

INTERNATIONAL MEDICAL CENTER HIRSLANDEN

THE INTERNATIONAL MEDICAL CENTER OFFERS YOU A COMPREHENSIVE AND INDIVIDUALLY TAILORED MEDICAL CHECK-UP OF HIGHEST QUALITY IN A TIMEEFFICIENT AND PATIENT ORIENTED MANNER.



THE CARDIOVASCULAR CHECKUP

EXTENSIVE GENERAL CHECKUP, ESPECIALLY CARDIOVASCULAR RISKS

The **Cardiovascular Checkup** focuses on cardiovascular risks and is suitable for younger, predominantly healthy people approximately between 30 and 50 years of age. During this comprehensive checkup our specialist in General Internal Medicine will take a thorough medical history and perform a complete physical examination. Furthermore, important supplementary investigations will also be carried out, all within one day. Once all examinations and tests have been finalized, a detailed briefing of all health related findings and results will take place. Based on the results, we will provide advice on efficient preventive actions that support and enhance fitness and health.

The following services are included:

Medical history

- Current health problems
- Patient history
- Family history
- Review of systems
- Social history
- Nutrition
- Allergies
- Lifestyle and habits

Medical examination

- General state of health
- Head, neck and throat
- Skin, lymph nodes, thyroid gland
- Heart, circulation, blood pressure
- Lungs, respiration
- Abdomen (digestive organs)
- Men: prostate examination
- Nervous system
- Skeleton, joints, muscles

Function tests

- Resting ECG
- Exercise ECG
- Spirometry

Further investigations

- Detailed blood tests

Concluding consultation

- Discussion of all the investigative results
- Recommendations for further procedures
- Presentation of complete documentation

For detailed information and additional investigations, please visit www.hirslanden.ch/international-medicalcenter

THE CANCER PREVENTION CHECKUP

EXTENSIVE CHECKUP WITH THOROUGH SCREENING FOR HEART DISEASE AND CANCERS

The **Cancer Prevention Checkup** will take place over two days and offers a detailed oncological screening in addition to the services included in the Cardiovascular Checkup. This checkup is mainly suitable for healthy people approximately between 40 and 60 years of age. Clients will be examined thoroughly by several specialists from various departments of Clinic Hirslanden, covering the 10 most common cancers and all major causes of premature serious illness or death. Once all examinations and tests have been finalized, a detailed briefing of all health related findings and results will take place. Based on the results, we will provide advice on efficient preventive actions that support and enhance fitness and health. If further investigations or clarifications are needed, we will be glad to provide further assistance.

The following services are included in addition to the Cardiovascular Checkup:

Function tests

- Complete lung function testing (instead of spirometry)

Further investigation

- **MRI-scan**
 - Whole body without contrast media
 - Skull without contrast media, including angiography
- **CT-scan**
 - In heavy smokers over 50 or clients exposed to air pollution we perform a low dose lung CT
- **Gastroscopy and coloscopy**, including preparation

Tumors of the reproductive organs

- **Men**
 - Urological checkup incl. ultrasound of prostate
- **Women**
 - mammography / ultrasound
 - gynecological examination

Concluding consultation

- Personal advice on nutrition and exercise

For detailed information and additional investigations, please visit www.hirslanden.ch/international-medicalcenter

FIRST-CLASS SERVICES

	The Cardio-vascular Checkup	The Cancer Prevention Checkup
A. Medical history		
Detailed discussion with the specialist regarding your personal state of health	•	•
Current health problems	•	•
Patient history	•	•
Family history	•	•
Review of systems	•	•
Social history	•	•
Nutrition	•	•
Allergies	•	•
Lifestyle and Habits	•	•
B. Current medication		
Medicines taken regularly	•	•
Reserve medications	•	•
C. Detailed physical examination		
Assessment of physical condition	•	•
General state of health	•	•
Head, neck and throat	•	•
Skin, lymph nodes, thyroid gland	•	•
Heart, circulation, blood pressure	•	•
Lungs, respiration	•	•
Abdomen (digestive organs)	•	•
Men: prostate examination	•	•
Nervous system	•	•
Skeleton, joints, muscles	•	•

	The Cardio-vascular Checkup	The Cancer Prevention Checkup
D. Function tests		
Resting ECG	•	•
Exercise ECG	•	•
Spirometry	•	
Complete lung function testing		•
E. Further investigations		
Detailed blood tests	•	•
MRI-scan of whole body without contrast media		•
Smokers over 50: low dose CT-scan lung		•
MRI-scan of skull without contrast media, including angiography		•
Gastroscopy		•
Coloscopy, including preparation		•
Women: Mammography Gynecologic exam		•
Men: Urological checkup incl. ultrasound		•
F. Concluding visit		
Discussion of all the investigative results	•	•
Recommendations for further procedures	•	•
Personal advice on nutrition and exercise	•	•
Presentation of complete documentation	•	•

THE INDIVIDUAL CHECKUP

CASE EVALUATIONS AND SECOND OPINIONS

The **Individual Checkup** is intended for patients with existing serious illnesses which should be clarified or corroborated by specific investigations. Based on all available information we compile a personally tailored program to the patient which may take one or more days depending on the complexity of the situation. Depending on the general state of health and personal needs all services can be performed on an out-patient or inpatient basis.



**Dr. med.
Henry Perschak**

Do you wish to have a medical checkup in a first-class setting and of highest medical standards? Rest assured that the International Medical Center at Klinik Hirslanden will provide you with the best possible services, thanks to its excellent medical infrastructure, academic rigor, extensive network of specialist and wide range of treatments.

The International Medical Center Hirslanden takes a leading role in personalized and preventive medicine, and offers comprehensive health services for national and international patients alike. At the center, we work according to the latest scientific and technological standards and offer high-quality, medical checkups that are individually tailored to each patient's requirements in a time-efficient manner. Our standard range of checkups comprises three different modules which can be adapted according to individual needs and wishes by adding various supplementary diagnostic tests.

The **Cardiovascular Checkup** is a one-day checkup. This module is suitable for younger and predominantly healthy individuals and aims to identify general health issues and cardiovascular risk factors.

The **Cancer Prevention Checkup** is a two day examination covering both cardiovascular risks as well as an extensive screening program for the most important cancers. This module is suitable for predominantly healthy individuals between 40 and 60 years old.

The **Individual Checkup** is intended for patients that wish to have serious health issues or ailments examined and investigated more in detail. It is also suitable for patients that wish to consult us for a second opinion. On request, we compile a custom made program that includes all investigations required to address the individual medical problem.

If you have further questions do not hesitate to contact us.

Kind regards,

Henry Perschak, MD
Specialist in Internal Medicine
Medical Director

HOW TO FIND US

Public transport

The Klinik Hirslanden is easily reached by means of public transport.

- Tram No. 11 from Zurich central station or Zurich Stadelhofen station to the Balgrist tram stop
- Forchbahn (S18) from Zurich Stadelhofen station to the Balgrist tram stop

Visitor parking

Parking for visitors is available for a charge in the underground garage. It is open daily from 6.00 to 21.00.

Please note that parking in the area surrounding the clinic (blue zone) is limited.

INTERNATIONAL MEDICAL CENTER

KLINIK HIRSLANDEN

WITELLIKERSTRASSE 40

CH-8032 ZÜRICH

T +41 44 387 20 50

F +41 44 387 20 59

MEDICINE.HIRSLANDEN@HIRSLANDEN.CH

