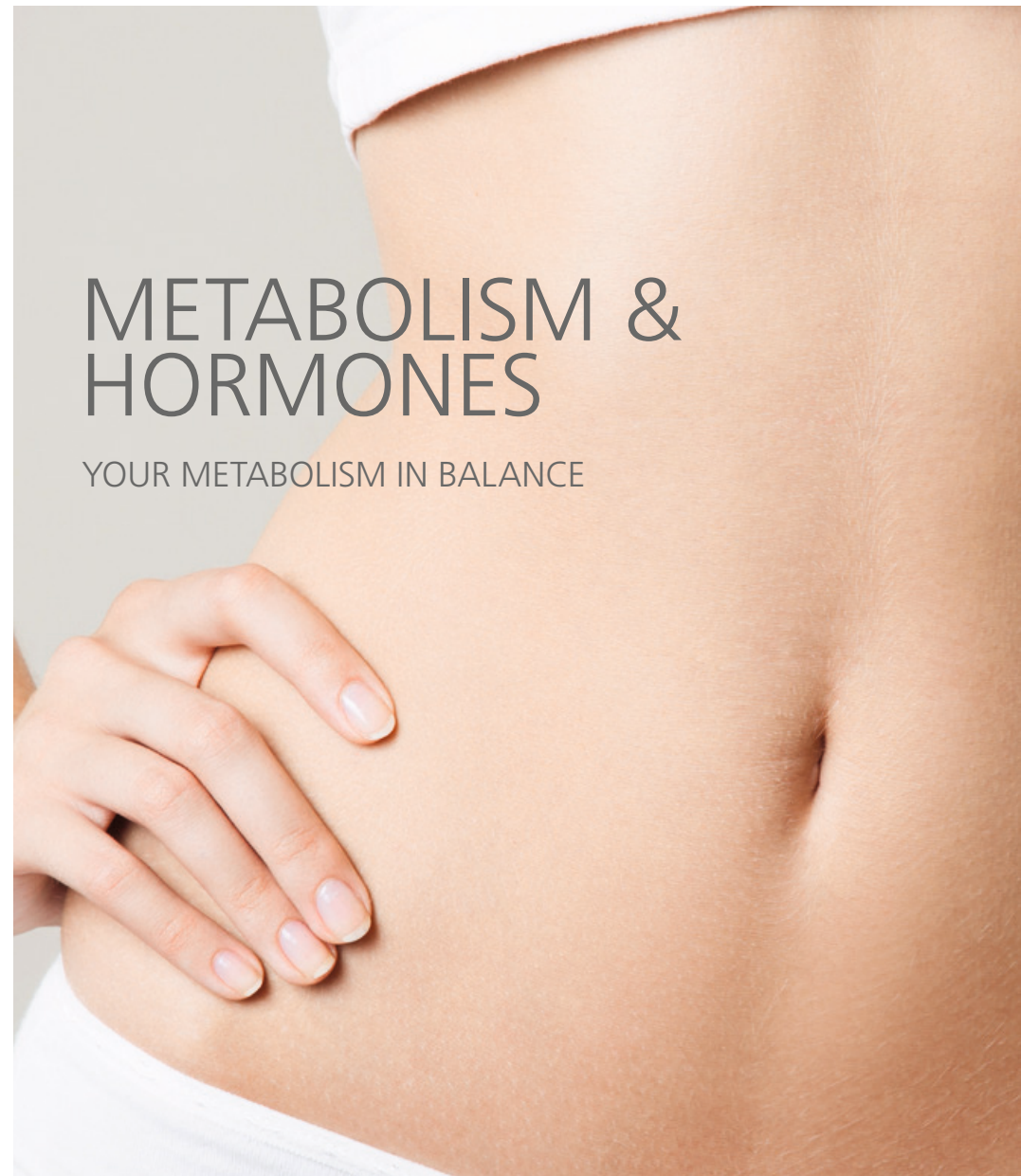


# METABOLISM & HORMONES

YOUR METABOLISM IN BALANCE



## IS YOUR METABOLISM IN BALANCE?

### PREVENTION IS THE BEST CURE

Some metabolic disorders develop slowly and without attracting the attention of the patient. Initial symptoms such as chronic hyperglycemia or disorders of cholesterol metabolism may be easily overlooked because they progress without perceptible symptoms. Excess weight is not only one of the major precursors of type 2 diabetes, but also of arterial hypertension (high blood pressure). This leads to many conditions, including cardiovascular disease (stroke, cardiac infarction), kidney failure and even cancer.

### TOGETHER WITH YOUR PERSONAL PHYSICIAN

An accurate diagnosis is a prerequisite for any successful treatment. Do you want to find out whether your metabolism is functioning properly and your crucial blood parameters are in the normal range? Do you suffer from obesity, high blood pressure, or hormonal disorders? Do you have a diagnosed kidney or thyroid disease? Do you have a chronic disease such as diabetes mellitus? Do you wish to receive care and support in accordance with the most recent medical standards?

At the Metabolic & Hormone Center in Rudolfinerhaus Private Hospital, Prof. Anton Luger, MD and Prof. Rudolf Prager, MD, who are leading medical experts, will answer these questions and develop treatments aligned to your specific situation. Medical care starts with the initial consultation and the initial recording of medical reports. Needless to say, previously diagnosed diseases and pre-existing reports will also be taken into account at this time.



A suggested treatment plan is prepared for you on the basis of these data and, if necessary, further diagnostic investigations are suggested. Due to our interdisciplinary approach, the skills of outstanding specialists at Rudolfinerhaus Private Hospital are available for you. You will be given early appointments with no waiting times. If you have any of the following conditions, you have good reason to contact the Metabolic and Hormone Center of our Outpatient Clinic:

- Excess weight
- Metabolic syndrome
- Type 2 diabetes
- Type 1 diabetes
- Diabetes in pregnancy
- Prevention of diabetes by a formula diet
- Dysregulation of fat metabolism
- Preoperative weight reduction
- Elevated uric acid levels
- High blood pressure
- Sex hormone disorders
- Diseases of:
  - the adrenal glands
  - the parathyroid
  - the hypophysis



## YOUR CUSTOMIZED THERAPY PLAN

The doctor in charge of your treatment will draft an individual therapy plan for you in accordance with the most recent medical standards, and will discuss further measures with you. The most important thing is to understand your illness. You will acquire practical skills to deal with your illness successfully.

We believe our task is to inform you, motivate you, and assist you in leading a normal life despite metabolic disease.

An interdisciplinary team from the fields of nutrition medicine, exercise therapy, and psychology will offer you well structured training programs and individual counseling for all types of metabolic diseases.

## BASIC PACKAGES METABOLIC & HORMONE DISORDERS

### DIAGNOSTIC INVESTIGATION

#### MEDICAL CONSULTATION

- Medical history & investigation
- Inspection of medical reports you have brought with you
- Treatment and therapy proposal, or further diagnostic investigations if necessary

€ 190,-

#### CHECK UP METABOLISM OVERWEIGHT / DIABETES

- Medical consultation (including the doctor's fee)
- Medical history & clinical physical status
- Registration of body composition (height, weight, body mass index, abdominal girth, bioelectrical impedance analysis - BIA)
- ECG
- Blood pressure
- Urine analysis (including the albumin to creatinine ratio)
- Blood sampling (sodium, potassium, chloride, calcium, phosphate, magnesium, BUN, creatinine, uric acid, eGFR)
- Liver function tests (GOT, GPT, gamma GT, alkaline phosphatase, bilirubin)
- Lipids (triglycerides, cholesterol, LDL, HDL, Lp(a))
- Glucose, HbA1c

€ 490,-

#### IF NEEDED (UNDER A PHYSICIAN'S INSTRUCTION)

- Blood gas analysis
- ICA, GAD antibodies
- 24-hour blood pressure monitoring
- Vascular status
- Referral to an ophthalmologist for a checkup

DEPENDENT ON THE EFFORT INVOLVED

Prices subject to change

## BASIC PACKAGES FOR METABOLISM

### THERAPIES & FOLLOW-UP EXAMINATION

#### NUTRITION

- Individual lifestyle counseling and nutritional concept with 4 individual counseling sessions
- including instruction on self-monitoring of blood glucose levels
- including BIA measurement to determine body composition
- In case of massive overweight: weight reduction program with a formula diet (accompanied by a dietician)

€ 336,-

#### EXERCISE

- Bicycle ergometer test
- Individually customized exercise program for use at home
- 10 exercise sessions (45 minutes each) in the course of one-to-one health care over a period of 6 months

€ 194,-

€ 990,-

#### PSYCHE

Metabolic diseases may be caused by psychological stress or may develop later as a result thereof.

- Individual lifestyle counseling/support of health behavior
- Strategies to overcome stress and anxiety
- Dealing with eating disorders and sleep disorders

per counseling session € 120,-

#### FOLLOW-UP INVESTIGATION (recommended after 3 months)

- Medical consultation to evaluate the success of treatment on the basis of laboratory data and body composition
- Blood pressure and lipid check
  - Review and adjustment of medication

(Price excluding laboratory investigation) € 190,-

Prices subject to change

## CHANGE OF LIFESTYLE

Metabolic diseases can only be controlled if the patient is actively integrated into the treatment program. Those who change their lifestyle early can avoid a great deal of medication and potential secondary diseases.

Changing one's lifestyle is easier said than done. With the necessary support and a program specifically aligned to your needs, supervised by a doctor, you will be able to modify your lifestyle so that you achieve actual success and a sustained alteration of your lifestyle.

That will motivate you and you will see what you can achieve all on your own. You will feel better and also realize that you can effectively counteract your illness.

## PROFESSIONAL NUTRITION COUNSELING FOR INDIVIDUAL REQUIREMENTS

Appropriate nutrition is of crucial importance in controlling metabolic diseases. Our team of dieticians work together with the doctor in charge of your treatment and draft your personal nutritional concept. The aim is to achieve an optimal balance between your personal wishes and medical requirements.

We analyze your personal eating behavior and align the program to any existing incompatibilities or allergies. Keeping a food diary may also be useful.

We are available for you not only as a source of outpatient care, but also for any concerns you may have in regard of your nutrition. We offer flexibility: you can make your personal counseling appointments and choose from a variety of consultation packages. Our long-term care enables us to support you during the entire phase of your diet change.



## EXERCISE AS MEDICINE

Endurance and strength are two basic aspects of motor skills and therefore key starting points for exercising your body optimally. We clarify, in a detailed conversation with you, the most suitable type of exercise for you, its ideal frequency and intensity. Exercise helps in the immediate sense because muscles need glucose: they derive their energy from blood sugar. The equation is quite simple: the more muscles you build, the more rapidly your blood sugar level falls. Muscles consume more energy (basal metabolic rate) than fatty tissue even in a state of rest – when muscles are not being used. The metabolic system “burns” more energy.

Your load-bearing capacity determined by recording your medical history and during your therapy is necessary for drafting a suitable exercise program that will actually help you to achieve your goals. In the appropriate dose, exercise has the same effect as a perfect and highly efficient medication with no side effects. Too little exercise is inefficient, overdosage of exercise can be harmful. With targeted and regular exercise, you will not only achieve a sustained reduction of your blood sugar levels, but also strengthen your cardiovascular system and your entire musculoskeletal system.

## EXERCISING CORRECTLY WITH DIABETES

Rigorous physical activity may cause hypoglycemia in the presence of diabetes. Therefore, we assist you in carrying out your exercise program and help you to control your blood sugar levels during physical exercise. In case of other problems (such as hip or knee pain, high blood pressure), you will be accompanied by an interdisciplinary team of specialists who will show you how to carry out your individual exercise program. The success of therapy will be manifested in your long-term blood glucose levels (HbA1c). As a result, you will need fewer drugs or may not develop the illness in the first place (prediabetes).

## PSYCHE

Stress, psychological strain and sleep disorders may play a role in the emergence of metabolic diseases, or may develop subsequently. Our psychologists will analyze in detail the potential physical and mental aspects of your illness with you and draft strategies for dealing with these. We also help you in case of crises in connection with (chronic) disease, or counsel your family members and relatives.

## IN-PATIENT BLOOD GLUCOSE MANAGEMENT

Diabetics also have the option of adjusting their blood glucose levels in the course of an in-hospital stay. We can monitor your blood glucose levels closely in the course of such hospitalization, and take care of you round the clock.

## CHECKING THE SUCCESS OF YOUR TREATMENT

Ideally, we check the success of your treatment after about three months and adjust your program if necessary. You may achieve such a degree of improvement that your specialist is able to re-adjust your medication after this time – if you are taking any medication.

The goals consist of the following measurable and objective parameters:

- Balanced metabolism
- Optimized body weight
- Minimization of risk factors
- Reduced intake of drugs or their discontinuation
- Enhanced sense of wellbeing  
& better quality of life

## AN INTEGRATED APPROACH FROM A TEAM OF EXPERTS

PROF. ANTON LUGER, MD &  
PROF. RUDOLF PRAGER, MD

Specialists in Internal Medicine  
Specialists in Metabolic Diseases  
and Endocrinology

MAYA THUN, MD

Specialist in Internal Medicine  
Specialist in Metabolic Diseases,  
Osteoporosis & Rheumatic Diseases

ROLAND PECENY, MD

Head of for Physical Medicine  
& Rehabilitation  
Sports Medicine Physician

Opening hours Physical Medicine  
Mon – Fri by appointment, off-peak  
appointments available

## RUDOLFINERHAUS PRIVATE OUTPATIENT CLINIC – WITHOUT LONG WAITING TIMES

Do you need an appointment with a specialist as soon as possible? The Outpatient Clinic at Rudolfinerhaus usually gives you an appointment the same day. After prior registration by telephone, you may utilize many other services privately and directly at the hospital:

- Various specialists (ophthalmologist, dermatologist, neurologist et al.)
- Diagnostic imaging procedures (X-ray, CT, MRI, ultrasound) and Neurological investigations (NCV, EEG)
- ECG, ergometry
- Laboratory investigations
- Tailored check-ups and preventive packages, and much more.

You will have to bear the costs and may submit these to your insurance as a consultation with a doctor of your choice. Many health insurance funds and additional insurance companies offer a variety of refund options.

### CONTACT & APPOINTMENTS

Monday to Friday, 8 a.m. to 5 p.m. by phone +43 (0)1 360 36-6468 or  
ambulanz@rudolfinerhaus.at