

Khaleej Times **Spotlight**

# Switzerland

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# Giving personalised priority to all

EXPLORE STATE-OF-THE-ART FACILITIES AND SERVICE FOR ALL MEDICAL NEEDS AT **DOUBLE CHECK — SWISS ACADEMIC CENTRE FOR CHECK-UPS AND SECOND OPINIONS**

► Farhana Chowdhury

Double Check — Swiss Academic Centre for Check-ups and Second Opinions, set in the heart of Zurich, is an initiative of cardiologist Prof. Thomas Lüscher and gastroenterologist Prof. Michael Fried that follows a concept of privacy, service and excellence, with focus on personalised service provided by excellent physicians and an exceptional supporting team. Double Check has a unique network of over 200 specialists in Switzerland, alongside a unique network of physicians from around the globe.

To date, it is designed to be a partner of the University Hospital of Zurich, a centre of excellence in many areas of medicine. It also works with private hospitals and other institutions around Zurich, as well as with the

University Hospital of Bern when required. Thanks to a growing personal network over the years, Double Check has access to large number of institutions.

### Finest in cardiovascular care

Introduced to the field of medicine at a tender age, pursuing the role of a medical practitioner came naturally to Prof. Thomas Lüscher, who is the Founder of the Centre and Head of Cardiology Practice.

“Due to my commitment as a Professor at Imperial College and Director of Research, Education and Development as well as a consultant cardiologist at the Royal Brompton and Harefield Hospital four days a week, I provide services at Double Check with my experience and competence on Fridays and Saturdays for patients known to me from my



**Prof. Michael Fried**  
Founder and Head of Gastroenterology Practice

previous position, as well as those requiring expert advice for a cardiac problem from all over the world,” he added.

The cardiology clinic at Double Check is well equipped and can provide most non-invasive investigations. It also asks consultants to identify specific problems on imaging and devices, and to see patients together if required.

“Whenever additional examinations or interventions are necessary, I can provide them at institutions in Zurich or beyond whenever necessary. Overall, Double Check is able to provide excellence in cardiology for those requiring a second opinion or a check-up or advice on any cardiovascular problem,” he said.

Speaking about his specialisation in cardiology, he added: “I have never regretted this decision as I strongly believe that cardiology is one of the most interesting disciplines of medicine and it is really a grace to experience the impressive development of this speciality during the last decades,” he said.

Aside from cardiology, Double Check offers a



**Prof. Thomas Lüscher**  
Founder and Head of Cardiology Practice

wide spectrum of experience beyond immediate fields of interest. It consists of consultants for every medical problem in Zurich and beyond due to its extensive personal network according to Prof. Lüscher. “Thus, it is we who can be asked for advice, even for rare conditions for instance in neurology, endocrinology, nephrology or other fields of medicine if required,” he added.

### Experience and trends

Prof. Lüscher had first performed coronary angiography as a fellow at the University Hospitals in Zurich and later in Basel. After his move to the University of Berne, he had started to perform percutaneous coronary interventions as a consultant in cardiology at the Department of Cardiology of this institution.

According to him, cardiology procedures are now safer, notably with the introduction of stents, where acute complications during percutaneous balloon angioplasty, such as infarction, could be managed easily. Emer-



gency operations too have become rare. “Nevertheless, there are several areas where we do need significant progress, in particular for patients surviving sudden cardiac arrests, patients with heart failure who still have a high risk of being hospitalised or dying, despite all the measures we have available today. Finally, personalised medicine is the new frontier. Currently, most treatment options do not consider to a satisfying degree the individual patient,” said Prof. Lüscher.

### Gastroenterology care

Double Check offers sophisticated treatments, as well as executive medical check-ups and second opinions related to all areas of gastroenterology. It also provides examinations of the stomach, gut and colon such as a colonoscopy or gastroscopy.

According to Prof. Michael Fried, Founder and Head of Gastroenterology Practice at Double Check, gastroenterology has come a long way. “Back then, some patients would go through many unnecessary examinations and treatments because their disorder was not easy to diagnose and therapeutic measures were very limited. Endoscopy was in its early stage, drug treatment of many diseases was not possible or could only be achieved with the

price of serious side effects. Thus, the probability to diagnose many diseases in our field at an early stage and the chances to cure many incurable diseases has become reality,” he said.

Modern procedures now use a thin endoscope to examine the small intestine or stomach via the colon or gut that help determine or rule out organic diseases.

### Check-ups are essential

Prof. Fried, who had studied at the Universities of Berlin and Munich from 1971 to 1977 followed by periods of research and residency in Germany, Switzerland and the UCLA School of Medicine in Los Angeles, shared that gastrointestinal disorders are among the most common health issues in the world.

Besides shortening the lives of patients, it also leads to a diminished quality of life. “Nowadays, we are able to detect and cure many gastrointestinal and hepatic diseases such as malignant tumours. To me, this is important because it means we can make a real difference,” Prof. Fried added.

Prof. Fried stressed that everybody above the age of 50 should have a colonoscopy every 5 to 10 years to exclude cancer, and to remove any resected polyps to eliminate a lesion that may ultimately lead to cancer.

“That’s very important, for any healthy individual, particularly if there is a family history of colon cancer or other tumours or if the patients has an inflammatory bowel disease. If a patient experiences symptoms, such as weight loss, progressive abdominal pain, weight loss or blood in their bowel movements these are red flags that must always be investigated. Colonoscopy is a harmless routine examination that can be performed without causing any pain to the patient.”



### Future of Double Check

The philosophy of empowering the patient and the quality of care experience are strong factors that drive Double Check forward. It aims to provide patients a guiding hand every step of the way, and ensure they receive the very best treatment from the world’s leading medical professionals within individually tailored diagnostics and treatment plans in discreet, private settings.

“This tailored approach will continue to become more and more beneficial to patients over time due to advances in precision medicine, which enables physicians to treat each patient in a bespoke way that best suits that individual patient. As each field of medicine becomes more and more specialised, it will be all the more important that the patient is able to see an experienced and internationally acknowledged expert within that field,” he concluded.

— farhana@khaleejtimes.com



### PATIENT CARE PHILOSOPHY

A healthy body and a healthy mind is everyone’s basis to live a good, successful and happy life. This rule applies to anybody no matter what cultural, social or racial background. The vision at Double Check is to focus on the individual patient and their specific needs, in order to deliver high quality personalised care that is both discreet and convenient.

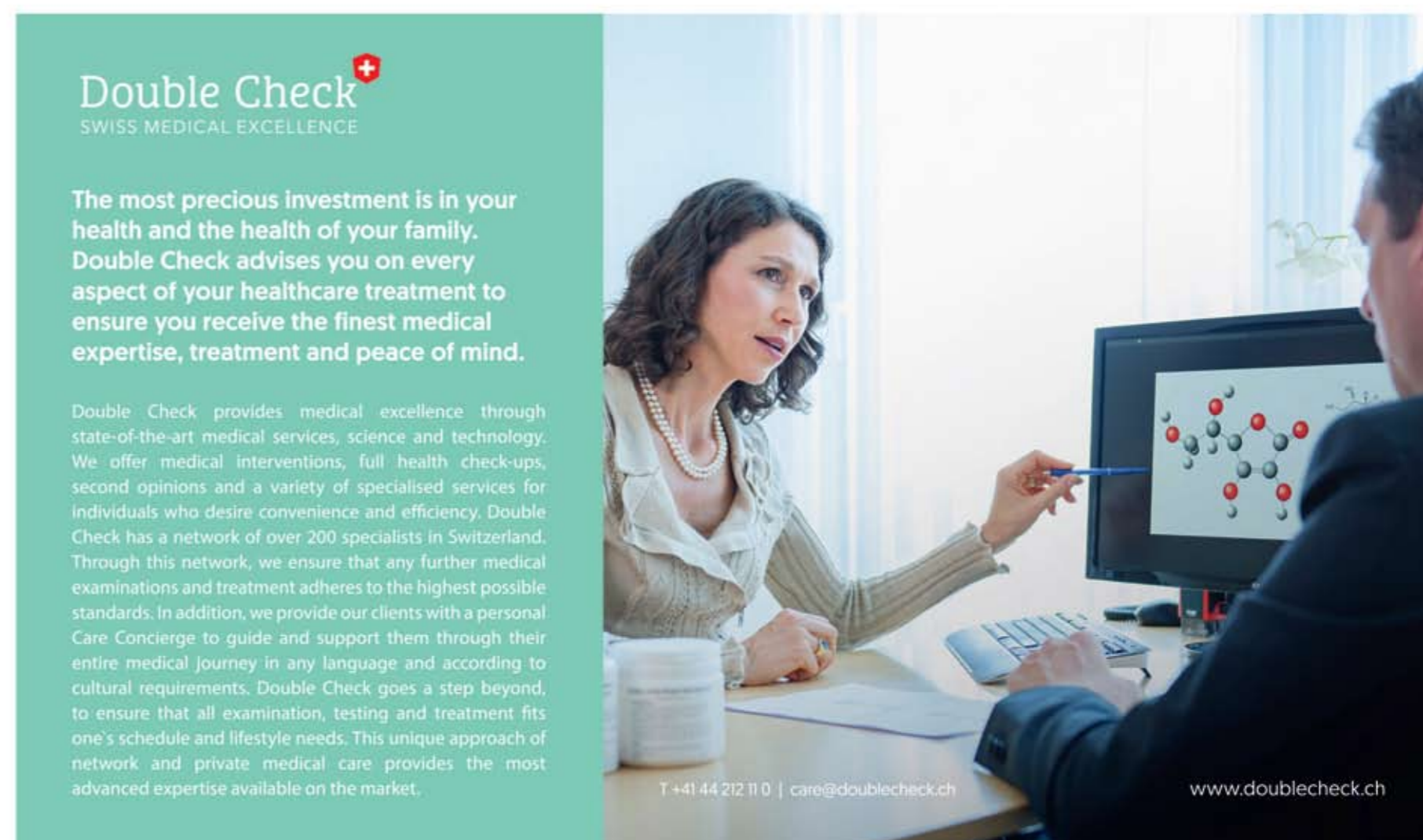


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## Double Check

The most precious investment is in your health and the health of your family. Double Check advises you on every aspect of your healthcare treatment to ensure you receive the finest medical expertise, treatment and peace of mind.

Double Check provides medical excellence through state-of-the-art medical services, science and technology. We offer medical interventions, full health check-ups, second opinions and a variety of specialised services for individuals who desire convenience and efficiency. Double Check has a network of over 200 specialists in Switzerland. Through this network, we ensure that any further medical examinations and treatment adheres to the highest possible standards. In addition, we provide our clients with a personal Care Concierge to guide and support them through their entire medical journey in any language and according to cultural requirements. Double Check goes a step beyond, to ensure that all examination, testing and treatment fits one’s schedule and lifestyle needs. This unique approach of network and private medical care provides the most advanced expertise available on the market.

T +41 44 212 11 0 | care@doublecheck.ch

www.doublecheck.ch