The Most Thorough Health Checks
Comprehensive Prevention from a Single Source
Cutting edge medicine with a good bedside manner

**Am I healthy?** How can I use exercise to make lasting improvements to my physical capabilities and quality of life? Our health check will show you exactly how. Our centre is the largest for preventive and sports medicine and the leading sports cardiology centre in Germany. It is part of the Klinikum Rechts der Isar at the Technical University of Munich.

Every year, we examine and treat **around 10,000 patients from all over the world**. Young or old, healthy or ill, coach potato, amateur athlete or Olympic champion - we examine anybody. Our **outstandingly well-trained team** of internists, cardiologists, sports medicine physicians and nutritionists will be happy to help.
“Success has 4 letters: do it.”

Johann Wolfgang von Goethe
Tailored diagnostics

Every patient has different needs, which is why we offer individual, preventative examinations and concepts in line with the latest scientific and medical developments. We have the entire range of internal medicine diagnostics at our fingertips to get to the bottom of any health problems.

We take time for your health and look at you as a whole person. We are particularly concerned with recognising cardiovascular risk factors and treating them, especially with lifestyle changes.

What we focus on:
- Clearing up internal and other medical problems
- Diagnosing individual ability to withstand physical strain
- In-depth, personal consultation on medical findings
- Additional recommendations for physical activity and nutrition

Even the world’s most successful veteran athletes trust our preventative checks.
We work with you to develop **your personal health plan**, on the basis of your results.

We work closely together with **specialist departments at the Klinikum Rechts der Isar** – from cardiology (cardiac catheterisation) to radiology (MRI and CT scans of the heart), from gastroenterology (stomach cancer prevention) to urology (prostate cancer prevention) so that you get additional investigations and treatments when you need them. We identify the necessary measures in interdisciplinary teams but we are still **your main point of contact**. You benefit from the best care and highest quality.

Come to us for your next health check. We look forward to meeting you!

**Prof. Martin Halle**
Medical Director I Specialist in Internal Medicine, Cardiology and Sports Medicine
What we offer

“Preventative” Health Check
For anybody - young or old - who would like to find out how healthy they are and improve their health by making lifestyle changes. For anybody who has been physically inactive for a long time. For anybody who is affected by risk factors (e.g. lack of exercise, smoking, long-term stress, high blood pressure, obesity). For anybody with pre-existing conditions in their family. We advise you on exercise, diet and stress relief on the basis of your results.

“Leisure / competitive sport” performance check
Sportsmen and women want to be able to rely on their body, so we conduct preventative examinations of the cardiovascular system and locomotor apparatus on them too. Thanks to our checks, they can better manage their training. At the same time, our checks enable avoidance or early detection of functional disorders, disease and over-training.
Special “sports cardiology” surgery
For cardiac patients and sportsmen and women who are planning intense physical activity, e.g. marathon running, triathlon, cycle racing, mountaineering or diving. We have been conducting the **world’s largest scientific investigations** on this subject for many years and are co-authors of European and American cardiological recommendations.

Special “sports therapy” surgery
**Sport as medicine.** Tailored sports therapy can considerably improve the prognosis of disease, as well as the patient’s quality of life. Our vast, randomised studies have given us extraordinary expertise in this area. At our centre, exercise is a much a key part of treatment as taking tablets. For patients with heart disease, cancer, diabetes or obesity.

**Your cardiac health matters to us.**
“Everybody should know how healthy and physically capable they are and everybody has the power to improve their well-being.”

Univ.-Prof. Dr. med. Martin Halle
Specialist in internal medicine, cardiology and sports medicine

Locations and telephone numbers

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