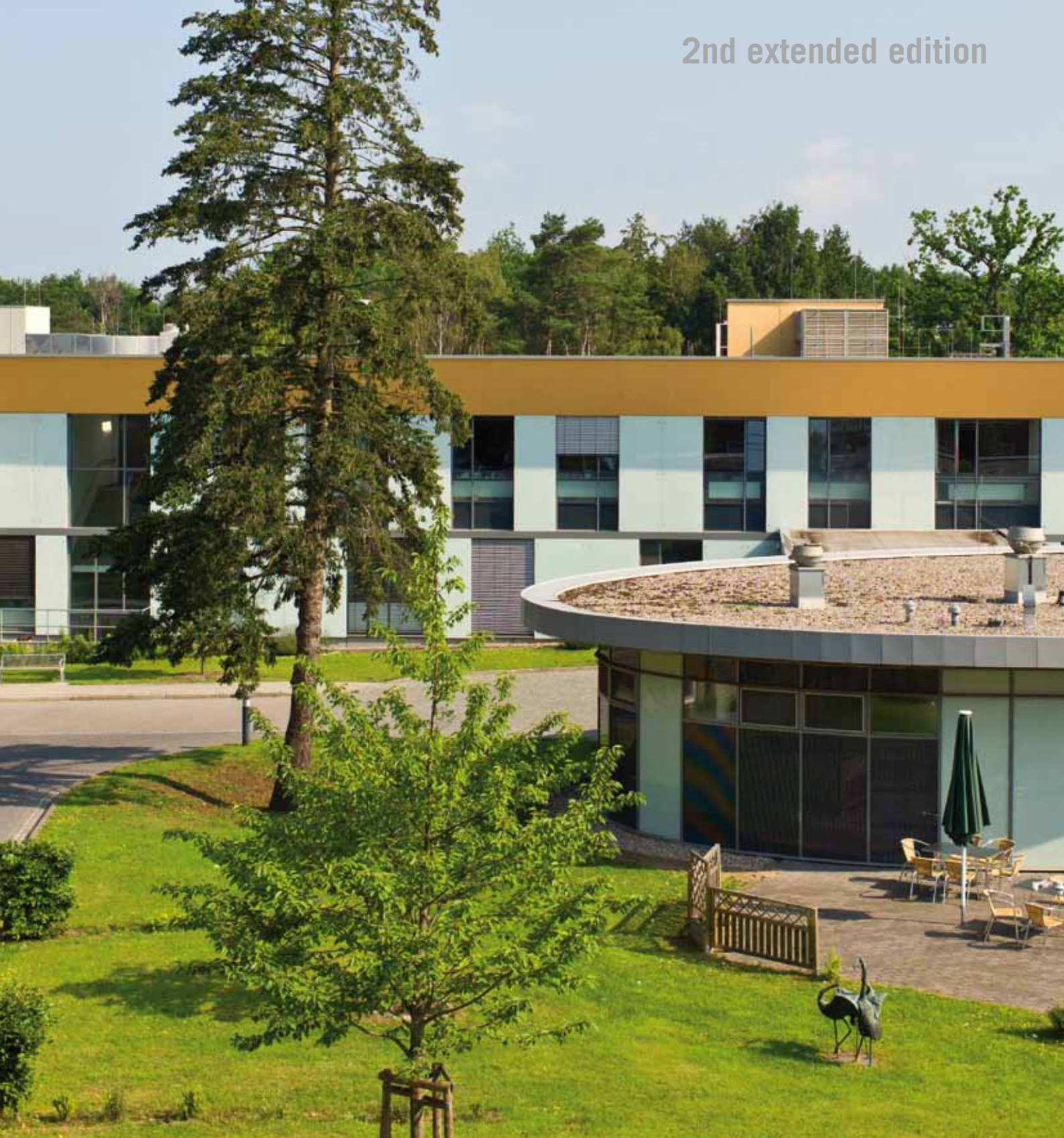


2nd extended edition



Information for our patients

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Dear Patients, Dear Visitors,

This brochure will give you an up-to-date overview of our hospital and our services, specialist fields and partnerships. As a medium-sized hospital we have numerous special disciplines and an unusually high level of interdisciplinary cooperation. This means we can provide our patients with the highest level of medical expertise and can also concentrate simultaneously on enhancing treatment quality. As an academic teaching hospital we work closely with Christian-Albrechts-Universität zu Kiel - CAU in research and teaching.

Our aim is always to provide you with medical care of the highest level, whilst offering you the all-important human devotion during what may be a difficult hospital stay. Professional behaviour and dedication from our more than 800 staff are crucial to this. With more than 25,000 patients per year and their individual problems and histories, this is always a challenging but also fulfilling task for us.

In the name of all our staff we wish you an informative read and – if you come to us as a patient – a pleasant stay in our hospital and above all a good recovery! If you would like more information please speak to our hospital staff or have a look at our homepage online.

Cordially yours,



*Björn Pestinger
Managing Director*



*Dr Wolfgang Tigges
Medical Director*



*Frank T. Bock
Nursing Director*



About us

The **Asklepios Clinics Group** is a family-owned enterprise. The group consists of the divisions Asklepios Clinics Hamburg, Asklepios Clinics Administration (all Asklepios facilities outside of Hamburg) and MediClin AG, in which Asklepios has held the majority shareholding (52.7 percent) since the autumn of 2011. Since the company was incepted over 25 years ago, the sole shareholder has always refrained from any distribution of profits. Instead, any surplus is invested right back into the clinics. Furthermore, each facility is instructed to engage in prevention work, especially in schools but also for adults. The Asklepios Group is responsible for significantly more than 100 facilities and roughly 44,000 staff in Germany alone. Around 1.7 million patients trust the clinic group with their health each year. Drawing on these figures and a turnover responsibility of just under three billion euro (2012), Asklepios is among the largest chains of private clinics in Europe.

Asklepios Westklinikum Hamburg

Asklepios Westklinikum Hamburg offers a wide range of basic and regular care for the west of Hamburg and neighbouring Schleswig-Holstein; it also provides designated focus treatment for the entire urban region and beyond. In this context, we place a special academic and clinical focus on the fields of bariatric surgery, diabetes, vascular medicine, gastroenterology, cardiology, rheumatic orthopaedics, joint replacement, urology, spinal surgery, psychosomatic medicine and psychiatry and on holistic and anthroposophical medicine, for which the hospital is well known far beyond the region itself. Our particular strengths are a high degree of specialisation in the individual fields and also interdisciplinary networking. This means that our departments are prepared, particularly for treatment of our patients with metabolic disorders and/or vascular diseases, very elderly patients, and patients with chronic pain or mental health issues. We have been part of the Asklepios Clinics Group since 2001; as a teaching hospital, Westklinikum

has worked closely with Christian-Albrechts-Universität zu Kiel - CAU in research and teaching since 2008. In order to offer you perfectly streamlined treatment and to prevent unnecessary redundant examinations, we cooperate closely with the other Asklepios Clinics in the function of an integrated healthcare provider and also with a wide range of other care facilities in Hamburg and Schleswig-Holstein, especially with registered GPs and consultants. Furthermore, the pleasant and calm location in a green setting and the high standards of our rooms help promote your process of healing.

Concept

We offer everyone assistance to improve their health, regardless of their age, gender, religion, nationality or social position. As the central values of our hospital, trust and appreciation form the basis of our cooperation.

We take note of the exceptional circumstances our patients are in and understand them. We decide on the therapeutic and diagnostic measures together with patients and their relatives, making sure they clearly understand what is involved. We support patients as they work out how to arrange their lives to cope with a chronic disease.

We offer assistance to people with both physical and mental illnesses. We monitor our work continuously as part of an improvement cycle to ensure we keep advancing the quality of patient care.



We provide our patients with comprehensive diagnostic and therapeutic care due to a high level of interdisciplinary and interprofessional cooperation. Prevention and maintaining health not only require treatment of acute suffering, but also a holistic consideration of the person.

We are committed to protecting the environment and nature, for example,

in the planning of operational flows and construction projects.

We are a reliable partner in cooperation with practice-based doctors and other community health and public institutions. Asklepios Westklinikum Hamburg is a fixed part of public life in West Hamburg and will also offer and expand special national services for the Hamburg metropolitan area.



Interdisciplinary focus

Obesity Centre Hamburg

An interdisciplinary team of specialists at Asklepios Westklinikum helps people who have problems with their diet. The Obesity Centre Hamburg offers heavily overweight people individual and effective help to achieve lasting weight loss. Founded in 2004, this Obesity Centre was one of the first in Germany to be certified by the German Society for General & Visceral Surgery (DGAV).

Successful treatment requires strong motivation and a willingness to cooperate from all participants, as well as the close partnership of patients, general practitioners, practice-based therapists, specialist clinics and health insurance companies. The integrative treatment concept is implemented by a well-coordinated medical team comprising internal specialists, diabetologists, surgeons and psychosomatic specialists, plus psychologists, nutritional counsellors, physiotherapists and support groups. Our Day Clinic for Eating Disorders, Obesity and Young Adults fills a supply gap between inpatient and outpatient services for internal medicine, surgery, nutritional medicine and psychotherapy. Its services include behavioural therapy in groups, individual counselling, sports therapy, Feldenkrais treatment, and counselling from psychosocial therapists.

Participating departments

Clinic for Internal Medicine

The services provided by our internal medicine departments include medical diagnosis and treatment of eating and metabolic disorders, nutritional counselling, and even cooking lessons in the teaching kitchen.

Clinic for Surgery

The Surgical Unit within Asklepios Westklinikum Hamburg offers cutting-edge technology in its operating theatres, which have been specially equipped for bariatric surgery. All bariatric surgical procedures are performed here using minimally invasive techniques by our permanent, very experienced surgical team.

Psychosomatic Medicine & Psychotherapy/Pain Therapy

Inpatient and day clinic treatment services are available here for people with binge eating disorder or obesity combined with depressions, anxiety disorders, post-traumatic stress or somatic disorders, as well as other mental or psychosomatic illnesses. The Department creates psychological reports in cooperation with the Surgical Unit before any bariatric surgical procedures.

Psychiatry & Psychotherapy

Psychiatric illnesses that are treated with medication can lead to substantial weight gain. To counter this or to support weight loss, the Psychiatric Outpatient Unit offers group and individual therapy support on an outpatient basis.





Interdisciplinary focus

Nutritional and metabolic disorders

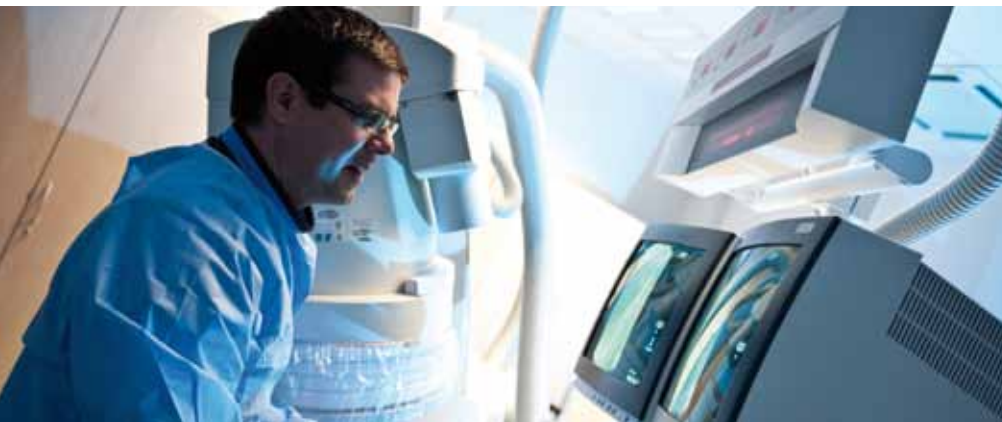
A large number of diseases present in the form of nutritional or metabolic disorders. It is common for the entire body to suffer in the event that the pancreas, the thyroid or another organ responsible for the production of hormones is affected by inflammation or a hereditary or acquired dysfunction, a tumour or an autoimmune disease. Psychosocial factors such as lifestyle, stress management or eating disorders can also be significant contributors to the emergence of nutritional or metabolic disorders. Diagnosis and effective treatment of these diseases can be equally challenging.

The professional groups and specialist departments represented at Asklepios Westklinikum cooperate closely for the targeted treatment of these disorders. For instance, our Department of Diabetology looks after the treatment and instruction of patients with the most frequent metabolic disorder: Diabetes mellitus. The Department of Endocrine Surgery in the Clinic for Surgery is specialised in diseases affecting the thyroid and parathyroids. The Department of Gastroenterology focuses on diseases and

disorders in all digestive organs, while the Obesity Centre Hamburg deals specifically with the interdisciplinary topic of extreme obesity. Additionally, the Department of Psychosomatic Medicine and Psychotherapy provides our clinic with a special Daycare Clinic for eating disorders, obesity and young adults. For many patients, therefore, this provides a bridge between the problematic areas of outpatient and inpatient care. This unit treats patients with complex eating disorders such as anorexia, bulimia or binge eating disorders, but also patients with obesity issues, for instance. The specific treatment programmes comprise elements of medical diagnosis and treatment, in some cases surgical therapy, nutritional counselling and cooking lessons in the teaching kitchen, behavioural therapy with group and individual sessions, sport, Feldenkrais and movement therapy or art therapy, as well as counselling provided by our psychosocial therapists.

Interdisciplinary focus

Vascular medicine



Vascular surgeons, angiologists, cardiologists and radiologists work hand-in-hand in our Vascular Centre to support and treat all diseases of the arteries, veins and lymph channels.

Our Vascular Centre's services include all non-invasive, endovascular and open surgical procedures, including operations on the thoracic aorta, which require the support of a heart-lung machine.

In addition to our therapists' professional expertise, all modern diagnostic and treatment equipment is available on an interdisciplinary basis for non-invasive and invasive treatment of degenerative and inflammatory vascular diseases. One particular focus of the Vascular Centre is the treatment of chronic wounds and venous ulcers using the latest methods, such as ultrasonic debridement, vacuum-assisted

closure, intermittent compression devices, and wound pacemakers. Our Centre for Wound Treatment is renowned nationally for peripheral bypass surgery in advanced PAD, diabetic foot syndrome and imminent leg amputation.

Clinical research plays an important role at Asklepios Westklinikum. This applies to the Vascular Centre in particular, which plays a very active role in research and scientific advancement of new forms of treatment in many areas of vascular medicine (arterial and venous). We also use stem cell therapies within clinical trials.

Participating departments

- Angiology (p. 36)
- Vascular Surgery (p. 18)
- Cardiology (p. 42)
- Radiology (p. 62)

Special clinics

- Vascular clinic
- Interdisciplinary clinic "Diabetic foot syndrome" with practising diabetologists, podologists and qualified experts for orthopaedic shoes
- Wound clinic
- Thrombosis clinic
- MRSA clinic



Interdisciplinary focus *Gerontology*

Health problems at an advanced age frequently require special skills and smooth cooperation between specialised medical departments and professional groups, as it is quite common for a plethora of often chronic diseases and functional restrictions to present, in many cases with mutual interdependencies. At Asklepios Westklinikum, almost all specialist departments can draw on specialists for the targeted treatment and care of older people. These include, for instance, the areas of cardiology in old age and early rehabilitation, geriatrics, care of injuries suffered in accidents at an advanced age (age traumatology), urology with methods to treat incontinence and also gerontopsychiatry, which deals with depression, memory disorders and

also other mental health issues experienced by older people. It is at all times our aim to restore our older patients' mobility and also their communication skills and ability to care for themselves. By the time they are discharged from the hospital their dependence on aids and nursing support should be as low as possible. In addition to medical treatment, important building blocks in this include activating care, physiotherapy, physical therapy, occupational therapy, speech therapy, neuropsychology and discharge management to ensure continued structure of care after the period as an inpatient.

Interdisciplinary focus

Pain therapy



Body-oriented therapies and relaxation techniques are offered in addition to psychotherapy.

Multimodal pain therapy

Multimodal pain therapy is a new approach to treating chronic pain. This is used if classic methods of pain alleviation, such as medication, injections or surgery are not possible or unlikely to succeed. The therapy concept is individually designed for each patient combining medication, neurosurgery, physiotherapy and psychotherapy. At Asklepios Westklinikum, the Department of Neurosurgery coordinates multimodal pain therapy.

Acute pain therapy

Treatment of acute pain should be as effective, quick and safe as possible for all patients. This is why we have assembled a team of the most experienced pain specialists at Westklinikum, bringing together their knowledge and therapy concepts from various departments, and follow this principle in our daily work on the wards. As a result, patients in pain benefit from the specialists' collated expertise around the clock and without delay. The success of this unusual project is confirmed through regular, independent patient questionnaires, in which pain therapy at Asklepios Westklinikum consistently achieves top marks compared to other hospitals.

Therapy for chronic pain

Pain that does not abate despite numerous drugs and other therapeutic measures has a highly debilitating effect on the afflicted person's everyday life. Back pain and headaches in particular, but also many other forms of pain, make the patient's life unbearable over months and sometimes even years.

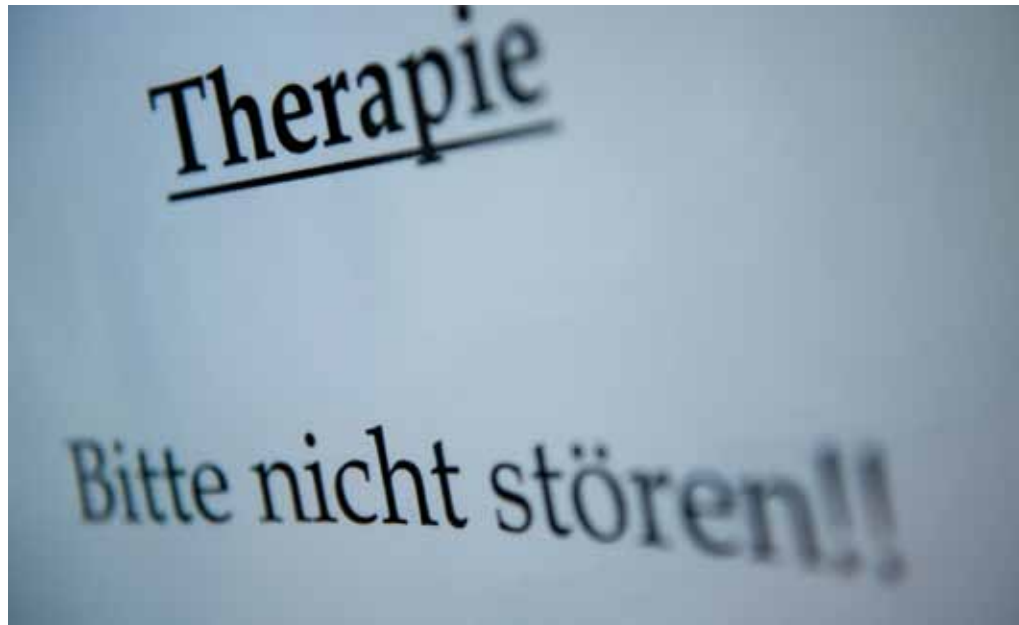
Lingering pain not only affects physical well-being, but also has a huge influence on mental health, restricting social contact and quality of life. The aim of psychosomatic pain therapy is to decipher these complex connections and offer individual treatment incorporating both physical and mental problems.

Interdisciplinary focus

Emotional health

A person's health and well-being go far beyond the physical – as Roman satirist Juvenal stressed, the important thing is to have a sound mind in a sound body ("Orandum est, ut sit mens sana in corpore sano"). There are a multitude of interactions between body and mind, which are of central significance in numerous diseases and influence the course of the disease in many others.

Diagnosis and treatment of mental and psychosomatic diseases is one of the most prominent focuses at Asklepios Westklinikum. In addition to inpatient treatment in the hospital, the Departments for Psychosomatic Medicine and Psychiatry offer an array of day clinics and outpatient units, not only at the Westklinikum site but also in other parts of Hamburg. They all focus on different symptoms and focus on specific areas. These include the Day Clinic Ulmenhof in Winterhude and the Psychosomatic Centre Falkenried in Eppendorf, which deal with psychosomatic medicine, and the Altona and Rissen Psychosocial Centres, which deal with psychiatry.



Our departments for integrative medicine and individual holistic medicine also focus on mental factors that can influence the course of the disease and healing process, in addition to the physical aspects.

Privately insured people requiring inpatient treatment have the option of the Private Unit Hamburg West as well, which also has a psychosomatic focus.

With a



steadv h

Clinic for Surgery

With a steady hand

The Surgical Unit at Asklepio West-
klinikum has consistently specialised on
individual focuses to develop beyond
general services into a surgical department
staffed by experts in their field. The main
focus of work conducted by Chief Physician
and Medical Director is predominantly in
the field of laparoscopic surgery known
as keyhole surgery (bariatric surgery,
gastrointestinal procedures) and vascular
surgery. Our surgeons also perform all
general surgical procedures.

This specialisation ensures that we provide
a top-quality service for the approximately
4,000 operations we perform each year –
across all surgical disciplines. The Surgical
Unit is part of an excellent network thanks
to its close interdisciplinary cooperation
with our other departments and hospitals,
as well as external institutions.

Focuses

- General and Visceral Surgery (p. 14)
- Bariatric Surgery (p. 16)
- Endocrine Surgery (Consultant
Physician Dr Gheorge Tonndorf)
- Vascular Surgery (p. 18)

In these disciplines, the clinic guarantees
the provision of emergency surgical
procedures round the clock, in addition to
the specific range of surgeries.



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Through



the keyhole

General and visceral surgery

Operations through the 'keyhole'

Within the focus on visceral surgery (abdominal surgery), our Clinic for Surgery offers the whole scope of procedures in this field using minimally invasive surgical techniques. The very experienced team under Chief Physician Dr Wolfgang Tigges offers you an optimum service using the latest technology.

An additional focus is the treatment of patients with chronic inflammatory bowel diseases (Crohn's disease, ulcerative

colitis). We perform most of these procedures on a minimally invasive basis. This surgical technique, which is also known as keyhole surgery, is invariably used for the treatment of gall-bladder conditions and inflammations of the appendix. We offer surgery individually for inguinal and abdominal hernias using all techniques. Treatment of diseases of the rectum and the sphincter region (proctology) is a focus of the Chief Senior Physician Dr Adelhelm.



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Counter-



weight

Bariatric surgery

Counter-weight

In many cases a surgical intervention can help people with extreme obesity who are unable to control their weight with a programme of movement and diet alone. Founded in 2004, the Obesity Centre Hamburg at Asklepios Westklinikum specialises in interdisciplinary counselling and treatment of these patients. Experts from all participating disciplines consider the various treatment options together with the patient in line with the strict guidelines of the specialist associations. We decide on the operational technique individually, tailored to suit our patients' situation. All operations are conducted using the so-called laparoscopic technique (keyhole operations), which require a high degree of surgical expertise.

Several methods are available for the surgical treatment:

- Gastric bypass
- Sleeve stomach
- Gastric ring
- Neurostimulator
- Biliopancreatic diversion (special forms)

Each technique has individual benefits and drawbacks. The surgeons at our clinic have a wealth of experience with these methods, allowing them to select the best possible method in individual cases in order to provide their patients with extremely effective assistance in the reduction of their body weight.

The high standard achieved at the Obesity Centre Hamburg can only be guaranteed if the operations are conducted by a well-practised team. Dr Wolfgang Tigges, Chief Physician at the Surgical Unit, has specialised in bariatric surgery since 1997. Supported by his Senior Physician Dr Peter Pick, he built a team of specialists, including Dr Alexander Adelhelm, selected anaesthesiologists and OP nurses. They are all very familiar with the special factors relating to obese patients and all methods used in cutting-edge bariatric surgery.



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Clearing

paths

Vascular Surgery

Clearing paths

The Surgical Unit at Asklepios Westklinikum offers a Vascular Surgery focus with around 800 inpatients and 1,400 outpatients per year.

Dr Wolfgang Tigges and his team perform all procedures on the arterial and venous system that do not require the support of a heart-lung machine. Depending on the indication this includes interventional, endovascular and open procedures.

Our specialists based in other departments, such as angiologists, radiologists, cardiologists, neurosurgeons and orthopaedists, contribute to the diagnosis and treatment of your illness if required. Our hospital is equipped with all the diagnostic equipment options required for treatment of vascular diseases, including nuclear spin and intra-arterial angiography, computer-assisted DSA, computer tomography, Doppler and duplex sonography. Tissue and laser spectroscopy are also a standard diagnostic technique, particularly for non-healing wounds.

Focuses

- Bypasses/endovascular procedures on the extremities
- Stents and balloon procedures
- Surgery on the pelvic artery and the aorta
- Surgery on arteries supplying the brain
- Dialysis shunt system
- Implantation of indwelling catheters
- Interdisciplinary treatment of diabetic foot syndrome
- Comprehensive treatment of chronic wounds

In order to attend the vascular surgery with Chief Physician Dr Tigges and Senior Physicians Dr Dimitrios Theodosiou and Dr Horst Ahlbrecht- Bierwirth, please register with the Secretariat. We also offer fixed appointments for interdisciplinary wound and foot clinics.



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Contact



Pain free

Orthopaedics and Emergency Surgery

Pain-free and agile

The spectrum on offer at our clinic covers illnesses and injuries to the locomotor system due to inflammation, wear, metabolic illnesses and accidents. We look after persons injured in traffic, work and sport accidents round the clock. Other focuses include arthroscopic intervention, hand and foot surgery and the replacement of all major and minor joints – from the hip to the finger joint. Each year, our practised team performs roughly 350 hip and 250 knee joint replacement operations. Our many years of experience enable us to offer you the best possible prospects for a safe and successful operation. OP planning and standardised procedures contribute decisively to your speedy recovery, thanks to short intervention times, minimum blood loss and low risk rates. Bodyweight and age are not the decisive factors for us with regard to surgery. We are in a position to accept almost every patient with specific contraindications. Specialists from the field of cardiology and intensive-care medicine are on hand to assist us with risk patients. Our joint specialists' philosophy is to restore to you a high quality of life. To

do this, they engage in a constant and self-critical process of review to assess whether a joint operation truly is necessary, which method to use and which implant is best suited.

A special focus within our clinic is on the treatment of rheumatic joint diseases. In the surgeries, our specialists will provide you with consultations, also indicating which post-operative avenues of treatment are available. We cooperate closely with the clinics within our house, for example the Department of Geriatric Rehabilitation, Physiotherapy, Social Services and GPs.

Focus on orthopaedic surgery

- Prosthetic hip and knee joints
- Corrective measures, replacement operations
- Prosthetic small joints (shoulders, elbows, ankles, fingers)
- Rheumatic surgery

Focus on emergency surgery / reconstructive surgery

- Operative and constructive treatment of bone fractures
- Shoulder endoprosthesis in the event of fractures and wear
- Reconstructive surgery following injuries to the muscular and ligament system
- Minimal-invasive and arthroscopic joint surgery on the knee and shoulder joints, incl. reconstruction of the cruciate ligament and rotator cuff as well as cartilage replacement procedures
- Hand and foot surgery, incl. Hallux valgus, Hallux rigidus, bunions, claw toes
- Multimodal therapy of diabetic foot syndrome in cooperation with vascular medicine and diabetology

Our department also has D-Arzt authorisation (accident insurance consultant services) for the treatment of occupational, school and commuting accidents within the framework of trades associations treatment procedures.



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Trust

a question

Neurosurgery / Spinal Surgery

Just a question of nerves

The range of treatments offered by our Department for Neurosurgery and Spinal Surgery covers diseases of the brain, such as brain tumours, haemorrhages, craniocerebral trauma and hydrocephalus, as well as problems with the spinal column or peripheral nerves, and special neurosurgical pain therapies. In addition to the around 1,500 inpatients treated each year, the specialists also treat outpatients, particularly with spinal diseases. The Spinal Centre Hamburg West, founded in 2008, is a highly specialised centre of excellence offering non-invasive and surgical treatment for all diseases of the spine. The latest technology is available, such as operating microscopes, computer navigation and ultrasonic scalpels.

Focuses

- Conservative, micro-surgical and minimal-invasive therapy of slipped discs
- Fusion surgery in the event of instability, faults and inflammations
- Stabilisation and decompression operations for rheumatism and spinal injuries
- Stabilisation and upright setting of spinal fractures in the event of osteoporosis.
- Dynamic, non-fusing stabilisation of the lumbar spine
- Conservative and operative therapy for spinal column tumours
- Consultations and surgical treatment on brain tumours
- Conservative and surgical treatment of on nerve compression syndromes (e.g. carpal tunnel syndrome, Sulcus ulnaris syndrome, tarsal tunnel syndrome, thoracic outlet syndrome)

Specific neurosurgical pain therapies

- Interventional, CT-controlled pain therapy
- Multimodal pain therapy on spinal diseases
- CT or X-ray-guided facet blockage
- Neurostimulation therapy of the spinal cord and peripheral nerves
- Intrathecal morphine pain pumps
- Intrathecal baclofen therapy



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mpatient



surgeries

Ear, Nose & Throat Medicine

Inpatient surgeries

Ear, Nose & Throat Medicine at Asklepios Westklinikum is run as a department for external physicians who have privileges to treat their patients at the hospital (visiting physicians). Dr Erdmann von Salisch is an experienced surgeon of planned ENT operations, performing these procedures once a week and then supervising his patients daily until they are discharged. The follow-on outpatient aftercare can easily be provided at the ENT Group Practice of Dr von Salisch and Dr Podszus in Hamburg. Registration for operations is also effected via a clinic in the ENT Practice.

Focuses and clinical pictures

- Microsurgical, endonasal sinus operations
- Corrections to the nasal septum
- Tonsil operations
- Operations to alleviate snoring
- Ear operations

Dr von Salisch is available for referral examinations if you develop additional complaints or diseases relating to the ENT area during your stay at Asklepios Westklinikum. If required, Dr von Salisch and his team can perform specific ENT examinations, which are not possible in the hospital, at the ENT Group Practice.



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everything



flowing

Urology

Everything flowing

Work in our Department is concerned with maintaining flow in the urinary organs. Many benevolent and malignant diseases disrupt this flow: Inflammations, stones, tumours and other disruptions can occur in men and women from the kidneys to the urethral orifice, leading to life-threatening conditions if left untreated.

We implement the latest scientific knowledge, using the best and latest technical developments of our specialism – if they are reasonable to achieve our aims.

Thus, our team's experience – together with that of the referring practice-based colleagues and visiting physicians – Drs. Bruns and Heitz from Blankenese - benefits each individual patient when it comes to

selecting the right treatment process. The first focus of our work is treatment through surgery and drugs for cancers of the urinary and reproductive tracts in men and women, such as renal tumours, bladder, prostate and testicular cancer.

The second focus is reconstruction of the organs responsible for urinary excretion and reproduction. Our scope in this includes various procedures to rectify incontinence, particularly with the aid of synthetic organ replacements, plastic surgery on the urethra and restoring fertility after sterilisation. This field also includes various modern surgical techniques to treat the prostate – from the resection loop to the cutting-edge high-energy laser.

Our clinic holds particular expertise in the treatment of transgender persons. In this area, we perform special sex reassignment operations.

"Dependable urology" is our creed. We see our work as the perfection of the dialogue between doctor, nurses and patient. As a result, our communication channels are extremely short and secure – and we always remember our goal of guiding our patients through their illness, maintaining a feeling of safety and satisfaction for them.



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against



pain

Anaesthesia

In action against pain

Our patients rightly expect safe treatment that is as minimally invasive and pain-free as possible, a fast recovery and outstanding empathetic care. The experienced specialists in our Anaesthesia Department are an essential part of this, performing more than 4,000 anaesthetics a year for operations and diagnostic procedures at Westklinikum. The anaesthetist is responsible for the patient's well-being throughout the operation.

Individual, customised anaesthesia

At the pre-surgical briefing the anaesthetist answers any remaining questions, frequently pre-empting patients' existing anxieties about the anaesthesia. The anaesthesia process is defined with the patient. All options of general and local anaesthesia are available at Westklinikum. The anaesthetist looks after the patient during the operation, continually checking and supporting cardiovascular and respiratory functions. At Westklinikum we always monitor brain activity during general anaesthesia to prevent unwanted waking during surgery, which is something patients may fear. This gives the anaesthetist optimum safe control of the depth of anaesthesia.

Pain therapy after the operation

Pain after operations is not inevitable. Modern anaesthetic procedures ensure that our patients today recover from their operations more quickly and with less discomfort. This is achieved through targeted pain relief after the operation in addition to optimum anaesthesia control during the procedure.



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Medical



detective

Clinic for Internal Medicine

Medical detectives

Staff members from the most varied of specialist medical disciplines cooperate closely in the Clinic for Internal Medicine. It is quite rare for patients on the internal medicine ward to be suffering from just one internal problem that can be solved by one specialist discipline by itself. Most of our patients come to our clinic with several medical problems; this is why there is a structural organisation within our Clinic for Internal Medicine, enabling multidisciplinary treatment, that is simultaneous treatment by cardiologists, gastroenterologists, diabetologists and representatives of other specialist fields.

Older patients with a wide variety of age-related illnesses frequently place particular demands in the experience of our attending physicians. Our special Geriatric Department deals with these patients.

The experience our experts hold is also

beneficial in A & E and on the Intensive Care Unit, as this work requires the identification of the specific illness that could be behind the symptoms the patient is experiencing. The Departments of Diabetology, Angiology, Gastroenterology and Cardiology, which are incorporated within the Clinic for Internal Medicine, not only treat the lion's share of internal medical emergencies in the west of Hamburg, they are also characterised by special medical facilities on offer to the entire metropolitan region, for which the Westklinikum enjoys widespread recognition.

A special facility within our clinic is the Department for Integrative and Anthroposophical Medicine – this specialist field, which for a long time has been an integral part of Westklinikum, can only be found at a handful of other sites in Germany.

Focuses

- Angiology (p. 36)
- Anthroposophical and Integrative Medicine (p. 40)
- Diabetology (p. 32)
- Gastroenterology (centre of excellence for chronic, inflammatory bowel diseases) (p. 34)
- Geriatrics (p. 38)
- Intensive care medicine (p. 48)
- Cardiology (p. 42)
- Palliative and pain medicine (p. 44)
- Sleep medicine (p. 46)
- Central A & E (p. 48)



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of life

Diabetology

Greater knowledge - greater quality of life

The aim of Diabetology is to give diabetics and their relatives the greatest possible understanding of this disease and enable them to cope well with it in their everyday life. The treatment team at Asklepios Westklinikum makes a real difference to our patients' quality of life thanks to many years of experience and individual counselling.

A structured treatment programme in groups of eight to twelve participants gives our patients everything they need to deal properly with their disease. The eleven-day programme is predominantly effected in groups with instruction for around four to five hours a day. The most important aims of modern diabetes therapy are good quality of life, blood sugar levels

as normal as possible with little hypoglycaemia and good blood pressure. This is important to avoid dangerous secondary illnesses. Many diabetics would like to be active and flexible in their jobs and leisure time, do the sport they want to do and eat normally. Insulin therapy makes this possible if patients are able to calculate the insulin dosage themselves and adapt it to their own needs. Our training programme will teach you exactly how this works and which individual rules you will need to follow to adjust insulin dosage. Our training ward's special services include insulin pump therapy, hypoglycaemia recognition training and the "blood pressure" course module.

Our diabetologists will advise and support you in finding the right individual therapy for you. This includes discussing the blood sugar trend and adjusting the insulin dosage together. You will also have access to doctors, psychologists and diabetes counsellors for one-on-one discussions of particular problems, who will also examine you for any existing or imminent secondary illnesses. The Diabetes Focus in the Clinic for Internal Medicine has been recognised by the German Diabetes Society (DDG) as an "Inpatient Treatment Facility for Type 1 and Type 2 Diabetes".

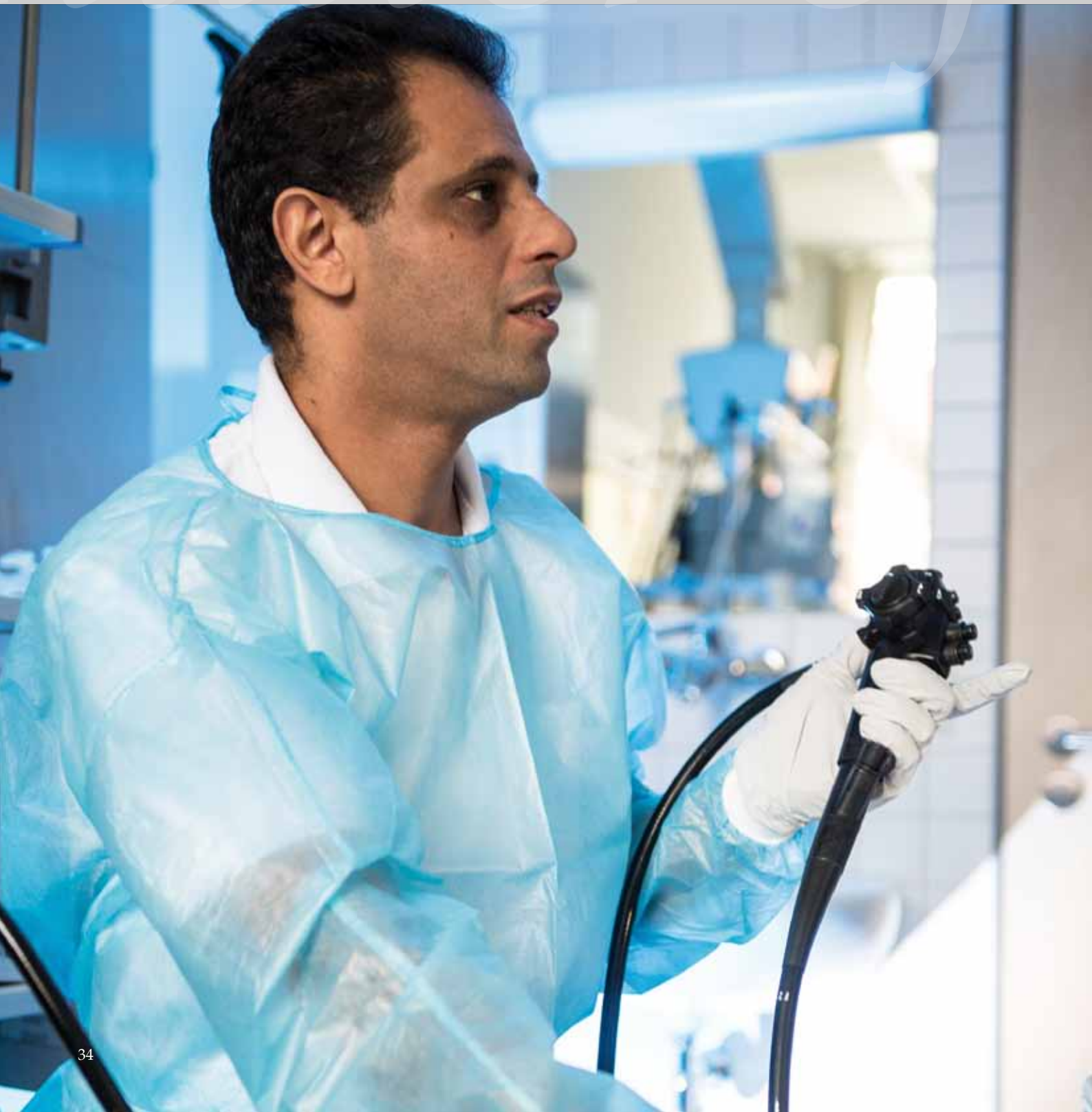


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Gastroenterology

A matter of digestion

The Gastroenterology Department in the Centre for Internal Medicine treats all diseases of the gastro-intestinal tract, liver, gallbladder and pancreas. One important feature is the large, interdisciplinary Gastroenterology-Surgery Ward, where patients without "interface problems" are treated and cared for by an interdisciplinary team of nurses and doctors. This particularly benefits patients with inflammatory bowel disease (IBD) – a nationally recognised specialism of our Department. Just like the specially qualified doctors, the nursing team and other therapists here also have specific experience in dealing with these complex diseases and the latest treatment methods.

In addition to the inflammatory bowel diseases, such as Crohn's disease and ulcerative colitis, the Department equally has a focus on food intolerances and allergies, and a cancer prevention programme, particularly for colorectal cancer. We perform all standard ultrasound examinations and endoscopies of the gastro-intestinal tract using pain-free procedures – supplemented by the latest imaging technology.

University Outpatient Unit

Our department is closely linked in terms of medical focus to the University Medical Center Schleswig-Holstein and shares space with it in a University Outpatient Unit for "Special Gastroenterology". This partnership focuses on surgeries for chronic inflammatory bowel diseases training seminars for IBD patients, nutritional counselling and therapy for food intolerances and allergies, and for irritable bowel syndrome. Our experts are also working closely with their colleagues at Kiel University (Christian-Albrechts-Universität zu Kiel - CAU) as part of the inflammatory research excellence cluster.



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Vascular Medicine/Angiology

In orderly channels

As a key part of our Vascular Centre, the Department for Angiology diagnoses and treats all diseases of the arteries, veins and lymph channels around the heart and the brain. This includes, for example, embolisms, vascular constrictions and occlusions, inflammatory vascular diseases (vasculitides), Raynaud's syndrome, congenital vascular malformation (angiodyplasia), and chronic wounds. Our experts are able to perform all the non-invasive and endovascular procedures of vascular medicine. We have a modern catheter laboratory at our disposal for the expansion of constrictions in the arteries and veins, as well as reopening of clogged arteries.

Our particular focuses include the treatment of chronic wounds and venous ulcers using the latest methods, such as ultrasonic debridement, vacuum-assisted closure, intermittent compression, and wound pacemakers.

Clinical research plays an important role at Asklepios Westklinikum and especially in Angiology. Our Department plays a very active role in research and scientific advancement of new forms of treatment. This means that many of our patients can take part in therapy trials and benefit from innovative drugs and procedures.

Special clinics

- Vascular clinic
- Interdisciplinary surgery "Diabetic foot syndrome" with practising diabetologists, podologists and qualified experts for orthopaedic shoes
- Wound clinic
- Thrombosis clinic
- MRSA clinic



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Specialists



for seniors

Geriatrics

Specialists for seniors

A multitude of medical problems often go hand-in-hand with old age. Several connected diseases and limitations often occur simultaneously and interact with one another. This complexity requires close cooperation between the various medical disciplines and professional groups for the care and treatment of elderly people.

The aim of geriatric medicine is to restore patients' mobility and self-help capacity. By the time they are discharged from the hospital their dependence on aids and nursing support should be as low as possible.

Alongside medical treatment, the focuses of our Department for Geriatrics include enabling care, physiotherapy, physical therapy, occupational therapy, speech therapy and neuropsychology. Our therapeutic team examines the abilities and skills of

our elderly patients and works out the individual treatment plan on this basis. This not only means that all underlying conditions are diagnosed and treated; we also aim to achieve mobility, communication and the greatest possible independence through physiotherapy, speech therapy and occupational therapy.

Naturally, the department also treats concomitant problems, such as pain, gerontopsychiatric issues or disturbances of gait. To ensure that follow-on outpatient care also functions smoothly, Discharge Management organises structured follow-on treatment, for example, by applying for nursing care, organising outpatient nursing service and, if required, a place in an elderly care home or temporary care.

Focuses

- Bone fractures
- Strokes, Parkinson's and other neurological diseases
- Spinal problems
- Joint diseases
- Pulmonary, heart and metabolic diseases
- Postsurgical treatment



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who you

Integrative Medicine

"Healing means becoming who you are"

For us, integrative medicine is a bridge between conventional and complementary medicine. We supplement the conventional diagnosis and treatment of internal medicine with anthroposophical medicine, palliative care and homoeopathy. Many people today are seeking this wider approach, including or even precisely when an acute illness brings them to hospital.

Anyone with an acute internal disease can have treatment here. In the consultation we seek to understand the course of your disease and create an individual therapy concept for you. We incorporate the technical medical services offered in the hospital as a whole, e.g. MRI, CT, cardiac catheters, endoscopies.

We perform hospital interventions for severe internal diseases, particularly the treatment of cancers.

Severe relapses in autoimmune diseases, congestive heart failure, infarction and stroke also come within the scope and focus of our Department. Our team specialises in anthroposophical care, which includes anthroposophical art, singing and speech therapy, as well as curative eurythmy and rhythmic massage. Pain therapy and palliative care medicine are additional treatment specialities.

With regard to cancers our scope ranges from initial diagnosis through creation of a holistic therapy concept to chemotherapy or radiation, as well as symptom control.

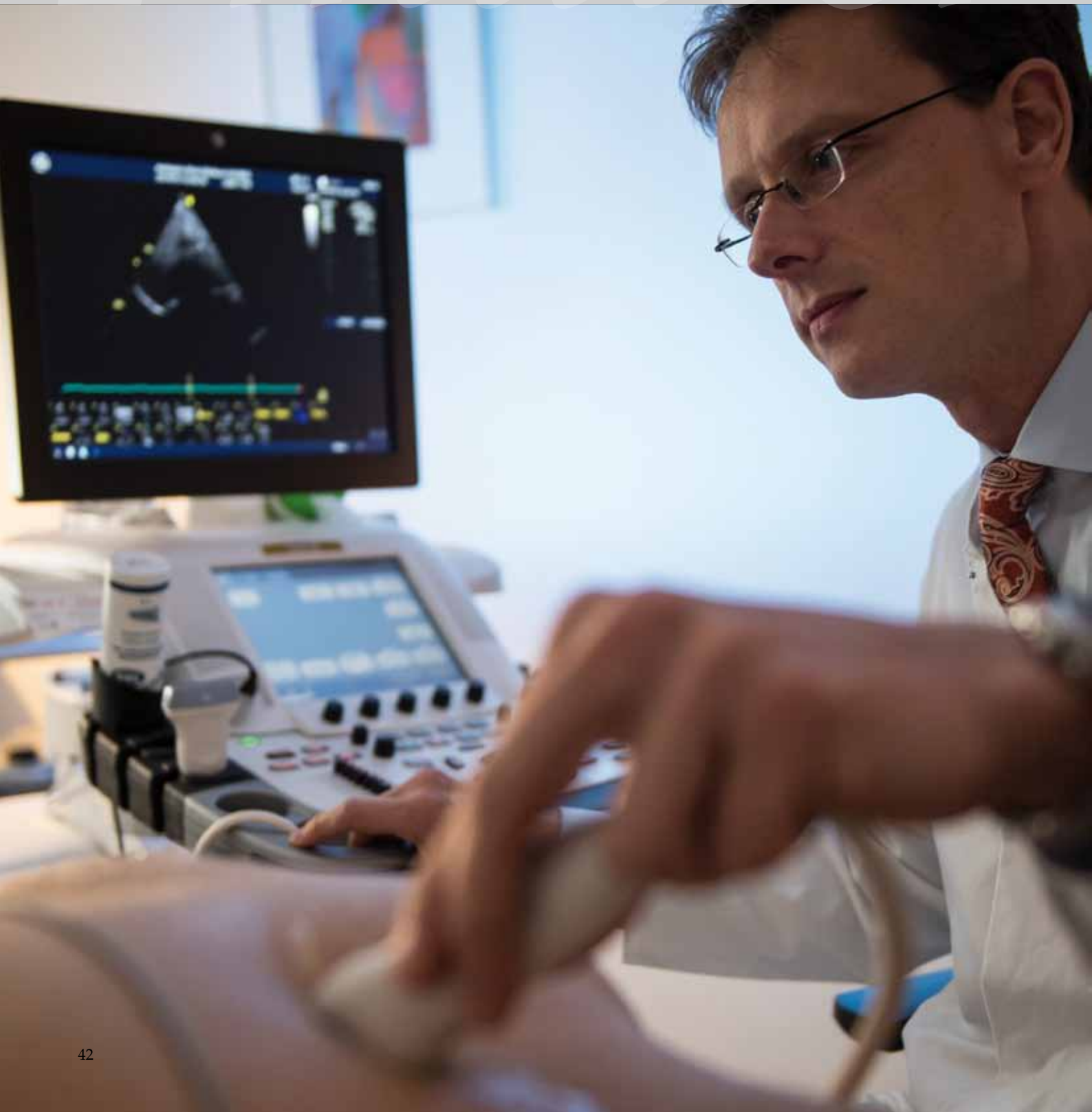


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A matter



of the heart

Cardiology

A matter of the heart

Experienced experts in the Department of Cardiology offer the entire range of noninvasive and interventional cardiology. They perform comprehensive cardiac and vascular examinations and treat with medication and various catheter procedures as indicated. The range of cardiology services is rounded off by the in-house practice run by the cardiologist Dr Rainer Zahorsky.

In addition to emergency cardiological care, the services we offer include diagnosis and treatment of narrowing or occlusion of the coronary blood vessels, arrhythmia, valvular heart disease, weakness of the heart and hypertension. Heart catheter examinations play an important role in this, whereby the catheters are usually inserted into the body through the femoral artery and advanced to the target organs, for example, the heart.

We follow the latest scientific guidelines when using vascular stents to achieve the greatest possible benefit for our patients. Our patients with congestive heart failure are given an electrical support system in the hospital if treatment with pills is no longer sufficient, and this is fitted under local anaesthesia like a cardiac pacemaker. Some patients with life-threatening cardiac arrhythmias require an automatic defibrillator to prevent sudden cardiac death. These life-saving devices are also implanted at the Department of Cardiology in Asklepios Westklinikum, as are the standard cardiac pacemakers.

Our department also offers telecardiological methods (Carelink). In this, remote control of cardiac pacemakers, ICD and cardiac resynchronisation devices is offered in order to achieve additional security with the greatest possible degree of patient comfort.

Focuses

- Acute treatment of cardiac emergencies
- Coronary heart disease – diagnosis and treatment (Stent)
- Cardiac arrhythmias
- Occlusion of the interatrial septum pacing by plug
- Invasive diagnosis of disturbances in blood supply (IVUS + FFR)
- Valvular heart disease
- Sport medicine
- Catheter-assisted treatment of hypertension (renal denervation)
- Ultrasound examinations of the heart
- 3D echo
- Cardiac pacemakers and defibrillator implants and monitoring
- Cardiac contraction modulation (CCM)
- Resynchronisation therapy (CRT)
- Weakness of the heart
- Computed tomography angiography (CTA)



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Signified

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Palliative Care

A dignified attendance

With its Palliative Care Ward Asklepios Westklinikum has many years' experience in caring for patients for whom curative treatments have failed. We are, thus, in a position to alleviate complex pain syndrome effectively, but also other very wearing symptoms. This mainly relates to tumour patients, but patients with other serious illnesses may also benefit from this expertise.

Our Palliative Care Ward has ten beds for particularly serious cases with six single and two twin rooms. Our patients are looked after by a specialised team of doctors, nurses, physiotherapists, social pedagogues and spiritual counsellors. Their work focuses on the emotional needs of patients and their relatives, and on spiritual issues. One of the focuses of our medical treatment is to implement structured pain therapy tailored to the individual needs of our patients. We always aim to get you home again quickly. If this is not possible we will find a place in a hospice or care home for you. Naturally, terminal care on the ward is also available.

We have a palliative counselling service and voluntary hospice helpers at our disposal to organise care at home, which we know can sometimes be complicated.



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Sleeping



with care

Sleep Lab

Sleeping with care

Sleep disruption can occur at any age. In Germany, over 20 percent of the population suffer from disturbed sleep, and it is not always without risk: At least 10-20 percent of those affected require treatment for an underlying illness causing the sleep disturbance. There are more than 80 syndromes relating to sleep medicine that can be brought about by both physical and emotional causes. Those affected suffer from daytime tiredness, difficulties concentrating, reduced performance, nocturnal arrhythmia, elevated blood pressure and other symptoms. It is not rare for disturbed sleep to lead to internal, neurological or psychiatric deuteropathy, as sleep is not just able to preserve good health, it can also cause illness!

Sleep-related respiratory illnesses include all forms of snoring, respiratory depression (hypopnea) and respiratory interruption

(apnoea), obstructive sleep apnoea syndrome with collapse of the upper airways, respiratory disorders with cardiovascular diseases (Cheyne Stokes breathing) or in the event of functional disorders of the breathing centre, for instance following strokes.

In our sleep lab, we continually monitor numerous biological signals your body sends out while you are sleeping. These include recording the brainwaves and muscle waves, eye movement, ECG, blood pressure, breathing, snoring sounds, oxygen content in the blood, respiratory movement of the chest and abdomen and body movement during sleep. Evaluation of these signals permits our specialists to draw conclusions on the causes for your sleeping disturbance and helps in identifying the best possible therapy.

Focuses

- Sleep-related respiratory disorders
- Sleep disorders
- Specific diseases with initiation of noninvasive respiration
- Restless legs syndrome
- Narcolepsy

The cooperation between our sleep lab and cardiology, diabetology, psychosomatic medicine and other medical departments within our clinic means we can offer our patients an interdisciplinary approach in the diagnosis and therapy of sleep disorders.



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Contact

around the



Clock

Central Accident & Emergency and Intensive Care

Around the clock

Central Accident & Emergency

Our General Reception Unit deals with the basic and regular care of all incoming patients. We offer treatment here around the clock on an emergency basis for all diseases of internal medicine, surgery, neurology, for mental illnesses, and for all less serious illnesses in other fields. For diagnosis we have 24-hour access to the lab, X-ray examinations including computer tomography, functional diagnosis such as ultrasound and, in an emergency, endoscopic examinations (gastroscopy and colonoscopy). This means that treatment can begin without delay on the Admissions Ward and can then be continued in the appropriate department.

Our Ward is also experienced in providing emergency care for cancer patients because of our affiliated Palliative Care Ward and a specific orientation towards these chronically ill patients. We focus on the right treatment for each individual case depending on the condition and wishes of the patient. Our patients may also make use of the hospital chaplain service at any time.

Intensive Care Ward

On our interdisciplinary Intensive Care Ward we take care of patients from all specialisms if they require intensive medical or nursing care, perhaps after more serious operations (post-surgical intensive care), or if they have a severe internal disease. Our team has access to all the diagnostic

and treatment options of modern intensive care. The equipment available on the Ward meets all the latest requirements. This means that we can replace the function of individual organs mechanically where needed, for example, through artificial respiration, kidney dialysis or an external cardiac pacemaker.

Our doctors and nurses on the Intensive Care Ward provide secure care for critically ill patients around the clock. We feel it is vital to involve patients' relatives, which means they can visit at any time of day and are involved in our diagnostic and therapeutic efforts.



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Contact

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attention

Psychosomatic Medicine

Psychosomatic medicine does not mean neglecting the body, it simply means paying more attention to the spirit

The scope of our Psychosomatic Department ranges from coping with a serious physical illness to treating chronic pain, functional disorders, anxiety disorders, burnout syndromes, depressions, to eating disorders, post-traumatic stress disorders, and adjustment disorders such as separation crises in young adults.

Our Outpatient Unit gives you the option of rapid diagnosis clarification and assessment of therapeutic indications. We also have an Admissions Ward, facilitating crisis interventions and transfers from other departments, in addition to inpatient diagnosis with no waiting period.

Our therapy services

- Psychoanalytical-psychodynamic psychotherapy
- Cognitive behavioural therapy
- Exposure training
- Special pain therapy
- Treatment of young adults
- Special range of therapy for eating disorders
- Gerontopsychotherapy
- Feldenkrais, shiatsu, music therapy
- Relaxation techniques
- Couples and family therapy
- Movement therapy
- Art therapy
- Psychodynamic (deep psychology) based, multimodal complex therapy

Day patient and inpatient treatment offers protection, relief and support, for the implementation of an intensive and complex therapy. The length of treatment is determined by the individual clinical picture. The costs are borne by all insurance companies. Our therapy concept is subjected to continual scientific review. Examinations at the end of treatment demonstrate that 80 percent of patients have substantially improved.



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Contact

Peace



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Psychosomatic Day Clinic Ulmenhof

Peace and strength

Pleasantly situated in the courtyard atmosphere of the "Ulmenhof" in Hamburg-Winterhude, our Day Clinic offers a treatment setting where our patients can find peace and strength and revitalise their own resources. Depending on the individual treatment concept, they participate in a therapy programme on two to five working days each week from 8.30am to around 4pm, during which time they remain in their familiar social environment despite the intensive level of therapy. The treatment programme is made up of various modules: individual and group psychotherapy, dance and movement therapy, body therapies (Feldenkrais, shiatsu, craniosacral therapy, physiotherapy), various relaxation processes, health training and defined rest periods. The attendant continuous medical treatment is based on integrative approaches. This means that naturopathic treatment options are individually considered and employed within classic conventional medical diagnosis.

The programmes usually last for six weeks. Part-time treatments for self-employed/employed people (e.g. reintegration programmes) are spread over a period of around three months. Our patients spend their days in an atmosphere of peace and security. The courtyard feel of the Day Clinic Ulmenhof, the protected inner courtyard, the homelike space with therapy and relaxation rooms, sunroom, loggia and bistro – it all contributes to recovery and recuperation.

Our focuses and clinical pictures

- Depression
- Burnout syndrome
- Anxiety and panic disorders
- Stress and adjustment disorders
- Tinnitus
- Psychocardiology
- Gynaecological psychosomatic medicine

Patients with tinnitus are treated at the Tinnitus Centre Ulmenhof. We also offer specialised programmes for patients with cardiovascular diseases (Centre for Psychocardiology) and for women with psychosomatic complaints connected to gynaecology (Focus for Psychosomatic Gynaecology).



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Contact

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therapy

Psychosomatic Centre Falkenried

Customised therapy

The Psychosomatic Centre Falkenried under the medical direction of Professor Stephen Ahrens is a private day clinic and outpatient unit in the Falkenried area of Hamburg-Eppendorf.

The focus here is on the treatment of fatigue syndromes and burnout. We employ a broad range of therapeutic methods: individual and group depth psychology therapies, body therapies and varied relaxation techniques. Naturally, we tailor the therapy plans to our patients' personal life and work situation.

The special feature of the therapy offered in the Falkenried Centre is integrative psychotherapy with depth psychology and behavioural therapy elements, in addition to different body therapies. A specific treatment plan is put together for each patient from the various therapy forms, and basic somatic treatment can be added or continued as needed.

Specific therapy concepts for anxiety and panic disorders, depressions, vegetative physical disorders and eating disorders complete the scope of the Psychosomatic

Centre Falkenried. We also help patients with tinnitus, hyperacusis, hearing loss, dizziness or Ménière's disease. Therapies are offered at the Centre throughout the day. Patients spend evenings and weekends in their home environment. The level and intensity of therapy vary with treatment taking place on two to five days a week. We are also able to accept patients at short notice thanks to our special organisational structure.



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Help for



Psychiatry Full Inpatient

Help for self-help

Our Department for Psychiatry treats people with mental illnesses and in crisis situations on a total of five wards, supplemented by day clinic and outpatient units.

We develop an understanding of the individual disease pattern and create a personal treatment plan together with the patient. Our therapeutic approach is characterised by a range of therapies that include knowledge transfer, strengthening resources and acquisition of new social and emotional skills.

We consider and treat individuals based on our therapeutic approach in connection with their social environment. These insights are used to develop a medicinal-psychosocial treatment plan tailored to the needs of our patients, which encourages independence in all areas of life. Our staff work together in interdisciplinary teams to achieve the treatment goals. We also cooperate intensively with a network of practice-based colleagues and social-psychiatric institutions in our city areas.

Our focuses

- Depression
- Anxiety disorders
- Compulsive disorders
- Psychoses from the schizophrenic spectrum of disorders
- Bipolar conditions (manic-depressive)
- Personality disorders
- Mental illnesses with neurological and somatic comorbidity
- Chronic fatigue syndrome (CFS)
- Suicidal crises
- Burnout syndrome
- Dependency diseases (alcohol, drugs)
- Acute stress responses and traumatic events



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Contact

Close



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Psychiatry, In and Outpatients

Close by

We offer day clinic and outpatient treatment options for our patients in Rissen and Altona.

The day clinics provide 50 therapy places. We offer various treatment focuses there in line with a group therapy and resource-oriented concept, particularly for patients with depressions, anxiety, obsessive compulsive disorders, acute stress disorders, psychoses on the schizophrenic spectrum, and personality disorders. The Rissen clinic also has a Memory Outpatient Unit to deal with memory disorders. Patients are admitted to the Day Clinic after a preliminary consultation. In order to be treated in our outpatient centres, you will require a transfer slip from your own doctor, specifying "For treatment in PIA".

Our Psychiatric Outpatient Unit offers our patients psychiatric and psychotherapeutic treatment on a multi-professional basis, in order to avoid inpatient psychiatric treatment or to reduce the length of an inpatient stay.

The focus on behavioural therapy within the Psychiatry Outpatient Unit offers our patients the chance to take part in specific group therapies for coping with anxiety, depression, obsessive compulsions, burnout and stress, as well as in training relaxation and social skills. Furthermore, we also offer crisis interventions and drug treatment in individual cases.

Our focuses

- Multimodal behavioural therapy
- Psychotherapy in depth psychology
- Psychoeducation
- Specific group therapies
- Occupational therapy
- Art therapy
- Psychopharmacological treatment
- Acupuncture
- Relaxation techniques
- Movement therapy
- Counselling from psychosocial services
- Meetings with families and dependants



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The cradle

Institute for Individual Holistic Medicine

The cradle of health

In our institute, we – Dr Jörn Klasen and Dr Nicola Herion – build the bridge between internal medicine and psychosomatics, enhanced by anthroposophical medicine and natural remedies. Each diagnosis and treatment are specifically tailored to your needs and at all times considers the entire human being with body, soul and spirit. We work mainly with outpatients. However, inpatient co-treatment is also possible in close cooperation with the Department of Integrative Medicine (within Internal Medicine) and the Department of Psychosomatics. This treatment takes place within a framework of intense consultation with the nurses, therapists and doctors working there. During the outpatient consultations, we take all the time we need, listen and provide you at all times with open and honest information. You can ask us anything that is on your mind.

Focuses

- Cancerous diseases, in particular breast cancer and tumours of the abdominal organs, including psycho-oncological co-treatment
- Autoimmune diseases, in particular Morbus Crohn, Colitis ulcerosa, rheumatic illnesses, Lupus erythematoses, multiple sclerosis, Hashimoto thyroiditis, including psychotherapeutic co-treatment
- Liver diseases, in particular chronic inflammation of the liver, liver cirrhosis, liver poisoning
- Allergies and food intolerances
- Mental health issues following traumatic experiences (adjustment disorders following shock events, post-traumatic stress disorder and dissociative disorders), eating disorders, personality disorders
- Anxiety disorders, depressive disorders
- Pain syndromes
- Somatoform disorders such as irritable bowel syndrome

- Stress and conflict counselling, processing of one's own personal history

Our diagnostic and therapeutic services

- Comprehensive psychosomatic diagnosis and therapy
- Comprehensive internal medicine diagnosis and therapy
- Heart auscultation according to Appenzeller
- Heart rate variability measurement
- Outpatient psychotherapy (depth psychology and Gestalt psychology elements, personal history work)
- Trauma therapy
- Art therapy (music, singing, painting, sculpting)
- Curative eurythmy
- Exterior applications such as poultices and ointments
- Prevention and salutogenesis
- Nutritional counselling (in coordination with our dieticians)



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Contact

ists with



perspect

Radiology

Specialists with perspective

The Department for Radiology at Asklepios Westklinikum is run by experts from Radiology Pinneberg (Group Practice for Radiology, Nuclear Medicine and Radiotherapy), who examine both hospital inpatients and outpatients here. The fully digitalised X-Ray Department, which is linked to the wards, offers all the latest imaging and therapeutic radiology processes.

The Department's equipment also includes an extremely fast and powerful multi-slice computed tomograph (MSCT) and a cutting-edge nuclear spin tomograph (MRI). The radiologists working at Westklinikum are proven experts in imaging diagnosis and interventional radiology with many years' experience.

In the Centre for Vascular Medicine the radiologists work closely with our angiologists and vascular surgeons on the diagnosis and treatment of vascular constrictions.

Focuses

- Imaging diagnosis (MRI and MSCT)
- Interventional radiology (vascular intervention, pain therapies)
- Noninvasive vascular diagnosis in MRT or CT
- MRT examinations of the abdomen on patients with chronic inflammatory bowel diseases
- Vascular intervention (balloon dilatation, Stents) of the carotid arteries to the foot arteries (also outpatient)



Dr Maik Jörgensen, Managing Physician
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Registration and information:
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Contact

eatment



Centre

Physiotherapy and Physical Therapy

Asklepios Medical Treatment Centre Rissen

The Department of Physiotherapy/Physical Therapy at Asklepios Westklinikum and the Asklepios Medical Treatment Centre Rissen provide inpatients at the various medical departments and also outpatients with individual and group therapy care. The Asklepios Medical Treatment Centre Rissen is an outpatient physical therapy centre and is operated by the Asklepios Klinik Am Kurpark Bad Schwartau, a specialist clinic for rehabilitation. In addition to treatment and care in the event of acute illness, it also offers a large range of preventative and post-operative therapies. In this, we are on hand for you before, during and after your treatment in Asklepios Westklinikum Hamburg and are hence able to provide you with perfectly tailored advice and support in each stage of your recovery.

Our medical treatment centre has a generously laid-out training room with a large variety of cardiovascular equipment such as ergometers, steppers, treadmills, cross trainers and equipment for weight training.

We provide you with mats, gymnastics balls, therapeutic tapes and other small pieces of equipment in our group exercise room. Enjoy the comfort and security of continual care by expert therapists in an environment you are already familiar with. We offer an extensive range of services, focussing on orthopaedics and neurology, for instance following joint replacement or strokes or for patients who have suffered sport injuries.

Our qualified therapists work with state of the art therapy equipment and can also provide manual lymph drainage and massage. In addition and whenever prescribed, we also provide rehab sports, for example following operations on the locomotor system or in the event of chronic complaints. Rehab sport takes place in small groups over the entire day and includes training under the auspices of therapists, both with and without equipment. In this, 50 units are completed over the course of 18 months.

Range of therapies

- Physiotherapy, also on a neuropsychological basis
- Manual therapy (to treat joint complaints, for instance)
- Equipment-supported physiotherapy (physiotherapy equipment/MTT)
- Classic massages
- Foot reflex zone massage
- Manual lymph drainage
- Electrotherapy/ultrasound
- Heat and cold therapy
- Rehab sport
- Gymnastic groups

Opening times

Monday–Thursday from 7.30 am to 8 pm
Friday from 7.30 am to 4 pm

Karsten Eggers, Head Physiotherapist
Asklepios Medical Treatment Centre Rissen
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Contact

Feel good



and reco

Private Unit Hamburg West

Feel good and recover

The Private Unit Hamburg West offers you the exclusivity of an exquisite hotel combined with excellent medical quality. It comprises two sections that treat physical and mental illnesses respectively. While Ward 24 House 4B has all the surgical and non-invasive specialisms of the entire West-klinikum at its disposal for diagnosis and treatment, the Psychosomatic Private Unit in House 1 offers full inpatient psychosomatic care. The integration of physical and also emotional treatment for our patients suffering from psychosomatic illnesses is our guiding principle. To do this in terms of diagnosis and treatment, we draw on close interdisciplinary cooperation between all medical departments within our house, combining them with our specific psychosomatic-psychotherapeutic approach to treatment. A professional team, consist-

ing of doctors, psychologists, physical and creative therapists and also specially qualified nurses and orderlies, provides our patients with the best possible care and treatment. Thus, in the Private Unit we offer you an individual treatment concept that is developed on an interdisciplinary basis. The persons responsible for your treatment work closely together under a senior specialist and develop your personal treatment plan together. The nursing team here provide especially personal and individual care thanks to the small size of the Psychosomatic Private Unit. Here we focus on stress illnesses, manifest for instance in depression, anxiety and physical disorders. It is therefore part of our core range to treat fatigue syndromes, dizziness, tinnitus, pain disorders, sleeping disorders and eating disorders.

The Private Unit is a well-being hospital, in which the luxuriously appointed one and two-bed rooms assist your recovery process. The rooms have electrically-controlled adjustable beds, pleasant lighting, warm colours, modern multimedia equipment, and a top-quality, modern bathroom with all the comfort elements you would expect in a hotel. We provide you with a variety of services to make your stay as pleasant as possible. You can also enjoy varied breakfast, lunch and dinner buffets freshly prepared in our own kitchen, plus an around-the-clock supply of fresh fruit, cakes and drinks.



Professor Stephan Ahrens, Senior Physician
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Psychosomatic Medicine
Claudia Stegemann
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Registration and information –
All other specialisms:
Eva Raddatz / Ricarda Meyer
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Fax: +49 (0)40 81 91-20 67
E-mail: e.raddatz@asklepios.com

Contact

Practices and doctors represented in Asklepios Westklinikum

Practices in House 4

Dr Rainer Zahorsky

Consultant for Cardiology / Angiology,
Heart Catheter Laboratory

Tel: +49 (0)40 81 91-20 27

Fax: +49 (0)40 81 91-20 34

Consultation hours:

Mo-Fr 9 am-12 pm, Mo-Th 2 pm-5 pm and
by appointment

Dr Elmar Schäfer

Medical Treatment Unit Bergedorf –
Rissen Branch

Consultant for Surgery

Tel: +49 (0)40 81 91-47 89

Fax: +49 (0)40 81 91-24 55

Consultation hours:

Mo-Wed, Fr 8 am-5 pm, Th 8 am-1 pm

Dr Hans-Peter Köhler

Ekkehard von Saldern,

Dr Dirk Lympius

Consultants for Neurosurgery,
Spinal Surgery, Chirotherapy

Tel: +49 (0)40 81 91-26 45

Fax: +49 (0)40 81 91-26 48

Consultation hours:

Mo 10 am-4 pm, Tu 10 am-3 pm,
Wed/Th 10 am-2 pm

Dr Volker Heinrichs

Consultant for Diagnostic Radiology
and Nuclear Medicine

Tel: +49 (0)40 81 99-24 60

Fax: +49 (0)40 81 99-24 61

Consultation hours:

Mo, Tu, Th, Fr 8 am-4.30 pm,
Wed 8 am-3 pm and by appointment

Dr Christoph Weinhardt,

Dr Carsten Timm

Consultants for Orthopaedics

Tel: +49 (0)40 81 91-26 07

Fax: +49 (0)40 81 91-20 08

Consultation hours:

Mo/Tu 2 pm-5 pm

Dr Axel Zimmermann

Consultant for Orthopaedics

Tel: +49 (0)40 81 91-26 07

Fax: +49 (0)40 81 91-20 08

Consultation hours:

Mo/Wed/Fr 9 am-12 pm

Dr Jan Lüders

Consultant for Orthopaedics

Tel: +49 (0)40 81 91-26 07

Fax: +49 (0)40 81 91-20 08

Consultation hours:

Mo/Wed/Fr 9 am-12 pm

Practices in House 4A

Dr Afsaneh Bakhshandeh-Bath

Consultant for Internal Medicine,
Haematology/Oncology,
Palliative Medicine/Pain Therapy

Tel: +49 (0)40 88 15 66-37

Fax: +49 (0)40 88 15 66-53

Consultation hours:

by appointment

Attending physicians

Ear-Nose-Throat Medicine:

Dr Erdmann von Salisch,

ENT Blankenese

Erik-Blumenfeld-Platz 27

22587 Hamburg

Urology:

Dr Thorsten Bruns,

Dr Matthias Heitz

Blankeneser Bahnhofstraße 15

22587 Hamburg

Tel: +49 (0)40 86 40 10

Fax: +49 (0)40 86 66 65 10

Visiting doctors

Dermatology:

Dr Sabine Braun

Godeffroystraße 21, 22587 Hamburg

Tel: +49 (0)40 866 31 90

Endocrine Surgery:

Dr Gheorge Tonndorf

Surgical Practice Norderstedt

Heidbergstraße 98,

22846 Norderstedt

Tel: +49 (0)40 81 91-47 95

Orthopaedics/Sport Medicine:

Dr Werner Siekmann

Priv.-Doz. Dr Andreas Werner

Argon Practice for Orthopaedics

Große Bleichen 5,

20354 Hamburg

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Fax: +49 (0)40 350 15 06-50

Plastic Surgery:

Dr Christina Brunner

Bleichenbrücke 10,

20354 Hamburg

Tel: +49 (0)40 300 39 666

Rheumatology/Clinical Immunology:

Dr Keihan Ahmadi-Simab

Asklepios Clinic Altona

Paul-Ehrlich-Straße 1,

22763 Hamburg

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Fax: +49 (0)40 18 18-81 48 00

Self-help

Anyone recently confronted with an illness will usually have a large number of questions, and many are initially overwhelmed by the situation. Naturally, the attending physicians are the first port of call for any medical questions.

But that is not the end of the road: Experience and tips passed on by other persons affected can be a valuable source of assistance in dealing with one's own illness. These fellow sufferers are familiar with

the illness from their own experience and therefore have a different perspective to the doctors. Organised in specific self-help groups, persons affected and former patients join to help people who are new to the situation they know only too well from their own history.

Asklepios Westklinikum Hamburg promotes the principle of self-help and offers space for numerous self-help groups to engage in their dedicated work. For instance,

Westklinikum plays home to contact persons for severely obese people, people with heart disease, patients with chronic-inflammatory bowel disease, dependency problems and sleeping disorders. Anyone wishing to take part in a self-help group for fellow sufferers or planning to found a new group is warmly invited to make contact with the relevant specialist department. The departments will support this endeavour and will, whenever possible, provide suitable contacts.

Self-help group	Focus	Contact person	When?	Where?
Dicke Freunde (Big Friends)	Obesity	Ms Hergeselle Tel.: +49 (0)40 81 57 87 www.dicke-freunde-hamburg.de	1st & 3rd Thursday in the month, 6 pm-8 pm	Asklepios Westklinikum, House 10a, Fireplace Room
Obesity SHG St. Georg (only for patients with TK metabolic disorders and such like)	Obesity	Mr Hartkopp Tel.: (0 15 2) 55 89 97 11 E-mail: stefan.hartkopp@gmx.de	1st Monday in the month 7 pm	Asklepios Clinic St. Georg, House O, ground floor
Sleep apnoea	Sleep apnoea	Mr Bagowsky Tel.: (0 41 03) 22 89 E-mail: e.bagowsky@gmx.de Mr Seeger Tel.: (0 41 03) 88 016 E-mail: gueseeeger@web.de	1st Wednesday in the month, 7 pm-9 pm	Asklepios Westklinikum, House 1, top floor, White Room
CED-Hilfe e.V.	CED	Ms Weidel, Ms Voggesberger Tel.: +49 (0)40 63 23 74 0 (Mo, Tu and Th 10 am - 1 pm)	Tuesday: 12 p -5 pm	Asklepios Westklinikum, House 4, ground floor Functional Diagnostics
Alcoholics Anonymous Group (AA)	Addiction	Günther Tel.: (0 41 01) 55 32 61 Contact point Hamburg Tel.: +49 (0)40 27 13 35 3	Monday 7.30 pm-9 pm	Asklepios Westklinikum, House 5, PIA Rissen, ground floor
Al-Anon (self-help group for anonymous family members and dependants)	Addiction	Anke Tel.: (0 41 03) 85 98 5 Contact point Hamburg Tel.: +49 (0)40 27 13 35 4	Thursday, 7.30 pm-9.30pm	Asklepios Westklinikum, House 5, PIA Rissen, ground floor
Elbfüchse	Addiction	Mr Cölln Tel.: (0 15 2) 58 58 02 77	Friday, 7.30 pm-9 pm	Asklepios Westklinikum, House 5, PIA Rissen, ground floor
Guttempler	Addiction	Mr Fabijanski Tel.: +49 (0)40 7 88 98 78 7 E-mail: samoth_f@web.de Mr Möllenbruck Tel.: +49 (0)40 81 10 84	Wednesday: 7.30 p -9 pm	Asklepios Westklinikum, House 5, PIA Rissen, ground floor



Medical research – science for your benefit

Medical research plays an important role at Asklepios Westklinikum Hamburg. As the sole teaching hospital affiliated with Kiel University (Christian-Albrechts-Universität zu Kiel - CAU) in the Hamburg area our hospital is closely linked to university medicine in several areas and takes part in studies. Westklinikum plays an active role in research and development of new procedures in conjunction with the Asklepios Medical School and the other Asklepios hospitals, the Asklepios Research Institute, the University of Hamburg, various specialist companies and other clinical and scientific networks.

The "Special Gastroenterology" Outpatient Unit at Asklepios Westklinikum has been run by Kiel University as a special centre since 2009, particularly for patients with chronic inflammatory bowel diseases. It is part of the Center of Excellence for Inflammatory Diseases of the University Medical Center Schleswig-Holstein and, thus, belongs to the German Research Foundation's (DFG) only cluster of excellence in northern Germany. This is where our specialists conduct a whole series of clinical studies and research projects. These include, for example, trials for the treatment of chronic inflammatory bowel diseases with genetically engineered antibodies or even with whipworm eggs. The participants in Germany's high-profile twin study, which should help to clarify the fundamental

causes of these diseases, are also monitored here. In conjunction with the Institute for Human Nutrition and Food Science of Kiel University, the Surgical Unit is researching the significance of body composition in weight gain – an important theme for the treatment of overweight patients at the Westklinikum Obesity Centre. In Vascular Surgery our scientists are working on a register of wound healing after vascular procedures, which will further improve the success of vascular medicine in this area. Our neurosurgeons and orthopaedic specialists are helping in particular to improve instruments, implants and materials. However, the academic work conducted by the medical experts at Asklepios Westklinikum is not restricted to clinical research within orthodox medicine: : Dr Jörn Klasen, Chief Physician of the Department for Individual Holistic Medicine, for example, is investigating the effectiveness of the anthroposophical concept in the treatment of early joint rheumatism compared to the conventional long-term therapy. This study is being conducted on behalf of the German Federal Ministry of Education and Research as part of the "unconventional medical practices" funding programme.

Asklepios Westklinikum Hamburg will continue to expand its scientific activities over the coming years, particularly in the areas of Psychosomatic Medicine and Vascular Medicine.

Quality and innovation

As a patient you rightly expect outstanding quality from our hospital. The role of Quality Management is to conduct continual in-house monitoring, and to highlight and exploit opportunities for improvement.

To this end, our Quality Managers monitor the quality of structures, processes and results. They systematically describe and review all workflows and structures, the development of strengths and the exploitation of improvement potentials.

Our aims are:

- Outstanding medical care in medical routines
- Constant enhancement in the satisfaction of our patients and referring physicians
- High staff motivation and satisfaction

As a result of these constant quality efforts, Asklepios Westklinikum was certified for the first time in 2004 by KTQ® (cooperation for transparency and quality in healthcare). We strive continually to increase our quality and your satisfaction, test these factors regularly and undergo external inspection beyond this in the form of certifications and surprise inspections (audits).

Certifications and awards

- KTQ®-recertification (Manual 2009)
- Obesity Centre of the German Society for Visceral Surgery
- AnthroCert (Department of Anthroposophical Medicine)/Integrative Medicine
- Basic certification DDG: Inpatient treatment facility for type 1 and type 2 diabetes
- Top marks in the AOK policyholder survey in terms of the communication skills and expertise among physicians

Our annual quality reports make our quality visible and transparent for everyone. You will find the quality report on our homepage at www.asklepios.com/westklinikum

Each of our departments works on the basis of recognised medical concepts, which are continually being refined. Our goal is top-quality and innovative medicine that is open to new ideas and seeks scientific discussion. This ensures constant growth in expertise and high medical quality recognised by patients and medical colleagues alike.

Innovation and investment

To ensure that we can continue to offer our patients a high standard of medical and nursing care accompanied by the best possible comfort, we invest above all in the advancement of our medical services. On the one hand, this refers to the introduction of state of the art medical techniques: examples of this are the fully digitalised Radiology Department, which has one of the fastest and most advanced computer tomographs in Hamburg, the cutting-edge catheter measuring station in the Heart Centre, the establishment of an interdisciplinary Vascular Centre and the expansion of surgical capacity with a fifth operating theatre.

A further important approach in improving the medical care is the establishment of interdisciplinary structures: in addition to the Vascular Centre, we have substantially improved medical services in West Hamburg with important and forward-thinking approaches by setting up an Obesity Centre and a special Day Clinic for Metabolic Disorders.

We have also broken new ground and expanded our range of services in the field of so-called narrative-based medicine: our innovative acute psychosomatic and acute psychiatric therapies are particularly beneficial for patients in mental crises, who often may find it extremely difficult to gain admission to conventional psychosomatic and psychiatric hospitals because of long waiting lists, or who have sought help in vain.

Naturally, we also invest in our patients' comfort: this includes comprehensive programmes for renovation and both structural and technical modernisation of existing buildings, plus the expansion of the hospital with new buildings that are equipped to the latest medical, technological and ecological standards.

Praise and criticism

Of course we like your praise – but we also want your criticism! We can only improve with your help. Your comments are invaluable to us, because as the patient you are best placed to judge our service from the perspective that is most important to us. Ultimately, your health, well-being and satisfaction are at the centre of our work!

So if something in our hospital bothers you or you have an idea that would help us to improve our services, please do not hesitate to let us know. Our Quality and Complaints Manager eagerly awaits your suggestions and criticisms. If you do not wish to contact us directly and would rather speak to an independent body, then please do contact the Patient Initiative in the Hospital [PI(K)].



Petra Spengler

Contact Complaints Management Asklepios Westklinikum

Petra Spengler
Quality Management and
Complaints Manager
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Silke Zacharias
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E-mail: s.zacharias@asklepios.com

Contact Patient Initiative in the Hospital [PI(K)]

[PI(K)] is – independent of the insurers – open to all patients and their family members and dependants. The service is free. Your contact:

Heike Weinreich
Tel: +49 (0)40 18 18-87 30 13
Fax: +49 (0)40 18 18-87 30 14
E-mail: pik-nord@patienteninitiative.de



At your service



More than 800 staff work in front and behind the scenes to ensure your well-being.



At a glance

Hospital management

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Medical Director: Dr Wolfgang Tigges
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E-mail: w.tigges@asklepios.com

Nursing Director: Frank-T. Bock
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Patient Services

Admissions (elective)
Tel: +49 (0)40 81 91-44 44
Fax: +49 (0)40 81 91-42 10

Registration
(chief physicians' consulting hours)
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Fax: +49 (0)40 81 91-46 80

Complaints Manager
Tel: +49 (0)40 81 91-29 03
Fax: +49 (0)40 81 91-20 01
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Hospital chaplain
Matthias Bormann
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Patient transport
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Medical Departments

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Vascular Centre
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Practice: Erik-Blumenfeld-Platz 27
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Haematology / Oncology
Practice Dr Afsaneh Bakhshandeh-Bath
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Internal Medicine / Diabetology
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Sleep Lab
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Daycare Unit for Eating Disorders,
Obesity and Young Adults
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Fax: +49 (0)40 81 91-22 91

Urology
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Fax: +49 (0)40 81 91-24 24
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Visiting Urologists
Dr Thorsten Bruns, Dr Matthias Heitz
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22587 Hamburg

At a glance

Wards and day clinics

Central Accident & Emergency

Tel: +49 (0)40 81 91-24 50

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Intensive Care Ward

Tel: +49 (0)40 81 91-26 00

Fax: +49 (0)40 81 91-26 06

Anaesthetic Recovery Room

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Ward 1 (Psychosomatic Private Unit)

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Fax: +49 (0)40 81 91-44 01

E-mail: privatklinik@awhh.de

Ward 2a (Diabetology)

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Fax: +49 (0)40 81 91-27 41

Ward 2b (Psychosomatic Medicine)

Tel: +49 (0)40 81 91-44 05

Fax: +49 (0)40 81 91-20 50

Ward 3 (Palliative Care)

Tel: +49 (0)40 81 91-24 40

Fax: +49 (0)40 81 91-22 70

Ward 4 (Integrative Medicine)

Tel: +49 (0)40 81 91-23 20

Fax: +49 (0)40 81 91-23 21

Ward 5 (Geriatrics)

Tel: +49 (0)40 81 91-23 01

Fax: +49 (0)40 81 91-20 53

Ward 6 (Geriatrics)

Tel: +49 (0)40 81 91-22 30

Fax: +49 (0)40 81 91-23 17

Ward 7 (Psychosomatic Medicine)

Tel: +49 (0)40 81 91-25 30

Fax: +49 (0)40 81 91-29 17

Ward 9 (Psychiatry)

Tel: +49 (0)40 81 91-28 80

Fax: +49 (0)40 81 91-29 32

Ward 10 (Psychiatry):

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Fax: +49 (0)40 81 91-28 39

Ward 11 (Psychiatry)

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Fax: +49 (0)40 81 91-28 59

Ward 12 (Psychiatry)

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Ward 14 (Gastroenterology/Surgery)

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Ward 15

(Neurosurgery/Orthopaedics/Surgery)

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Fax: +49 (0)40 81 91-24 21

Ward 16 (Psychosomatic Medicine)

Tel: +49 (0)40 81 91-25 10

Fax: +49 (0)40 81 91-23 30

Ward 17 (Psychosomatic Medicine)

Tel: +49 (0)40 81 91-25 20

Ward 18 (Psychosomatic Private Unit)

Tel: +49 (0)40 81 91-25 40

Fax: +49 (0)40 81 91-23 30

Ward 19 (Daycare Unit Eating

Disorders, Obesity, Young Adults)

Tel: +49 (0)40 81 91-22 01

Fax: +49 (0)40 81 91-22 91

Ward 20 (Psychiatry)

Tel: +49 (0)40 81 91-28 27

Fax: +49 (0)40 81 91-28 29

Ward 21 (IMC)

Tel: +49 (0)40 81 91-24 65

Fax: +49 (0)40 81 91-24 67

Ward 22 (Urology)

Tel: +49 (0)40 81 91-24 29

Ward 23 (Vascular Centre):

Tel: +49 (0)40 81 91-24 10

Fax: +49 (0)40 81 91-24 95

Ward 24 (Private Unit Somatics)

Tel: +49 (0)40 81 91-42 02

Fax: +49 (0)40 81 91-42 01

Ward 25 (Day Clinic Rissen)

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Ward 30 (Day Clinic Altona)

Tel: +49 (0)40 39 86 02-0

Fax: +49 (0)40 39 86 02-10

E-mail: tka.hh-rissen@asklepios.com

Ward 40 (Daycare Unit Ulmenhof)

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E-mail: tku.hh-rissen@asklepios.com

Other Departments

Financial accounting

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Fax: +49 (0)40 81 91-24 90

Human Resources Department

Tel: +49 (0)40 81 91-20 51

Fax: +49 (0)40 81 91-28 00

Asklepios Medical Treatment Centre Rissen

Tel: +49 (0)40 81 91-43 00

Fax: +49 (0)40 81 91-43 10

Rehab Service Loose / Orthopaedic Technology Liebau

Tel: +49 (0)40 81 91-46 84

(Mo-Fr 8 am – 1 pm)

Palliative care counselling service (on ward 3)

Tel: +49 (0)40 81 91-23 92

Palliative Support Association

Verena Munck

Tel: +49 (0)40 81 91-24 77

Victor-Thylmann-Gesellschaft e.V.

Rolf Aden (2pm – 5pm)

Tel: +49 (0)40 81 33 53

Asklepios medi top

Pflegedienst & Service GmbH

Sülldorfer Landstraße 39

D-22589 Hamburg

Tel: +49 (0)40 86 62 70-0

Fax: +49 (0)40 86 62 70-29

E-mail: mediotop@asklepios.com

Office opening hours:

Mon– Fri 7am – 4pm

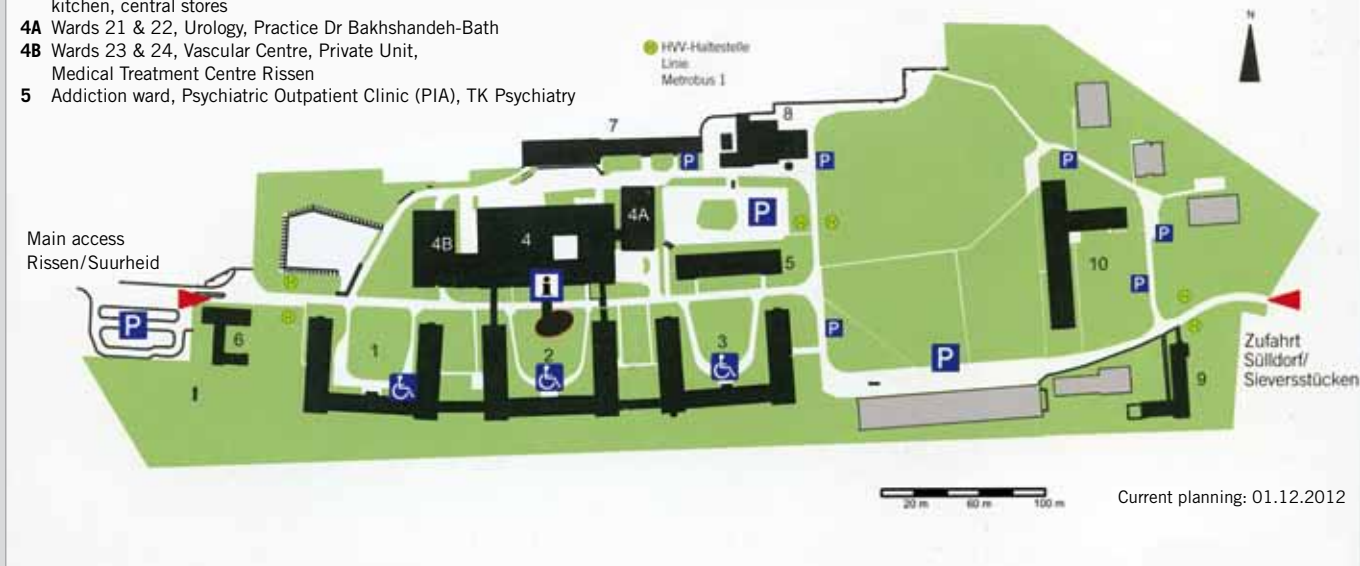
Asklepios Services GmbH Hamburg

Tel: +49 (0)40 81 91-20 90

Fax: +49 (0)40 81 91-21 35

Map

- 1 Wards 2A/B – 4, private ward, sleep lab, pastoral care
- 2 Wards 5 – 8, TK eating disorders / obesity / young adults, Executive Management, Administration
- 3 Wards 9 – 12, Psychiatric Department
- 4 Main building: Reception / Information, Central Admissions, Function Diagnosis, Radiology, operating theatres, Intensive Care Ward, Wards 14 & 15, laboratory, Practice Dr Zahorsky, Medical Management, kitchen, central stores
- 4A Wards 21 & 22, Urology, Practice Dr Bakhshandeh-Bath
- 4B Wards 23 & 24, Vascular Centre, Private Unit, Medical Treatment Centre Rissen
- 5 Addiction ward, Psychiatric Outpatient Clinic (PIA), TK Psychiatry
- 6 Company doctor, Red Cross transport services, doctors' practices
- 7 Technical services, cleaning and transport services
- 8 Boiler house
- 9 Kindergarten (from 2013)
- 10 Wards 16 – 18, Psychosomatic Department, TK Psychosomatics



How to find us

By car:

Please follow the Osdorfer/Sülldorfer Landstraße. Between Sülldorf and Rissen turn right into Straße Sieversstücken behind the Gudewer Garden Centre. Please follow this road, which will bring you through the rear entrance onto the hospital site. Continue across the site and you will see the signs for House 4 and the main entrance on your left. The visitor carpark is located behind House 5.

By bus and train:

Bus line 1 runs every 20 minutes directly to the hospital site from Altona station, Othmarschen station, Elbe shopping centre, Schenefelder Holt, Blankenese station and Rissen station. S-Bahn line S1 runs from the airport/central station or Wedel station. Please get off in Sülldorf and walk towards Rissen. See the HVV timetable information for exact details of your route.

By Smartphone/Tablet/Notebook:

This brochure contains the relevant so-called QR code in addition to the contact addresses for the respective specialist departments. It allows users of smartphones or tablet computers to directly access the Internet page of the respective specialist department, provided they have installed suitable scanner software (e.g. Barcoo, Beetag, i-nigma, zBar). Simply hold the quadratic QR code in front of your smartphone, tablet or notebook camera and you will be taken directly to the requested Internet page.



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