

TREATMENT IN GERMANY

DIXION
HealthCare

We provide our clients with full information
on pricing and services.

**"Public hospitals cannot pay commission to
the intermediaries, private or legal persons"**

German Civil Code, under article §138 (2) BGB



ABOUT THE COMPANY

THE MEDICAL SERVICE COMPANY DIXION HEALTHCARE
OFFERS A WIDE RANGE OF SERVICES IN ORGANIZING
MEDICAL TREATMENT IN GERMANY AND ENSURES
THAT YOU RECEIVE HIGH QUALITY MEDICAL CARE

1.1

DIXION HEALTHCARE — MEDICAL SERVICE COMPANY ORGANIZING MEDICAL TREATMENT IN GERMANY

In order to get medical treatment or diagnostics in one of the numerous clinics in Germany you do not have to ask your friends for help or spend hours searching the Internet any more.

Germany has a reputation for having one of the best healthcare systems in the world.

Nowadays, in the times of advanced information technologies you can find all the information about clinics and specialists on the Internet or turn to your friends who have experience in organizing trips to Germany, conducting negotiations and handling financial matters. But, of course, you need to be sure. The state system of Germany with its unified standards for medical services and strict control provides a firm guarantee that you are to get the most appropriate medical treatment.

The medical service company **Dixon Healthcare** offers a wide range of services in organizing medical treatment in Germany and ensures that you receive high quality medical

care. Our expertise, practical experience and access to the best clinics and doctors across Germany, combined with a thorough knowledge of Germany's healthcare system allows us to provide our clients with accurate and efficient services, making use of all the resources and latest achievements the system has to offer.

Our team will assist you in finding the most appropriate clinic and choosing the right medical specialist, as well as make an appointment in the shortest time possible, process documents, design a cost estimate for the treatment, provide legal help and support you during the therapy.

We are able to assess the appropriateness of the prescribed examinations and procedures as well as to evaluate the prices in order to eliminate unnecessary expenses.

Choosing our company, you will gain access to the wide experience and expertise we and our partner medical institutions have.

1.2

ABOUT THE REGION

Our head office is located in Düsseldorf, the capital city of the German state of North Rhine–Westphalia.

The German federal state of North Rhine–Westphalia is a home to a large number of clinics equipped with the latest technology. Each of them represents a multifunctional medical institution with innovative treatment methods.

Nowadays, the federal state of North Rhine–Westphalia has the highest health expenditures in the country. The profit is 65 billion euros. There are 385 hospitals, more than 28 000 medical practices, 151 000 preventive and rehabilitation institutions, 4 650 pharmacies and 2 320 senior centers here.

University clinics in Aachen, Bonn, Düsseldorf, Essen, Cologne, Münster and Bochum do not only take the leading positions in conducting scientific research, but also provide most modern medical education. There are also numerous scientific research institutions in the area such as Max Planck Institute, Association of Leibnitz Institutes, Fraunhofer Institute, the German Center for neurodegenerative diseases in Bonn and Witten.

The clinics of Düsseldorf offer a wide range of medical services and are famous for successful implementation of the latest medical research findings in clinical practice, which makes Düsseldorf an attractive medical tourism destination.



1.3

ADVANTAGES OF MEDICAL TREATMENT IN GERMANY

YOUR HEALTH IS THE MOST
IMPORTANT ASSET.

An increasing number of people these days choose to receive medical treatment in foreign clinics which offer high quality medical care, guarantee transparency of pricing and responsible approach to treatment.

1. The quality of medical care in Germany does not only meet the world standards, but sets them. Germany ranks third in the world on the measures of health care quality, preceded by the USA and Japan.

2. Treatment is provided by experienced physicians; whose achievements are recognized by the global medical community.

3. All medical centers use the latest diagnostic and medical treatment equipment.

4. Confidentiality of medical information and treatment is the core feature of medical practice.

5. Accuracy of diagnosis, safety and effective treatment are the three key components of Germany's healthcare system.

Hermann Gröhe is a German politician for the Christian Democratic Union (CDU). He has been appointed Minister of Health in the Third Merkel cabinet which took office 17 December 2013.



2.0

HEALTHCARE IN GERMANY

THE HEALTHCARE SYSTEM IN GERMANY IS BASED ON
THE WELL-STRUCTURED HEALTH INSURANCE SYSTEM,
WHICH CONSISTS OF PUBLIC HEALTH INSURANCE
AND PRIVATE HEALTH INSURANCE

GERMANY IS ONE OF THE COUNTRIES WITH THE HIGHEST EXPENDITURES ON HEALTH IN THE WORLD.

ACCORDING TO THE DATA PROVIDED BY THE FEDERAL STATISTICAL OFFICE OF GERMANY, OVER 300 BILLION EUROS WERE SPENT ON HEALTHCARE IN 2013, AND THE NUMBER IS INCREASING.



Substantial governmental investments boost the development of medical technology and the quality of health care.

Approximately 90% of the populations are covered by the compulsory public health insurance while the rest 10% have private health insurance. According to the law, you can opt for a full private health insurance if your monthly income is above a certain threshold (more than 4,300 euro gross) or if you are self-employed.

Other German residents are members of the government health system. The government health insurance scheme is administered by approximately 300 insurance companies (Krankenkassen), and people can choose the insurance company according to their wish and change it each year if necessary.

The insurance premium is 14% of the gross income of an employee and is covered by the employer and employee in the same proportion.

If you would like insurance coverage to supplement the government system benefits, you can purchase a policy from any private health insurance company; for instance, if you prefer to be treated by a private doctor/professor and have a private ward in hospital or receive alternative treatment. This additional insurance must be paid by the employees themselves. The German Government covers medical insurance costs for those whose income is below a certain threshold. The government health system funds cover the costs for inpatient, stationary and dental treatment. Patients are free to choose their physician, change them upon request or consult a medical specialist.



90%

PUBLIC HEALTH INSURANCE

10%

PRIVATE HEALTH INSURANCE

In addition to the government health insurance funds, there are 50 private health insurance companies in Germany. These companies cater for private entrepreneurs those whose income is above a certain threshold. This part of the population can choose between the public health insurance and private health insurance. Should private health insurance be chosen, the full insurance premium is paid by the employees themselves.

The private health insurance companies cover almost all medical services and expenditures on medication, excluding plastic and aesthetic surgery.

The insurance premium rate in the private health insurance companies, in contrast to the government health insurance companies, depends on the level of risk, age, gender and health condition of the person interested in receiving the insurance policy.

MEDICAL INSTITUTIONS IN GERMANY

The insurance medicine allows all patients, independently of their social status and type of insurance, to receive all the necessary medications and medical care of the same quality.

However, the insurance type can influence the comfort level of the patient's hospital-stay. Patients covered by a private insurance plan are accommodated in private or two-bed wards. Some hospitals have special units for private patients and they are usually treated by a professor or the chief physician of the clinic.



THE SYSTEM OF MEDICAL FACILITIES IN GERMANY

is considered to be one of the best in the world and is characterized by the use of innovative technologies.

German hospitals can be divided into three categories: state, private and charity.

Clinics in Germany work in close collaboration and organize medical meetings in case of a disputable diagnosis. If necessary, they consult their colleagues from other countries.



PHARMACOLOGY IN GERMANY

Germany is a country with a highly developed pharmaceutical industry. All the medications are subject to careful control. A prescription medicine can be obtained only if a written authorization by the doctor is presented. Pharmacists are required to have a qualification. Pharmacy chains are not allowed in Germany. German pharmacies sell any locally produced medications. However, it is almost impossible to buy medications produced in other countries because of the strict regulations which prevent pharmaceutical companies from being authorized to sell their products in Germany. Pharmacists are always ready to offer you a German equivalent.



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HEART RATE

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3.0

SPECTRUM OF SERVICES

THE COMPANY DIXON OFFERS A WIDE RANGE
OF SERVICES IN ORGANIZING MEDICAL TREATMENT
IN GERMANY

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THE COMPANY DIXON OFFERS A WIDE RANGE OF SERVICES IN ORGANIZING MEDICAL TREATMENT IN GERMANY.



1. PERSONAL ASSISTANCE

Personal assistance is a combination of all the company's services including the patient's arrival and departure, interpreting services, communication with physicians and administration of the clinic, administration and analysis of the medical documentation.

You are free to contact us with any questions. Our team is always ready to assist you at any time.



2. VISA SUPPORT

Our company provides assistance in obtaining a German medical treatment visa as well as represents you in the German Embassy in your country (during your stay in Germany). The company can also act as a financial surety provider in the clinics.



3. FLIGHT AND HOTEL BOOKING

Upon your request, we handle your flight and train booking and find the optimum accommodation.



4. TRANSFER

The company has different means of transport ranging from the economy to business class.

A member of our team will meet you at the airport on the day of arrival and transfer to the hotel. Upon the patient's request, we organize hotel-clinic-hotel transfer during the treatment period.



5. AIR AMBULANCE. INTENSIVE CARE TRANSPORT

Dixon organizes medical transfers to Germany from almost any location in your country by means of air transport (accompanied by a medical team) as well as transfers from and to the airport and the clinic by ambulance car (accompanied by an intensive care team).



6. TRANSLATION OF MEDICAL DOCUMENTATION

Our highly qualified translators will provide translation of all medical documentation into German. After your medical treatment is completed, you will receive all the medical records (e.g. discharge summary, surgery reports, clinical examination results, etc.) translated from German into the language you need.

Should you wish to have the second expert opinion of a German doctor during your treatment all necessary papers can be translated in the shortest time possible.



7. LEGAL SUPPORT

Dixon provides its customers with any kind of legal support in Germany. Protection of our customers' interests is our company's main responsibility.



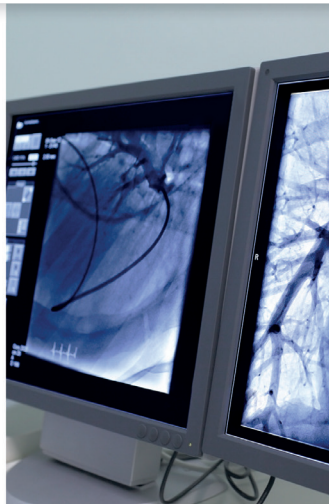
8. BUYING MEDICINE

Dixon provides assistance in obtaining all the required medications, also if prescribed by your doctor at home.



9. MEDICAL CONSULTATION BY CORRESPONDENCE

If you question the correctness of your diagnosis or the prescribed treatment; or you doubt the necessity of a surgery, or you just do not have enough time or financial means to travel to Germany, Dixon will organize correspondence consultations with German specialists for you to get a second expert opinion. It is possible to conduct consultations both over the phone and via videoconference.



10. TOURIST PACKAGES INCLUDING DIAGNOSTICS

If you are receiving outpatient treatment or diagnostics, Dixon will be glad to help you in the organization of a cultural and leisure program that will be designed according to your preferences.

We also offer tour packages which include an exciting leisure program and a comprehensive medical examination in the best diagnostic centers of Germany.



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4.0

INDEPENDENT MEDICAL
AUDIT

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DIXION OFFERS YOU A FREE SERVICE OF INDEPENDENT MEDICAL AUDIT.

MEDICAL AUDIT IS A SERVICE THAT HELPS IDENTIFY RISKS IN CONNECTION TO THE UNRELIABILITY OF AN INTERMEDIARY COMPANY AT AN EARLY STAGE.

If you have decided to undergo treatment, examination or rehabilitation abroad, have approached an intermediary company to organize treatment in Germany and have already received a price quotation, our specialists will conduct a free audit of the invoice received and assess its objectivity.

This service became possible only thanks to the introduction of the DRG system into German legislation in 2004 according to which the costs for all medical services are the same for both German and foreign patients.

Unfortunately, nowadays, the market of medical services indicates that there are a lot of unreliable companies and private persons who offer intermediation services although they lack working experience in this area and have no relation to medicine as such.

In order to be completely sure that you have chosen the right service company, send us by email to the address info@dixon-healthcare.com following documents:

- **complex treatment program** (methods and plan of treatment, doctor category, anesthesia)
- **period of stay at the clinic and room category**
- **services provided by the intermediary company** (transfer, translation, patient accompaniment etc.)

In the shortest time possible, we will process the information received, review the costs of medical services according to the DRG system and analyze the price quotation. The results of the expertise will be sent to your email address.

In particular, it should be noticed that treatment costs that are set both too high and too low should be paid great attention. When the price is too low, it is quite possible that on your arrival in Germany, under various pretexts, you will be asked to make additional payments. Too high prices, however, are sometimes revealed to be costs for medical measures including unjustified high fees of the intermediary company.

Independent medical audit is above all the monitoring of activities of the intermediary company with the aim of determining its level of reliability.

Dixon does not only provide its customers with confidence that the financial report provided by the intermediary does not contain any material distorted information but also gives recommendations on different issues.

The service is free of charge and is only for information purposes.

A photograph of three medical professionals in white lab coats. On the left, a man with grey hair and a stethoscope around his neck is looking down at a document. In the center, a man with blonde hair is also looking at the document. On the right, a woman with dark hair is looking at the document. They are all smiling and appear to be in a collaborative discussion. The background is a bright, out-of-focus clinical setting.

5.0

TRAINING

QUALIFICATION COURSES FOR DOCTORS
AND NURSING STAFF

DIXION ORGANIZES QUALIFICATION COURSES, SEMINARS AND TRAINING FOR MEDICAL STAFF IN GERMANY'S LEADING MEDICAL INSTITUTIONS.

The training program is chosen individually and can be designed taking into consideration your needs and preferences. The program consists of a theoretical and practical part.

The theoretical part offers a course of lectures followed by a practical program that includes visits to large clinics, familiarization with the medical specialists' work, etc.

We also offer in-service training programs for doctors according to their qualification.

These programs provide the opportunity to get hands-on experience in the work methods and innovations used by German physicians and get an insight into various aspects of the German healthcare system. The cost of the practical training course depends on the program you choose.

International certificates are issued at the end of the training course.

We provide you with an interpreter and handle all the administrative issues.



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6.0

HEALTH
INSURANCE

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Allianz 

HEALTH INSURANCE

DIXION OFFERS HEALTH INSURANCE SERVICES IN GERMANY.

THE HEALTH INSURANCE PROGRAM OFFERED BY DIXION IS THE FIRST STEP TOWARDS BECOMING ELIGIBLE FOR ENTERING THE GERMAN HEALTH INSURANCE SYSTEM.

Having a German postal address and a bank account are the main prerequisites for being able to purchase German health insurance.

Компания Dixon поможет Вам:

- obtain a postal address
- sort and forward post to your email address
- transfer money to your account and communicate with the bank
- choose the right insurance premium

The insurance costs depend on the conditions you choose and vary

FROM 80 TO 290 € per month for one person

As people who seek medical care abroad require quick, competent and effective support, the company offers a program with the corresponding services and support in emergency cases.

The program includes the following services:

- 24/7 qualified multilingual emergency phone support
- International network of medical service providers
- Information about medical (dental) service providers (e.g. names, addresses, phone numbers as well as opening hours of hospitals and clinics in the region of current residence)
- Patient consultation in routine and emergency cases
- Support in making appointments with physicians as well as hospitals for ambulatory care

- Organization of hospital admission
- Providing medical information and support to family members
- Organization of information exchange between GP and hospital
- Assistance in the purchase and shipment of prescribed medications
- Translating and interpreting services
- International access to medical information in German and English
- Counseling and support in the case of lost papers and means of payment

The above-mentioned services are provided to customers 365 days a year and 24 hours a day.

A photograph of a modern hospital hallway. In the foreground, a nurse in white scrubs with a stethoscope around her neck walks towards the camera. To her right, another person in blue scrubs walks in the same direction. In the background, a doctor in a white coat is attending to an elderly patient seated in a wheelchair. To the left, a hospital bed with blue linens is partially visible. Large windows on the right side of the hallway let in natural light. The overall atmosphere is clean and professional.

7.0 CLINICS

MEDICAL TREATMENT IN GERMANY IS THE EPITOME
OF HIGH QUALITY MEDICAL CARE BASED ON
COMPREHENSIVE APPROACH, INNOVATIVE EQUIPMENT
AND GERMAN THOROUGHNESS

MEDICAL STANDARDS OF GERMAN CLINICS ARE AMONG THE HIGHEST IN THE WORLD.

PROFESSIONAL APPROACH, HIGH LEVEL OF SERVICE, HELPFULNESS AND ATTENTIVE ATTITUDE ARE GUARANTEED TO ALL CUSTOMERS.

Dixon cooperates with different medical centers and profile clinics. We carefully examine the rating of clinics and their specialists. Having extensive practical experience in the field of medical care allows us to help you choose the specialist that meets your particular needs and situation.

Ensuring that our patients are treated in the best way possible is our company's main priority.

We cooperate with the following clinics in Germany:



**Florence-Nightingale-Hospital
of the Kaiserswerther Diakonie**

Early diagnosis and detection of diseases is the key aspect of treatment in this hospital.

The hospital specializes in gynecology.

Laparoscopic methods are actively used in surgery in order to minimize postoperative complications and shorten the period of the rehabilitation process.



Clinics Essen-Mitte

Clinics Essen-Mitte (Clinics of Central Essen) combines Knappschaft clinics and Evangelical Huyssen Foundation.

The clinics specialize in oncological surgery, minimally invasive surgery, diagnostics and treatment of malignant tumors, treatment of the immune system diseases, diagnostics and treatment of the rare diseases of internal organs etc.



Clinics Essen-Süd

Clinics Essen-Süd (Clinics of South Essen) includes 10 clinics and 2 centers.

The main leading departments of the Clinics Essen-Süd are the Clinic for General and Visceral Surgery and Traumatology and the Clinic for Hematology, Oncology and Stem Cell Transplantation.

The hospital has its own stem cells laboratory and a research center.



Elisabeth Hospital in Essen

The hospital includes the International Heart Center, the Center of Mother and Child and the Diabetes Center.

The Diabetes Center has created individual plans for treatment of all forms of diabetes and its complications.

Particular attention is paid to patients with severe concomitant diseases.



Heart Center Duisburg

The Clinic for Cardiovascular Surgery in Duisburg is one of the five largest clinics for operative cardiac and vascular surgery in Germany. Over 3 500 surgeries are performed in the center every year. Since 2010 the clinic is the Center for Professional Advancement.

The surgeries here are performed on patients of all age groups, even newborns with inborn and acquired heart diseases. Minimally invasive methods are widely used in the Center.



Clinic "Wedau"

Clinic Wedau is an academic clinic of the University of Duisburg-Essen. It consists of 17 specialized departments, 4 institutes and a neurosurgical center, recognized as one of the best in Germany.

The center regularly participates in national and international scientific conferences. New methods developed by the physicians of the center and recognized on the international level are used in the clinic. Every year over 2 500 surgeries of different difficulty level are performed in the center.



Orthoparc Clinic in Cologne

Is one of the largest clinics specializing in orthopedics.

Specialisation:

- Arthroplasty
- Хирургия стопы
- Хирургия позвоночника



Dr. Pirk Clinic

The clinic was founded in 1934 by Anthony Pirk and is located in a beautiful forest park in the Czech Republic, 60 kilometers from Prague.

The working process of the clinic is based on the Swiss system. It means that every patient is treated by one and the same doctor during his whole hospital stay. Work of the clinic is based on an individual approach. Implants of famous Swiss and American manufacturers are used during joint replacement surgeries.



University Clinic of Munster

The clinic is the center for gathering, processing and analyzing data on oncological patients. Since 1998 the University Clinic of Munster houses a Center for Bone Marrow Transplantation.

The Center for Oncology and Hematology at the clinic is considered to be the most respected in Germany in the field of pediatric oncology and is a coordination center for treatment of acute myeloid leukemia and other oncological diseases (lymphomas, lung, prostate and breast cancers, sarcomas of bone and soft tissue). One of the new areas of work of the Center for Oncology is the treatment of heart tumors.



ADELI Center for Neurorehabilitation

Clinic for intensive neurological rehabilitation.

A basic advantage of treatment at the ADELI Medical Center is the highly intensive and individually chosen therapy program. Up to five hours a day and six days a week are devoted to therapeutic procedures provided by a multidisciplinary team consisting of physicians, masseurs, speech therapists and other specialists.

The distinguishing feature of the Medical Center ADELI is the implementation of special equipment and procedures based on the aesthetic medicine, which helps maximize the effectiveness of treatment.



8.0

PROCEDURE

HOW DOES DIXION COMPANY WORK?

1. INQUIRY FOR DIAGNOSTICS OR TREATMENT

You can contact us by phone on **+49 (0)211 388 388 68**, send us an email to **info@dixon-healthcare.com** or fill in the inquiry form on our website, attach the current medical reports. These will be translated into German and forwarded to the specialist.

3. INTRODUCTORY OFFER

After the doctor gets acquainted with your primary medical documentation, we will make you a commercial offer which includes the planned procedures, estimated length of stay and treatment costs.

2. CHOOSING THE CLINIC

The medical reports are used to profile the most suitable treatment, offer you some possible alternatives and choose the optimum hospital.

4. CALCULATION OF THE TREATMENT COSTS

The costs of your treatment in Germany will include an invoice from the clinic and the fixed company services. Payment can be made directly to our company's account. If you do not require visa support, payment can be made by cash or credit card on arrival.

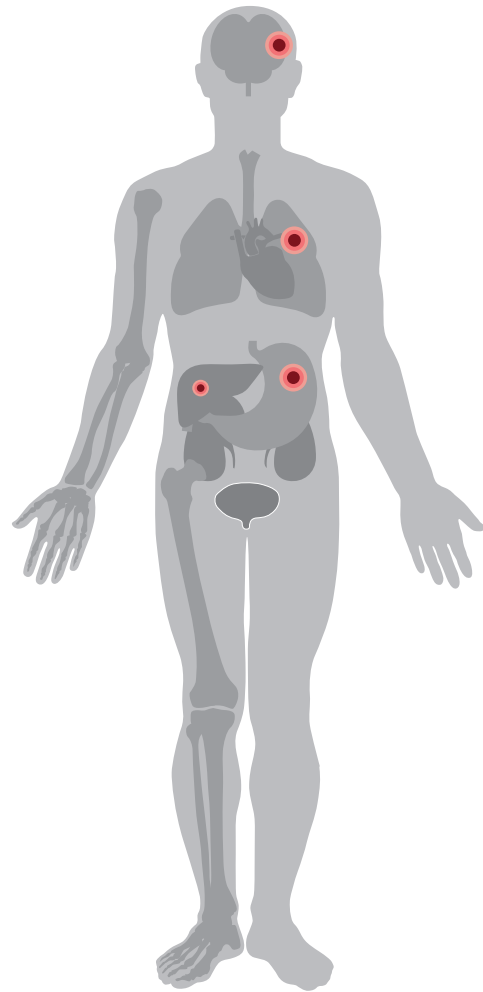
The background of the entire page is a close-up, slightly blurred photograph of an ECG (heart rate) monitor. The monitor's screen shows a grid with a black line representing the heart's electrical activity. The line starts with a sharp vertical spike, followed by a series of smaller, irregular waves. The overall tone of the image is clinical and professional.

9.0

NOSOLOGY

9.1

ONCOLOGY



Modern medicine has reached such a level that such a horrible diagnosis as cancer does not sound like a death sentence anymore.

Development and innovations in the current oncology diseases treatment methods and new medications give impressive results.

Substantial state budget allocated to healthcare facilitates developing healthcare services in the field of oncology.

Cancer Research Centers in University Hospitals all over Germany invest great effort into research and development of new treatments.

German hospitals place emphasis on the early detection and diagnosis of cancer as it guarantees a more positive treatment outcome.

As a rule, the individually chosen schemes of treatment are used. In some cases participation in new research programs could be suggested to the patients.

CLINICS IN GERMANY USE THE FOLLOWING METHODS FOR TREATMENT OF CANCER:

- **GAMMA KNIFE**

A source of concentrated gamma — rays directed to the affected area. It is perfect for the treatment of tumors of the small and medium-size and effective for tumors of the brain and spinal cord.

- **CYBER KNIFE**

Ultra-precise radio irradiation is used for treatment of tumors of the brain and spinal cord, lungs and liver.

- **PROTON THERAPY**

A unique method to optimize the dose of radiation while minimizing harm to the surrounding tissues. It is used for the treatment of practically all types of tumor mass excluding tumor intestine and all types of leukemia.

- **GLAND THERAPY**

Booster doses of hormones are injected before or after the surgery. It is widely used for treatment of all hormone-dependent tumors, in particular — the pathology of the mammary gland.

- **FOCUSED ULTRASOUND (FUS)**

Most often used for advanced prostate cancer.

- **BIOLOGICAL THERAPY**

Includes the following treatment methods:

- **Immunotherapy**

- **Angiogenesis inhibitor**

— injecting the substances that inhibit the growth of blood vessels in tumors

- **Gene therapy**

- **The impact of monoclonal antibodies (targeted therapies)**

- **STEM CELL THERAPY**

Treatment success rate in the case of stem cell therapy for the fourth stage cancer is about 22–23 %, while the efficiency of conventional chemotherapy at this stage of a disease is only about 5 %.

- **ENZYMATIC PREPARATIONS**

Therapy is considered to be a replacement therapy. It can significantly extend the life of the patient.

- **CRYOSURGERY**

Exposure to cold, which is very detrimental to the malignant tumor cells. It is widely used by treating the prostate tumors and in gynecology.

- **HIGH-DOSE CHEMOTHERAPY**

- **METHOD OF SELECTIVE INTERNAL RADIATION THERAPY (SIRT)**

Is used to treat the tumors of a big size or with a great amount of metastases.

- **HYPERTHERMIA METHOD OF TISSUE REMOVAL**

Is an addition therapy to radiotherapy and chemotherapy increasing their effect by almost 50%.

9.1.1

INTERVIEW

PROF. DR. MED.

SHERKO KUEMMEL



Mr. Kuemmel, recently we have often cooperated with your Sinology Breast Care Center. All our patients are satisfied with your medical treatment, effective personal approach, your friendly attitude towards patients. What makes your care center different from other Breast Care Centers?

S. K: We work according to the highest professional standards. The treatment methods are developed directly in our Sinology Breast Care Center, as we have all the necessary tools and resources. Besides we take care of each patient individually.

It's not a secret that therapeutic effect depends not only on a successful surgery and chemotherapy, but also on all other components of medical treatment, which is a complex system. That's why we have developed this system up to the highest quality standards. It means that each separate medical department does its work perfectly. For example, we offer high quality plastic surgery performed by the best specialists of Germany. The plastic surgery results are impressive.

Besides we have our own Department of radiology and nuclear diagnostics equipped with the state-of-the-art technology. The aim of integration of this department was to upgrade the service and speed level.

Our research centre is one of the few with the permission to implement experimental treatment, that is why we have a high percentage of patients taking part in scientific research.

Some patients are afraid of taking part in experiments as it makes them feel like laboratory 'guinea-pig' and refuse from medical treatment. But we assert that the success rate of treatment received during research is 10% higher, especially in case of advanced diseases.

This happens for a number of reasons: firstly, the patients take medications which will be available to others in ten years' time only. Secondly, such experiments are allowed only in highly-developed centers and our hospital is among them.

Everybody knows that breast cancer today is not a «death sentence». But the progress of a disease is always different. Could you please advise what should be paid attention to and how to behave in case of such diagnosis?

S. K: The main thing is to understand that each person who has to confront this disease wishes to get rid of the «strange» formation as soon as possible. Luckily, we know what is necessary to make the right decision. In case of breast cancer when the patient "has enough time" the most important thing is to be examined by several doctors and definitely in highly specialized centers. In order to make an accurate prognosis today it's necessary to understand the origin of the tumor and what feeds the cancer cells, and only afterwards make a decision about individual medical treatment. Besides we recommend our patients a molecular genetic test to determine the necessity of chemotherapy.

Using this data we prepare a detailed medical treatment plan and make a decision about the necessity of individual systemic treatment or surgery. All these aspects concern the post-surgical period when the organism is weak after various manipulations. That's why we pay so much attention to the rehabilitation period.

We are working extensively with foreign patients. Some of them are back to their normal life, thanks to your successful therapy; some of them are still being treated. We know that the treatment methods which are used in other countries differ in some way from those which are used in your clinic. What should be taken into consideration here?

S. K: Firstly, we paid attention to the fact that women after the mastectomy made in other countries do not have further cosmetic breast reconstruction.

And for us it is very important that a woman keeps feeling a woman looking in the mirror, that she doesn't have bad memories of the disease she had. That's why we aim to achieve the long-lasting remission (80–90% of the patients) without mastectomy. And no patient will be dismissed from hospital without successful cosmetic reconstruction.

Secondly, unfortunately the X-ray therapy in other countries is not always conducted with the help of the newest equipment, and such treatment, as we know, can do more harm than good. I do not put the blame on foreign doctors; I am sure that in other countries there are good doctors and modern clinics. I am drawing conclusions from the stories of foreign patients. I consider that X-ray therapy must be gentle and should not harm the nearby organs and tissues. For this purpose the special laser equipment is installed.

Thanks to our knowledge and well-timed diagnostics of the cancer stage, we are able to choose an individual effective treatment to everyone, and it has positive influence on the number of the recovered patients.

Is it possible for a patient to combine treatment in Germany with the treatment in another country upon his wish?

S. K: We let the patient make an individual decision. Many patients prefer to begin treatment in Germany, be operated and take the first course of chemotherapy here, and further therapy in another country, but with the German medications and according to the treatment plan devised by German doctors.

But in my opinion it is better to be treated by one doctor and in one clinic. That's why when a patient has a financial possibility, it would be better to choose this option.

INTERVIEW

PROF. DR. MED. PETER RAIMER

HEAD OF HEMATOLOGY DEPARTMENT



Mr. Raimer, what do you think has changed since you first diagnosed cancer?

P.R: It's been a very long time; we have gained a lot of experience, the treatments methods have changed radically, especially over the last 10 years.

You work with such a big variety of cancer, such as bone marrow cancer, lymphatic general cancer and advanced cancer diseases; you perform bone marrow transplants and calculate individual dosage of chemotherapy. What treatments methods are used in your hospitals? Do they differ from the methods used in other countries?

P.R: We are using the most advanced treatments methods. We offer all the possible methods of treatment, chemotherapy and transplantation. We have an individual approach to each patient, choosing the most appropriate medical treatment.

Concerning the costs of medical treatment: German citizens have «Law-enforced health insurance», but foreigners have to pay for their treatment themselves, and the treatment costs are quite high. What do you think about it?



P.R: Medical treatment in Germany is expensive due to its higher quality compared to the medical treatment in other countries. I think that the key factor of our offer is that each patient is treated personally by a highly qualified doctor who is attending to the patient during the whole treatment course. That's why I consider that medical treatment in Germany is not so expensive. For example you have to pay much more for medical services in such countries as Switzerland or the USA.

Many people associate the word «cancer» with death. What would you like to say on this?

P.R: Cancer doesn't always mean that you will die. The most important thing is to visit a doctor at an early stage, because untreated cancer diseases cause death in a short time.

What is the most convenient way for you to organize work: directly with patients or with the help of an agency, such as Dixon, for example?

P.R: Of course, with the help of an agency. Firstly, from financial point of view: normally clinics, our clinic as well, need financial guarantees from the patients. The representing agencies are more reliable in this case than private patients. The next advantage of working with such companies is providing a medical interpreter.

Some patients can speak German or English but when it comes to medical terms, it's very difficult for patients to understand the doctor or to answer his questions.

We have been working together for a long time already. In your view, what are the most important aspects of co-operation with Dixon?

P.R: Actually I consider our co-operation to be very successful. We appreciate much such reliable partners as Dixon.

A key moment in our partnership is communication with foreign patients, that's why a correct and detailed translation is so important. And this service to my opinion is of the highest level in Dixon.

I would like to wish us both a successful further cooperation!



▪ EXAMPLES

Patient K. asked for medical help on occasion of suspected carcinoma of the right breast.

The full hospital examination was made, namely, mammography, mammosonography, breast MRI in one of the clinics in Dusseldorf. Mass lesion in the right part of the breast was found on the ground of diagnostic study, corresponding to axillary space carcinoma with small responsive lymph nodes. For the diagnosis of the mass lesion the biopsy was performed.

The total cost of diagnostic procedures, surgery and in-patient treatment, as well as subsequent consultations conducted on an outpatient basis was **45 000 Euro**

To exclude metastasis chest X-ray and sonography of the abdomen were conducted.

The biopsy results were used to set the diagnosis: invasive mammary gland carcinoma on the right (NST), C3, ER- 12 points, Rp 12 points, Her2 neu negative, Ki / 67 - 20 %, (pT1c pN0 (0/7) pL1 cM0 G3 R0).

During surgical treatment an organ-preserving surgery was performed to remove the affected segments of the mammary gland and axillary lymphadenectomy (removal of the axillary lymph nodes), followed by biopsy and plastics of the mammary gland.

Adjuvant chemotherapy was prescribed.

Six months later, during the next visit, a course of irradiation to reduce the risk of recurrence was recommended and performed.

Six months later, during a test observation (mammosonography) suspicious lesions were not detected.

Patient A addressed with regard of tumor in the left testicle, complaining of weight loss and abdominal pain.

According to the results of histological examination of the tumor, which was conducted by foreign doctors, testicular progressive carcinoma with multiple metastases was diagnosed. After all the necessary diagnostic procedures in one of the clinics in Germany a presumptive diagnosis of embryonic rhabdomyosarcoma was set. Due to the complexity of the diagnosis, the patient was consulted by doctors specializing in the particular subject in Switzerland and also by their German colleagues from the university clinics. Based on physician's council an individual chemotherapy was chosen.

Three courses of chemotherapy were conducted to the patient in the hospital.

Histological examination confirmed the preliminary diagnosis. The patient was scheduled to three courses of post-surgery chemotherapy.

During treatment the patient was repeatedly consulted at the Centre for the Study of rhabdomyosarcoma.

After the treatment the patient came to test survey three times, at intervals of three months. The results of these tests proved a complete remission.

The total cost of the entire course of treatment, including surgery and diagnostics was **115 000 Euro**

Patient C.

The patient was sent to Germany for treatment with a diagnosis of Non Hodgkin Lymphom.

It is known from anamnesis that the disease was discovered two years ago, 3 cycles of chemotherapy on protocol R-EPOCH were performed. Then a year and a half long remission followed. The patient came to Germany in critical condition and was admitted to the Department of Hematology and Oncology. On admission to the hospital a full diagnostics was performed: laboratory tests, ECG, echocardiography, CT of chest and abdomen, bronchoscopy, positron emission tomography.

On the basis of the examination the following diagnosis has been determined: Malt- lymphoma II- st., an early relapse (lung parehima, mediastina lymph nodes, para-aortic and inguinal), transformation into large B-cell lymphoma, metastases in the lungs. The patient was indicated to stem cell transplantation.

To confirm carcinoma in the lung, the patient was placed in the pulmonary clinic where during bronchoscopy with biopsy the diagnosis of lung carcinoma was confirmed.

For several months, high-dose chemotherapy and medium-dose chemotherapy courses were held followed by stem cell transplantation. After stem cell transplantation, the patient was in a sterile ward for one month.

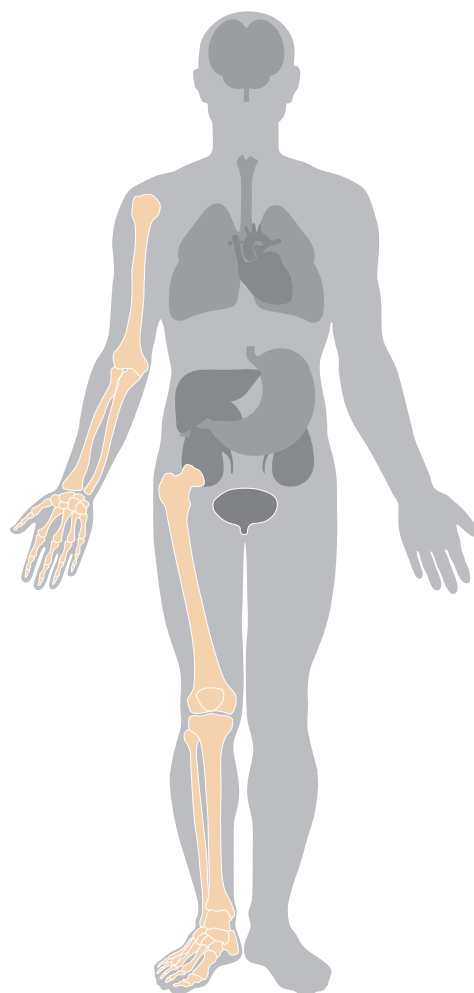
After a successful transplantation, the patient returned home and then regularly came to the test survey within a year every three months.

At present, doctors consider the patient's condition to be satisfactory. The patient's state of health is good. Long-term remission was stated.

The total cost of treatment for two years, including stay in hospitals, surgery, diagnostics and therapeutic measures was **210 000 Euro**

9.2

ORTHOPEDICS



Germany is one of the world leaders in the field of orthopedics and spine surgery.

The accuracy of diagnostics, use of reliable and certified methods, and high level of the equipment in the clinics are the main advantages of orthopedics in Germany.

German experts use the most up-to-date methods of surgical treatment in their practice. A minimally invasive surgery is preferred, which helps significantly reduce the time of the surgery operations, and minimizes the risk of post-surgery complications.

A wide variety of techniques is used for diagnostics, such as arthroscopy, X-ray study, computed tomography, magnetic resonance tomography, scintigraphy, ultrasound diagnostics and laboratory diagnostic methods.

Trauma and neurosurgical clinics of the country perform highly accurate diagnostics and effective treatment of various diseases of the spine, such as vertebral body fractures, tumors in lumbar, cervical spine or dorsal spine, cervical dislocation, traumatic plexitis, spinal cord injuries, herniated disks and other dysfunctions.

Practically all clinics of Germany use microsurgical techniques and different endoscopic techniques for surgical treatment of the spinal column, in particular hernia, which allow performing the surgery with minimal damage to the surrounding tissue.

For the treatment of intervertebral hernia the following techniques are used:

- Endoscopic discectomy
- Laser decompression
- Nucleotomy
- Chemonucleolysis (dissolution of the body of a herniated disc, followed by its suction)
- Biological regeneration of the intervertebral disc, intervertebral disc prosthesis.

In case of spinal injuries German doctors implant an artificial intervertebral disk instead of the traditional metal stabilizer, thereby keeping all the biomechanical properties of the spine and allowing the person to maintain a full life without pain and experience, virtually, no loss of motor activity.

An applied comprehensive treatment plays a major role in achieving a full recovery. It is an approach which includes all the necessary measures for diagnosis, treatment and rehabilitation and allows to prevent recurrence and to eliminate the possible post-surgery complications.

▪ EXAMPLES

Patient M.

In 2012 the patient came to our company with the following provisional diagnosis — bilateral arthrosis of the knee joint.

The necessary diagnostics was performed in a German clinic; the final diagnosis was a bilateral progressive osteoarthritis of the knee, prepatellar bursitis, synovitis, intraarticular commissure, extensive intra-articular exudate and cyst formation in the tibia.

The total cost of performed diagnostic, surgical interference, and in-patient treatment was **56 000 Euro**

The patient was operated on. The surgery was conducted in two stages, as there were cardiology problems and a long anesthesia was contraindicated.

During the first stage a total replacement of the right knee joint was performed (endoprosthesis Vanguard) with the following three weeks rehabilitation.

After the treatment the patient returned home, and in two weeks continued sports activities.

The patient came for the second stage of surgical treatment in two months. The similar surgery was made with the following three-week rehabilitation period.

Patient B.

The patient complained about continuous pain in the cervical spine and lumbosacral area.

The cost of treatment, including in-patient treatment was **3 500 Euro**

After arrival to Germany the examination was performed (MRI of the cervical and lumbar spine and clinical neurological examination), as a result the following diagnosis was made – starting discopathy at the level of L 4/5, moderately evident degenerative changes in the cervical spine.

Conservative therapy was recommended — facet joints infiltration, per radicular therapy under X-ray control at the level of L4/5, manual and physiotherapy. Therapy was carried out in a hospital. The treatment was performed without complications. The full mobilization of the patient, on the background of physical therapy, was carried out in a short time.

Patient Z.

The patient complained about having had pain in the right shoulder joint for the last 8 months, which appeared after an accident. Immediately after the accident there were no complications, the pain appeared only after a month. Movement in the joint was limited.

The cost of treatment, including in-patient treatment, surgical and rehabilitation activities was **10 000 Euro**

The MRI diagnosed intra-articular rupture and the splitting of the biceps tendon with concomitant synovitis, partial damage of supraspinal tendon.

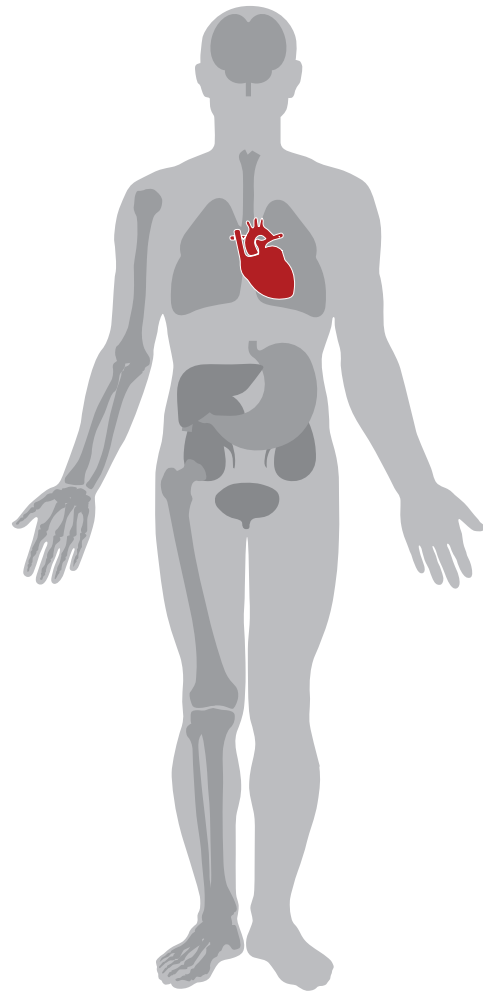
It was decided to perform artotype of the shoulder joint. During the surgery, resection of the biceps tendon, partial synovectomy, and the suture at the supraspinal tendon using Speedfix (company Artex) techniques were performed.

The inpatient stay in hospital lasted for 6 days. Necessary rehabilitation therapy was conducted.

Control examination after 10 weeks confirmed complete restoration of movement in the joint.

9.3

CARDIOLOGY



Germany is a recognized as the world leader in the field of cardio surgery.

Cardiology centers are equipped with the most modern scientific and medical equipment, and, which is equally important, are based in the university clinics, which allows a full use of the cross disciplinary approach, which is the distinctive feature of the entire German healthcare.

On the stage of the observation all kinds of ECG are used (at rest, with a load, daily monitoring) and echocardiography (standard, trans esophageal and stress), Doppler sonography, computer and magnetic resonance tomography of the heart, scintigraphy, and invasive coronary angiography, coronaroveniculography, intracardiac biopsy with the subsequent histopathology, electrophysiological diagnostics under X-ray control, a three-dimensional electromagnetic navigation "mapping", etc.

A great advantage of the cardiac surgery in Germany is a widespread implementation of minimally invasive methods of

treatment that minimize the risk of intra- and post-surgery complications, reduce the blood loss and require a shorter rehabilitation period, speed up the recovery process and, therefore, enable the patient to return to active life.

With the help of endoscopy equipment German specialists successfully perform endovascular surgery on the beating heart, without connecting the patient to the cardiac pump.

The range of operations carried out in the cardiac centers in Germany is very wide.

It includes coronary artery bypass grafting (CABG), balloon transluminal coronary angioplasty, coronary stenting, reconstruction and replacement of heart valves (using mechanical and biological models), the plastic reconstruction of heart ventricles by the method of Batista, installing an artificial pacemaker (cardiostimulator) and implantable cardioverter defibrillator (ICD), radiofrequency ablation (RFA), cardiomyoplasty (biomechanical support of the heart), invasive electrophysiology, intervention for aneurysm of the heart and aorta, correction of various congenital and acquired defects, etc.

The treatment of congenital heart and great vessels is very successful in Germany. The specialized German hospitals perform complex interventions to correct this pathology in the patients of all ages.

German cardiologists use the most advanced technologies that help to perform unique open-heart surgeries on the newborn babies without resorting to blood transfusions, for example, when aorta discharges from the right ventricle and pulmonary trunk — from the left ventricle, as well as to correct complex congenital malformations by infants weighing less than 2 kg.

German doctors can predict the long-term results of surgical intervention due to the quality of post-operative diagnosis in order to prevent and minimize complications in the rehabilitation period.

▪ EXAMPLES

Patient S. had complaints about pressing pain behind the breastbone, with no clear connection to physical activity, increasing dyspnea. The patient had been suffering from hypertension (Stage 3), diabetes mellitus (type 2), obesity grade 3 for many years. An examination was performed in a foreign clinic and set a diagnosis – coronary heart disease, and suggested a conservative treatment.

Treatment costs were 25 000 Euro: pre-and-post-surgery research and laboratory tests, performing the surgery, staying at Heart center and the following rehabilitation.

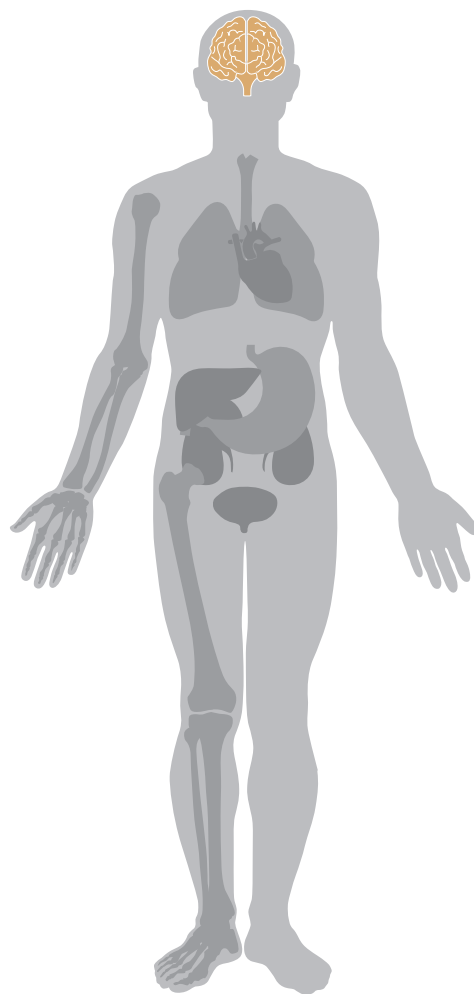
Previously, a survey aimed to diagnose the patient was conducted in the German Heart Center — X-ray examination (chest), ECG, echocardiogram, esophagi-gastro-duodenoscopy, coronary angiography (catheterization) and a chronic process of the central blocking of the left anterior descending coronary artery was revealed.

The patient was advised to conduct CABG (Coronary Artery Bypass Grafting).

After appropriate pre-surgery preparation, the Coronary Artery Bypass Graft Surgery using minimally invasive techniques (ordinary coronary artery bypass through a dissection of the sternum, with autologous arteries) — LITA-RIVA was made. The post-surgery period was without complications. By the discharge from the hospital the patient was in good condition, with no clinical signs of cardiopulmonary failure.

9.4

NEUROSURGERY



Neurosurgery tradition in Germany has more than age-old history with deep traditions and, at the same time, progressive views. Using powerful research base allows scientists to develop new and upgrade traditional techniques and use them successfully in performing complex operations.

By now, Germany has taken one of the leading positions in the world in terms of the development of such a complicated branch of medicine as neurosurgery. German health care has accumulated vast experience in the diagnosis and surgical treatment of various diseases of the nervous system.

A qualified assistance at high level is offered in Germany to patients with the following neurosurgical diseases:

- Head injuries and its consequences, damages of nerve trunks, spine and spinal cord
- Vascular disorders of the central nerve system, including cerebral circulatory disorders, aneurysms and vascular malformations and aneurysms cerebral vascular disorders of the brain and spinal cord membranes
- The pathology of the spine bone and spinal cord, including herniated discs, osteochondrosis, low back pain, spinal stenosis, destructive disease of the vertebrae
- Congenital anomalies of the nervous system (hydrocephalus, incomplete closure of the spinal canal (eg, spina bifida), and others) and the skull
- Severe functional disorders such as Parkinson's disease, epilepsy (idiopathic and secondary), primary tremor, etc.
- Central and peripheral pain syndrome
- Benign and malignant cancer pathology of the central and peripheral nervous system, as well as in the case of primary and metastatic lesions blocked
- Mental disorder caused by local processes in the central nervous system



During the examination German doctors use computer positron emission:

- Magnetic resonance and combined (PET/CT , PET/MRT) tomography
- Cerebral angiography
- Echo and electroencephalography
- Sonography
- Myelography
- Lumbar puncture



- Electrophysiological monitoring
- Measurement of oxygen partial pressure and carbon dioxide
- Blood and cerebrospinal fluid tests, etc.

During the surgery German specialists use computer neuronavigation, electrophysiological monitoring, also endoscopic technique, elements of microsurgery, laser beams.

▪ EXAMPLES

Patient M. complained about frequent and severe headaches.

MRI was performed at the place of the patient's permanent residence, which showed tumor formation.

After hospital admission, the patient had an MRI examination of the brain, and after consultation the preliminary diagnosis was made: a brain tumor (of temporal lobe) of unknown etiology.

On the next day, an MRI with navigation and surgery to remove the tumor were performed. The samples were sent for histological examination.

According to the results of histology a benign-glioma (pilocytic astrocytoma) was confirmed. On the 4th day the stitches were removed.

The operation was made without complications, and the patient was discharged on the 8th day.

The cost of treatment, including preliminary diagnostic procedures (including MRI before and after surgery), surgery and in-patient treatment for 8 days (one of the days in the neurosurgical intensive care unit) was **21 000 Euro**

9.5

GYNECOLOGY CHILDBIRTH



Gynecology is one of the priority directions of German healthcare.

Gynecological clinics in Germany offer services provided by best surgeons, endocrinologists, breast physicians, obstetrician-gynecologists and oncologists whose great experience allows them to deal with the most difficult diagnoses.

The high level of diagnostics allows the physicians to detect diseases at the earliest stage when clinical symptoms are not present yet. Particular attention is paid to the application of minimally invasive techniques in the operative gynecology. Today 85 percent of gynecological surgeries are conducted via laparoscopy.

Childbirth in Germany

Pregnancy is the most emotional period in a woman's life. It is no surprise that the majority of future mothers try to take care of the choice of a clinic in advance. The basic criteria for a good clinic are, of course, the high level of professionalism of the medical staff, comfortable conditions and high-tech medical equipment.

According to the European and world healthcare standards, German clinics are considered to be one of the best. That is why the number of women from other countries who wish to be treated in one of the clinics in Germany is continuously growing. It's understandable that every future mother wants to be sure that her health and the health of her future child are in safe hands.

Preliminary consultations and regular examinations help to avoid critical situations during the delivery. In the clinics future mothers are under constant medical observation.

Thanks to modern equipment in German clinics it is possible to solve possible mother's and child's problems at any period of pregnancy. All clinics are also equipped with the latest equipment for treating prematurely born children.

German clinics provide all necessary conditions for mothers' and children's comfortable hospital stay. The daily regimen is democratic: it is very important for mother's psychological state and her child's health.

Treatment of infertility in Germany

Infertility is a topical problem in the modern world.

According to statistical data, every fifth married couple faces this problem. Over 50 million couples of reproductive age require the use of assistive technologies. 40 per cent of infertile couples cannot have a child because of man's health problems, 40 per cent because of woman's health problems and 20 percent are cases of combined infertility.

When during one year of fruitless attempts a woman cannot become pregnant, she can be diagnosed with infertility. Both man and woman should be examined in order to determine the causes of infertility.

Modern medicine of the European level shows successful results and brings happiness to parents in communicating with their child. German centers for infertility treatment can offer detailed diagnostics and use of trend-setting treatment methods in order to make your dreams a reality.

▪ EXAMPLES

Patient C, 25 years old, has been complaining about pain in the lower abdomen for the last 6 months, heavy bleeding during the menstrual cycle and inability to become pregnant. The patient was diagnosed with ovarian dysfunction and multiple uterine fibroids by the local specialists.

The cost of treatment was **10 000 euro**

Patient G.

The patient was diagnosed with primary endocrine infertility. After an examination in one of the gynecological clinics in Germany, a polycystic ovarian disease was diagnosed.

The cost of the consultation and testing was **500 euro**

Patient K. The case was diagnosed in the place of living of the patient: primary infertility due to polycystic ovary syndrome. The patient came for treatment with her spouse.

The total cost of the medical testing and IVF procedure was **3 000 euro**

Patient R. arrived at the 34th week of pregnancy. Observed on an outpatient basis (the pregnancy was without complications). As it was multiple fetation (2 fetus), the Caesarian operation was recommended to the patient. She was hospitalized the day before surgery (on the 39th week).

Hysterectomy (removal of the uterus) was suggested.

After a preliminary examination in Germany the patient was admitted to hospital. The preliminary diagnosis was a cyst of the left ovary, uterus myomatosis.

The laparoscopy to remove fibroids and enucleation of the cyst of the left ovary was made. The operation lasted for 3 hours. Multiple fibroids were removed, the uterus was reconstructed.

The patient's stay in the hospital was 4 days.

Further tests to confirm the polycystic ovarian disease (study of hormonal status, thyroid gland, differential diagnosis with congenital adrenal hyperplasia) were suggested. The examination confirmed the diagnosis. Metformin therapy was prescribed.

After careful examination of both spouses (including laboratory diagnosis of blood – the hormonal status, serological diagnosis of infectious diseases, diagnostic hysterosalpingoscopy, transvaginal hydrolaparoscopy, bilateral chromopertubation, semen analysis), the primary infertility due to complete obstruction of the fallopian tubes was diagnosed.

IVF (in vitro fertilization) was suggested. After patient's consent, individually matched stimulation protocol was chosen (luteinizing hormone, estrogen, progesterone), which was followed by puncture of ovarian follicles, and insemination in-vitro. Some days later embryos were transferred into the uterine cavity. The procedure was successful.

In the maternity ward the patient was accommodated in a cubicle, equipped with all the facilities for a maternity patient. There she was constantly supervised by doctors and nurses.

A planned surgery, Caesarean section, with the help of epidural anesthesia was conducted successfully. As a result after half an hour a young mother could be congratulated with the birth of two wonderful boys. The kids were examined by a pediatrician and placed in the cubicle with Mom and Dad.

9.5.1 INTERVIEW

A LEADING DOCTOR IN THE DEPARTMENT OF OBSTETRICS AND GYNECOLOGY KATERINA DARMAN



Dear Dr. Darman, what is in your opinion the distinguishing features of the gynecology of the 21st century?

KD: Thanks to the development of the modern technologies nowadays an early detection and diagnosis of the disease, a minimally invasive surgery, in vitro fertilization (IVF) and of course fetal surgery have become possible. The modern diagnostic equipment of a new generation makes it possible to perform surgeries of a higher complexity, such as surgical measure in case of multiple gestation complicated by twin-to-twin transfusion syndrome.

It is very interesting indeed; could you please more detailed tell about the fetal surgery?

KD: Fetal surgery is any of a broad range of surgical techniques that are used to treat birth defects in fetuses who are still in the pregnant uterus. As I told already, an example of fetal surgery can be a surgical measure in case of twin-to-twin transfusion syndrome. This syndrome affects identical twins, who share a common monochromic placenta. The common placenta may be shared unequally by the twins, and one twin may have a share too small to provide the necessary nutrients to grow normally or even survive. Thanks to the use of laser light a doctor closes the connecting blood vessels on the surface of the placenta so that the babies' blood is no longer shared. As a result a blood supply of the twins becomes more equal. Without successful intervention, the risk of death of one of the fetuses is very high (up to 80% – 100%). Also there is a significant risk of some form of brain injury for the surviving twin.

Perhaps, the most frequently asked question — how to choose the maternity hospital correctly. What would you advise to the future mother?

KD: – It is very important that the future mother knows how she wants to give birth to her child and inquires about such a possibility in the particular clinic. In our clinic, for example, many patients prefer to take a relaxing bath during the delivery. I know that the majority of the future mothers pay much attention to the ward facilities. Yes, it is important, but I should recommend paying more attention to the level of technological equipment of the clinic, and also to the presence of an infant intensive-care department and corresponding equipment for incubation of the premature infants in order to minimize the possible risks.

What do you think about epidural analgesia in childbirth? Is it really harmless?

KD: According to the statistics the average age of a woman to have a first child has increased rapidly during the last 50 years. So, in 1970 it was 24 years, 2000 – 29 years, and 2010 – 30, 2. The reason for this tendency is following: a woman would like firstly to obtain a profession and make a career, and only afterwards to settle down to married life. It makes me as a doctor sad. As women age, the risk of genetic abnormalities increases. Also it is much easier to cope with pregnancy when you are young and healthy. Due to this tendency nowadays it is paid much attention to the diagnostics of the possible pathologies on the early stage of pregnancy, and we advise to get this diagnostics for all the women after 35 years old.

What procedures are necessary for pregnant women in Germany? How many times and in what time periods an ultrasonography is conducted?

KD: I think that a woman should be prepared to pregnancy before it: she should check her health by the gynecologist, go through some tests (for infection such as Chlamydia trachomatis), immunize (for example against rubella). If the performed pregnancy test is positive, the first thing you should do is to visit your gynecologist. Firstly, a doctor should confirm your pregnancy and determine the time period; secondly, make some tests (history taking, gynecological exam, weighing, measurement of blood pressure, urine test, blood tests to determine your blood type, your iron level, your Rh factor, erythrogram etc.). Such tests are conducted every 4 weeks till the 32nd week of pregnancy, and then each 2 weeks. In total there should be 10–12 visits to a doctor. And of course, every time a doctor should check a fetal lie, control heart tones of a fetal. During the pregnancy an ultrasonography must be conducted three times: the first one – between the 9th and 12th week, the second – between 19th and 22nd week, and the third – between the 29th and 32nd week. These are the obligated tests for all pregnant women. In case of complications there are some more tests to be performed, such as determining of rhesus incompatibility, blood glucose level to check for diabetes, early diagnosis of a fetal pathology, amniotic fluid analysis etc.

And in conclusion what would you recommend to the future mothers who will give birth to their children in your clinic?

KD: If we are talking about the women who will come to Germany for delivery, I would recommend coming on the 37th week of pregnancy and going straight to the clinic, in order to have enough time for performing all the necessary tests.

9.6 DIAGNOSTICS

IN GERMANY



Due to the fast pace of life people do not pay enough attention to their health. We have 100 things to do by tomorrow. The pressure is mounting, expectations are high, and the phone won't stop ringing. It can result in burn-out, physical and emotional exhaustion, which can have very serious effects on your health.

You cannot always control the things that affect your physical body. But, you can do your best to prevent diseases and help your body to function in the proper way. Regular health exams and tests can help find problems before they start. They also can help find problems early, when the chances of successful treatment and cure are higher.

You need to see your doctors regularly so that they can monitor your physical health and tell you about any changes you may need to make to keep your bodies healthy.

An early diagnosis of diseases is the key priority of German healthcare system.

All diagnostic centers in Germany are equipped with state-of-the-art medical facilities. Its comprehensive diagnostic programs allow to get a thorough overview of your health status and to check the functions of all major vital organs. You can have all types of blood tests whose results will help to determine an accurate diagnosis. In one of the German clinics today there is a unique possibility to be examined with a 640-row detector CT scanner. This is the first 640-slice computed volume CT scanner worldwide!

It allows making 640 slices at 0.175 seconds! These are incredible results!

It reduces the radiation exposure by 90 percent; so, even little children can be examined by means of this kind of CT scanner.

Thus, thanks to such ultramodern technology virtual examination methods have become possible, in particular virtual coronary catheterization, virtual bronchoscopy and virtual colonoscopy.

Basis medical Check-Up — 3 700 Euro

The duration of the examination period is 6 hours. Basis check-up includes: Blood tests (Chemistry Panel), Full Body MRT & MR Angiography, CT imaging of the heart, ultrasonography of the cerebral vessels and thyroid, spirometry, ECG, Eye Fundus Measurements. The patient receives all the test results (in a digital format as well).

Premium medical Check-Up — 4 800 Euro

The duration of the examination is 8–9 hours. Premium medical check-up includes Basis check-up and additionally MRT of prostate gland or female breast, determining of the calcification index of coronary arteries, MRT of the heart valves.

Extensive medical Check-Up + preventive care of cancer diseases — 4 700 Euro

Extensive medical Check-Up + preventive care of cancer diseases includes Basis check-up and additionally testing tumor markers and MRT of prostate gland. You can learn more about check-up programs on our website.

9.7

REHABILITATION IN GERMANY



▪ EXAMPLES

Rehabilitation plays a key role in the outcome after the diseases. It is no secret that incorrectly chosen rehabilitation measures can worsen the positive results of the conducted treatment and perfectly executed surgery.

In Germany, great attention is paid to the rehabilitation of patients after the diseases, surgeries and various injuries.

Every patient receives an individual treatment plan, which can include physiotherapy and occupational therapy, different kinds of massage, consultations of a dietitian, physical therapy, logopedic rehabilitation etc.

Rehabilitation in Germany can be carried out both in and out patiently. The choice of the type of recovery treatment depends on the patient's state, concomitant diseases as well as on the patient's wish.

Patient B. took a three weeks rehabilitation course after the laparoscopic transperitoneal radical prostatectomy with the help of da Vinci Surgical System regarding prostate cancer diagnosis (stage T1c).

Target-oriented physiotherapeutic and balneological procedures as well as a course of massage were carried out to improve muscle performance. On discharge from the clinic, according to the patient, there was no disorder of the erectile function.

The patient is satisfied with the treatment and its results.

The costs for rehabilitation measures and stay in the rehabilitation center were 4 500 euros



Patient T.

A mother of a seven years old girl with the diagnosis severe encephalopathy of unknown origin asked for help. The girl had epileptic spasms and the swallowing reflex was missing. The girl was given food through a tube. Tracheotomy was done to stabilize breathing. The girl had a spastic tetraparesis and a motormental retardation.

After examination the girl was sent to take a four months rehabilitation course.

The goals of the rehabilitation were the following:

- Improvement of cardiopulmonary exercise capacity
- Restoration of the normal nutritional regime
- Prevention of contractures

The comprehensive rehabilitation therapy was carried out according to an individually created plan and included physiotherapy according to Vojta, Bobath and Padovan as well as exercises using MOTMed, occupational therapy and logopedic therapy. The following positive changes were achieved: the patient was able to cope with the physical stress significantly better, seizures became rarer.

The girl was able to fix her gaze on an object. Independent activity and head control (which was missing on admission to the clinic) were observed. Mobility of the foot joints improved.

A speaking valve was successfully used during the course of rehabilitation. Afterwards the tracheostomy tube was removed. After restoration of the swallowing reflex the patient was slowly switched to the normal nutritional regime.

The total rehabilitation costs were **65 000 Euro**

9.9

PLASTIC SURGERY IN GERMANY



Our face reflects our age. What to do if, as a result of our age, poor ecology, stress and sometimes trauma, we are not fully satisfied with our appearance?

Plastic surgery can help to solve this problem nowadays. High professional level of German doctors and new technologies of cosmetic surgery operations allow to perform not only such procedures as face-lifting, lips correction or breast augmentation but also more difficult operations.

Not only grown-ups, but also children need help of plastic surgery in some cases. In the clinics of Germany a full spectrum of medical services, including detailed preliminary diagnostics and all the kinds of infant recovery plastic surgery is provided.

Nowadays the German plastic pediatric surgeons perform successful surgeries of every degree of complexity, including elimination of cleft lip and palate, removal of big papilloma and warts, moles, hemangioma and other foreign tissue lesions as well as correction after ambustion ("making a skin cover") and liquidation of cicatricial deformities on the face skin, extremities and body of a child.

In Germany plastic surgeons also correct breast asymmetry, averted ears; they treat gynecomastia and make operations after an evident weight loss by teenagers.

The conditions of stay for little patients in the clinics of Germany are very comfortable.



▪ EXAMPLES

Patient A.

After the first consultation with a surgeon, medical examination (ECG, laboratory diagnostics) was conducted.

Cost of operation and preliminary survey — 3 000 Euro

Circular blepharoplasty (correction of the upper and lower eyelids) was made under general anesthesia. Laser transconjunctival plastic reconstruction with transposition of adipose tissue was made on lower eyelid and removal of excess skin on the upper eyelid.

After 2 hours the patient was discharged from the hospital. On the 3rd day stitches were removed.

Patient K. came to surgery to change malformation of the nose (hump).

The total cost of the procedures, including the initial consultation, lab tests, surgery, stay in the hospital was 5 000 euro

Firstly, the computer prognosis of results of the operation was done. The patient had a look at the computer model with the expected changes in the shape of the nose adjusted to the individual characteristics of the patient's facial structure. The patient was also examined (before and after surgery) by rhinomanometer for objective assessment of nasal breathing. The operation was performed with the general anesthesia, and the patient stayed in the hospital for 3 days. Stitches and bandage were removed on the 10th day. The patient was satisfied with the results.

10.0

HEALTH RESORT TREATMENT



The crazy rhythm of life today, stress and poor ecology are the reasons why people who strive for a healthy way of life come to health resorts to restore their health and relax.

An ideal place for this is the Czech Republic with its healthy climate, fascinating landscape and rich cultural heritage.


Cure treatment in the Czech Republic has a lot of advantages. First of all, there are a variety of programs for treatment for almost the entire range of diseases and absence of a language barrier. The capital of the Czech Republic has its own international airport where guests from all continents arrive. Of course, there is also a wide range of price offers – from the most economic prices to the prices for luxurious five-star-sanatoriums.

The cure treatment does not only include therapeutic but also preventive measures. Treatment and recovery at the health resort are the final and highly effective stage of rehabilitation after diseases and contribute to either the final recovery or significant improvement of the state of health.

Each of the health resorts is specialized in the treatment of a particular list of diseases as the properties of natural resources (mud, mineral water etc.) differ due to the geographical location. Each sanatorium offers its know-how and rich experience. That is why, when choosing a health resort in the Czech Republic, it is necessary to find out its specialization and medical data in advance.

In their spare time patients have a possibility to visit the most interesting tourist destinations.



A portrait of a middle-aged man with grey hair, a mustache, and glasses, wearing a white lab coat with blue trim and a stethoscope. He has his arms crossed and is looking directly at the camera. The background is a soft, out-of-focus light blue.

“WE ARE ALWAYS ATTENTIVE
TO THE ACHIEVEMENTS
OF OUR COLLEAGUES, AND
CAN GIVE YOU A “SECOND
EXPERT OPINION”, WHICH IS
SO IMPORTANT BOTH FOR
PATIENTS AND DOCTORS”.

Andrei Petrovich Prodeus

Doctor of Medical Science, professor, head of theoretical pediatrics department of Pirogov Russian National Research Medical University (RNRMU). MEMBER OF THE BOARD OF DIRECTORS OF THE COMPANY DIXION.

Dixon is an international multidisciplinary company, offering wide range of medical equipment and developing diagnostic medical centers.

Cooperation with the company Dixon is for me not only a possibility for implementation of research but also of the most appropriate treatment of the patient.

In this company the patient always knows that he has paid according to the stable service rating system.



A LAWYER'S ADVICE

When you come to Germany for medical treatment, you will most probably need help from a medical service company which will be responsible not only for medical but also for administrative issues concerning your treatment and stay in Germany.

So you will need a company which will defend your interests.

CHOOSING A MEDICAL SERVICE COMPANY

If you decided to get medical treatment in Germany and would like to ask for help by a medical service company, choose the most reliable and competent one!

It is important to pay attention to the following issues by choosing a medical service company:

- Look into the website of this company — it must be informative, contain the detailed information about the company itself, a registration license for coordination activity on the territory of Germany
- A postal address and phone numbers of the office in Germany must be specified on the website
- Almost all well-established companies have their representation office on the territory of Russian Federation
- Find out if there are doctors in the company staff (sometimes, the employees of the service companies are not aware of medical terms and do not have basic medical education).

If you have such a possibility, visit the office of this company in order to get a complete view of it. Please refer to the big companies with a significant experience.

SIGNING OF A CONTRACT WITH A MEDICAL SERVICE COMPANY

Examine thoroughly the contract you have to sign. Preferably this contract should be made in Russian language.

The following issues should be indicated in the contract: a name of the medical hospital, the list of diagnostic and medical treatment procedures, the proposed time in the hospital, and also the total treatment costs and costs for the company's services (translations, transfer, personal assistance etc.).

PAYMENT FOR MEDICAL SERVICES

The patients who do not have a medical insurance in Germany should pay the whole sum in advance. This payment includes reservation of the chosen medical procedures, the hospital and the doctor and also getting a German medical treatment visa.

GERMAN MEDICAL TREATMENT VISA

An advantage of the medical visa is that you can prolong your stay in Germany if necessary due to the medical indications.



Dixon Healthcare

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