Your health is in safe hands with us

The best experts in Germany will help you at Helios Hospital Berlin-Buch

www.helios-gesundheit.de
The Helios Hospital Berlin-Buch is the largest and most modern health facility in Berlin. It offers optimal treatment in all medical specialities.

The Helios Hospital Berlin-Buch

- More than 20 state-of-the-art operating theatres
- Recommended by 94 percent of patients
- Cancer wards with multiple accreditations,
  the latest high-tech facilities and highly trained staff

Welcome – we want to help you get healthy —
Certified experts in more than 70 specialised departments work for your health. Our consultants are well versed in the latest research on diagnosis and treatment.

We provide our domestic and international patients with 23 operating rooms and more than 1000 beds, including 123 beds in intensive care, intermediate care and monitoring stations, as well as a helicopter landing pad; high-performance medicine with medical technology of the latest generation, plus laser surgery, nuclear medicine and all imaging procedures such as tomotherapy, PET-CT, IOERT and cardio-MRT.

The hospital has been accredited as an oncological centre by the German Cancer Society and by the German Diabetes Society as „a hospital highly suited for diabetics“.

Close cooperation with research facilities and biotechnology companies allows you to benefit directly from the results of high-quality medical research.

The best doctors, the latest technology

Neurosurgery: Accurate surgery of the back and head - Prof. Dr. Jürgen Kiwit
Orthopaedics: Movement without pain - Prof. Dr. Daniel Kendoff
Cancer surgery: Specialist in surgical treatment - Prof. Dr. Martin Strik
Cancer treatment: Fighting cancer - Priv.-Doz. Dr. Peter Reichardt, Prof. Dr. Bertram Glaß
Obesity: Healthy body - Prof. Dr. Jürgen Ordemann
Plastic and aesthetic surgery: For beauty - Priv.-Doz. Dr. Oliver Thamm
Eye surgery: See well without glasses - Prof. Dr. Michael Foerster
Paediatrics: The best for your child - Prof. Dr. Lothar Schweigerer and Prof. Dr. Klaus Schaarschmidt
Medical check-up: The Helios Prevention Center
Stable, mobile and pain-free
- Treatments of disorders of the spine such as chronic back pain, slipped discs, spinal tumours
- Intervertebral disc endoprostheses with implantation of artificial discs
- Interspinal spacers
- Endoscopic disc surgery with TESSYS
- Vertebroplasty - fast and effective help with fractured vertebrae

Best treatment for the brain
- Individually adapted brain tumour surgery with experience and precision
- Minimally invasive intervention for perfusion problems in the brain such as aneurysms and angioma with endovascular technology
- Coiling methods

Good to know
We have already treated more than 500 patients with coil therapy at the Helios Hospital Berlin-Buch. Thus we prevent dangerous cerebral haemorrhages. Our results exceed those of the International Subarachnoid Aneurysm Trial (ISAT).

Accurate surgical methods and many years of experience
Prof. Dr. med. Kiwit successfully treats diseases of the nervous system and the spine. He and his team are also specialised in treating brain tumours using the latest diagnostic and surgical methods. Neurosurgery alleviates back pain, from slipped discs to spinal tumours. Our team uses the latest micro-surgery and minimally invasive methods such as the endoscopic TESSYS method. Neurosurgery offers spinal stabilisation and disc endoprostheses through the implantation of artificial discs. We provide spinal pacemakers such as Dorsal Column Stimulation to help against pain.

For a healthy spine and strong nerves — Neurosurgery

Prof. Dr. med. Jürgen Kiwit
Chief Consultant for Neurosurgery
Member of...
- the German Society for Neurosurgery
- the American Association of Neurological Surgeons (AANS)
- the Cerebrovascular Section of the American Association of Neurological Surgeons
- the German Society for Neuropathology and Neuroanatomy
- Mayo Alumni Association (Chairman 2004 to 2008).

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Mobile again with new joints

Orthopaedics

Gentle surgery on joints and sinews
The pain of rheumatic inflammatory diseases makes moving increasingly difficult. We prevent that with arthroplastic surgery. We restore your joints through surgery so that you can move easily again. Artificial joints provide new quality of life when the function of the hip, the pelvis or the knee deteriorates. We specialise in implanting and exchanging endoprostheses and restoring your mobility. Injuries or diseases of the hand are treated with micro-surgical methods. Surgery to the sinews and joints can restore most of the functions of the hand and fingers. Many of our interventions are performed in a minimally invasive manner, so that patients heal and regain their mobility faster.

We use a gentle arthroscopic method to treat:
- Hip pain
- Meniscus injuries of the knee joint
- Diseases of the joint surfaces or the joint cartilage
- Swelling and inflammation of the joint mucosa with rheumatism
- Joint infections

Arthroscopic surgery is clearly less invasive than open surgery. Patients are usually allowed to make use of the operated joint from the first day onwards. Most of them already leave hospital on the second day.

Arthroscopic surgical methods
We perform our surgery in the form of arthroscopic interventions. A camera with a diameter of only a few millimetres is moved through a small incision in the joint. A second incision allows the insertion of the surgical devices, so that the surgeon can see the complete inside of the joint during treatment on a screen.

Good to know
The human musculoskeletal and locomotor system has more than 100 joints, 200 bones and 650 muscles. We provide all modern orthopaedic procedures to treat your disease.

Prof. Dr. med. Daniel Kendoff
Chief Consultant at the Center for Orthopaedic and Trauma Surgery, Chief Consultant of the Orthopaedic, Trauma and Hand Surgery Unit and the Paediatric and Paediatric Neuro-Orthopaedic Unit
Safe and gentle
General and cancer surgery

Innovative methods for cancer treatment
Cancers are usually life-threatening. We are always looking for the most innovative and promising treatment methods for our patients. We have a team of specialists that can also provide unusual and very complex treatments.
Using intraoperative electron beam radiotherapy (IGERT), we treat tumours with radiation during surgery and focus the radiation on the affected tissue. Thus we can use higher doses and protect the healthy tissue at the same time.
The use of chemotherapy in the abdominal cavity allows us to fight the tumour cells directly at their place of origin. This is either done with a warm solution as „Hyperthermic Intraperitoneal Chemotherapy“ (HIPEC) or with a new method called „Pressurised Intraperitoneal Aerosol Chemotherapy“ (PIPAC).
A whole range of other treatment methods such as radiofrequency ablation (RFA), chemoembolisation or the local application of radioactive substances are used in addition to every other known, useful and promising treatment method in oncology.

Surgical treatment of all diseases in the abdominal cavity

Professor Strik specialises in the surgical treatment of benign and malignant diseases of the gastrointestinal tract and endocrine (hormone-secreting) organs. He is a specialist in complex tumours of the pancreas, stomach, liver, oesophagus and intestine as well as in sarcoma. He works with his highly specialised team of surgeons, anaesthetists and intensive medicine specialists to perform standard interventions and also treats patients who have been referred to us by other hospitals due to the complexity of the treatment required. His wide-ranging experience in surgical treatment and the many opportunities offered by additional treatment methods (radiotherapy, HIPEC, etc.) allow him to provide treatment even in very difficult situations.
A further field of specialisation is interventions on endocrine (hormone-secreting) organs, in particular the thyroid gland and the adrenal glands. Particular expertise has been built up in „scar-free“ thyroid gland surgery. In addition to complex tumour surgery, he also performs routine operations for benign diseases (diverticulitis, gall bladder, hernia).

Good to know
According to an anonymous patient survey, approximately 97% of patients recommend this department.
Interdisciplinary cancer treatments

Interdisciplinary oncology treats cancer patients by interdisciplinary collaboration. This focuses on mediation treatments of malign tumours. The latest treatments using antibodies, targeted therapy, complex chemotherapy and regional deep hyperthermia in combination with systemic chemotherapy.

Priv.-Doz. Dr. med. Peter Reichardt
Chief Consultant for Oncology, Medical Director of the Helios Private clinic Berlin-Buch, Head of the Sarcoma Center Berlin-Brandenburg

Prof. Dr. med. Bertram Glaß
Chief Consultant for Haematology and Stem Cell Transplantation, Consultant to the Board of the German Lymphoma Alliance.
Bariatric surgery treatments

The interdisciplinary team at the Center for Obesity and Metabolic Medicine will help you reduce your weight in the long term and avoid possible complications. Dietary changes and increased exercise are initial steps that must be sustained in the long term. Bariatric surgery can also help you reduce your weight and live a healthier life. This can be achieved by making the stomach smaller or by surgical changes to the digestive tract. These include sleeve resection, gastric bypasses or omega-loop bypasses.

Our obesity team will find the right form of treatment for you. All surgical interventions are usually minimally invasive, using „keyhole surgery“. This allows the patient to recover faster after surgery.

Restoration of a healthy metabolism
Pathological overweight is often associated with high risks. The consequences of obesity can include: high blood pressure, infertility, cancer and an overall lower life expectancy. Our Diabetology and Endocrinology Unit treats adipose patients individually, intensively and attentively. Obese patients can receive surgical treatment if conservative treatments are not successful.

Surgical treatments for obesity
We offer the best possible surgical treatment for obesity and following diseases. All types of surgical intervention are performed. The most common interventions in Germany are gastric bypasses and sleeve gastrectomy. However, omega-loop bypasses also provide an option for losing weight and reducing secondary conditions.

Good to know
When is surgery appropriate?
- Age between 18 and 65 years
- Body Mass Index (BMI) over 35
- Health problems (diabetes, high blood pressure)
- When serious attempts using conventional weight loss measures (change of diet, exercise) have failed
Ultra-modern methods for optimal results

—

We offer our patients the following treatments, based on our expert knowledge, many years of experience and great empathy:

- Breast enlargement and reduction
- Breast lifts
- Breast reconstruction after cancer surgery
- Correction of congenital breast defects
- Wrinkle treatments (Botox, filler, autologous fat)
- Lid lifts
- Neck and cheek lifts
- Ear correction
- Liposuction
- Fat fold removal
- Abdominoplasty
- Upper thigh and upper arm lifts

Priv.-Doz. Dr. Oliver Thamm
Chief Consultant of the Plastic and Aesthetic Surgery Unit, Chief Consultant for Plastic, Reconstructive and Aesthetic Surgery with additional qualifications in hand surgery and emergency medicine, expert in reconstructive and breast surgery.

For your body and soul

—

Plastic and aesthetic surgery

Feel better
Well-being also includes your appearance. We help you feel good again when age leaves its marks or your body does not have the shape you want. We also provide gentle corrections following illness, accident, surgery or severe weight loss.

The range of our surgical methods includes all standard methods of plastic surgery as well as ultra-modern methods of reconstructive surgery. A team of specialised consultants and nurses ensures that we provide you with the best possible treatment at the highest level. We will advise you individually and in detail regarding these options.

Good to know
Priv.-Doz. Dr. Thamm is a member of the DGPRÄC (German Society of Plastic, Reconstructive and Aesthetic Surgeons), DGS (German Society for Senology), DGCH (German Society for Surgery) and a member of the extended board of the DGF (German Society for Burn Medicine).
See well without glasses — Ophthalmology

Diagnosis and treatment of all eye diseases
Our experienced specialists are your competent contact partners when it comes to improving your vision. We help you with focused diagnostics and the latest surgical methods. We treat cataracts, also applying the methods available for correcting farsightedness and short-sightedness, and tackle astigmatism by using state-of-the-art femtosecond lasers and key lens systems which are kind on the patient’s eyes.

We treat blood vessel diseases in the posterior segment of the eye as well as different forms of retinal detachment using traditional retinal surgery as well as the latest vitreous surgery methods to achieve the best possible outcome in patients ranging from premature babies to those with age-related macular degeneration. We are particularly concerned with associated forms of glaucoma and neuro-ophthalmologic diseases.

Many years of experience combined with the latest technology —

Perforated laser operations
- Glaucoma, including refractive surgery
- Retinal diseases due to retinopathies in premature babies, diabetes and in degenerative retinal diseases
- Glaucoma with differential diagnosis and traditional and modern treatment methods
- Eye muscle diseases and other neuro-ophtalmological diseases
- Plastic surgery on the eyelids and the eye cavity

Good to know
Prof. Foerster’s studies and research were conducted, among other places, at the Freie University of Berlin, the Bascom Palmer Eye Institute of the University of Miami and the University Eye Clinic in Essen. There he was involved in the introduction of modern vitreous surgery methods. He pioneered the latest diagnostic and treatment methods for tumours. In future, he wants to establish a new approach in holistic, integrated medicine based at a clinical specialist hospital, including individual disciplines and interdisciplinary diagnosis and the treatment of both underlying and secondary diseases.

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Your child is in safe hands

—

Paediatrics

We treat your children as if they were ours

We provide treatment for all diseases of our young patients focusing on the needs of your child. Growing bodies require individually adapted treatments and medication. Our treatment of young patients is based on many years of experience, modern scientific expertise and loving care.

We also offer competent help for rare diseases such as autoimmune diseases, oncological disorders, rheumatism or mucovicidosis. Children with congenital defects are comprehensively treated. We offer individual, high-quality care and treatment by different experts at a single location. Our paediatric surgeons and anaesthesiologists are familiar with the particulars of a growing body and are appropriately specialised. Our intensive care ward for children is technically equipped and staffed to handle serious cases.

Our specialisations

- Diseases of the respiratory tract and allergies
- Juvenile rheumatism
- Plastic surgery to correct scars, malformations, etc.
- Correction of congenital, urological malformations
- Treatment for diseases of the neuromuscular system (infantile cerebral palsy)
- Treatment of uncontrolled bone growth (exostosis) and correction of joint and foot deformities

Treating cancer gently and effectively

—

The oncologists, surgeons and haematologists at our paediatric and adolescent medical unit work with the best diagnostic facilities and effective, modern therapies. We are one of the largest certified paediatric oncology centers in the country and treat children and adolescents with all oncological diseases and in all disease phases. We perform surgery to excise malignant tumors from bones and soft tissues using special paediatric orthopaedic and orthopaedic oncology surgical methods. We integrate all specialised units such as our modern radiotherapy unit into the treatment.

Good to know

Prof Dr. med. Schaarschmidt is a Specialist Surgeon, Specialist Paediatric Surgeon, Specialist Thoracic Surgeon and Specialist Visceral Surgeon. Prof. Dr. med. Schweigerer is a nationally and internationally known expert for clinical and experimental cancer research and neonatology.
We offer customised one- to two-day check-ups at our Helios Prevention Center (HPC). These age-specific programmes provide an accurate impression of your personal state of health and are carefully adapted to your risk profile and your professional and private situation. Our experienced preventive medicine expert, Dr. med. Birgit Hildebrandt, will verify major health parameters and physical performance functions using extensive blood tests and ultrasound diagnostics.

The programme can be accurately adapted to your needs - even in the short term - if the check-up indicates health risks or diseases that require further treatment. All examinations are performed under one roof - which means no waiting times and short distances for you.

In a comprehensive, final discussion, you are informed about all your medical results and your personal health situation. Dr. Hildebrandt will develop an individual and practical programme together with you, with the emphasis on health-promoting measures for an all-round healthy lifestyle.

Do you have a genetic predisposition to specific types of cancer?
Our HPC provides preventative services in line with the directives of the cancer societies - early detection is the focus of your check-up.

Components of our medical check-ups
- Initial internal examination, including comprehensive medical history
- Comprehensive laboratory tests
- Prostate-specific antigen
- Stool examination for occult blood
- Colonoscopy (including clarification, histology)
- ECG at rest and under stress
- Pulmonary function test
- Ultrasound examination of abdominal organs, heart, cerebral arteries, thyroid gland

Some examination modules can be booked additionally to your individual check-up, such as:
- Examination by an eye and ENT specialist
- Orthopaedic examination & counselling
- Skin cancer and breast cancer screening
- Gastroscopy

Especially for you: We provide easy-to-understand, written and translated recommendations for doctors or hospitals providing further treatment – this also guarantees adequate further treatment in your home country.

We listen carefully and provide individual impulses for a healthy lifestyle.
—
Dr. med. Birgit Hildebrandt, Medical Director of HPC Berlin-Buch and HPC Berlin-Zehlendorf

Good to know
Dr. med. Birgit Hildebrandt is a Specialist Consultant in internal medicine and established the first Helios Prevention Center in southern Germany in 2009. She was so successful that additional prevention centers were established by Helios in nine other cities in Germany. They are all under the medical supervision of Dr. Hildebrandt.
Patients
We want you to get healthy as soon as possible and provide you with personal care. We take into account your individual needs and offer you familiar food and beverages during your stay. You will of course be treated by the chief consultant upon your request. You can upon availability stay in a single room with many additional conveniences. Our service manager and his team will be available during your entire stay and will gladly assist you with your requests.

Accompanying persons
We will also take care of your companions, booking their overnight accommodation at the hospital, in a nearby hotel or directly in the city - depending on your preference. The hospital site includes apartments that you can book for your companions. We work in close collaboration with the Marriott Hotel and the Ritz Carlton in the city centre. We will gladly share some insider information regarding shopping or eating out. We will help you book activity programmes that are adjusted to the needs of the respective person. We can also verify the state of health of your companion with selected examinations.

Accommodation
We want to make you feel good while you stay with us. We offer you an environment in which you can rapidly recover. Our spacious patient rooms combine the comfort of a hotel with the standards of modern medicine. The furnishings come in warm colours and are made of high-quality materials. You can choose between a single or a double room, depending on availability. A lounge is also available for our guests. We will gladly book conference room for you. All rooms offer an integrated media system with TV, amplifier and speakers, phone, internet access, a mini-bar and international magazines for you. Our well-equipped bathrooms contain towels, bathrobes, a hair dryer and various cosmetics articles.

Food
Our kitchen offers healthy and balanced food. We take into account the special, medical and treatment requirements of our patients. Our optional services and the dietary range of the Helios private clinic include various additional extras. We will satisfy all requirements and cook freshly according to your taste, your habits or your cultural and religious preferences. Just contact your service manager for that.
Berlin is a city of superlatives - the biggest city in Germany and the seat of the German government. People from all parts of the world live and work here, including diplomats, business managers, outstanding scientists and internationally renowned consultants. Berlin offers a high quality of life to its guests: first-class hotels, international top restaurants, arts and culture on a global level and excellent shopping opportunities.

Hotels and restaurants are used to visitors from all over the world, thus your individual wishes can be fulfilled and you can feel at home.

Take a guided tour to Berlin’s sights such as the Brandenburg Gate, where Berlin was once divided, the Fernsehturm (one of the highest TV towers in the world) or the romantic palaces of the emperors and kings of bygone centuries.

Stroll around the art galleries of the city and discover the Kurfürstendamm, Potsdamer Platz and Friedrichstraße. Here you can find everything your heart desires in the world-famous shopping centres such as Galeries Lafayette or the „Kaufhaus des Westens“, in the flagship stores of the big designer and technology brands or in exquisite boutiques.

Berlin offers...

- 180 museums
- 440 galleries
- 150 theatres and 3 opera houses
- 2,500 green areas, squares and parks
- and many shopping malls with international designers

Good to know
We help you plan your stay

Before arrival
We help you prepare for your trip to Germany. If you need an entry visa, we will gladly help you by writing an invitation letter for you and your companions. In order to get a visa for medical treatment, you will also require a cost estimate for your treatment, which we will gladly send you. The granting of a visa is furthermore subject to advance payment of the expected treatment costs.

Arrival
Berlin is very well connected. It has two international airports: Berlin Tegel (TXL) and Berlin Schönefeld (SXF).
The driving time from the airport to the hospital is approximately 45 minutes.
Berlin’s main railway station, with train connections in all directions, is about half an hour away.
We will gladly arrange a meet-and-greet service for you.
We can also provide you with an interpreter on request, who will also be able to translate the medical terminology appropriately.

Costs
We will make you a personal offer based on the information that you provide us with before your arrival. Our cost structure is based on the DRG, the official billing system for medical consultants in Germany. Higher fees are charged for treatment by the Chief Consultant or his deputy. This is in line with the German legal fee ordinance (GOÄ), as are all supporting medical procedures such as anaesthesia, laboratory tests, etc., which we will invoice separately. Costs for additional services during your stay will be due in addition to the regular costs of your medical treatment.

Contact us
Our service managers are available to respond to your questions and requests at any time.

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Our hospital provides services in all specialised fields of modern medicine. You will find a list below.

For more information, please contact us!

| A | Age Traumatology Centre |
|   | Anaesthesia and perioperative medicine |
|   | Angiology |
| C | Cardiology |
|   | Centre for Chronic Inflammatory Bowel Diseases |
|   | Centre for Congenital Deformations |
|   | Chest Centre |
|   | Chest Pain Centre |
|   | Competence Centre for Paraplegics |
| D | Dermatology and Allergology |
|   | Diabetology & Endocrinology |
| E | Ear, Nose and Throat Medicine |
|   | Endoscopy Centre |
| G | Gastroenterology and Hepatology |
|   | Gastroiatrics |
|   | Gynaecology |
| H | Hearing Centre Berlin-Brandenburg |
|   | Hyperthermia Centre |
| I | Infectiology |
|   | Inner Medicine |
|   | Intensive Medicine |
|   | Intestinal Centre Berlin-Buch |
| L | Laboratory Medicine |
|   | Liver Tumour Centre |
| M | Microbiology Unit |
| N | Nephrology |
|   | Nuclear Medicine |
| P | Pain Therapy |
|   | Pelvic Floor Centre Berlin-Buch |
|   | Pneumonology |
|   | Prostate Centre |
| R | Radiotherapy and Radiation Oncology |
| S | Sarcoma Centre Berlin-Brandenburg |
|   | Stone Centre Berlin |
| T | Testicular Cancer Centre |
|   | Tissue Diagnostics |
|   | Tumour Orthopaedics |
|   | Tumour Centre Berlin-Buch |
| U | Urology |
| V | Vascular Surgery |
|   | Vascular Centre Berlin-Brandenburg |
| X | X-ray Diagnostics |

Our medical teams are always dedicated to providing the best treatment, focusing on the needs and comfort of our patients.

Prof. Dr. med. Henning T. Baberg,
Medical Director at Helios Hospital Berlin-Buch