



| *Appointments*

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**Surgery | Univ.-Prof. Dr. Peter Lechleitner**  
Fanny-Wibmer-Peditstrasse 2 • A-9900 Lienz

Appointments:

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**Office** | Univ.-Prof. Dr. Peter Lechleitner  
MON | THUR | from 3 p.m.

Tel: +43 4852 6407 0415

or

**Reception** | Grandhotel Lienz  
Tel: + 43 4852 64070

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We are looking forward to your call

The *SymbioMed* Team

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\*\*\*\*\* GRANDHOTEL LIENZ

*Medical Center* |



The Medical Wellness center at 5-star Grand Hotel Lienz, created exclusively for your health, enables you to enjoy a feeling of well-being and health improvement. Under the management of accredited specialist Univ. Prof. Dr. Peter Lechleitner you will be cared for by qualified specialists who will exploit your full potential and activate reserves for the improvement of your wellbeing.

Our strength is in our combination of the latest scientific medicine as well as complimentary medicines. The highest level of quality, scientific evidence, and excellent qualifications of our staff can all be expected at the 5-star Grandhotel Lienz Medical Wellness Center.

Offered at the Medical Care Area is preventive medicine, medical check-ups, individual health advice and targeted therapies. Also offered are treatments from the areas of traditional Chinese medicine, beauty, health, nutrition, fitness and 'well-aging'.

Warm colors corresponding to elements of traditional Chinese medicine and original pieces of artwork lead you away from the sterile ambiance of a classic doctor's office and serve as the perfect environment to benefit your wellbeing.

*You will receive a doctor's note of all specified services for your health insurance company.*

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*The Medical Center is under the direction of*  
**Univ.-Prof. Dr. Peter Leitner Lech, FESC**

Specialist in Internal Medicine (Cardiology, Gastroenterology and Nephrology); diplomas for acupuncture, homeopathy and sports medicine.

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*Appointments: Agreement with the reception*



## Individual examinations & treatments

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| Doctors consultation and examination (30 minutes)          | € 125,00 |
| Doctor's examination extension                             | € 45,00  |
| Sports medical examination                                 | € 125,00 |
| Physical performance test with creation of a training plan | € 190,00 |
| Acupuncture per session                                    | € 55,00  |
| Moxibustion therapy  | € 55,00  |
| Cupping  | € 55,00  |
| ECG with written results                                   | € 60,00  |
| Excercise test (Load – ECG)                                | € 125,00 |
| Lung function  | € 35,00  |
| 24 hour blood pressure measurement                         | € 90,00  |
| 24 hour ECG  | € 145,00 |
| Bioimpedance measurement                                   | € 45,00  |
| Basic melabolic rate measurement                           | € 70,00  |
| Shock wave therapy per session                             | € 55,00  |



## Individual examinations & treatments

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|---|----------|
| Ankle brachial pressure index (blood flow in legs)          | € 60,00  |
| Echokardiography (with tissue doppler)                      | € 150,00 |
| Ultrasound of abdominal organs and vessels                  | € 190,00 |
| Ultrasound of neck vessels incl. thyroid gland              | € 90,00  |
| Ultrasound of small areas of the body                       | € 90,00  |
| Electronic measurement of the trunk muscles (Back Check)    | € 70,00  |
| Electronic functional analysis of the spine (Spinal Mouse)  | € 70,00  |
| Coordination analysis                                       | € 45,00  |
| Food intolerance test                                       |          |
| 20 foodstuffs   | € 190,00 |
| 50 foodstuffs   | € 390,00 |
| Personal trainer (60 minutes)                               | € 90,00  |
| Individual training – gym room (30 minutes)                 | € 45,00  |
| Heart rate variability (stress profile, sleep architecture) | € 190,00 |



## Individual examinations & treatments

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| Recreative infusion  | € 90,00  |
| Immune strengthening infusion  | € 90,00  |
| Acupuncture ( <i>body/ear - needles or laser</i> )                                   | € 55,00  |
| ❖ Anti-smoking program   |          |
| ❖ Weight reduction program   |          |
| ❖ Strengthening program  |          |
| ❖ Head, joints and spine pain  |          |
| ❖ Cosmetic facial acupuncture ( <i>ultra fine needles</i> ) against wrinkles         |          |
| ❖ according to complaints  |          |
| Homoepathic examination with constitutional remedy                                   | € 290,00 |
| Homoepathic short anamnesis with remedy  | € 90,00  |
| Osteopathy/Manual therapy of the spine (chiropractic) <i>to get rid of blockages</i> | € 98,00  |
| Osteopathy and electronic functional analysis of the spine                           | € 140,00 |
| Taiji Quan ( <i>60 minutes</i> )   | € 85,00  |
| Qi Gong ( <i>60 minutes</i> )  | € 85,00  |



## Medical Packages

Most of the fatal diseases are preventable if you know your individual risk profile and how to cope with it. In the Medical Center at the Grandhotel you will receive a check up like in a hospital - in a for more pleasant atmosphere.

### BASIC CHECK

(Duration: 100 minutes)

- ❖ Medical consultation and examination (*40 minutes*)
- ❖ Blood pressure measurement
- ❖ Echokardiography
- ❖ ECG
- ❖ Lung function test
- ❖ Blood samples (*liver, kidney, blood lipids, uric acid, pancreas, compl. blood cell count, thyroid, CRP, sedimentation rate, minerals, iron status*)
- ❖ Urine alysis
- ❖ Risk profile creation
- ❖ Recommendations
- ❖ Physician's report

€ 390,00

### COMPLETE CHECK

(Duration 120 minutes)

- ❖ Medical consultation and examination
- ❖ Blood pressure measurement
- ❖ ECG
- ❖ Lung function test
- ❖ Extended ultrasound examination (*heart, neck vessels, abdominal organs, thyroid*)
- ❖ Complete laboratory (*blood, urine*)
- ❖ Electronic functional analysis of the spine
- ❖ Recommendation for individual risk profile
- ❖ Physician's report

€ 790,00



**INTENSIVE CHECK**

(Duration 150 minutes)

like „Basic-Check“ plus:

- ❖ Physical performance test the circulatory regulation capacity, arrhythmia detection test
- ❖ Ultrasound examination of the neck vessels and thyroid
- ❖ Ultrasound examination of the abdominal organs
- ❖ Extended laboratory (like “Basic check” and additionally: NT pro BNP, tumor markers and oxidative stress parameters)

€ 980,00

**HEART HORMONE CHECK**

(Duration 40 minutes)

- ❖ ECG
- ❖ Echokardiography
- ❖ Heart hormone NT pro BNP
- ❖ Heart age determination
- ❖ Risk profile and recommendations

€ 290,00

**VESSEL & HEART CHECK**

(Duration 40 minutes)

The condition of our blood vessels determines our lifetime. With modern methods this can be made visible and can give way to prevention strategies.

- ❖ Medical examination
- ❖ Ultrasound examination of the heart and the vessels
- ❖ Ankle Brachial Pressure Index (ratio of the blood pressure between leg and arm)
- ❖ Blood chemistry (sugar, cholesterol, blood cell count, homocysteine, C-reactive protein)

€ 390,00

**HOW FIT AM I (Fitness Check)?**

(Duration 100 minutes)

- ❖ Sports medical examination (30 minutes)
- ❖ Sports medical stress test (spiroergometry)
- ❖ ECG
- ❖ Echokardiography
- ❖ Workout plan

€ 390,00

**Eurofitness Score (100 minutes)**

- ❖ Physical performance test
- ❖ Bioimpedance
- ❖ Electronic measurement of the spine
- ❖ Coordination measurement
- ❖ Measurement of muscle activity of the trunk muscles
- ❖ Mobility analysis

€ 390,00



## WEIGHT LOSS CHECK

Weight problems are well-known concomitant effects of our busy western style of living.

The most popular diet recommendations are usually only effective in short term or even counterproductive.

At the base of an efficient counseling is the measurement of the individual basic energy consumption (calorimetry) and body composition (bioimpedance). The 5-element theory of the Traditional Chinese Medicine supports individual counseling.

Individual nutrition and exercise counseling supported by body / ear acupuncture and homeopathy are offering a promising approach for the regulation of the body weight.

- ❖ Medical consultation and examination
- ❖ Bio impedance analysis to determine the body composition (*proportion of fat-, muscle- and water*)
- ❖ Ear acupuncture – (permanent) needles for weight loss
- ❖ Homoeopathic support for weight loss
- ❖ Work out program instruction
- ❖ Nutrition instruction: *Both western medical and advice according to the Chinese 5 elements theory (including documents)*
- ❖ Final examination (*if stay is longer than 5 days*)

€ 290,00



## TCM CHECK

- ❖ Medical consultation according to Chinese medicine
  - ❖ Hara (stomach) diagnostic investigation
  - ❖ Acupuncture advice and 2 sessions of acupuncture
  - ❖ Nutrition advice according to the 5 element cuisine (*including documents*)
- € 290,00

## HOMOEOPATHIC CHECK

- ❖ Comprehensive homoeopathic consultation (*60 Minutes*)
  - ❖ Determine and administer a remedy which matches to the person with their complaints or particularities
- € 290,00

## SKIN CHECK

- ❖ Specialist examination from a dermatologist
  - ❖ Care consultation
- € 140,00

**Additional offers to the “Skin Check”** in cooperation with the dermatologist  
(*price depending on treatment*)

- ❖ Wrinkle smoothing using a collagen facial injection
- ❖ Botox
- ❖ Minor cosmetic corrections

## DIET CHECK

- ❖ Examination
  - ❖ Bioimpedance (*body composition, basal metabolic rate*)
  - ❖ TCM analysis of the nutritional type
  - ❖ Tailormade nutrition guide
- € 190,00



### END OF SMOKING

Smoking is by far the highest (*avoidable*) risk factor for our health. To quit smoking brings more than any other prevention strategy and more than most pharmaceutical treatments. Why not trying it on holiday?

- ❖ Analysis of the addiction profile
- ❖ Ear/ Body acupuncture (2 x)
- ❖ Homeopathic anti-smoking remedy € 290,00

### ANTI-AGING CHECK

The determination of important organ functions, risk factors, vascular situation, the skin performance and the ability to recover are key for the assessment of the existing aging processes - and what you can do against it.

- ECG
- Lung function
- Ultrasound of the heart and blood vessels
- Complete blood chemistry (*blood, urine*)
- Movement coordination analysis
- Skin-check by specialist
- Heart rate variability (*measures: recovering capacity, stress and energy levels, sleep architecture*) € 690,00

### MANAGER CHECK

- ❖ ECG
- ❖ Lung function
- ❖ Echokardiography
- ❖ Heart rate-stress measurement and sleep analysis
- ❖ Electronic spine analysis (*with exercise instructions*)
- ❖ Risk- and stress-consultation
- ❖ Acupuncture for well-being € 450,00

### SPINE CHECK & Treatment

Do something good for your spine! In our Medical Center we have a special expertise to help you with spine problems.

- ❖ Electronic measurement of the spine with analysis
- ❖ Aku-Taping of the spine
- ❖ Spine acupuncture
- ❖ Exercise instructions € 180,00

### TINNITUS CHECK & Treatment

10% of the people in our western world are suffering on more or less tolerable tinnitus (*ringing in the ears*). Various causes (*sudden hearing loss, noise exposure, spinal disorders, allergies, etc.*) are known, but the therapies which are offered by scientific medicine are often frustrating.

The analysis of the stress profile, biorhythm together with diagnostic and therapeutic methods of Traditional Chinese Medicine and classical homeopathy are often more effective than blood circulation stimulating infusions, cortisone or retraining.

- ❖ Medical examination
- ❖ 24 hours heart rate variability (*stress profile, biorhythm, sleep architecture*)
- ❖ Determine and administer a homeopathic remedy
- ❖ Tinnitus – ear acupuncture (2 x)
- ❖ Recommendations € 390,00



### Weight reduction program

Symbio Care is an integrative weight reduction program of modern scientific nutrition knowledge and old food experiences of Traditional Chinese Medicine (TCM) into account, supported by the gentle healing power of homeopathy.

A specially coordinated exercise program with daily swimming, walking in the unique nature around Lienz and relaxing massages supports weight regulation.

In addition, you will be enchanted every day with a delicious breakfast, a fruit shake for lunch, an afternoon snack and a delicious dinner. Despite of so many delicacies the method of SymbioCare, with homeopathy, acupuncture and TCM - herbal tincture let you loose weight easily.

### SymbioCare includes:

- ❖ Medical examination and counseling / *what foodstuffs fit my type?*
- ❖ Measurement of body composition and calculation of BMR with bio-impedance before and after
- ❖ Determination of disharmony pattern according to TCM
- ❖ Get the appropriate TCM herbal tincture
- ❖ Get an acupuncture (2x) for weight regulation (*if desired*)
- ❖ Determination and administration of the homeopathic remedy for promoting weight control

There are provided 2 visits at the Medical Center:

At the beginning (*day 1 or 2*) and at the end of your stay (*day 6 or 7*)

### SymbioCare effects:

- ❖ Harmonization of disharmony pattern according to TCM | causes normal appetite regulation
- ❖ High level of fat burning without the yo-yo effect
- ❖ A permanent food change
- ❖ A specific exercise program
- ❖ Effective and sustainable weight loss (*not just water and muscle loss as in fasting*) of about 3 kilos in a week.

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|---------|-----------|
| 1 week  | € 390,00* |
| 2 weeks | € 590,00* |

\* *the prices include the medical part, not the hotel or spa component*

### Detox (detoxify and purify)

While there is little time for detoxification (detox) during busy life, at last on vacation there are free hours for your personal health.

Detoxify and purify is best learned on vacation and in the 5 star Spa-Medical Grandhotel Lienz, which has already received many awards.

**Detox - Symbiocare** is a detoxification- and regeneration-program which is based on modern medical knowledge and traditional regeneration strategies.

### Day 1

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- ❖ Consultation with the doctor and examination
- ❖ Determination of body composition (*fat-muscle-water*)
- ❖ Determination of disharmony pattern according to the standards of Traditional Chinese Medicine and
- ❖ Regeneration acupuncture
- ❖ Administration of a colon cleansing remedy

### Day 2

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Meeting with our spa and fitness manager to talk about the residual of the week for sports and spa treatments.

2 x daily administration of a liver cleanser remedy and  
2 x daily 3 homeopathic detoxification globuli.

### Day 6 or 7

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- ❖ Regeneration and detoxification acupuncture
- ❖ Cardiac ultrasound with determination of the heart age and medical recommendations

|         |           |
|---------|-----------|
| 1 week  | € 390,00* |
| 2 weeks | € 590,00* |

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