



A TOUR THROUGH THE ETHIANUM

FOR HEALTH
AND WELL-BEING ON
THE HIGHEST LEVEL

/ Clinic for Plastic Surgery, Aesthetics and Reconstruction,
Spine Surgery, Hand Surgery, Orthopedics, Gynecology, Dermatology
and Preventive Medicine

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In 2010, we opened this clinic, planned with great passion and energy, and built from the ground.

Consistent sustainability makes ETHANIUM an exemplary 'green hospital': The clinic does not emit any CO₂. Water supply, climate control, lighting, energy and heat generation follow the latest practices as do IT and organizational procedures.



You are in a hospital, but when we built it, our first thoughts were of a first class hotel. This is evident in the 23 rooms and four suites, all equipped with spacious bathrooms, floor heating, TV, mini bar, and a wireless terminal at the bedside.





THE AMBIENCE REFLECTS THE STANDARD TO PROVIDE FIRST-CLASS TREATMENT.

In addition to 3-T MRI, the medical-technical equipment includes digital X-ray imaging, high resolution ultrasound as well as glass paneled operating rooms equipped with high-end technology, and a state of the art outpatient center.



This working environment has brought internationally renowned specialists to ETHIANUM. Here they can provide their clients with the top medicine that made them become specialists.

We are giving you a brief introduction to the individual specialist fields in the following.



The clinic's founder and medical director, Prof. Guenter Germann, MD, Ph.D., together with Dr. Peter Goerlich, CEO, realized their stated vision quest for holistic service quality.

The clinic culture at the ETHIANUM Heidelberg comprises interdisciplinary medicine – in cooperation with the University of Heidelberg – and respect in interactions with people. A commitment, the entire clinic team lives with conviction.

Extensive experience in the field of reconstruction after tumor resection, burns or accidents (also: land mine victims from war zones) distinguishes our team of plastic surgeons.

They restore basic body functions and thereby help patients regain a new quality of life. Often reconstructive microsurgery is used for these applications.

Consult the specialists in plastic and aesthetic surgery (see page 29), for example, for the following indications:

PLASTIC AND RECONSTRUCTIVE SURGERY

Congenital malformations	Ear reconstruction
Breast reconstruction	Reconstruction after tumor resection
Skin tumors	Sequelae after accidents
Bone necrosis and bone defects	Sequelae after burns
Lymphedema	Soft tissue / bone tumors
Scar correction	Wound healing disorders

MICROSURGERY: INTRICATE ART



Transplantation of vascularized tissue requires great skill, tremendous fine motor abilities, and special training. Our plastic

surgeons and hand surgeons use microsurgery for the following procedures:

- _ Transplantation of autologous tissue to cover defects resulting from accidents or surgery
- _ Nerve and muscle transplantation for facial paralysis, e.g. after stroke, accidents, or tumor removal
- _ Treatment of lymphedema
- _ Reconstruction of the female breast by transplantation of autologous tissue after cancer surgery
- _ Vascularized bone transfer, e.g. after removal of a bone tumor. In large defects, autologous bone graft can be combined with non-perfused donor bone grafts



Advantages of MRI diagnostics

Clinical MRI images save time in every respect; at ETHIANUM you can benefit from short waiting times for an MRI appointment. The examination time is shorter than usual, because the innovative Siemens technology quickly provides razor-sharp images.

In addition, magnetic resonance imaging helps reduce the length of a surgical procedure:

In breast reconstruction, for example, Angio-MRI (magnetic resonance imaging of the vessels) already helps to precisely locate in advance the tissue optimal for transplantation: the images are of extremely high quality.

**Contact us for an appointment:
+49 (0)6221 8723-428**



Center for breast surgery at ETHIANUM

The certification by the German Society for Plastic, Reconstructive and Aesthetic Surgery (Deutsche Gesellschaft der Plastischen, Rekonstruktiven und Ästhetischen Chirurgen (DGPRAC) proves the high quality of our specialization in the area of breast surgery.

In addition to six years of training as specialist for plastic and aesthetic surgery, additional requirements include experience in all areas of breast surgery, and demonstrating a certain number of breast interventions every year – from implant introduction to complex microsurgical breast reconstruction.

All breast surgeries conducted by the certified centers must be recorded and evaluated in a national register. The information is reviewed by external specialists.

The breast surgery center at ETHIANUM is under the leadership of Professor Matthias Reichenberger, MD, Ph.D.

For questions about breast reconstruction, consultation for implants, or if you are interested in and aesthetic breast correction, please schedule an appointment at: +49 (0)6221 8723-0



AESTHETIC SURGERY

If someone is unhappy with her/his look, the soul can be suffering.

All the more important to take the right steps: whoever is unwilling to be resigned to sagging tissue after pregnancy or major weight loss, drooping eyelids, or too small or too large breasts, is best advised to immediately consult an experienced specialist in plastic and cosmetic surgery in Germany.

We perform the following procedures:

Tummy tuck	Hand and skin rejuvenation
Body contouring	Intimate surgery
Body lift	Eyelid lift
Mammary gland correction in men (gynecomastia)	Lipoedema treatment
Breast lift / breast reduction	Lip modeling
Breast augmentation with (minor) implants and autologous fat	Scar treatment
Exophthalmus correction	Nose correction
Facelift (classical, SMAS, MACS)	Upper arm lift
Wrinkle lifting (soft lifting)	Ear correction
Fat removal and sculpting	Temple lift
Fat freezing (cryolipolysis)	Forehead lift
	Neck or décolleté lift

The specialists for aesthetic surgery at the ETHIANUM have excellent training.

They master the latest and most gentle surgical methods, and will give you an honest answer or even discourage you from having an intervention when the prospects are suboptimal.

Second opinion and secondary aesthetic surgery



Have you undergone surgery and you are unhappy with the result or suffering from complications? That should not necessarily make you question the quality of the surgeon.

Nevertheless, one is rarely willing to have asymmetries, bothering scars, dents or capsule fibrosis corrected by the same doctor (secondary aesthetic surgery).

At the ETHIANUM you have a choice: our specialists are at your disposal if you simply want to obtain an independent second opinion. We are also here for you for an examination and consultation before a corrective procedure by us.

Ask for a discrete consultation:

+49 (0)6221 8723-421

GYNECOLOGY

Today, aesthetically small scars can be made during interventions that used to be considered as big surgeries:

The gynecologist Amadeus Hornemann, MD, Ph.D, is specialized in minimally invasive surgery. In 2015, he was awarded the certificate for the highest qualification grade by the Gynecological Endoscopy Working Group (MIC III certificate).

ETHIANUM is the first private clinic in Germany equipped with a EUR 160,000 expensive, robotic-assisted 3-D system for surgeries in the abdominal region. This results in safer interventions, shorter surgery times, and less pain.

Dr. Hornemann is a pioneer in the area of 3-D laparoscopy, and in 2012 he established this technique in Germany for surgical gynecology.

In 2012, he performed the worldwide first ovary removal through the stomach.



/ Fig: The robotic-assisted 3-D system for gynecological surgeries in the abdominal region enables precise imaging of the abdominal structures, e.g., for uterus or ovary removal and tumor surgeries



Excerpt of the surgery spectrum:

Via laparoscopy

Sterilization

Diagnostics in cases with a wish for children (fertility diagnostics)

Surgeries in cases with a wish for children

Minimally invasive surgeries with adhesions

Removal of abnormally implanted endometrium (endometriosis resection)

Cyst curettage, ovary removal

Myomectomy

Total hysterectomy (TLH)

Hysterectomy leaving the cervix intact (LASH)

Surgeries with prolapse symptoms (colposacropexy, cervico-sacropexy)

Via uterine endoscopy

Myomectomy and polypectomy

Endometrial ablation

Septum removal

Separation of intrauterine adhesions (synechiolysis Asherman's syndrome)

Vaginal surgeries on the uterus

Curettage

Diagnostic uterine endoscopy with curettage

Excision of a cone-shaped wedge from the cervix (conization)

IUD placement

Surgery to the external genitalia

Vaginal septi

Vaginal tumors

Labia cysts

SPINE SURGERY

Patients with spine diseases are treated at ETHIANUM by Prof. Juergen Harms, MD, Ph.D. and Berk Orakcioglu, MD, Ph.D.

Prof. Harms is one of the most experienced spine experts in the world. He is a pioneer of advanced surgical techniques for scoliosis- and tumor surgery, transoral surgery, TLIF technique or dorsal fixation of the atlantoaxial complex, which is meanwhile being practiced throughout the world.

Associate Professor Dr. Orakcioglu is dedicated to the proven and in addition to innovative methods, such as minimally invasive spine surgery, i.a. with computer-assisted navigation.



/ Image above: Thoracic scoliosis curvature with pronounced counter curve and chest deformity. An intervention to both sides of the spine was performed.

/ Image bottom: Postoperatively, almost complete correction of the scoliosis and the thoracic deformity. For safety reasons, these operations are performed using neural monitoring.



Spectrum of spine surgery:

- _ Degenerative processes of the intervertebral discs and spinal joints
- _ Congenital deformities (scoliosis, kyphosis, spondylolisthesis)
- _ Fractures (traumatic injuries, osteoporotic fractures)
- _ Benign or malignant tumors (intra-spinal primary and secondary tumors)
- _ Inflammatory diseases (spondylitis, rheumatoid arthritis)
- _ Surgical treatment of congenital or acquired malformations in the region of the spine (e.g. Arnold-Chiari malformations, descent of the cerebellar tonsil, „tethered cord“)
- _ Surgical treatment of vascular malformations of the spine cord (e.g. dural arteriovenous fistula, hemangioma, cavernoma)
- _ Revision interventions after previous surgeries
- _ Post traumatic instabilities and syringomyelia/hydromyelia

Important information about appointments

Please fill out the spine surgery questionnaire before your visit. You can download it at: <http://bit.ly/1TA75ky> (PDF, 223 KB)

You can find all of the other information in this document.



/ Fig.: At ETHIANUM, for the first time in the history of hand surgery, a patient's wrist was developed as a 3-D model in order to optimally prepare for a microsurgical correction procedure. The model of the wrist is shown on the left, and on the right, the damaged scaphoid as a replica.

HAND SURGERY

For over 25 years, Prof. Dr. Guenter Germann has operated on hands. The internationally renowned hand surgeon has corrected very rare cases of malformations and complex injuries to tendons or nerves with great success.

Modern methods are used, such as non-invasive cartilage function diagnostics, microsurgery, and innovative surgical methods such as the wide-awake approach, in which the patient is pain-free able to test the usability of the hand and fingers while the intervention is being performed.

Consult the specialist in plastic and aesthetic surgery, hand surgery for these indications:

Congenital malformations	Lesion of discus triangularis
Ruptured ligaments, fractures	Nerve compression syndromes
Dupuytren's contracture	Nerve damage
Joint replacement (prosthetic)	Tendon injuries or tears
Joint stiffness	Secondary sequelae of accidents
Scaphoid fracture	Arthrosis

JOINT-PRESERVING SHOULDER ARTHROSCOPY, SHOULDER PROSTHETICS

Shoulder pain usually develops from acute or old injuries, and inflammatory or degenerative diseases. Early diagnosis and treatment can help prevent further damage.

The orthopedic and sports traumatologist Michael Lehmann, MD is specialized in shoulder and hip arthroscopy: After the anamnesis and diagnosis by imaging methods (see page 7), his masterful keyhole technique enables minimally invasive correction for many shoulder or hip problems, thereby ensuring a quick return to the job or sports.



Possible indications:

Impingement / Congestion syndrome	Rotator cuff injury
Calcification	Unstable shoulder
Injury to the biceps tendon	Shoulder osteo-arthritis
Frozen shoulder	Shoulder arthroplasty

In addition to injuries that occurred, e.g., through accidents, hip pain can result from wear and tear, diseases of the (lumbar) spine, hip, knee or feet joints, and congenital malposition.

JOINT-PRESERVING HIP ARTHROSCOPY

The following indications are treated arthroscopically wherever possible:

Hip impingement: correction of pre-arthritic deformities. When recognized early, reconstruction of changes of the femoral head, joint cartilage and joint lip (labrum) can reduce pain and delay or avoid hip replacements.

Labrum defect: An attempt is always made to reconstruct and maintain the labrum (joint lip). Damages can in part be removed, comparable to meniscus damage in the knee joint; in some cases the labrum can be replaced with autologous material.

Hip arthrosis: Beginning, and in some cases moderate, stages of arthrosis in hips that have not yet become stiff can be treated by arthroscopy, among other procedures, in order to improve the movement between the femoral head and the hip socket. Inflammations are removed and the labrum, which has a significant mechanical and biological importance, reconstructed if needed.

If joint surface replacement cannot be avoided, two specialists will clarify the procedure: Dr. Lehmann and Prof. Gruber work closely together to achieve the best possible result (see page 20).

To make an appointment: +49 (0)6221 8723-339



KNEE SURGERY

Diseases or injuries of the largest joint in our body can strongly limit mobility and the quality of life of affected people.

The knee expert Wolfgang Franz, MD at ETHIANUM is dedicated to diagnostics and treatment of knee pain and knee injuries:

The tendon removal method he developed to repair torn cruciate ligaments is already being used internationally: it can be performed more quickly, generates smaller scars, and minimizes the rate of complications.

Specialized areas of the knee experts:

Knee arthroscopy	Meniscus tear
Knee instability	Knee arthrosis
Cruciate ligament tears	Arthrosis of the kneecap
Revision procedures after cruciate ligament surgery	Instable kneecap

HIP ENDOPROSTHETICS

In 1992, as an expert in hip reconstruction, Prof. Gerd Gruber, MD, Ph.D. introduced the first knee-sparing short shaft total hip endoprosthetics (disc prosthesis) in Germany.

At ETHIANUM, the experienced surgeon handles partial or total hip endoprosthetics and exchange in cases with advanced arthrosis in which complete conservation of the joint is no longer possible.

Minimally invasive and tissue sparing surgery techniques are used, also cement-free, and only high-quality implants from a Swiss manufacturer.

Specialized areas of the hip and knee endoprosthetics expert:

Partial-, total- and exchange hip endoprosthetics

Ultrasound diagnostics of the movement apparatus

Ultrasound diagnostics of the infant hip joint

Radiation-free, ultrasound-guided denervation at the sacroiliac joint (joints of the sacrum and ilium)



/ Advanced knee joint arthrosis, the inner joint space has almost completely disappeared (right side of image)

KNEE ENDOPROSTHETICS

In Europe, the surgical 'insertion' of an artificial knee joint has been long established and, more importantly, standardized. Surgical access points are made to spare the muscles and tissue (minimally invasive) as much as possible.

In order to ensure a tight fit, knee joint endoprosthetics and hip replacements are designed on the basis of CT images of the individual joint – real unique parts.

After an artificial knee joint has been placed, the movability generally improves significantly, thus enabling better mobility, which apparently contributes to the prevention of diseases of civilization, such as diabetes mellitus, stroke, heart diseases or high blood pressure.

After the intervention, which is performed on a short inpatient basis at ETHIANUM, Prof. Gruber places great emphasis on standardized checkups and individual physiotherapy follow-up treatment plans in order to ensure a long-lasting success.

Which procedure is recommended for you personally? Make an appointment for an exam at +49 (0)6221 8723-160



/ After implantation of a total knee joint endoprosthesis: the two metal implants can be seen with the plastic inlay in between



PHYSICAL THERAPY

Physical therapy significantly improves mobility after a disease, an injury, or an intervention. Our internal practice offers the entire spectrum of traditional applications and innovative treatment forms not only to our clinic's clients, but to anyone:

Physical therapy

Traditional physiotherapy	Traditional massage
Manual therapy	Connective tissue massage
Physiotherapy on a neurological basis	Cross-/Friction massage
Physiotherapy with CMD (craniomandibular dysfunction)	Kinesio tape
Sports physiotherapy	Manual lymph drainage
Golfing physiotherapy	Electrotherapy
Providing care for sport's clubs	Ultrasound
Physiotherapy using equipment	Heat therapy (Fango, hot roll)
	Ice applications (packs, rubs)



Appointments: +49 (0)6221 8723-473

The tight collaboration between the specialist doctors and the physical therapy practice at ETHIANUM ensures you optimal quality of treatment after the intervention.

But you will also receive therapeutic counseling, care, and treatment by Stefan Korn's team independently of the surgical specialist areas. Make an appointment and let us discuss what we can do for you.

DERMATOLOGY

Dr. Sylvia Proske has devoted herself to this extensive area at the ETHIANUM Heidelberg. She is a specialist in dermatology and venereology, phlebology, proctology and allergy, with an emphasis on laser medicine and dermatologic surgery.

Clients benefit from this expertise for a wide variety of problems:

Acne	Lipedema
Allergies, hay fever	Varicosis
Couperose	Nail diseases (nail fungus, ingrown nails)
Rectal disorders	Scar treatment
Hemangiomas	Rosacea
Skin cancer prevention	Sweat gland treatment
Benign or malignant skin tumors	Treatment of warts

Make an appointment at
+49 (0)6221 8723-443

Laser medicine, cutting edge

Laser treatments should be performed only by certified specialists. In dermatology, we only use laser devices after a thorough preliminary examination, for example with the following indications:

Acne and rosacea, spider veins and varicose veins, port wine stains and hemangiomas – also in infants, couperose (dilated blood vessels), syringomas, pigment disorders (e.g. age spots) and for treatment of scars, stretch marks, wrinkles or sun damage on the face, neck, décolleté and hands.

AESTHETIC MEDICINE

At the ETHIANUM we can do a lot, even without a scalpel, to make you look more refreshed and feel younger. There are treatment methods to effectively deal with annoying wrinkles, age spots or cellulite.

Depending on the indication, the treatment ranges from botulinum toxin (Botox), hyaluronic acid to autologous fat injections (lipofilling), from laser applications (Gentle YAG Laser™) to VelaSmooth™ Pro, IPL or radio frequency treatments, mesotherapy and photodynamic rejuvenation therapy for the skin.

The decisive factors are the knowledge, skills and experience of the treating specialist. Make an appointment with dermatologist Dr. Proske to hear about effective options that are particularly promising for your individual problem.

Areas of Aesthetic Medicine:

Age spots	Hand rejuvenation
Spider veins	Skin rejuvenation
Botox treatment	Lip modeling
Cellulite	Red veins
Wrinkle treatment	Peeling
Hair consultation	Tattoo removal



PREVENTIVE MEDICINE



Disease prevention that helps maintain mental and physical performance is a great challenge of our time. Therefore, both companies and individuals use our preventive services.

Health check-ups at the ETHIANUM discreetly offer a comprehensive overview of your health status and lay the foundation for management of your personal health.

The extended health check-up is recommended for abnormal findings, particular risks, or if you want to rule out personal concerns.

The stress analysis shows how your body deals with stress: at a special measuring station (see figure above) imbalances in the body can be identified by means of bioelectric control loops.

The directing physician at the ETHIANUM guides you personally at every step with all your health and care needs.



/ For details, please refer to our English brochure "Prevention at the ETHIANUM – A master plan for health". You can obtain it at the front desk or by e-mail request at praevention@ethianum.de.



ANESTHESIA: UNCOMPROMISING SAFETY

To experience an intervention both safely and in painless slumber, while awakening without the feeling of nausea – that is what our clients ask of anesthesia.

Our specialists in anesthesiology are there to ensure just that. They take plenty of time to inform you about the type of anesthesia and the procedure, or to answer your questions. Of course, they also speak about the risks of anesthesia and explain the advantages of the anesthetics that are used at our clinic.



Uwe Janneck, MD, is anesthesiologist at the ETHIANUM. He brings over 25 years of clinical experience at maximum care clinics and has completed additional training in intensive care and emergency medicine.



A strong relationship of trust with the client is also important to Bernd Scholz, MD. "If you put yourself in our care, you should feel you are in good hands." The anesthesiologist has been active since 2003 as an emergency physician in the emergency department.

YOUR DOCTORS AT THE ETHIANUM

Your intuition determines whether you can develop trust with your specialist doctor. To get a first impression, we are making a brief introduction of the experts at our clinic.



Prof. Guenter Germann, MD, Ph.D. and Medical Director of the ETHIANUM Heidelberg, is internationally regarded as an outstanding micro-surgeon. He has been practicing for more than 30 years as a plastic surgeon (aesthetics, reconstruction), with over 25 years experience in hand surgery.



The specialist for plastic and aesthetic surgery, Prof. Matthias Reichenberger, MD, Ph.D., leads the department of plastic surgery together with Prof. Germann. Specialist areas include surgeries for tightening loose skin after weight loss (e.g., tummy tuck, liposuction) and the entire spectrum of face and breast surgery.



Eva Koellensperger, MD, Ph.D., is a specialist in plastic and aesthetic surgery. Clients will find a discreet contact partner in this expert for intimate surgery and scar treatment (e.g., after self-inflicted wounds). As a scientist, she researches the potential of stem cells.



Prof. Juergen Harms, MD, Ph.D., is a top physician among spine surgeons. His techniques in surgery for scoliosis and tumors are considered pioneering; the 'Harms titanium cage' and the polyaxial screw he developed are now considered state of the art in spine surgery.



Berk Orakcioglu, MD, Ph.D., is a specialist in neurosurgery. The spine surgeon relies on individual concepts, e.g., CT-guided pain therapy and minimally invasive surgery methods using state-of-the-art technology, from spine navigation to continuous neuromonitoring.



Helge Schmitz, MD, is a specialist in orthopedics and is an outstanding diagnostician (X-ray and sonographic as well as clinical differential diagnostics). In addition to conservative treatment such as chirotherapy, manual medicine and infiltrations, he also specializes in shoulder and knee joint arthroscopy.



Michael Lehmann, MD, is a specialist in orthopedic and sports medicine. He provides care for athletes from many sports disciplines as well as recreational athletes of all ages. As a specialist in diseases of the shoulder and the hip, he has a first class reputation in arthroscopic and minimally invasive therapy.



Amadeus Hornemann, MD, Ph.D., is a specialist in gynecology and obstetrics with additional titles for gynecological oncology, special obstetrics and perinatal medicine. The specialist for minimally invasive surgery in gynecology (MIC III certificate) performs laparoscopy and hysteroscopy surgeries.



Prof. Gerd Gruber, MD, Ph.D., is a specialist in minimally invasive and tissue sparing hip and knee joint endoprosthetics. The specialist in orthopedics and trauma surgery has a Europe-wide reputation as an expert in hip reconstruction and in sonography of the movement apparatus, as well as in ultrasound diagnostics of the infant joint.



Sylvia Proske, MD, is a specialist in dermatology and venereal diseases. She is additionally qualified in the fields of allergology, phlebology, proctology and andrology. As a specialist in laser treatments, including tumors, she works closely with the plastic surgical specialists at the ETHIANUM.



Wolfgang Franz, MD, is a specialist in trauma surgery and sports medicine. As one of the leading knee experts in Germany, he treats knee arthrosis, cruciate ligament and meniscus tears with minimally invasive techniques. His specialist areas include cartilage transplantation (Arthro-Cell 3-D) and the AMIC method.



Reinhold Busch, MD, is the head of the department for preventive medicine. As a specialist in internal medicine, cardiology, sports medicine and emergency medicine, he performs health check-ups, provides consultations on the cardiovascular system and provides professional as well as amateur athletes with sports medical performance diagnostics.



Ralph-Ingo Kern, MD, is a specialist in orthopedics and trauma surgery with additional titles in chirotherapy, sports medicine, X-ray diagnostics of the skeleton, acupuncture, and osteology DVO. Core area of the team doctor for the football team TSG 1899 Hoffenheim and former competitive gymnast is conservative orthopedic therapy.



Ludger Ciré, MD, is a specialist in internal medicine. He has over 30 years of experience in helping top managers maintain their levels of performance for as long as possible. The health check-up he developed provides clients of the ETHIANUM with a real masterplan for their healthy future.

CONTACT

If you are interested in an examination, consultation, surgery, or a health check-up, please contact us any time online using the English form at www.ethianum.de/contact-english/

Or send an email to info@ethianum.de or call us from Mondays to Fridays between 08:00 a.m. and 6:00 p.m. (CET) at tel.: +49 (0)6221 8723-403 (International Office) or +49 (0)6221 8723-0 (Headquarters).

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ETHIANUM Betriebsgesellschaft mbH & Co. KG
Voßstraße 6
69115 Heidelberg
Germany