



**Das Gesundheitsprojekt  
Mit Migranten für Migranten  
in Bayern**

Gesund. Leben. Bayern.



# Stay healthy

Early diagnosis and prevention services for children and adults



A guide for migrants – Available in 10 languages

**Ethno-  
Medizinisches  
Zentrum e.v.**



gefördert durch  
Bayerisches Staatsministerium für  
Gesundheit und Pflege



# Impressum

Bleiben Sie gesund  
Früherkennung und Vorsorge für Kinder und Erwachsene  
Ein Leitfaden für Migrantinnen und Migranten

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# Foreword

Dear readers,

we would like to present this ‘Stay healthy – Early diagnosis and prevention services for children and adults’ guide for migrants to support you in staying healthy, and to provide you with valuable information about the German health care system.



Experience shows that the best conditions for remaining healthy exist when we can prevent diseases, or detect them at a very early stage so they can be successfully treated. To this end, the German health care system offers a range of screening tests, including for the early detection of cancer, diabetes, and cardiovascular disease. For a good start in life, pregnant persons, children, and young people can also access appropriate screening tests. Vaccinations and regular dental health checks are also important.

At the same time, individuals can also do something for their own health, for example by adopting a health promoting lifestyle. Regular exercise, a balanced diet, and not smoking help to improve quality of life and to remain fitter for longer.

We would also like provide information to people who have found a new home in Bavaria only recently, and who are not yet familiar with the German health care system and the local language. This is why the guide is available in a range of languages.

The information in the guide is an important building block in the ‘With Migrants for Migrants (MiMi)’ health project, which has received funding support from the Bavarian State Ministry for Health and Care as part of the Gesund.Leben.Bayern (healthy living Bavaria) initiative since 2008. One of the main goals of the initiative is to enable migrants to take responsibility for their own health through health information that is easy to understand.

I would be pleased if this brochure was to make a contribution to you and your family remaining healthy!

A handwritten signature in blue ink, which appears to read 'Klaus Holetschek'. The signature is fluid and cursive.

**Klaus Holetschek MdL · Bavarian State Minister for Health and Care**

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# Introduction

Health is a decisive condition for a satisfied life. Healthy children full of energy can discover the world, and healthy adults can better cope with the challenges of everyday life and enjoy life more.

Of course, everyone can do something for his own health; for example, with exercise and a healthy diet. The German health system supports people not only when they are ill. The statutory health insurance bodies help their members to stay healthy with services for prevention and early diagnosis of illness.

In this guide, which has been developed by the Ethno-Medical Centre (EMZ) in collaboration with the Bavarian State Ministry for Health and Care, you will find information on screening tests for the prevention and early diagnosis of illness, on vaccination, and on dental health.

A large part of the brochure is dedicated to the topic of child health. A healthy start in life begins already with checkups during pregnancy. The first of ten checkups for children takes place shortly after birth. In Bavaria, hearing tests and a checkup for early diagnosis of metabolic diseases are also offered for newborn babies. You will also learn why participation in so-called "U" checkups (U stands for Untersuchung = examination) is compulsory in Bavaria, and what parents should bear in mind when attending these checkups.

This brochure is published in a range of languages, so that as many people as possible of different nationalities and origins can participate in prevention and early diagnosis. We would be very glad if this guide helps you and your children to lead a healthy life.

# 1. Statutory health insurance benefits

As a member of a statutory health insurance fund you are entitled to checkups for early diagnosis of illnesses as well as to prevention services (underlined expressions are explained in the Glossary). Depending on your age and sex, you are entitled to a range of checkups free of charge.

Your insurance card must be brought along to all checkups for early diagnosis and prevention services.

## Early diagnosis of cancer

### Women are entitled to:

- an annual gynaecological checkup for early diagnosis of cervical cancer and genital cancers from the age of 20,
- an annual breast examination from the age of 30,
- a skin examination every two years from the age of 35,
- an annual checkup for early diagnosis of intestinal cancer from the age of 50,
- an annual colonoscopy from the age of 55 (two examinations at an interval of 10 years).

Additionally, all women between 50 and 69 years of age in Bavaria are invited personally and in writing to mammography screening, at regular twoyear intervals. This examination takes place at so-called screening units.



### Men are entitled to:

- a skin examination every two years from the age of 35,
- an annual prostate and genital examination from the age of 45,
- an annual checkup for early diagnosis of intestinal cancer from the age of 50, and
- an annual colonoscopy from the age of 50 two examinations at an interval of 10 years).

### Health Checkup

Every three years, men and women from the age of 35 years are entitled to a health checkup for the main purpose of early detection of frequently occurring diseases, such as cardiovascular disease, kidney disease and diabetes mellitus.

As part of this health check, they also have the option of one-off testing for hepatitis B and C infection.

Men and women between ages 18 and 34 are entitled to a one-off health check in this period. Men from the age of 65 are offered a one-off ultrasound screening for abdominal aortic aneurisms as part of a health check.

During the health checkup, the doctor explains at length the individual health risks that exist for the patient as a result of previous illnesses or personal habits. Blood pressure and pulse are taken, heartbeat and breathing are listened to, and urine and blood samples taken.

### Checkups for early diagnosis and prevention services during pregnancy and after giving birth

During pregnancy, there are checkups for early diagnosis for both the expectant mother and the unborn child.

#### These include:

- testing the woman for pregnancy diabetes
- testing for gestosis (regular control of blood pressure, urine test and examining tissue for oedemas)
- ultra-sound examination (determination of the child's size, probable date of birth and its development in the womb)
- cardiocographic examination (recording of labour activity and the child's heartbeat)

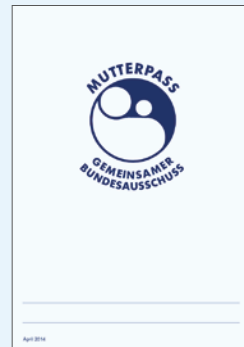
Besides checkups for early diagnosis, prevention is very important during pregnancy. Prevention services for pregnant women include a blood test for rubella (German measles) as well as advice and information on certain health risks for the woman and child that can arise during pregnancy and after the birth. Midwives also provide advice and information on such risks.

Every mother-to-be has a right to gynaecological and/or midwife care during pregnancy, at the birth and for a few weeks after the birth. One medical checkup every four weeks is sufficient for a normal pregnancy without complaints. From the 32<sup>nd</sup> week onwards, a checkup every two weeks is scheduled, and then every two days if the expected date of birth has passed.

A woman should also visit the dentist twice during pregnancy. Changed eating habits (a sudden craving for sweet and sour things) can give rise to caries. As a result of hormonal changes, pregnant women are also particularly prone to inflammation of the gums and periodontium (the small gap between the root of the tooth and the alveolar bone). Oral hygiene and preventive care are now very important, for recent research shows that inflammation of the gums during pregnancy increases the risk of premature birth, and can give rise to low birth weight. The best thing is for women who plan to have children to have their teeth controlled and, if necessary, treated before pregnancy.

## Important:

Within the framework of pre-natal examinations the woman receives a so-called "Mutterpass", a maternity booklet, in which the results of all important tests are recorded and the course of the pregnancy documented. A pregnant woman should always have this booklet with her and take it along to all medical examinations. It is wise to keep the maternity booklet after the birth of the child. The information in the booklet is important for later pregnancies.





## Chlamydia screening for women up to the age of 25 years

All women up to the age of 25 can get tested for chlamydia infection once per year as part of their statutory health insurance benefits.

Chlamydiae are bacteria transmitted through unprotected sexual intercourse. Untreated, the infection can have serious consequences, including infertility. If it is detected in time, it can be treated with antibiotics.

## Health checkups for children (U1 – U9, J1)

The early years of life are particularly important for a person's healthy development. There are therefore checkups for children and adolescents for early diagnosis of illness and prevention ("Children's Guidelines" of the Joint Federal Committee).

### Newborn screening

In Germany, all newborn babies are entitled to a simple blood test to detect rare congenital diseases that don't yet show external signs at the time of birth. This test is called 'Neugeborenen-Screening' (newborn screening).

### Important:

Your insurance card must be brought along to children's checkups for early diagnosis of illness, together with the "U booklet", in which the doctor notes the results of tests. Since children may also be given necessary vaccinations at the time of "U checkups", the vaccination booklet should also be brought along.



The diseases tested for include endocrine and metabolic diseases, as well as neuronal, blood, and immune diseases. If left untreated, these diseases can lead to disabilities, and even the death of the child. However, if they are detected and treated early, their effects can be avoided or reduced in most cases. Parents must agree before newborn screening is carried out.

For this blood test, usually carried out on the third day of life, a few drops of blood are taken from the child's heel and sent for analysis to a special laboratory. Maternity and birthing clinics as well as midwives and paediatricians in practice are responsible for taking the blood sample. Only if the diagnosis confirms a disease are parents informed accordingly by the maternity clinic, midwife or paediatrician, following which further

control tests are carried out. If the diagnosis is confirmed, treatment begins immediately.

### **Hearing tests for newborn babies**

All newborn babies in Germany are entitled to a hearing test ('Hörtest für Neugeborene'). This examination is normally carried out during the first few days after the birth. The baby's hearing is tested briefly and painlessly using a special testing device. The hearing test can detect hearing loss early so it can be treated. About two in one thousand children in Germany are born with a type of hearing loss that requires treatment. To be able to hear well is very important for normal speech development in childhood, for emotional and social development, as well as for the child's later educational and career pathway. The longer hearing loss remains undetected, the more difficult it is for the child to catch up in their speech development. This can be avoided through early detection, support, and modern hearing aids. In Bavaria, this test is part of the compulsory preventive screening schedule.

If the baby is born at home or in a maternity clinic, the hearing test can be conducted by a paediatrician or ENT specialist in practice.

### **Important:**

If you give birth at home or at a birthing centre, your midwife can tell you about the blood test and perform the newborn screening test.

You can find further information about newborn screening at [www.lgl.bayern.de/gesundheitspraevention/kindergesundheit/neugeborenen-screening/index.htm](http://www.lgl.bayern.de/gesundheitspraevention/kindergesundheit/neugeborenen-screening/index.htm)

**“U checkups”  
for early diagnosis****Date****Place#**

U1	directly after birth	in hospital or at home, carried out by the midwife
U2	between 3 <sup>rd</sup> and 10 <sup>th</sup> day of life	in hospital or at the paediatrician
U3 – U9	8 checkups up to the age of 5	at the paediatrician or <u>family doctor</u> (GP)

**Screening for severe congenital  
heart defects**

This screening test is used to exclude any severe congenital heart defects by measuring the oxygen content in the baby’s blood, using a light sensor (pulse oxymetry). The test is painless and only takes a few seconds.

There are two further ‘U’ health checks, U10 and U11, which can be performed by paediatricians or general practitioners, but which are not yet covered by all statutory health insurance funds. Please ask your doctor and health insurance fund for further information.

**“U checkups” for early diagnosis**

“U checkups” serve to monitor the physical and mental development of infants and children and to detect and enable treatment of possible undesirable developments.

Parents should discuss with the paediatrician when the U3 to U9 checkups are to take place. It is important for every checkup for early diagnosis of illness to be made at a very distinct stage of the child’s development. Only this way can possible disorders or illnesses be detected and treated in good time.

**Important:**

An abnormal hearing test result should be reviewed by a medical specialist as soon as possible. Any permanent hearing loss should be diagnosed before the age of three months so that treatment can be initiated within the first six months of life.



### **Health protection for children and adolescents in Bavaria**

In order that all children get off to a healthy start in life, parents are legally obliged to enable their children to attend checkups for early diagnosis of illness (U checkups 1 to 9 as well as J1 – “J” stands for *Jugend* = adolescents) on time. These checkups at general practitioners (GPs) or paediatricians serve the purpose of recognition and treatment of disease and development disorders as early as possible. Participation has been made compulsory, however, in order that cases of ill-treated and neglected children can be more effectively detected, and so that these children can be given the help they need.

Evidence that U checkups have been carried out has to be produced when application is made for state child-raising allowance and when children are enrolled for kindergarten.

Proof of the last ‘U’ health check scheduled for the age of the child should be brought to the ‘Schuleingangsuntersuchung’ (school entry health screening).

### **School entry health screening in Bavaria**

The Schuleingangsuntersuchung (school entry health screening) for all children who will be of school age in the coming year is for the purpose of early detection of illness. The checkup is conducted by a member of the staff of the local health authority. It is intended to clarify whether school beginners are healthy enough to cope with school. Participation is compulsory.

The health record as well as weight and height are recorded, sight and hearing are tested, and the U booklet and vaccination booklet are checked. In order to test the child’s motoric capabilities, it has also to perform certain tasks.

If parents are unable to prove that their child has attended their scheduled, age-appropriate ‘U’ health check (U8 or U9), the school doctor carries out a checkup, during which the child is examined physically and its state of development checked in more detail. If necessary, the parents are also informed of results that are important for everyday school

life. The medical examination is also offered when abnormalities have arisen, (during the school entry health screening or 'U' health check, for instance). It can also be requested by parents.

If a child does not participate in the school entry health screening or other examination that may be required by the school health service, the Gesundheitsamt (public health authority) must inform the Jugendamt (office for youth affairs).

## Checkups for Adolescents

With the beginning of puberty, many physical and psychological changes take place. The 'J1 checkup' is carried out as a one-off examination for young people between the ages of 12 and 14 years.

It is intended to detect and treat conditions that may present a risk to the physical, mental, and social development of adolescents early. It also provides an opportunity to review vaccination status. Questions regarding sexuality, behaviour that represents a health risk, such as smoking, as well as family and social problems can be discussed and resolved as part of the 'J1' health check. The J1 can be carried out at a medical practice specialising in child and adolescent health or at the general practitioner's. Young peo-

ple can choose to attend the J1 by themselves, or with a parent.

Many medical practices specialising in child and adolescent health offer special practice hours for young people. Please bring your vaccination passport and your health insurance card.

There is one additional 'J' health check, the 'J2', which can be performed by a paediatrician or a general practitioner, but which is not yet covered by all statutory health insurance funds. Please ask your doctor and health insurance fund for further information.

## Vaccinations

Vaccinations are important both your child and yourself, since they protect against dangerous infectious diseases. Vaccination of children has to be carried out at prescribed intervals. Your GP or paediatrician can advise you when vaccinations are due.

**The costs of the following vaccinations for children are covered by statutory health insurance bodies:**

- Rotavirus
- Tetanus
- Diphtheria
- Whooping cough (pertussis)
- Polio (poliomyelitis)
- Haemophilus influenzae type B (HiB)
- Hepatitis B
- Pneumococci (for example pneumonia and meningitis)
- Meningococci (for example meningitis)
- Measles
- Mumps
- Rubella (German measles)
- Varicella zoster virus (chicken pox)
- Tick-borne encephalitis (TBE) virus
- Human papillomavirus (HPV)

COVID-19 vaccination is also free of charge.

**For adults**

Vaccinations are important in adulthood, too, and can protect against certain diseases. Let your vaccination booklet be checked when you visit your doctor, so that outstanding vaccinations can be carried out. Vaccinations – such as those against diphtheria and tetanus – should be regularly boosted and missing basic vaccination made up for. If you are planning to become pregnant, or will be in contact with children in the future, vaccination against whooping cough is strongly advised if the last vaccination or illness is more than ten years back. If you come from a country in which polio occurs, you should let it be checked on entering Germany whether you are immune against polio and, if necessary, obtain a booster. Moreover, further vaccinations are recommended for persons who are particularly at risk, due to their age, existing illnesses or other circumstances. These include vaccination against influenza and pneumococci (pneumonia) for persons aged 60 and older. Your GP, health insurance body or local health authority will inform you about vaccinations and their necessity.

**Important:**

All vaccinations are recorded in the vaccination booklet, which you should take along to vaccination appointments. If you do not have a vaccination booklet, you can obtain one from your family doctor or local health authority.

There is the risk of being infected with the tick-borne encephalitis (TBE) virus in nearly all rural districts of Bavaria. If you spend a lot of time in the open air, because of your job or leisure activities, you and your children should be vaccinated every five years, since the TBE virus can give rise to serious diseases of the cerebral membrane and spinal cord.

Statutory health insurance bodies cover the costs of all vaccinations recommended by the Standing Committee on Vaccinations (STIKO: Ständige Impfkommission) at the Robert Koch Institute in Berlin. The statutes of health insurance bodies may also provide for the covering of the costs of further vaccinations (for instance, for foreign travel).

## Dental checkups

Regular visits to the dentist are important for healthy teeth and gums. This applies not only to adults but also, in particular, to children – “from the first tooth”. Following a thorough examination of the teeth, unhealthy teeth and gums are treated and detailed advice given.

Statutory health insurance bodies pay the costs of dental checkups for early diagnosis and preventive care for adults and children as mentioned below.

### Important:

Vaccination should be postponed if your child suffers from an acute illness and has a temperature above 38.5°C at the proposed time of vaccination. In the case of slight infections a child can still be vaccinated, but only after consulting your doctor. If your child has a chronic illness or takes drugs or medicines you must inform your doctor of this before vaccination.

**Children from 6 to 33 months old:**

During this period, children are entitled to a total of three early detection dental examinations, whereby the teeth are checked and a treatment plan is drawn up if required. These examinations should be carried out in the following periods and at intervals of at least four months between consecutive examinations:

- between the 6<sup>th</sup> and 9<sup>th</sup> month
- between the 10<sup>th</sup> and 20<sup>th</sup> month, and
- between the 21<sup>st</sup> and 33<sup>rd</sup> month after birth.

In addition, children at this age are entitled to a fluoride varnish treatment to harden and strengthen tooth enamel twice per year.

**Children aged 34 months to six years:**

Children in this age group are entitled to a total of three early detection dental examinations. These are offered at intervals of 12 months.

If a child has been assessed as being at an elevated risk of tooth decay, they can continue to receive fluoride varnish treatment for the prevention of tooth decay twice per year.

**Children and adolescents (7 to 18 years of age):**

At two visits to the dentist each year, and on the basis of a laid-down schedule, oral hygiene is checked and practised and information given about diseases. Teeth are fluoridated and the deep grooves in the back teeth (molars) sealed against tooth decay.

**Adults:**

- Two dental checkups annually, at an interval of at least four months; checking for caries as well as gum disease and tumours in the mouth, with x-rays if necessary.
- Removal of tartar once a year.

People in need of care and people with disabilities who are members of statutory health insurance are also entitled to an oral health assessment carried out by a dentist, and to the personalised oral health plan that may result. Such a plan contains medical recommendations for dental hygiene, fluoride treatment, a diet protecting dental health, as well as for the prevention and relief of dry mouth for these patients.



In Bavaria, a children's dental booklet is available, in which the results of checkups are recorded. It is obtainable in every dental surgery and should be taken along to every checkup and appointment for preventive care. The children's dental booklet contains additional fact sheets with tips on healthy teeth, on protection against tooth decay, and on food that is good for your teeth.



## Important:

Besides dental checkups for early diagnosis of illness, the following points are also important for the protection of your teeth and gums:

- Brush your teeth at least twice per day. Best is in the morning before breakfast and in the evening before going to bed.
- After having acidic foods or drinks, wait one hour before brushing your teeth.
- Once a day, the area between teeth should be cleaned using dental floss or a so-called interdental toothbrush.
- The cleaning of children's teeth is important from the first tooth. Up to the age of 8–9 years, you should control the cleaning of a child's teeth, making sure that they are well cleaned.
- Clean teeth with toothpaste containing fluoride (please check age range indicated on the packaging). There are special toothpastes with a fluoride content of 500 ppm for children up to the age of 6 years.
- A healthy diet and, in particular, the avoidance of frequent consumption of drinks and food containing sugar is important.

## 2. Checkups for early diagnosis of illness and preventive care for persons without statutory health insurance

### Services in accordance with the Asylum Seekers' Benefits Law

Asylum seekers and persons who are obliged to leave the country or whose stay is tolerated by international law or on political or humanitarian grounds ("de-facto refugees") cannot normally obtain statutory health insurance. During their first 18 months in the country such persons are entitled, in accordance with the Asylum Seekers' Benefits Law (*Asylbewerberleistungsgesetz*), to necessary treatment for acute or painful illnesses as well as for some certain checkups for early diagnosis of illness and prevention services. There are restrictions, however; for example,

as far as dental prostheses and orthodontics are concerned.

### The following checkups for early diagnosis and prevention services are available:

- checkups for early diagnosis and prevention services during pregnancy and delivery as well as post-natal care
- checkups for early diagnosis and prevention services as available under statutory health insurance: checkups for children and adolescents (U1 to J1, gynaecological checkups for early diagnosis, annual cancer screening for women from the age of 20 and men from the age of 45, as well as a health checkup and skin examination for men and women from the age of 35
- half-yearly preventive dental care
- the usual children's vaccinations; for adults, tetanus, diphtheria and polio vaccination, as well as further vaccinations on the basis of individual risk

### Important:

In order that services can be provided according to the Asylum Seekers' Benefits Act, the doctor first requires a health insurance certificate (Krankenschein). This can be obtained from the local Social Welfare Office (Sozialamt), or from the office at which other services or benefits are obtained. The certificate is valid only for a particular quarter (January to March, April to June etc.).

## Services in accordance with SGB (Civil Code) XII (social security/income support)

In the case of migrants with the right to residence, who are not covered by the Asylum Seekers' Benefits' Act, however, and who have neither private nor statutory health insurance, their entitlement is determined by Civil Code XII (SGB XII). If they are likely to receive social security benefits for more than one month, they will then be covered by statutory health insurance. They will be asked by the Social Welfare Office (*Sozialamt*) to choose a statutory health insurance body (*Krankenkasse*), where they will then be enrolled.

If membership of a statutory health insurance body is not a possibility, application must then be made to the responsible Social Welfare Office for payment of the cost of particular services. Such services are the same as for persons with statutory health insurance cover.



### Important:

One is entitled to such services when one is in a serious plight (insufficient income or assets at one's disposal and no health insurance) and medical treatment is necessary.

### 3. Glossary

**Aneurysm:** An aneurysm is a pronounced bulge in an artery. If such a bulge develops on the abdominal aorta (the large artery in the belly cavity), it may rupture and lead to life-threatening internal bleeding. Men aged over 65 years develop abdominal aortic aneurysms more frequently. They are therefore offered an ultrasound screening test for the early detection of aneurysms. If one is found, it is then checked regularly to assess whether it is growing, and treated with preventive surgery if required.

**Cancer (Krebs):** Cancer (cancer disease) is understood to be the uncontrolled growth of cells. Cancer cells repress or destroy healthy tissue. Every organ of the body can be affected by cancer. Cancer disease is the second most frequent cause of death in Germany after cardiovascular diseases. Nevertheless, more and more patients can be healed. There are very many different forms of cancer, which differ strongly with regard to possibilities of treatment. Through early diagnosis, the risk of dying from cancer can be reduced.

**Cardiovascular diseases (Herz-Kreislauf-Erkrankungen):** Cardiovascular diseases cover a series of diseases that affect the heart, coronary vessels and blood vessels. Arteriosclerosis (arteries blocked by deposits on the inner wall of the vessel) is among the most common diseases, and is often the forerunner of a heart attack (closure of an artery). Heart failure (cardiac insufficiency) is another common disease, in which the heart can no longer provide sufficient blood and oxygen to the tissue). Cardiovascular diseases are the most common cause of death in Germany. However, the occurrence of these diseases can frequently be avoided. A healthy way of life with a low-fat diet, sufficient exercise and doing without nicotine has a protective effect on the cardiovascular system.

**Checkups for early diagnosis (Früh-erkennungsuntersuchungen):** The objective of checkups for early diagnosis is to detect diseases at an early stage (when no symptoms are as yet recognizable) and thus to increase the chances of healing.

**Colonoscopy (Darmspiegelung):** One possibility of detecting intestinal cancer in good time and then treating it is colonoscopy. During a colonoscopy a thin, flexible tube, a so-called endoscope, is led into the intestine. It contains an optical system with which pictures from the intestine are transmitted onto a monitor. During colonoscopy, samples of tissue can be taken that are later examined.

**Diabetes mellitus:** Diabetes mellitus is a chronic metabolic disorder, from which about 7% of the adult German population suffer. Diabetes can crop up at every age, in children and adolescents as well as in older persons. Diabetes mellitus occurs when the body's own insulin cannot manage to transport sugar from food via the bloodstream into the cells. This causes an increase in the level of sugar in the blood. Typical symptoms are, for example, frequent passing of urine, thirst, tiredness, apathy, eye defects and wounds that heal badly. After-effects, such as blindness, heart attacks, strokes and kidney trouble can develop from untreated or insufficiently treated diabetes mellitus.

**Family doctor (general practitioner: GP) (Hausarzt):** A family doctor is a doctor in practice who is usually the first point of call for a patient with health problems. Family doctors in Germany include specialists for general medicine and internists in practice as family doctors.

**Gestosis (Gestose):** Gestosis is a collective term for a range of health problems brought about by pregnancy. Besides higher blood pressure, increased urine protein excretion and the development of oedemas can occur. Gestosis occurs, above all, in very young or older women who are pregnant for the first time. Further risk factors for pregnant women are damaged blood vessels on account of chronic kidney trouble, high blood pressure or diabetes and smoking during pregnancy, as well as being overweight and protein deficiency. Gestosis increases the risk of premature birth and infant mortality. Apart from this, it can lead to a life-threatening complication for the expectant woman.

**Infection (Infektion):** With an infection, germs (pathogenes) invade your body and multiply. Diarrhoea, for example, is an infectious disease, as are respiratory diseases, measles and whooping cough, but also AIDS and malaria.

**Influenza:** Influenza, also known as flu, is an infectious disease caused by influenza viruses, which mostly attack the respiratory tracts and can be accompanied by severe problems and complications, such as pneumonia or inflammation of the heart muscle (myocarditis).



**Insurance card (Versichertenkarte):** The insurance card is issued shortly after enrollment with a statutory health insurance body. Normally it is sent by post. When visiting the doctor, the card is handed over to the receptionist, in order that the costs of treatment can be settled with the health insurance body. The memory chip contains personal details (name, date of birth, address) and the person's insurance number, but no information about state of health or diagnoses.

**Mammography (Mammographie):** During a mammogram the breast is x-rayed, whereby changes in breast tissue become clearly visible.

**Oedema (Ödem):** An oedema is an accumulation of water in tissue.

**Pneumococci (Pneumokokken):** Pneumococci are bacteria (*Streptococcus pneumoniae*) that can cause different diseases, including pneumonia, meningitis and infection of the middle ear (otitis media). The risk of falling ill increases from the age of 60, since the performance of the immune system decreases with age.

**Pregnancy diabetes (Schwangerschaftsdiabetes):** Pregnant women can temporarily contract diabetes mellitus due to hormonal change. The first signs of pregnancy diabetes can be that the woman is very overweight, has an unusually strong thirst, has too much amniotic fluid (in the womb) or has an over-sized child. Pregnancy diabetes, caused by too high a blood sugar level, represents a health risk for the mother and the unborn child, and must be treated. If there is a slight increase in the blood sugar level, keeping to a strict diet is normally sufficient. If the blood sugar level remains high, pregnancy diabetes must be treated with insulin. Normally pregnancy diabetes disappears after the child's birth.

**Preventive care (Vorsorge):** Prevention care describes measures intended to prevent the outbreak of illness. An example of this is cleaning teeth. With regular and proper dental care the occurrence of tooth caries can be prevented.

**Rubella (German measles) (Röteln):** Rubella is one of those children's diseases that adults can also contract. Infection with the rubella virus during pregnancy can cause serious damage to the unborn child (for example, mental disability, deafness and blindness). The earlier in the pregnancy a woman contracts the virus (up until the 18th week of pregnancy) the greater the danger that the child will have a severe disability. This is why a so-called antibody test is carried out during preventive care in pregnancy, to determine whether the expectant mother has already had rubella and is therefore immune to the virus, or whether she must protect herself against an infection. If there is insufficient protection the pregnant woman should reduce contact to children and large crowds of people, or avoid them altogether. The best protection, however, is vaccination during childhood (girls aged between 11 and 13), or as an adult before becoming pregnant.

**Screening:** Screening describes a series of tests. In connection with breast cancer, screening is the examination of all women between 50 and 69 years of age at regular two-yearly intervals.

**Screening units (Screening-Einheiten):**

These medical facilities specialize in mammogram screening and are subject to strict quality demands. Mammogram pictures are made and if deviations are detected further analyses are carried out. Screening units are run by specially trained doctors.

**U booklet (U-Heft):** The results of children's checks (U checkups) are recorded in the U booklet. The U booklet additionally contains important information; for instance, tables with the weight and height that a child should have at a particular age. The U booklet is issued after the first checkup (U1) and should be taken along to all checkups for children and adolescents.

**Vaccination booklet (Impfpass):** The doctor records in the vaccination booklet when particular vaccinations took place. Since children's vaccinations generally take place during routine children's checkups, the vaccination booklet and the "U" booklet should be taken along to all "U" checkups, as well as to the "J1" checkup. If you do not have a vaccination booklet, your doctor will give you one. Adults should also take along their vaccination booklet to every vaccination appointment, and also when travelling abroad.





## 4. Addresses

Institution/Contact	Description
<p><b>AIDS-Hilfen in Bayern</b> Contact details for individual AIDS-Hilfe groups can be found on the following Websites: <a href="http://www.muenchner-aidshilfe.de">www.muenchner-aidshilfe.de</a> <a href="http://www.augsburg.aidshilfe.de">www.augsburg.aidshilfe.de</a> <a href="http://www.aidshilfe-nuernberg.de">www.aidshilfe-nuernberg.de</a> <a href="http://www.aidshilfe-regensburg.de">www.aidshilfe-regensburg.de</a></p>	<p>Non-profit AIDS-Hilfen in Bavaria offer advice on the telephone. They also provide information on questions concerning "safer sex", "safer use" and possible risks of infection as well as on the HIV antibody test.</p>
<p><b>Bayerische Krebsgesellschaft e. V.</b> Nymphenburger Straße 21a 80335 München Tel.: 089 5488400 Fax: 089 54884040 <a href="mailto:info@bayerische-krebsgesellschaft.de">info@bayerische-krebsgesellschaft.de</a> <a href="http://www.bayerische-krebsgesellschaft.de">www.bayerische-krebsgesellschaft.de</a></p>	<p>The non-profit Bavarian Cancer Society promotes the interests of people suffering from cancer. It offers, among other things, advice and support for cancer sufferers and their relatives, promotes cancer prevention and preventive health care, and also supports cancer research in the field of psychooncology. It supervises the large number of self-help groups through psycho-social centres throughout Bavaria, and publishes a wide range of brochures and guides.</p>
<p><b>Bayerische Landesarbeitsgemeinschaft Zahngesund-heit e. V. (LAGZ)</b> Fallstraße 34 Zahnärztehaus 81369 München Tel.: 089 7233981 Fax: 089 7235701 <a href="mailto:info@lagz.de">info@lagz.de</a> <a href="http://www.lagz.de">www.lagz.de</a></p>	<p>LAGZ, the Bavarian Working Group on Dental Health, promotes the dental health of children and adolescents in Bavaria. Together with statutory health insurance bodies, dental experts from health authorities and dental surgeries, it carries out groupbased preventive care in schools and day nurseries.</p>

## Institution/Contact

## Description

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### **Bayerische Landesärztekammer (BLÄK)**

Mühlbauerstraße 16  
81677 München  
Tel.: 089 41470  
Fax: 089 4147280  
info@blaek.de  
www.blaek.de

BLÄK, the Bavarian Medical Society, is the statutory professional representation of all doctors in Bavaria. Its duties include safeguarding the professional concerns of doctors within the framework of statutory regulations, monitoring compliance with professional obligations, promoting further medical training and participation in public health care. On the BLÄK Website you will find emergency telephone numbers and information for patients in different languages as well as information on self-help groups.

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### **Bayerische Landeskammer der Psychologischen Psychotherapeuten und der Kinder- und Jugendlichenpsychotherapeuten (PTK Bayern)**

Postal address:  
Postfach 151506  
80049 München  
Street address:  
Birketweg 30  
80639 München  
Tel.: 089 5155550  
Fax: 089 51555525  
info@ptk-bayern.de  
www.ptk-bayern.de

PTK Bayern is the statutory professional representation of psychological psychotherapists and child and adolescent psychotherapists in Bavaria. The diverse tasks of PTK Bavaria include representation of the interests of psychotherapists in Bavaria, participation in public health care, in particular the prevention and treatment of mental disease, as well as further training and professional supervision. On the PTK Bavaria Website you will find further information and help in finding a psychological psychotherapist or child and adolescent psychotherapist in Bavaria.

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Institution/Contact	Description
<p><b>Bayerische Landes Zahn- ärztekammer (BLZK)</b> Flößbergasse 1 81369 München Tel.: 089 2302110 Fax: 089 230211128 blzk@blzk.de www.blzk.de</p>	<p>BLZK, the Bavarian Dental Society, is the statutory representation of all dentists in Bavaria. It actively supports the rights and interests of dentists as well as the promotion and maintenance of public oral health. At the same time, it stands for quality in dental medicine as a result of scientifically wellfounded concepts for prevention and treatment, which are orientated towards the needs of individual patients. The protection of patients is of prime importance.</p>
<p><b>Bayerischer Hebammen Landesverband e. V. (BHLV)</b> Brucker Straße 6 85221 Dachau Tel.: 08131 3379740 Fax: 08131 3379436 gs@bhlv.de www.bhlv.de</p>	<p>The BHLV (Bavarian Midwives Association) is an association of midwives, including self-employed midwives. Its aim is protection of the interests of its members and enhancement of the reputation of midwives among the general public. The Association helps parents-to-be to find a midwife. Contact to local midwives is organized for care during pregnancy and delivery, as well as during confinement and breastfeeding.</p>
<p><b>Bayerisches Landesamt für Gesundheit und Lebens- mittelsicherheit (LGL)</b> Headquarters: Eggenreuther Weg 43 91058 Erlangen Tel.: 09131 68080 Fax: 09131 68082102 poststelle@lgl.bayern www.lgl.bayern.de</p>	<p>The LGL (Bavarian State Office for Health and and Food Safety) is an inter-disciplinary public authority, which provides services relating health and consumer protection policy in Bavaria. Its tasks include research and other projects, investigation of the health situation of the population in Bavaria and of food and fodder, as well as the monitoring and control of drinking water.</p> <p>On the LGL Website you will find a great deal of information on different aspects of health promotion and prevention (for example, diet/nutrition, healthy sleep for babies, vaccination, hearing tests and tests for newborn babies).</p>

## Institution/Contact

## Description

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### **DONUM VITAE in Bayern e. V.**

State office  
Luisenstraße 27  
80333 München  
Tel.: 089 51556770  
Fax: 089 51556777  
info@donum-vitae-bayern.de  
www.donum-vitae-bayern.de

Donum Vitae offers advice and prevention services around the topic of pregnancy. Pregnant women who are uncertain about abortion can visit one Donum Vitae advice centres in Bavaria. Ways are sought to help and support the women concerned in their decision-making.

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### **Gesundheitsämter**

You can find the addresses of all local public health authorities in Bavaria on the internet at [www.freistaat.bayern/dokumente/boehoerdeordner/7555456214](http://www.freistaat.bayern/dokumente/boehoerdeordner/7555456214)

Local public health authorities offer the public health-related information, health education and advice. Their duties include checkups for children starting school, advice on vaccination, support for the mentally ill, people with addiction problems, and disabled persons. Health authorities are also responsible for monitoring and control (hygiene in treatment and care facilities, nursing homes, drinking water and swimming pools), and they provide advice on questions of environmental medicine.

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### **Kassenärztliche Vereinigung Bayerns (KVB)**

State office  
Street address:  
Elsenheimerstraße 39  
80687 München  
Postal address:  
80684 München  
info@kvb.de  
www.kvb.de

The KVB (Bavarian association of doctors providing medical care under the statutory health insurance system) represents the rights and interests of qualified doctors and psychotherapists in dealings with statutory health insurance bodies and policy makers, and they guarantee the medical and psychotherapeutic care of the population in Bavaria. Patients can use the search engine on the KVB Website to find a doctor or psychotherapist in practice in Bavaria. The Website also offers useful information on matters of health (for example, vaccination, cancer screening and Alzheimer's disease).

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Institution/Contact	Description
<p><b>Kassenzahnärztliche Vereinigung Bayerns (KZVB)</b> Fallstraße 34 81369 München Tel.: 089 724010 Fax: 089 72401291 presse@kzvb.de www.kzvb.de</p>	<p>The KZVB (Bavarian association of dentists providing dental care under the statutory health insurance system) is a service organization that promotes highquality dental care in Bavaria. It also organizes the emergency dental service in Bavaria. Patients can turn to the KZVB advice centre with questions concerning dental bills or treatment and cost schedules. Advice is free of charge.</p>
<p><b>Koordinierungsstelle der bayerischen Suchthilfe (KBS)</b> Lessingstraße 1 80336 München Tel.: 089 536515 Fax: 089 5439203 info@kbs-bayern.de www.kbs-bayern.de</p>	<p>The KBS is a committee of representatives of independent welfare organizations that provides help and support for addicts and potential addicts. The purpose of the KBS is the promotion and development of support for addicts in Bavaria. Its tasks include the drawing up of statements on health-promoting socio-political developments relevant to addicts, as well as the provision of information and a forum for the exchange of professional information among all institutions concerned with questions of addiction.</p>
<p><b>Landesarbeitsgemeinschaft der Freien Wohlfahrtspflege in Bayern (LAGFW)</b> Lessingstraße 1 80336 München Tel.: 089 544970 Fax: 089 54497187 Info@freie-wohlfahrtspflege- bayern.de www.freie-wohlfahrtspflege- bayern.de</p>	<p>The LAGFW is an alliance of central independent welfare organizations in Bavaria (AWO – Workers’ Welfare, Bavarian Red Cross, Caritas, Diakonisches Werk, Paritätischer Wohlfahrtsverband and Landesverband der Israelitischen Kultusgemeinden in Bavaria), which promote social welfare and health care. It offers a large number of advisory services, many of which are specifically directed at migrants in their own languages (initial advice for migrants, migration services for young people and refugee services). Contact details for individual organizations can be found on the LAGFW Website: <a href="http://www.freie-wohlfahrtspflege-bayern.de">www.freie-wohlfahrtspflege-bayern.de</a></p>

## Institution/Contact

## Description

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### **Landesgesundheitsrat Bayern**

Main office:

Bayerisches Staatsministerium für  
Gesundheit und Pflege Referat 31

Haidenauplatz 1

81667 München

Postfach 800209

81602 München

Tel.: 089 540233391

[lgr@stmgp.bayern.de](mailto:lgr@stmgp.bayern.de)

[www.stmgp.bayern.de/](http://www.stmgp.bayern.de/)

[ministerium/behoerden-und-](http://www.stmgp.bayern.de/ministerium/behoerden-und-gremien/lgr/)

[gremien/lgr/](http://www.stmgp.bayern.de/ministerium/behoerden-und-gremien/lgr/)

The Landesgesundheitsrat Bayern (Bavarian Health Council) is made up of experts from a wide range of institutions in the Bavarian health system. It advises the Bavarian *Landtag* (Parliament) and the Bavarian Government on all issues concerning public health, thus contributing to health-related decision-making in Bavaria.

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### **Landesverband Bayern der Angehörigen psychisch Kranker e. V. (LApK)**

Pappenheimstraße 7

80335 München

Tel.: 089 51086325

Fax: 089 51086328

[info@lapk-bayern.de](mailto:info@lapk-bayern.de)

[www.lapk-bayern.de](http://www.lapk-bayern.de)

The LApK (Bavarian association of relatives of the mentally ill) is a non-profit umbrella organization of self-help groups of relatives. Individual members of self-help groups join together to improve the situation of the mentally ill and their relatives. The LApK offers the following: advice and information, support of groups of relatives, information and training programmes, further training for group leaders as well as conferences on particular topics.

The LApK also offers advice to non-members.

## Institution/Contact

## Description

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### **Landeszentrale für Gesundheit in Bayern e. V. (LZG)**

Geisenhausenerstraße 18  
81379 München  
Tel.: 089 72441930  
info@lzg-bayern.de  
www.lzg-bayern.de

The LZG (State Office for Health in Bavaria) is an alliance of numerous institutions and associations that are active in the field of health promotion and prevention. Their activities focus on the provision of information to the public on topics of relevance to health, co-operation and co-ordination with local and regional institutions, further training of health service employees, promotion of the health-related activities of member associations and support for businesses and companies in the development of in-company health promotion.

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### **Mammographie-Screening Bayern**

Central office:  
Postfach 210360  
80673 München  
Tel.: 089 5454640200  
Fax: 089 5709364931  
screening@zentralestellebayern.de  
www.mammographie-bayern.de

The central Mammography Screening office answers questions concerning mammography and provides information on places to contact for mammography screening. Screening appointments can be made through the central office.

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### **open.med**

Open.med-Hotline:  
0177 5116965  
(Mo – Fr 9.30 am to 5.00 pm)  
Tel.: 089 45207658  
Fax: 089 45207657  
openmed@aerztederwelt.org

open.med is the medical contact point of the “Ärzte der Welt” – Doctors of the World – (in co-operation with “Café 104”) organization for people without health insurance. Open.med doctors offer free medical care, advice, the organization of further medical services, education and support for health-related prevention. Further information can be obtained at: [www.gesundheit-ein-menschenrecht.de/kontaktstellen/bayern](http://www.gesundheit-ein-menschenrecht.de/kontaktstellen/bayern)

Institution/Contact	Description
<p><b>pro familia Landesverband Bayern</b>            Bahnhofstraße 24            94032 Passau            lv.bayern@profamilia.de            pro familia online counselling available at            www.sextra.de</p>	<p>Pro familia counselling services offer medical, psychological and social work counselling on partnership and sexuality, on family planning, and on pregnancy. All counselling services are officially recognised family planning counselling centres. They can issue a certificate of consultation.</p> <p>Counselling services available at, among others, the following locations:</p> <p>Augsburg: Tel. 0821 4503620            Bamberg: Tel. 0951 133900            Ingolstadt: Tel. 0841 3792890            München: Tel. 089 3300840            Nürnberg: Tel. 0911 555525</p>
<p><b>Prop e.V. Verein für Prävention, Jugendhilfe und Suchttherapie</b>            Main Office            Landwehrstraße 31            80336 München            Tel.: 089 55879830            Fax: 089 558798329            info@prop-ev.de            www.prop-ev.de</p>	<p>Prop e.V. is a non-profit association whose activities focus on prevention, support for young people and addiction therapy. Its wide range of services include early diagnosis and prevention courses for children and adolescents, advice for addicts and their relatives, out-patient therapy and after-care as well as in-patient drug and social therapy.</p> <p>Central telephone counselling service for people with addiction problems: 0800 0007767</p>
<p><b>Drogennotdienst L43:</b>            Landwehrstraße 43 (Rgb)            80336 München            Tel.: 089 54908630            Fax: 089 54908640            drogennotdienst@prop-ev.de</p>	<p>From the emergency drug service you can obtain free and unbureaucratic advice on the telephone and in person around the clock. Here, there is also a café that is open during the day and a place to sleep in an emergency.</p>



## Institution/Contact

## Description

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### **REFUGIO München**

Rosenheimer Straße 38  
81669 München  
Tel.: 089 9829570  
Fax: 089 98295757  
info@refugio-muenchen.de  
www.refugio-muenchen.de

REFUGIO Munich, the advice and treatment centre for refugees and victims of torture offers not only psychotherapy and medical examination and appraisal but also social advice and support.

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### **Screeningzentrum**

Bayerisches Landesamt für  
Gesundheit und Lebensmittel-  
sicherheit  
Veterinärstraße 2  
85764 Oberschleißheim  
Tel.: 09131 68085204  
screening@lgl.bayern.de

The Screening Centre at the Bavarian Office for Health and Food Safety is the statewide coordination office for newborn screening, and is available to answer your questions or those of your paediatrician.

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### **Selbsthilfekoordination Bayern (SeKo)**

Handgasse 8  
97070 Würzburg  
Tel.: 0931 20781640  
Fax: 0931 20781646  
selbsthilfe@seko-bayern.de  
www.seko-bayern.de

SeKo (Self-help Co-ordination Bavaria) is an institution for the statewide networking and support of self-help in the health and social areas. It is responsible for public relations on the topic of selfhelp in Bavaria and trains self-help contact points at a local level. It provides assistance in the setting up of new facilities for self-help support as well as networking of people with rare illnesses, problems or concerns.

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Institution/Contact	Description
<p><b>Unabhängige Patientenberatung Deutschland – UPD gGmbH</b>  Tempelhofer Weg 62  12347 Berlin  www.patientenberatung.de</p>	<p>UPD (Independent Patient Advice) is an association of regional and nationwide advice centres. They offer neutral advice, on the telephone or in person, on health-related legal matters as well as information on health topics and on supplementary regional services.</p> <p>Nationwide telephone help-line (free of charge):  0800 0117722 (in German)  0800 0117723 (in Turkish)  0800 0117724 (in Russian)  0800 33221225 (in Arabic)</p>
<p><b>Verbraucherzentrale Bayern</b>  Mozartstraße 9  80336 München  Tel.: 089 5527940  Fax: 089 552794451  info@vzbayern.de  www.verbraucherzentrale-bayern.de</p>	<p>The Consumer Advice Centre Bavaria is a nonprofit organization that offers information and advice on matters such as consumer law, insurance, health insurance, pension funds, diet and nutrition, environment and energy saving. It also organizes talks, group-based consultation as well as courses and training programmes for multipliers (teachers, educators etc.), and it offers information leaflets and brochures on the above-mentioned topics.</p>
<p><b>VdK-Landesverband Bayern e. V.</b>  State office  Schellingstraße 31  80799 München  Postal address:  Postfach 340144  80098 München  Tel.: 089 21170  Fax: 089 2117258  info.bayern@vdk.de  www.vdk.de/bayern</p>	<p>The VdK Social Welfare Association is a self-help organization for pensioners, disabled persons, the chronically ill, people in need of nursing care and their relatives, families, older workers and the unemployed. The association advises and represents its members in legal matters.</p> <p><b>‘Leben im Alter’ (Life in old Age) Helpline</b>  Tel.: 089 2117112   lebenimalter.bayern@vdk.de</p> <p><b>‘Leben mit Behinderung’ (Living with a Disability) Helpline</b>  Tel.: 089 2117113   lebenmitbehinderung.bayern@vdk.de</p> <p><b>Personal counselling available at:</b>  Infocentre des VdK Bayern (VdK Infocentre Bavaria)  Schellingstraße 31, 80799 München</p>



# Stay healthy – early diagnosis and prevention services for children and adults

You live in Bavaria and you are healthy. You want it to stay like that, but you do not know about the varied services of the Bavarian health system. This brochure informs you of the possibilities for prevention and early diagnosis of illness that you can make use of, to actively protect your health and to combat illnesses in good time.

What, for instance, is a health checkup? What does early diagnosis of cancer mean? Which checkups are available for children and adolescents? When should you protect yourself through vaccination? Which dental checkups can you take advantage of, in order to keep your teeth healthy throughout your life? This brochure answers these and many other questions. You will also find the addresses of different health facilities in Bavaria.

This guide was received from:



**Das Gesundheitsprojekt**  
**Mit Migranten für Migranten**  
**in Bayern**