

The Priename MEGA Check

A Comprehensive Holistic Medical Assessment in One Day

The **Priename MEGA Check** is a unique medical concept in Germany designed to help you **maintain your health and enjoy healthy ageing**.

It combines the latest advances in evidence-based conventional medicine with the extensive experience of complementary and integrative medicine. This comprehensive assessment is intended to identify potential health problems at an early stage and, whenever possible, initiate appropriate treatment immediately.

Our goal is to help you remain healthy, active, and independent for as long as possible. Based on your individual examination results, we recommend regular follow-up assessments to monitor your health and detect any changes early.

We consider ourselves your long-term partner in preventive healthcare and healthy ageing.

Please note that all medical services are provided by the respective independent specialist physicians and therapists participating in the Priename MEGA Check.

What is the Holistic MEGA Check?

The MEGA Check is a comprehensive, interdisciplinary health assessment that is currently unique in Germany. It combines state-of-the-art conventional medical diagnostics with the principles and experience of integrative and natural medicine across a broad range of medical specialties.

Because we understand that your time is valuable, the entire examination programme is completed in **one single day**.

What Can You Expect?

During your visit you will complete **12 individual medical stations**, each lasting approximately **40 minutes**.

This allows sufficient time to discuss your medical history, symptoms, examination findings, and individual recommendations with each physician or therapist.

The overall objective of the MEGA Check is to detect functional disorders and diseases at the earliest possible stage, allowing timely treatment and helping you maintain long-term health.

A distinctive feature of the MEGA Check is that, whenever appropriate, functional disorders are **not only diagnosed but also treated immediately**, providing patients with both diagnostic evaluation and therapeutic intervention during the same visit.

Overview of the Individual Medical Stations

- **Cardiology with Comprehensive Laboratory Diagnostics**
 - Advanced cardiovascular assessment including specialised laboratory analysis
- **High-Resolution Ultrasound Diagnostics**
 - Comprehensive ultrasound examination of the internal organs and vascular system
- **Holistic Orthopaedics**
 - Integrative orthopaedics including manual medicine, chiropractic medicine, osteopathic medicine, and sports medicine assessment
- **General Medicine**
 - Integrative primary care, natural medicine, and holistic assessment of chronic interference fields (focal disturbances)
- **Dermatology**
 - Computer-assisted skin cancer screening and comprehensive allergy assessment
- **Ear, Nose and Throat (ENT) Medicine**
 - Holistic otorhinolaryngological examination
- **Urology**
 - Comprehensive urological assessment including ultrasound diagnostics
- **Ophthalmology**
 - Integrative eye examination
- **Traditional Chinese Medicine (TCM)**
- **Psychology**
 - Individual psychological consultation

- **Holistic Dentistry**
 - Comprehensive dental and temporomandibular diagnostics including the assessment of potential chronic interference fields
- **Biomechanical Functional Analysis**
 - Functional biomechanical assessment of the spine and musculoskeletal system



Advanced Cardiovascular Assessment with Comprehensive Laboratory Diagnostics

Why an Advanced Cardiovascular Assessment?

Cardiovascular diseases remain the leading cause of death in industrialised countries. In Germany alone, approximately **420,000 people die each year** from diseases affecting the heart and circulatory system, accounting for around **46% of deaths in men** and **54% of deaths in women**.

Coronary artery disease is by far the most common cardiovascular disorder and is responsible for approximately **73,000 coronary bypass operations** and **150,000 cardiac catheter interventions** every year.

The primary aim of our cardiovascular assessment is to identify cardiovascular risk factors at an early stage—often before symptoms develop—and to enable preventive measures wherever possible.

Innovative Diagnostic Methods

The cardiovascular examination includes several state-of-the-art diagnostic procedures, including:

- **Arterial Stiffness Index (ASI)** – assessment of arterial elasticity as an indicator of vascular ageing and cardiovascular risk.
- **Heart Rate Variability (HRV)** – analysis of autonomic nervous system regulation and the body's ability to adapt to physical and emotional stress.
- **Health Express Analysis** – functional assessment of the body's overall regulatory status.
- **Nerve Express Analysis** – evaluation of autonomic nervous system function.
- **Free Radical Assessment** – determination of oxidative stress, an important factor in ageing and chronic disease.
- **Framingham Cardiovascular Risk Analysis** – internationally established estimation of the individual risk of developing cardiovascular disease.
- **Body Composition Analysis** – measurement of body fat and body composition to assess metabolic health and cardiovascular risk.

Conventional Diagnostic Procedures

The examination is complemented by established evidence-based cardiovascular diagnostics, including:

- **Exercise Electrocardiography (Exercise ECG)**
- **Spirometry (Pulmonary Function Testing)**
- **Comprehensive Laboratory Analysis**, including specialised cardiovascular and metabolic biomarkers.



High-Resolution Ultrasound Examination of Organs and Blood Vessels

As part of the MEGA Check, an experienced specialist in Internal Medicine performs a comprehensive ultrasound examination of four major organ systems:

- **Thyroid gland**
- **Carotid arteries**
- **Heart**
- **Abdominal organs**

Thyroid Ultrasound

The thyroid gland is examined for abnormalities in size, structure, and the presence of nodules.

Thyroid enlargement (goitre) and thyroid nodules remain common conditions within the general population. High-resolution ultrasound enables early identification of structural changes that may require further evaluation or treatment.

Carotid Artery Ultrasound

Ultrasound examination of the carotid arteries allows the early detection of arteriosclerosis (atherosclerosis) as well as more advanced vascular disease.

By identifying plaque formation and vascular changes before clinical symptoms occur, this examination plays an important role in the prevention of stroke and other cardiovascular complications.

Cardiac Ultrasound (Echocardiography)

Echocardiography provides detailed information regarding:

- cardiac size
- pumping function of the heart
- heart valve function
- structural abnormalities

In addition, ultrasound can reliably detect the typical effects of long-standing arterial hypertension on the heart, allowing early diagnosis and appropriate treatment.

Abdominal Ultrasound

The abdominal examination includes assessment of the:

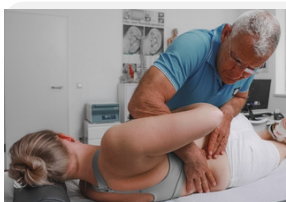
- abdominal aorta
- kidneys
- spleen
- liver
- gallbladder
- pancreas

Ultrasound enables the early identification of structural abnormalities affecting these organs and contributes significantly to comprehensive preventive medical care.

The Importance of Ultrasound Diagnostics

Ultrasound is a completely radiation-free, non-invasive imaging technique that provides immediate diagnostic information without exposing patients to ionising radiation.

Combined with the interdisciplinary findings from all other MEGA Check stations, it forms an essential component of our holistic assessment concept, allowing diseases and functional abnormalities to be detected at an early stage and appropriate treatment strategies to be initiated whenever necessary.



Holistic Orthopaedics

Integrative Orthopaedics with Manual Medicine, Osteopathic Medicine and Sports Medicine Assessment

Back pain affects approximately one in two adults during their lifetime. In many cases, the underlying cause is not structural damage but **functional disturbances of the musculoskeletal system** that disrupt the body's natural biomechanical balance.

These dysfunctions frequently occur as part of interconnected functional chains throughout the body. For example, a functional disorder of the ankle joint may ultimately lead to pain in the cervical spine (an **ascending kinetic chain**). Conversely, dysfunction of the temporomandibular joint (TMJ), such as an abnormal bite alignment, can significantly alter body posture, resulting in pelvic rotation, an apparent leg-length discrepancy, and recurrent dysfunctions of the spine and sacroiliac joints (a **descending kinetic chain**).

A Swedish study demonstrated that **67% of individuals without back pain show degenerative changes of the intervertebral discs on imaging despite having no symptoms**. This illustrates an important principle: although disc degeneration can cause pain, it is often **not the primary source of musculoskeletal complaints**.

In our experience, reversible functional disorders affecting the spine, pelvis, and peripheral joints remain considerably underestimated and represent one of the most common causes of pain and restricted mobility.

A Comprehensive Functional Examination

Because postural dysfunctions frequently involve interconnected ascending or descending biomechanical chains, the entire musculoskeletal system is examined carefully using principles of manual medicine and osteopathic medicine—from the **first metatarsophalangeal joint of the foot to the skull**.

Only through this comprehensive assessment can the true origin of a patient's symptoms be identified. For example, shoulder pain may actually be the consequence of a functional disorder originating in the ankle rather than in the shoulder itself.

This holistic diagnostic concept aims not merely to identify the location of pain but to determine its underlying functional cause.

Assessment of the Craniosacral System

An additional component of the orthopaedic examination is the assessment of the **craniosacral system**.

According to the principles of craniosacral medicine, subtle rhythmic movements of the skull occur approximately **six to eight times per minute** and are transmitted throughout the craniosacral system, including the sacrum and sternum.

Disturbances within this functional system may contribute to a wide variety of musculoskeletal and functional complaints. Assessment and treatment are therefore integrated into the overall examination whenever indicated.



General Medicine, Integrative Medicine and Holistic Functional Diagnostics

The primary focus of this consultation is a comprehensive assessment using both **conventional medical diagnostics** and **integrative medicine**.

An important diagnostic tool used during this examination is **Functional Myodiagnosics (FMD)**, also known as **Applied Kinesiology (AK)**.

Within this approach, specific test muscles are evaluated in relation to internal organs, functional regulatory systems, the musculoskeletal system, nutritional status, and dental influences. This provides an additional functional perspective and establishes a common interdisciplinary diagnostic language shared by the participating physicians.

Applied Kinesiology is not intended to replace conventional medical diagnostics but rather to complement them by contributing additional functional information.

The "Triad of Health"

Within integrative medicine, health is regarded as a dynamic balance between three equally important components:

- **Biochemistry (metabolism and nutrition)**
- **Structure (musculoskeletal system and biomechanics)**
- **Mind and emotional wellbeing**

The objective of this examination is to identify imbalances within this "Triad of Health" and restore optimal physiological equilibrium whenever possible.

Assessment of Systemic Functional Burdens

Particular attention is given to identifying chronic factors that may adversely affect the body's regulatory systems.

These include:

- Heavy metal exposure, for example from dental restorative materials, assessed in close interdisciplinary collaboration with the dental specialist.
- Disturbances of the intestinal microbiome caused by parasites, fungi, or microbial imbalance.

Since the intestinal microbiota represents one of the body's largest immune-regulating systems, alterations may contribute to allergies, food intolerances, and chronic inflammatory conditions.

Additional areas evaluated include:

- Acid–base balance
- Vitamin status
- Mineral status
- Adrenal gland function, particularly with regard to stress regulation and resilience.

Individualised Integrative Therapy

Whenever indicated, treatment recommendations may combine several evidence–informed complementary therapeutic approaches, including:

- Acupuncture
- Orthomolecular Medicine
- Manual Medicine
- Homeopathy
- Osteopathic Medicine

These therapies are integrated into an individual treatment concept based on each patient's medical history, examination findings, and overall health status.



Dermatology

Computer–Assisted Skin Cancer Screening and Comprehensive Allergy Assessment

Malignant melanoma (black skin cancer) is one of the most aggressive forms of cancer. In its early stages, however, it usually causes no symptoms and often remains unnoticed until the disease has progressed or metastasised.

For this reason, **early detection is crucial**, as prompt diagnosis and treatment offer the best chances for complete cure.

During the MEGA Check, the entire skin surface is examined using **state-of-the-art computer-assisted digital dermoscopy**.

Suspicious pigmented skin lesions are not only documented photographically but are simultaneously analysed using advanced digital image analysis to assess their likelihood of being benign or malignant.

With a reported diagnostic accuracy of approximately **90%**, this technology provides substantially greater diagnostic reliability than conventional handheld dermoscopy alone.

Holistic Allergy and Food Intolerance Assessment

In addition to conventional dermatological diagnostics, the examination incorporates **Applied Kinesiology (AK)** as a complementary functional assessment tool.

This approach is intended to help identify **hidden food intolerances and allergic sensitivities** that may contribute to chronic inflammatory skin disorders or other systemic complaints.

The objective is to enhance the overall diagnostic assessment by integrating conventional dermatology with functional medicine principles.

Conditions that may benefit from this comprehensive evaluation include:

- Atopic dermatitis (eczema)
- Hay fever (allergic rhinitis)
- Bronchial asthma
- Food intolerances
- Other allergic disorders

Comprehensive Dermatological Care

The consultation also includes the diagnosis and treatment planning of acute and chronic skin diseases. Whenever appropriate, conventional dermatological therapy may be complemented by integrative treatment approaches tailored to the individual patient's needs.



Holistic Ear, Nose and Throat (ENT) Medicine

The aim of holistic ENT medicine is to understand and treat each individual as a whole, recognising the close interaction between **physical health, neurological function, and emotional wellbeing**.

The ears, nose, paranasal sinuses, oral cavity, and larynx are all located in close proximity to the brain—the body's central organ for perception and regulation. Consequently, disorders affecting these structures frequently influence other organ systems and may also have a significant impact on general wellbeing and quality of life.

Within the MEGA Check, both **conventional medical diagnostics** and **integrative medical assessment** are used to identify not only manifest diseases but also subtle functional disturbances at an early stage.

Comprehensive Diagnostic Evaluation

The ENT assessment includes a broad spectrum of modern diagnostic procedures, including:

- Pure-tone audiometry (hearing threshold testing)
- Otoacoustic emissions (OAE)
- Auditory evoked brainstem responses (ABR)
- Tympanometry
- Ultrasound examination of the paranasal sinuses
- Endoscopic examination of the nasal passages, paranasal sinuses, and larynx
- Microscopic examination of the ear
- Measurement of electrical skin resistance at acupuncture points
- Functional assessment using Applied Kinesiology (AK)

Integrative Treatment Concepts

Following the diagnostic evaluation, an individualised treatment plan is developed whenever indicated.

Depending on the patient's findings, therapeutic options may include methods derived from **Traditional Chinese Medicine (TCM)** together with other integrative medical approaches.

The objectives are to:

- treat existing diseases,
- restore functional disorders affecting the ear, nose and throat region,
- improve disturbances originating from other organ systems that may be functionally related,
- enhance overall wellbeing,
- and optimise physical and mental performance.

By combining advanced conventional diagnostics with evidence-informed complementary therapies, the holistic ENT consultation forms an integral part of the interdisciplinary concept of the Prienamed MEGA Check, aiming not only to detect disease but also to support the body's natural regulatory capacity and long-term health.



Holistic Urology

Comprehensive Urological Assessment with Advanced Ultrasound Diagnostics

Holistic urology considers the urinary tract—not only the kidneys and urinary bladder, but in men also the prostate and male reproductive organs—in the context of the body's overall functional health.

Within the MEGA Check, modern ultrasound imaging is combined with complementary functional assessment methods, including **Applied Kinesiology (AK)**, providing a comprehensive evaluation that integrates conventional urology with principles of integrative medicine.

Identification of Functional Interference Fields

Certain organs of the urinary tract may act as **functional interference fields**, even in the absence of pain or obvious symptoms.

For example, chronic functional disturbances affecting the kidneys or prostate may contribute to persistent complaints involving joints, muscles, or the extremities.

Using complementary functional testing methods, these clinically silent disturbances may be identified and incorporated into the overall diagnostic assessment.

Comprehensive Ultrasound Examination

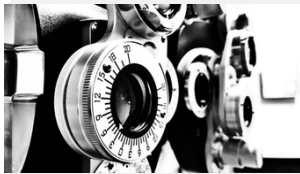
High-resolution ultrasound is used to examine:

- Kidneys
- Urinary bladder
- Testes
- Prostate (when indicated)

This examination allows the early detection of structural abnormalities involving the urinary tract.

Particular attention is paid to the prostate. If clinically appropriate, **transrectal ultrasound (TRUS)** enables highly accurate visualisation and early detection of pathological changes.

The combination of advanced imaging with a holistic functional assessment provides a thorough evaluation of urological health as part of the interdisciplinary MEGA Check.



Holistic Ophthalmology

Integrative Eye Care

Conventional ophthalmology focuses on the diagnosis and treatment of diseases affecting the eye and its associated structures.

This includes:

- Diagnosis of diseases involving the eye, orbit, ocular muscles and adnexal structures
- Assessment and correction of refractive errors
- Evaluation of binocular vision disorders
- Referral for specialised ophthalmic surgery whenever indicated

The Holistic Approach

Within the Prienamed MEGA Check, ophthalmology extends beyond conventional diagnostics by incorporating an integrative medical perspective.

The objective is not only to diagnose eye disease but also to identify systemic influences that may affect ocular health.

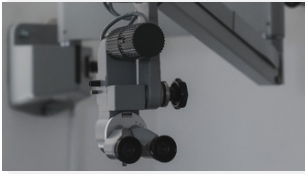
Particular emphasis is placed on providing comprehensive care for chronic eye diseases, such as **dry age-related macular degeneration (AMD)**, through an individualised treatment strategy.

Complementary Therapeutic Approaches

Depending on the patient's findings, treatment recommendations may incorporate selected complementary medical approaches alongside conventional ophthalmology, including:

- Acupuncture
- Applied Kinesiology (AK)
- Orthomolecular Medicine
- Other evidence-informed integrative therapies

The aim is to support visual function, optimise ocular metabolism, and contribute to the patient's overall health and wellbeing.



Assessment of Functional Interference Fields

Holistic dentistry considers the teeth, jaws, and oral cavity not as isolated anatomical structures but as integral components of the entire body.

Many chronic health conditions may originate from disturbances within the oral and maxillofacial region, while dental disorders can also influence distant parts of the musculoskeletal system.

For example, a chronically diseased tooth may contribute to persistent dysfunctions or pain affecting the knee, shoulder, or spine.

Especially in patients with chronic or recurrent complaints, it is essential to utilise every available diagnostic approach in order to identify potential underlying causes.

Three Major Areas of Investigation

1. Biocompatibility of Dental Materials

The compatibility of existing dental restorative materials is assessed using **Applied Kinesiology (AK)** as a complementary functional testing method.

This evaluation may help identify materials that could contribute to chronic functional disturbances in susceptible individuals.

2. Silent Chronic Inflammation

Particular attention is given to identifying chronic inflammatory processes that may remain clinically silent.

These include:

- Chronic inflammation of the dental pulp
- Periodontal disease
- Chronic inflammatory changes within the jawbone

Although these conditions may produce little or no pain, they can represent persistent inflammatory burdens affecting the entire organism.

3. Functional Disorders of the Masticatory System

Disturbances of the bite (occlusion) and temporomandibular joint (TMJ) function may influence the body's overall biomechanics.

Even minor occlusal imbalances may initiate functional chains resulting in complaints involving the:

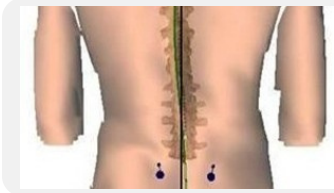
- cervical spine
- shoulders
- pelvis
- hips
- knees
- spine

Accordingly, functional analysis of the masticatory system forms an important component of the holistic examination.

Integrative Dental Medicine

Whenever appropriate, conventional dental diagnostics are complemented by selected integrative therapeutic approaches.

The objective is to identify and eliminate chronic oral interference fields, restore optimal functional balance within the stomatognathic system, and thereby support the health of the entire body.



Biomechanical Functional Analysis of the Spine

Stay Fit. Stay Active. Maintain Your Mobility.

As part of the MEGA Check, the musculoskeletal system is comprehensively evaluated using state-of-the-art biomechanical technology.

The objective is to identify functional disorders, muscular imbalances, and postural abnormalities at an early stage—often before they lead to pain or permanent structural changes.

Three-Dimensional Spinal Analysis

A key component of this examination is **3D raster stereography**, an innovative, radiation-free imaging technique that enables three-dimensional reconstruction of the spine and pelvis.

Unlike conventional X-rays, this technology involves **no exposure to ionising radiation**, making it suitable for repeated examinations.

Follow-up measurements allow objective monitoring of treatment outcomes and provide valuable information regarding the effectiveness of therapeutic interventions.

Assessment of Muscle Strength and Mobility

Using specialised diagnostic equipment, the following parameters are objectively measured:

- Strength of the spinal stabilising musculature
- Mobility of the cervical spine
- Mobility of the thoracic spine
- Mobility of the lumbar spine

The results are compared with validated reference values in order to identify:

- muscular strengths
- muscular weaknesses
- functional asymmetries
- muscular imbalances

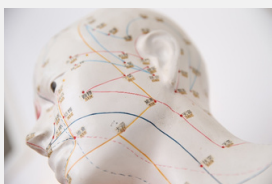
Individualised Exercise Recommendations

The biomechanical findings are interpreted together with:

- your medical history,
- the results of the interdisciplinary MEGA Check,
- and the clinical examination.

Based on this comprehensive assessment, an individual programme of strengthening exercises, movement therapy, posture optimisation, and preventive recommendations is developed specifically for your needs.

The overall objective is to improve long-term spinal health, enhance physical performance, and prevent future musculoskeletal disorders.



Traditional Chinese Medicine (TCM)

Individual Diagnosis According to the Principles of Traditional Chinese Medicine

An additional consultation is dedicated to **Traditional Chinese Medicine (TCM)**.

Based on the diagnostic principles of classical Chinese medicine, an individual assessment is performed and, where appropriate, personalised therapeutic recommendations are discussed or initiated.

Potential therapeutic measures include:

- Acupuncture
- Moxibustion
- Electroacupuncture
- Cupping therapy
- Chinese dietary therapy

A Holistic Medical System with Thousands of Years of Experience

Traditional Chinese Medicine is a comprehensive medical system that has evolved over several thousand years.

Acupuncture represents one of its central therapeutic methods and is complemented by:

- Moxibustion
- Chinese herbal medicine
- Nutritional therapy
- Lifestyle recommendations

The principal objective is to restore the harmonious flow of **Qi (vital energy)** and to re-establish balance between **Yin and Yang**, thereby supporting the body's natural capacity for self-regulation.

The TCM Consultation Includes

- Comprehensive TCM medical history
- Pulse diagnosis
- Tongue examination
- Specialised abdominal examination
- Functional assessment of food intolerances
- Acupuncture and supportive treatment of identified intolerances
- Functional balancing of the body's organ systems

Our Goal

To enhance your vitality and overall quality of life by promoting harmony between **physical health, emotional wellbeing, and mental balance**.



Psychological Consultation

A Brief Psychological Consultation

The MEGA Check not only focuses on physical health but also recognises the importance of emotional wellbeing and psychological resilience.

Alongside the comprehensive medical examinations, each participant is offered an individual psychological consultation. Sometimes the seemingly simple question—

"How are you?"

—provides valuable insight into the interaction between physical symptoms, emotional wellbeing, and everyday life.

Physical illness may contribute to anxiety, fatigue, or emotional distress. Likewise, chronic stress, grief, exhaustion, or psychological strain can significantly influence physical health and bodily functions.

Within the holistic philosophy of the MEGA Check, mind and body are regarded as inseparable components of health.

The purpose of the consultation is therefore not psychiatric diagnosis, but rather the identification of psychosocial factors that may influence health and recovery, while providing practical recommendations to strengthen resilience, wellbeing, and overall quality of life.

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The Priename MEGA Check

Comprehensive Preventive Medicine – Interdisciplinary Expertise – Personalised Healthcare

The Priename MEGA Check combines state-of-the-art diagnostics with the principles of integrative medicine in a unique one-day interdisciplinary health assessment.

Our mission is to identify disease at the earliest possible stage, restore functional balance whenever possible, and help you maintain lifelong health, vitality, and quality of life.

We look forward to welcoming you to **Priename – The Centre for Integrative and Holistic Medicine**.