



*"We **focus** on the **individual**"*

The International Private Clinic

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Preface

Welcome at Beta Klinik!

We have been enjoying providing you with our special combination of high-tech medical and outstanding individual care in a relaxed atmosphere since 2008. *Your health, of course, has been our biggest goal.*

Beta Klinik has started as a specialized private clinic for head and spine in 2008. But our concept was so successful that an ever growing number of patients and physicians had been asking for additional diagnostic and therapeutic options. We have answered these demands with the expansion of Beta Klinik to the International Private Clinic with a great variety of medical specialties thanks to experienced and competent physicians and therapists, devoting their work to your health.

Place your trust in us! Benefit from modern, holistic diagnostics and treatments, a competent interdisciplinary team of physicians and therapists and our individual service in a classy surrounding. We are glad to help you with your medical condition including your personal needs, requirements and wishes *because you are our center of attention.* We hope that we can win you and your beloved ones with the extraordinary quality of Beta Klinik's staff, facilities and services.

We wish you well and hope that you will stay healthy!



Prof. Dr. med. Jürgen Reul



Prof. Dr. med. Thomas Gasser



Prof. Dr. med. Jürgen Reul, MD

- CEO and medical director of Beta Klinik
- radiology, neuroradiology, neurology, neurosurgery, sports medicine



Prof. Dr. med. Thomas Gasser, MD

- CEO and assistant medical director
- neurosurgery, functional neurosurgery



The philosophy of Beta Klinik

We focus on the individual



Beta Klinik was founded in 2008 and has evolved from a clinic specialized in the diagnostics and treatment of head and spinal diseases to the International Private Clinic with a great variety of different medical specialties.

Quality through specialization

The optimal medical quality Beta Klinik has been providing you with since its beginnings, is only possible through specialization. In 2010, we have introduced a quality management system that has led to the certification of our clinic according to the internationally recognized standard ISO 9001. This way, we can ensure a high quality throughout all of our medical departments.

Highest standards

Modern diagnostic devices like an open MRI scanner and state-of-the-art facilities (e.g., operating rooms, intensive care unit and rehabilitation center) meet highest requirements. The same holds for our physicians, therapists and medical staff, who have been doing further studies on a regular basis naturally.

Holism

Examinations, treatments, surgery or measures of rehabilitation are carried out in a holistic way. All medical experts

work closely together at the highest level at Beta Klinik united by one goal—your health. Because we communicate efficiently with each other, we can reduce the number of appointments exactly to your individual demands. Thus, the quantity of your clinical consultations is decreased to the necessary minimum—and you can spend your precious time with the pleasant things in life.

We focus on the individual

We gladly devote our time to your individual wishes, needs and requests. Since your opinion is important to us, we carry out patient surveys, in which we ask you how satisfied you are about your out- or in-patient stay. To every person working at Beta Klinik the same applies: *You are the center of our attention.*

We take care of you

In addition to the high medical quality and the sensitive individual care, the environment plays an important role for your recovery and your wellbeing. You, your relatives, friends and acquaintances can feel at ease in a relaxing atmosphere, in which medical functionality goes hand in hand with an exclusive design.

The beginnings of Beta Klinik

How to found a clinic while racing across Europe

The idea of Beta Klinik

After working more than 20 years as a physician in university hospitals and large clinics, Prof. Dr. med. Jürgen Reul, MD, envisioned his own clinic. Like many other medical doctors, he had experienced that the time reserved for patients was dwindling and that economical pressure and administrative strains had worsened the relationship between physicians and their patients. At the same time, it was clear to him that the highest quality possible comes with specialization. Those factors were the initial motivation to found Beta Klinik.

Clinic founding while biking and running

The realization of Beta Klinik took place while biking and running. As a passionate triathlete and extreme sportsman, Prof. Reul traveled from the Norwegian North Cape to the Italian Sicily nonstop on a bike and set a record. Previously, he had already crossed the American continent during the Race Across America (RAAM) and, together with musician and extreme sportsman Joey Kelly, Australia from Perth to Sidney nonstop. During the 14 days of the European record race, he conceived concepts of Beta Klinik and stored them in his brain, negotiated with banks and companies via mobile phone, concluded credit contracts and bought large medical devices. When arriving in Sicily, he did not only have a complete concept but had also initiated many important processes that would proof to be essential for founding Beta Klinik.



Diagnostics and preventive check-ups

From single examinations to second opinions and total body check-ups



The foundation of optimal preventive or therapeutic recommendations is efficient diagnostics. No matter if you need a single examination, e.g., of your foot, or a comprehensive check-up from head to toe—at Beta Klinik you are in good hands.

If you already have current medical reports and want to have a second opinion, we will, of course, be glad to profoundly counsel you and give you recommendations on further treatment.

Holistic counseling

Our experienced medical doctors work in a holistic way and can counsel you from an interdisciplinary perspective thanks to the close cooperation of all physicians and therapists of the different medical specialties at Beta Klinik. You will receive exhaustive information even about complex conditions this way.

State-of-the-art diagnostics

An important aspect of a thorough diagnosis and reliable therapy recommendation is first-class diagnostic devices, e.g., the high-field MRI scanners (1.5 and 3 Tesla) and the multispiral computerized tomography scanner (CT). The gantry of our open 1.5 Tesla MRI scanner has a wide opening (75 cm/30 inches), and the tube is only half the length of conventional systems, allowing high definition images even when working with claustrophobic or overweight patients up to 250 kg (550 lbs). The multispiral CT features special operation modes with reduced radiation. The combination of technical devices and the clinical expertise of our special-

ists result in a significant and dependable diagnosis, which is indispensable for a successful therapy.

Diagnostic range of services

- radiological (p. 39/40) and neuroradiological diagnostics (p. 24)
- specialist examinations (s. medical departments)
- interdisciplinary, holistic diagnostics
- total body check-ups and preventive (p. 12) as well as aftercare examinations
- sports and performance diagnostics (p. 41)



open high-field MRI scanner (source: Siemens pictures)

Therapy and aftercare

Efficient and gentle medical treatment and rehabilitation



Our motto for your therapy is: **“efficient and gentle”**. In order to be as efficient and as gentle as possible at the same time, we only apply most modern conservative (non-surgical) and, whenever viable, minimally invasive surgery and interventional techniques. You will appreciate their advantages in comparison to conventional methods:

- quick relief of pain, short rehabilitation and recovery periods
- small surgical accesses
- easy on bones, ligaments, muscles and tissue
- no or minimized scar formation
- often suitable even for elderly or risk patients



High-tech operating rooms

We perform our interventional and surgical treatments in ultramodern, technically optimally endowed sterile operating rooms (class Ia), an interventional angiography room and an operating room for out-patient treatment. These operating rooms are connected to the intensive care unit with 6 beds.

We decide together with you about your therapy

Interdisciplinary diagnostics (p. 6) is a solid base for choos-



ing successful treatment options. As soon as we have determined the causes of your medical condition, we will tell you everything about chances of success and risks of your therapy alternatives. Together with you, we will decide which therapy will be most beneficial to you.

Rehabilitation— physiotherapy and training

Skilled trainers and physiotherapists will help you master your daily life, if possible, without pain and restrictions at our rehabilitation center “Beta Sport and Reha” (p. 42). They focus on

- physiotherapy
- functional therapy using training machines
- MEDX training

Room and suites

Comfort at a high level



In case of in-patient treatment, you will find comfortable single or two bed rooms that meet the standard of a 4 star hotel as well as two luxurious suites with 55 m² (592 ft²) or 58 m² (624 ft²). The extraordinary architecture and high-class interior decor of our rooms and suites impress with their accomplished combination of medical functionality and exclusive design. The following features are part of your stay in the rooms and the suites as well.



Features

- 24-hours full service
- fully electronically controllable beds
- air conditioning
- minibar
- satellite and Internet TV, DVD player
- telephone and Internet (wireless)
- at request: chauffeur service, special evening menus

Patients and visitors

First-class service at Beta Klinik

Our philosophy "We focus on the individual", the outstanding medical care, the use of state-of-the-art technologies in combination with our high-class comfort result in excellent medical quality, which has already earned us remarkable international reputation. *Patients from all over the world know that they are in safe hands with Beta Klinik.* Place your trust in us and benefit from our first-class service.



Quick reply to your questions

Do you have any questions or need help? Please feel free to contact us, and we will find the optimal solution, after consulting with our physicians, therapists and our medical and administration staff.

Journey, accommodation and visa

Do you or your entourage need assistance in organizing your journey, accommodation or visa application? That is no problem for us at all. We will be glad to support you.

Culture, language and religion

Your culture and religion are important to us. This is why we try to give you an appropriate amount of space and time, so that you can comply with your cultural and religious needs. If you need a translator, we will, of course, organize one who ensures proper communication between you and the staff of Beta Klinik.

Costs for German patients

Beta Klinik is an approved private clinic that bills for in-patient medical care in compliance to the Beta Klinik tariff, our company-based tariff. The Beta Klinik tariff is similar to the DRG system and approximately comparable to costs of clinics providing full medical service and billing in compliance with the DRG system but without taking the duration

of hospitalization into account. The medical service carried out by our physicians and the out-patient treatment are in compliance with GOÄ, a German payment ordinance for private patients.

Costs for international patients

Please contact us to receive a cost estimate and further billing information on your expected examination and treatment options. Depending on your personal situation, your estimated costs at Beta Klinik may be covered by your international health insurance. It is also possible that your embassy agrees to cover your costs. If the aforementioned options do not apply to you, direct payment is possible.



Anesthesia and pain therapy

From anesthetization to pain management



At Beta Klinik, we offer you all modern types of anesthesia in close cooperation with our specialized surgeons. We employ state-of-the-art anesthesia management as well as monitoring and laboratory diagnostics during surgery (blood gas analysis) in order to carefully watch over your safety. Naturally, we will take your individual requirements into account to provide you with a well-tolerated and efficient anesthesia option.

Types of anesthesia

- general anesthesia
- sedation (twilight sleep)
- stand-by-anesthesia (surgery monitoring)
- regional anesthesia (anesthetization of specified regions of the body)
 - spinal anesthesia (spinal cord tap)
 - epidural anesthesia (catheter near spinal cord nerves)
 - plexus blocks (anesthetization of a specified network of nerves, e.g., an arm)
 - peripheral blockade (anesthetization of single nerves)

Out-patient pain therapy

At our pain center, we help patients suffering from chronic pain with different individually customized therapy options like drugs or acupuncture. We treat, e.g., headache, facial pain, neuropathic pain (e.g., nerve damage, amputations, phantom pain), pain of the musculoskeletal system or pain as a result of herpes zoster (shingles) or tumor diseases.

Pain therapy after surgery

- patient-oriented, individual pain therapy at the recovery room
- patient-controlled, individual pain therapy (patient-controlled analgesia—PCA pump)
- in-patient infusion therapy

Your experts



Michael Bochnick, MD

- anesthesia, pain therapy, emergency medicine
- member of the British Council of Medicine



Dr. med. Alice Chon-Völker, MD

- anesthesia, pain therapy, acupuncture
- member of BDA (society of German anesthetists) and of DGS (German society of pain medicine)

Angiology

Diagnostics and treatment of vascular diseases



Dr. med. Fritz Boecker, MD, takes care of diagnostics and treatment of vascular diseases. You can undergo his examinations without any preparations or restrictions since he employs modern ultrasound examinations without any radiation or needles. The high-resolution depiction of artery walls is remarkable (1/10 mm/0,004 inch accuracy). Functional examinations like bloodstream analysis, vascular elasticity measurement and resistance diagnostics on toes and fingers of even smallest blood vessels are while undergoing ultrasound examinations.

Vascular examinations are carried out

- as preventive examinations in the context of apoplectic stroke or heart attacks (parents, siblings), metabolic diseases (cholesterol, lipids, sugar or uric acid), blood pressure or rheumatism
- in case of presumptive circulatory disorder of the head, e.g., accompanied by impaired vision, language or speed disorders, double vision (even if only temporary), abnormal dizziness, staggering gait, hearing loss, unconsciousness, facial paralysis ("hanging lips"), sudden weakness of arm or leg, memory disorder, signs of dementia
- for ruling out arterial circulatory disorders of the legs with, e.g., painful calves while walking; vein thrombosis in case of pain in arms or legs accompanied with stasis (stop of blood flow), swelling, discoloration; vascular malformations (aneurysm, fistula, angioma); recurring stomachache without physical origin; pain in limbs caused by vascular diseases

Diagnostic services

- ultrasound (B-mode, duplex and triplex sonography)
- infrared- and pressure-related measures
- examinations of other departments like MRI

Possible examination areas

- cerebral and carotid arteries (brain and throat) as well as spinal blood vessels (vertebral)
- blood vessels of the shoulder girdle
- pelvic or abdominal arteries and veins (renal/kidney, mesenteric/intestine, iliac/pelvis)
- arteries of arm and leg as well as superficial and deep veins of the leg

Your expert



Dr. med. Fritz Boecker, MD

- angiology/vascular diagnostics
- member of the International Union of Angiology
- member of the Royal College of Physicians and Surgeons Canada
- passion: horse training and breeding as well as dressage riding

Check-up, nutrition and preventive medicine—Beta Prevent

Total body check-up from head to toe



Beta Prevent is an individual, comprehensive preventive check-up pursuing one goal: to detect your risk factors and diseases at an early stage. Based on your examination results, you will receive personal recommendations on how to avoid and get rid of your possible health risks, and on your healthy way of life. With the results of this useful and elaborate preventive examination program, you can lay your foundation for preserving your health and quality of life up to your old age on a long-term basis. You can either choose from a variety of preselected check-up programs, or we can help you customize your check-up to match your individual demands.

You can expect

- state-of-the-art examination procedures and diagnostic devices
- only medically and individually useful examinations (depending on age, sex, risk profile and personal life situation)
- medical and individual care by experienced and specialized physicians
- professional documentation of all reports, therapy recommendations and imaging examinations
- a comprehensive consultation considering risk factors, diseases and corresponding therapy recommendations
- on request, accommodation at Life & Style Hotel Kameha Grand next to Beta Klinik or combination of Beta Prevent and a wellness weekend at Kameha Grand, special rates guaranteed

Beta Prevent

- Basis Check
- Manager Check
- Premium Check
- Sports Check
- individual check
- you can also book extra services to your previously selected check like personal training or, e.g., single components of other checks like the Sports Check (e.g., treadmill analysis), natural medicine, stress or mental coaching, heart MRI, phlebologic (vein) counseling, advice on aesthetic or plastic surgery, further specialist examinations

Your expert



Dr. med. Andre W. Demant, MD

- radiology and pediatric radiology
- DEGUM-certified examiner for radiology and pediatrics
- won the science prize of the German society of pediatric radiology as co-author in 2011
- received his training in New York and Bern (among other locations)

Dental medicine—Beta Dental

Functional and aesthetic at the same time—teeth made by Beta Dental



As dentists of Beta Klinik, we cover the whole range of services of dental medicine. We have been standing for competence and trust at the highest level for over 20 years. One of our specialties is dental implants—the best alternative to removable dentures—whose functionality resembles your own teeth.

Even back, neck, shoulder or hip complaints can be caused by functional disorders of your jaw and teeth. The close cooperation of the specialists of Beta Klinik provide optimal diagnostic options to find and successfully treat the root of evil.

Our dental laboratory guarantees high-class dentures and implants in a minimum of time. You will receive individual counseling and comprehensive care, meeting your needs. It is our goal to support and preserve your dental health. We are looking forward to your appointment.

Our services (examples)

- general dentistry
- implantology
- All-on-4 (firm teeth on one day)
- crowns, bridges, veneers
- root canal treatment (endodontic therapy)
- therapy/surgery under general anesthesia (wisdom teeth removal)
- oral and maxillofacial surgery
- anxiety patients (you sleep while we work)
- orthodontics (retainers/brackets/Invisalign)

- jawbone therapy (mouthguards for tooth protection in case of bruxism/tooth grinding)
- periodontitis treatment
- aesthetic dentistry
- tooth bleaching (tooth whitening)
- professional teeth cleaning

Your experts



Bernd Knoch, DMD

- dentistry, implantology (cert.), orthodontics (cert.), aesthetic dentistry, dental technology
- likes water sports and journeys beyond mass tourism



Dr. med. dent. Guido Wegner DMD

- dentistry, implantology (cert.), orthodontics (cert.), oral and maxillofacial surgery
- motor sportsman

Dermatology and allergology

Diagnosis and therapy of diseases of the skin, skin alteration and allergies



We treat all acute and chronic diseases of your skin, hair, finger or toe nails and mucous membranes at the International Dermatological Center at Beta Klinik. This includes all types of skin cancer (malignant melanoma, squamous cell carcinoma, basal cell carcinoma, actinic keratosis, skin metastasis of a solid tumor, e. g., breast tumor), skin allergy, psoriasis, acne and other facial diseases.

Diagnostic services

- early detection and prevention of skin cancer with ultra-modern diagnostic procedures like
 - optical coherence tomography (OCT; Vivosight®), multispectral skin imaging (Melafind®) and confocal laser scanning microscopy (VivaScope®)

Therapeutic services

- skin cancer
 - micrographically controlled surgery
 - photodynamic therapy (PDT)
 - immunotherapy
 - electrochemotherapy
- skin alterations
 - laser therapy, e.g., IPL (intense pulsed light)—blood vessels, blush and abnormal amount of hair growth
 - excimer laser—vitiligo, psoriasis
 - CO2 laser—acne scars

Aesthetic dermatology

- botox, laser oder hyaluronic acid—facial wrinkles
- Nd:YAG laser, KTP laser and IPL (intense pulsed light)—

spider veins, varicose veins or port-wine stains, hemangioma and unwanted hair growth

- skin rejuvenation—fruit enzyme peel/microdermabrasion/photorejuvenation
- fruit enzyme peel, microdermabrasion, laser therapy—acne skin
- Er:YAG laser—benign skin alterations
- HYDRAFACIAL™—young, radiant and healthy skin due to the combination of exfoliation, deep cleansing and hydration with antioxidants, vitamins and hyaluronic acid together with cold light and lymphatic drainage using the so-called multi-functional vortex technology

Your expert



Prof. Dr. med. Uwe Reinhold, MD

- dermatology, allergology, dermatological oncology
- 2013 and 2014: FOCUS (German magazine) appointed him as top medical doctor for skin cancer
- winner of the German skin cancer prize 2001 in Vienna
- diving instructor, author of a book about the marine biology of the Mediterranean sea/Cabrera

Ear, nose and throat (ENT, otorhinolaryngology)

Skillful combination of ENT and aesthetic treatments



If you are suffering from ear, nose or throat complaints, Dr. med. Jörg Heppelmann, MD, and his team will offer you first-class service—including gentle examinations, conservative (non-surgical) and surgical treatments, aftercare and rehabilitation.

He mainly focuses on diagnosing and treating hear disorders, dizziness, nose diseases, diseases of paranasal sinuses (e.g., sinusitis), snoring, and diving medicine. In addition, Dr. Heppelmann does also perform aesthetic surgery on noses or ears and aesthetic treatments like the application of non-permanent dermal fillers (hyaluronic acid).

Conservative and diagnostic services

- measurement of the threshold of hearing (pure tone audiometry)
- test of the acuity of hearing (speech audiometry)
- test of the cochlea (OAE—otoacoustic emission)
- measurement of auditory evoked potentials (AEPs) in the brain (auditory brainstem response/ABR)
- test of the air pressure of the middle ear (tympanometry)
- ultrasound (A- and B-mode sonography)
- video endoscopy
- allergy test (PRICK and RAST)
- dizziness diagnostics (vestibular testing)
- tinnitus diagnostics and therapy
- diving suitability examination
- acupuncture treatment

Surgical services

- corrective surgery on the internal and external nose (septoplasty, rhinoplasty, turbinate surgery)
- minimally invasive surgery on paranasal sinuses
- microsurgery on the middle ear including prosthetic care
- corrective surgery on the outer ear
- plastic/aesthetic removal of facial skin tumors
- surgery on the salivary glands (parotid glands, submandibular glands, sublingual glands)
- application of non-permanent dermal fillers (hyaluronic acid)

Your expert



Dr. med. Jörg Heppelmann, MD

- ENT (otorhinolaryngology), diving medicine, plastic and aesthetic surgery
- flotilla physician (reservist)
- was deployed as leading ENT physician by the NATO at the German field hospital (Rajilovac/Bosnia and Herzegovina)
- golf and water sports enthusiast

General surgery and colorectal surgery/proctology

General surgery, surgery on abdominal organs, diseases of the straight intestine



The team around Dr. med. Hubert Lausberg, MD, will be on hand with help and advice whenever you have questions about or need medical treatments like general surgery, visceral surgery (abdominal organs, abdominal wall, thyroid gland) and colorectal surgery (diagnostics and therapy of disorders of the rectum, anus and colon).

He specializes in hernia surgery (inguinal hernia, umbilical hernia, incisional hernia), surgery on the gall bladder and the cecum (minimally invasive) as well as on the thyroid gland. Additionally, he is an expert in the diagnostics and conservative (non-surgical) and surgical treatment of diseases of the large bowel and the straight intestine.

Diagnostic and conservative services

- colorectal diagnostics: proctoscopy (examination of anal cavity, rectum or colon), anorectal manometry (measuring the pressure of the anus), endorectal sonography (ultrasound examination of the rectum)
- non-surgical treatment of hemorrhoids (e.g., cauterization)
- diagnostics and conservative therapy of constipation and fecal incontinence
- aftercare after bowel/intestinal surgery
- second opinion/counseling prior to abdominal surgery

Surgical services

- hernia surgery (inguinal hernia, umbilical hernia, incisional hernia)
- surgery on the gall bladder and the cecum (minimally

invasive laparoscopy/keyhole surgery)

- surgery on the thyroid gland
- surgical treatment of hemorrhoids (stapler or conventional), anal fissure (anal laceration), anal fistula (inflammation of the rectum), sinus pilonidalis (sacroccygeal fistula, cyst/abscess near the natal cleft)
- surgery of rectocele (rectal tissue bulging through a tear into the vagina), internal/external rectal prolapse
- sacral nerve stimulation (in case of fecal incontinence/obstipation)
- implantation and explantation of ports (permanent venous accesses, e.g., in case of chemotherapy)

Your expert



Dr. med. Hubert Lausberg, MD

- general and visceral surgery, colorectal surgery
- trained numerous physicians and implemented innovative surgery procedures as head surgeon of St. Josef-Hospital in Bonn-Beuel (Germany)
- commits himself to various social projects, e.g., Rotary International

Gynecology and senology

Gynecology, gynecologic oncology and senology—the individual in the first place



Dr. med. Matthias Wolfgarten, MD, provides you with modern and individual patient care including a high, guideline-based medical quality, which puts you in the first place. He focuses on the treatment of breast diseases (senology) working closely together with Dr. med. Bettina Wolfgarten, MD (p. 40). Everything is under one roof: diagnostics (ultrasound, biopsy/sampling of cells/tissue), counseling and even the complex multi-modal therapy of breast cancer (breast carcinoma). The surgical services comprise small gynecologic operations, e.g., removal of the uterus (curettage/scraping), the surgical and reconstructive therapy of the breast carcinoma, microsurgery and endoscopic operations and even open abdominal surgery. Additionally, the conservative gynecologic oncology (chemotherapy) is also supplied.

Naturally, the gynecologic early detection screening is part of Dr. Wolfgarten's services. He will be glad to give you advice on contraception, vaccinations (e.g., against viruses causing cervical cancer) and hormone replacement therapy (e.g., menstrual disorders or complaints caused by menopause).

Services

- individual counseling, diagnostics and therapy
 - malignant breast diseases (breast cancer)
 - benign breast diseases (e.g., fibroadenomas/lumps, cysts)
 - benign gynecologic diseases (e.g., myomas, endometriosis, adhesions, ovarian cysts, removal of the uterus)
- malignant gynecologic diseases (e.g., cervical cancer, uterine cancer, ovary cancer)
- breast sonography (DEGUM II certified)
- ultrasound-assisted punch biopsy (sampling of cells/tissue)
- high-resolution gynecologic ultrasound examination
- gynecologic early detection screening
- minimally invasive gynecologic surgery (e.g., hysteroscopy/endoscopic inspection the uterine cavity, abdominal laparoscopy/keyhole examination of the stomach)
- surgery in case of unwanted loss of urine (urinary incontinence)

Your expert



Dr. med. Matthias Wolfgarten, MD

- gynecology and obstetrics, special gynecologic oncology, senology
- certified as "Senior-Mammaopérateur" (senior breast surgeon) by the German cancer society and the German society for senology
- certified by the European Academy of Senology (EAoS)

Homeopathy and medical practice

Medical practice for diseases of the spine and joints



You have already experienced it: You feel pain here and there, but your doctor may not find its origin. Maybe there is only a small (or not even any sign) of it on the MR or X-ray image. Despite it, you have been repeatedly suffering from pain in your back, knees or other parts of your body. Probably, you have been diagnosed with "facet joint syndrome", "sacroiliitis" (inflammation of the sacroiliac joint), "cervical spine syndrome", "thoracic spine syndrome" or "lumbar spine syndrome". All those diseases can be traced back to malfunctions of the spine. Whiplash or headache can also result from functional disorders of your back.

Although structural causes like hip arthritis or slipped discs can cause functional complaints, we can positively influence the pain. Pain and functional disorders emerge if your body is not able to activate its self-healing powers anymore, and, thus, is out of balance. In order to help your body regain its muscular balance, we use Functional Osteopathy and Integration (FOI®), ear acupuncture, homeopathy and phytotherapy (application of indigenous herbs) and tailor them to your personal requirements and needs. We will search for the causes of your complaints, reveal their underlying relationship, and gently treat them.

Conditions and diseases treated

- facet joint syndrome
- inflammation of the sacroiliac joint
- inflammation of the hip joints
- cervical spine syndrome, thoracic spine syndrome, lumbar spine syndrome

- whiplash and headache
- slipped disc/herniated disc
- joint pain and arthritis
- muscular imbalance

Therapy methods

- Functional Osteopathy and Integration (FOI®—special therapy concept of the osteopathy and manual therapy)
- homeopathy
- ear acupuncture, acupuncture on the whole body
- natural medicine including phytotherapy (application of indigenous herbs)
- Medi-Taping and Crosstaping

Your expert



Gabriela Sabatschus

- physiotherapist and medical practitioner
- lectures functional osteopathy and integration
- > 10 years of experience in treating top professional athletes (especially triathlon, swimming, running) at national and international competitions (incl. Hawaii)
- finished marathons and Ironman competitions

Internal medicine, gastroenterology and cardiology

Diagnostics and therapy of diseases the internal organs and the cardiovascular system



Dr. med. Christian Fehring, MD, and Dr. med. Peter May, MD, specialize in the diagnostics and therapy of diseases of the internal organs and the cardiovascular system, blood vessels and respiratory organs. They employ non-invasive examination procedures for you like ultrasound, ECG (electrocardiography), pulmonary (lung) function test, blood pressure measurement and minimally invasive procedures like gastroscopy (endoscopic examination of the stomach) or colonoscopy (endoscopic examination of the bowel). Apart from drug therapy, they are also able to remove colorectal polyps during a colonoscopy or treat diseases with chiropractic (manual medicine) or procedures of natural medicine.

Services

- cardiological diagnostics
 - color Doppler echocardiogram (cardiac sonography)
 - resting ECG, stress ECG, long-term ECG
 - long-term blood pressure measurement
 - pulmonary (lung) function test
 - fitness testing
- ultrasound examinations
 - abdominal and thyroid ultrasound
 - vascular ultrasound (brain-supplying blood vessels and limbs)
- gastroenterological diagnostics
 - gastroscopy
 - colonoscopy with polyp removal
- travel medicine counseling
- diving suitability examination

- supplementary therapy options
 - chiropractic (manual medicine)
 - diabetes medication
 - diabetes and asthma training
 - drug therapy and infusions
 - natural medicine treatment

Your experts



Dr. med. Christian Fehring, MD

- internal medicine, general medicine
- sports medicine and natural medicine
- gastroenterological endoscopy



Dr. med. Peter May, MD

- internal medicine, general medicine
- sports medicine and chiropractic (manual medicine)
- gastroenterological endoscopy

Internal medicine and interventional cardiology

Minimally invasive diagnostics and therapy of diseases of the cardiovascular system



Prof. Dr. med. Jörg Otto Schwab, MD, examines and treats cardiovascular diseases for you. One of his main services is the diagnostics and therapy of cardiac arrhythmia (irregular heartbeat), also using telemedicine (remote diagnostics and monitoring), and its catheter-assisted treatment (electrical cauterization). He also specializes in aftercare after a cardioverter/defibrillator implantation and carries out examinations using magnetic resonance imaging (MRI). In addition, he examines and treats cardiovascular disorder by employing a catheter, which can also be utilized for removing vascular narrowness (stenosis) of coronary vessels. If you suffer from a severe cardiac insufficiency/heart failure, he will be glad to counsel you and to choose the right therapy option together with you (normally electronically-assisted devices). Furthermore, you can undergo preventive check-ups under his guidance, which include modern imaging examinations (echocardiography, cardiac MRI) that play an important role in the prevention of cardiovascular diseases, e.g., as part of the Manager Check ([check-ups: p. 12](#)).

Conditions and diseases predominantly treated

- cardiovascular disorder
- cardiac arrhythmia (irregular heartbeat)
- cardiac insufficiency/heart failure

Diagnostic services

- resting ECG, stress ECG, 24-h-ECG
- resting ECG, stress ECG with 3D electrocardiography (Manager Check)
- blood pressure measurement

- pace maker and cardioverter/defibrillator aftercare, MRI examinations included
- cardiac MRI/heart MRI
- telemedicine (remote diagnostics and monitoring) for patients suffering from cardiac insufficiency and patients with pace maker, cardioverter/defibrillator

Surgical services

- catheter-assisted surgery on coronary vessels and electric cauterization in case of cardiac arrhythmia (irregular heartbeat)
- implantation of mini sensors for the diagnostics of unrecognized severe forms of cardiac arrhythmia

Your expert



Prof. Dr. med. Jörg Otto Schwab, MD

- internal medicine/cardiology, intensive care medicine
- special rhythmology and interventional cardiology (Germany society of cardiology)
- speaker of the team "Telemonitoring" of the Germany society of cardiology
- passionate biker and hiker

Internal medicine and natural medicine

Symbiosis of scientific and integrative medicine



Dr. med. Monika Rose-Oxenfurt's, MD, profession and passion is to treat your medical condition with means of internal and natural medicine. She combines conservative methods of scientific medicine with natural medicine thanks to her experience as an internist. The state-of-the-art device-assisted diagnostic and therapy options at Beta Klinik are a useful supplement to those methods.

Dr. Rose-Oxenfurt specializes in acute and chronic diseases of internal medicine, e.g., diabetes, asthma and cardiovascular diseases, chronic pain syndromes (e.g., migraine, arthritis and fibromyalgia), exhaustion, burnout and somatization disorder (physical symptoms based on psychological factors) as well as sleep disturbances. Irritable colon syndrome and even allergies can be successfully treated with supplementary methods of natural medicine. It is also possible to reduce the side effects of chemotherapy and radiation therapy by means of the complementary oncology, and, thus, to improve your quality of life.

Conservative and diagnostic services

- consultation on medical history
- resting, stress and long-term ECG, blood pressure measurement
- ultrasound examinations
- general/specific laboratory examinations

Special services and diagnostics

- traditional Chinese medicine (TCM, acupuncture, bios)
- phytotherapy (application of herbs), homeopathy

- orthomolecular medicine (supplementation of vitamins and trace elements)
- neural therapy and Medi-Tape (Dr. med. Sielmann, MD)
- microbiological therapy
- cell symbiosis therapy (Dr. med. H. Kremer, MD)
- specialized laboratory diagnostics, e.g., for irritable colon syndrome and food intolerance
- bioresonance therapy and magnet therapy (Bicom)
- infusion therapy: vitalization, detoxification, regeneration and strengthening
- complementary tumor therapy (Prof. Dr. med. Beuth, MD, complementary to scientific medicine)
- palliative care

Your expert



Dr. med. Monika Rose-Oxenfurt, MD

- internal medicine, natural medicine, emergency medicine, acupuncture, maritime medicine
- instructor at the university of Bonn in internal and general medicine
- ambitious salsa dancer
- has been practicing yoga for many years

Laboratory medicine

Quick and reliable certainty for doctors and patients



The medical laboratory at Beta Klinik is a branch of the "Labor im Sommershof" (LIS), which has provided hundreds of physicians with reliable laboratory diagnostics for over 50 years. Quality, accuracy and patients' safety are essential for the laboratory, which has been accredited since 2004 (DIN EN ISO 15189).

The services of LIS comprise the whole clinically relevant laboratory diagnostics. Specialists in laboratory medicine, microbiology and epidemiology, transfusion medicine and hemostasiology are at your service.

LIS ensures quick laboratory diagnostics at Beta Klinik. The Team around Dr. med. Christiane Boogen, MD, optimally supports the diagnostics and treatments at Beta Klinik with their expertise and ultramodern diagnostic devices. This applies for consultations between colleagues as well as for the individual, understandable patient information.

Specialties

- laboratory medicine
- microbiology
- hemostaseology (blood coagulation)
- transfusion medicine

Consultation

Dr. Boogen is also specialized in blood coagulation and offers counseling for you if you are suffering from hemophilia or thrombophilia as well as if you need blood coagulation diagnostics (hemostaseology) in case of recurrent miscarriages of unknown origin.

Laboratory services

- reliable diagnostics due to most modern technical devices
- quick results: over 90% at the same day
- close cooperation with the attending medical doctor in questions on laboratory diagnostics
- quick and flexible provision of laboratory results—on paper and digitally
- developments in research, science and health politics have been implemented and realized in our daily laboratory work

Your expert



Dr. med. Christiane Boogen, MD, MBA

- laboratory medicine
- hemostasiology
- expert in blood coagulation
- MBA (Business Integration)
- volunteer judge at the fiscal court of Cologne
- triathlon enthusiast

Neurology and epileptology

Interdisciplinary treatment of epilepsy



The seizure consultation at Beta Klinik comprises all aspects of the diagnostics and therapy of epilepsy, if necessary, in close cooperation with the clinic for epileptology at the hospital of the university of Bonn (e.g., planning surgery). Dr. med. Judith Hoffmann, MD, also uses a high-definition 3 Tesla MRI scanner and special EEG (electroencephalography) procedures. In addition, she examines and treats epilepsy in an interdisciplinary environment together with her colleagues. She would be glad to arrange an individual treatment concept for you.

If you want to receive further treatment on your epileptic disorder, or if epilepsy is presumptive in your case, we can comprehensively counsel, examine and treat you at Beta Klinik.

Epilepsy is a disorder of the brain function, which affects around 600,000 patients in Germany. Owing to the extremely threatening symptoms of a seizure and the frightening loss of control, people have been prejudiced against this disorder for hundreds of years, and the afflicted persons have been stigmatized. However, the majority of people suffering from epilepsy can be well treated with the right dose of drugs if the causes and accompanying diseases have been thoroughly analyzed. Effective seizure management is possible if we are able to intervene at an early stage to improve your quality of life and to fight negative psychosocial consequences (e.g., job loss).

Services:

- diagnostics and therapy of seizures (epilepsy) and other

neurological disorders

- examination and treatment of psychogenic seizures and other seizure-like disorders with or without loss of consciousness
- counseling and therapy organization for patients suffering from epilepsy who want to have children or are already pregnant
- travel medicine counseling for epileptics
- detection and therapy of neurological and psychiatric accompanying disorders/illnesses and, if necessary, interdisciplinary treatment by other specialists
- consultation for headache patients

Your expert



Dr. med. Judith Hoffmann, MD

- neurology, epileptology
- travel medicine counseling for epileptics
- first seizure clinic: interdisciplinary examination of unclear unconsciousness/fainting (syncopes) that happened for the first time
- fan of architecture and arts

Neuroradiology and pediatric neuroradiology

Spinal and vascular examinations and interventions



At the neuroradiological department, we are specialized in the examination of brain and spine with state-of-the-art diagnostic devices. We carry out X-ray-based diagnostics like conventional or digital X-raying or computerized tomography (CT), but we do also use ultrasound or magnetic resonance imaging (MRI) without any radiation. You or your children can even be examined under anesthesia thanks to our competent anesthetists. Our focus of therapy is minimally invasive interventions for the treatment of spinal or vascular diseases.

Diagnostic devices

- open high-field MRI scanner (1.5 Tesla)—good option for claustrophobic and overweight patients (250 kg/550 lbs)
- high-field MRI scanner (3 Tesla—very high resolution)
- multispiral CT with reduced radiation
- digital/conventional X-raying device
- digital angiography device (angiography, myelography)
- ultrasound device

Diagnostic services (examples)

MRI, e.g.,

- MR angiography (head, throat, kidney, pelvic, legs)
- brain MRI (functional neuro MRI of the brain included)
 - diffusion, perfusion, fMRI, DTI, tractography
- spinal MRI/MR myelography
- pediatric MRI (also under sedation/anesthesia)

CT, e.g.,

- CT angiography (head, throat, kidney, pelvic, legs)

Angiography, e.g.,

- intra-arterial angiography

- phlebography (veins)
- myelography (spinal canal)
- discography (contrast agent disc diagnostics)

Minimally invasive services

- embolization (obstruction/reduction of blood flow, e.g., using platinum coils)—vascular malformations (aneurysm, AV angioma/fistula, spinal cord)
- dilatation or stent—vascular stenoses (narrowness of blood vessels)
- vertebroplasty/kyphoplasty—vertebral fracture
- microtherapy on spine
- CT- and fluoroscopy-guided biopsies (tissue sampling)

Your expert



Prof. Dr. med. Jürgen Reul, MD

- radiology, neuroradiology, neurology
- wrote his doctoral thesis in neuropsychology
- decades of experience in special MRI diagnostics
- author of numerous publications and book chapters
- former president of WFITN (World Federation of Therapeutic and Interventional Neuroradiology)

Neurosurgery

Gentle and efficient spinal surgery



As neurosurgeons and neurointerventionalists, we treat several different spinal diseases. Furthermore, we will arrange your necessary preliminary examinations, aftercare and physiotherapy with our neurology (p. 23) and neuroradiology (p. 24) departments and our sports and rehabilitation center (p. 42). Whenever practicable and efficient, we use minimally invasive surgery techniques.

Diseases treated (examples)

- slipped/herniated disc
- spinal canal stenosis (narrowing of the spinal canal)
- instability/listhesis
- facet syndrome/facet joint arthritis
- osteoporosis/vertebral fracture
- vascular malformations

Surgical services (examples)

- endoscopic spine surgery—slipped/herniated disc in lumbar spine
- endoscopic abrasion—wear and tear of discs
- microsurgery/decompression—slipped/herniated disc and spinal canal stenosis
- artificial disc replacement (ADR)—e.g., slipped/herniated disc in cervical spine
- spinal cord stimulation (SCS)—chronic pain resistant to therapy
- stabilization/fusion—instability/listhesis
- vertebroplasty/kyphoplasty—vertebral fracture
- spacer surgery—spinal canal stenosis

- embolization (obstruction/reduction of blood flow)—vascular malformation (spine)

Your experts



Prof. Dr. med. Thomas Gasser, MD

- neurosurgery, functional neurosurgery



Dr. med. Axel Jung, MD

- neurosurgery/neurosurgical intensive care medicine



Prof. Dr. med. Jürgen Reul, MD

- neuroradiology, radiology, neurosurgery

Neurosurgery

Modern head and brain surgery



We treat head and brain diseases, if viable, minimally invasively at the highest technical level and with our outstanding expertise. In addition, we will of course take care of your preliminary examinations, your aftercare and physiotherapy together with our neurology (p. 23) and neuroradiology (p. 24) departments and our sports and rehabilitation center (p. 42).

Diseases treated (examples)

- tumors
- vascular malformation (aneurysm, AV angioma/fistula)
- blockage of blood vessels
- trigeminal neuralgia (facial pain)
- glossopharyngeal neuralgia (shooting throat pain)
- hemifacial spasm (shooting pain in/painful spasms of facial muscles)
- abnormal accumulation of cerebrospinal fluid, e.g., hydrocephalus

Surgical services (examples)

- microsurgery on brain tumors with neuronavigation
- awake brain surgery
- biopsy (sampling of tissue)
- shunt surgery (creating a surgical passage)—e.g., abnormal accumulation of cerebrospinal fluid
- microvascular decompression (Jannetta surgery)—trigeminal neuralgia
- microsurgery—vascular malformations
- dilatation or stent—vascular stenosis (narrowness)
- embolization (obstruction/reduction of blood flow, e.g.,

using platinum coils)—vascular malformation (aneurysm, AV angioma/fistula)

Your experts



Prof. Dr. med. Thomas Gasser, MD

- neurosurgery, functional neurosurgery



Dr. med. Axel Jung, MD

- neurosurgery/neurosurgical intensive care medicine



Prof. Dr. med. Jürgen Reul, MD

- neuroradiology, radiology, neurosurgery

Neurosurgery

Stereotaxy and functional neurosurgery



Stereotaxy is an extremely accurate minimally invasive operation on the brain. We employ computer-assisted guidance of surgical instruments, allowing precise surgery. Of course, we will organize your necessary preliminary examinations, aftercare and physiotherapy with our neurology (p. 23) and neuroradiology (p. 24) departments and our sports and rehabilitation center (p. 42).

We calculate surgical accesses and distances using computers based on diagnostic images taken during magnetic resonance imaging (MRI) or computerized tomography (CT). It enables us to perform surgery almost without any damage. This way, we can extract smallest samples of cells (e.g., tumor cells) in order to exactly identify the type of tumor. Such an information is crucial for the further therapy organization, e.g., radiation therapy or the microsurgical removal of the brain tumor.

With stereotactic surgery, we also treat movement disorders (essential tremor, generalized dystonia, idiopathic Parkinson's disease) and some types of chronic pain resistant to therapy. The highly precise stereotactic procedure makes it possible to implant electrodes in a specific, deep-seated area in the brain thanks to the computer-assisted neuronavigation. Because the electrodes are placed in an area located deeply in the brain, this kind of therapy is often called deep brain stimulation (DBS). The implantation of these brain pacemakers for the high-frequency deep brain stimulation is one of the most advanced medical therapy options we can provide you with.

Diseases treated (examples)

- motion disorders (essential tremor, idiopathic Parkinson's disease, generalized dystonia)
- pain resistant to therapy

Surgical services (examples)

- stereotaxy/stereotactic surgery and functional neurosurgery, e.g.,
- tumor biopsy (sampling of tumorous cells)
- implantation of brain pacemakers (deep brain stimulation/DBS)—movement disorders (essential tremor, idiopathic Parkinson's disease, generalized dystonia) and chronic pain resistant to therapy

Your expert



Prof. Dr. med. Thomas Gasser, MD

- neurosurgery, functional neurosurgery
- trained in Hungary and South Africa (among other locations)
- holds several medical patents and was awarded with the International Exchange Grant of the German and Japanese society of neurosurgery in 2004

Neurosurgery

Microsurgery on peripheral nerves



One of our services as neurosurgeons is operations on peripheral nerves. These are the nerves outside the brain and spinal cord. If it is possible and efficient, we will, of course, use minimally invasive surgery techniques. It goes without saying, that we coordinate your necessary preliminary examinations, aftercare and physiotherapy with our neurology (p. 23) and neuroradiology (p. 24) departments and our sports and rehabilitation center (p. 42).

Patients in need of neurosurgery on peripheral nerves often suffer from pinched or trapped nerves. It is caused, e.g., by connective tissue, bones or muscles that put pressure on the nerve. As a result, you may experience pain, tingling, prickling, burning, loss of strength, muscle atrophy, loss of sensation or at worst paralysis in the specific area that the corresponding nerve innervates.

Before we carry out microscopic peripheral nerve surgery, we measure the electric conductivity of nerves (neurophysiology) to thoroughly determine which nerve exactly causes your complaints. During microsurgery, we free your nerve from the pressure by gently and carefully removing those parts of connective tissue, muscles or bones that entrap or pinch your peripheral nerves.

Diseases treated

- peripheral nerve entrapment syndromes (pinched/trapped peripheral nerves), e.g.,
 - carpal tunnel syndrome (wrist)
 - tarsal tunnel syndrome (ankle)
 - ulnar nerve entrapment (elbow)

- Morton's neuroma (forefoot)
- meralgia paresthetica (groin)

Surgical services

- microsurgical decompression (removal of, e.g., tissue, muscles or bones trapping the peripheral nerve)

Your experts



Prof. Dr. med. Thomas Gasser, MD

- neurosurgery, functional neurosurgery
- trained in Hungary and South Africa (among other locations); holds several medical patents



Dr. med. Axel Jung, MD

- neurosurgery/neurosurgical intensive care medicine
- trained in South Africa (among other locations)
- masters swimmer (world and European championships)

Nuclear medicine

Nuclear medical diagnostics and therapy as well as thyroid gland consultation



In nuclear medicine, we diagnose and treat diseases by using radioactive substances. Normally, these are applied intravenously and accumulate within the organs we want to examine and cure. Nuclear medical diagnostics can supplement radiological examinations (MRI, CT) or even replace them.

Examination and therapy procedures with radioactive substances take place working closely together with the nuclear medical department of the university hospital of Bonn and different specialized practices. The treatment with radioactive drugs is carried out at the therapy ward of the university hospital of Bonn, complying with specific radiation protection conditions. Benign and malignant diseases of the thyroid gland and neuroendocrine tumors, e.g., are treated with radioiodine. We would be glad to plan and arrange your nuclear medical diagnostics and therapy.

Thyroid gland consultation

At Beta Klinik, we specialize in the non-invasive diagnostics and therapy of thyroid diseases: special thyroid laboratory and ultrasound examinations. We use drugs or hormones to treat a goiter or hyperthyroidism (overactive thyroid) or hypothyroidism (underproduction of thyroid hormones).

Diagnostic services at Beta Klinik

- clinical and specialist examinations
- complete special thyroid laboratory diagnostics (fT3, fT4, TSH, thyroid antibodies, tumor markers)
- ultrasound examination of the thyroid gland
- duplex sonography (examination of the blood flow of

the thyroid gland and detection of potential thyroid nodules)

Treatment at Beta Klinik

- drug/hormone therapy
- thyroid diseases (goiter and others)
- hyperthyroidism (overactive thyroid) and hypothyroidism (underproduction of thyroid hormones)

Nuclear medical services

- planning and arrangement of nuclear medical examinations and therapy in close cooperation with the university hospital of Bonn and different specialized practices

Your expert



Prof. Dr. med. Hans-Jürgen Biersack, MD

- nuclear medicine, thyroid gland specialist
- years of experience as director of the clinic and polyclinic of the university of Bonn
- Red Cross physician: of the German sororities, responsible physician of the sorority Bonn and of the local branch in Bonn

Oncology

Modern tumor diagnostics and therapy



At the oncology department, you will receive an state-of-the-art oncological care that complies with most modern scientific research and that also implements new therapy methods. Our goal is to enable you to live as independent as possible, even when facing difficult situations regarding your disease and your therapy. We will devote all time necessary to comprehensively answer your questions on your tumor disease. This also applies, of course, if a tumor is presumptive, but you have to undergo further diagnostics. Owing to a careful therapy, we can significantly reduce side-effects and complications.

Oncological services

- examination of complaints and findings indicating a malignant blood or tumor disease
- diagnostics of and therapy for benign diseases of the blood or immune system
- planning and realization of complex interdisciplinary diagnostics to determine the spreading of a known tumor disease
- organization of interdisciplinary, holistic concepts to treat a tumor disease (at Beta Klinik and, in case of special requirements, in cooperation with external partners with the necessary specializations in treating the corresponding tumor disease)
- realization and management of the drug therapy of tumor diseases (chemotherapy, targeted innovative system therapies, e.g., antibody therapy, kinase inhibitors, immune therapy)

- supportive therapies (infection treatment, growth factor therapy etc.)
- individual tumor therapy adapted to accompanying diseases
- transfusion of blood products
- bone-marrow puncture and cytological (cell) evaluation of the bone marrow
- punctures and cytological (cell) evaluation of cerebrospinal fluid and body cavity effusions
- pain therapy
- palliative care including domiciliary visits
- counseling on social, occupational, psychological and rehabilitative questions

Your expert



Prof. Dr. med. Marcus Gorschlüter, MD

- internal medicine, hematology and internistic oncology
- Member of the German society of hematology and oncology (DGHO)
- lecturer at university of Bonn
- likes to spend his pastime in the nature and at cultural events

Ophthalmology

Examination and treatment of eye diseases in a family environment



The team of the Augenklinik Roth (Eye Clinic Roth) offers you a highly professional competence and state-of-the-art ophthalmological diagnostics and treatments in their fourth generation. Therefore, even extraordinary treatments and therapies are possible.

Conservative and diagnostic services

- measurement of eye pressure and visual acuity
- digital fluorescein angiography (examination of blood flow in retina and choroid using a contrast agent)
- spectral OCT: high-resolution diagnostics of the macula
- HRT: 3D analysis of the optical nerve (e.g., glaucoma)
- ultrasound, pachymetry (measures corneal thickness)
- endothelial biomicroscopy (examination of the endothelium/inner corneal wall)
- Pentacam (tomography of the front part of the eye; measurement of the corneal structure and quality of the lens)
- electrophysiology (measures the signal of the nervous system), wavefront diagnostics (measures optic aberrations)
- screening of premature babies
- vision therapy/pediatric ophthalmology

Surgical services

- cataract and glaucoma
- refractive eye surgery (change of the refraction of the eye) and laser treatment in case of defective vision
- vitrectomy (surgery on the vitreous humor)

- surgery in case of retinal detachment
- treatment of macular degeneration
- surgery on the eyelid in case of malformations or tumors
- laser treatment of retinal diseases
- UV-cross-linking in case of keratoconus (corneal degeneration)

Your experts



Dr. med. Claudia Inhetvin-Hutter, MD

- ophthalmology and eye surgery, corneal and vitreous humor surgery, laser surgery
- passionate diver and underwater photographer



Dr. med. Felix Roth, MD

- ophthalmology and eye surgery, refractive surgery, macular degeneration
- sailor enthusiast

Orthopedics and orthopedic surgery—Beta Ortho

Chiropractic, pediatric orthopedics, knee and hip joint replacement



Peter Braun, MD, and his team treat congenital and acquired malformations of joints, degenerative joint diseases (arthritis) and sports injuries of adults and children. Their services include conservative (non-surgical) treatments, chiropractic and surgery (in-patient and out-patient), especially on hip and knee joints.

For our operations, we use the two most modern class 1 operating rooms of Beta Klinik with 3D X-ray diagnostics during surgery.

The medical care after surgery is carried out at the interdisciplinary recovery station and, if necessary, the intensive care unit.

Physiotherapy and rehabilitation after or independent of surgery can take place at the sports and rehabilitation center Beta Sport and Reha (p. 42).

Conservative treatments (main focus)

- extracorporeal shock wave therapy (Storz Ultra Tower focused, radial)
- hyaluronic acid injections in all joints
- provision and adaptation of orthopedic supplies like bandages, orthoses, inlays for shoes in close cooperation with an orthopedic technician
- comprehensive physiotherapy at Beta Sport and Reha

Surgical treatments (main focus)

- joint replacement (partial or total) specializing in knee and hip surgery

- surgical replacement of preexisting joint replacements of knee and hip joints
- implantation of hip and knee replacements made to measure thanks to thorough CT and MRI analysis
- arthroscopic (endoscopic) surgery of all joints (working closely together with further orthopedic specialists of Beta Ortho) employing state-of-the-art HD video technology

Rehabilitation

- Beta Klinik rapid recovery: special therapy concept for pain-free operations, quick rehabilitation and quick return to daily and occupational life

Your expert



Peter Braun, MD

- orthopedics and chiropractic, pediatric orthopedics
- hip and knee joint replacement surgery
- prevention and treatment of sports injuries in young competitive athletes
- base camp physician of the Olympic base camp Rhineland and the German fencing federation

Orthopedics and orthopedic surgery—Beta Ortho

Arthroscopic knee surgery for the preservation and re-stabilization of the knee joint



Dr. med. Thomas Lagodka, MD, and Dr. med. Horst Müller-Kittnau, MD, specialize in the treatment of knee injuries and disorders. Their motto is to develop a reasonable therapy concept that meets the individual patient's requirements. Thanks to their extensive, innovative non-surgical concepts, they can postpone or even avoid performing surgery. However, they focus on knee surgery of all difficulty levels for the preservation and re-stabilization of the knee joint based on decades of experience.

Surgical services (mainly arthroscopic)

- meniscus surgery (e.g., partial removal, partial replacement by a meniscus implant)
- reconstruction of the anterior cruciate ligament with different tendon transfers, using their own surgery technique (makes quick and intensive rehabilitation possible)
- reconstruction of the posterior cruciate ligament
- reconstruction of the lateral and medial collateral ligament, often with cruciate ligament surgery
- reconstruction of the MPFL (medial patellofemoral ligament) after kneecap dislocation
- combined multi-ligament reconstruction after knee joint dislocation
- revision surgery after failed first surgery as well as arthrofibrosis (restricted joint motion of the knee)
- cartilage repair surgery: provocation of cartilage fiber growth (nanofracturing) or cultivation and transplantation of patient's own cartilage cells (autologous chondrocyte implantation)

Rehabilitation

- Beta Klinik rapid recovery: special therapy concept for pain-free operations, quick rehabilitation and quick return to daily and occupational life at the rehabilitation center of Beta Klinik (quick recovery of the free knee joint flexibility on both sides)

Your experts



Dr. med. Thomas Lagodka, MD

- orthopedics, arthroscopic knee surgery, natural medicine, sports medicine
- team physician in the national judo league



Dr. med. Horst Müller-Kittnau, MD

- orthopedics, arthroscopic knee surgery: specializing in reconstruction of ligaments
- passionate martial artist since his youth

Orthopedics and orthopedic surgery—Beta Ortho

Natural orthopedic therapy



As an alternative to invasive and surgical therapy options, Dr. med. Rainer Esch, MD, and Dr. med. Thomas Lagodka, MD, carry out natural orthopedic treatments. These options are especially interesting to patients without the indication of surgery or high-risk surgical patients, or if patients want to try out alternative therapy options in addition to scientific medicine before undergoing surgery. By using these alternative treatment options, disorders and damages of the musculoskeletal systems can be improved or even removed at best.

Diseases treated

- degenerative alterations of the spine (e.g., arthritis of facet joints, disc damage and stenoses/narrowness of nerve canals)
- degenerative alterations of the peripheral joints, i.e., cartilage damage and instability
- sports injuries on muscles, tendons and joints

Treatments

- manual therapy/chiropractic
- muscle development training
- acupuncture (relief of pain, decrease of swellings, muscle relaxation)
- magnetic resonance therapy (metabolic improvement of cells in cartilage, muscles or connective tissue, and, thus, regeneration)
- patient's own growth factors (ACP—autologous, conditioned plasma: injection of platelet-rich plasma into damaged parts of the body)
- natural cartilage components like hyaluronic acid as

protective film for joint surfaces

- phytotherapy (application of herbs)

We carry out the aforementioned and further treatment options in order to avoid surgery for you. But if surgery is indicated and necessary for you, we can, of course, offer you surgical care.

Your experts



Dr. med. Rainer Esch, MD

- orthopedics, chiropractic/manual medicine, osteopathy, acupuncture
- likes to travel and hike



Dr. med. Thomas Lagodka, MD

- orthopedics, arthroscopic knee surgery, natural medicine, sports medicine
- team physician in the national judo league

Orthopedics and orthopedic surgery—Beta Ortho

Treatment of shoulder, ankle and foot injuries/disorders, and fitness testing



Dr. med. Markus Klingenberg, MD, successfully combines classic and alternative therapy options for the treatment of complaints of the whole musculoskeletal system. His surgical services include arthroscopic operations on shoulder, ankle and foot. Furthermore, he specializes in fitness testing and injury prevention for competitive and non-competitive sports athletes (p. 41).

Conservative services

- chiropractic/manual medicine and osteopathy
- acupuncture

Sports medicine

- sports medicine counseling and treatment
- diving suitability examination for scuba divers
- fitness testing
- movement analysis for athletes (Functional Movement Screen)

Surgical services

shoulder

- arthroscopic surgery—impingement syndrome, calcifications and inflammations
- arthroscopic surgery—acute injury and arthritis of the acromioclavicular joint (AV joint)
- arthroscopic surgery—injuries of the rotator cuff (tear or impingement)
- arthroscopic stabilization—instability

ankle

- arthroscopic surgery—decreased range of motion and

pain (impingement syndrome, calculus deposit within joints/arthritis, scar formation)

- arthroscopic cartilage damage (microfracturing)
- minimally invasive reconstruction of the ligaments and syndesmosis (bones connected by a ligament) using the so-called TightRope® procedure

foot

- forefoot surgery of the toes—bunion (hallux valgus), stiff big toe (hallux rigidus), claw toe and hammer toe
- rearfoot surgery—treatment of acute and chronic complaints connected to the Achilles tendon and exostosis (bone enlargement on a surface of a bone), e.g., Haglund's deformity

Your expert



Dr. med. Markus Klingenberg, MD

- orthopedics and accident surgery, sports medicine, chiropractic/manual medicine, emergency medicine
- diving and travel medicine, clinical nutrition, prevention
- fitness testing, functional training and coaching
- diving and emergency doctor at the Indian Ocean and in Africa

Plastic and aesthetic surgery

Quality of life via function and aesthetics



Dr. med. Daniel Sattler, MD, provides you with minimally invasive treatments and ultramodern surgery techniques in the field of plastic and aesthetic surgery. Plastic surgery makes it possible to restore functions of your body after tumors, grave illnesses/diseases or as a result of congenital malformations. The aesthetic treatments and surgery procedures can fulfill your desire to reconcile your perception of your own body with your awareness of life. Dr. Sattler will be glad to comprehensively counsel you on plastic and aesthetic surgery and treatments.

Plastic and aesthetic surgery services

plastic surgery

- hand surgery
- peripheral nerve surgery
- reconstructive surgery of face, limbs and trunk
- corrective surgery after infections, tumors or trauma

aesthetic surgery

- facial lift and reshaping
- neck lift and corrective surgery
- blepharoplasty (eyelid correction)
- rhinoplasty (nose correction)
- otoplasty (ear correction)

body shaping

- male and female breast surgery, augmentation, reduction and lifting
- male and female abdominoplasty (tummy tuck/removal of skin and fat of the tummy)
- thigh lift and reshaping

- upper arm lift and reshaping
- buttock lift, reduction and reshaping
- liposuction (fat removal) on trunk and limbs

aesthetic treatments

- botulinum toxin (botox) injections—wrinkle treatment
- hyaluronic acid—wrinkle treatment and lip augmentation/reshaping
- own body fat injections—facial rejuvenation
- liposuction (fat removal) on cheeks and neck

laser treatment

- epilation
- pigment disorders of the skin
- skin tumors/birthmarks

Your expert



Dr. med. Daniel Sattler, MD

- plastic and aesthetic surgery
- was born in São Paulo/Brasil and was trained in Rio de Janeiro (among other locations)
- "Aesthetic Fellowship" face and breast surgery
- founding of the initiative "Beta Humanitarian Help" for plastic surgery in the Third World

Preventive medicine, anti-aging and aesthetic medicine

No question of age . . .



. . . is physical well-being, good looks and a special charisma. I am convinced of this statement from a personal and also a professional point of view. Therefore, I use most effective state-of-the-art procedures of preventive and aesthetic medicine, e.g., to make your face look several years younger and to detect risks of diseases and illnesses at an early stage. Thanks to the early detection of diseases and illnesses, you can help yourself and change your way of life to reduce your risk of disease.

Preventive medicine services

- micronutrient examination, therapy and infusion
- hormone counseling for men and women
- cardiovascular risk assessment and stress profile
- genetic diagnostics
- cancer detection for men and women
- bio hormone replacement therapy
- nutrition counseling and weight loss
- chelation therapy and LipoPower treatment
- health coaching

Somebody who is fit also attaches much value to good looks and a special charisma. Modern minimally invasive aesthetic procedures enable you to preserve good looks by accentuating positive facial features to create harmonic facial proportions.

Aesthetic medicine services

- wrinkle treatment—botulinum toxin (botox), hyaluronic acid, injection of platelet-rich plasma

- adding facial volume, facial reshaping
- skin rejuvenation—hormone cosmetics, microneedling (collagen induction therapy)
- fat reduction—mesotherapy and injection lipolysis
- varicose veins—radiofrequency treatment
- skin rejuvenation system and pigment balancing peel

I supplement aesthetic medicine with a comprehensive concept for anti-aging and preventive health care because good looks and health are closely linked to each other. My goal is to provide you with more quality of life combined with an improved outer appearance, by combining medical aesthetics and preventive medicine.

Your expert



Dr. Claudia Hennig, MD, M. Sc.

- general medicine
- master of science in preventive medicine
- psychotherapist, allergologist
- for more than 12 years, she has been raising the awareness of preventive medicine in the public
- public relations for several preventive associations

Psychiatry and psychotherapy

Single and group therapy and treatments

Dr. med. Barbara Hawellek, MD, carries out psychiatric treatments and psychotherapy (single and group therapy) with focus on depth psychotherapy (depth psychology), interpersonal psychotherapy, cognitive behavioral analysis system of psychotherapy (CBASP) and philosophical teaching practice. Subject to your illness, she takes care of you with drug therapy (pharmacotherapy) and/or psychotherapy.

Diagnostic specializations

- affective disorders (e.g., depressions), bipolar affective disorders
- anxiety, obsessive-compulsive and personality disorders
- burn-out (long-term exhaustion)
- cognitive disorders
- psychological crisis about the meaning of one's life (counseling/philosophical teaching practice)

Diagnostic methods

- psychometrics (psychological measurement, e.g., personality, depression, concentration and cognition measurement)
- optional laboratory diagnostics (blood and cerebrospinal fluid), EEG, MRI of the brain (for ruling out physical causes)

Your expert



Dr. med. Barbara Hawellek, MD

- psychiatry and psychotherapy
- depth psychotherapy (depth psychology), interpersonal psychotherapy, cognitive behavioral analysis system of psychotherapy and philosophical teaching practice
- since 2006 leading head physician at the clinic for psychiatry and psychotherapy at the university of Bonn

Psychology and neuropsychology

Detection and therapy of cognitive disorders

In neuropsychology, we deal with the detection and therapy of cognitive disorders of the brain and the so-called higher cortical functions. These comprise memory functions, spatial orientation, the abilities to recognize images, things and faces, to understand language, and speech articulation. Furthermore, we examine your capabilities to control movements and to act in an organized way.

If you suffer from cognitive disorders or disorders of the higher cortical functions, we use various tests to determine the extent of the disorder. In order to treat you effectively, we work closely together with other specialized departments of Beta Klinik. Consequently, we can provide you with diverse and multifaceted therapy options, modules and methods.

Some of our patients have been referred to us from the neurology department (e.g., after an apoplectic stroke) and others from neurosurgery (e.g., after a concussion) but also from pediatric neurology and psychiatry.

Services

- detection and interdisciplinary therapy of cognitive disorder of the brain and the so-called higher cortical functions (memory functions, spatial orientation, abilities to recognize images, things and faces, to understand language, and speech articulation)

Your expert



Prof. Dr. phil. Christoph Helmstaedter

- clinical psychology and neuropsychology with focus on neuropsychological epileptology
- trained in behavioral therapy in the field of clinical psychology
- trained in hypnotherapy, systemic therapy and NLP (neurolinguistic programming)

Radiology and pediatric radiology

Thorough examinations of adults and children



At the radiological department of Beta Klinik, we perform comprehensive examinations using most modern diagnostic devices. In addition to X-ray and computerized tomography (CT), we do also use procedures without radiation exposure like magnetic resonance imaging (MRI) or ultrasound. Moreover, we can examine adults or children under sedation or anesthesia thanks to our competent team of experienced anesthetists.

Diagnostic devices

- open high-field MRI scanner (1.5 Tesla)—also a very good option for claustrophobic and overweight patients up to 250 kg (550 lbs)
- high-field MRI scanner with 3 Tesla—high-definition images of the brain or joints
- multispiral CT with reduced radiation
- digital/conventional X-raying
- digital angiography device (angiography/myelography)
- ultrasound

diagnostic services (examples)

MRI, e.g.,

- total body MRI
- MR angiography (head, throat, kidney, pelvic, legs)
- cardiac MRI (heart MRI)
- MRCP (imaging of gall and pancreas)
- orthopedic MRI (joints, functional spine MRI)
- MR mammography
- prostate MRI

- pediatric MRI (also under sedation/anesthesia)

CT, e.g.,

- CT angiography (head, throat, kidney, pelvic, legs)
- cardiac CT (coronary vessels)
- CT throat, lung, abdomen
- CT interventions (biopsy, microtherapy)

We also offer

- conventional radiology (digital)
- fluoroscopy (real-time moving X-ray images)
- intra-arterial angiography
- phlebography (veins)
- neuroradiology (p. 24)

Your expert



Dr. med. Andre W. Demant, MD

- radiology and pediatric radiology
- DEGUM-certified examiner for radiology and pediatrics
- won the science prize of the German society of pediatric radiology as co-author in 2011
- received his training in New York and Bern (among other locations)

Radiology and senology

The insight into the human body



The services of Dr. med. Bettina Wolfgarten, MD, are available for patients of national and private German insurances and, of course, international patients or direct payers. They encompass the whole range of modern imaging diagnostics including ultrasound, digital X-raying, computerized tomography (CT) and magnetic resonance imaging (MRI). One of Dr. Wolfgarten's specialties is the imaging of the female breast. She works closely together with Dr. med. Matthias Wolfgarten, MD, who focuses on the treatment of breast diseases (senology) (p. 17).

Dr. Wolfgarten also offers tomosynthesis in addition to conventional methods like sonography and mammography. Tomosynthesis is a 3D mammography, during which the X-ray tube moves in a semicircle over the breast, making 3D imaging millimeter by millimeter possible.

Additionally, imaging diagnostics help take tissue samples for further investigation accurate to the millimeter.

Diagnostic services

- digital X-raying
- computerized tomography (skull, neck, thorax, skeletal system, osteo CT/mineral density of bones)
- magnetic resonance imaging (also MR mammography)
- ultrasound
- mammography and galactography (imaging of the breast's milk ducts)
- MR angiography (blood vessels)
- tomosynthesis (3D mammography)

Minimally invasive services

- stereotactic vacuum biopsy (image-assisted sampling of tissue by use of a vacuum-powered instrument)
- tomosynthesis biopsy (sampling of lacerated tissue that is neither visible in ultrasound nor in 2D mammography)
- ultrasound-assisted punch biopsy (sampling of tissue by use of a punch needle)
- MR vacuum biopsy (MR-assisted sampling of tissue by use of a vacuum-powered instrument)
- stereotactic wire localization biopsy (imaging-assisted marking of abnormal breast tissue that is causing concern with a wire)

Your expert



Dr. med. Bettina Wolfgarten, MD

- radiology, specializing in, among other fields, imaging of the female breast
- experience as medical expert (mammography and vacuum biopsy) within the context of the national mammography screening program
- marathon enthusiast

Sports medicine

Improvement of physical performance and prevention of injuries



Our interdisciplinary concept enables us to provide amateur and professional sports athletes with a very good care in sports medicine. With our thorough examinations meeting your individual requirements, we can help you improve your physical performance and prevent injuries. This is possible because of our in-depth examination of your cardiovascular and musculoskeletal system in combination with our revealing fitness tests.

At the beginning of every examination in sports medicine, we set your goals together with you, identify complaints during your sports activities and develop an individual examination and coaching concept for you. We analyze, e.g., your sequence of movements and determine how effective your cardiovascular system, respiration and metabolism work under stress. After these examinations, we discuss the results with you and give you practical recommendations on your training and competition, which will help you achieve your goals.

Sports medicine services

- orthopedic examination
- neurological examination
- internistic examination
- if necessary, organization of further specialist examination in case complaints occur
- device-assisted diagnostics (MRI and other examination procedures)
- fitness test, e.g., lactate threshold test, cardiopulmonary exercise testing

- pulmonary (lung) function test
- blood analysis
- body composition testing (bioelectrical impedance analysis)
- Functional Movement Screen (analysis of movement patterns)
- Y Balance Test (test of the ability to move)
- sports medicine counseling and coaching
- nutrition consultation
- via Beta Prevent (p. 12): Sports Check
- via Beta Sport and Reha (p. 42): physiotherapy, training device assisted strength, endurance and personal training

Your expert



Dr. med. Markus Klingenberg, MD

- orthopedics and accident surgery, sports medicine, chiropractic/manual medicine, emergency medicine
- diving and travel medicine, clinical nutrition, prevention
- fitness testing, functional training and coaching
- diving and emergency doctor at the Indian Ocean and in Africa

Sports and rehabilitation—Beta Sport and Reha

Three backbones of a holistic treatment



Three backbones ensure a holistic therapy in consultation with your attending physician. Our goal is to find the causes and connections behind your complaints and to gently and effectively treat you.

Three backbones

1. *Physiotherapy*

- focus on functional osteopathy and integration (FOI®) supplemented with manual lymphatic drainage, massage, ice, deep frictions, mud wrap, electrotherapy, etc.

2. *Training device assisted physiotherapy*

- functional training of movements used in daily and occupational life and during sports activities, e.g., cable, vibratory or sling training devices, etc.

3. *MEDX training*

- computer-assisted isolated training of your neck and lower back using first-class biomechanical and ergonomic devices

We treat all complaints

- of the musculoskeletal system with a functional or structural cause,
- as a result of functional spinal disorders, e.g., headache,
- after surgery and severe internal, neurological and oncological diseases

and teach you how to move without pain by restoring the individual three-dimensional function of your joints and your whole body.

Diseases and injuries treated

- slipped discs and spinal canal stenoses (narrowness)
- joint arthritis
- shoulder pain
- tennis elbow and golfer's elbow
- reversible dysfunctions of spine (lumbago/low back pain), ribs, head and sacroiliac joints
- instability/listhesis
- whiplash
- Achilles tendon (from irritation to rupture)
- knee complaints (meniscal irritation/injury, injury of the cruciate ligaments, Bakers' cysts)
- sprained/strained ankle

Your expert



Gabriela Sabatschus

- physiotherapist and medical practitioner
- lectures functional osteopathy and integration
- > 10 years of experience in treating top professional athletes (especially triathlon, swimming, running) at national and international competitions (incl. Hawaii)
- finished marathons and Ironman competitions

Urology

A medical specialty not only for men



Peter Ayk, MD, and his team take care of you if you are suffering from complaints of the kidneys, urinary bladder, prostate gland and the male sexual organ.

Do you have problems with urination, urinary urgency, unwanted urinary incontinence, or do you have blood in your urine? We will find the underlying causes and an individual solution for you like exercises, drugs or surgical procedures.

Do you want to know if you have prostate cancer? We can examine you by using most modern diagnostic procedures, ranging from laboratory examinations to the MR-assisted biopsy (sampling) of prostate tissue. Conclusively, we identify your individual risk score and give you recommendations on the next years.

If it is medically necessary, we can offer you the transurethral resection of the prostate gland—the removal of tissue through the urethra, so that no cut or scar is visible on the outside of your body. Whenever it is indicated, we also use laser treatment to cure urological diseases.

Diagnostics and treatment services

- ultrasound examination with special probes (kidneys, urinary bladder, prostate, testicle and penis)
- X-ray (kidneys, urinary bladder and prostate)
- endoscopy of urethra and urinary bladder (also called cystoscopy)
- diagnostics and treatment of urinary incontinence for children, men and women

- psychosomatic exercises (regain control of muscles)—urination problems
- out-patient surgery—sterilization, removal of altered testicular tissue, circumcision, biopsy (tissue sampling)
- in-patient surgery: transurethral operations—prostate enlargement and bladder cancer
- treatment of erectile dysfunctions and other conditions of male patients
- examination of recurring urinary tract infections in women
- injections with botulinum toxin (botox) into the urethra—overactive bladder
- natural medicine and osteopathy (manual therapy)

Your expert



Ayk Peter Richter, MD

- urology, uro-oncology, pediatric urology, uro-gynecology, andrology
- palliative care, drug therapy for tumors, radiology examinations of the urogenital system and psychosomatic primary care
- hobby: historic motor sports



A public underground car park with enough parking space is located underneath the Beta Klinik. The public transport stops Ramersdorf (tram lines 62, 65, 66, 68; bus lines 541, 606, 607, 635, 636) and Bonner Bogen (bus lines 606, 607) are near the clinic within walking distance. A motorway entrance and exit are in immediate proximity. Cologne Bonn Airport is only a 25 minutes car or taxi ride away.



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