ST. JOSEF

Palace Merano
Health Check Up

Now even closer to your preventive care.

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Prevention, specialisation and discretion.

Caring for you is what we do best. Every gesture, attention and treatment that we offer are guided by a firm commitment to support your well-being, improve your understanding of your body and strengthen your vital energy.

This commitment has inspired a new chapter in our collaboration: the meeting between **Palace Merano**'s regenerative expertise and the medical excellence of the **ST. JOSEF Health Centre**. A partnership designed around you, to provide a more comprehensive, targeted, and authentic experience.

We have chosen to move beyond the traditional concept of well-being to offer you a more advanced approach to prevention than ever before. Because we feel that the time is right to offer you something new: a path that combines the very latest scientific approach with the sensitivity and humanity that has always set us apart.

A new horizon for prevention

The brochure outlines the **check-up** and screening services that can be performed at the nearby ST. JOSEF Health Centre. You will be welcomed by highly specialised physicians dedicated exclusively to Palace Merano guests. The team of renowned professionals work in partnership with and under the medical supervision of Prof. Königsrainer, former medical director of the Department of General Surgery at the University of Tübingen and former deputy director of the Department of Surgery at the University of Innsbruck. The team will be tasked with performing five fundamental check-ups to ensure a comprehensive, tailored prevention service.

ST. JOSEF and Palace Merano share the same values which focus on the individual, personalised care, offering unparalleled expertise and **discretion**. Our new personal care model combines prevention and early diagnosis into a smooth, balanced, and natural path for your health.

Your health is your most precious asset. Our task is to help you listen to it, pre-empt it and make the most of it.

This partnership reflects our commitment to giving you more tools for broader, well-informed **preventive healthcare**.

Welcome to a new era of prevention in which **science and regeneration come together for your health**.

A targeted approach for personalised care

Through this new partnership, **Palace Merano broadens** its **scope** dedicated to personal health care, by adding a **complementary path** to traditional healthcare treatments. The **ST. JOSEF** Health Centre thus **becomes** an integral part of the **Palace Merano experience**, by offering a range of **independent** yet **seamlessly integrated** medical services.

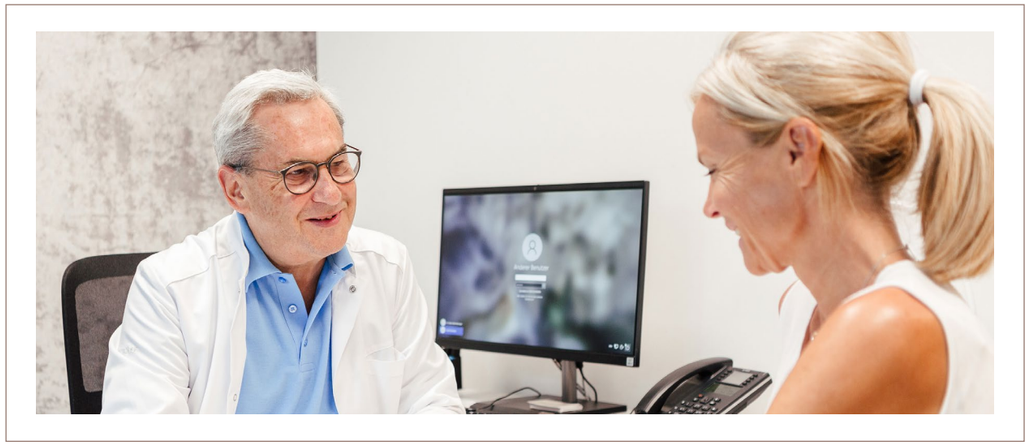
A project carefully designed to offer our guests a **unique opportunity**: to take care of their health in an **exclusive, private** and **highly professional context**, that upholds **Palace Merano**'s renowned **confidentiality**, now **enhanced** with new **technical expertise**.

An invaluable opportunity to find out about your state of health which is an essential step to building a **healthier** and **better informed future**.

All the screenings can be booked **individually or in combination**.
The blood tests are carried out prior to the screening at the Palace Merano Medical Centre.

All the services can be cancelled free of charge up to 24 hours in advance.

Please contact the bookings office for further information and bookings:
T. +39 0473 271 399 | reservations@palace.it



The 5 check-ups available

Cardiological Check-Up

The heart, the primary indicator of our well-being.

Cardiovascular diseases today represent the principle cause of death in industrialised countries. **Regular cardiac screening**, with specific examinations and functional assessments contribute to the **early detection of changes** which, if treated in time, improve quality of life and life expectancy.

Who is it recommended for?

√ Over 40s
√ Individuals with a family history of cardiac disease
√ Individuals with hypertension, diabetes and dyslipidaemia
√ Athletes and competitive sportspeople
√ Anyone interested in a comprehensive cardiac screening

Cardiology Check-up Basic:

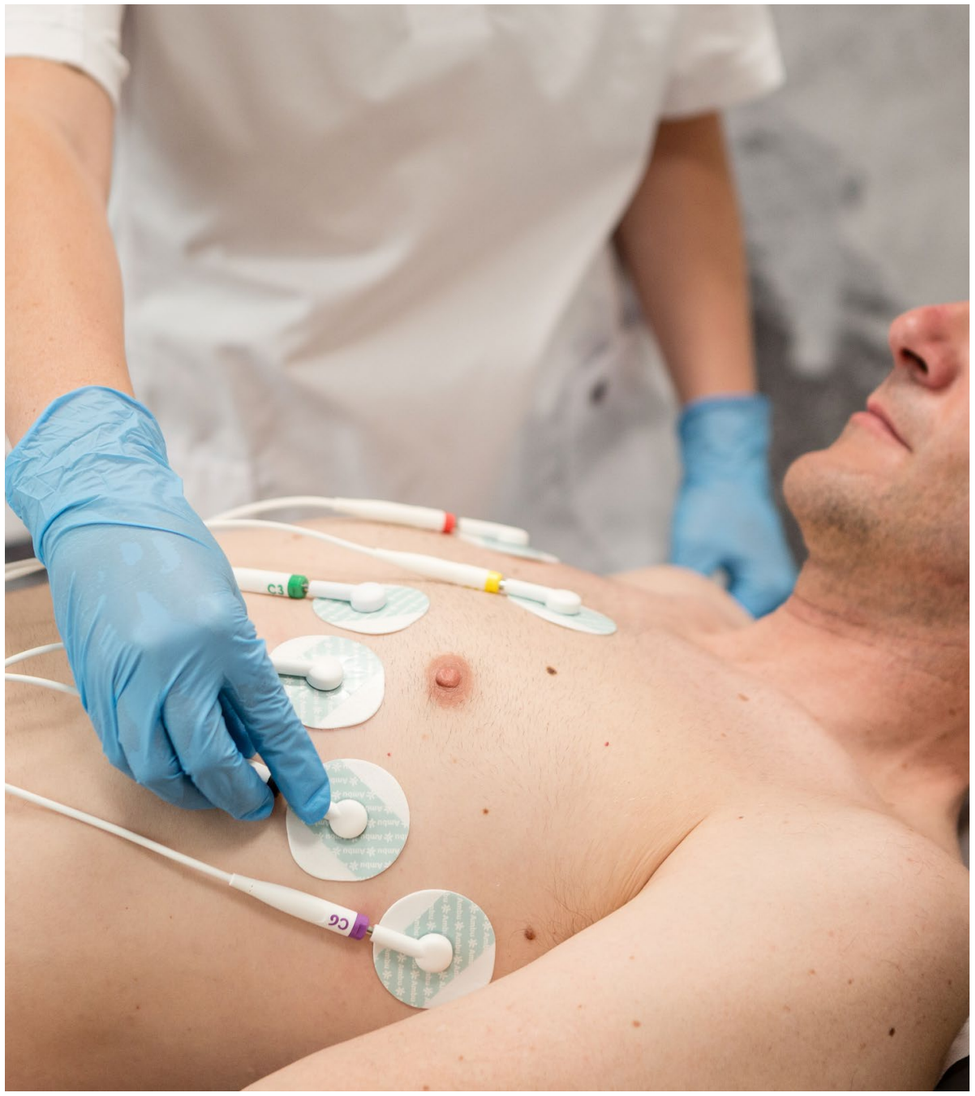
- Cardiological consultation
- ECG
- Echocardiogram
- Tests: total cholesterol, HDL, LDL, risk index, triglycerides, lipoprotein (a), ApoA-1 and ApoB, homocysteine, blood sugar HbA1c, pcr, electrolytes

Duration: 60 min.

Cardiology Check-up Plus:

- All the Basic package examinations
- Stress ECG
- Carotid Duplex Ultrasound

Duration: 90 min.



Urological Check-Up

Men's health.

A urological check-up is an i**mportant tool in the prevention of prostate and urinary tract diseases**, especially after the age of forty. Early diagnosis reduces the risk of serious illness and allows for prompt, non-invasive intervention.

Who is it recommended for?

√ Men over 40

√ Individuals with a family history of urological disease

√ Anyone experiencing urinary disorders, pelvic pain or dysfunction

What does it include?

- Specialist urological visit
- Renal-bladder ultrasound scan
- Blood tests: total PSA, free PSA, creatinine, urea, testosterone, DHEA-S

Duration: 45 min.

Dermatology Check-Up

Our skin tells a story.
Listen carefully to it.

The skin is exposed to environmental and internal factors every day that can lead to alterations. **Regular dermatology check-ups** are important for the early detection of skin abnormalities, pigmentation changes or chronic diseases. The mapping of moles allows for objective observation that can be compared over time.

Who is it recommended for?

√ Primarily intended for individuals over 30

√ Individuals with multiple moles or suspicious lesions

√ Family history of melanomas

√ Anyone frequently exposed to the sun or irritating substances

What does it include?

- Specialist dermatology visit
- Mole mapping
- Blood tests: vitamin A, C, E, D, zinc

Duration: 30 min.

Gastroenterology Check-Up

The digestive tract,
the centre of our vital energy.

Digestive disorders, intolerances and inflammatory diseases of the gastrointestinal tract are on the rise. A comprehensive diagnostic approach allows **disorders such as gastritis, colitis, reflux or precancerous lesions to be detected.**

Who is it recommended for?

√ Aimed at cancer prevention for patients over 50
√ Individuals with recurring digestive symptoms
√ Family history of intestinal tumours or coeliac disease

Gastroenterology check-up Basic
- Specialist consultation
- Abdominal ultrasound
- Tests: Dysbiosis / Leaky Gut Test (scatole, indican, zonulin), Coeliac Disease Test – Transglutaminase IgA, Transaminases (gpt,got,ggt), Lipase, Amylase, Bilirubin (Total, Direct, Indirect), Helicobacter pylori

Duration: 60 min.

Gastroenterology check-up Plus (with preparation)
- Gastroenterology consultation
- Abdominal ultrasound
- Gastroscopy
- Colonoscopy
- Tests: Dysbiosis / Leaky Gut Test (scatole, indican, zonulin), Coeliac Disease Test – Transglutaminase IgA, Transaminases (gpt,got,ggt), Lipase, Amylase, Bilirubin: Total, Direct, Indirect, Helicobacter pylori

Duration: 150 min.*

Gastroscopy under sedation
Specific blood tests: Anti-Helicobacter Pylori ab, tumour markers: CA 19.9, CEA, alpha-fetoprotein (AFP).

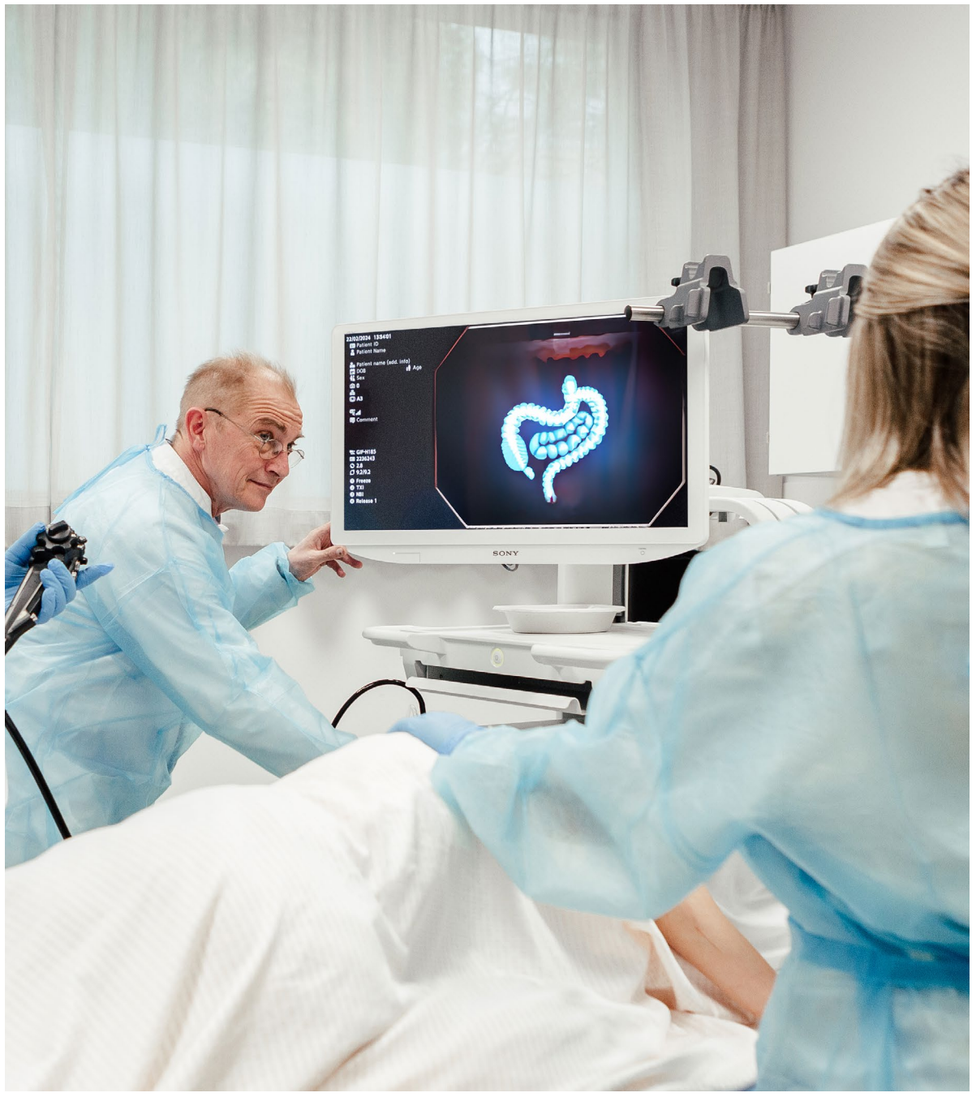
Duration: 60 min.

Colonoscopy under sedation
Specific blood tests: tumour markers: CA 19.9, CEA, CA 15.3, dysbiosis/leaky gut tests (Skatole, Indican, Zonulin)

Duration: 90 min.

Upper abdomen ultrasound scan
Specific blood tests: transaminases (GPT, GOT, GGT), lipase, amylase, bilirubin (total, direct, indirect)

Duration: 30 min.



*** We recommend staying an extra day compared to the usual stay to ensure you have enough time and to make the screening more comfortable.** The examination will be performed under sedation and requires a specific bowel preparation to be followed in two stages: the evening before and the morning of the examination. It is advisable to dedicate the entire day to the colonoscopy and recovery period following sedation.

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Ophthalmology Check-Up

The importance of caring for your eyesight every day.

The **health of your eyes** is essential for the quality of your everyday life. **Many eye diseases**, such as glaucoma, macular degeneration or cataracts, can develop **with no obvious symptoms**. A regular **specialist check-up** can help early detection of any problems, **prevent** the deterioration of eyesight and the implementation of prompt, targeted interventions to maintain good eyesight **over time.**

Who is it recommended for?

√ Individuals with poor eyesight or eye strain

√ Anyone over the age of 50 to prevent glaucoma and other silent diseases

√ Anyone who works long hours in front of a computer or in bright environments

What does it include?

- Specialist eye exam
- Funduscopic examination
- Visual acuity test
- Eye pressure test

Duration: 30 min.

Check-up List

Specialist area	Type of check-up	Duration
Cardiology	Cardiology check-up Basic Cardiology check-up Plus (with stress test + CDUS)	60 min. 90 min.
Urology	Urological check-up	45 min.
Gastroenterology	Upper abdomen ultrasound scan Gastroscopy under sedation Colonoscopy under sedation Gastroenterology check-up Basic Gastroenterology check-up Plus (includes a preparation phase)	30 min. 60 min. 90 min. 60 min. 150 min.
Dermatology	Dermatology check-up	30 min.
Ophthalmology	Ophthalmological check-up	30 min.