

DOUBLE CHECK

CUSTOMISED MEDICAL CARE
OF THE HIGHEST QUALITY

By Louise Mawbey & Patricia Schweizer

Double Check, the private medical services centre located in Zurich, provides bespoke check-ups, second opinions and other diagnostic and prevention services for those wanting to receive state-of-the-art, Swiss-quality care coupled with convenience and total confidentiality. Each client receives a tailor-made programme created by the dedicated team of professionals. Double Check provides peace of mind by managing every aspect of their clients' health needs, enabling them to fully concentrate on their recovery or on other obligations.

At Double Check, clients receive the very best medical treatment, provided in the world's most illustrious and luxurious facilities. The company's network of over 200 top specialists and links to the renowned University Hospital of Zürich ensure the highest standards (based on the latest findings). Double Check goes a step beyond to ensure that all examination and treatment fits one's schedule and lifestyle needs. This unique approach of network and private medical care brings the most advanced expertise available on the market.

Luxury Life spoke to two of Double Check's founders, Professor Thomas Lüscher and Professor Michael Fried, both of whom are celebrated experts in their respective fields, to find out more about this stand-out centre.

Professor Lüscher, you are the Head of Cardiology Practice at Double Check and a highly recognised specialist in cardiac and circulatory diseases. You also dedicate a great deal of your time to teaching future generations of experts. Do these academic activities also have a direct benefit for Double Check clients?

Professor Thomas Lüscher: Certainly. Those who teach also learn things of value for their own practice as well as for those working with them – thus, patients





Prof. Dr. med. Thomas Lüscher Double Check Founder & Head of Cardiology Practice

at Double Check benefit from the most recent developments in medicine which are the focal point of our courses. The „Hot Topics in Cardiology“ conference in Zurich is just one example. Furthermore, teaching creates a network of those who attend our courses and they may seek advice for their own patients based on what they have heard, or refer those with particularly difficult problems for a second opinion.

Professor Fried, as the Medical Director at Double Check and a world-renowned expert in the fields of gastroenterology

and hepatology, you boast more than 30 years of clinical experience. What have been the most significant developments you have witnessed over the years, what part did you play in them and what benefits do they bring for Double Check patients?

Professor Michael Fried: There have been many important developments in gastroenterology in the last few decades. Gastrointestinal endoscopy has been developed to an extent that precancerous lesions can now be detected with a high sensitivity and tumours in the oesophagus, the stomach and the colon can now be removed by interventional endoscopy with specialised techniques (e.g. EMR; endoscopic mucosal resection). These developments can often replace surgery and can cure the patient with relatively minimal intervention. Several of these techniques have been pioneered at the University Hospital Zurich during my directorship of the Department of Gastroenterology. Furthermore, the development of a new class of drugs, the biologics (for example Infliximab, a TNF-alpha blocker), made it possible to markedly influence the course of previously incurable inflammatory bowel diseases such Crohn's disease and ulcerative colitis. We were involved in the first multinational studies using these drugs.

Another important aspect is the medical treatment of Hepatitis C, a worldwide prevalent chronic liver infection which may ultimately lead to hepatic cancer. With the development of highly effective new therapies combining several antiviral agents this disease can, for the first time, be cured with a probability of more than 95% without any significant side effects. These are just some examples of the many significant advances which have been achieved in the last few decades in our field and have markedly contributed to a significant improvement of the health of our patients.

Professor Lüscher, You have been named one of the most cited scientists in the world. What is the background behind this special achievement?

Professor Thomas Lüscher: Well, I have been fortunate enough to work with the most talented and most productive mentors, colleagues and fellows from all over the world. Thanks to that I have been able to contribute to the advancements in cardiovascular medi-



Prof. Dr. med. Michael Fried Double Check Founder and Medical Director

cine over the last few decades through our basic and clinical research. A particular focus of ours was atherosclerosis and its complications such as angina, myocardial infarction and strokes. Today, I am happy to be able to continue my influence in my field as an editor-in-chief of the European Heart Journal, the no.1 in cardiology medicine worldwide, and as an editor of the European Textbook of Cardiovascular Medicine which will appear in its 3rd edition next year.

Professor Fried, the list of experts at Double Check reads like a "who's who" of the international medical elite. Why do you think so many high-quality, dedicated professionals are keen to work for Double Check?

Professor Michael Fried: Our strong academic affiliations, in particular with the University Hospital Zurich and many other international academic institutions, enable us to network with internationally recognised centres. We employ a multidisciplinary approach in order to cover all the important aspects of the medical problems of our patients and have a holistic focus which enables us to find the best possible treatment. This approach and our strong links to multiple important academic experts attracts many internationally renowned, skilled professionals who are also known for their outstanding research, and they form the basis of our medical network. This network enables us to find the best specialists to diagnose and treat the problems of our patients.

Professor Lüscher, you have a seemingly endless list of research publications, clinical activities and lectures to your name, stretching back for many years. What motivates you – someone who is already undoubtedly at the top of their field – to keep learning and developing?

Professor Thomas Lüscher: Being a physician is not a job for making a living, it is based on strong motivation. It is a calling, not just a job. Thomas Mann did not stop writing after publishing seminal novels and Picasso did not stop painting after his early successes. Medicine and research are like art: you love them and this feeling stays with you forever. ■

Double Check 
SWISS MEDICAL EXCELLENCE

More Information: www.doublecheck.ch
Call +41 44 212 11 00