

Maintaining health

Take advantage of early diagnosis check-ups and preventative services

With immigrants for immigrants

Intercultural health pilots in Hesse



A Guideline for Migrants
in Hesse



Impressum

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Foreword

Dear Reader

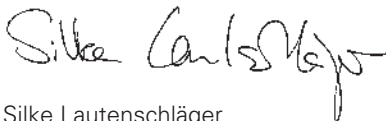
It is the objective of this guideline to inform you about which possibilities the German health care system offers you and how you can do quite a lot for your health with just a little of your own initiative. What really matters to us is that you not only get to know the many different early diagnosis check-ups and preventative services being offered, but that you actually use them.

Some measures to maintain your health should be repeated at regular intervals, so we would like to give you a hint: at the beginning of the year write down the health check-ups due in your appointments' diary. You'll see – just this first step gives you a good feeling of security and increases your quality of life.

Through the pilot project "With immigrants for immigrants – intercultural health pilots in Hesse" multilingual and culturally sensitive health promotion and prevention has been practised since 2006. In cooperation with our numerous partners we take our duty of facilitating an equality of participation very seriously – in the health sector, too, and for everyone living in Hesse.

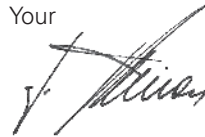
We hope that this brochure will make a sustainable contribution towards migrants and their children leading a healthy and happy life.

Your



Silke Lautenschläger
Minister for Social Affairs, Hesse

Your



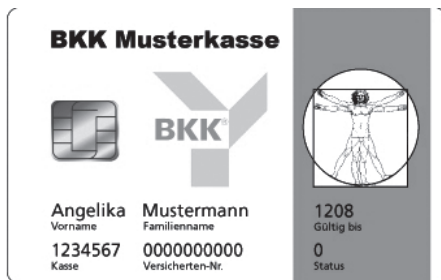
Jürgen Thiesen
Board of BKK State Association,
Hesse

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1. Benefits of Statutory Health Insurance

As a member of a statutory health insurance you have the right to go to *early diagnosis examinations* and to have *prevention services* carried out (all expressions in italics are explained in the glossary). Depending on your age and sex you are entitled to different examinations free of charge.



The *insurance card* must be brought to all early diagnosis examinations and prevention services. A *surgery fee* is not due.

Important:

As well as early diagnosis examinations and prevention services, the statutory health insurance offers a very comprehensive range of benefits. However, the insured members have to cover co-payments and personal contributions in addition to some of these benefits. The amount of these co-payments is calculated taking into consideration the individual upper financial limit. For chronically ill women born after 1 April 1987 and for chronically ill men born after 1 April 1962, the individual upper financial limit is lowered if they have been informed by their doctor about the respective possibilities of early diagnosis examinations. As proof of this counselling interview, there are plans to introduce a “prevention certificate”. Only if you can prove to your health insurance fund that such a counselling interview really took place, you can save money. Your doctor or your health insurance fund will provide you with particular information on this subject.

Cancer Early Diagnosis

Women are entitled to:

- an annual *cancer* early diagnosis from 20 years of age,
- an annual breast examination from 30 years of age,
- a biennial skin examination from 35 years of age,
- an annual intestinal cancer early diagnosis examination from 50 years of age and
- an annual *coloscopy* from the age of 55 years (two examinations at intervals of 10 years).

Additionally, all women between 50 and 69 years old in Hesse are invited to a *mammogram screening* personally and in writing, at regular two-year intervals. This examination takes place in so-called *screening units*.

Men are entitled to:

- a biennial skin examination from 35 years of age,
- an annual prostate and genital examination from 45 years of age,
- an annual intestinal cancer early diagnosis examination from 50 years of age and
- an annual *coloscopy* from the age of 55 years (two examinations at intervals of 10 years).



Health Check-up

Every two years, men and women from 35 years on are entitled to a health check-up which is to detect frequently occurring diseases at an early stage, such as *heart and circulatory diseases*, kidney diseases and diabetes mellitus (diabetes).



During the health check-up, the doctor explains at length which individual health risks exist for the patient, through previous sicknesses perhaps, and his personal life habits. Blood pressure and pulse are taken, the heartbeat and breathing are listened to, and urine and blood samples taken.

Early Diagnosis Examinations and Prevention Services during Pregnancy and Post-natal

During pregnancy there are early diagnosis examinations for the expectant mother and the unborn child.

These include, among others:

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

Apart from the proffered early diagnosis examinations, prevention is very important during pregnancy. Among others, the *rubella* test (antibody test) is one of the medical prevention services for pregnant women, as well as advice and information on certain health risks for the woman and child which can arise during pregnancy and after the delivery. Midwives provide advice and health education within this period as well.

Every mother-to-be has a right to gynaecological and/or midwife care during pregnancy, at the birth and some weeks after the birth. One medical examination every four weeks is sufficient for a normal pregnancy without health complaints. From the 32nd week onwards, one examination every two weeks is scheduled, and then even every two days when the expected birth date has passed. Apart from that the pregnant woman ought to see the dentist in the 4th and 8th months of pregnancy.



Please note:

within the framework of pre-natal examinations the woman receives the so-called (mother's) maternity pass. All the important test results and the course of the pregnancy are documented in this. The pregnant woman should always have this pass with her and bring it to the examinations.

Health Examinations for Children

The first years of a person's life are particularly important for his healthy development. Similar to adults, there are also early diagnosis examinations and prevention services for children and juveniles.

Hearing screening for newborn babies

In Hesse infants can be examined from their first day onwards for congenital hearing defects. Being able to hear properly is very important for normal language development during childhood, as well as for the child's emotional and social maturity and for its educational and vocational development later. During a hearing test for newborns, the baby receives a short, painless and objective testing of its hearing ability with a special measuring apparatus. Hearing deficiencies, which are relatively frequent illnesses in the newborn age group, can thus be detected timely and treated. In the meantime, such hearing tests are offered within the scope of hearing screening for infants at nearly all Hessian Maternity Clinics and Newborn Clinics. Participation is voluntary and is effected only after the parents' written statement of agreement. If the hearing test produces an *unusual or positive diagnosis* then one or more examinations are mandatory.

These are carried out as a control test at the same clinic. If this is not possible or the result remains positive, control tests can be carried out at the University Clinics in Frankfurt and Marburg (for the address please refer to address list).

If the baby is born at home or at a birth centre, it can receive its hearing test directly in one of the two clinics mentioned within the scope of hearing screening. An appointment for an examination should be made soon after birth. You always have to take along a letter of referral from your paediatrician or *family doctor* to your appointment at a university clinic.

Please note:

when the result of the hearing test is positive at the maternity unit, an appointment for re-testing should be made at one of the two university clinics as soon as possible.

Law for the Protection of Children's Health

Parents are bound by this law to have their child's preventive health examinations performed at the correct time. They may continue to choose their own doctor.

After the examination, a form will simply be sent to the Hessian Preventive Health Centre at the University Clinic in Frankfurt which confirms that that particular child's examination has been performed (U4–U9). No information about your child's state of health is transferred.

The Children's Preventive Health Centre ascertains which child has no confirmation of participation, upon which it reminds the parents about the examination.

If the child has still not been brought to the examination after the second reminder, the Juvenile Office is informed. They offer the parents a home visit and assistance and make sure that the child in question is all right.

The examination costs are covered by the health insurers if they are performed within the time frame intended – children have a right to these examinations. You can find the time periods on the front cover of the yellow examinations booklet which is handed to you when your children are born.



Health Check for School Beginners in Hesse

The health check for school beginners in Hesse is a medical examination for all children who are about to start school. Before school starts, parents are given a date in writing for when their child can be examined by a school doctor. The examination is mandatory in Hesse, and is supposed to contribute to caring for and advancing children and their individual needs right from the first class.

General Information about the Examination Performed by the School Doctor

The task of the health check for school beginners is to detect deviations in the child's development, and also long-term sicknesses or handicaps occurring in pre-school children. The goal is to detect and treat these deviations and sicknesses as early as possible. The school doctor's first examination, the so-called screening examination serves to decide whether further medical, social or educational tests and aids are necessary.

This can be the case if

- physical, mental or emotional health complaints
- or social delinquency are detected
- and/or there is a real threat of learning problems at school.

The school doctor has a counselling function, both towards the legal guardians and the school.

How are the children examined?

During the physical check-up the children's bodies are examined, whilst during the sensory check the senses are examined. Development tests are performed to examine the child's development.

Parents' Special Tasks

Parents play a vital role at the medical and social counselling, within the framework of the school beginners' health check. As the persons responsible for the child's upbringing and health, they can speak to the paediatrician in charge about further medical measures. When children are suffering from emotional illnesses and social delinquency, their parents can access assistance from special authorities or facilities.

School doctors provide preventive health counselling in that they inform the parents about topics such as prevention, protection against infection and health protection. Regular topics are: inoculations, the promotion of exercising and sports, nutrition, effects of excessive media consumption (TV, PC games etc), offers of counselling about remedying speech problems, parenting advice etc.

The school doctor may consider further measures important and make the following recommendations:

- to make contact with the paediatrician (doctor for children/juveniles) or family doctor to discuss medical results, eg to finalise vaccinations
- to make contact with the Juvenile Office Social Service or other social services
- to arrange a meeting at a Parenting Advice Centre
- to speak with the staff at the Children's Day Centre in order to resolve delinquency problems
- to participate in a self-help group for counselling on handicaps
- to apply for integration assistance (assistance for pupils with physical disabilities – integration assistants)
- to organise transport to school
- to join a group for exercising games or sports
- to receive advice from a nutrition expert, or to take part in a nutrition course
- to send the child to an additional German course
- to have the mother participate in a "mum's learning German" course
- to be cared for in the afternoon at a nursery or similar in order to support child's scholarly development

Health Examinations for Adolescents

When puberty starts many physical changes take place. The J examination takes place once for teenagers between 13 and 14 years of age.

This is when sicknesses can be detected and treated which could endanger the physical, mental and social development of the adolescents. Apart from this, health-endangering habits like smoking are supposed to be changed through appropriate measures. Parents should ensure that this examination is carried out by the GP or paediatrician. Many paediatricians offer a special adolescents' surgery.





When the child should get which vaccination – the exact vaccination schedule – should best be discussed with the paediatrician at the U3 (4th to 6th week after birth). The costs of the vaccinations listed here are normally covered by the health insurance. A surgery fee is not due.

Vaccinations

For infants, children and adolescents

Vaccinations represent protection from many diseases which can negatively influence the physical development of infants, children and adolescents. Because they imitate an *infection* in a gentle way, common vaccinations protect against the following diseases:

- diphtheria
- whooping cough (pertussis)
- polio (infantile paralysis)
- meningitis and laryngitis
- *influenza*
- tetanus
- cervical cancer
- inflammation of the middle ear and the lungs (otitis media and pneumonia)
- measles
- mumps
- rubella
- hepatitis B (jaundice)
- varicella zoster (chicken pox)

Impfstoff/ Antigenkom- binationen	Alter in vollendeten Monaten						Alter i. v. Jahren			
	Geburt	2	3	4	11-14	15-23 ¹⁾	5-6 ²⁾	9-17 ³⁾	ab 18	ab 60
DTaP	1	2	3	4						
DTaP/IG							A	A		
aP			1	2	3					
HB	1	1	1	1				A		
IPV			1	1	1					
MMI		1	1	1	1					
Influenza						1	2			
Pneumococ- kocken										S

1) Die Zahl der Injektionen möglichst gering zu halten, sollen vorausgesetzte Kombinationsimpfstoffe verwendet werden. Impfstoffe mit unterschiedlichen Antigenkombinationen von Dta, T, aP, HB, IPV sind bereits verfügbar. Bei Verwendung von Kombinationsimpfstoffen sind die Angaben des Herstellers zu den Impfstoffen zu beachten.
 2) Auffrischung. Möglichst nicht früher als 5 Jahre nach der vorhergehenden letzten Dosis, ständiger Impfschutz.
 3) Grundimmunisierung, aber noch nicht gemachten Jugendlichen bzw. Komplettierung eines unvollständigen Impfschutzes.
 4) Standardimpfungen mit allgemeiner Anwendung = Regelimpfungen.
 5) Zu diesen Zeitpunkten soll der Impfstatus unbedingt überprüft und gegebenenfalls vervollständigt werden.
 6) Ab einem Alter von 5 bzw. 6 Jahren wird zur Auffrischung ein Impfstoff mit reduzierter Dosisantigen-Gehalt (aP) verwendet.
 7) Antigenkombinationen, die eine Pertussiskomponente (aP) enthalten, werden nach dem für DTaP angegebenen Schema benutzt.
 8) Wurde die Impfung bereits direkt nach der Geburt durchgeführt, so lautet das Impfschema 0, 1, 6 Monate.

Please note:

if a child has an infection it cannot be vaccinated. The vaccination must be postponed to a later date.

For adults

In adulthood vaccinations are important too, and can protect against certain diseases. This is why inoculations against diphtheria, tetanus, polio and hepatitis B should be refreshed or given retrospectively where basic protection is missing. An inoculation against influenza should be administered periodically as well. Over and above, vaccinations are recommended for persons at high risk because of their age or existing illnesses.

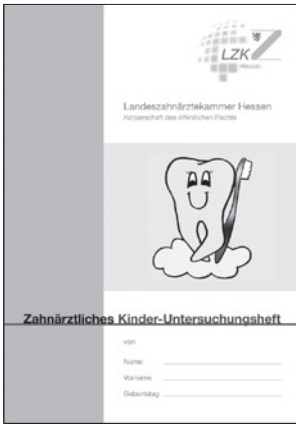
Among others, a vaccination against the *pneumococcus* germ (pneumonia) or an influenza jab for persons over 60 belong to this group. The family doctor, health insurers or the responsible *health authority* inform about vaccinations and their necessity. The health insurers cover the costs for all vaccinations recommended by the Permanent Committee on Vaccinations



(STIKO: Ständige Impfkommission) at the Robert Koch Institute in Berlin. Over and above, the constitutions of health insurers may also include cost coverage of other vaccinations (eg inoculations for travelling purposes).

Please note:

all vaccinations are entered into the vaccination certificate, which ought to be brought to the vaccination appointments. If you don't have a vaccination certificate ask your family doctor.



Dental Examinations

Statutory health insurance carries the costs for the dental early diagnosis examinations and preventive services for adults and children mentioned in the following text. There is no surgery fee due.

Adults:

- two dental examinations annually: checking for caries, gum and tumour diseases in mouth, if necessary X-rays
- removal of tartar (dental calculus) once a year

Children (aged 3 to 6):

- three early diagnosis examinations for teeth, mouth and jaw diseases, including advice on nutrition, mouth hygiene and *fluoridation* (FU 1 to FU 3)

Children and adolescents

(6 to 18 years old):

- according to a laid-down schedule of two dentist visits a year, mouth hygiene is checked and practised and information is given about diseases. Teeth are fluoridated and molars are sealed against caries.

Please note:

apart from the dental check-up examinations you should brush your teeth twice a day and, most of all, take over your children's teethcleaning, up until the age of six (or re-brush your child's teeth thoroughly if he wants to clean them himself).

In Hesse there is a child's dental pass in which the examination results are entered. It can be ordered at the State Workgroup of Juvenile Dental Care in Hesse (address in appendix) and should be brought to every early diagnosis examination and prevention service.

Services for the Promotion of a Healthy Lifestyle

Statutory health insurance ought to make an effective contribution towards promoting its members' healthy lifestyle, in particular in order to reduce socially caused inequalities in health care opportunities. The Migrants for Migrants project, which the company insurers launched as a so-called "Setting Measure" for the immigrant target group is one of these special services. They promote this project here in Hesse along with the Hessian Social Ministry, and also quite a number of communities and administrative districts, coordinated by the Ethno-Medical Centre. Part of this MiMi project is this guide to health care in 15 languages.



Furthermore, prevention services of the afore-mentioned type also include all the really individual services on offer by the health insurers to improve their members' state of health, for example, subsidising preventive and short, but intensive stays at spas, or courses to promote healthy nutrition and exercise, and for de-stressing. But measures to avoid the dangers of addiction are also part of this range of services. Ask your health insurer for further details – they are happy to give you detailed information.

2. Early Diagnosis Examinations and Prevention Services for Persons without Statutory Health Insurance Protection

Benefits According to the Asylum Seekers' Benefits Law

Asylum seekers and persons who are duty-bound to leave the country or whose stay is tolerated by international law, or on political or humanitarian grounds (as de-facto refugees) cannot normally have statutory insurance. According to the Asylum Seekers' Benefits Law (Asylbewerberleistungsgesetz) within the first 48 months there is a right to necessary treatment for acute or painful illnesses and also for some early diagnosis examinations and prevention services (restrictions exist e.g. regarding dentures and orthodontic appliances).

Claims can be made for the following early diagnosis examinations and prevention services:

- early diagnosis examinations and prevention services during pregnancy, birth care and post-natal care
- medical early diagnosis examinations and prevention services as in statutory health insurance: child and adolescent examinations U1 to J1, gynaecological early diagnosis examinations, yearly cancer early

diagnosis examinations for women over 20 years of age and for men over 45, and health check-up services and skin examinations for persons over 35 years of age (every two years)

- half-yearly dental preventative care for children and adolescents under 18, later yearly check-up examinations
- the usual children's vaccinations, tetanus, diphtheria and polio inoculations for adults, and further vaccinations according to individual risk, too.

Please note:

in order to claim benefits according to the Asylum Seekers' Law the doctor must receive a sick form – "Krankenschein". You get this at the Welfare Office – "Sozialamt", or where you normally apply for benefits. It is always valid for a quarter year.

Recipients of benefits according to the Asylum Seekers' Benefits Law are exempt from the surgery fee.

Benefits According to SGB XII (Welfare Support)

For immigrants whose stay is legal but who are not covered by the Asylum Seekers' Benefits' Law and who are neither privately nor statutorily insured, their claim is determined by Social Welfare Law (SGB XII). If they appear to receive social assistance for more than one month then they will be insured in the statutory health system. The Welfare Office will request them to choose a statutory health insurer and will have them registered there. If being looked after by a statutory health insurance is out of the question, then an application for a sick form must be made at the Welfare Office responsible, to cover the costs of certain benefits. These benefits correspond to those for persons with statutory health insurance. Recipients of social assistance have a right to the early diagnosis examinations as well as to the preventive services described above, and do not have to pay a surgery fee.



Please note:

you have a right to this support when in a serious plight (insufficient income which can be accessed, or insufficient assets, no sick insurance) and there is a medical necessity for treatment.

3. Glossary

Cancer (*Krebs*): cancer (cancer diseases) 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. After heart and circulatory system diseases, cancer diseases are the second most frequent cause of death in Germany (annually about 390,000 fall ill with cancer). And yet more and more patients can be healed. There are very many different forms of cancer diseases which differ strongly from each other in the possibilities of treatment. Through cancer early diagnosis the risk of dying from cancer can be reduced.

Coloscopy (*Darmspiegelung*): every year in Germany alone, around 66,000 people become ill with intestinal cancer and about 29,000 people die of it. One way of detecting intestinal cancer in time and then being able to treat it is coloscopy. During a coloscopy a thin, flexible tube, a so-called endoscope is lead into the intestines (lower part of intestines). It contains an optical system with which pictures from the intestines are transmitted onto a monitor. During the coloscopy, tissue samples can be taken which are examined in the laboratory afterwards. Thus small operations are also possible.

Diabetes mellitus: diabetes mellitus is a chronic metabolic disturbance which about 7% of the German population suffers from. Diabetes can crop up at every age, in children and adolescents just as much as in older persons. Diabetes mellitus is what is meant when the body's own insulin cannot manage to transport sugar from food via the bloodstream to the cells. This causes an increase in the level of blood sugar in the blood, thence the expression "sugar disease". Typical *symptoms* are e.g. frequent passing of urine, thirst, tiredness, apathy, vision problems and badly healing wounds. Subsequent damages like blindness, heart attack, stroke and liver damage can develop from untreated or insufficiently treated diabetes mellitus.

Diseases of Heart and Circulatory System

(Herz-Kreislauf-Erkrankungen): a whole series of diseases belong to these which involve the heart, the coronaries as well as blood vessels. Arteriosclerosis belongs to the most common diseases (arteries becoming blocked by deposits on the inner wall of the vessel), and is often the forerunner to the heart attack (closure of an artery) and cardiac insufficiency (also called a weak heart, in which the heart can no longer provide sufficient blood and oxygen to the tissue). Heart and circulatory diseases are the most common cause of death in Germany. However, the emergence of these diseases can frequently be avoided. A healthy way of life with low-fat diet, sufficient exercise and abstaining from nicotine has a protective effect on the heart and circulatory system.

Early diagnosis examinations *(Früherkennungsuntersuchungen)*: the objective of early diagnosis examinations is to detect diseases at an early stage (when no symptoms are as yet recognizable) and thus to increase the chances of healing.

Family doctor (General Practitioner GP)

(Hausarzt): a family doctor is a practising doctor, who is usually the first contact point for the patient with health problems. Family doctors who work in Germany include specialists for general medicine and internists practising as family doctors.

Fluoridation *(Fluoridierung)*: during fluoridation fluoride is applied to the teeth in the form of fluoridated toothpastes, gels and lacquer (the latter only at the dentist's). Fluoride deposits itself in the tooth enamel and strengthens its structure. This makes the tooth more resistant against acidic attacks (e.g. from eating sugar).

Gestosis *(Gestose)*: gestosis is a general expression for different health problems caused by pregnancy. As well as higher blood pressure there can be an increased protein excretion in urine and the development of oedemas can occur. A gestosis appears most of all in very young or older women, pregnant for the first time. Further risk factors for pregnant women are damaged blood vessels because of a chronic kidney problem, high blood pressure or diabetes, smoking during pregnancy, as well as overweight or lack of protein. A 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.

Health Authority (*Gesundheitsamt*): health authorities provide the public with health information, education and advice. The tasks of Public Health Offices include school beginners' examinations for children about to start school, vaccination advice as well as help for the mentally ill, addicts and handicapped persons, too. Health Offices also have monitoring and control functions. They take care of hygiene in treatment, care and support centres. They oversee drinking water and swimming pool water and advise on questions of environmental medicine.

Infection (*Infektion*): if you have an infection, causative agents (pathogenes) invade your body and multiply there. Diarrhoea, for example, is an infectious disease, as are respiratory diseases, measles and whooping cough, but AIDS and malaria, too.

Influenza: influenza is an infectious disease caused by influenza viruses affecting in most cases the respiratory tracts and can be accompanied by a serious state of illness and by complications like lung inflammation (pneumonia) or inflammation of the heart muscle (myocarditis).

Insurance card (*Versichertenkarte*): the insurance card is handed over to the doctor's assistant before the doctor's appointment so that the treatment can be paid for by the health insurance. The insurance card is issued shortly after registration at a health insurance. Normally it is sent by post. On the memory chip are the personal details (name, date of birth, address) and insurance number of the insured person, but no information about the state of health or diagnoses.

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

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

Pneumococcus (*Pneumokokken*): bacteria (streptococcus pneumoniae) which can cause different diseases including pneumonia, meningitis or inflammation of the middle ear (otitis media). The risk of falling ill increases in older age (over 60 years) since the performance of the immune system decreases.

Prevention (*Vorsorge*): by prevention we mean measures which ought to prevent diseases from arising. An example of a real preventive measure is cleaning teeth. With regular and properly carried out dental care the occurrence of tooth caries can be prevented.

Positive result (*auffälliger/positiver Befund*): an unusual or positive test result means that there is a suspicion that the person examined is carrying the assumed disease-causing agent or the focus, or that he has the assumed disease. In order to confirm or exclude this suspicion the person concerned is advised strongly to have further tests carried out.

Pregnancy diabetes (*Schwangerschaftsdiabetes*): due to the hormonal change during pregnancy, pregnant women can contract diabetes mellitus temporarily. The first signs of pregnancy diabetes can be: the woman is very overweight, an unusually strong thirst, too much amniotic fluid (in the womb) and an oversized child. Pregnancy diabetes, caused by an over-high blood sugar level, means a health danger 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 the pregnancy diabetes must be treated with insulin. Normally pregnancy diabetes disappears after birth.

Risk factors (*Risikofaktoren*): there are a number of circumstances which can endanger health. Often they are ways of behaviour born of habit and their effects, which can be avoided. But not seldom they are also – partly congenital – tendencies which lead to health problems or diseases. But environmental conditions too, like increased noise pollution, ultra-violet radiation or mould in living quarters, for example, count as risk factors leading to the emergence of certain diseases.

Rubella (*RöteIn*): rubella belongs to children's diseases, however, adults can also contract it. An infection with the rubella virus during pregnancy can cause serious damage to the unborn child, e.g. mental deficiency, 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 handicap because of it. This is why a so-called antibody test is carried out during pregnancy preventative care, to determine whether the expectant mother has had rubella already 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 a vaccination during childhood (girls aged between 11 and 13 years), or as a woman before becoming pregnant.

Surgery fee (*Praxisgebühr*): when patients have a doctor's appointment they must pay a surgery fee to the amount of 10 euros every quarter. This does not apply to early diagnosis examinations and prevention services, which are free of charge. If further doctor's appointments are necessary in the same quarter, a surgery fee is due for every doctor's appointment, unless the first doctor to provide treatment has written a referral. Referrals and hence the exemption from the surgery fee do not apply to the dentist and the emergency doctor. In these cases a 10 euro surgery fee per quarter is also charged. Children and adolescents up to the age of 18 do not have to pay a surgery fee.

Screening: this English expression means a series of tests. In connection with breast cancer screening means examining all women between 50 and 69 years of age.

Screening units (*Screening-Einheiten*): these medical institutions are specialised in mammogram screening and are subject to strict quality requirements. Mammogram pictures are made and if deviations are detected they are examined more closely. Specially trained doctors are in charge of screening units.

Symptom: a symptom is the complaint which is caused by a disease or an injury (for example pain).

U booklet (*U-Heft*): the results of the child's prevention examinations (U examinations) are entered into the U booklet. Over and above, the booklet contains important information, e.g. tables with the weight and height that a child should reach at a certain age. The U booklet is issued after the U1 in hospital and should be brought along to all child and adolescent prevention examinations.



Vaccination certificate (*Impfpass*): the doctor enters into the vaccination certificate when which vaccination took place. Since children's inoculations generally take place during the children's prevention examinations, the vaccination certificate and the U booklet should be taken along to all U examinations and the J1 examination. If there is no vaccination certificate yet, the doctor will issue one. Adults should also take their vaccination certificate with them to every vaccination appointment or when travelling abroad.

4. Addresses

Institutions

Description/Contact

AIDS-Aufklärung e.V.

Große Seestr. 31
60486 Frankfurt am Main
Tel.: 069|76 29 33
Fax: 069|76 10 55
E-Mail: info@aids-aufklaerung.de
Internet:
www.aids-aufklaerung.de

AIDS Info (Aufklärung e.V.) in Frankfurt can give you advice anonymously, by telephone and personally, online counselling, information events and further education courses; as well as HIV-antibody tests.

AIDS-Hilfe Hessen

Friedberger Anlage 24
60316 Frankfurt am Main
Tel.: 069|59 07 11
Fax: 069|59 07 19
E-Mail:
aids-hilfe-hessen@t-online.de
Internet:
www.sozialnetz-hessen.de/aidshilfe

The Hesse AIDS helplines are available for advice by telephone, among other services. They give information on questions about "Safer Sex", and "Safer Use" on possible risks of infection and on the HIV-antibody test. Among other places there are advice centres in:

Darmstadt: Telephone 06151|2 80 73

Gießen: Telephone 0641|1 94 11

Kassel: Telephone 0561|10 85 15

Offenbach: Telephone 069|88 36 88

Wiesbaden: Telephone 0611|30 24 36

Institutions

Description/Contact

Deutsches Grünes Kreuz e.V.

DGK

Im Kilian

Schuhmarkt 4

35037 Marburg

Tel.: 06421|29 30

Fax: 06421|2 29-10

E-Mail: dgk@kilian.de

Internet: <http://www.dgk.de>

The German Green Cross is an independent, non-profit organisation (regd. association) for the promotion of preventive health care and communication in Germany, whose aim is to motivate the general public to be aware of their responsibility for their own health. This is ensured through their own press, information and photo services and constant cooperation with print media, TV and radio. Information, addresses and telephone numbers on different health topics can be found on the homepage. Additionally, the Green Cross itself offers hotlines on topics like pain, hearing, sun and skin, cataracts and inoculation.

Donum Vitae Hessen

Landesgeschäftsstelle Hessen

Rheinstraße 65–67

64295 Darmstadt

Tel.: 06151|2 79 39 41

Fax: 06151|2 79 39 43

E-Mail: Beratungsstelle@donumvitaedarmstadt.de

Internet: www.donumvitae.org

The regional association of Donum Vitae in Hesse comprises five advice centres which provide services for women, men and couples, regardless of nationality and creed. Donum Vitae gives advice on pregnancy conflict situations according to Catholic teaching (e.g. for sources of help and legal claims). Financial aid and further assistance for pregnant women and mothers in need are also arranged by Donum Vitae.

Advice centres can be found in:

Darmstadt: Telephone 06151|2 79 39 41

Fulda: Telephone 0661|2 50 67 10

Gießen: Telephone 0641|9 72 76 89

Limburg: Telephone 06431|40 86 25

Wiesbaden: Telephone 0611|2 05 68 06

Institutions

Description/Contact

Gesundheitsämter in Hessen

Health Authorities provide the population with health information, education and counselling. Some of the Health Authorities' tasks include health checks for school beginners before schooling begins, inoculation counselling and assistance for the mentally ill, addicts and the handicapped. Health authorities also have monitoring and controlling tasks. They take care of hygiene in treatment, care and support service facilities. They monitor drinking and bathing water and give advice on environmental medicine matters. The addresses of all Health Authorities in Hesse are on the web at

www.gesund-in-hessen.info

Hessische Arbeitsgemeinschaft für Gesundheitserziehung e.V. (HAGE)

Heinrich-Heine-Straße 44
35039 Marburg
Tel.: 06421 | 6 00 70
Fax: 06421 | 6 00 711
E-Mail: info@hage.de
Internet: www.hage.de

The HAGE is a Land Union for Health Promotion in Hesse, in which 50 member organisations are involved. HAGE's principal task is to animate, coordinate or carry out activities and measures in health information, promotion and education. With its services it targets everyone working in the health promotion sector. It supports them with concept development, evaluation and organisation of health projects, further training and lecture events. It also gives assistance with compiling information materials.

Institutions	Description/Contact
<p>Hessisches Integrationslotsen-Netzwerk Referatsleiterin Wiebke Schindel Hessisches Sozialministerium Dostojewskistraße 4 65187 Wiesbaden Tel.: 0611 8 17 33 44 Fax: 0611 89 08 43 94 E-Mail: wiebke.schindel@hsm.hessen.de Internet: www.sozialministerium.hessen.de</p>	<p>Within the “Promotion of Integration Measures” programme, the Hesse State government supports the deployment of people with a migrant background and committed Germans as integration pilots into all different social areas. The persons involved are well-integrated language and culture mediators with linguistic and intercultural competence, whose access to their respective community allows them to give migrants assistance and information about social, political and cultural structures, and to help them to become oriented in their daily lives and break down bureaucratic barriers. Integration pilots approach new arrivals, migrants who’ve been living here for a while and ethnic German emigrants.</p>
<p>Hessische Landesstelle für Suchtfragen (HLS) e.V. Zimmerweg 10 60325 Frankfurt am Main Tel. 069 71 37 67 77 Fax 069 71 37 67 78 E-Mail: hls@hls-online.org</p>	<p>The aim of the Hessian Central Office for Addiction Matters (HLS) is the advancement and coordination of preventive, therapeutical and rehabilitation measures for the addictions issue. As the umbrella organisation for all the Hessian addiction prevention and assistance facilities (Blue Cross, Cross Association, Good Templars, Friends’ Circle etc), the HLS provides information, material and the address of facilities nearby. The HLS serves as the central access point for all matters involving addiction in Hesse – for member organisations, public experts and the general public, media and politics.</p>

Institutions

Description/Contact

Hessisches Netzwerk „Gewaltprävention im Gesundheitswesen“

Nancy Gage-Lindner
Hessisches Sozialministerium
Prävention und Schutz
vor Gewalt
Dostojewskistraße 4
65187 Wiesbaden
Tel.: 0611|8 17 24 73
Fax: 0611|89 08 41 83
E-Mail:
n.gage-lindner@hsm.hessen.de
Internet:
www.familienatlas.de/ca/a/tl/
<http://www.sozialministerium.hessen.de/>

The State of Hesse's Action Plan to combat domestic violence is a package of various initiatives for helping and supporting victims of violence in families – including healthcare. The action plan's primary target is improved protection from partner violence. It also serves to protect children from the dangers which partner violence always means for their development. The Hesse Network Stop Violence in the health sector offers orientation assistance for healthcare jobs. The internet site given contains important addresses and publications for the ones involved and also organisations which can help: advice centres, emergency line groups, regional networks against domestic violence and practical help – like instructions for medical documentation in cases of physical abuse.

Kassenärztliche Vereinigung Hessen (KV)

Dr. Löwenstein-Haus
Georg-Voigt-Straße 15
60325 Frankfurt am Main
Postfach 15 02 04
60062 Frankfurt am Main
Tel.: 069|79 50 26 02
Fax: 069|79 50 26 40
E-Mail: infocenter@kvhessen.de
Internet: www.kvhessen.de

On the internet page of the Hesse Organisation of General Practitioners there is a search engine for insured persons and patients for resident doctors and psychotherapists in Hesse. Moreover, there is access to information on topics like prevention and inoculation, self-help, emergency and medical on-call service (emergency service), immigrants, individual health contributions and reimbursement of costs, service and quality.

Institutions

Description/Contact

Klinik für Phoniatrie und Pädaudiologie

Johann Wolfgang Goethe-Universität Frankfurt am Main
Theodor-Stern-Kai 7, Haus 7A
60590 Frankfurt am Main
Tel.: 069|63 01 57 75
Fax: 069|63 01 50 02

These Clinics in Frankfurt and Marburg offer a hearing test for babies born at home or in a Birth Centre, within the framework of a so-called screening surgery. If the hearing test has a positive result then one or more tests are necessary. These can also be carried out in Frankfurt or Marburg.

Klinik für Phoniatrie und Pädaudiologie

Universitätsklinikum Gießen und Marburg GmbH
Standort Marburg
Deutschhausstraße 3
35033 Marburg
Tel.: 06421|2 86 64 39
Fax: 06421|2 86 28 24

Landesärztekammer Hessen

Im Vogelsgesang 3
60488 Frankfurt am Main
Postfach 90 06 69
60446 Frankfurt am Main
Tel.: 069|97 67 20
Fax: 069|97 67 21 28
E-Mail: laek.hessen@laekh.de
Internet: www.laekh.de

The Professional Association of Doctors in Hesse has a public mandate to provide quality-assured, confidential medical care and doctors' professional practice. Apart from in-service training courses and further training possibilities for doctors and medical assistant professions, their tasks include advising members, members of the public and political bodies. They also represent patients' interests and assist in treatment error cases. On their web pages the Association offers health tips, general patient information and emergency telephone numbers (among others, the emergency number for cases of poisoning).

Institutions	Description/Contact
<p>Landesarbeitsgemeinschaft Jugendzahnpflege in Hessen (LAGH) Christine Roß-Daum Rhonestraße 4 60528 Frankfurt am Main Tel.: 069 4 27 27 51 95 Fax: 069 4 27 27 51 05 E-Mail: ross-daum@lzkh.de Internet: www.jugendzahnpflege.hzn.de</p>	<p>The LAGH (State Work Group on Youth Dental Care) promotes dental health for children and adolescents in Hesse. It carries out group prophylaxis at schools and child day care centres, with the statutory insurers, dental professionals from Health Offices and dentists' surgeries. Moreover, you can request them to give you a children's dental pass.</p>
<p>Landes Zahnärztekammer Hessen (LZKH) Rhonestraße 4 60528 Frankfurt am Main Tel.: 069 4 27 27 50 Fax: 069 4 27 27 51 05 E-Mail: box@lzkh.de Internet: www.lzkh.de</p>	<p>The LZKH (State of Hesse Dentists' Association) offers patients a hotline for neutral and affordable telephone advice. On the service number 01805 202052 qualified advisors are available for patients.</p>
<p>Mammographie-Screening Hessen Zentrale Stelle Postfach 3529 65025 Wiesbaden Tel.: 0180 3 62 66 66 (9 ct/Min.) Fax: 0611 7 10 02 82 E-Mail: mammo-info@kvhessen.de Internet: www.ein-teil-von-mir.de</p>	<p>The Central Point (Zentrale Stelle) answers questions about the mammogram examination and also information about places to approach which carry out mammogram screening. Appointments for screening can be made through the Central Point. All women aged between 50 and 69 years are invited personally every two years to this high-quality programme of early diagnosis for breast cancer. Participation is voluntary.</p>

Institutions

Description/Contact

pro familia

Landesverband Hessen

Palmengartenstraße 14
60325 Frankfurt am Main
Tel.: 069|44 70 61
Fax: 069|49 36 12
E-Mail: lv.hessen@profamilia.de
Online-Mail-Beratung bei
pro familia: www.sextra.de

There are 26 advice centres, 2 medical institutes and one educational centre in Hesse which belong to the State Association of pro familia. All the advice centres have governmental recognition as pregnancy advice centres. They can issue confirmation of advice given. Women can also receive information about the "morning-after pill" here on: 01805|77 63 26.

Among other places, there are advice centres in:

Darmstadt: Telephone 06151|42 94 20

Dietzenbach: Telephone 06074|22 65

Gießen: Telephone 0641|7 71 22

Kassel: Telephone 0561|2 74 13

Offenbach: Telephone 069|81 77 62

Wiesbaden: Telephone 0611|37 65 16

Sozialverband VdK

Hessen-Thüringen

Geschäftsstelle Frankfurt
Elsheimerstraße 10
60322 Frankfurt am Main
Tel.: 069|7 14 00 20
Fax: 069|7 14 00 255
E-Mail:
sozialpolitik.hessen@vdk.de

The Social Association VdK Hesse-Thuringia advises and represents its members in social legal disputes. Besides that, it also offers independent patients' advice. The advice is free of charge for non-members, too and is intended primarily for chronically ill and handicapped persons.

There are advice centres in:

Kassel: Telephone 0561|9 20 70 80,
opening hours: Thursdays, from 14.00 until 18.00

Darmstadt: Telephone 06151|35 99 80,
opening hours: Mondays, from 13.00 until 17.00

Alsfeld: Telephone 06631|35 56
opening hours: Wednesdays, from 13.00 until 17.00

Institutions

Description/Contact

Unabhängige Patientenberatung Deutschland (UPD)

Beratungsstelle Gießen

Liebigstraße 15

35390 Gießen

Tel: 0641 | 3 01 33 45

Fax: 0641 | 3 01 94 29

E-Mail:

giessen@upd-online.de

Internet:

<http://www.unabhaengige-patientenberatung.de/>

Independent Patient Counselling (UPD) offers patients free information on health-related topics at 22 advice offices nationwide, as well as advice on legal health matters and information about supplementary health care (regional) services from expert advisors. Moreover, the UPD also supplies counselling on sicknesses and special topics in other regions.

Verbraucherzentrale Hessen

Große Friedberger Straße 13–17

60313 Frankfurt am Main

Tel.: 01805 | 97 20 10

E-Mail: vzh@verbraucher.de

Internet: www.verbraucher.de

The Consumer Advice Centre, Hesse offers patients' advice by telephone and personally. Telephone advisory service, Monday to Thursday, 10.00–13.00 on 0900 | 1 77 44 47 (1.75 euros/min. for calls on German landline). You receive personal advice at the advice centres in Frankfurt, Kassel and Darmstadt. Appointments in:

Frankfurt: Telephone 01805 | 97 20 10

(12 cents/min. for calls on German landline)

Kassel: Telephone 0561 | 10 49 05

Darmstadt: Telephone 06151 | 27 99 90

Notes

Notes

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Maintaining health

You live in Germany and you are healthy. You want it to stay like that, but you have no overview of possible prevention and early diagnosis services. This brochure shows you which steps to take to protect your health pro-actively and to detect illnesses in time.

What is a health check-up, for example? What does cancer early diagnosis mean? Which child and adolescent examinations are available for you? When should you get yourself protected with inoculations? Which dental examinations can you take advantage of, in order to keep your teeth healthy lifelong? This brochure answers this and many other questions. Moreover you will find the addresses and contact persons for different health organisations in Hesse.