



# BodyGuard! Center for Preventive Medicine at the Elisabeth Medical Center Essen

Diseases rarely come over night, they nearly always have a history of several years. Most diseases can be treated the more effectively the earlier they have been detected. The BodyGuard! medical check up consists of a reasonable combination of various diagnostic procedures to detect and prevent serious illnesses. It is based on the experience and qualifications of our medical consultants, and the high-tech medical laboratory capabilities available at the Elisabeth Medical Center Essen.

## The BodyGuard! Day

The BodyGuard! Center for Preventive Medicine offers a five to six hours medical check up programme on the highest possible level. All the investigations are painless and riskless. They make use of the most modern medical procedures such as MRI.

BodyGuard! Customers start their check up day having an extensive history talk with the medical director of the Center for Preventive Medicine, Dr. Oliver Bruder. The basic check up will then determine the need for any further proceedings of the comprehensive check, according to individual needs and conditions. Everything will be taken into account.

Lab checks are done to investigate cholesterol and other risk essentials of the vascular system and organs. Ultrasound tests of the heart and Electrocardiogram, and finally Magnetic Resonance Imaging (MRI), the most modern of all imaging procedures. We offer brain checks, gastro-enterological and gynecological checks at your request.

## BodyGuard! consists of the following modules:

### Cardiology and Angiology

- Electrocardiogram (EKG), relaxed and stressed
- Ultrasonic diagnosis of heart
- Major arterial analysis from head to toe
- MRI of heart
- Lung function
- CT of major heart vessels

### Internal Medicine and Gastro-Enterology

- Ultrasound investigation of thyroid gland and abdominal organs
- X – ray lung diagnosis
- MRI (Magnetic Resonance Imaging) of the digestive system

### Lab

Clinical lab analysis of

- Blood
- Stool and urine

### Gynecology

- Gynecological check up
- Breast check up
- A check of the hormone status
- Consulting of Osteoporosis

### Pain Consulting

- Headache
- Migraines

### Brain Check

- Memory tests
- Association tests

Please be ensured that all data will be held in the strictest confidence.

Throughout the day, BodyGuard! Customers are kept informed of every step to be taken by a personal scout. The day ends with an extensive consulting talk with our medical director, who will have all the results of the check ups by then.

## The BodyGuard! features

- BodyGuard! is very comprehensive. That means our clients are checked for any risks associated with their health. The digestive and the circulatory system are thoroughly tested. Brain and neurological checks are also possible. Females are additionally checked for female specific and individual risks.
- BodyGuard! is communicative medicine that is completely designed for individual needs. An extensive talk starts every single check. After that, you only undergo check ups that are really required.
- BodyGuard! means high-tech medicine. Our clients are screened by equipments and procedures of the highest medical-technical level, e.g. Magnetic Resonance Imaging (MRI).
- BodyGuard! is a compressed examination, which means that the checkup is finished within an extremely short span of time (normally within one day).



## Some of the BodyGuard! Team:

Cardiology	Prof. Dr. Georg V. Sabin
Angiology	Dr. Volkmar Bongers
Vascular Surgery & Phlebology	Prof. Dr. Horst-Wilhelm Kniemeyer
Neurology	Prof. Dr. Hans-Georg Nehen
Gastroenterology	Prof. Dr. Gereon Börsch
Gynecology	Prof. Dr. Stefan Niesert
Lab Medicine	PD Dr. Gerd Hafner
Endoscopy	Dr. Arne Boekstegers

## Please approach to:

Dr. Oliver Bruder, Medical Director  
Thomas Tasch, Managing Director

## BodyGuard!

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