

Special Diabetes Check-Up

In Germany, approximately 9% of the population suffer from type 2 diabetes mellitus. In addition, there are further types of diabetes, but these are rare. Diabetes mellitus should be detected as early as possible in order to be able to avoid the progression of the disease and development of complications as much as possible, for example through life-style changes.

As part of the special diabetes check-up, we carry out examinations that not only concern diabetes itself, but which assist in the detection of concomitant and resulting symptoms in other organs. On this basis, it is also possible to diagnose metabolic syndrome - a combination of obesity, high blood pressure, lipometabolic disorder and diabetes.

On the basis of the results of the examination, you will receive a detailed report on your current health status as well as recommendations for a comprehensive care programme from one of our experienced specialists.

When is this indicated or recommended?

The special diabetes check-up is recommended for people,

- who are already suffering from diabetes mellitus,
- already have one or more cases of diabetes in their family,
- are already experiencing one or more conditions of metabolic syndrome (obesity, high blood pressure, lipometabolic disorder).

Diagnostic methods used

Diagnostics included in the special diabetes check-up:

- Comprehensive medical history and thorough physical examination
- Analysis of bodily composition (bio-electrical impedance analysis)
- Measurement of lung function and lung volume (spirometry)
- Resting ECG (electrocardiogram)
- Labs (blood tests and urine diagnostics)
- Oral glucose tolerance test (duration: two hours) to demonstrate disturbed glucose metabolism and for the early diagnosis of diabetes mellitus
- Pulse wave analysis
- Doppler sonography of the arm and leg arteries using ankle brachial pressure index
- Ultrasound examination of the heart (colour and tissue doppler echocardiography)
- Ultrasound examination of the arteries of the neck (carotid duplex sonography), including measurement of vessel wall thickness (intima-media thickness)
- Ultrasound examination of the thyroid gland
- Ultrasound examination of the abdominal organs (liver, kidneys and abdominal blood vessels)

Optional diagnostics where indicated:

- Computer tomography of the heart (cardio CT) with coronary calcification measurement (coronary calcium scoring) and visualisation of the coronary blood vessels (non-invasive CT coronary angiography)
- MRI (magnetic resonance imaging) of the brain, with depiction of the vessels of the neck and brain (MR angiography)
- Specialist examination by an eye specialist (external)
- MRI (magnetic resonance imaging) of the abdominal region including pancreas

<p>How much time to allow for</p>	<p>You should allow for roughly between four and five hours for the examinations.</p>
<p>Preparing for the appointment</p>	<p>It is important that you fast for the eight hours prior to your appointment (no liquids, no solids).</p> <p>We request that patients who already suffer from diabetes mellitus not take their anti-diabetic medication on the morning of the check-up. You can take all other medications as normal with water. This will prevent the lab results from being affected.</p> <p>Otherwise, no special preparation is necessary. Should you have any results or reports from previous examinations, please bring these along with you. Ideally, these should be in German or English or have been translated.</p>
<p>Procedure</p>	<p>Welcome:</p> <p>We will welcome you in our preventive medicine area. Once you have signed in, your doctor will greet you and you will receive information about how the appointment will proceed from there.</p> <p>1. Preliminary examinations:</p> <ul style="list-style-type: none"> • Bio-electrical impedance analysis: measurements and calculations of the body mass index, waist and hip circumference as well as bodily composition (fat, water, muscles) • Measurement of lung function and lung volume (spirometry) • Resting ECG • Pulse wave analysis and ankle brachial pressure index • Blood taken for blood tests, urine analysis (lab). In the blood analysis, values such as blood count, organ function, metabolic and mineral values are determined. <p>2. Doctor consultation:</p> <p>In an extensive personal consultation, you will be asked about any current symptoms, previous illnesses, your family history and your lifestyle.</p> <p>3. Physical examination</p> <p>A thorough physical examination is then performed.</p> <p>4. Ultrasound diagnostics:</p> <p>Ultrasound examination of the carotid arteries of the neck, the abdominal vessels, abdominal organs, the heart and the thyroid gland.</p> <p>5. Optional diagnostics where indicated:</p> <p>Should the special diabetes check-up indicate that it is necessary to carry out further examinations, in many cases, it may not be possible for these to be carried out on the same day. This may include computer tomography of the heart (cardio CT) with coronary calcification measurement (coronary calcium scoring) and visualisation of the coronary blood vessels (non-invasive CT coronary angiography), magnetic resonance imaging of the brain with visualisation of the neck and brain vessels (MR angiography) as well as the abdominal region including pancreas or an additional specialist examination by an eye specialist (external). These services are not included in the package price.</p> <p>6. Final consultation:</p> <p>Once the examinations have been concluded, your doctor will provide you with thorough information about their results.</p> <p>7. Results folder and doctor's note:</p> <p>You will receive your personal results folder with all results and findings as well as ex-</p>

	tensive explanations and recommendations in the post between two and four days later.
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