



„I DON'T WANT TO
BELIEVE THAT I'M
HEALTHY. I WANT TO
KNOW IT.“

radprax whole body check-ups.

State-of-the-art imaging diagnostics and premium medicine

A conscious decision



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WELCOME TO THE RADPRAX INSTITUTE FOR PREVENTIVE MEDICINE IN DUESSELDORF

The radprax Institute for preventive medicine in Dusseldorf, Airport City offers private individuals and companies modern Whole body check-ups at the highest medical and technical level in a first-class ambience.

The institute was founded in 2007 and belongs to the radprax Group, a medium-sized group of several medical care centers (MVZ) located in North Rhine-Westphalia, 13 sites, more than 400,000 examinations per year, 65 specialists (radiologists, cardiologists nuclear medicine and Radiation therapists) with more than 40 years of experience.

Our ambition - your advantages

- The special feature of the radprax Institute for preventive medicine is the high-tech whole-body diagnostic (e.g. organs, vessels and spine) with a modern 3 Tesla magnetic resonance imaging scanner (MRI), specialized for the exclusion and early detection of cancer and vascular diseases.
- Modern ultrasound and functional examinations (e.g. spiro-ergometry, bodyplethysmography, cardiac ultrasound) and comprehensive laboratory diagnostics enable a holistic view of the health status and the detection of weaknesses, especially disorders of the metabolism and vascular system.
- The radprax philosophy in preventive care is to early and reliable detect serious illnesses throughout the body through the combination of MRI whole body scans and additional medical examinations.
- Each check-up customer receives a compact in one day certainty about his whole body health status. The doctors (radiologists and cardiologists) explain the results directly at the end of the check-day and provide detailed recommendations for action.
- Comfort is offered by a modern, pleasant atmosphere and personal care.
- radprax basically pursues the „whole body view“. On request, however, we also offer Whole-body check-ups only with MRI, purely internal Whole body check-ups or individual check-ups with the focus on some of your selected areas of focus.



HOW COINCIDENTAL AND SELF-INDUCED IS HEALTH?

Let's be honest: Who of us doesn't want to live long and healthy?

A conscious lifestyle often puts the fulfilment of this wish within reach. In addition to the frequently debated „worklife balance“, this particularly includes physical activities and a healthy nutrition.

But even then, healthy living does not preclude the possibility of a severe disease. Today, many chronic illnesses such as hypertension, diabetes and heart attacks unfortunately occur increasingly early – without us even noticing the symptoms. In Germany over 500,000 people die from cardiovascular disorders and cancer every year.

Family predispositions or so far undetected metabolic diseases increase the personal risk.

Nevertheless, for both cases – cancer and cardiovascular diseases – the same principle remains: An early detection and promptly initiated adequate therapy not only often prevents the outset of a disease but also enormously increases the chances of recovery.

With a radprax whole body check-up, you will benefit from the possibilities offered by modern medical technology in order to obtain certainty on your health status, to find out details of any weaknesses in your body, and – as required – to be able to take countermeasures at an early stage.



FOR WHICH DISEASES CAN EARLY DETECTION AS A RESULT OF PREVENTIVE HEALTH CARE BE PARTICULARLY IMPORTANT?

Soft plaques – the harbinger of a heart attack or a stroke.

You've probably heard about vascular calcifications in the arteries. Calcifications are often held responsible for blocking arteries and thus causing a heart attack or a stroke. The latest research findings, however, prove that other vascular deposits present a far greater risk: fat particles. Under unfavourable conditions such as smoking, lack of exercise or an unbalanced nutrition, these fat particles remain in the arterial walls, where they undergo change. The fat becomes so-to-speak „rancid“ and causes an inflammation, which is attacked by the body's immune system. As a result of this, a fatty deposit consisting of cholesterol particles and fragments of dead cells forms, which is only separated from the bloodstream by a thin cell layer. This deposit is known as soft plaque.

The bad thing about soft plaques: They don't usually cause any symptoms and thus often remains undetected. The reason for the enormous increase in heart attacks and strokes lies particularly in the fact that we unduly strain our arteries by an unhealthy lifestyle. This includes smoking, hypertension, diabetes, unbalanced nutrition and adipositas (obesity), raised cholesterol levels, stress, lack of exercise as well as hereditary factors (heart attacks in the family history). Furthermore, the risk increases from the age of 35.

Fortunately, preventive medical check-ups using state-of-the-art technologies allow the detection of such soft plaques at an early stage. This way, only a reliable diagnostic method can rule out the presence of coronary heart disease (CHD) with over 98% certainty. This applies, in particular, to those patients with an increased risk of heart disease. Consequently, a potential risk is detected at an early stage, and you as a patient can greatly reduce the risk of a stroke or a heart attack in the future by changing your lifestyle and appropriate medical supervision.



The best form of cancer therapy is early detection.

“The cancer disease” or „cancer“ as such does not exist. In fact, „cancer“ is actually a large number of widely different, malignant diseases. The different types of cancer are usually named after the body cells, in which the disease forms. Cancer or tumour cells develop, when mistakes occur in cell division: i.e., a healthy cell mutates and thereby loses control of its division. This is frequently referred to as a genetic accident. As a result, the mutated cell ultimately grows into a tumour.

Common to all cancer tumours is their malignancy. The „malignant“ cell can not only penetrate into adjacent tissue but also settle in other organs – reaching them by the blood stream or the lymphatic system. This is known as metastatic disease..

Only early on is in time.

One way of preventing healthy cells from mutating lies in a healthy lifestyle and being exposed to a minimum of pollution. This, however, is hardly achievable in today's world. An additional factor is that many tumours produce no symptoms at the early stage due to their small size. This means that they are only detected when other symptoms subsequently appear, thus diminishing the chances of recovery.

What is certain: the earlier the detection, the greater are the chances of surviving cancer. Modern imaging diagnostics using the latest 3 Tesla magnet resonance imaging devices assist this process.



radprax whole-body MRI scan (about 1 hour)

THE RADPRAX PREVENTIVE HEALTH CARE CONCEPT

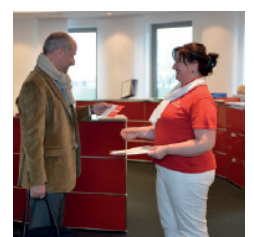
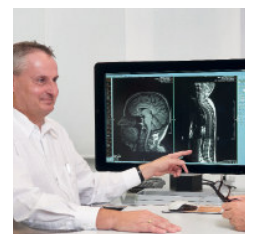
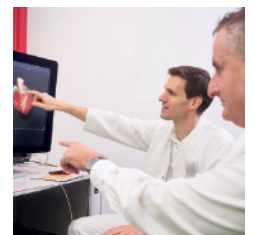
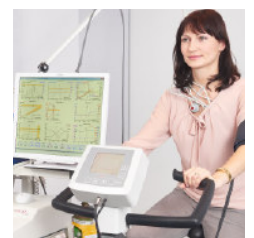
Get a holistic understanding of your health

All radprax whole body check-ups follow a holistic approach to detect potential weak points of your entire body at an early stage. We use state-of-the-art technology in the field of magnetic resonance imaging, computed tomography and ultrasound.

After all, our customers do not only want to believe that they are healthy, they want to know.

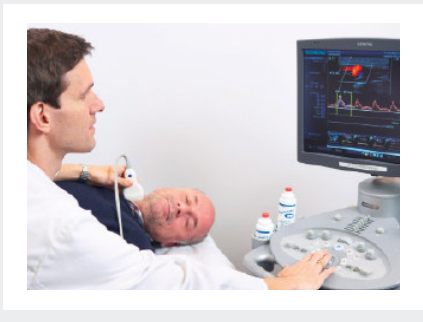
Your private check-up day with the example of a radprax whole body combination check (MRI + internal)


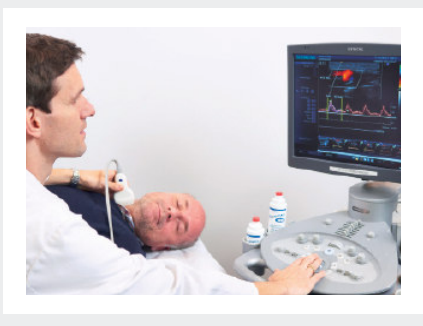
- 8.00** Personal reception at the radprax Institute of prevention medicine
We will bring you to your private room (with shower and free WLAN).
- 8.15** Blood drawing for the laboratory findings
After this you have a snack.
- 8.45** A detailed consultation with your attending doctor on your personal medical history.
- 9.15** Examination 1: Imaging of the entire vascular system (MRA)
Examination 2: Imaging of the organs, spine and muscles (MRI)
Examination 3: additional examinations (Rest-ECG, Ergo-Spirometry, ocular fundus (eyeground) measurements, Bodyplethysmography, ABI measurement)
Examination 4: ultrasound scan of the vessels supplying the brain and the thyroid as well as ultrasound of the heart.
- 12.00** We serve you a breakfast.
- 14.00** Your doctor will explain the results in detail.
In addition, our cardiologist will give you tips, advices and recommendations.
- 16.00** Finally, you will be given a folder with all your documents as well as a CD-ROM containing your image data.



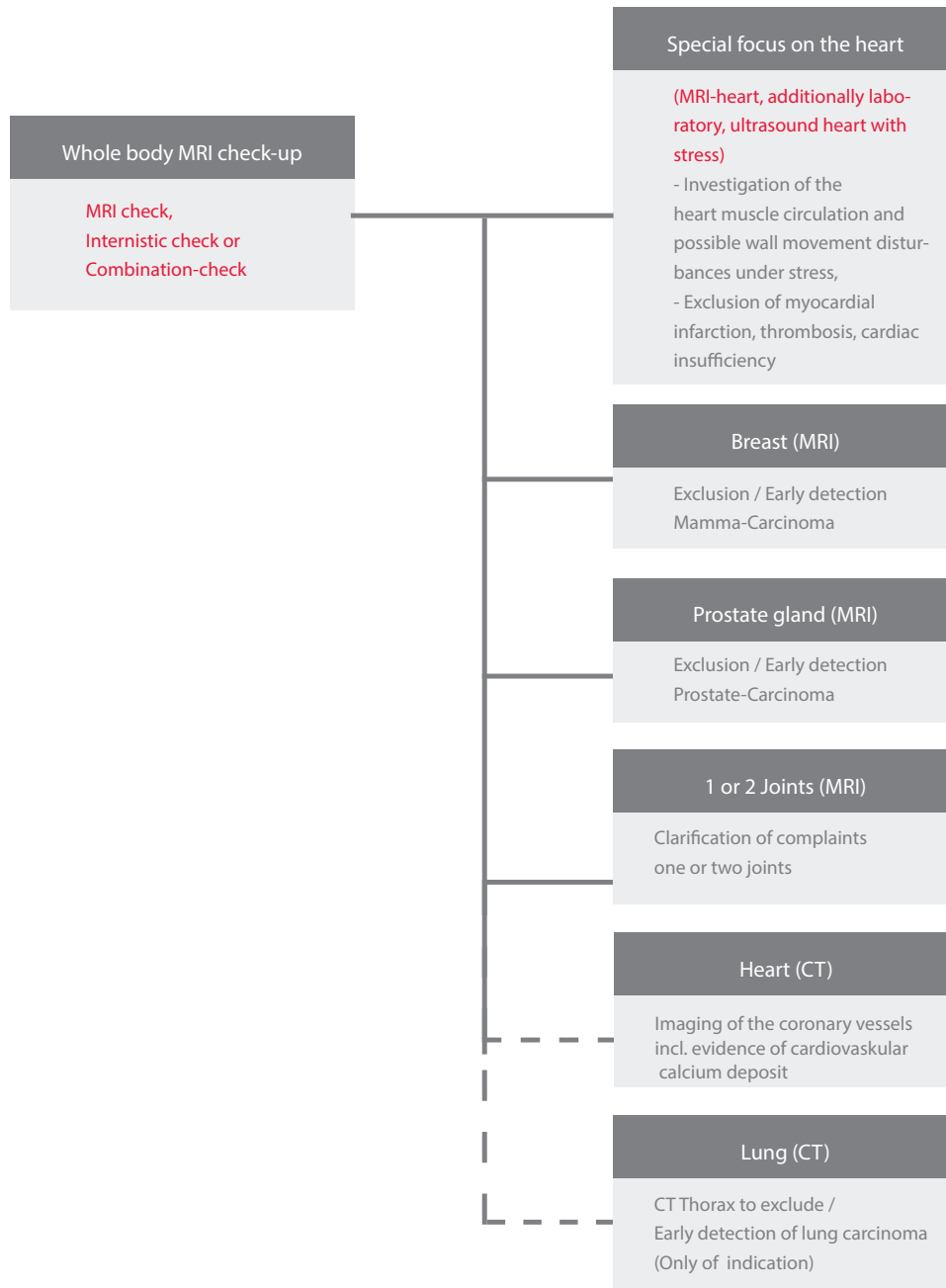
Our three Whole body check-ups

radprax whole body MRI check	Duration: ca. 4h	Focus
		<p>Early detection of cancer: Whole body MRI</p> <p>Early detection of Vascular disorders: Whole body MR-Angiography</p>

radprax whole body Internal check	Duration ca. 6 h	Focus
		<p>Holistic health status: Rest- ECG, Ergo-Spirometry, ocular fundus measurements, laboratory, bodyplethysmography, ABI-Measurement, ultrasound scan of the vessels supplying the brain and the thyroid as well as ultrasound of the heart and abdomen</p>

radprax whole body Combination check	Duration ca. 7h	Focus
		<p>Early detection of cancer:: Whole body MRI</p> <p>Early detection of vascular disorders:: Whole body MR-Angiography</p>
+		
		<p>Holistic health status: Rest- ECG, Ergo-Spirometry, ocular fundus measurements, laboratory, bodyplethysmography, ABI-Measurement, ultrasound scan of the vessels supplying the brain and the thyroid as well as ultrasound of the heart</p>

Complete your Whole body check-up if necessary
 Some additional option if you are still paying attention



LABORATORY SERVICES

OUR CHECK - UPS INCLUDE THE FOLLOWING LABORATORY PARAMETERS

FULL BLOOD COUNT:

- ERYTHROCYTES
- LEUKOCYTES
- HEMOGLOBIN
- HEMATOCRIT
- MCV (MEAN CELL VOLUME)
- MCH (MEAN CELL HEMOGLOBIN)
- MCHC
- MENTZER - INDEX
- PLATELETS
- NEUTROPHILS
- LYMPHOCYTES
- BASOPHILS
- EOSINOPHILS
- MONOCYTES

BLOOD CHEMISTRY:

- CK (CREATINE KINASE)
- GLUCOSE
- GPT
- GGT
- ALKALINE PHOSPHATASE
- TOTAL BILIRUBIN
- ALT (ALANINE TRANSAMINASE)
- AST (ASPARTATE TRANSAMINASE)
- GAMMA GT (GAMMA-GLUTAMYL TRANSPEPTIDASE)
- CHOLESTEROL
- HDL CHOLESTEROL (HIGH-DENSITY LIPOPROTEIN)
- LDL CHOLESTEROL (LOW-DENSITY-LIPOPROTEIN)
- HDL/LDL
- TRIGLYCERIDES

BLOOD CHEMISTRY:

- CHOLINESTERASE
- SODIUM
- POTASSIUM
- CALCIUM, TOTAL
- MAGNESIUM
- UREA
- URIC ACID
- CREATININE
- FERRITIN
- GFR (AFTER THE CKD - EPI FORMULA)
- GFR (BY BIS1 FORMULA)
- TOTAL PROTEIN
- ALBUMIN
- ALPHA - 1
- ALPHA - 2
- BETA - GLOBULINS
- GAMMA GLOBULINS
- PHOSPHATE
- LIPASE
- LACTATE DEHYDROGENASE
- VITAMIN D 3

BLOOD SUGAR:

- GLYCOSYLATED HEMOGLOBIN HBA1C STANDARDIZATION DCCT / NGSP (%)
- GLYCOSYLATED HEMOGLOBIN HBA1C STANDARDIZATION IFCC (MMOL / MOL)
- THE AVERAGE BLOOD GLUCOSE LEVEL
- INSULIN
- INSULIN RESISTANCE (HOMA-INDEX)

INFLAMMATORY PARAMETERS:

- CRP (C-REACTIVE PROTEIN)
- ESR (ERYTHROCYTE SEDIMENTATION RATE)

THYROID:

- TSH (THYROID STIMULATING HORMONE)

COAGULATION:

- PT (PARTIAL THROMBOPLASTIN TIME)
- INR (PROTHROMBIN TIME)
- PTI (PROTHROMBIN INDEX)
- FIBRINOGEN

IMMUNOGLOBULINS:

- IGA
- IGG
- IGM
- IGE

ADDITIONAL BLOOD TESTS FOR MEN:

- PSA VALUE (PROSTATE-SPECIFIC ANTIGEN)
- SHBG (SEX-HORMONE-BINDING GLOBULINE)
- TESTOSTERONE
- (FAI) FREE ANDROGEN INDEX

ADDITIONAL BLOOD TESTS FOR CARDIAC PROFILE

- D-DIMERE
- LIPOPROTEIN -A
- PRO-BNP
- HOMOCYSTEINE
- CREATINE KINASE (CK-MB)
- TROPONIN

RADPRAX -INTERNATIONAL PATIENT OFFICE

The radprax Institute for prevention medicine has several years of experience in treating patients from abroad. Our patients from neighbouring European countries and from countries outside Europe come to radprax to get treated.

If a foreign patient decides to undergo an examination or a check-up at radprax, he normally has high expectations, but at the same time has many doubts and questions about entire process and organization.

The aim of our "International Patient Office" (IPO) is to address all administrative and organizational questions and issues before, during and even after the stay at radprax.

The following pages provide you further information on individual departments.

We consider it important to provide a high degree of transparency with regards to the financial issues for our foreign patients.

Our invoices are generated in compliance with the Scale of medical fees (GOÄ).

The costs of non-medical services are invoiced separately.

You always have a point of contact for the duration of your stay.

CONTACT

We are here to help you

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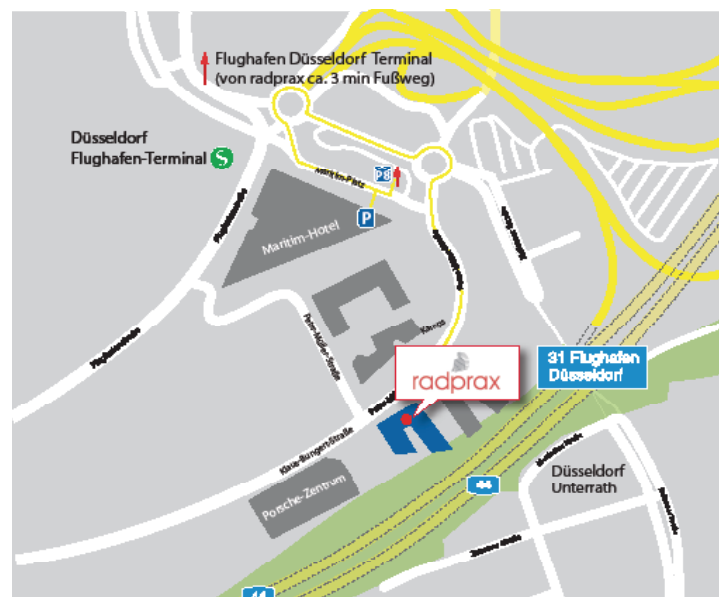


HOW TO REACH US

This is how you reach us

Public transport:

You can reach us by the bus routes 721, SB51, 760, 896.
 Bus stop: Flughafenverwaltung (Airport Administration) or Flughafen Terminal (Airport Terminal).
 S-BAHN S11: Terminal A or B S-Bahn station, or
 S1 S-Bahn line: „Düsseldorf Airport“ station
 Then change to the SkyTrain. Terminal A or B stop
 Follow the signs to the „Maritim Hotel“.
 Cross the Maritim Hotel arcades and walk directly to
 Peter-Müller-Straße.



Free parking:

We have free underground parking spaces available for our Check-up customers.
 The entrance to the underground car park is situated directly in front of the „Porsche Centre“.
 Please drive up to the car park barrier and ring the „radprax Vorsorgeinstitut“ button.
 Take the lift from the underground car park up to the third floor where you will find us.

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