

Program 3: **Healthy Aging Check PREMIUM - with gene test**

This check-up offers you the opportunity to comprehensively check your health through the additional Nutripass® genetic test from the Gene Predictis SA laboratory in Lausanne. This laboratory, based in the renowned ETH Innovation Park, is officially approved for medical gene testing by the Federal Office of Public Health (FOPH).

This gene test offers the opportunity to find out which lifestyle and nutrition measures will help you to **positively influence your personal genetic factors**. To reduce your risk of common diseases such as cardiovascular disease, obesity, food intolerances or certain autoimmune diseases, etc.

Duration Program 3: about 4.5 hours in the morning. Dates on Saturday are possible.

Additional services to Healthy Aging Check BASIC:

- Medically prescribed genetic test, including detailed explanation in the medical consultation with Dr. Tatjana Somborski.
- Personal Chrono Nutrition program, including 3 months accompaniment (every 2 weeks) as well as 6 further InBody measurements to check success.

Costs: from CHF 2'500.-

Are you interested in a Healthy Aging Check up?

Please arrange a general appointment with Dr. med. Tatjana Somborski to find out what might suit you.



New at ST Med: Healthy Aging

Healthy aging means to age well and with well-being. Whether you are a young adult or already in retirement age, everyone can influence their aging process.

Set the course today to stay vital for as long as possible, stay mentally fit and mobile. The goal is to maintain your well-being as well as your quality of life into old age.

ST Med offers you 3 new prevention programs to optimize your health. **We are happy to advise you.**



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What is Healthy Aging?

We are living longer than ever before. However, one thing cannot be changed: with age, the body and the mental capacities change.

What many patients do not know, however, is that the genetic material inherited at birth is not immutable, as the scientific community has long assumed. According to modern epigenetics research, **certain genetic variations can be subtly altered and improved by means of personalised nutrition and other lifestyle measures** in order to prevent or delay diseases.

Healthy Aging means: Those who know their vulnerabilities - and these are individually different from person to person - can take (simple) measures to reduce their health risks and stay vital longer.

To recognize your personal health vulnerabilities, we carry out various laboratory and body examinations that measure your current health status.

In the following medical consultation with Dr. med. Tatjana Somborski you will receive **a personalised Healthy Aging consultation**. And you can ask all the questions you want, to get all the informations you want.



The 3 programs of ST Med



Program 1: **Healthy Aging Check BASIC**

During this check-up, we will check your general health status.

Duration Program 1: about 3 hours in one morning. Dates on Saturday are possible.

Included in the program:

- Appear sober at the morning appointment (NO breakfast! Also no juice or coffee. Only water is allowed for drinking.)
- Clinical **full-body examination**.
- Resting **electrocardiogram**
- **InBody measurement** (bioelectrical impedance analysis to determine percentage body fat, unhealthy visceral fat, muscle mass, intra- and extracellular water, etc.).
- Small **lung function**
- Comprehensive **blood test**
- **Medical Healthy Aging consultation:** Report and review of the examination results with Dr. Tatjana Somborski. Based on the personal analysis, individual precautionary measures are explained and prescribed.
- In between, we offer you a **vital breakfast** in the tibits restaurant – just below the ST Med practice at Sternen Oerlikon.

Costs: CHF 890.-

Program 2: **Healthy Aging Check PLUS - with Chrono Nutrition**

During this check-up, we will clarify your general health status (see Basic program) and also explain **which nutrition helps you to loose weight and / or stay slim without counting calories**. Our nutrition program is based on the Chronobiology, which was awarded the Nobel Prize in Medicine in 2017. Starving is not necessary—it is about eating the right thing at the right time, according to your inner clock.

Duration Program 2: about 3.5 hours in the morning. Dates on Saturday are possible.

Additional services to Healthy Aging Check BASIC:

- Personal Chrono Nutrition program, including 3 months accompaniment (every 2 weeks) as well as 6 further InBody measurements to check success.
- Check of possible food intolerances (with bioresonance measurement).

Costs: CHF 1880.-