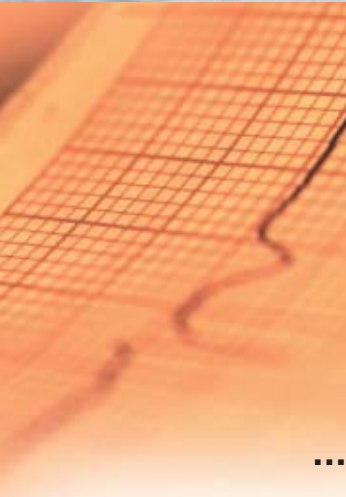


BodyGuard!

Center for Preventive Medicine
at the Elisabeth Medical Center Essen



...the best you can do for you

Your personal BodyGuard!



In Germany, cars must be checked every two years. What about every human bodies? Most diseases can be treated the more effectively the earlier they have been detected. What's more important to understand is that diseases rarely come over night, they nearly always have a history of several years.

Detecting the need for corrections in the appropriate time

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. This guarantees a comprehensive and individual occupation with the humans involved, as it includes the high-tech medical laboratory capabilities available at the Elisabeth Medical Center Essen.



To keep your body's energy resources

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.

More and more people are bearing much responsibility in their lives, which means they need an enormous amount of power. BodyGuard! is shaped to attend to those needs. Your health is your most important asset, and a preventive medical check-up means investing into your health. Thus you can significantly decrease the risk of undetected diseases, and increase your productivity and well being.



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 Resonant 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.



The BodyGuard! day

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 Electrocardio-

gram, and finally Magnetic Resonance Imaging (MRI), the most modern of all imaging procedures. We offer brain checks, gastroenterological and gynecological checks at your request.

The day ends with an extensive consulting talk with our medical director, who will have all the results of the check-ups by then.

Throughout the day, BodyGuard! customers are kept informed of every step to be taken by a personal scout.



Conclusion: 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 check-up is finished within an extremely short span of time (normally within one day).



About us

The BodyGuard! Team is part of the Elisabeth Medical Center Essen, which is one of the few high-performance hospitals in the central Ruhr Metropolitan Region, enjoying a reputation that is recognized far beyond the borders of the region. The Team guarantees for an optimum of medical care on the very best medical-technical level. The Center for Preventive Medicine makes available all the resources provided by the entire Medical Center.

Some of the BodyGuard! Team:

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

Please approach to:

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

BodyGuard!

Center for Preventive Medicine
at the Elisabeth Medical Center Essen

Herwarthstraße 102 • 45138 Essen

Tel. 0201-8 97- 39 01/2 • www.bodyguard-essen.de

