

# JOURNAL

FOR PRIVATE MEDICINE



## Excellence in diagnosis & treatment of cancer

WPK Academy Central European Cancer Center

### In the centre:

#### Bones and joints

Orthopaedics and traumatology

### Precision thanks to innovation

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developments in medicine



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# Marketing and International Business Department

YOUR TASKFORCE FOR HEALTH! [info@wpk.at](mailto:info@wpk.at)

We are happy to assist international patients to access Wiener Privatlinik First Class Medicine. Over the years we have achieved substantial recognition and trust with international patients. We offer a variety of support services as listed below. Should you have any question please write us.

- Handling information requests for the hospital's services, programs and physicians
- Locating the right physician to meet the patient's specific needs
- Scheduling appointments, including consultations and follow-up care as well as Deluxe Check-up Programs
- Facilitating communication with physicians, family, and friends at home
- Assisting with the selection of rehabilitation clinics
- Arranging translations and interpreter services in many languages
- Giving visa support via letter of invitation
- Processing medical cost estimations
- Arranging medical transportations to and from hospital
- Accommodating religious and cultural needs (for example specially prepared meals)
- Arranging technical equipment (such as tablet or fax) if required
- Organizing VIP transport (to and from airport and within the city) in following languages: German, English, Russian, Romanian
- Accommodation assistance for patient's family members at partner hotels and apartments in Vienna at special rates
- ...anything else that helps make your stay more comfortable.

## MIB Department, WHO WE ARE

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Dr. Walter Ebm  
Head of Wiener Privatlinik Holding AG.

# Our standard: the highest level of quality

*Wiener Privatlinik is among the best hospitals in the world. Here, our patients have access to leading doctors, outstanding nursing staff, the very latest diagnostic procedures and comprehensive treatments.*

Wiener Privatlinik (WPK) was named one of the best hospitals in the world by the prestigious US magazine "Newsweek" and is now officially ranked among the "World's Best Hospitals 2021".

We are very proud of this. We believe that the quality of our medical and nursing care was especially decisive in being included in the select group of "World's Best Hospitals". We will make every effort to live up to this title in the future and to further strengthen the quality of our medical services.

Wiener Privatlinik has always striven to bring together the best doctors, especially leading doctors from the Medical University of Vienna. Vienna's medical school continues to enjoy international renown. As a private hospital, we have the option to choose doctors who are at the top of their field.

The best quality can be guaranteed only with the best employees. Therefore, our nursing staff has excellent training and care for patients in an understanding and human manner, because being a private hospital allows us to offer good remuneration and working conditions.

In recent years, Wiener Privatlinik has made significant investments in a wide range of diagnostic possibilities. This is for good reason: early diagnosis can lead to the best possible success with healing for many diseases. At Wiener Privatlinik, magnetic resonance imaging (MRI), comput-

er tomography (CT), PET/CT hybrid imaging and nuclear medical exams are being performed, among other procedures.

One recent development is the addition of a radiotherapy centre at Wiener Privatlinik. We are able to use this to offer comprehensive treatment to cancer patients - from diagnosis across all treatment options to follow-up care.

We have also proven that WPK has earned its place among the best hospitals in the world with our handling of the COVID-19 pandemic. From the start, we consistently focused on the maximum safety for our patients. We were the first to introduce access restrictions and controls at a time when other hospitals were still fully open to the public. We have seen that this was the correct course of action. We were able to limit the disease to very few individual cases in our hospital. There were no serious cases at WPK.

The pandemic will hopefully soon be over but our standard of offering the highest level of medical and nursing care is still in place.

Kind regards,



Dr. Walter Ebm



### IMPRINT

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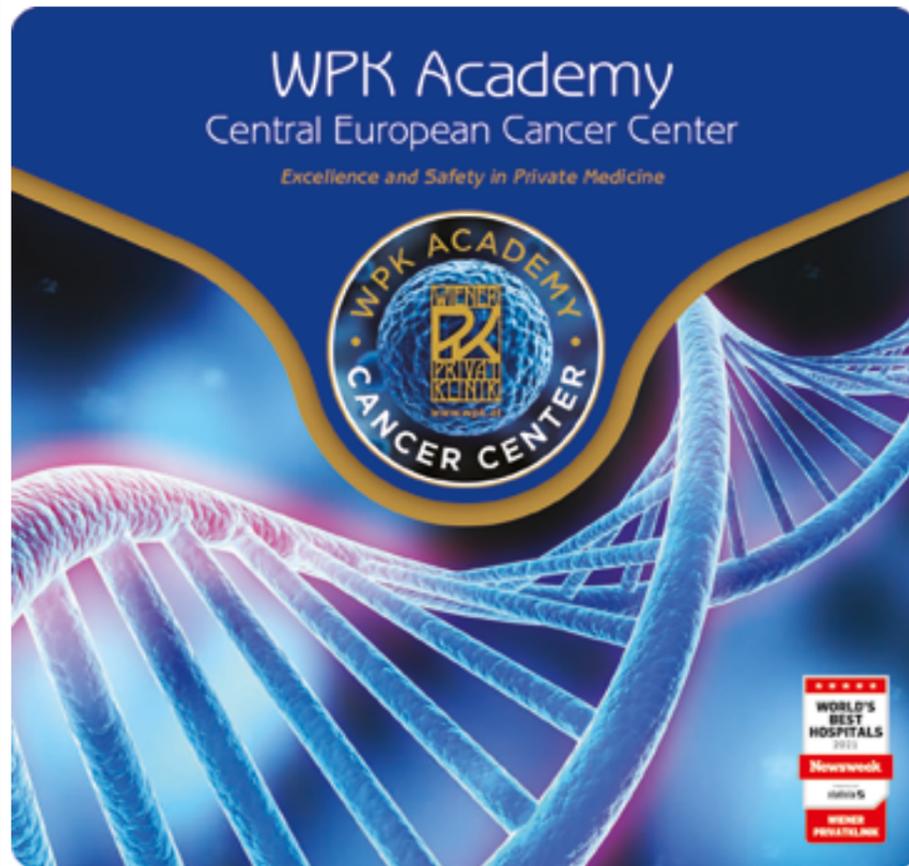
**Univ.-Prof. Dr. Christoph Zielinski**  
Professor of Oncology  
Medical Director of WPK  
Director of WPK Academy  
Central European Cancer Center

## Innovative methods of cancer diagnosis and treatment

Renowned for its multidisciplinary approach, the WPK Academy Central European Cancer Center is a private European institution pioneering significant innovations and clinical methods for treating cancer, ranging from sophisticated diagnostic tests to unique interdisciplinary solutions, all delivered in a warm, supportive, and patient-focused environment.

Here at the Central European Cancer Center, the highly specialized physicians, who care for the patients, have a remarkable global reputation in diagnosing and treating cancer. Their frequent participation in and contribution to first-class international cancer conferences and seminars make for the most apt and up-to-date solutions for cancer treatment, including precision diagnostics and subsequent targeted therapies in a timely fashion.

Interdisciplinary cooperation between different fields such as radiology, pathology, surgery, medical oncology, and radiotherapy is crucial.



# World-class cancer diagnostics & treatment

*Individual and personalised treatment can be provided to patients with cancer through cooperation between highly qualified doctors within a single multidisciplinary team.*

Since its founding, the Wiener Privatklinik ("Vienna Private Clinic"; WPK) has aimed to offer patients the best medical treatment in a premium environment, as well as individual care and support. As such, our guiding principle is to diagnose and treat cancer in line with the highest international standards, through individual medical and personal care.

Thanks to its location at the heart of the university district, the WPK is home to numerous internationally renowned doctors from Vienna's university hospitals. We can therefore provide our patients with the

latest evidence-based treatment methods, a technologically advanced environment and treatment by highly qualified nursing staff.

### Center for Radiology & Nuclear Medicine

The computer-aided high-tech medical equipment at the WPK Radiology Center facilitates multifaceted diagnostic routines and special analyses. Our state-of-the-art magnetic resonance tomography (MRT) and multi-slice computer tomography machines offer results of the highest quality, while being the most gentle and comfortable equip-



**Univ.-Doz. Dr. Martin Funovics**  
Associate Professor of Radiology

*"Interventional radiology has become an indispensable tool in a multidisciplinary treatment approach for a wide range of diseases."*

ment available on the market today. Qualified specialists working together with the attending physicians ensure individual supervision of patients, without long wait times. The WPK Radiology & Nuclear Medicine Center unites all common radiological examinations under one roof.

### Interventional Radiology & Image-Guided Pain Therapy

In times of personalized medicine and minimally invasive treatment strategies, interventional radiology is an indispensable partner for many specialties.

Biopsies can be taken from virtually all organs to diagnose a disease, to perform molecular analyses to identify treatment targets, or to monitor treatment response. Interventional pain therapy can control otherwise intractable pain by placing medication directly into the structure responsible. In the vascular domain, stent grafts are placed to prevent dangerous aneurysms of the large arteries. Fluid collections and abscesses can be drained with CT or ultrasound-guided punctures, often sidestepping open surgery. Occluded bile ducts or kidneys can be temporarily or permanently drained to restore organ function. At the WPK, interventional radiology services are provided by highly experienced operators with over 20 years of full-time experience in interventional procedures using state-of-the-art imaging facilities including PET,



State-of-the-art equipment, such as magnetic resonance imaging or computer tomography, allows for rapid treatment.

angiography and high-resolution ultrasound offered at the Radiology Center.

### Precision Medicine: Immuno-Oncology

Immuno-oncologic therapies activate the immune system of the cancer patient, thus enabling it to recognize and destroy tumour cells. Currently, immuno-oncology compounds are registered for an abundance of cancers, while we witness the new treatment revolution unfold. Evidence from clinical trials shows that the results of immuno-oncologic therapies are effective for extended periods of time. This important innovative feature of immuno-therapy offers hope for long-term survival to many patients whose prognosis would have been bleak in the past.

The WPK Academy Central European Cancer Center team is com-

prised of highly specialized experts, who carefully monitor the constant progress of the treatment and counteract any potential side-effects. Every patient receives treatment plans tailored to their needs, the treatment options ranging from standard chemotherapy and surgery to revolutionary personalized cancer treatments and immuno-oncologic remedies.

### Vienna International Center for Breast Oncology

The Breast Health Center provides comprehensive breast health services, offering under one roof all necessary medical disciplines from oncology, surgery and radiology to radio-oncology, pathology, and genetic counselling. All aspects of modern diagnosis, treatment and follow-up are fully covered at the WPK, our goal being to individualize



**Univ.-Prof. Dr. Wolfgang J. Köstler**  
Associate Professor of Medicine, Consultant, Hematologist and Oncologist

*"When it comes to cancer, second-best is not enough."*



**Univ.-Prof. Dr. Florian Fitzal**  
Professor of Surgery

*"The goal in breast cancer surgery is to achieve the best possible oncologic result with an optimal cosmetic outcome at the first surgical attempt."*



**Assoc.-Prof. Priv.-Doz. Dr. Emanuel Sporn**  
Associate Professor of Surgery

*"We are successfully fighting breast cancer by modern surgery and a tailored multimodal approach."*



The use of modern ultrasound equipment is a standard part of treatment.

Photos: nunofoto.com, private

Photos: WPK Radiology Center, WPK, Xandra M. Linares, Richard Tanszer, Shutterstock

### KEY INFO

- Multidisciplinary approach
- Leading innovations and clinical methods
- Supportive and patient-oriented environment



**Univ.-Prof. Dr. Walter Klepetko**  
Professor of Thoracic Surgery

*"In recent years, minimally invasive surgery has increasingly established itself as the standard procedure for early cancer stages."*



Operations are carried out by leading medical experts.

cancer therapies to intervene at the right time with the right solution.

An interdisciplinary board of experts decides on each individual treatment plan. In this respect, the primary case manager, usually from the medical or surgical oncology panel, is responsible for the patient's healing journey, after finding the best clinical solution in close cooperation with the other members of the multidisciplinary team.

**Vienna International Center for Thoracic Oncology (VICTO)**

The VICTO consists of a group of highly renowned surgeons, oncologists, and radiologists, who aim to provide all the necessary services related to the treatment of thoracic malignancies at the cutting edge of medical science.

We provide fast and direct access to the best diagnostic and therapeutic

tools, doubled by frontline therapy at the highest level of quality for all types of thoracic tumours.

**Cancer Surgery: Colorectal Cancer**

One of the most common oncologic indications for abdominal surgery is the treatment of colorectal cancer with approximately one million new cases each year worldwide. Together with radiation therapy and chemotherapy, the radical removal of a malignant colorectal tumour is the most important step in the recovery process. Applying the keyhole technique (small, barely visible incisions, using high-definition optics and high-tech instruments), the Wiener Privatklinik offers the most advanced treatments, using minimally invasive surgery to reduce tissue trauma and scarring. The results are impressive, leading

to faster recovery and less postoperative pain, early mobilization, and quick restoration of the bowel function.

Since most patients confronted with this diagnosis are afraid of losing control of their bowels and living with a permanent colostomy (abdominal bag) in addition to battling cancer, we put a special emphasis on the preservation of the anal sphincter and continence function. The WPK has a team of dedicated colorectal surgeons with extensive expertise in oncological surgery, which is why fewer than ten percent of our patients end up needing a colostomy.

**Center for Urology**

Offering all the available treatment options – from surgical removal of the entire prostate to the increasingly more common active surveillance (depending on how aggressive the tumour is) – a representative number of first-class urologists work at the WPK, treating not only prostate cancer, but also prostate enlargement, erectile dysfunction, or testosterone deficiency.

The perfect blend between state-of-the-art infrastructure and excellent service-oriented standards makes us the only private hospital in Austria offering a full treatment spectrum: staging, tumour board, preparation, therapy and follow up.

NEW: The Center of Urology offers Lutetium-PSMA-directed therapy based on radioactive treatment (radiation from within). Patients with



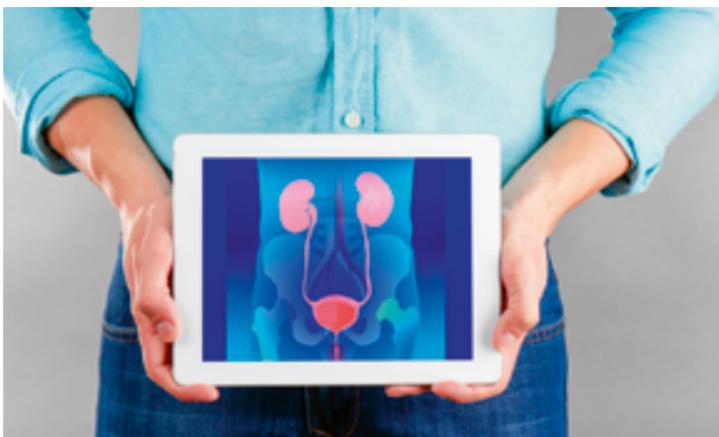
**Univ.-Prof. Dr. Harald Rosen**  
Professor of Surgery

*"Minimally invasive surgery has become the standard of care for most procedures in general, including visceral surgery. However, exact knowledge of the patient's individual situation is mandatory for choosing the optimal surgical treatment plan."*



**Univ.-Prof. Dr. Georg Schatzl**  
Professor of Urology

*"All men aged 45 and up should undergo a regular screening at least once a year, while risk and prostate cancer patients have to do it more frequently."*



In addition to treating prostate cancer, the urology department also focuses on benign enlargement of the prostate, erectile dysfunction, and testosterone deficiency.

The WPK also focuses on the genetic causes of cancer.



prostate cancer have an additional option even when they have exhausted all "classical" therapy options.

**Center for Bone & Soft Tissue Tumours**

Bone and soft tissue tumours are rare diseases. They often affect children, adolescents, and adults. Without professional treatment, they can lead to tragic situations for the patient.

Fortunately, thanks to our leading specialists and state-of-the-art diagnostic and care facilities, surgery and modern chemotherapy can usually save life and limb.

**Head & Neck Cancer: Ear, Nose & Throat Surgery**

Head and neck (H&N) tumours are the seventh most frequent type of cancer. Due to their higher alcohol and tobacco consumption, men are more frequently affected than women, while another significant risk factor pertaining to both genders is a human papillomavirus (HPV) infection.

For an accurate evaluation, the WPK offers a complete tumour staging including endoscopic examination, voice and swallowing diagnosis,

radiologic examination, and biopsy for histological verification. Based on this comprehensive analysis, our multidisciplinary tumour board recommends optimal treatment solutions for obtaining the best outcomes, including the rehabilitation of post-treatment effects like voice problems, or swallowing difficulties.

**Center for Microtherapy**

In recent years, therapy has rapidly evolved from open surgery to minimally invasive surgical procedures:

microtherapy. Microtherapy involves only a small pinprick under local anaesthesia and the use of instruments like needles, catheters and tubes guided by X-rays, computer tomography and ultrasound to target specific parts of the body, so

as to avoid injuring vital anatomical structures like nerves, blood vessels or organs. The advantages of this treatment are numerous and range from the avoidance of general anaesthesia, minimal risk of infection and complication, the lack of actual scarring, and reduced post-operative pain to a generally shorter hospital stay and a faster recovery.

The Center for Microtherapy at the WPK offers image-guided and minimally invasive therapy options for treating diseases of various organs or body parts. The best specialists in

Preventive screening can reveal head or neck tumours.



Modern analytical methods in molecular medicine are a benchmark of our work at the WPK.



**Dr. Bernd Bursa**  
Urology & Andrology Specialist

*"No matter how focused and technologically advanced our medical treatments are today – taking care of you as our patient is still our main priority!"*



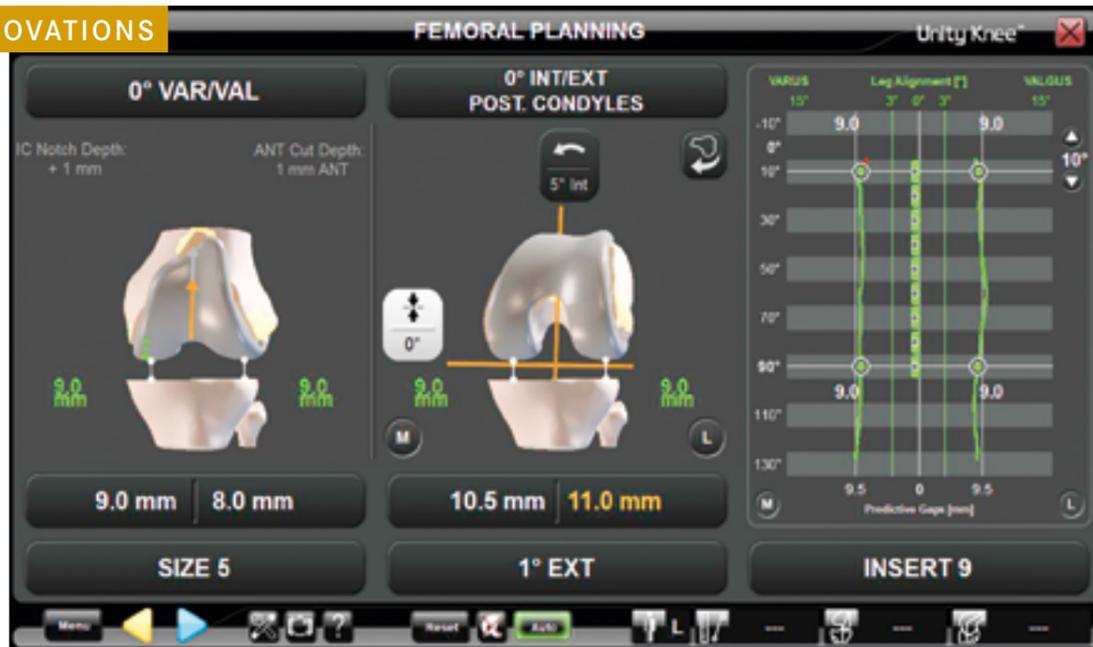
**Prim. A.o. Univ.-Prof. Dr. Peter Ritschl**  
Professor of Orthopedic Surgery

*"Even in big bone and soft tissue tumours, limb sparing surgery avoids amputation in more than 95 per cent of cases."*



**Univ.-Prof. Dr. Berit Schneider-Stickler**  
Associate Professor of ENT Surgery

*"Based on this comprehensive analysis, our multidisciplinary tumour board recommends optimal treatment solutions for obtaining the best outcomes, including the rehabilitation of post-treatment effects like voice problems, or swallowing difficulties."*



Robot-supported knee joint operations allow for a new degree of precision.

## Precision thanks to innovation

*Latest from the Wiener Privatklinik: robot-supported knee joint replacement operations, video-assisted laparoscopic prostate operations and endobronchial ultrasound procedures.*



**Univ.-Prof. Dr. Christoph Zielinski**  
Medical director of the Wiener Privatklinik

*"When it comes to the latest and most modern developments in medicine, the Wiener Privatklinik is at the beating heart of progress."*

"When it comes to the latest and most modern developments in medicine, the Wiener Privatklinik is at the beating heart of progress. We are proud that we can offer our patients the latest diagnostic, therapeutic and interventional methods," Univ.-Prof. Dr. Christoph Zielinski, medical director of the Wiener Privatklinik (WPK), affirmed.

### Knee joint replacement operation

One of three treatment procedures that have recently been established at the WPK is the robot-supported knee joint replacement operation. Dr. Richard Maier, a specialist in trauma surgery at Baden's Joint Centre and co-founder of the Centre of Excellence for Joint Surgery at the WPK, explains: "It consists of a combination of surgical navigation and an operation robot, through which the precision is significantly greater than in any previous method."

The state-of-the-art Omni Robotics System by Corin is the only system that can undertake digital analysis during a knee joint replacement operation to identify the ideal ligament tension of a knee joint on an individual basis. From this, a computer calculates the optimal three-dimensional position for the prosthesis and determines the outcomes of both axle and movement even before the prosthesis has been implanted. "Using the navigation data

and the high-precision cross-section with the mini-robot, the knee joint prosthesis can then be implanted with a hitherto unrivalled level of precision," Dr. Maier says.

And with that, the WPK proves to be at the cutting edge of innovation once again: "The WPK has the second system of its kind found in Austria to this day and is therefore amongst the vanguard of the most technologically advanced hospitals in Europe," Wolfgang Covi, MBA, Country Manager Austria for the company Corin, emphasises.

### Endobronchial ultrasound

Since July of this year, the WPK has been home to a state-of-the-art bronchoscopy unit, with which endobronchial ultrasound biopsies (EBUS) can also be performed. EBUS is a special form of bronchoscopy: it is a specular reflection of the airways which assists in delineating and localising the lymph nodes that surround the bronchi, using an ultrasound probe at the end of the bronchoscope. Then, during the biopsy, a targeted probe can be removed from the lymph nodes using a needle (transbronchial needle aspiration, EBUS/TBNA).

"To my knowledge, nothing of its kind exists anywhere else in private provision in eastern Austria," asserts Assoc.-Prof. Priv.-Doz. Dr. Mir Alireza Hoda, PhD, from the Thoracic Surgery



**Dr. Richard Maier**  
Trauma Surgery Specialist

*"Using the navigation data and the high-precision cross-section with the mini-robot, the knee joint prosthesis can then be implanted with a hitherto unrivalled level of precision."*



**Assoc.-Prof. Priv.-Doz. Dr. Mir Alireza Hoda**  
Thoracic Surgery Department at the Vienna University Hospital for Surgery

*"To my knowledge, nothing of its kind exists anywhere else in private provision in eastern Austria."*

Department at the Vienna University Hospital for Surgery, who is undertaking this study at the WPK under the auspices of the Vienna International Center of Thoracic Oncology (www.victo.at). "This rapid and high-precision diagnostic method, together with PET/CT, as well as a complete molecular-genetic analysis of all of the tissue samples at the Center's disposal, enables us to direct patients towards the right treatment within a very short period of time," Prof. Hoda says.

### Prostate operations

Video-assisted laparoscopic prostate operations have also recently become possible at the WPK. "In cooperation with the WPK Academy Cancer Center, we are offering state-of-the-art surgical technology," Dr. Bernd Bursa, specialist in urology and andrology and founder of the Uro-Centre in Perchtoldsdorf, explains.

Transurethral resection of the prostate – a treatment for significant enlargement of the prostate – and radical prostatectomy – a treatment for carcinoma of the prostate – can be performed using video assistance at the WPK. Until now, the operating surgeon could only look at the operational area through the eyepiece of the endoscope. Now, the surgeon watches an HD monitor that offers him or her an optimal overview with an enlarged field of vision.

"With that, one can operate faster, with greater precision and, above all else, with greater care," Dr. Bursa highlights. In prostate operations, maintaining functionality (continence, potency) is of crucial importance. A video-assisted operation enables the surgeon to leave the neurovascular bundle on the side of the prostate as intact as possible. "Not least, the patients can be discharged from hospital sooner," Dr. Bursa says in conclusion.



**Dr. Bernd Bursa**  
Urology & Andrology Specialist

*"In cooperation with the WPK Academy Cancer Center, we are offering state-of-the-art surgical technology."*



Endobronchial ultrasound: a bronchoscope with an ultrasound probe to delineate lymph nodes.

## Vienna's first private linear accelerator

*The new radiotherapy centre rounds out the comprehensive range of available treatments for cancer patients at the WPK.*

At long last: In October, the first private radiotherapy centre in Austria was brought online on the premises of the Wiener Privatklinik (WPK). "This is the final building block for the perfect care of cancer patients – from diagnosis to treatment, right to after-care," the WPK's director, KR Dipl. KH-Bw. Robert Nikolaus Winkler, MBA, states.

### All modern treatment options

With this state-of-the-art facility, operated by the company Amethyst, all modern treatment options will be open to tumour patients at the WPK in the future: surgery, chemotherapy, new forms of therapy (immunotherapy and targeted therapies) as well as radiation oncology. The radiotherapy specialists working in the Amethyst centre will also eventually be part of the interdisciplinary tumour board at the WPK.



The linear accelerator in the radiotherapy centre operated by Amethyst Radiotherapy.

Photos: WPK, nunefoto.com; Daron Eric-Star Fotoatelier

Photos: AKH+UW Hopemage; WPK, Stefan Knittel; Amethyst Radiotherapy

### KEY INFO

- Innovation takes centre stage at the WPK
- Robot-supported knee joint operation
- Endobronchial ultrasound
- Video-assisted prostate operation



# Telemedicine takes off

The new **Online Healthcare Center at the Wiener Privatklinik** enables international patients to access consultations via the internet.



WPK's case managers in action.



**Ema Hafner, EMBA**  
Head of Marketing & International Business at the WPK

*"Telemedicine has really taken off during the pandemic. I believe it will stay this way: A door has opened up that probably won't be closed again."*

Closed borders, flight restrictions: For patients from abroad during the Covid-19 pandemic, it has become difficult to make it to the Wiener Privatklinik (WPK) for an appointment for an examination or treatment. "We have managed to get a new service up and running that will make it possible for patients from across the world to contact the outstanding doctors who are working at the WPK online," Ema Hafner, EMBA, Head of Marketing and International Business at the WPK, states.

## Outstanding quality

The Online Healthcare Center was brought into being after the first lockdown in March last year. Using the online platform <https://ohc-wpk.com/> patients from abroad can have an online consultation with one of the top-class hospital general practi-

tioners of the WPK on their PC, laptop, tablet or smartphone. The Online Healthcare Center is safe, offers outstanding sound and picture quality and meets all data protection requirements.

First of all, contact is established through a case manager, who connects the patient with the relevant doctor and gives the patient tips to ensure that the teleconsultation runs as smoothly as possible. The relevant health data (results, radiological images, etc.) are passed in advance to the doctor, so that he or she can be best prepared to respond to the patient's problems during the online consultation.

"Initially we thought above all else about the patients who had already been treated at the WPK or who needed follow-up examinations after successful treatment," Head of Marketing Hafner explains. But soon the

innovative online tool was also being used by new patients, including by oncology patients or for second opinions. Since June, marketing for the Online Healthcare Center has targeted Romania, Bulgaria and Russia. And within this period, more than 100 online consultations have already successfully taken place with patients from abroad.

## "A door has opened up ..."

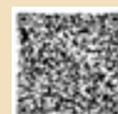
"Telemedicine has really taken off during the pandemic," Hafner states. Because hospitals and doctors' surgeries are overburdened, in Austria and many other countries the previously more restrictive regulations for medical consultations over the internet were relaxed. "I believe it will stay this way," the WPK Head of Marketing is convinced: "A door has opened up that probably won't be closed again."

Photos: iStock - Alano Design & iStock - Dorel Morgenstern; Günter Menz



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[www.wiener-privatklinik.com/doctorfinder](http://www.wiener-privatklinik.com/doctorfinder)



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### RADIOLOGY

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Priv.-Doz. Dr. Johannes Sailer

### RHEUMATOLOGY

Doz. Dr. Johannes Grisar

### SURGERY

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Dr. Stefan Riss

Dr. Philipp Riss

Univ.-Prof. Dr. Harald Rosen

A.o. Univ.-Prof. Dr. Christian Scheuba

Dr. Martin Schindl

Univ.-Prof. Dr. Sebastian Schoppmann, FACS

Assoc.-Prof. Priv.-Doz. Dr. Emanuel Sporn

Univ.-Prof. Dr. Béla Teleky

### TRAUMA SURGERY

Dr. Richard Maier

Univ.-Prof. Dr. Rudolf Schabus

Dr. Reinald Schiestel

Univ.-Prof. Dr. Robert Schmidhammer

OA Dr. Mark Schurz

Prim. Dr. Martin Schwarz

Dr. Paul Stampfl

### UROLOGY

Dr. Bernd Bursa

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# In the centre: Bones and joints

*Whether through accident or wear and tear – orthopaedics and traumatology are core competencies of the Wiener Privatklinik.*



**Univ.-Prof. Dr. Christoph Zielinski**  
Medical director of the Wiener Privatklinik

*“Orthopaedics and traumatology are core competencies of the Wiener Privatklinik.”*



**Univ.-Prof. Dr. Rainer Kotz**  
Former chairman of the Vienna University Hospital for Orthopaedics. Medical director of the WPK until 2020. Developer & specialist for growing tumour prostheses. Numerous academic publications

*“With the aid of the outstanding facilities of the WPK, we were able to achieve excellent results.”*

For decades, one of the most important medical focal points of the Wiener Privatklinik (WPK) has been the treatment of orthopaedic problems and illnesses as well as of injury-related disorders of the musculoskeletal system. “Orthopaedics and traumatology are core competencies of the WPK. Here, we offer the entire spectrum of this medical specialism with the latest insights of science, from traumatological and prosthetic care all the way to highly complex orthopaedic oncological care,” Univ.-Prof. Dr. Christoph Zielinski, medical director of the WPK, says, underscoring the importance of these areas of expertise in the clinic, which benefit from a rich tradition while simultaneously being kitted out with the latest technology.

The following pages present an overview of the therapeutic options that are offered at the WPK: Surgery of bone and soft tissue tumours, navigation-assisted knee endoprosthetics, robot-supported knee joint replacement operations, cruciate ligament replacement using donor tendons, arthroscopy of tears and rotator cuffs and other damage to tendons, ligaments and cartilage, focussed extracorporeal shock wave therapy as well as early rehabilitation.

### Benign or malignant bone tumours

Owing to its medical infrastructure, which meets the requirements of the latest medical science, at the WPK, an integrated and interdisciplinary treatment can be pursued for

both benign and malignant tumours in the bones and soft tissue. Surgery therefore comprises treatment of both primary tumours as well as metastases of the extremities, the pelvis and the spine and also of metastases of malignant cells in internal organs such as the lungs, which can in turn be treated with thoracic surgery. “Through experienced oncological partners and the new radiotherapy department that has taken up residence right near the WPK, moreover, the complete spectrum of the most up-to-date treatments of bone and soft tissue sarcomas can be offered,” Ass.-Prof. Priv.-Doz. Dr. Philipp T. Funovics, states.

The Bone Orthopaedic Tumour Centre (KOTZ), which was formed in 2010 by Univ.-Prof. Dr. Rainer Kotz, has been enormously popular particularly amongst international patients. The developer of the first modular tumour prosthetic system in the world has established a team with OA Adj. Prof. (Malaysia) Dr. Farshid Abdolvahab, Dr. Clea Kotz and Dr. Danja Themmer, which has already performed 140 significant tumour operations at the WPK, including 47 tumour prostheses to bridge operation-related bone defects, five pelvis resections to remove malignant bone tumours (hemipelvectomies) and a range of biological



**Ass.-Prof. Priv.-Doz. Dr. Philipp T. Funovics**

Consultant for orthopaedics and orthopaedic surgery. Consultant for orthopaedics and traumatology. Treatment of sarcomas, bone/soft tissue tumours & metastases of the pelvis, spine, extremities

*“The WPK offers an interdisciplinary state-of-the-art treatment for bone and soft tissue tumours anywhere in the musculoskeletal system.”*



**Univ.-Prof. Dr. Alexander Giurea**  
Consultant for orthopaedics and orthopaedic surgery, focus on endoprostheses. Head of the knee & hip endoprostheses teams at the University Hospital for Orthopaedics, Vienna. More than 20 years of experience with the latest methods in knee endoprostheses

*“Navigation gives the patient the greatest possible safety during the implantation of knee endoprostheses.”*



**Dr. Richard Maier**  
Consultant for trauma surgery. Specialisations: Fracture care, sport injuries, arthroscopic surgery, hip endoprostheses, knee endoprostheses with cutting block technology, including with navigation and robotics

*“Modern technologies are the foundation of my daily work. They improve the results of treatment and lead to more satisfied patients.”*

reconstructions. “With the aid of the outstanding facilities of the WPK we were able to achieve excellent results,” Prof. Kotz says in summary.

### Perfect seat through navigation

The highest competency is also offered at the WPK in the treatment of injuries or disorders of the knee and shoulder joints. Amongst such treatments is the navigation-assisted knee endoprostheses, which leads to a significant improvement of the implant alignment of knee endoprostheses, i.e. of artificial knee joints. “With the methods on offer at the WPK, not only can the position of the implant be optimally determined and aligned during the operation, but so too can the movement range and the ligament tension,” Univ.-Prof. Dr. Alexander Giurea explains. All of these steps take place during the procedure, so that no additional pre-surgical CT or MRT examination is needed. Knee prostheses implanted in this way are even suitable for sport.

### Cruciate ligament replacement

A few years ago, a new method for repairing cruciate ligament tears to the knee was developed which is also performed at the WPK: cruciate ligament replacement using donor tendons. This method reduces the swelling after

the operation, bringing with it a manageable period of only about 48 hours in which it might be painful and only a short rehabilitation period. Moreover, the relevant pre-treatment of the donor tendons ensures greater safety with regard to the transmission of viral infections. “These new methods, their advantages and their safety were the starting point in using them for my patients,” Dr. Paul Stampfl says.

### Rotator cuffs

Tears to the rotator cuffs are the most common shoulder complaint. “Although many people can be compensated with conservative therapy, studies show unambiguously that in the long term an operation is the better option,” Priv.-Doz. Dr. Philipp R. Heuberger explains: “The gold standard these days is treatment with shoulder arthroscopy.” This minimally invasive keyhole surgery means less pain, a shorter rehabilitation period and a lower risk of infection. Even large tears can be



Operation on the rotator cuff in the shoulder; implantation with tumour prosthesis (right).



**Dr. Paul Stampfl**  
Consultant for trauma surgery & sport traumatology. 2013 Schenk Clinic in Montafon, subsequently working independently at the WPK, currently Director of the Centre of Excellence for Joint Surgery WPK, Vienna

*“The wide-ranging use of donor tendons has triggered a silent revolution in the field of cruciate ligament surgery.”*



**Priv.-Doz. Dr. Philipp R. Heuberger**

Specialist for shoulders, elbows, knees. President of the Society for Arthroscopy & Joint Surgery (AGA). Fellowship in shoulder & elbow surgery in Sydney/Australia. Regular international publications & academic presentations

*“Only through specialising are we able to offer our patients the best possible treatment according to the latest scientific advancements.”*

### KEY INFO

- Traumatological care
- Prosthetic care
- Orthopaedic tumour care



**Prim. Dr. Martin Schwarz**

Consultant for trauma surgery, orthopaedics & traumatology. Generally chartered & legally certified authority for orthopaedics and traumatology (trauma surgery). 15 years as Physician-in-Chief in a secondary care hospital; "The shoulder in the centre - the patient in the focus" is the motto of the Vienna Shoulder Institute at the WPK

*"The goal - minimally invasive surgical technology with maximum success in treatment - is achieved with shoulder arthroscopy."*



repaired in this way in order to conserve the existing joint for as long as possible and to prevent the need for an artificial prosthetic shoulder.

**Shoulder arthroscopy**

Damage to tendons, ligaments and cartilage in the shoulder are successfully treated using arthroscopy. This modern method is Prim. Dr. Martin Schwarz's area of expertise. Via a small incision in the skin of only up to a centimetre, a lens is introduced to the joint and closely examined via two small skin incisions with additional arthroscopic instruments on one side of the joint, while on the other side the necessary procedure is performed. "This way, the aim of rapid recovery and high patient satisfaction is achieved carefully," Dr. Schwarz says.

**Extracorporeal shock wave therapy**

When it comes to treating chronic complaints such as "calcific tendinitis in the shoulder", calcaneal spur, tennis elbow, Achilles tendonitis, tendon injuries or delayed bone fracture healing, in her consultation hours, OA Dr. Magdalena Materzok-Weinstabl offers focussed extracorporeal shock wave therapy - that is, targeted pain relief through regenera-

tion. Shock waves are high-energy sonic waves, under whose influence a number of growth factors are unleashed in the tissue. Through the generation of new blood vessels, healing is set in motion, endogenous stem cells are drawn together and cell maturation encouraged. "Using this, it is possible to regenerate the affected tissue without side effects", Dr. Materzok-Weinstabl stresses.

**Early rehabilitation ever more important**

"Early rehabilitation is a term that has acquired vital significance in the treatment of inpatients in recent years," Prim. Dr. Andreas Kainz emphasises. Early rehabilitation seeks to mobilise the patient as rapidly as possible after an operation, to begin circulation training and to reduce the swelling in the tissue in the region that was operated on. A great strength of the WPK is that it offers patients who have only just undergone an operation flexibility in their aftercare. "The team of consultants in physical medicine, physiotherapists and masseurs and masseuses is also deployed for newly operated patients in the first few days," Prim. Kainz says: "Only that way can we ensure that the best possible outcome for the patient can be achieved."

The treatment of injuries or disorders of the shoulder and knee joints is a core competency of the WPK.



**Prim. A.o. Univ.-Prof. Dr. Peter Ritschl**

1993-1998/2019: Chairman, Orthopaedic Hospital Gersthof, Vienna. Surgical specialisations: Hip/knee prostheses, revision operations following unsuccessful hip/knee replacements, soft tissue/bone tumours

*"It is important that your operating surgeon is familiar with the difficult procedures involved in revision surgery."*



**Prim. Dr. Andreas Kainz**

Specialist in the field of conservative treatment for complaints in the musculoskeletal system and for complaints of the spine & functional states of pain. His research activities are concerned with electrostimulation & IR thermography

*"To see people as an integrated unity and to then always think: Life is movement."*

Photos: Daron Eric - Star Fotoatelier; iStock - People Images & Sean Anthony Eddy; WPK; Weinstabl Photo MMW; Foto Wilke

Photos: Ouriel Morgensztern; Günter Menzl



The Marketing and International Business team will do everything in their power to support foreign patients.

# Even during the pandemic: WPK hospital remains international

*Foreign patients are still warmly welcomed at the Wiener Privatklinik, even in the time of Covid-19.*

Covid-19 has not changed a thing - as always, the Wiener Privatklinik (WPK) welcomes countless international patients. Rigorous safety precautions make this possible. Vaccinations for our staff are already well underway and all of our employees are regularly tested. This also goes for each and every patient. We are using cutting-edge disinfection technology in the Klinik. To the large cohort of international patients who are treated at the WPK, Ema Hafner, EMBA, Head of Marketing and International Business at the WPK reaffirms that "You are as safe from infection as you could ever be at the Wiener Privatklinik."

**Comprehensive care**

The Marketing and International Business department supports foreign patients every step of the way

"One of our major tasks during the Covid-19 pandemic is to ensure that the patient's arrival is as comfortable and uncomplicated as possible," Hafner emphasised. The team will make sure that international patients do not have to quarantine when they travel to Austria. "We provide all of the necessary information and documents that you will need for this," says Hafner. "As always, we also support our patients with help for visa issues."

**First-class care**

The WPK also helps with looking for a hotel for family members and loved ones, for example, for the time after treatment. "Providing support and assistance for people needing care is one of the few exceptions that allow for a stay in a hotel, even during a lockdown," emphasises the Head of International Business.

"Whatever your reason for coming to us, our aim is to make your stay at the Wiener Privatklinik as safe and comfortable as possible," the department head writes in a letter to international patients. Russian, Ukrainian, Romanian, English and German are spoken within the team, and we can also provide five additional languages on request. The Wiener Privatklinik can directly arrange an interpreting service for any other language on the planet.

**First-class treatment**

"It goes without saying that we also take great care when it comes to a patient's religious beliefs," Hafner underlines and assures people in other countries in need of medical care that: "With us you will receive tailor-made treatment of the highest level, as well as first-class treatment from our multicultural team."



**Ema Hafner, EMBA**  
Head of Marketing & International Business at the WPK

*"Whatever your reason for coming to us, our aim is to make your stay at the Wiener Privatklinik as safe and comfortable as possible."*

**KEY INFO**

- Foreign patients continue to be welcome at the WPK
- No need to quarantine
- WPK offers help and support



# “Come to your check-up!”

**The Coronavirus pandemic cannot be allowed to lead to medical check-ups being missed. At the Wiener Privatklinik, all important examinations for early diagnosis are safe and still available at the highest quality.**



**Univ.-Prof. Dr. Christoph Zielinski**  
Medical director of the Wiener Privatklinik

*“Go to your check-ups! The earlier illnesses that can generally be healed are detected, the better they can be treated.”*

“The Covid-19 pandemic has led to a drastic reduction in the number of medical check-ups in the last year – by almost 40 per cent in the second quarter of 2020 alone, according to the Österreichische Gesundheitskasse health insurance provider. “Go to your check-ups!” – This is the urgent appeal from Univ.-Prof. Dr. Christoph Zielinski, medical director of the Wiener Privatklinik (WPK): “The earlier illnesses that can generally be healed are detected, the better they can be treated.”

### Coronavirus remains outside

One reason why so many people have not taken up the opportunity of a check-up is the fear of becoming infected with Coronavirus. “At the

Wiener Privatklinik, we are doing everything humanly possible to ensure your safety,” Prof. Zielinski says for the benefit of all those who have been avoiding hospitals and doctors’ practices this past year. The WPK has indeed – ever since 8 March 2020 – done everything to protect its patients and its employees from becoming infected by the virus. “All of the safety measures that you see and experience with us serve this one end,” Prof. Zielinski affirms.

Alongside recommended routine annual check-ups, precautionary colonoscopies, examinations of the heart and blood vessels, for men urological check-ups (prostate) and for women gynaecological check-ups and the mammography are the most

important forms of precautionary examination. The goal is the early detection of carcinomas in different sites, but also of other issues that, thanks to early intervention or successful treatment, could lead to many years of a life unburdened by them.

### Early detection decisive

“With carcinomas, the rule of thumb is that a tumour that has been detected as early as possible in its development will have a significantly better prognosis than an advanced carcinoma,” Prof. Zielinski explains. This is especially the case in instances in which the cancer cells are already dispersed in the organism and metastases have already formed in disparate areas. The de-

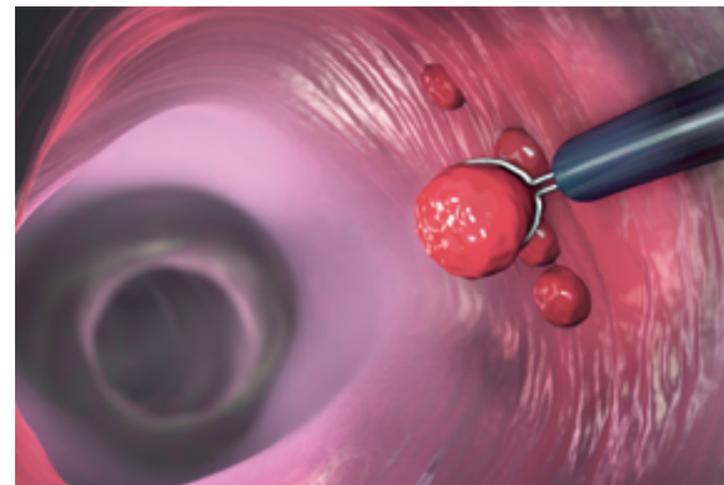
cline in examinations aimed at early detection has had dramatic effects. “The symptoms become apparent at a later point in time, at which point a cure is no longer thinkable.”

### Precautionary colonoscopy gentle

“The colonoscopy (“proctoscopy”; note) is one of the most important precautionary examinations in existence,” Prim. Dr. Camel Kopty, acting medical director and head of the department for internal medicine at the WPK, stresses: “A precautionary colonoscopy enables an almost 100 per cent reliable early detection of cancer of the colon.”

The great advantage of the colonoscopy is that it is possible to take tissue samples during the examination – without causing any harm to the patient. So-called large intestine polyps are not always, but very often, a precursor of cancer of the large intestine. “It is precisely these polyps that, thanks to precautionary colonoscopies, are detected very early, removed immediately, and therefore never reach the stage of becoming a malignant tumour,” Kopty explains.

In this day and age, the precautionary colonoscopy is predominantly – and especially at the WPK – performed in the form of a “gentle” colonoscopy, which is entirely painless for the patient. Even the preparation for the procedure, which had previously been very uncomfortable, has, over the course of years, become less unpleasant. “These days there is no



longer a reason not to undergo a colonoscopy,” Kopty asserts. This precautionary measure is recommended from the age of 45 and usually every five years from then.

### Oesophagus and stomach

Unlike the colonoscopy, a gastroscopy is not a precautionary examination. “Yet international specialist committees are increasingly discussing whether the gastroscopy should in fact be integrated into a precautionary programme,” Univ.-Prof. Dr. Sebastian F. Schoppmann, FACS, states. Because through an endoscopic examination of the stomach and the oesophagus, one can equally find possible precursors of cancer, such as Barrett’s Mucosa, which can arise when stomach acid and enzymes flow back into the oesophagus over a long period of time.



“Oesophageal cancer is an illness that is becoming dramatically more frequent,” Prof. Schoppmann stresses. That is because the most significant risk factor is enormously on the rise: acid reflux. “In cases of a persistent difficulty swallowing, sustained heartburn and sustained burping up liquid, a gastroscopy is certainly warranted,” the gastroscopy specialist underlines. For this endoscopic examination, too, the patient is sedated and does not notice the procedure.

### Blood vessel check-ups

Blood vessel check-ups are designed for the early detection of atherosclerosis. This pathological alteration to the arteries can be identified through the hardening, thickening, loss of elasticity and narrowing of blood vessels. “The reason for having blood vessels checked is also to be aware of one’s own risk of heart attack, stroke or periphery arterial disease (PAD, “intermittent claudication”),” Univ.-Prof. Priv.-Doz. Dr. Martin Schillinger explains. Alongside the congenital risk factors such as type 1 diabetes, we are concerned above all with the risk factors that one acquires during one’s life: smoking, high blood pressure, type 2 diabetes, increased cholesterol and other metabolic dis-

**Intestinal polyps discovered through precautionary colonoscopy are immediately removed.**



**Prim. Dr. Camel Kopty**  
Acting medical director & head of the department for internal medicine at the WPK

*“A precautionary colonoscopy enables an almost 100 per cent reliable early detection of cancer of the colon.”*



**Univ.-Prof. Dr. Sebastian F. Schoppmann, FACS**  
Gastroscopy Specialist

*“In cases of a persistent difficulty swallowing, sustained heartburn and sustained burping up liquid, a gastroscopy is certainly warranted.”*

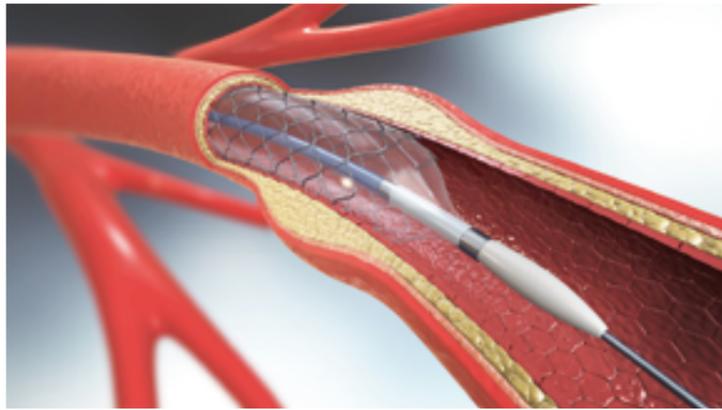
### KEY INFO

- Check-ups are important
- The WPK is doing everything to ensure safety

**Gastroscopy might soon be counted alongside other precautionary examinations.**



In extreme circulation difficulties, the affected vessel is widened with a stent.



Univ.-Prof. Priv.-Doz. Dr. Martin Schillinger  
Consultant for Internal Medicine, Cardiology & Angiology

*"If during the course of these examinations there is reason to suspect an extreme circulatory disorder, then an angiography is carried out, in which a catheter looks directly into the blood vessel, and - if necessary - repairs it."*

Here you can find more information about our check-up programs [Link](#)



Univ.-Prof. Dr. Brigitte Schurz  
Obstetrics & Gynaecology Specialist

*"A precautionary measure that every woman can do at home is to feel her own breasts."*

A mammography is concerned with the early detection of breast cancer.

orders. Added to that are lifestyle factors such as being overweight, a lack of exercise, a bad diet and alcohol consumption.

There is a variety of ways to have one's blood vessels examined. First of all are having one's blood pressure taken, an ECG and a haemogram, all of which should be performed once a year from the age of 50 up as part of a regular health check-up. Moreover, it is possible to examine the more easily accessible blood vessels, such as the carotid artery, using ultrasound. If this arouses the suspicion of a greatly increased risk of illness, computed tomography, scintigraphy or magnetic resonance imaging can be used. "If during the course of these examinations there is reason to suspect an extreme circulatory disorder, then an angiography is carried out, in which a catheter looks directly into the blood vessel, and - if necessary - repairs it," the consultant for internal medicine, cardiology and angiology explains.

### Uterus and ovaries

"Women should have a gynaecological examination once a year, ideally every six months," Univ.-Prof. Dr. Brigitte Schurz emphasises. This examination includes the Pap smear

test, which is used for the early detection of cervical cancer. Moreover, transvaginal ultrasounds should be carried out routinely. This ultrasound examination over the vagina enables the early detection of changes in the ovaries, long before they can be felt.

Every three years, an HPV smear test should be carried out, Schurz urges. Particular dangerous forms of the Human Papilloma Virus (HPV) can lead to cervical cancer. One can be protected from a number of variants of this virus with a vaccine that is ideally administered between nine and 14 years of age - to boys as well as girls. "That, too, is a precautionary measure," Prof. Schurz stresses. One can be vaccinated right up to the age of 55.

If there is a family history of ovarian or breast cancer, Prof. Schurz recommends a genetic test that can identify or eliminate increased risk of these forms of cancer.

After the menopause, that is, when a woman no longer regularly menstruates, the lining of the uterus (endometrium) should be examined to identify whether there is any potential risk of uterine cancer. "Extremely obese women also tend to develop uterine cancer," Prof. Schurz warns. In that regard, a healthy lifestyle is also part of how one can take precautions. Through a healthy diet and regular sport and exercise, one can reduce the risk of developing breast cancer by 50 per cent.

### Breast cancer prevention

Breast cancer is the most common tumour of all: one in ten women in Austria will fall ill to a mammary carcinoma in her lifetime. "A precautionary measure that every woman can do at home is to feel her own breasts," Prof. Schurz stresses. All women in Austria are invited to undergo a mammography from the age of 45, as part of the Breast Cancer



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Photos: iStock - Natali Mils & 7postman; numefoto.com; Foto Wilke

Early Detection Programme (BKFP). Prof. Schurz, however, recommends that regular mammographies should already start to take place five to ten years earlier.

### Mammography

This special X-ray examination of the breast is, of course, another form of precaution for women. Regardless of the result of the examination, a sonography (ultrasound examination) is performed in addition to the mammography. "The main reason for a mammography is to look for microcalcifications in the breast tissue, which are a sign of what is known as ductal carcinoma in situ, an early form of mammary carcinoma," Dr. Johannes Sailer, consultant for radiology at the Radiology Center (RC) at the WPK, explains. A precautionary mammography every two years from the age of 45 is recommended; where there is a family history, examinations should begin earlier and with shorter periods between them.

The RC does not conduct precautionary examinations under the auspices of the BKFP, paid for by health insurance - but it is very happy to do so on a private basis or as a service as part of a supplementary insurance package. The advantages of an examination at the RC: It has the most up-to-date technology in this field at its disposal and one receives an appointment immediately without having to wait. "But above all, in



the case of results that cause concern, we can perform magnetic resonance imaging of the breast and a tissue sample (biopsy) immediately," Sailer emphasises. Alongside that, the RC can quickly establish contact with oncologists, breast surgeons and other specialists working at the WPK. "Many patients who have an initial assessment as part of the precautionary programme come to us for a thorough second opinion," Sailer reports.

### Precautions for men

"Urological precautions start first and foremost with increasing awareness that one should go for an exam-

ination at all," Univ.-Prof. Dr. Georg Schatzl explains: "A lot of men still see going for a regular check-up as a weakness." The examination consists of a number of parts. It begins with a thorough discussion to ascertain one's level of health; following this are a urine test, an ultrasound examination of the kidneys and the bladder and both measuring the size of and manually inspecting the prostate. Regardless of the clinical presentation ascertained, the examination is complemented by a measurement of urine flow, an ultrasound examination of the testicles and a blood test.

The precautionary examination cannot prevent malignant disorders. But a real form of prevention is assessing the risk of erectile dysfunction. "By thoroughly examining the risks, men can already gain a lot of help here and be made aware of the risk factors," Prof. Schatzl stresses. Routine urological precautionary examination should begin from the age of 45. Where risk factors are already present - such as a family history of particular disorders - one should start with precautionary examinations from the age of 40.

Ultrasound plays an important role in urological examinations.



Priv.-Doz. Dr. Johannes Sailer  
Consultant for Radiology at the Radiology Center at the WPK

*"The main reason for a mammography is to look for microcalcifications in the breast tissue, which are a sign of what is known as ductal carcinoma in situ, an early form of mammary carcinoma."*



Univ.-Prof. Dr. Georg Schatzl  
Professor of Urology

*"Urological precautions start first and foremost with increasing awareness that one should go for an examination at all."*





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