



How to reach us

**ERNST VON
BERGMANN
PRÄVENTION**

Präventionszentrum Potsdam

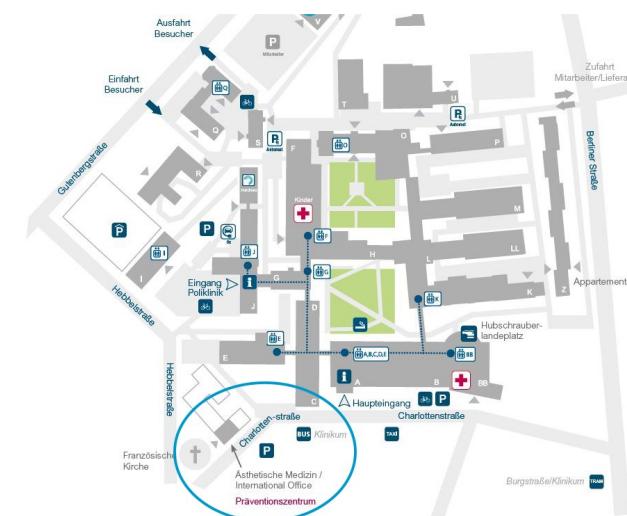
Access via Zentrum für Ästhetische Medizin
Charlottenstr. 74 | 14467 Potsdam

by public transport

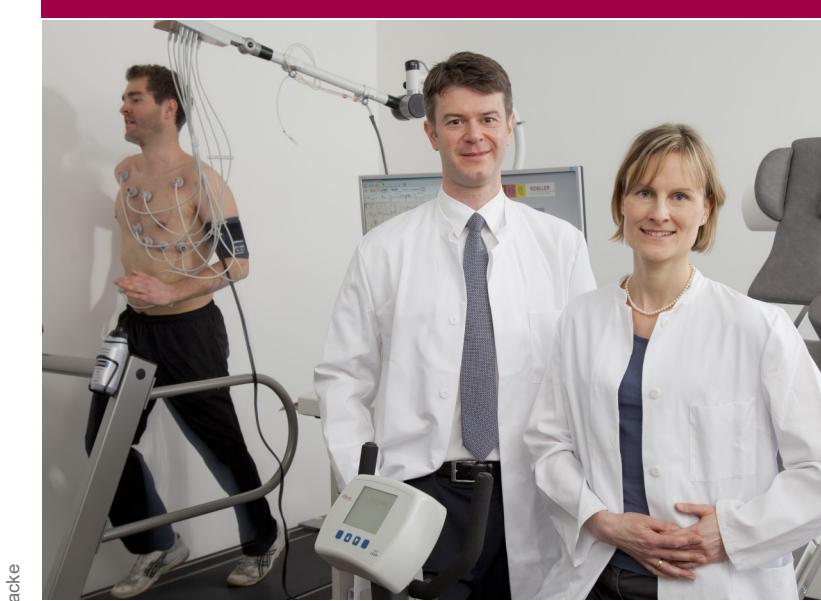
- Tram routes 93 and 99 to the "Holzmarktstraße" stop

by car

- from Berlin (Wannsee): Glienicker Brücke, Berliner Straße, Behlertstraße, Leiblstraße, Hans-Thoma-Straße, Gutenbergstraße
- from the north: B273 via Hegelallee, Kurfürstenstraße and Gutenbergstraße
- from the west (Brandenburg/Werder): B1 from the Nuthetal Triangle via Nutheschnellstraße/ Humboldtbrücke, Behlertstraße, Leiblstraße, Hans-Thoma-Straße, Gutenbergstraße



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Personalised check-up programmes for holistic preventative health care

[Why a health check-up?]

The right balance between health, nutrition and exercise is an important pre-requisite for an individual's ability to function, their quality of life and own well-being. As a person with responsibility, you are aware of the importance of your own health because: Anyone who is healthy gets more out of life and is fitter.

Have you made your mind up to take a pro-active attitude to your personal well-being at an early stage? A check-up shows you where you stand in terms of your health and helps you to achieve a positive attitude to face the high demands and pressures to meet deadlines and be successful in your everyday life.

[preventative healthcare in one day]

We draw up our programmes in accordance with the very latest scientific findings, thereby giving you the reassurance that you are doing everything for your health. During just one appointment you undergo a variety of medical examinations for which you would otherwise have to hurry from one doctor's surgery to the next. During the final discussion, the results of your current health status are already available.

[management programmes]

As a company, we offer you the option of having your employees' health checked by us. The performance of your employees is an important asset and preventative healthcare an optimum way of showing your appreciation. We will be pleased to draw up an individual offer for you.

[our advantages]

▪ qualified medical care

You will be examined by an interdisciplinary team of experts.

▪ High-end diagnostics

We offer you state-of-the-art, high-performance medical diagnostics under one roof.

▪ Individual organisation

Creation of your personal check-up programme according to your individual requirements

[contact persons]

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Reception

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We will be pleased to answer your questions concerning our range of services and help you arrange appointments.



[Your check-up]

The initial interview

forms the basis for the assessment of your health status.

Laboratory

The extensive laboratory tests reflect the functions of vital organs such as your liver, kidneys, pancreas and thyroid. Similarly, the nutrition-related parameters such as blood fats, cholesterol and blood sugar are determined.

Cardiovascular system

Colour duplex sonography

In this special form of ultrasound examination, the blood vessels (arteries) are examined in order to carry out an exact assessment of the vascular wall (plaques, stenoses, occlusions).

- ultrasound of the arteries supplying the brain

Echocardiography

Ultrasound diagnosis of the heart, with which changes to the size and shape of the heart are detectable and an assessment of the cardiac valves carried out.

Lung function

Assessment of lung volumes and the respiratory flow of the lungs.

Resting and exercise ECG

After the recording of cardiac currents at rest and during exercise, it is possible to diagnose an inadequate blood supply to the heart, cardiac arrhythmias and other heart diseases.

Gastroenterology and infectious diseases

Ultrasound diagnostics (sonography)

- The abdominal organs (liver, gallbladder, pancreas, kidneys, spleen, bladder) can be very well depicted using ultrasound and examined for any pathological changes (tumours, cysts, stones).
- Ultrasound of the thyroid
- Vaccination advice

Eyes

Measurement of visual acuity and intra-ocular pressure, endoscopy of the ocular fundus and assessment of the lens.

Skin

Preventive medical examination for the early detection of skin tumours and analysis of changes to the skin.

Urology | Gynaecology

Preventive medical examinations for the early detection of diseases of the urinary and reproductive organs.

Final discussion | detailed written report

During this detailed discussion, the findings and laboratory values obtained are explained and a follow-up approach developed if necessary.

[Sensory motor function diagnostics and medical fitness]

The perception and stabilisation of the centre of our body is critical to our posture and the reliable execution of movements.

These abilities, which are grouped together under the term "sensorimotor", are a complex interplay between body perception (sensory), balance and optimum muscle activation.

We can measure and train the efficiency of this system with the help of four newly developed analytical devices. As a result, the interconnectedness of the sensory organs, nervous system and muscles is trained.

Poor posture can be corrected, pain relieved and the occurrence of wear and tear of the joints reduced. This training is also suitable for people with an increased risk of falls.

Amateur and professional athletes benefit from this analysis and training, as the stresses and strains which are specific to various types of sport can be better managed.

[Optional additional services]

We offer you the following additional examinations, among others:

- Cardiopulmonary exercise test with lactate measurement
- MRI of the heart (Magnetic Resonance Imaging)
- Stress echocardiography
- Gastroscopy
- Colonoscopy
- Virtual colonoscopy
- Bone densitometry
- Gynaecology
- Mammography
- Otorhinolaryngology
- Dietary advice

[The costs]

The check-up examination is a private medical service. It is priced in accordance with the latest version of the medical fee schedule (GOÄ).

We will be pleased to put together your personal health check-up on request. The costs for the optional additional services are available on request.