

# TRINICUM

Zentrum für Integrative Medizin  
und Schmerztherapie



## Medical Prevention

# Price list for Private Outpatients

Valid from June 2019



## TRINICUM

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„Our understanding of health is not just the absence of symptoms, but according to WHO we regard it as a state of total physical and mental well-being.“

Dr. Günther Malek, Medical Director

Ladies and Gentlemen,

Trinicum goes one step further than conventional medicine and recognizes physical symptoms based on their factors of origin.

Often illnesses are only detected in advanced stages, so medical treatment can usually only have a limited effect. But we know: Diseases are caused by genetic predispositions, environmental stress factors and continuous overloading, which can have long-term consequences.

Therefore, it is important for us at Trinicum to understand the current state of life of our patients and to work on sustainable medical treatment. Equally important to us is a holistic approach to treatment that enables us to look beyond pure symptomatology and see the human being as a whole. In this way, we can counteract increased physical decline and maintain your physical well-being and health in the long term.

Together for your health,  
Yours Dr. Günther Malek

Founder and Director of TRINICUM

### Our sustainable medical-integrative prevention

*Identifying problems before they become a problem -*

that is the motto of our medical approach. That's why we at TRINICUM have put together a team of experts from a wide range of disciplines to help you **identify your health risks in good time**. Thanks to the different approaches of our specialists and therapists, we can examine you on an **integrated basis** and take **preventive measures**.

You will not only be thoroughly examined according to **the latest state of Western medicine**, but also according to **holistic treatment methods** such as those of Traditional Chinese Medicine, Acupuncture or Nutritional Medicine.

Based on the examination results, our team of experts will draw up your **tailor-made treatment and therapy plan**. This not only preserves your performance and health, but also ensures early detection of diseases. In this way we can counteract many complaints such as social diseases (e.g. diabetes, high blood pressure, back pain) at an early stage.

### Our interdisciplinary areas of expertise:

- Outpatient rehabilitation
- Integrative Orthopaedics
- Pain therapy
- Rheumatology
- Osteoporosis
- Akupuncture
- Holistic Medicine
- Body Therapy and Healing Massage



*Decide now for a healthy tomorrow,  
Yours TRINICUM TEAM*

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**Anamnesis:** At the beginning there is a detailed anamnesis and a thorough clinical examination.

**Pulse wave analysis:** The first preliminary stages of atherosclerosis can be detected by means of pulse wave analysis. For this purpose, the stiffness of the arteries is examined in a non-invasive procedure.

**Ultrasound of the abdominal organs:** This ultrasound examination makes it possible to gain a specific insight into the function of the abdominal organs. This method is also used to examine the large blood vessels.

**Cardiac ultrasound:** In order to obtain information about your heart function and its condition, your heart is examined in detail during an ultrasound examination. The values obtained provide important clues to your heart health.

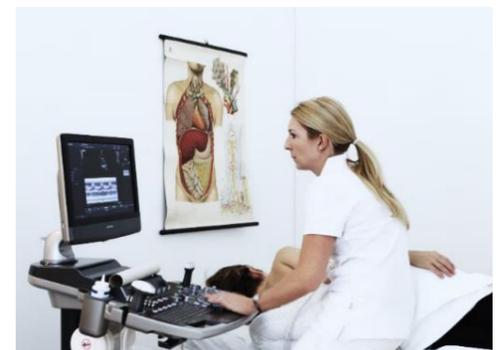
**Ultrasound of the neck region:** A high-resolution duplex sonography provides an important insight into the condition of your carotid arteries and their functionality. This can reduce possible risks such as strokes.

**Thyroid check:** An ultrasound of your thyroid gland can detect the first signs of certain diseases. They will also be informed about any risk factors in an informative discussion.

**Ergometry and spirometry:** An electrocardiogram is written during physical exertion using a stress ECG. The qualitative lung function is also measured using various spiro tests.

**Anthropometry including bioelectric impedance analysis:** By calculating the body mass index, the waist-hip composition and the body composition (fat, water, muscle mass), significant surveys are made of your physical health.

**Medical discussion of findings:** In order to maintain or optimise your physical health, you will not only be informed about your results, but also about possible risk factors and targeted preventive measures in a final discussion of findings.



**Your medical packages**

In order to tailor our medical prevention to your needs and wishes, you can choose between **two prevention packages** at Trinicum: the Basic Check-up and the Trinicum **Cardio Plus Check-up**. In addition, you can add four different additional blocks to your prevention package.

The **Basic Check-up** is particularly suitable as a medical check-up if there are no known risk factors. An all-encompassing medical check-up is performed and your health status quo is determined. On this basis, the first medical steps are taken in the event of any irregularities in the results.

The **Trinicum Cardio Plus Check-up** has been expanded to include a number of new focal points and is the **optimal medical preventive measure for existing risk factors**, especially for CVR cardiovascular risk. The first signs of complaints or illnesses can be detected early and medical measures can be initiated.

With the four additional packages, both the Basic Check-up and the Trinicum Cardio Plus Check-up can be optimally adapted to your needs and wishes.

<b>Your Preventive Packages</b>	<b>BASIS</b> Check-up	<b>TRINICUM</b> <b>Cardio Plus</b> Check-up
<b>Duration</b>	<b>5h</b>	<b>6h</b> Blood collection at least <b>8 days before</b>
<b>Lab</b>	Basic with extention	Enhanced by special CRV risk factors
<b>Technical examinations and Imaging diagnostics</b> (in addition to the exact anamnesis and detailed physical examination)	Echo Cardiography and Ultrasound of Abdominal Organs and Thyroid Gland Ergometry Spirometry	Echo Cardiography and Ultrasound of the Carotid Artery, Abdominal Organs, Thyroid Gland as well as extended examinations for the assessment of the Vascular state Ergometry Spirometry
<b>Preis</b>	<b>€ 1.260,-</b>	<b>€ 1.660,-</b>

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<b>Clinical examinations</b>	<b>BASIS</b> Check-up	TRINICUM <b>Cardio Plus</b> Check-up
Within the framework of the detailed <b>anamnesis</b> , genetic and lifestyle-related <b>risk factors</b> are collected (Procam risk factor analysis) Questions on physical dependence (Fagerström test) as a basis for smoking cessation for <b>nicotine addicts</b>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> </ul>
<b>Vaccination consultation</b> - incl. control of the Vaccination Passport	<ul style="list-style-type: none"> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> </ul>
<b>Eye test</b> - Visual performance	<ul style="list-style-type: none"> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> </ul>
<b>Clinical basic examination</b> - detailed physical examination	<ul style="list-style-type: none"> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> </ul>
<b>Anthropometry</b> - Measurements and calculations of the BMI (body mass index) - waist-to-hip ratio (WHR) - body composition (fat, water, biomass)	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> </ul>



<b>Laboratory diagnostic measures</b>	<b>BASIS</b> Check-up	TRINICUM <b>Cardio Plus</b> Check-up
<b>Large blood</b> count (differential blood count) incl. differentiation of the white blood count	<ul style="list-style-type: none"> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> </ul>
<b>Blood sugar values</b> - Fasting blood sugar, HbA1c - Basal insulin (incl. HOMA-Index)	<ul style="list-style-type: none"> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> </ul>
<b>Cholesterol Status</b> - Total cholesterol, Triglycerides, - HDL- and LDL-Cholesterol	<ul style="list-style-type: none"> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> </ul>

<b>Laboratory diagnostic measures</b>	<b>BASIS</b> Check-up	TRINICUM <b>Cardio Plus</b> Check-up
<b>Emerging Risks Factors</b> - high sensitive CRP - Lipoprotein A - LP (a) - Apolipoprotein B - Apolipoprotein A1 - Lipoprotein associated Phospholipase A2 (Lp-PLA2) - Homocysteine - Omega-3-Index	■	■ ■ ■ ■ ■ ■ ■
<b>Liver, biliary and pancreatic values</b> - Gamma-GT, GOT, GPT, LDH, Cholinesterase, Bilirubin, Lipase, Amylase alkaline Phosphatase	■	■
<b>Kidney values</b> - Creatinine, urea, uric acid	■	■
<b>Elektrolytes and Metabolism</b> - Calcium, Chloride, Sodium, Potassium, Magnesium - Iron, Transferin, Ferritin	■ ■	■ ■
<b>Protein analysis</b> - Total protein - Protein electrophoresis	■ ■	■ ■
<b>Thyroid hormone status</b> - fT3 - fT4 - TSH basal	■	■ ■ ■
<b>Vitamines</b> - Vitamin D (25-hydrox-vitamin D) - Vitamin B12 - Folic acid	■ ■	■ ■ ■
<b>For men</b> - PSA	■	■
<b>Urine status</b> - Protein, glucose, ph, leukocytes, ketone, erythrocytes, urobilinogen, bilirubin, nitrite, density - Micraltest (Microalbumin)	■	■ ■

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<b>Internal examinations</b>	<b>BASIS</b> Check-up	<b>TRINICUM</b> <b>Cardio Plus</b> Check-up
<b>Resting ECG</b>	■	■
<b>Exercise ECG</b> (Ergometry)	■	■
<b>Basic lung function</b> (Spirometry)	■	■
<b>Ultrasound of the abdominal organs</b> - Upper abdomen, kidneys	■	■
<b>Ultrasound of the thyroid gland</b> (Sonography)	■	■
<b>Duplex-Sonography of the carotid arteries</b> - Carotid ultrasound, incl. age and gender adapted intima media thickness measurement		■
<b>Cardiac-ultrasound</b> (Doppler-echocardiography)	■	■
<b>Pulse wave analysis</b> - incl. determination of the ABI- index (ankle-arm index)		■
<b>Final discussion</b> - All imaging findings are discussed and open questions clarified - Lifestyle consultation on the basis of the findings - Written and generally understandable final report on internal medicine (doctor's letter)	■ ■ ■	■ ■ ■

<b>Completion</b>	<b>BASIS</b> Check-up	<b>TRINICUM</b> <b>Cardio Plus</b> Check-up
<b>Integrativometer</b> © Presentation of your health status at a glance	■	■
<b>Final discussion</b> with findings portfolio - The examination results and the resulting measures are discussed and open questions clarified - Written and generally understandable final report (doctor's letter)	■ ■	■ ■

**Your additional packages**

Depending on your needs and wishes, you can choose one of the **four additional packages in combination with our Basic Check-up or our Trinicum Standard Check-up**. These are each assigned to a topic of current medical importance.

The **first package on the subject of performance and stress** is particularly suitable for professional groups who wish to secure or optimise their performance.

The **second additional package is dedicated to the health of the musculoskeletal system** and its possible limitations. This package is particularly recommended for all those who have previous physical strain and/or are exposed to a one-sided long-term strain, such as daily sitting in the office.

The **third and fourth supplementary packages focus on nutrition and health**, with a special focus on gastrointestinal activity. These are suitable not only for existing problems, but also as a preventive measure, since the gastrointestinal tract reacts very quickly to discrepancies and can also be damaged, such as with regular medication.



Additional Block **Performance and Stress**  
Blood collection at least **8 days before** examination!

€ 300,-

<p><b>Micronutrient profile</b> from the <b>whole blood</b></p> <ul style="list-style-type: none"> <li>- Calcium (Ca)</li> <li>- Iron (Fe)</li> <li>- Potassium (K)</li> <li>- Copper (Cu)</li> <li>- Magnesium (Mg)</li> <li>- Manganese (Mn)</li> <li>- Molybdenum (Mo)</li> <li>- Selenium (Se)</li> <li>- Zinc (Zn)</li> <li>- Vitamin B6</li> <li>- Coenzyme Q10</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> </ul>
<p><b>Neuromuscular Stress Reaction Test</b> (Biofeedback)</p>	<ul style="list-style-type: none"> <li>■</li> </ul>
<p><b>Discussion of the results</b> with recommendations for action taking into account the individual status</p>	<ul style="list-style-type: none"> <li>■</li> </ul>

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## Additional block **Locomotor apparatus**

€ 200,-

### **Intensive health check-up based on sports science**

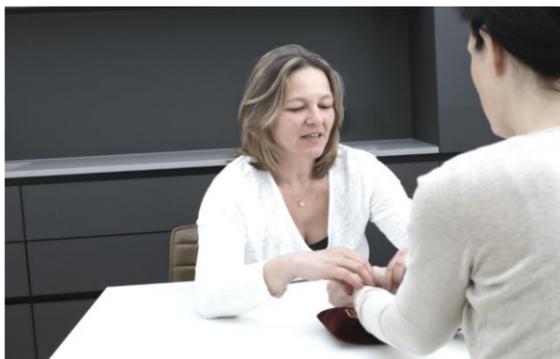
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Detection of muscular weakening, shortening as well as incorrect posture by means of **clinical functional status**, can be coordinated with preventive measures such as the right training or therapy, functional muscle screening

■

### **Spine check with MediMouse**

■



## Additional block **Nutrition** (gastrointestinal)

SMALL

€ 250,-

### **Detailed nutritional anamnesis interview**

■

### **Nutrition and symptom analysis**

- Nutritional psychology survey
- Clinical evaluation of digestive performance

■

■

Lifelike **nutritional counselling** including TCM and western knowledge

■

Overall view and corresponding **action plan**  
- incl. recipe compilation for everyday life

■

<p>Additional block <b>Nutrition</b> (gastrointestinal) Blood collection and stool delivery <b>at least 10 days</b> <b>before</b> examination!</p>	<p><b>LARGE</b></p> <p><b>€ 630,-</b></p>
<p><b>Detailed nutritional anamnesis interview</b></p>	<p>■</p>
<p><b>Nutrition and symptom analysis</b> - Nutritional psychology survey - Clinical evaluation of digestive performance</p>	<p>■ ■</p>
<p>Advice on performance optimisation, nutrition and exercise</p>	<p>■</p>
<p><b>Large stool test with</b> - Microbiom - Intestinal inflammation parameters     - <math>\alpha</math>-A1 Antitrypsin     - Calprotectin - Intestinal immune system, digestive performance     - Bile acids     - Pankreatic elastase     - slgA     - digestive residues</p>	<p>■  ■ ■  ■ ■ ■ ■</p>
<p><b>Micronutrient profile from the whole blood</b> - Calcium (Ca) - Iron (Fe) - Potassium (K) - Copper (Cu) - Magnesium (Mg) - Manganese (Mn) - Molybdenum (Mo) - Selenium (Se) - Zinc (Zn) - Vitamin B6 - Coenzyme Q10</p>	<p>■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■</p>
<p>Lifelike nutritional counselling including TCM and western knowledge</p>	<p>■</p>
<p>Overall view and corresponding action plan - incl. recipe selection for everyday life</p>	<p>■</p>

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If you have any questions or would like to make an appointment  
we are pleased to be allowed to help you!

Please give us a call:

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