



A TOUR THROUGH THE ETHIANUM

FOR HEALTH
AND WELL-BEING ON
THE HIGHEST LEVEL

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

Consistent sustainability makes ETHIANUM 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, CEO 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 and in all areas of breast surgery 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 & 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 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 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	Lipofilling
Exophthalmus correction	Scar treatment
Facelift (classical, SMAS, MACS)	Nose correction
Wrinkle lifting (soft lifting)	Upper arm lift
Fat removal and sculpting	Ear correction
Fat freezing (cryolipolysis)	Temple lift
Hair transplant	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 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	Via uterine endoscopy
Sterilization	Myomectomy and polypectomy
Diagnostics in cases with a wish for children (fertility diagnostics)	Endometrial ablation
Surgeries in cases with a wish for children	Septum removal
Minimally invasive surgeries with adhesions	Separation of intrauterine adhesions (synechiolysis Asherman's syndrome)
Removal of abnormally implanted endometrium (endometriosis resection)	Vaginal surgeries on the uterus
Cyst curettage, ovary removal	Curettage
Myomectomy	Diagnostic uterine endoscopy with curettage
Total hysterectomy (TLH)	Excision of a cone-shaped wedge from the cervix (conization)
Hysterectomy leaving the cervix intact (LASH)	IUD placement
Surgeries with prolapse symptoms (colposacropexy, cervico-sacropexy)	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, spondylo-listhesis)
- _ 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: <https://bit.ly/2IDfJqa> (PDF, 253 KB)

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

SHOULDER: JOINT-PRESERVING ARTHROSCOPY, PROSTHETICS

Shoulder pain usually develops from acute or old injuries, and inflammatory or degenerative diseases. The specialist experts for the diagnosis and treatment of shoulder diseases at the ETHIANUM are Dr. med. Michael Lehmann and Prof. Dr. med. Felix Zeifang.

After the anamnesis and diagnosis by imaging methods, these experts use masterful keyhole techniques to ensure a quick return to the job or competitive sports.

In cases of advanced shoulder arthrosis, when the ACRA procedure or autologous cartilage cell transplantation (ACT) are no options for therapy, state-of-the-art endoprosthesis can help patients to a new quality of life.

The specialists use different prosthetic types, materials and components. Therefore, depending on the condition of the rotator cuff, either anatomical or reverse (partial) shoulder prosthetics are used.

Prof. Dr. Zeifang and Dr. Lehmann are also experienced experts in implantations of total shoulder endoprosthesis (TEP).



Possible indications:

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

To make an appointment, please call
+49 6221 8723-339

ELBOW SURGERY

Operations on the elbow are rarely required. If intervention is unavoidable, this is usually performed with a keyhole procedure.

Prof. Dr. Zeifang has extensive experience in the minimally invasive treatment of this complex joint and will discuss a sound recommendation for therapy after an accurate diagnosis has been made.

Elbow surgery topics:

- _ Instability due to ligament injuries
- _ Cartilage damage, cartilage bone damage, Morbus Panner, joint bodies
- _ Strain injuries such as tennis elbow or golfer's elbow, inflammations
- _ Compression syndrome ulcus ulnaris
- _ Arthrosis in the elbow
- _ Elbow joint prosthetics



/ 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 28 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 HIP ARTHROSCOPY

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.

The following indications are, wherever possible, treated arthroscopically by specialist Michael Lehmann, MD:

- _ 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.





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 expert:

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

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.

The knee expert will explain which type of replacement is the optimum for you:

A unicondylar implant replaces one half of the joint surface, whereas a bicondylar implant replaces all the joint surfaces of the knee joint (knee joint TEP). Here it is also possible to remove the rear surface of a kneecap which has changed as a result of arthrosis and replace it with a polyethylene implant secured with bone cement.

After an artificial knee joint has been placed, the mobility 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.

Which procedure is recommended for you personally? Make an appointment for an exam at +49 6221 8723-326



/ 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 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 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 (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. We naturally talk to you about the risks of anaesthesia and explain the advantages of the monitoring systems and anaesthetics that are used for operations.



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.



Prof. Guenter Germann, MD, Ph.D. The Medical Director and CEO 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 28 years experience in hand surgery.



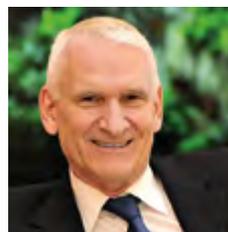
The specialist for plastic and aesthetic surgery, Prof. Matthias Reichenberger, MD, Ph.D., leads the department of plastic surgery together with Prof. Germann. Specialist areas include surgeries for tightening loose skin after weight loss (e.g., tummy tuck, liposuction) and the entire spectrum of face 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, hair transplant, cellulite (Cellfina) and scar treatment (e.g., after self-inflicted wounds). As a scientist, she researches the potential of stem cells.



Dimitrios Takas is a specialist in plastic and aesthetic surgery. He is an expert for body contouring surgery (after weight loss or after massive weight loss), treatment for lipedema – liposuction and for cellulite (Cellfina). Micro-surgery is a key surgical speciality.



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.

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.



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.



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 Hofenheim and former competitive gymnast is conservative orthopedic therapy.



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. Dr. med. Felix Zeifang is a specialist in orthopaedics and trauma surgery, ortho-orthopaedic and specialist orthopaedic surgery, sports medicine, rheumatology and paediatric orthopaedics. He is an experienced expert in open and minimally invasive shoulder and elbow surgery, in particular total shoulder endoprosthesis (TEP).



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.



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.



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, consultations on the cardiovascular system and provides professional as well as amateur athletes with sports medical performance diagnostics.



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.



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 6221 8723-403 (International Office) or +49 6221 8723-0 (Headquarters).

IMPRINT

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