

HEALTH BEGINS WITH PREVENTION



HEALTH PREVENTION AND PROMOTION

To ensure you remain in the best of health and to enhance your well-being, we actively promote prevention at the Hirslanden Private Hospital Group. As a leading private healthcare provider in Switzerland, we use different preventive check-ups to identify potential risks. The choice of method depends on a variety of factors and is determined on an individual basis in consultation with yourself. We are happy to advise you.

WHAT WE OFFER

Hirslanden offers you health prevention in two formats: an individual health assessment and an organ-specific preventive check-up. The two can also be combined. In this case, the doctor of general internal medicine conducting your individual health assessment will act as the interdisciplinary coordinator of the assigned specialists. The doctor will coordinate the organ-specific investigations and will summarise the results in a detailed report and in a personal consultation.

The individual health assessment

Your personal health assessment begins with a detailed interview with a general internal medicine specialist about your personal health status. Your interviewer, a leading doctor, will ask you, for example, about previous illnesses and risk factors. These include high levels of smoking and drinking and constant stress as well as a family history of illness. To obtain as full a picture about you as possible, we advise you to be quite open about any health fears you may have.

In any event, the individual health assessment will include the following:

- A physical examination
- An abdominal ultrasound
- A blood and urine test
- An electrocardiogram (ECG)

As soon as the results are available, the doctor will discuss your medical history with you with reference to the details you provided in the initial consultation (anamnesis) and will be happy to answer any questions you may have. You will of course also receive the medical report. If the health assessment indicates that further investigation is advisable, a further visit to the hospital will be proposed.

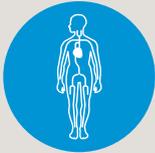
The organ-specific preventive check-up

An organ-specific preventive check-up is recommended where there is a family history of a particular significant disease. This will be conducted by a medical specialist with the Hirslanden Private Hospital Group at one of our centres.

This form of preventive check-up begins with an interview with a specialist in the appropriate medical field in which you discuss both your personal health status and that of your family. This is followed by the organ-specific investigation (see below for the possible investigations involved).

The specialist discusses the results of the investigation with you as soon as they become available. You will then receive the detailed medical report.

We offer the following preventive check-ups to choose from:



ANGIOLOGY

Ultrasound examination of the blood vessels comprising:

- Aorta
- Pelvis
- Legs
- Veins
- Carotid artery



DERMATOLOGY

A preventive check-up of birthmarks is recommended in:

- People with light skin
- Frequent exposure to sunlight
- More than 15 birthmarks
- Irregularly shaped birthmarks or any that are 6 mm or bigger
- Family history of skin cancer



ENDOCRINOLOGY/DIABETOLOGY

- Evaluation of the thyroid gland/hormone analysis
- Measurement of blood sugar for the evaluation of diabetes



GASTROENTEROLOGY

This preventive check-up comprises:

- Gastroscopy
- Colonoscopy
- Abdominal ultrasound
- Laboratory tests

Further possible investigations:

- Liver assessment with biopsy
- Hepatitis evaluation



GYNAECOLOGY

Annual check-up for women:

- Gynaecological examination
- Pap smear
- Ultrasound
- Breast exam
- Blood analysis

Clinical examination of the breasts and lymphatics

- Digital mammography
- Ultrasound of the breast including lymphatic drainage
- Comprehensive medical report following international guidelines for breast cancer screening

Optional:

- 3D mammography (Tomosynthesis)
- Magnetic Resonance Imaging (MRI) referral and interpretation of results
- Blood tests (e.g. hormone levels, micronutrients, tumor markers)

A genetic test may also be performed on request:

- Genetic consultation
- BRCA 1 + BRCA 2

Menopause consultation and hormone analysis:

- Vaginal or abdominal ultrasound examination
- Blood sample taken for hormone analysis

Starting a family? Ovarian reserve test:

Recommended for women aged between 30 and 40

- Vaginal or abdominal ultrasound examination
- Blood sample taken for AMH analysis



ENT

The following investigations are recommended as prevention:

- Audiogram
- Nasal breathing test
- Smell test
- Hearing test
- Nasal endoscopy
- Endoscopic throat check



CARDIOLOGY

- Electrocardiogram (ECG)
- Stress ergometry
- Echocardiography (transthoracic)
- Blood analysis

Additional examinations are possible

- Lung function test
- Echocardiography (tranoesophageal)
- Holter ECG (24 hours)
- 24-hour blood pressure monitoring
- Pacemaker interrogation



NEUROLOGY

The specialist recommends the following as neurological prevention:

- Neurological examination
- Duplex sonography (extra and intra cranial)
- Laboratory analysis of cholesterol
- Skull MRI
- Electroencephalography (EEG)



OPHTHALMOLOGY

- Determination of visual acuity
- Determination of refraction
- Measuring and checking of glasses, if worn
- Applanation tonometry and stereoscopic evaluation of the optic disc
- Scanning laser ophthalmoscopy
- Slit-lamp examination of the anterior eye
- Biomicroscopy of the central fundus
- Ultrasound, pachymetry of both eyes



ORTHOPAEDICS

An orthopaedic examination is recommended for problems with the shoulder, elbow, spine, pelvis, hip, knee, foot or ankle:

- Initial orthopaedic consultation
- Diagnosis
- Appropriate imaging procedures (MRI, CT or similar)



PHARMACOLOGICAL AND PHARMACOGENETIC PROFILE

A clinical pharmacological examination combined with a pharmacogenetic profile provides a complete picture of a drug, its dosage and when to take it, as well as how it fits the patient's genetic predisposition and individual metabolism.

- Clinical pharmacological examination and history
- Review of current medication
- Laboratory test and gene sequencing
- Creation of a pharmacogenetic profile
- Follow-up to discuss the results:
 - Assessment and adjustment of preventive medication
 - Diagnosis, treatment and prevention of adverse drug reactions
 - Identification and interpretation of drug levels
 - Adjustment of acute medical drugs and dosage
 - Final clinical pharmacological assessment including medical report



PNEUMOLOGY

- Body plethysmography
- Measurement of CO diffusion
- Measurement of nitrogen monoxide
- Evaluation of CT images

For an assessment regarding sleep apnoea syndrome:

Sleep diagnostics:

- Respiratory polygraphy
- Diagnosis

Sleep therapy:

- Initiation of CPAP (continuous positive airway pressure) therapy
- ResMed CPAP machine AirSense 10



RHEUMATOLOGY

- Measurement of bone density
- Consultation and determination of appropriate treatment options

UROLOGY

For the early detection of (prostate) cancer:

- Prostate exam
- Uroflowmetry
- Sonography (including genitalia, testicles, bladder and kidneys)
- Urine analysis and urine culture examination
- Prostate specific antigen and creatinine measurement



Optional:

- Cystoscopy
- Duplex of the testicles
- Duplex of the genitalia

Neuro-urology

For incontinence:

- Neurological status
- Urine and laboratory tests
- Urodynamics/uroflowmetry
- Cystometry
- Cystography
- Cystoscopy
- X-rays of the pelvis/sacrum
- Ultrasound of the urogenital system

SPECIAL OFFERS IN GENEVA

Hirslanden Clinique La Colline offers three levels of increasingly comprehensive check-up. The basic check-up covers the major medical areas and can include different investigations depending on the patient's sex. A standard check-up includes additional medical examinations. The executive check-up is the most comprehensive option. It goes beyond the services offered by the basic and standard check-ups and is aimed at anyone who would like a full range of medical examinations with an accompanying personal VIP service.

Each option includes a check-up programme and personalised medical care. They aim to detect health problems as early as possible. If treatment is necessary, Hirslanden International Geneva's specialists and employees will make the best possible arrangements. A final report will be prepared for you by your doctor.



PACKAGE 1: BASIC CHECK-UP

- Abdominal ultrasound
- Cardiological evaluation, stress test, cardiac ultrasound
- Chest X-ray
- DEXA body scan
- Electrocardiogram (ECG)
- Gynaecological examination and Pap smear (women only)
- Internal medicine
- Laboratory tests
- Mammography/breast ultrasound (women only)
- Skin examination



PACKAGE 2: STANDARD CHECK-UP

The standard check-up includes everything in the basic check-up and the following additional examinations:

- Calcium score (men only)
- Colonoscopy (including three biopsy samples)
- Dental exam, cleaning and X-ray
- Nutritional assessment
- Ophthalmologic screening
- Urological assessment (men only)



PACKAGE 3: EXECUTIVE CHECK-UP

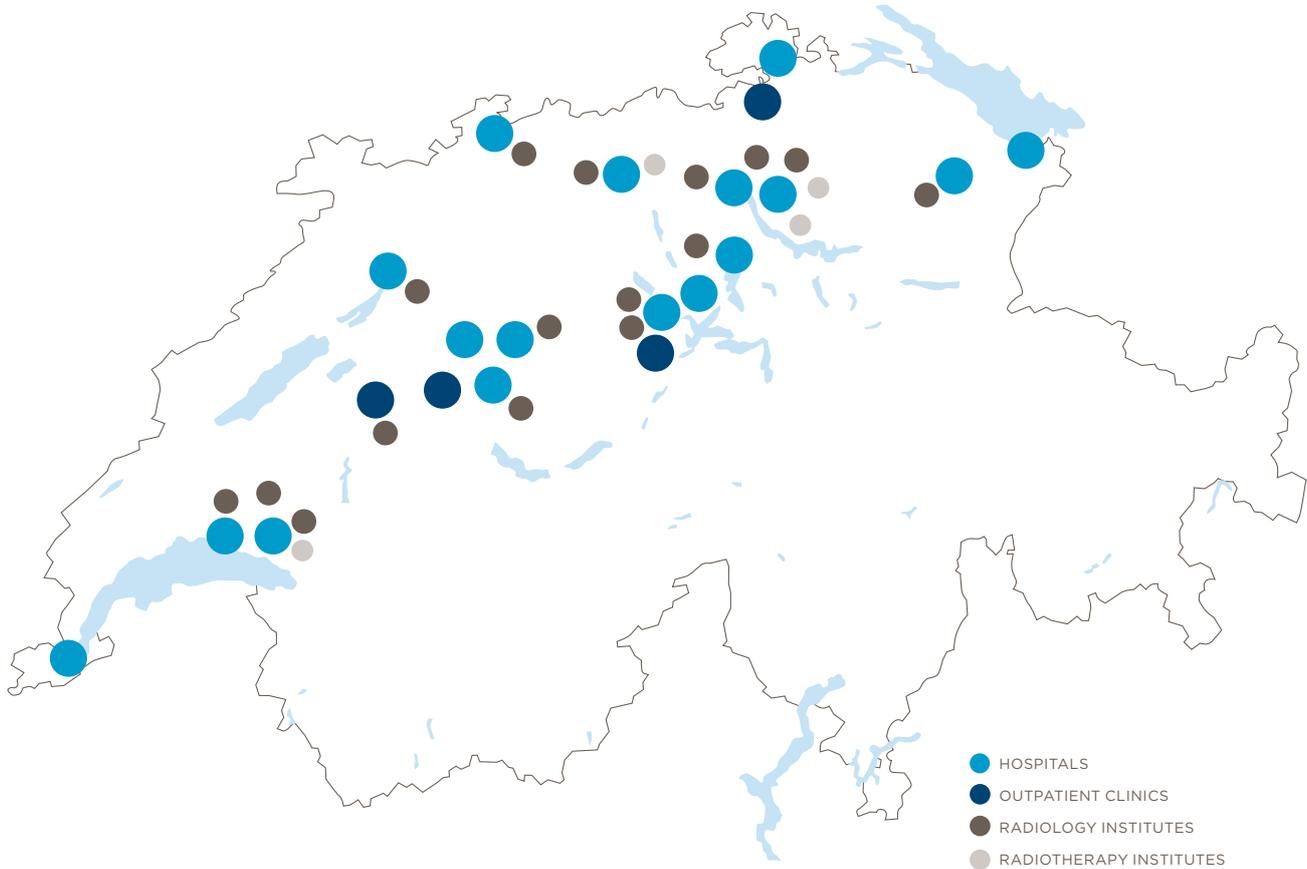
The executive check-up includes everything in the basic and standard check-ups and the following additional examinations:

- 24-hour blood pressure monitoring
- Holter electrocardiogram (24 hours)
- Heart scan
- Ultrasound of the carotid arteries (men only)
- ENT examination
- Gastroscopy (including two biopsy samples)
- Genetic assessment of family history
- Pneumological examination, including lung function test
- Sleep study
- VIP room in the clinic

EXPERTISE YOU CAN TRUST.

YOUR HEALTH IS OUR PRIMARY CONCERN. WE LOOK AFTER YOUR HEALTH EVERY DAY AT OUR 17 HOSPITALS, 4 OUTPATIENT CLINICS, 16 RADIOLOGY INSTITUTES AND 4 RADIO THERAPY INSTITUTES AS WELL AS AT OUR INTEGRATED OUTPATIENT CENTRES AND EMERGENCY DEPARTMENTS. WE ARE HERE TO HELP YOU IN YOUR REGION TOO: AARAU, BERN, BIEL, CHAM, DÜDINGEN, GENEVA, HEIDEN, LAUSANNE, LUCERNE, MEGGEN, MÜNCHENSTEIN, SCHAFFHAUSEN, ST GALLEN AND ZÜRICH.

FOR DETAILS ABOUT THE SITES, VISIT: WWW.HIRSLANDEN.CH/LOCATIONS



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