

# TRINICUM

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Zentrum für Integrative Medizin  
und Schmerztherapie



## Preventive Medicine

### Trini-Focus© Packages

- > Arthrosis
- > Pain Rehabilitation
- > Diabetes
- > Gastrointestinal complaints

Together for  
your Health



**GRAND MED**  
VIENNA

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„Our understanding of health is not just the absence of symptoms, but according to WHO we regard it as a state of total physical and mental well-being.“

Dr. Günther Malek, Medical Director

Ladies and Gentlemen,

Trinicum goes one step further than conventional medicine and recognizes physical symptoms based on their factors of origin.

Often illnesses are only detected in advanced stages, so medical treatment can usually only have a limited effect. But we know: diseases are caused by genetic predispositions, environmental stress factors and continuous overloading, which can have long-term consequences.

Therefore, it is important for us at Trinicum to understand the current state of life of our patients and to work on sustainable medical treatment. Equally important to us is a holistic approach to treatment that enables us to look beyond pure symptomatology and see the human being as a whole. In this way, we can counteract increased physical decline and maintain your physical well-being and health in the long term.

Together for your health,  
yours Dr. Günther Malek

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## Our sustainable medical-integrative prevention

*Identifying problems before they become a problem -*

that is the motto of our medical approach. That's why we at TRINICUM have put together a team of experts from a wide range of disciplines to help you **identify your health risks in good time**. Thanks to the different approaches of our specialists and therapists, we can examine you on an **integrated basis** and take **preventive measures**.

You will not only be thoroughly examined according to the **latest state of Western medicine**, but also according to **holistic treatment methods** such as those of traditional Chinese medicine (TCM), acupuncture or nutritional medicine.

Based on the examination results, our team of experts will draw up your **tailor-made treatment and therapy plan**. This not only preserves your performance and health, but also ensures early detection of diseases. In this way we can counteract many complaints such as social diseases (e.g. diabetes, high blood pressure, back pain) at an early stage.

## Our interdisciplinary areas of expertise:

- > Outpatient rehabilitation
- > Integrative orthopaedics
- > Pain therapy
- > Rheumatology
- > Osteoporosis
- > Acupuncture
- > Holistic medicine
- > Body therapy and healing massage



*Decide now for a healthy tomorrow,  
yours TRINICUM TEAM*

## PREVENTIVE MEDICINE

**Anamnesis:** At the beginning there is a detailed anamnesis and a thorough clinical examination.

**Pulse wave analysis:** The first preliminary stages of atherosclerosis can be detected by means of pulse wave analysis. For this purpose, the stiffness of the arteries is examined in a non-invasive procedure.

**Ultrasound of the abdominal organs:** This ultrasound examination makes it possible to gain a specific insight into the function of the abdominal organs. This method is also used to examine the large blood vessels.

**Cardiac ultrasound:** In order to obtain information about your heart function and its condition, your heart is examined in detail during an ultrasound examination. The values obtained provide important clues to your heart health.

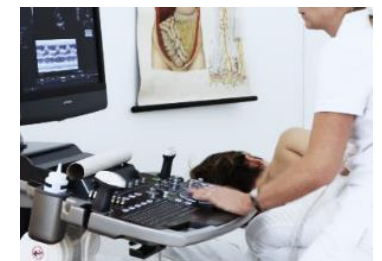
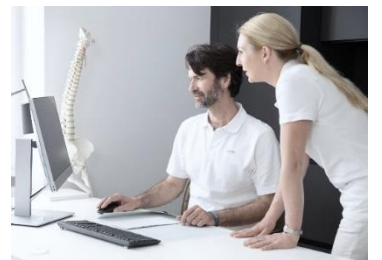
**Ultrasound of the neck region:** A high-resolution duplex sonography provides an important insight into the condition of your carotid arteries and their functionality. This can reduce possible risks such as strokes.

**Thyroid check:** An ultrasound of your thyroid gland can detect the first signs of certain diseases. They will also be informed about any risk factors in an informative discussion.

**Ergometry and spirometry:** An electrocardiogram is written during physical exertion using a stress ECG. The qualitative lung function is also measured using various spiro tests.

**Anthropometry including bioelectric impedance analysis:** By calculating the body mass index, the waist-hip composition and the body composition (fat, water, muscle mass), significant surveys are made of your physical health.

**Medical discussion of findings:** In order to maintain or optimise your physical health, you will not only be informed about your results, but also about possible risk factors and targeted preventive measures in a final discussion of findings.



## PREVENTIVE PACKAGES



for further information scan

Your Preventive Packages	<b>BASIS</b> Check-up	TRINICUM <b>Cardio Plus</b> Check-up
<b>Duration</b>	<b>5h</b>	<b>6h</b> Blood collection at least <b>8 days before</b>
<b>Anamneses and clinical examination</b>	Detailed anamnesis and clinical examination	Detailed anamnesis and clinical examination
<b>Blood-Lab</b>	Basic with extension	Enhanced by special CRV risk factors
<b>Technical examinations and Imaging diagnostics</b> (in addition to the exact anamnesis and detailed physical examination)	<ul style="list-style-type: none"> <li>&gt; Echo cardiography</li> <li>&gt; Ultrasound of abdominal organs and thyroid gland</li> <li>&gt; Ergometry</li> <li>&gt; Spirometry</li> </ul>	Additional to basic check extended examinations for the assessment of the vascular state (pulse wave velocity PWV)
<b>Suitable for</b>	Everyone who wants to have a comprehensive medical check with a detailed analysis and a understandable	For people on high risk of cardiac problems due to family risk or metabolic changes (cholesterol, blood sugar) or known CVD
<b>Price</b>	<b>€ 1.260,-</b>	<b>€ 1.660,-</b>

For persons in the Austrian social insurance system, the costs are reduced by partial assumption of the laboratory costs for the corresponding indication. Basis: € 780,- Cardio-Plus: € 1.140,-

## Your Individual *Trini-Focus*® Packages

The central focus of our centre is the integrative treatment of acute and chronic pain.

The advantages of integrative pain therapy:

This broad spectrum of treatment methods offers people with pain disorders in particular a greater chance of long-term therapeutic success than one-dimensional therapy.

In our multidimensional treatment concepts, conventional and complementary forms of therapy are used.

We have selected 4 special subject areas for you:

- > Arthrosis
- > Pain rehabilitation
- > Diabetes mellitus
- > Gastrointestinal complaints

for further information scan



Focusing the human, not only his symptoms.

## *Trini-Focus*® Package: Arthrosis

Arthrosis is a complex process of rebuilding the joints. Arthrosis is often referred to as simplified joint wear, but this does not do justice to the many different diseases and manifestations of arthrosis. The appearance of an arthrosis disease as well as its promoting factors are individually different. Basically, both several and individual joints can suffer from osteoarthritis. Knee, hip, shoulder and finger joints are most frequently affected, but every joint can suffer from osteoarthritis.

The Trinicum arthrosis check not only relieves your acute pain and symptoms, but also identifies the factors that favour you. As a centre for integrative medicine and pain therapy, the Trinicum has specialised in the treatment of osteoarthritis and combines a wide range of treatment and examination options in a single facility.

### **Our interdisciplinary arthrosis services**

- > Clinical specialist examination
- > Detailed anamnesis
- > Arrangement of a suitable imaging (X-ray, MRT)
- > Evaluation of imaging
- > Laboratory tests
- > Detailed written findings
- > Individual advice on long-term therapeutic measures

### **So you know**

- ... the stadium of your arthrosis disease
- ... which therapies are best suited for you
- ... whether further steps, such as an operation, are necessary in your case
- ... what you yourself can contribute to your physical health

**€ 400. –**

*Additional laboratory costs and external examinations (X-ray, MRT etc )  
are not included*

## *Trini-Focus*<sup>®</sup> Package: Pain Rehabilitation Check

The Trinicum pain rehabilitation has specialised in acute and chronic pain and rehabilitation therapies after surgery and injuries.

The main focus in therapy is the individual best fitting approach. In accordance with our philosophy, our patients are not treated in individual medical disciplines, but always interdisciplinary.

In contrast to conventional therapy methods, the choice of an integrative pain therapy not only significantly increases the range of therapies, but also the chances of success.

In the Trinicum competence centre for pain therapy, more than twenty specialists work together on an interdisciplinary basis to provide you with the best possible advice and care.

### **Our pain therapy services**

- > Interdisciplinary diagnosis and findings reviews
- > Action plan with consideration of the life situation
- > Individual therapy and treatment plan
- > Pain relief through various medical and holistic procedures
- > physiotherapy
- > Medication settings
- > Coordinated therapies

**€ 600. –**

*Price Day 1 and 2*

*Additional laboratory costs and external examinations (X-ray, MRT etc) are not included  
for therapy costs please contact us*



## Procedure Day 1 – Assessment

On the first day, our team will be at your disposal for a detailed analysis. Your assessment covers all facets of your complaints

- > Complete medical check-up
- > Physiotherapeutic and sports scientific examination
- > Screening for any aspect of physical pain
- > Capturing emotional stress factors
- > Assessment of existing findings (e.g. X-ray, MRT)
- > Obtaining further findings, if necessary (laboratory, X-ray, etc)

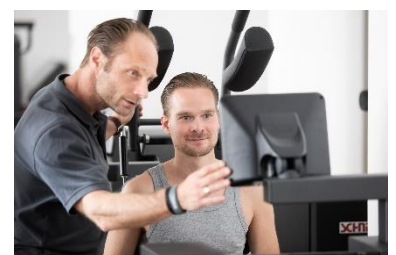


## Procedure Day 2 - Conclusion and Planning

- > Interdisciplinary discussion of the causes of problems and the suggested treatment procedure
- > Discussion the preliminary plan with the patient
- > Therapy plan creation on the basis of your assessment

## *Procedure from Day 3 - Start of coordinated therapeutic and medical measures (e.g.)*

- > Physio- and training therapy
- > Infusion therapy
- > Osteopathy, manual therapy, massage therapy
- > Cartilage build-up therapy with hyaluronic acid or PRP (platelet-rich plasma)
- > Extracorporeal pulse wave
- > Fascia therapy
- > Laser therapy
- > Spineliner



## Long-term care:

- > Recommendation of medicines
- > Recommendations regarding a long-term treatment procedure
- > Recommendation of further treatments, referral to recommended physicians
- > Telemedical offer

## *Trini-Focus*® Package: Diabetes mellitus

The civilisation disease diabetes mellitus is a disorder of the sugar and fat metabolism. This promotes an increase in blood sugar levels, which the body cannot reduce itself. If diabetes is not treated, there is a risk of silent inflammation and damage to blood vessels and nerves.

The Trinicum diabetes check not only examines your current blood sugar levels, but also existing factors that favour diabetes. This is accompanied by a general medical check-up in order to be able to identify any existing damage. Finally, the individual therapy setting is carried out so that you can limit the development of possible secondary complaints.

### **Our interdisciplinary Trinicum services**

- > In-depth laboratory analysis
  - Measurement of blood sugar and blood lipids
  - Determination of insulin resistance
  - Determination of the vascular risk
- > Cardiological check to assess the heart and blood vessels
- > Test for the presence of a possible peripheral nerve disorder
- > Prescription or consultation for further necessary examinations or therapies
- > Outpatient drug therapy setting
- > Possible care during inpatient stays
- > Individual advice on long-term therapeutic measures
- > Year-round telemedical care

### **So you know**

- ... whether you have an acute case of diabetes or an increased risk of it
- ... whether physical consequential damages are already present
- ... which medical therapies are possible in your case
- ... how to stop the progression of your disease

**Medical Check € 520.- Blood analyses € 550.-**

*Exclusive external costs*

*The blood sample is taken in the morning, the evaluation takes place in the afternoon.*

## *Trini-Focus® Package:*

### Gastrointestinal complaints

At least once in a lifetime, most people are affected by gastrointestinal problems. These can occur both acutely and in the long term. However, other physical symptoms can also occur with gastrointestinal discord, ranging from **headaches** to **chronic fatigue**. Discrepancies in the gastrointestinal track are often treated locally, but this does not always do justice to the symptoms.

We at the Trinicum therefore view the gastrointestinal track in a holistic medical understanding, in order to be able to identify even non-local follow-up complaints and causes. Our gastrointestinal check-up not only focuses on the health of your digestive system, but also on factors that favour it. An important main focus of our analysis is nutrition and its effects, which vary from person to person. Your eating habits are analysed and, if necessary, adjusted so that you can use the effect of the diet for yourself.

#### **Our interdisciplinary services of the gastrointestinal tract**

- > Medical and nutritional anamnesis interview
- > Laboratory analysis of micronutrient supply
- > Stool analysis
  - Microbiome
  - Intestinal immune system
  - Digestive performance
- > Initiation of further appropriate investigations
- > Individual advice on long-term therapeutic measures
- > Detailed written findings

#### **So you know**

... the current state of your gastrointestinal tract  
... whether you need further medical examinations  
... which diet suits you best and what you should pay attention to in this regard  
**... which therapies are suitable for you**

€ 750.-

*Two appointments with an interval of at least 8 days.*

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HERE YOU WILL FIND US:

Public transport  
Station Schwarzenbergplatz  
tram line 2, 71, D  
Station Karlsplatz U1, U2, U4  
Station Stadtpark U4

Eight minutes on foot across Karlsplatz  
Six minutes walk from the city park  
parking facilities  
Short parking zone from 9 - 22 o'clock

Garage Schwarzenbergplatz  
Exit Dafflingerstraße,  
directly next to the Palais Fanto

Garage at the Palais Schwarzenberg  
Entrance Prinz Eugenstraße,  
Exit at Rennweg



If you have any questions or would like to make an appointment,  
we are pleased to be allowed to help you!

**Kathrin Malek**

Management and Sales Trinicum

Business Customers

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[k.malek@trinicum.com](mailto:k.malek@trinicum.com)



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