

Preventive Health Screening Program “Basis Check”

You can't get healthy in five hours. But you can find out how to stay healthy.

“Basis Check” – this is a series of preventive medical tests for screening of vital body and organ functions. Preventive screening testing requires only one day to complete with the objective of detecting abnormalities and preventing health problems.

“Basis Check” includes a wide range of health assessment options which are designed specifically for your needs according to your age and different stages of life. After diagnostic tests are completed, the doctor will spend time with you discussing your health and provide counseling regarding your specific health issues, and after approx. two weeks we provide a written medical report.



You will spend most of the time on our International and Private Patient Ward “Medizin Plus”, which is offering warm hospitality in a comfortable, friendly setting. All tests and examinations will take place under one roof, you only will be going to examinations within the building.



Interpreters with good knowledge of medical terminology and intimately familiar with the hospital culture and facilities – which is structured in 42 specialized medical departments and institutes - will accompany you during your whole stay.

Our interpreters will also help you discover the City of Nürnberg by orienting you to various attractions, and arranging a tourist program tailored to your interests and available in multiple languages.

“Basis Check” Preventive Health Screening Program can be optionally combined with a business or private trip to Germany, particularly when travelling to Nürnberg, a wonderful city offering history at its finest, including many architectural attractions and historical sites.

Klinikum Nürnberg is one of the largest municipal hospitals in Europe offering first-class diagnostic and therapeutic medicine. A host of more than 6,000 staff members at Klinikum Nürnberg provides first class health care for you. Each year, the hospital serves over 100,000 inpatients, and almost 90,000 outpatients providing effective therapies that contribute to the best possible care. Everyday more than 3,000 patients from all over the world receive state-of-the-art treatments for their health conditions!

“Basis Check” Program

1. Medical and health history:

- Detailed history review and in-depth consultation with the doctor (i.e. symptoms, previous conditions, drug therapy, specific diets, recreational activities)

2. Comprehensive clinical evaluation

- Physical examination incl. measurement of heart rate, blood pressure and temperature
- Height and weight measurement

3. Blood tests

- Hematology: leucocytes, haemoglobin, thrombocytes, i. a.
- Blood glucose: HbA1c
- Blood lipids: total cholesterol; HDL-and LDL cholesterol, triglycerides
- Liver, gallbladder and pancreas: g-GT, GOT, GPT, LDH, cholinesterase, bilirubin, lipase
- Kidneys: creatinine, uric acid, urea, GFR (glomerular filtration rate)
- Thyroid: TSH, T3, T4
- Electrolytes/metabolism: kalium, sodium, calcium, magnesium, iron, chloride, alkaline phosphatase
- Protein metabolism: total protein
- Coagulation: Quick’s value, INR, aPTT
- For men’s health, ages 40 and over additional prostate specific antigen („PSA“) test

4. Urinalysis

- pH value, leucocytes, protein, hemoglobin, glucose, specific gravity, bacterial growth i. a.

5. Diagnostic imaging of abdominal organs

- Ultrasound of liver, gallbladder, pancreas gland, spleen, kidneys, prostate gland, abdominal arteries

6. Diagnostic imaging of thyroid gland

- Ultrasound

7. Diagnostic vascular imaging

- Color-coded Doppler ultrasound of the carotid arteries

8. Cardiology diagnostic tests

- Resting-ECG, Exercise-ECG (on veloergometer) and color ultrasound of heart

9. Pulmonary diagnostic test

- Spirometry (pulmonary function diagnostic test)

10. Review of test results in detail with you and counseling regarding your specific health issues

“Basis Check” takes one day only. Upon your special request or if necessary, additional diagnostic testing can be done.

Time schedule of “Basis Check”

- 08:00 Pulmonary diagnostic function test**
➤ *Spirometry (pulmonary function test)*
- 08:20 Laboratory testing (blood and urine)**
- 08:30 Consultation, past medical history, physical examination**
- 09:00 Ultrasound screening tests**
➤ *Abdominal organs, thyroid gland, carotid arteries, heart*
- 11:00 Cardiovascular diagnostic tests**
➤ *Resting-ECG, Exercise-ECG (on veloergometer)*
- 12:30 Consultation and explanation by doctor**

If necessary, our doctor will order additional diagnostic tests. For further diagnostic evaluation of specific conditions and on your special request, you have the option of planning additional diagnostic tests in advance.

For those patients who need or request additional health screening, Klinikum Nuremberg is offering “Basis Check plus” – providing “Basis Check” including additional diagnostic tests.

Basis Check plus:

- **For smokers**
 - ✓ *Computerized tomography (CT) of the lungs*
- **Gastrointestinal preventive screening**
 - ✓ *Tumor marker CEA and CA 19-9*
 - ✓ *Colonoscopy* (endoscopic screening of the intestines)*
 - ✓ *Esophagogastroduodenoscopy* (endoscopic screening of the oesophagus, stomach and duodenum)*
- **Gynecology screening**
 - ✓ *Mammography*
 - ✓ *Breast ultrasound*
 - ✓ *Gynecology screening*
- **Cardiovascular screening**
 - ✓ *24 hour ECG and 24 hour blood pressure measurement*

Optional medical and specialist services/departments are available:

- *Eye Clinic**
- *Department of Pneumology (airway and pulmonary diseases)*
- *Department of Urology*
- *Department of Gynecology*
- *ENT (Ear-Nose-Throat)*
- *Department of Dermatology*
- *And others*

* These tests require that special preparations are made prior to testing. Detailed information is provided on hospital admission.