



Healthy Aging Check PREMIUM

For whom? The Healthy Aging Check PREMIUM from ST Med is suitable for **patients who are already ill** (e.g. cardiovascular diseases, obesity, food intolerances, certain autoimmune diseases) and want to improve their health in a natural way.

On the other hand, **healthy adults** also benefit from this program by learning from their medical examinations and Nutripass® genetic testing what their potential health vulnerabilities are and how they can proactively tackle them to prevent disease and slow down their aging process.

What is the point of this check? Our Healthy Aging Check PREMIUM goes beyond a conventional medical check-up and enables you to optimize your own health in a preventive way. A central part of the program is the Nutripass® genetic test (see back for more details). Numerous genetic variations are analysed. Because some genetic variations can increase the risk of certain diseases with a "wrong" way to eat.

The good news is that the genetic material inherited at birth is not immutable, as science has long assumed. According to modern epigenetic research, certain genetic variations can be subtly changed and improved through personalized nutrition and other lifestyle measures to prevent or delay diseases.

Based on your personal examination results, you will receive several tailor-made consultations by Dr. Tatjana Somborski to optimize your actual health and genetic disposition with simple lifestyle measures to maintain your health and slow down your aging process.

Take your chance!

Duration of the examination:

About 4,5 hours in the morning.
Dates on Saturday are possible

The gene test is done around 2 weeks before.

Are you interested in
a Healthy Aging
Check up?

Please book a normal medical consultation with Dr. med. Tatjana Somborski to find out — without obligation — which of the 3 Healthy Aging programs by ST Med might suit to you.

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www.st-med.ch

Procedure Program PREMIUM:

- The **Nutripass® gene test** is performed at least 2 weeks before the actual Healthy Aging Check PREMIUM.
- PREMIUM examination:** 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** (haematogram, liver, kidney, blood lipids and blood glucose, long-term blood sugar, iron, urea, uric acid, bilirubin, pancreatic, thyroid, electrolytes, vitamin D, CRP, PSA for men over 45 year)
- In between, we offer you a **vital breakfast** in the tibits restaurant – just below the ST Med practice at Sternen Oerlikon.
- Medical Healthy Aging consultation:** Report and review of the examination results with Dr. Tatjana Somborski. According to your personal analysis, Dr. Somborski will explain you individually suitable healthy aging precautionary measures – such as weight regulation, dietary change, supplementation of micronutrients, type-appropriate exercise/sport, the setting of personal goals, etc. If necessary, Dr. Somborski will recommend further checkups.
- Personal Chrono Nutrition program** (with meat, fish, vegetarian or vegan), including 3 months accompaniment (every 2 weeks) as well as 6 further InBody measurements to check success.

Costs Program PREMIUM: from CHF 2500.-*



* Important note for persons living in Switzerland, with a valid Swiss health insurance: Unfortunately, Swiss health insurance companies do not always take on prevention services. Since they are not mandatory services, we recommend that you inquire in advance with your health insurance company, which costs are covered by your insurance, especially from your supplementary insurance services (Zusatzversicherungen). So far, 90% of the Nutripass genetic test should be taken over by the supplementary insurance "Primeo" of the Helsana health insurance.

NUTRIPASS®

The onset of numerous diseases, such as cardiovascular diseases or bowel pathologies, is influenced by the combination of genetic and behavioural factors including dietary habits.

The NUTRIPASS® profile includes the analyses of numerous genetic variants involved in:

Alcohol, caffeine and theine metabolism: these substances can have negative adverse effects.

Lactose and gluten intolerances: They have a strong genetic component.

Cholesterol level: cholesterol level is influenced by food but also by genetic variants.

Statins response: statins are often used to treat hyperlipidaemia. However the presence of some genetic variants is associated to bad adverse effects upon such treatment.

Homocysteine metabolism: an abnormal amount of a certain molecule (hyperhomocysteinemia) increases the risk of other diseases.

Vitamin D level: vitamin D deficiency can lead to numerous diseases such as osteoporosis and autoimmune diseases.

Weight gain: overweight and obesity are obvious risk factors for numerous diseases. Part of weight gain is explained by the presence of some genetics variants.

Detoxification : the elimination of toxic substances and reactive oxygen species present in our body is necessary to avoid premature ageing of cells and the onset of various diseases.

Further information:

www.genepredictis.com/nutripass