Competency up Close

INFORMATION ON THE PsORISol CLINIC
Dear Sir or Madam,
Dear Patients,

Health is a very important topic for each and every one of us. However, we often fail to realize how much our health is worth until we suffer an ailment. Some call it “our most valuable asset” while others claim “it is too expensive”. Of course, we are all familiar with these discussions.

At the PsoriSol Clinic for Dermatology, the restoration and maintenance of your health is our primary concern. It is important to our staff that you feel comfortable and accepted in our clinic and that you regain your health.

We combine comprehensive, acute inpatient dermatological care on a cost-effective basis with patient-oriented, high-quality medical treatment to the patient’s benefit.

We focus on people, whether patients or staff. This means in particular that we respect the human being and his wishes. We support his decisions by providing information openly and honestly and creating an atmosphere in which he feels comfortable and secure. In doing so, we assume responsibility for the care and acute dermatological treatment of our patients. In this context, we strive to make an innovative contribution to the shape of today’s health care. This is based on high-level specialized medical competency. At the same time, we also strive for high cost-effectiveness within our clinic by continuously improving all processes and the quality of the results.

The following information is meant to help you become familiar with us. It is important information for your orientation. We describe all of our departments and services so that you receive an impression of what to expect in our clinic.

Yours sincerely,
Your Clinic Directors

Prof. Dr. med. habil. Ulrich Amon
Head Physician and Medical Director

Alois Greil
Owner / CEO

Herbert-M. Pichler
CEO
The PsoriSol Clinic in Hersbruck near Nuremberg with its 153 beds is the largest acute in-patient clinic for dermatology in Germany and thus one of the highest-performance clinics of its kind in Europe. The staff cares more than 3000 dermatology patients on an in-patient basis.

One of the many emphases of the clinic is the diagnosis and treatment of inflammatory skin diseases such as psoriasis and atopic dermatitis.

The clinic has modern equipment and patient-oriented furnishings and emanates the pleasant atmosphere of an elegant hotel.

Our efforts are focused on the patient as a human being with all his sensitivities and skin ailments, wishes and expectations. The main goal of a clinic stay is the sustained improvement of the patient’s quality of life. Our patients work with us to “actively” contribute to their recovery.

The latest scientific know-how and our own comprehensive experience with thousands of patients guide us in the development of our treatment plans. The individuality of each patient is crucial – each person, the course of each illness, each acute attack calls for a specific and individual adjustment of therapy.
You’ll always find someone with a smile and willing to listen to you!

Tradition and modernism – successfully united in architecture!
The Focus is on the Patient

The PsoriSol Clinic for Dermatology has 153 acute care beds for private as well as statutory health insurance patients.

The clinic offers tradition and modernity in perfect harmony. At our clinic you will be welcomed cordially and warmly in a comfortable and cultivated atmosphere.

Our comfortable single and double rooms are stylishly furnished, including a separate shower bath, hair dryer, refrigerator, colour TV, and radio. Internet connection is available in some rooms.

Your meals are served at our restaurant on the banks of the River Pegnitz. Along with a selection of nutritious meals, we also offer special dietetic foods. All visitors are cordially welcome to join us for meals (meal vouchers may be purchased at the reception desk).

The clinic is located in the middle of park on the banks of the Pegnitz. Many of the rooms afford a gorgeous view of the river. This idyllic location and the dedicated physicians, nurses and orderlies provide a very pleasant and personal atmosphere. In addition, the clinic has had its own TV information channel since 2008, which broadcasts basic information about various illnesses to patient rooms.

Each patient has a qualified nurse or orderly as his contact person who is responsible for his care. In order to customize the care given to each patient, nurses and orderlies carefully inform themselves about the illness and the required treatment. The patient’s own wishes and expectations are taken into account as much as possible. We focus on you. The size of our clinic and our well-trained personnel make it possible for us to treat and care for our patients on an individual basis.

Trust

We work with in-house specialists in an interdisciplinary mix. We also work closely with office-based physicians. This enables optimal continuation of out-patient treatment by the patient’s physician after discharge from the clinic. This enhances the feeling of trust and security, which is the right atmosphere for the healing process.

Competence

Our physicians are trained medical specialists with specialized methods. Due to our comprehensive experience and our own studies, combined with the high-quality equipment of the clinic, we are able to perform highly sophisticated diagnostic and therapeutic measures. Because of the various existing cooperating partners it is possible to not only continuously exchange ideas on a clinical and scientific basis, but also to collaborate quickly and easily.

Information and education

For everyone involved – i.e. the clinic’s physicians, nursing staff and therapists – the patient, his illness, and all related issues have top priority. This includes informing him before surgery or treatment about all treatment procedures and techniques as well as providing him with information about the stage of the illness and the healing process.
Medical Services

Therapy goals

The focus of our treatment is on the patient’s quality of life. We cooperate with him on clearly improving his skin condition. Existing limitations are to be improved and, if possible, completely overcome. The success of treatment should be long term and as sustainable as possible through prevention, recognition and reaction to the causes and catalysts of the illness, as well as the healthy change in attitude and behavior on the patient’s part. In this way, the patient’s quality of life can be improved and his ability to work and earn his living can be maintained or restored.

In the process, medication should be reduced as far as possible and optimized in order to foster the patient’s well-being and to reduce the future therapy expenses for the patient and the insurers.

„Working with us, the active patient determines his own path to good health!“

A thorough diagnosis is the basis for successful therapy

The little ones are also in good hands at our clinic

Our diagnosis and therapy are on an interdisciplinary basis
Indications

As the largest acute clinic in Germany for dermatology and allergology, we treat all illnesses within our specialty, such as

**Skin diseases**
- atopic dermatitis
- erysipelas
- zoster (shingles)
- psoriasis
- eczema of the hands and feet, contact eczema, microbial eczema
- skin tumors (basal cell carcinoma, malignant melanoma, squamous cell carcinoma, ...)
- leg ulcers
- auto-immune diseases of the skin, such as morphea, systemic scleroderma, lupus erythematosus, lichen sclerosus et atrophicus
- blistering diseases such as pemphigus, bullous pemphigoid, Duhring’s disease, etc.
- parapsoriasis en plaques and mycosis fungoides
- urticaria pigmentosa (mastocytosis)
- other skin diseases such as lichen planus, granuloma annulare, sarcoidosis, pityriasis lichenoides, and Darier’s disease.

**Allergic and pseudo-allergic reactions**
- food allergies and intolerances
- wasp and bee-sting allergies, specific immune therapy
- allergic reactions to drugs
- intolerance to local anesthetics
- latex allergy
- urticaria (hives)
- histamine intolerance
- allergic vasculitis
- light-induced skin diseases, UV-induced allergies

![Atopic dermatitis](image)

![Psoriasis](image)

![Malignant melanoma](image)

![Eczema of the hands](image)
Diagnosis

We give highest priority to making a detailed and individual diagnosis. The search for the cause is the basis of successful therapy. We feel committed to this motto. To reach a diagnosis, we use various modern and proven methods. We have access to many options both in our clinic and with our external partners:

- Allergy laboratory: determination of the allergy levels in the blood such as total IgE and specific IgE, skin tests, such as prick and prick-to-prick, rub, intracutaneous and epicutaneous tests, autologous serum test, physical tests
- food allergy diagnosis
- external immunological special laboratory and clinical-chemical laboratory with internet connection
- light examination (MED test, photo provocation, photo patch test)
- reflected-light microscopy
- mycology laboratory
- dermatological physiological laboratory (skin surface analysis, skin function tests)
- plethysmography (measure of blood flow)
- spirometry (lung function test)
- ECG, ergometry, long-term ECG, long-term blood-pressure monitoring
- ultrasound unit, incl. skin ultrasonography
- blood sugar test
- close collaboration with an external institute for dermatological pathology in the diagnosis of tumors of the skin and mucous membranes as well as unclear skin and mucous membrane diseases
- Allergy laboratory: determination of the allergy levels in the blood such as total IgE and specific IgE, skin tests, such as prick and prick-to-prick, rub, intracutaneous and epicutaneous tests, autologous serum test, physical tests
- determination of specific IgE antibodies in the blood against foodstuffs
- skin tests for foodstuffs (e.g. prick-to-prick tests, food patch test)
- different forms of nutrition (e.g. olioallergenic diet, potato-rice diet, hypoallergenic diet)
- open, or single- or double-blind placebo-controlled food provocation tests according to the criteria of the European Academy of Allergology and Clinical Immunology
- hypoallergenic infant formula, the introduction of hypoallergenic supplementary food
- histamine- and additive-free diet
- test for enteral histaminosis
- testing of food additives
- hydrogen breath test: lactose intolerance, fructose and sorbitol malabsorption, mouth-cecum transit time, D-xylose test, test of bacterial translocation in small intestine
- adjusted low-allergenic infant diet for increased allergy risk,

Specialized diagnosis of food allergies and intolerances

Conventional skin and blood tests often fail to yield useful results, especially for the increasingly frequent food intolerances. The decisive diagnostic technique is therefore implementing various diets and then adding the suspected food, additive, or other allergen. Over the past few years, we have specialized in particular in the diagnosis of food intolerances and allergies at our clinic.

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Teaching Kitchen

- cooking and baking with food allergies
- risks in food labeling, hidden allergens
- special preparation of infant formula for increased risk of allergy
- low-fat and low-cholesterol recipes
Bestimmung der Allergiewerte im Blut

Skin test

Light examination
Modern Therapy Approaches

At the PsoriSol Clinic for Dermatology and Allergology, diseases are treated actively. This means that your experiences, opinions and expectations are very important to us. Your active participation is needed! From the first day of admission, you will be given personal care – you will always have a contact person.

- During admission, we ask you about your wishes.
- Together with our specialized physicians, a concept is created.
- Depending on your ailments, various experts are consulted (internist, orthopedist, pediatrician, ENT specialist, etc.).
- Treatment is based on the latest scientific knowledge and guidelines.
- You have access to individual nutritional, psychological and medical consultation.

The following treatment approaches are employed by our clinic:

External Therapy
Among others, various creams, lotions, pastes and salves, individual medicinal baths and compresses are implemented. A cortisone-free therapy is preferred for atopic dermatitis.

Internal Therapy
All modern medical options are offered, depending on the indication, for example: antihistamines, cyclosporine A, methotrexate, biologics, etc.

Hyposensitization, e.g. for insect bite allergies
For this method, the respective toxin is injected subcutaneously in a greatly diluted form, in gradually increasing doses, in order to trigger the immune system to produce antibodies against the toxin. The organism becomes less sensitive to the toxin with time. The goal of hyposensitization is to reduce the sensitivity of the allergic person to the insect toxin and to establish protection for as long possible. The success rate for treating wasp- and bee-sting allergies is 90%.

Light Therapy
The PsoriSol Clinic is equipped with the most modern light therapy equipment such as “UVB 311 nm narrow band” and “UVA-1 high dose”. Oral and local PUVA (bath and cream PUVA) therapy and UV-free light therapy forms are also offered.

„PsoriSol Blue Light System“ – Effective New Light Therapy
The Blue Light System is a light therapy specially developed for the PsoriSol Clinic. This system is state-of-the-art technology.

The Blue Light System is the first light system that emits light in very compatible wavelengths with an anti-inflammatory effect. High doses of long-wave UVA light up to visible ranges are very effective in treating various inflammatory skin diseases.

The Blue Light System light therapy is used for the most advanced skin diseases, for which conventional UV light, in particular UVB light, are not tolerated.
**Operations**
Various operations, including skin transplants, skin flap plastic surgery, microdermabrasion, and laser skin resurfacing.

**Leg Ulcer**
Patients with a leg ulcer are treated with active measures, for example skin transplant methods, biological ulcer therapy with sterile fly larvae, and what is known as vacuum therapy. If necessary, laser-assisted abrasion is carried out (Erbium: YAG).

**Laser Therapy**
The Excimer Laser is a high-energy laser that emits UVB light at a wavelength of 308 nanometers. Only the affected skin is treated with this therapy method.

**Erbium: YAG Laser**
- This laser is used to remove surface skin tumors such as actinic keratodermas or warts
- It is also used for abrading tissues in venous leg ulcers.
- The Erbium: YAG abrasion technique has been very successful in treating Darier’s disease and Hailey-Hailey disease.

**New Specialized Department: Scars and Pigment Disorders**
The PsoriSol Clinic for Dermatology is expanding its range. In the future, large-surface scar reconstruction will be undertaken on an in-patient basis, using a special technique developed by Professor Wood of Perth, Australia. Often, scars from surgery or burns heal so badly that they cause psychological stress for the patient. A new combination of laser surgery and pigment cell transfer is capable of producing excellent cosmetic results.
Baths soothe skin and soul
Supplemental and Supporting Treatment

Physical Therapy
All patients have access to the brine therapy bath and the sauna in combination with "Kneipp" water therapy. Physical therapy includes classical massage, foot reflex-zone massage, connective tissue massage, lymph drainage, fango, hot air therapy, back training, cryotherapy and electrotherapy (2 or 4 cell bath, Stanger bath, interference current, ultrasound, etc.). In addition, spine exercises and aqua fitness are offered, as well as photo-brine therapy with the Blue Light System, Gentle Waves (LED photomodulation), Waldmann UVB 311 nm (UVA/UVB), light tunnel UVA (hands and feet), Blue Point (nails), UV light comb, Dermalife and Bio-Sun. PUVA tub / partial baths and cream PUVA are also part of our program.

Psychological Program
In behavioral group therapy training, patients can learn the following methods to help them cope with their skin disease:

- Scratch control techniques
- Jacobson's progressive muscle relaxation technique
- Methods of dealing with stress
- Self-confidence in dealing with the disease and the difficult social situations associated with it

In private sessions, individual concepts can be developed for dealing with the psychological stress that triggers or sustains the ailment, and with the consequences of the disease. Smoking cessation sessions are also offered.

Interdisciplinary Training
- Parents' training for the parents of children with atopic dermatitis

Lecture on Nutrition
- Healthy nutrition – what really matters?
- Prevention of lifestyle diseases through nutrition (e.g. heart attack, diabetes, gout)
- Elevated blood lipids (cholesterol, triglycerides) – what can I do?
- Weight loss without starving – the meaning of fat points and glycemic index at the cafeteria
- Reading ingredients labels – what is in our food?
- Omega-3 fatty acids – what effects can be expected for psoriasis?
**Creative Therapy**

The creative workshop offers you the freedom to express your own ideas, try out new things, and experiment with colors, forms and various materials. When painting, emotions always play an important role, so this is a way to express and actively process fears and hopes. According to the motto, “Every person is an artist,” people who have never painted before discover their own creativity. There are no artistic prerequisites for participation in this program. The workshop is at your disposal in the mornings and afternoons, during “open hours” and also offers a daily creative-therapy group. This program was specially developed for acute in-house patients in order to lessen the frequently high level of anxiety during an acute skin disease attack.

**PsoriSol Brochures, Books and Magazines**

We have included the latest scientific developments in a collection of written material for your use. You can order our informational material at www.psorisol.de or by phoning ++49 9151 729 - 0.

- Guide to Atopic Dermatitis and Food Allergies
- Guide to Atopic Dermatitis for Parents
- Guide to Psoriasis
- Guide to Mastocytosis and Enteral Histaminosis
- Guide to House Dust Mite Allergy
- Hyperallergenic Cookbook – Basic recipes for people with food allergies
- Diet Catalogue
- PsoriSol Magazine Skin and Allergies (annual)

**Treating Children**

In our clinic, we treat adults as well as children of all ages. In addition to therapy customized for the child, we also provide professional childcare for children from 3 to 12 years of age. For younger children, care can be arranged at short notice so that parents can go to their appointments.

Along with therapeutic programs such as scratch-control training, autogenic relaxation training and therapeutic gymnastics for children, the necessity of a diet is evaluated by introducing specific diets and food-provocation tests.

Our team also carefully explains the problem of skin infections as the cause of the disease. During ointment training, skin care is explained on an individual basis.

**Sport Therapy**

Sport and gymnastic therapy for non-bedridden patients is part of the successful therapy program at the Psorisol Clinic for Dermatology. The following are offered as part of sport therapy, depending on the season and the individual offering of our sport and gymnastics teacher:

- Individual supervision on the fitness machines
- Healthy back
- Hips and abs
- Aerobics
- Water gymnastics
- Nordic walking
- Progressive muscle relaxation
- and other methods
All processes are systematically checked and optimized.
Quality Management –
Advances Through Experience

Quality is today and in the future will increasingly become the criterion for assessing every organization. And quality means nothing but the best possible fulfillment of all customer demands, i.e. to achieve a comprehensive benefit for all involved – for patients, insurers, service providers, the referring physicians, and the staff. The corresponding development processes can be successfully achieved only on the basis of a comprehensive quality management philosophy and with the appropriate tools.

Hospitals that have had more experience with many treatments can offer their patients better results. The doctors have more practice and organization is optimized. Thus, the quality of the treatment usually increases with the number of patients treated. The PsoriSol Clinic recognized this principle long ago and has dedicated itself to various quality management systems.

In order to link various quality-assurance measures, the PsoriSol Clinic for Dermatology has used a comprehensive quality management system based on the guidelines specified by the European Foundation for Quality Management (EFQM) in Brussels. All procedures in the clinic are continuously examined and improved and the work is oriented around the defined quality goals.

Since June 1998, the clinic has been certified as the first independent dermatology clinic according to DIN EN ISO 9001, and was successfully recertified in 2001, 2004 and 2007. In addition, the clinic has internally adopted what is known as the KTQ system (Cooperation for Transparency and Quality in Health Care). Thus, it is one of very few clinics in Europe to combine three different internationally recognized quality management systems as the basis for the continuous process of improvement for the benefit of the patients.

„Quality is the intangible advance beyond mediocrity.”
The Clinic and the Region

Franconia is a traditional holiday region and is considered one of the most attractive areas of Germany because of its rich culture and beautiful landscapes. It has preserved its characteristic originality across the decades. The Jura mountain range holds off cold fronts and low-pressure systems. This region’s climate, low on irritants and shielded from the warm, dry Foehn winds, makes it the ideal place to treat skin diseases and allergic ailments and provides optimal support for the therapy success.

The PsoriSol Clinic for Dermatology is located in Hersbruck, in the heart of the Franconian Jura, on the outskirts of the Nuremberg metropolitan area. Hersbruck and its surrounding areas make up the Hersbruck health region.

Hersbruck is a state certified health resort. In December 2004 the Frankenalb Therme wellness complex was opened. Hoteliers offer anti-allergenic rooms built in accordance with the newest biological construction techniques. The old town is still partly surrounded by the city wall with its defense and gate towers. Many of the streets and the market square still display half-timbered and natural stone house facades.

The PsoriSol Clinic for Dermatology is located on the idyllic grounds of the former Sartorius Art Mill, in a river landscape surrounded by old trees and dominated by the River Pegnitz in the center of Hersbruck (345 m above sea level).

The heritage-protected 5000 m² mill facility with its 8 buildings: hospital (new), physical therapy (new), mill building, annex, forum, conference building, creative house, and childcare was opened in 1991 after comprehensive remodeling. The clinic has 153 acute in-patient beds. Rehabilitation is not offered.

History

1469: The city mill was built on authorization of Duke Ludwig von Bayern
1924: Mill fire, then reconstruction and mill operation until the 1970s by the Sartorius family
Restaurant until 1989
1991: The PsoriSol Clinic for Dermatology opened with 50 beds for acute in-patient treatment and 110 beds for in-patient rehabilitation
2004: 85 beds for acute in-patient treatment and 75 beds for rehabilitation
2006: Remodeling of the first floor and conversion of 7 patient rooms into function rooms
2008 conversion of all 153 beds for acute in-patient treatment
The Way to the PsoriSol Clinic for Dermatology

There are a total of 153 acute beds at the PsoriSol Clinic for Dermatology and Allergology. Of these, 100 have been included in the hospital contingency plan of the Free State of Bavaria since June 1, 2008. The remaining 53 acute beds are covered by a patient-care contract according to § 108 (3) SGB V. Rehabilitation beds have not been available since June 1, 2008.

Are you insured by a statutory health insurance?
- For admission, you will need an “Einweisungsschein” (Hospitalization Order, pink slip) from your physician (i.e. dermatologist, general practitioner, pediatrician,...)

Are you privately insured?
- For admission, you will need neither a hospitalization order nor coverage confirmation by your insurance company!

Send your paperwork along with the completed admission form, which you may find in this brochure, download at www.psorisol.de, or order by phone at ++49 9151 729 - 0, to our Patient Admission Office. We will quickly suggest a date for your arrival and send you useful information for your stay at our clinic. Admissions are made every day, even on weekends and holidays.

Therapy treatments also continue without interruption.

How to Arrive

Hersbruck is well connected to the transportation infrastructure. You can easily reach the PsoriSol Clinic for Dermatology using public transportation. We recommend traveling by rail. From the Nuremberg railway station there are direct trains to Hersbruck, on both sides of the Pegnitz. We would be pleased to meet you at the railway station in Hersbruck.

The Nuremberg airport, about 30 km away from Hersbruck, has connections from many airlines from airports in Germany. Our “Shuttle Service” will bring you here.

From the north: take the A3 until autobahn junction Nürnberg, continue towards Berlin on the A9 and take the exit „Lauf/Hersbruck” (Lauf Nord), continue on the motorway B14 towards Hersbruck until the exit „Hersbruck-Süd”. Within Hersbruck follow the signs to the clinic.

From the east: take the A6 until autobahn junction Altdorf, continue on the A3 until autobahn junction Nürnberg, continue towards Berlin on the A9 and take the exit Lauf/Hersbruck” (Lauf Nord), see above.

From the south: take the A9 towards Berlin and exit at „Lauf/Hersbruck” (Lauf Nord), see above.

From the west: take the A6 until autobahn junction „Nürnberg Ost”, follow the A9 towards Berlin and take the exit “Lauf/Hersbruck” (Lauf Nord), see above.
Contact Information

Patient Admissions

++49 9151 729-437
++49 9151 729-200

Physician Office

++49 9151 729-421/435
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Imprint

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SteuTax Number: 241 / 116 / 01174
Court of Register: Nuremberg HR B 9104

Please Note

In-patient treatment at the PsoriSol Clinic for Dermatology is usually not planned on the long-term, but rather arises as a result of the acute medical necessity of treatment.

Route Description

BAMBERG
FORCHHEIM
ERLANGEN
FÜRTH
NÜRNBERG
Lauf
Pegnitz
Fürth
Hersbruck

InterCert
LGA
Zertifiziertes QM-System
ISO 9001:2000