax team



Health and resilience are not delivered free of charge

We all want to stay fit and healthy as we get older. We want to continue to master the challenges of every-day life with undaunted enthusiasm and energy. In our professional lives maintaining the fitness of our youth can become imperative as in today's working environments 24/7 commitment and dedication is often part of the job description.

Health and resilience, however, do not come free of charge, a fact we tend to overlook until our body sends out unambiguous signals: sleeping problems, tense muscles, sometimes even depression.

At that point our health is already impaired, the delicate balance between positive stress and relaxation disturbed. If we continue to ignore our body's signals, serious diseases can develop.

Today, chronic conditions such as high blood pressure and diabetes or events such as myocardial infarction occur much earlier in life than a few generations ago. Cardiovascular disease is the # 1 cause of death.



- In Germany, almost every two minutes a myocardial infarction or stroke caused by thickening of the vessel walls (so-called arteriosclerosis) occurs.
- A third of all patients taken to hospital for an acute myocardial infarction are dead on arrival.
- Severe disorders of the cardiovascular system account for approx. 400,000 deaths each year.
- Coronary heart disease causes a third of all deaths.
- Every year, more than 90,000 patients die from sequelae of a myocardial infarction. Approximately the same number of persons does not survive a stroke.

- Two thirds of all patients diagnosed with a myocardial infarction did not show symptoms prior to the event.

The second most frequent cause of death is cancer in its various forms.

- In Germany, approx. 200,000 men and approx. 194,700 women are diagnosed with new cancer every year.
- More than 210,000 people die of cancer every year.



Prevention is the first step to peace of mind

A sound balance between work and leisure, physical activities and pleasure is crucial for our physical and emotional well-being. We have to learn to recognise the signals sent by our body and take them seriously. Targeted prevention thus ought to be an elementary component of our personal healthcare, if we want to enjoy healthy aging and the life and performance quality that go with it.

Preventive examinations create clarity as to the current health condition. In the best case you leave us knowing that your health is “in good order”.

If our findings appear conspicuous or risky, then targeted measures as well as recommendations for a healthier lifestyle can often prevent acute illness.

Early detection of a disease and timely introduction of the appropriate therapy can increase enormously the chances of cure.

Thus a potential heart attack, due to changes or expansion of the vascular walls (arteriosclerosis, aneurysms), or degenerative changes in the spine as well as cancer can be discovered through preventive examinations and treated in the early stages.



Cardiovascular diseases – early diagnosis minimises risks

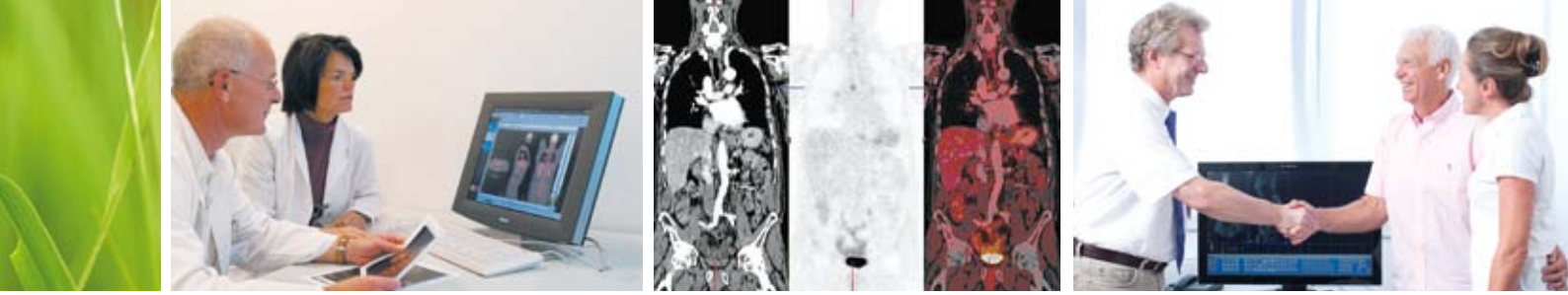
Important to know: arteriosclerosis is typically responsible for congestion of an artery that causes a heart attack.

The latest research shows however that fat particles, e.g. in the coronary vessels are far more dangerous. Unfavourable conditions such as smoking, insufficient exercise or imbalanced nutrition mean that these fat particles dock on to the walls of the arteries and change there.

The fat turns “rancid” and causes an inflammation that has to be battled by the immune system. These so-called soft plaques, which are separated from the blood by a thin cellular layer, normally cause no pain and therefore often remain undetected.

The cell layer however can rupture – for reasons that are not exactly known. If that happens the plaque is suddenly exposed and the blood’s clotting system is activated. Ultimately a clot is formed that closes the coronary vessels. The muscle tissue behind the congestion is no longer supplied with blood and atrophies, causing a heart attack.

Modern preventive examinations can visualize such soft plaques as well as possible cardiac sclerosis. Thus a heart attack risk can be identified early. As patient, you can greatly reduce the risk of a heart attack by a change in lifestyle and suitable medical care.



Tumours – early detection increases chances of cure

Also important to know: there is no such thing as the disease “cancer” or just “cancer”. Cancer is in fact a variety of different, usually malignant conditions.

The cancer types are usually named according to the kind of cells where the illness originates. Cancer or tumour cells are caused by defects in cell division: i.e. a healthy cell mutates and is so to speak “out of control”.

All cancers are malignant since the “malignant” cell can penetrate adjacent tissue or via the blood or lymphatic system it can travel to a distant organ. This is called metastasis.

A healthy life, burdened by as few toxins as possible, is an important strategy to prevent healthy cells from mutating. However since complete

protection is practically impossible today, regular preventive examinations are a sensible precaution.

Due to their small size, early-stage tumours often cause no complaints. They are only noticed when other sequelae appear. Therefore it is exceptionally critical to detect them in the early stages by means of good and appropriate imaging.

Most malignant tumours can be successfully removed or destroyed if they are recognised early enough!



Our services

radprax Vorsorgeinstitut Düsseldorf offers companies and individuals preventive examinations for radiological and internal medicine diagnostics as well as holistic and sustainable health consulting. We focus on diagnosis of cardiovascular and oncological diseases, i.e. heart and vascular diseases and the different types of cancer.

The preventive check tailored for each of our clients is based on state-of-the-art medical diagnostic technology and detailed data assessment. Magnetic resonance imaging (MRI) and computed tomography (CT) provide exact three-dimensional presentations of the vascular system and organs. All our clients receive a well-founded and detailed report describing their

health condition. If risks are identified, an illness can often be prevented by targeted measures. Manifest diseases on the other hand can be treated in the early stages by introducing the appropriate therapy.

Magnetic resonance imaging (MRI) is one of the most advanced radiological examination modalities.

MRI is a special form of slice examination, which in contrast to computed tomography (CT) does not involve the use of x-rays but applies magnet fields and radio waves.

Slice images of all body regions in all spatial planes allow assessment of the organs and many pathological organ changes.



Our radprax preventive checks

The aim of our radprax preventive checks is to detect potential weaknesses throughout your body early. For this purpose we use modern technologies in magnetic resonance imaging, computed tomography and ultrasound.

In addition we offer scientifically based health advice in cooperation with preventive medicine specialists, internists, and cardiologists in order to help you “age in health”.

radprax cardiovascular checks

radprax cardiovascular preventive checks provide a comprehensive overview of the health of your entire cardiovascular system. This check is supplemented by a laboratory blood analysis and an internal medical examination.

radprax sports check

The radprax sports check assesses the health of your heart, your spine and your joints.



radprax complete body check

Our radprax complete body check gives you a comprehensive overview of the health of your organs, muscular, skeletal and vascular system. This check is supplemented by a laboratory blood analysis and an internal medical examination.

Additional services

Upon request we offer additional radprax services on the day of your preventive check:

- Dental screening
- Skin screening/ melanoma check
- ENT prevention check
- Kidney and bladder check
(women and men)
- Urological check for men, including prostate, testicles and penis
- Gynaecological check

Reimbursement by health insurers

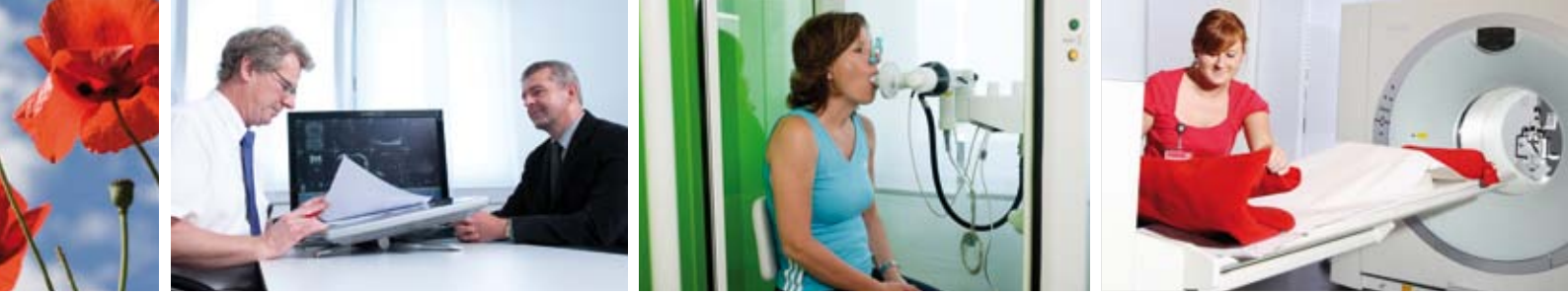
Health insurers are not obliged to reimburse costs for optional services and preventive examinations since these are considered so-called "demand services".

However some insurers are willing to cover individual services and will at least partially reimburse the cost if there is a justifiable indication.

Your bill will be prepared for you based on the physicians fee ordinance, "Gebührenordnung für Ärzte" (GOÄ), and contains a detailed list of the examinations and consultations comprising your preventive check, including the codes allocated to them under the GOÄ.

Thus reimbursement by your health insurer is possible at any time.

For further questions pertaining to reimbursement, please call us at **02 11 / 22 97 32 - 22**.



A typical check-up day

Below we introduce to you the itinerary for a typical preventive check using the example of the radprax cardiovascular check.

Making the appointment

After exhaustive consultation and the preparation of your health risk profile, we will develop a suitable check programme with you.

This comprises the examinations that make sense for you. As necessary we also book additional consultations with other medical specialists (cardiologists, urologists, gynaecologists, dentists, dermatologists, etc.).

As soon as you have agreed your check with us, you will receive all the important information by mail as well as an exhaustive medical history form.

Upon request we will gladly reserve a hotel room for the duration of your stay.

On the day of your check-up

8:00 am – We await you at radprax and take a blood sample from you for laboratory testing.

8:15 am – We escort you to the private room reserved for you, furnished with technical equipment such as telephone, fax, TV and internet connection, along with an en suite bathroom. Here you can change in peace and prepare for the examinations. You can also relax in your room between each examination.

8:30 am – The physician responsible for you visits you in your room and conducts an exhaustive interview to establish a medical history.

9:20 am – Examination 1 – MR angiogram of the entire vascular system.

10:30 am – Examination 2 – Internal medical examination (electrocardiogram at rest, lung function, fundus examination).



11:00 am – Examination 3 – Ultrasound examination of the vessels supplying the brain.

11:30 am – Break – Luncheon either in our lounge with roof terrace or in the Maritim Hotel, in the immediate vicinity (3 minutes by foot).

01:00 pm – Examination 4 – Cardiac MRI.

02:30 pm – If applicable, examination 5 (only if indicated by the radiological ordinance – RöV) – cardiac CT.

03:00 pm – If applicable, supplementary service – full dental screening.

04:00 pm – Break – When the weather is fine, enjoy a cup of coffee or cappuccino on our roof terrace or relax in your private room.

Approx. 04:30 pm – Exhaustive final discussion of your results with the physician responsible for you.

You will receive a CD-ROM with all the image files from your check and a folder with all the examination results for your records.



Enjoy a cappuccino during your break!

Arriving by car

Via motorway follow the signs to Flughafen Düsseldorf. This will bring you automatically to the A 44 motorway. Take exit A 31 “Düsseldorf Flughafen”.

Then follow the signs to “Ankunft” (Arrivals), then to “Airport City”. In the first roundabout take the third exit.

In the second roundabout take the first exit into the Peter-Müller-Straße. You will find “radprax” after approx. 150 m (red/ grey building with bays on each floor).



Arriving by bus and S-Bahn

BUS 721, SB 51, 760, 896. Stop: Flughafenverwaltung or Flughafen Terminal

S-BAHN (City Rail) S11: Station Terminal A or B

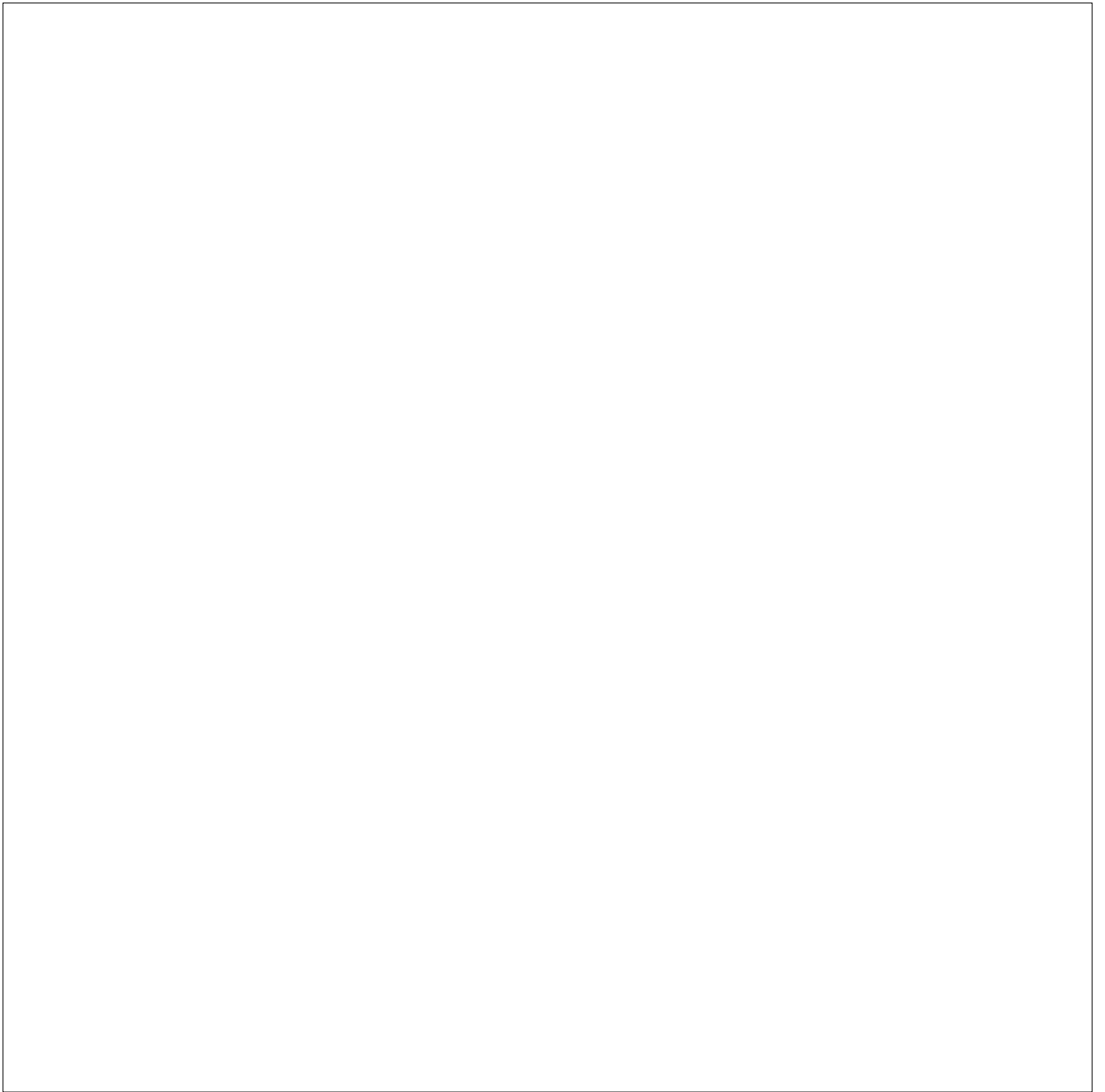
S-BAHN S1: Station “Düsseldorf Flughafen”. Then transfer to the SkyTrain. Station: Terminal A or B.

Follow the signs to the “Maritim Hotel”. Cross the arcade of the Maritim Hotel and go directly to the Peter-Müller-Straße.

Parking

There is free parking available for our preventive check clients in the underground car park for the entire duration of their stay. The entrance to our underground car park is directly in front of the “Porschezentrum”. Please drive to the gate and ring “radprax”. The lift from the car park takes you to the third floor.

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