FrankfurtRhineMain
Europe’s Leading Centre for Medicine and Regeneration

www.medical-network-frm.com
FOR YOUR COMFORT AND WELL-BEING

- Central location in downtown Frankfurt
- Barrier-free guest-rooms incl. opening windows
- Free use of the spa area (1,000 sq/m) and fitness studio
- Yoga courses
- Adjacent guest-rooms and suites with connection possibilities
- Concierge service / 24-hour manned reception
- Laundry service
- Shuttle service
- Bountiful international breakfast buffet for an energetic start to the day
- Four restaurants incl. gourmet restaurant

STEIGENBERGER FRANKFURTER HOF
Am Kaiserplatz · 60311 Frankfurt/Main · Germany
Tel: +49 (0) 69 / 215-02 · www.frankfurter-hof.steigenberger.de
# Contents

## Editorial ..................................................5

## Business Location

The healthcare industry in FrankfurtRhineMain ....................................6

The international trade show and congress destination of FrankfurtRhineMain ........8

## General Medicine

Innovations in research and education ......10

Hip in a day –
Minimally invasive hip replacements ........16

Particle therapy in Marburg –
Using ion beams to combat tumours ..........17

Implants for knee arthrosis patients ..........18

International patient transport
with Jet Call ..............................................20

Pioneers in emergency care –
IVENA eHealth ...........................................22

Innovative treatment methods for porous heart valves ................................24

Certified heart-failure unit at
Frankfurt’s Red Cross clinics ...................26

Permanent dental implants
in a single day .........................................28

Leading medical providers
in the RhineMain region .............................32

## Spas & Health Resorts

Spa holidays in FrankfurtRhineMain –
Happy and healthy holidays ....................34

The healing treasures of Mother Nature ....38

## Room & Board

Hotels in FrankfurtRhineMain –
Hospitality in all of its many facets ..........40

The local restaurant scene –
A gourmet’s paradise .............................48

## Entertainment

Shop until you drop ...................................52

Culture tips – Unique cultural offerings
of the highest quality ...............................54
Frankfurt on the Pulse

Centrally situated in the heart of Europe, Frankfurt is quick and easy to reach thanks to its international airport. FrankfurtRhineMain is a medical destination of the highest quality standards.

Frankfurt is also a very green city with countless opportunities for rest and recreation. The city disposes over a magnificent riverfront, featuring the famous museum embankment, an expansive green belt and numerous parks and gardens such the Palmen­garten and Bethmann Park, which invite visitors to enjoy a leisurely stroll, a sit-down in the sunshine or, if you’re more actively minded, a bit of fitness and fun.
Dear Ladies and Gentlemen,

The FrankfurtRhineMain region ranks highly amongst the world’s most important business locations, presenting itself as a leading economic centre for diverse branches of industry, services and research. Numerous globally operating corporations, small and medium-sized companies, universities, technical colleges and research institutes have based themselves in FrankfurtRhineMain over the years. Together, they have helped to turn the region into a flourishing international marketplace. With its excellent infrastructure, highly skilled workforce and broad range of business sectors, the metropolitan region of FrankfurtRhineMain is ideally equipped to compete in international comparisons, boasting a well-organised, high-performance healthcare industry.

Comprehensive medical expertise at one and the same location: The myriad medical institutions based in the FrankfurtRhineMain region meet every possible demand of prevention, diagnostics and aftercare, offering a full spectrum of specialist fields and the most modern methods of diagnostics and care, not to mention a highly skilled medical workforce. The region also provides visitors with an equally diversified array of wellness and recreation opportunities. Various university hospitals, specialist clinics and acute-medicine facilities combine to guarantee patients intensive and comprehensive medical treatment. Moreover, FrankfurtRhineMain is also home to a large number of time-honoured spas and health resorts offering a broad spectrum of therapy options. Be it Bad Homburg, Wiesbaden, Bad Nauheim or Königstein, the region’s 12 spas and health resorts represent centuries of history and spa tradition. In times gone by, nobility and high society from all around the world flocked to the FrankfurtRhineMain region to avail themselves of the healing qualities of the treatments on offer. Its location in the heart of Europe was greatly valued even back then, being easy to reach from both near and far. Nothing has changed in this regard. Today, “Fraport” is not only a leading international traffic and transport hub, it is also continental Europe’s second-largest airport. The metropolis on the River Main also boasts Germany’s busiest motorway interchange and its most-frequented railway station. Another advantage is FrankfurtRhineMain’s colourful entertainment offer. Spa holidays, health trips and medical sojourns are easily combined with the region’s seemingly endless offerings of culture, cuisine and shopping.

“VISITE” was specially conceived for persons visiting FrankfurtRhineMain to improve their health and wellbeing. Our magazine provides an initial overview of the numerous medical, cultural and recreational offerings available within the region, enabling visitors to plan their stay with the greatest possible care and attention to detail.

We thank you for your interest and look forward to welcoming you as our guests in the FrankfurtRhineMain region.

Yours,
Plamen Staikov

Yours,
Thomas Feda
The healthcare industry in the Frankfurt-RhineMain region

Liberal, progressive and highly dynamic, yet at the same time tranquil and traditional – the metropolitan region of FrankfurtRhineMain ranks amongst Germany’s most attractive conurbations and strongest economic centres.

With some 5.5 million inhabitants and a workforce of more than three million, FrankfurtRhineMain has over the years gained a solid reputation as a national and international traffic and transport hub, a trade fair and finance centre, a research base and science location. The region has also attracted a large number of globally operating corporations as well as countless small and medium-sized companies, all of whom value its convenient location in the heart of Europe, its ease of accessibility and its proximity to key urban centres such as Frankfurt or the Hessian state capital of Wiesbaden. The region’s advantages of location are easy enough to see: FrankfurtRhineMain is compact, well developed and home to a wide-ranging marketplace.

Health and medicine play a major role in FrankfurtRhineMain. The region has become the home of a highly professionalised healthcare industry, featuring efficient structures and countless synergies. Already a leading industrial location and a centre of research and development, FrankfurtRhineMain is a truly global player. Some 345,000 professionals are currently employed by the region’s healthcare industry, which is responsible for ten percent of the state’s gross domestic product. The variety of manufacturing companies operating in the pharmaceutical and medical technology sectors, the excellent care provided by the region’s clinics and the significant work performed by its research institutes combine to form the basis for the innovative products and services proffered by the region’s healthcare industry. Moreover, the metropolitan region of FrankfurtRhineMain has also achieved a leading global position in the field of medical technology and medical product development. The region’s 700-plus healthcare companies,
which include global players such as Merck, Fresenius, Sanofi-Aventis Deutschland and Lilly Deutschland, B. Braun, Biotest, Siemens Healthcare Diagnostics, Heraeus, BIT Instruments, Almo Erzeugnisse Erwin Busch and Sirona, the world leader in the field of dental technology and products, employ more than 20,000 highly qualified industry professionals. Multinational corporations have been investing in research and development for decades, promoting industry growth and increasing the region’s competitiveness. It is worth noting that companies from the field of medical technology traditionally invest significantly more than those of other industry sectors and that their export share is well above the average.

The metropolitan region of FrankfurtRhineMain enjoys an excellent international reputation, not only in the field of medical technology, but also in research and development. The divergence of the available expertise and its cross-industry interconnection help to promote innovation development at the highest level – development that actually makes its way into practical application. Thanks to the region’s innovative strength, patients all around the world are able to profit from new, state-of-the-art treatment methods.

A further advantage of the FrankfurtRhineMain region is its highly modern support infrastructure, one that comprises chemical, financial and logistical industries as well as providers of information and communication technology. The interdisciplinary networking of business, research, training and education, coupled with the region’s short distances, are the main reasons why so many international corporations and research institutes have decided to base themselves in Greater Frankfurt.

The epicentre of scientific research in Frankfurt: Johann Wolfgang Goethe University.
Frankfurt Congress Ambassadors

The primary objective of Frankfurt Congress Ambassadors is, simply put, to support Frankfurt’s congress industry wherever and whenever possible. Congress ambassadors are local business executives who promote the event destination of Frankfurt in an honorary capacity. Their aim is to use their contacts and connections to motivate local, regional, national and international companies, associations and institutions to hold their congresses and conferences in Frankfurt.

Frankfurt Congress Ambassadors represent and promote the congress destination of Frankfurt. Their primary point of contact is the Frankfurt Convention Bureau, which collaborates with the Frankfurt Fair & Exhibition Centre (Messe Frankfurt), Frankfurt’s hotel industry and the Frankfurt Chamber of Industry and Commerce in running the ambassador programme.

www.frankfurt-convention-bureau.com

Fairgrounds – Conference Centre – Kap Europa Congress Hall

Frankfurt has gained widespread renown as a meeting place of the world’s medical and pharmaceutical industries. As a leading international congress and trade show destination, Frankfurt hosts trendsetting medical and pharmaceutical events all throughout the year. These include, amongst others, the German Pain Relief and Palliative Care Day, CPhI Worldwide and the DME Global Pharma Supply Chain Congress, just to name a few. Every three years, Frankfurt also hosts ACHEMA, the flagship fair for the world’s chemical industry, which focuses on chemical technology, process technology and biotechnology and brings together several thousand international exhibitors and more than 170,000 trade visitors from all across the globe.

Frankfurt’s congress and conference industry hosts nearly 80,000 industry-spanning events every year, attracting over five million participants from near and far. Conveniently situated in the city centre, the Frankfurt Fair & Exhibition Centre (Messe Frankfurt) is quick and easy to reach, offering event organisers a number of superbly suited congress venues, such as the Congress Center Messe Frankfurt and the Kap Europa Congress Centre. What’s more, there’s also a large selection of hotels of various categories situated in close proximity to Frankfurt’s fairgrounds.

For further information on medical and pharmaceutical events, visit: www.messefrankfurt.com or www.frankfurt-tourismus.de/healthcare
New meeting hotspot
The RheinMain CongressCenter in Wiesbaden

Situated in the city centre of Wiesbaden, the RheinMain CongressCenter offers plenty of room for events of every size and variety, including trade shows, congresses and conferences. Spread out over three levels, the congress centre disposes over 45 halls, ballrooms and studios, including a large hall with seating for up to 5,000 persons.

Thanks to its multifunctional and highly flexible spatial concepts, the RheinMain CongressCenter offers event organisers the perfect framework for medical and pharmaceutical events of up to 12,500 persons.

www.rmcc.de

PLAY WITH US, NOT YOUR HEALTH
Laughter makes you happy and is said to be the best medicine. We absolutely agree and invite you to stop in at Casino Bad Homburg when you visit the Rhine-Main area. Here you can experience the fascination of playing games and dive into the world of gaming at a blackjack party, a round of roulette, a game of poker or one of our many cutting-edge slot machines. Our Casino restaurant «Le Blanc» and our in-house music club are a stylish way to round off your visit.

François Blanc
Casino Bad Homburg since 1841

www.casino-bad-homburg.de
Innovations in research and education

The improvement of a person’s health and the subsequent improvement in his or her quality of life are the driving factor and, at the same time, the major challenge of medical research. It is the innovations generated by this sector that serve as the foundation for the betterment of healthcare all around the world.

Few research areas affect the human race as greatly as that of medicine. In fact, it’s safe to say that the vast majority of us will have existentially benefitted from medical development and innovation at some stage in our life. As it so happens, the FrankfurtRhineMain region ranks amongst Germany’s most significant German centres for innovation development, research and education. Few other regions in Germany are home to such a number and such a variety of top-class clinics and (university) hospitals, medical academies and educational establishments, research institutes and research-involved pharmaceutical and biotechnological companies. More than 25 public and private universities provide a fertile base for innovation within the region. Co-operations with institutions and companies help to put these innovations on the (healthcare) market. Now more than ever, the key to success is “interdisciplinarity”.

Discovering the cause of cancer and protecting DNA from major harm

Close collaboration and intensive exchange are two significant aspects of science. To promote continuous research, the Goethe University of Frankfurt, the Johannes Gutenberg University of Mainz and the Technical University of Darmstadt have formed RHINE-MAIN UNIVERSITIES (RMU). Together, they are able to boost their scientific performance capabilities while establishing potent research alliances.
On 01st January 2019, the German Research Foundation – the first collaborative research centre to involve all three Rhine-Main universities – established the new “Regulations of DNA Repair and Genomic Stability”. Further participants aside from the three aforementioned universities include the Institute of Molecular Biology Mainz and the Ludwig Maximilian University of Munich. The aim of the collaborative research centre is to discover how defects of the human genome emerge, by which signal paths they are detected, and how cells protect themselves against them.

Next step: Go digital

The advancement of digitalisation harbours enormous potential for innovation in the field of healthcare. eHealth, telemedicine and electronic health records (EHRs) are just some of the keywords used to underline the fact that healthcare will in future be relying much more on IT technologies, data and the analysis thereof. At the same time, it is becoming increasingly important to protect personal data and to not dispense with human interaction entirely. Finding the right balance will be difficult; it is a subject matter that is currently being intensely looked at by many universities from a variety of different angles.

The FOM University of Applied Sciences, which has representations all across Germany, including Frankfurt, places great value on educating about the integration of digital processes into everyday working life in its on-the-job study courses. Subjects such as the “smart hospital”, the use of artificial intelligence and interoperability in the healthcare sector are all part of the order of study and are covered in detail in project and research groups according to each individual’s primary fields of study.

The University Medical Centre Mainz is another higher-education institute to support practice-oriented research. In December 2018, the university medical centre published the results of the first German study on the potential of telemedicine in the aftercare of children who have undergone surgery. In it, the med-centre proves that telemedical consultation and care in cases of paediatric surgery are not only applicable, but that they are also able to yield very good results. In fact, the quality of clinical data transmission is so good that attending physicians are able to perform their diagnostics without detractions and thus treat young patients both quickly and safely. The main objective of the hospital is to offer timely, non-binding telemedical consultation for suitable fields of paediatric surgery as well as uncomplicated aftercare close to home. With this new, highly professional and – for the patient – free telemedical service, the medical centre’s experts also hope to increase the safety of the children being treated.

Voice and speech – from infants to the aged

The Fresenius University of Applied Sciences is currently carrying out a research project focusing on newborns. Researchers are examining the acoustic particularities of the cries of infants with cleft lips and palates. Some 1,300 children are born with this deformity every year. Depending on the severity of the cleft, functions such as breathing, swallowing, speaking and hearing may be affected, necessitating treatment at the earliest possible stage so as to not hinder a child’s physical and psychological development. Not every variation of this deformity is optically recognisable, however. In some cases, the malformation may be concealed by a mucous membrane, for example. To facilitate early diagnosis, an interdisciplinary research group of the Fresenius University of Applied Sciences has developed a digital procedure that recognises the deformity based on the sound of an infant’s cries. The aim is to develop a non-invasive diagnostic tool, e.g., for paediatricians. With
it, it will become possible to help as many children as possible to breathe, swallow, hear and speak normally as quickly and easily as possible.

Speech is our primary method of communication, our primary medium for human interaction. That is why losing our power of speech is particularly disastrous, for example, as the result of a stroke. It is estimated that someone somewhere around the world suffers a stroke every two seconds. In Germany, the number is at around 200,000. Of these, 30 percent suffer, at least initially, a speech defect, which in half of the cases remains permanent. To provide help for these people, researchers at the Fresenius University of Applied Sciences have developed a new, innovative form of therapy. Applying this three-week-long, speech-specific and participation-oriented intensive therapy, researchers were able to achieve statistically verifiable improvements in their patients’ communication capabilities, with research ongoing.

Arthrosis: Early diagnosis and new therapies as alternatives to joint replacement

With increasing age, the risk of joint disease also increases. Day after day, millions of people around the world are forced to deal with the pain, inflammation, swelling and limited mobility that come with arthrosis. In Germany alone, more than half of the female population and a third of the male population over sixty suffer from joint disease. Based in Frankfurt, the German Initiative for Arthrosis Research, headed by the Orthopaedic University Clinic Friedrichsheim in Frankfurt, has been working on improving the treatment options available for this widespread affliction. At the arthrosis research lab of the Frankfurt-based clinic, researchers and scientists are working on the treatment methods of the future. The primary focus of the clinic’s staff is on diagnosing arthrosis as early as possible, slowing down the progression of the disease, andremedying minor cartilage defects at an early stage so as to potentially prevent later joint replacement.

Founded in Frankfurt in 2017, the German Initiative for Arthrosis Research promotes and coordinates the research work of clinics, scientists and physicians on a nationwide level. Bundling these research efforts improves the chance of developing even more efficient solutions for the general benefit of arthrosis sufferers everywhere. Moreover, the initiative also promotes the interdisciplinary exchange of experiences and information and organises workshops together with hospital representatives, researchers and representatives of the health-care industry.

Highly qualified caregivers “made in RhineMain”

The academisation of nursing professions is, fortunately, on the increase. Today, main focus is on the advanced training opportunities available to nursing staff and the continuous improvement of patient care. Thanks to the new opportunities of study in the field of nursing and caregiving, working professionals are now being given the chance to obtain further qualification. At the same time, the increasing degree of academisation is helping to improve the image of the profession and raise professional interest for this important and socially very relevant working field.

The Steinbeis Transfer Institute [STI] Marburg offers various correspondence courses, including two bachelor courses, these being “Social Management – Social Healthcare”, with special focus on Vocational Education, Advanced Nursing Practice and Psychiatric Nursing. The annually beginning courses are also aimed at professional and managerial staff that have not achieved higher education entrance qualifications but dispose over years of practical experience. The order of study is based on the proven study methodology of the Steinbeis University Berlin, Germany’s largest private university. The so-called Project-Competence-Concept conveys to students theoretical and practical “action competencies”, which are directly and immediately applicable in everyday professional life. A study-related project focusing on students’ individual working environments is carried out step by step during the university course.

The primary aim of this internationally recognised course of study is, simply, to improve the quality of patient care. Here, too, interdisciplinarity and the combination of theory and practice play a leading role.

Addresses:
FOM University of Applied Sciences Frankfurt
www.fom.de
Goethe University of Frankfurt
www.uni-frankfurt.de
Fresenius University of Applied Sciences
www.hs-fresenius.de
Johannes Gutenberg University of Mainz
www.uni-mainz.de
Orthopaedic University Hospital Friedrichsheim
www.orthopaedische-universitaetsklinik.de
Steinbeis Transfer Institute [STI] Marburg
www.steinbeis-marburg.de
Technical University of Darmstadt
www.tu-darmstadt.de
Osteoporosis is a widespread disease officially recognised as such by the World Health Organisation (WHO). It causes the loss of bone mass and a malfunction of the body's bone architecture.

While bone mass is typically measured by way of the DXA method, we are one of only a few osteoporosis centres in the world to depict a patient's bone architecture via the HRpQCT (high-resolution peripheral quantitative computed tomography) procedure. At the Frankfurt Hormone and Osteoporosis Centre, we have made it our goal to clinically determine a patient's osteoporosis risk, both individually and with a minimum of deviation.

To achieve this objective, we have a full spectrum of technical preconditions in place. We are also fully equipped to treat particularly complicated cases:

- DXA (Gold standard in osteoporosis screening)
- TBS (Additional assessment/Structure parameters of the DXA measurement)
- HRpQCT (Bone architecture analysis)
- QUS (Ultrasound examination/Quality measurement of the heel bone)
- SPPT Test (Coordination and muscle strength measurement)
- Hand strength measurement according to JAMAR

Our practice also specialises in hormonal (endocrine) disorders of the female gender. The diagnosis and treatment of myoma (benign tumours of the uterus) is a particular speciality of the Frankfurt Hormone and Osteoporosis Centre, as is consultation and treatment of patients desiring to have children.

We use the most modern computer tomography (HRpQCT) to analyse bone architecture (Shown here: Images of a healthy and an osteoporotic wrist bone).

Bone density measurement by way of DXA is internationally accepted as the gold standard of osteoporosis diagnostics.

Professor Dr. med. Peyman Hadji is the director of the Frankfurt Hormone and Osteoporosis Centre and ranks amongst the leading international experts in the field of osteoporosis. He has also been a long-standing board member of the German Menopause Society (DMG), also being the vice-president of the German Umbrella Association of Osteology (DVO) and co-editor of the international trade magazine, “Journal of Bone Oncology”.

Frankfurt Hormone and Osteoporosis Centre
A Certified Osteoporosis Centre
Goethestraße 23, 60313 Frankfurt/Main, Germany
www.hormon-osteoporosezentrum.de
Phone: +49 (0) 69 / 21 08 79 79
The primary focus of Fresenius, one of the world’s leading healthcare groups, lies firmly on the development of high-quality products and services for dialysis, hospitals and outpatient treatment. With over 275,000 employees in more than 100 countries around the globe, and annual sales exceeding EUR 30 billion, Fresenius is one of the world’s leading healthcare companies.

The corporate headquarters of Fresenius are located in the Hessian spa town of Bad Homburg, only a short distance from the metropolis of Frankfurt. The Fresenius Group is made up of four independently operating corporate divisions, all of which are market leaders in growth areas of the healthcare industry. Fresenius Medical Care is the world leader in the treatment of patients with chronic kidney failure. Fresenius Helios is Europe’s largest private hospital operator. Fresenius Kabi supplies essential drugs, clinical nutrition products, medical devices and services for helping the critically and chronically ill, while Fresenius Vamed specialises in the planning, development and management of healthcare facilities.

The Fresenius Group has R&D locations in Europe, the USA and India. Fresenius Kabi has an ultra-modern production site in Germany with over 600 employees, developing infusion solutions in the Hessian city of Friedberg. From here, Fresenius supplies pharmaceuticals wholesalers, pharmacies and hospitals located all across the globe. In St. Wendel, Germany, Fresenius Medical Care develops and manufactures dialysers and systems for peritoneal dialysis. The factory in Schweinfurt, Germany, is home to the company’s largest R&D department and production site for dialysis units and other medical devices. NephroCare, a subsidiary of Fresenius Medical Care, provides numerous services for patients with chronic kidney failure at dialysis clinics in more than 30 countries in Europe, the Middle East, Africa and Latin America. In Germany, it has 40 such locations.

“At Fresenius, Forward-Thinking Healthcare captures our commitment to the future – Better medicine for more people.”

www.fresenius.com
Prof. Dr. med. Peyman Hadji, osteoporosis specialist and Frankfurt Congress Ambassador, speaks about the dangers of osteoporosis:

“Osteoporosis is a loss of bone density and an impairment of the bone structure. Preventing osteoporotic bone fractures helps patients retain a certain quality of life. No one is entirely safe from osteoporosis. In fact, every second female and every fifth male are afflicted by osteoporosis at some stage of their lives. Those who want to avoid bone breaks should undergo an osteoporosis examination at their earliest convenience.”

www.hormon-osteoporosezentrum.de

Klinik Dr. Baumstark, Bad Homburg

Experts in orthopaedics and internal medicine

Klinik Dr. Baumstark offers patients ideal preconditions for optimum recuperation and regeneration. The clinic has developed a variety of rehabilitative measures and follow-up treatments for patients recovering from hip, knee, shoulder or spinal surgery as well as those suffering from ailments afflicting the locomotor system. The clinic’s main emphasis is on the areas of orthopaedics and internal medicine. Aside from the follow-up measures available, the clinic also offers complete medical check-ups and a comprehensive range of spa treatments. The medical facilities, which cover everything from diagnostics to therapy, are all state of the art. Moreover, Klinik Dr. Baumstark is quality-certified on a regular basis. The patient rooms, lounge areas, dining hall and cafeteria are stylishly furnished, making patients feel like they’ve checked into a first-class hotel.

www.klinik-dr-baumstark.de
In these fast-moving times, it is not easy for people to be left out of action for weeks or even months at a time because of a hip replacement. Fortunately, this inconvenience is no longer necessary, thanks to a new and gentle surgical procedure, followed by an innovative rehabilitation programme. The magic words that need to be spoken for “Hip in a day” to be successful are “AMIS” and “Rapid Recovery”. With the use of these new methods, some patients may be able to leave the clinic no more than 24 hours after their operation. The first physician in Germany to implant artificial hips in an outpatient procedure was Dr. med. Manfred Krieger, specialist for orthopaedics and trauma surgery at the Emma Klinik in Seligenstadt. Dr. Krieger is also an expert member of the Network of Specialist Physicians Rhine-Main (“Netzwerk der Fachärzte Rhein-Main”). Together with his colleagues, he has to date operated on more than 1,000 patients using the AMIS method. Of these, more than 80 were able to leave the clinic within 24 hours.

VISITE: Dr Krieger, what is special about the AMIS method?

Dr. med. Manfred Krieger: AMIS stands for “Anterior Minimal Invasive Surgery”. The keyword here is “anterior”, meaning “nearer the front”. In traditional hip replacement procedures, it is necessary to comprehensively sever and strip away the thigh and buttock musculature in order to replace the damaged hip joint. With the AMIS method, the joint is accessed from the front, that is, the anterior, using the natural openings within the musculature, the so-called muscle compartment. Since the muscles are not severed, but merely pushed aside, they do not have to mend after the procedure, which means that the recovery period including tissue repair is much shorter and patients generally experience less pain. What’s more, with this method, the surrounding soft tissue, tendons and nerves remain undamaged, and there is less loss of blood than with traditional hip replacements. The trauma is thus greatly reduced and the scar is relatively small. Furthermore, the leg’s muscular strength is largely preserved with the AMIS method, thereby making possible faster mobilisation and earlier rehabilitation of the patient.

VISITE: Faster mobilisation? How does that work?

Dr. Krieger: We apply an innovative, post-surgical programme, the so-called “rapid recovery programme”. This proven programme is based on a culture of open exchange and smooth interdisciplinary collaboration between the attending physicians, anaesthetists, physiotherapists, nurses and caregivers. Key components of the programme include early mobilisation, a special pain therapy and integration of the patient in all informative aspects of the rehabilitation process. In order to achieve the latter, we invite patients to participate in a special event prior to the operation. Here, they are informed of the planning stage, the operation itself and, most importantly, the recovery process. This makes it possible for them to realistically gauge their pain levels and their post-operative progress. Moreover, patients are allowed to bring along a person of trust and to designate this person to be their personal coach. This coach will then be at the patient’s side during the recovery period, helping and motivating the patient wherever and whenever necessary. Moreover, we also promote an active exchange between patients who have undergone the same operation.

VISITE: Are all hip replacement patients eligible to undergo the “Hip in a day” procedure?

Dr. Krieger: Yes, the AMIS method is suitable for all patients. However, a number of preconditions have to be met for the patient to be able to return home 24 hours after the operation. For example, the patient must not be suffering from any serious comorbidities. Another important aspect: The patient needs to be able to return to appropriate social surroundings, that is to say, he or she cannot be left home alone for the first few days after the operation.
Particle therapy in Marburg – Using ion beams to combat tumours

The basic concept: The ions are accelerated to near-light speed before they enter the body in a pinpoint manner, actively guided by a magnetic system. The “three-dimensional raster-scan method” makes it possible to optimally treat the tumour and at the same time spare healthy tissue. Patients with deep-set, highly resistant tumours or tumours surrounded by sensitive tissue such as the brain, optic nerves or intestines – e.g., brain tumours, tumours of the skull base, head and neck, soft-tissue and bone tumours, pancreatic tumours and tumours affecting children and youths – profit the most from the maximised precision of ion beam therapy. Depending on the tumour to be treated, ion particle therapy uses either hydrogen ions (protons) or carbon ions (heavy ions). Treatment with carbon ions is currently available at only a few cancer centres around the world.

The procedure: The indications of particle therapy are stipulated at interdisciplinary tumour conferences held regularly at the University Clinic of Marburg. As with every other form of radiation therapy, a precise radiation plan is required prior to commencement of particle therapy treatment. When commencing treatment, the patient must first be positioned properly, with a special mask being used in cases involving head-based tumours. Next, a CT image is taken, which, in combination with other forms of tomography such as magnetic resonance imaging (MRI) or positron emission tomography (PET), allows for the precise determination of the tumour area and the definition of the target area. The correct position of the patient is of absolute importance for pinpoint radiation using protons or carbon ions, which is why it is precisely controlled by way of the imaging unit in the radiation room prior to every radiation session. This way, it is possible to compensate for even the smallest movement inaccuracies. As in conventional radiation therapy, treatment with protons or carbon ions is entirely pain-free; the tissue does not heat up. The positioning process and control thereof takes five to fifteen minutes. The duration of the radiation session depends on the size of the tumour in question and the complexity of the radiation plan and may take up to thirty minutes.

Contact:
Prof. Dr. med. Rita Engenhart-Cabillic
Director of Radiotherapy and Radiation Oncology at the University Clinic of Giessen and Marburg (UKGM)
Marburg Ion Beam Therapy Centre
Albert-Kossel-Straße 1
35043 Marburg an der Lahn
Tel.: +49 (0)6421 5863974
partikeltherapie@uk-gm.de
www.ukgm.de/mit
Implants for knee arthrosis

Tailor-made implants for knee arthrosis patients – The University Medical Centre Mainz uses an innovative procedure for maximum preservation of bone substance.

Arthrosis is the world’s most common joint disease among adults. Approximately two-thirds of all Germans aged 65 and older suffer from some form of arthrosis. The most common areas to be affected by arthrosis are the knee and hip joints, generally as a result of cartilage wear and tear. Sadly, a successful form of therapy for arthrosis has yet to be found. Once conservative and joint-preserving treatments such as physiotherapy and muscle training no longer work, and pain-relieving and anti-inflammatory medication loses its effectiveness, arthrosis patients really have only one option available to them, that is, to undergo knee joint replacement, which in the majority of cases has proven to provide a much improved quality of life.

The Centre for Orthopaedics and Trauma Surgery of the University Medical Centre Mainz falls back on a particularly innovative procedure for the treatment of knee arthrosis – the implantation of tailor-made knee implants.

“Every one of our implants is custom-made to fit the physical specifications of the individual patient. With this method, we are able to preserve more bone substance during the operation,” says Professor Philipp Drees, Deputy Director of the Centre of Orthopaedics and Trauma Surgery and Director of Orthopaedics and Rheumatic Orthopaedics at the University Medical Centre Mainz, photographed with a model of a knee joint.

Computed tomography images (CTs) of the afflicted knee are used in the manufacture of the individual knee implant. Once the images are taken, the orthopaedists at the University Medical Centre Mainz forward the image data to one of two specialist partner companies. There, the data is used to manufacture the knee implants by way of 3D printers and the most modern computer technology. The two companies, which are based in Switzerland and the USA, respectively, also manufacture the surgical instruments required for the operations. Together, the customised knee implants and the instruments form a unique combination tailor-made for each individual patient. After no more than seven weeks, the clinic receives the customised knee implant, 3D-printed by the respective partner company.

The custom implants are available as partial or complete knee joint replacements. They are well suited for knee arthrosis patients whose leg deformities do not exceed 15 degrees. In the end, the patient’s medical indication is of course the determining factor as to whether he or she is suited for a tailor-made knee implant.

It is in fact possible to replace both of a patient’s knees with tailored knee implants in a single surgical procedure. “We’ve completed this double-implant procedure several times already with great success,” concludes Professor Drees.

Prof. Dr. med. Philipp Drees
Director of Orthopaedics and Rheumatic Orthopaedics
University Medical Centre Mainz
www.unimedizin-mainz.de
Klinikum Frankfurt Höchst

A Subsidiary of Kliniken Frankfurt-Main-Taunus GmbH


Klinikum Frankfurt Höchst is a high-performance, maximum-care hospital and a member of the region’s largest clinic group, Kliniken Frankfurt Main-Taunus GmbH. Over 37,000 inpatients and 100,000 outpatients are treated at the 22 clinics, institutes and specialist departments of Klinikum Frankfurt-Höchst every year. Here, more than 2,000 medical professionals treat patients with care and attention each and every day, applying the most modern methods of diagnostics and therapy. A total of five vocational training centres for nurses, carers and specialised non-medical staff contribute greatly to the many job-training opportunities available within the region. A brand-new construction will be completed by 2020. For information on the group’s many medical centres, visit www.KlinikumFrankfurt.de.

Our spectrum:

- Clinic for Geriatric Medicine
- Clinic for Anaesthesia
  Operative Intensive Medicine,
  Emergency Medicine, Pain Therapy
- Clinic for Ophthalmology
- Clinic for General, Visceral,
  Vascular and Thoracic Surgery
- Clinic for Gynaecology and
  Obstetrics
- Clinic for Paediatric Surgery
- Clinic for Paediatrics and Youth
  Medicine
- Socio-Paediatric Centre
- Clinic for Otorhinolaryngology,
  Head and Neck Surgery,
  Plastic Surgery, Allergology
- Clinic for Internal Medicine 1
  Cardiology, Conservative
  Intensive Medicine, Angiology
- Clinic for Internal Medicine 2
  Gastroenterology and Interventional
  Endoscopy, Diabetology and
  Endocrinology, Infectiology,
  General Internal Medicine
- Clinic for Internal Medicine 3
  Haematology, Oncology,
  Palliative Medicine
- Clinic for Neurosurgery
- Clinic for Neurology
- Clinic for Orthopaedics, Trauma
  Surgery and Reconstructive Surgery
- Clinic for Radiology, Neuroradiology,
  Nuclear Medicine
- Clinic for Urology
  Operative and Conservative
  Urology, Urological Oncology,
  Paediatric Urology
- Clinic for Psychiatry and
  Psychotherapy – Psychosomatics
- Institute of Laboratory Medicine
- Institute of Pathology
- Geriatric Day Clinic

---

In case of emergency:
Central Emergency Dept: 4600
Air-ambulances transport the world’s most valuable commodity!

Professor Alex Veldman, Senior Medical Director of Jetcall Air Ambulance, Idstein, Germany, and Head of the Department of Paediatrics, St. Vincenz Hospital, Limburg, Germany, talks about the day-to-day work of an air carrier specialising in international patient transportation.

VISITE: What kind of services does Jetcall offer with its air-ambulance operations?
Prof. Dr. med. Alex Veldman: Jetcall and its parent company, med call, have been active in the field of international patient transport via air ambulance since 1997. Over the past two decades, the company has made a name for itself as an air carrier that provides customised, high-quality services for patients suffering varying degrees of illness or injury who need to be returned to their home countries or transported to other medical destinations for special treatment, often over long distances. Jetcall transports around 600 patients every year – from prematurely born babies to senior citizens. With its five purpose-equipped ambulance aircraft, the company is large enough to find transport solutions for even the most unusual enquiries both quickly and efficiently. Quotations are typically prepared in less than half an hour. And yet, Jetcall is still small enough to care for each case individually, offering the patient and his or her family specially tailored solutions.

VISITE: Which are Jetcall’s target groups?
Prof. Veldman: Jetcall collaborates primarily with travel insurance companies. Other clients include embassies, governments, non-governmental organisations (NGOs), hospitals, foundations as well as private individuals. Patients requiring long-distance transportation and simultaneous medical attention receive from Jetcall comprehensive care and fast and efficient transport services. The patient’s age, the distance of travel and the degree of illness or injury do not play any role here. Jetcall transports all patients with the same degree of caution and professionalism, be they intensive-care patients in the midst of organ transplant procedures or persons with minor injuries who simply prefer a more comfortable and discrete form of transport with or without the presence of family members.

VISITE: What particular conditions and requirements need to be considered when patients are transported by air?
Prof. Veldman: Air-ambulances transport the most valuable commodity there is – a human life that is in an oftentimes-critical situation. Such missions must thus be planned and performed with the utmost care and a great deal of attention to detail. A good air-ambulance company focuses entirely on patient transport. It does not perform such services to simply utilise its existing air fleet to capacity. Closest possible cooperation between Jetcall’s operations centre, flight operations and medical department allows us to plan the medical and logistical necessities of each transport flight individually. At Jetcall, all of our employees – from pilots, mechanics and flight planners to doctors, nurses and operations experts – work towards a single, common goal: To bring patients who’ve put their faith in us to their final destination – quickly, comfortably and safely. With our tried-and-tested methods, we are able to focus on even the smallest details – e.g., particulars concerning the patient’s medical report – as early as the flight route planning stage. Ambulance flights have to be planned step by step. That is to say, one cog must fit into the other from start to finish. There is no room for error. After all, even the slightest miscalculation may, in the most extreme case, end up costing a life.

www.jetcall.eu
With medical issues, you should look for a place that offers the best in prevention, therapy and rehabilitation. FrankfurtRheinMain is the place: Situated in the heart of Europe, you can easily get here via Frankfurt International Airport. Once you are here, rely on the whole range of medical care from state-of-the-art intensive care to traditional treatments in our historical spas and modern health resorts. In an atmosphere that is characterized by both internationality and our traditional way of life, you will soon be well again.
Getting emergency patients to the right hospital as quickly as possible is the key to saving lives. IVENA, an emergency care system that is unique in all of Europe, was developed in Frankfurt to provide fastest-possible assistance in situations where time is of the absolute essence.

Most people will have asked themselves the question at some stage: What exactly happens when one places a distress call in a medical emergency? Well, one assumes that an ambulance will arrive without delay and that the patient in question is then taken to the nearest hospital with all due haste. But is the nearest hospital also the right hospital for providing potentially life-saving treatment? Who decides which hospital is the right one in an emergency? This decision is as essential in high-density conurbations as it is in rural areas.

Germany disposes over one of the best preclinical and clinical medical-care systems in the world. Fast and efficient treatment of ill or injured persons is guaranteed by way of a special “rescue chain” that has one link interlocking with the next. The chain begins with the initial distress call and moves from first-aid on site and emergency treatment in the ambulance to clinical care at the hospital and rehabilitation. The primary links in the rescue chain – first-responders and hospital staff – have become separate technical and functional entities, yet while being differentiated they remain equally important.

On occasion, the aforementioned differentiation may however lead to communication issues, which in turn may result in breaks in the treatment chain. In the worst case, such a breakdown – even if only temporary – may prove fatal for the patient. If, for example, an ambulance carrying an emergency patient is rejected by a hospital because it is overburdened or understaffed, a reroute to another hospital may end up being one trip too many for the patient concerned. It is at this vital juncture that the IVENA emergency care system comes into play. Developed in Frankfurt, Germany, this system makes the hospital capacities of a particular geographical area transparent to the user, thereby guaranteeing patients the quickest and best-possible emergency care.

Having recognised the problem some years ago, the City of Frankfurt appointed Hans-Georg Jung (Dept of Public Health – Frankfurt/Coordination Unit IVENA Hessen) as the key initiator of the project, while mainis IT-Service GmbH, based in the Offenbach city district of Bürgel, was commissioned to develop and program the Interdisciplinary Treatment Verification now known as IVENA. The eHealth application has been saving lives since 2010.

**Emergency care at any time**

Every emergency is significant in one way or another. However, in the most acute cases, every second counts. There are specific amounts of time that may pass before certain clinical treatment has to be administered. For example:

- **Heart attack**: 90 minutes to the reopening of a closed vessel
- **Stroke**: 90 minutes to a decision on pharmacological therapy (lysis) (120 minutes to lysis)
- **Traumatic brain injury**: 90 minutes to start of surgery (60 minutes to computer tomography)
- **Severe injury**: 90 minutes to start of surgery (60 minutes to hospital admission)

*maximum of 90 minutes*
area’s hospitals. IVENA also facilitates fast and efficient communication between emergency services, operations centres, clinics, hospitals and other medical services, such as on-call services, physicians’ associations and provider networks. Registered doctors are also included in the list of service providers able to obtain a current overview of the capacities available.

The primary target groups of this ingenious software are emergency services, rescue-directing services, clinics and hospitals, all of whom aim to correctly allocate emergency (and non-emergency) patients to the most appropriate clinics and hospitals.

The main advantage of the web-based application is that IVENA is available for use with all Internet-capable computers, independent of time and place. IVENA is a platform-independent, browser-supported software that does not require previous local installation.

The right hospital for every emergency patient
IVENA does much more than making sure that an emergency patient gets to a nearby hospital with capacities available. Fact is, every emergency case requires a specific type of medical expertise as well as the accompanying medical equipment – expertise and equipment that not every hospital may have available. That is why the IVENA system does not only depict the capacities of the general wards of a specific hospital, but also its diagnostic and therapeutic facilities, such as CT, MRT, shock room, endoscopy and heart catheter, for example.

Pending on their physical location, IVENA also enables hospitals to inform their emergency teams of the patient about to arrive. This procedure makes it possible for hospitals to assign staff in a case-relevant manner. Fastest possible response times to emergencies are thus theoretically guaranteed.

To guarantee optimal care and to ensure prioritisation of the most urgent cases, IVENA also enables ambulances to inform the hospitals to be used of treatment priorities, which are based on three priority levels.

IVENA in practical application
Today, IVENA is in use throughout Germany. It is being used on a state-wide level in Hessen, Brandenburg, Bremen and Berlin, in most of Lower Saxony, in various conurbations of Bavaria and in parts of Schleswig-Holstein. It is also in use in Steiermark, Austria, where it has been helping to coordinate hospital and emergency services since 2015. In 2018, approximately 1.5 million patients were admitted to hospitals with IVENA.

Dr. Lutz Reum, initiative gesundheitswirtschaft rhein-main e.V.
www.gesundheitswirtschaft-rhein-main.de
The University Clinic of Giessen has had great success with an advanced version of catheter-based repair of the heart’s mitral valve.

Small catheters, big impact: The most innovative methods for treating leaky heart valves

The University Clinic of Giessen disposes over one of the most modern cardiology centres in all of Hessen. As such, it is able to offer patients the highest quality of diagnostic and operative care. The centre’s procedural spectrum includes everything from the implantation of state-of-the-art stent technologies and procedures for treating narrowed coronary arteries to minimally invasive surgery for patients suffering from valve insufficiencies. The clinic’s cardiology centre is in fact a pioneer in the field of heart valve therapy, being the first medical facility in Hessen to offer patients a broad spectrum of catheter systems for treating mitral valve regurgitation.

Mitral valve regurgitation – that is, when one of the heart valves in the left heart chamber does not close properly – is a fairly common heart ailment. Between one and two percent of the population suffer
from this defect. However, as the heart valve performs a highly vital function, namely, preventing a backflow of blood from the heart chamber to the atrium and lung, a malfunction could prove to be disastrous: With a leaky mitral valve, blood destined for internal organs flows back into the atrium. As a result of this continuous backflow, the heart enlarges in its attempt of supplying the organs with the appropriate amount of blood, resulting, over time, in cardiac insufficiency and, quite possibly, heart failure. The described defect also results in water collecting in the lung, leading to shortness of breath and other related ailments.

Proper treatment is essential for persons suffering from mitral valve regurgitation. Until recently, only two treatment options existed – open-heart surgery and pharmacological therapy, the latter however providing only a limited degree of relief. For many patients, particularly those of an advanced age, open-heart surgery is not an option, and thus, the majority of cases today remains untreated.

In recent times, however, various new, minimally invasive techniques better suited for aged patients and those suffering from pre-existing conditions have been developed.

Aside from its success in applying the tried-and-tested MitraClip method, the University Clinic of Giessen was also the first medical centre in Hessen to repair a mitral valve by way of an enhanced, catheter-based keyhole procedure using the so-called CardioBand: Back in 2016, a team of cardio-specialists surrounding Prof. Holger Nef, deputy director of the Medical Clinic II, and Dr. Peter Roth, deputy director of the heart surgery department at the University Clinic of Giessen, successfully sealed a leaky mitral valve by implanting such a CardioBand, the first time this type of procedure had been carried out in the state. Since then, they have performed numerous successful operations of this kind.

These types of procedures require the implementation of state-of-the-art technologies: In the two aforementioned cases, a catheter is inserted into a tiny opening of the skin and directed through the veins to the leaky mitral valve. Once there, the MitraClip or, alternatively, the CardioBand, is affixed to the valve with millimetre precision by way of a tiny, movable gripping arm. In MitraClip insertions, a clip sutures together the two leaflets of the heart valve at the point of the leak. The mitral valve insufficiency is thus reduced, thereby noticeably improving the patient’s symptoms. With the CardioBand® procedure, a band is attached to the afflicted and enlarged ring of the mitral valve. Once this band has been affixed, it is tightened by way of an adjusting mechanism, thereby reducing regurgitation.

The minimally invasive treatment of malfunctioning heart valves is an excellent alternative to conventional heart surgery, particularly for patients who face a higher risk of complications due to their advanced aged or those weakened by accompanying illnesses. “With our range of minimally invasive surgeries, we now have the opportunity to treat patients whom we previously could not have helped,” say Prof. Hamm, Clinical Director for Cardiology, and Prof. Böning, Clinical Director for Heart Surgery.

Lastly, follow-up treatment is also gentler when the aforementioned procedures are used: Generally, patients are transferred from the high-dependency unit to a standard-care ward after only one night.
The Clinic for Cardiology of the Frankfurt Red Cross Clinics was recently certified as an HFU Priority Clinic by the German Society of Cardiology and Cardiovascular Research and the German Society for Thoracic and Cardiovascular Surgery. With this certification, the Frankfurt Red Cross Clinics join a select group of German hospitals to be declared certified Heart Failure Units (HFU).

The Clinic for Cardiology has been successfully treating patients suffering from cardiac insufficiency (heart failure) for many years. “Heart failure results in high morbidity and mortality rates, with hospitalisation often aggravating the situation. Currently, more than 10 million people suffer from heart failure in Europe, with the numbers continually growing. At the same time, the increasing complexity of the diagnostic and therapeutic options available is posing further challenges for the specialists responsible for patient care,” says Prof. Johannes Ruef, medical director of the Frankfurt Red Cross Clinics. To guarantee patients the best-possible care, the Frankfurt Red Cross Clinics recently established a Heart Failure Unit (HFU). The head physician of the Clinic for Cardiology is Dr. Jürgen Vogt, an expert in cardiac arrhythmia whose therapeutic focus lies primarily on interventional rhythmology.

“The particular strengths of our clinic’s treatment of heart failure include the interconnection of the many diagnostic and therapeutic processes available and our outpatient care, which is provided in co-operation with the Clinic for Cardiology, certified as an official HFU Priority Clinic. This means fast detection, short decision-making processes, in-depth diagnostics and best-possible treatment in both medicinal and technical terms for inpatients as well as outpatients, efficient collaboration with the heart surgery department of the Frankfurt University Hospital all the way to cardiological support systems and transplants with subsequent return to outpatient aftercare and supervision. In other words, everything from one and the same provider,” states Dr. Vogt.

The HFU certification is a very positive addition to the Frankfurt Red Cross Clinic’s integrated and quality-assured treatment structure for patients suffering from heart failure. It is valid for the next three years. “The Frankfurt Red Cross Clinics have met all staff and equipment-related demands required of a certified HFU Priority Clinic. Thanks to their cardio-centre and the associated practices as well as their collaboration with the Frankfurt University Hospital, the Frankfurt Red Cross Clinics are able to offer their patients a close-nit network of experts and state-of-the-art technology,” reports the certification authority.

The quality-assured treatment provided by the Clinic for Cardiology and the close co-operation with its partners highlight the modern orientation of the Frankfurt Red Cross Clinics. Moreover, the HFU certification underlines the high qualitative standard of the medical treatment available. Continuing their modernisation efforts, the Frankfurt Red Cross Clinics – together with the Kardiocentrum Frankfurt am Main – are currently building a brand-new medical centre with the aim of improving the treatment options on offer while also helping to advance the Clinic for Cardiology and Rhythmology under Dr. Vogt’s guidance.

www.rotkreuzkliniken.de
Our airplanes are manned by experienced cockpit crews as well as doctors and nurses trained in intensive medicine and transport medicine. Our multilingual medical teams accompany patients competently and compassionately from their point of origin to their final destination. All patient transport is professionally coordinated by our operations centre, which consists of a highly qualified team of aerospace technicians and medical specialists. Enquiries are handled around the clock, with quotations being prepared with the utmost urgency. Ground and air transport is planned and performed with greatest care and attention to detail, both safely and efficiently.

**JETCALL** has been active in the field of international patient transfer for over 20 years and annually transports more than 500 patients to and from Europe, Asia, the Americas, Africa and Australia. The company has been awarded the highest quality certification by the European Aeromedical Insitute (EURAMI) and – as an air carrier registered in Germany – is subject to the same stringent security standards as all major German commercial airlines.

Each and every one of our patient transfers is individually planned and performed. With **JETCALL**, you are always in good hands.
A person’s face is his or her calling card. It is the expression of our character, our emotions. Those who have suffered injuries to their face or jaw, or those who require dental prostheses because of degeneration or old age, are particularly reliant on surgical expertise. Fortunately, FrankfurterRhineMain is home to a number of leading dental clinics and specialist dental practices.

One of the most popular clinics to handle the aforementioned conditions is the MKG-Palais, Centre for Dental, Oral and Maxillofacial Surgery, part of the Gloria Palais Medical Center in Hanau. The clinic’s specialists dispose over comprehensive expertise in the most modern treatment methods, particularly in the field of implantology. The MKG-Palais co-operates on an interdisciplinary level with the Gloria Palais Medical Center, the Main-Kinzig-Kliniken, Klinikum Hanau as well as various centres of competence situated throughout Germany.

The vast experience of the centre’s specialists and the use of state-of-the-art technologies make it possible for patients of the MKG-Palais to be fitted with permanent dental implants within a single day. Using 3D imaging, procedures are precisely planned and implemented in collaboration with first-class dental laboratories, resulting in the patient receiving a custom-fit implant without delay. Thanks to the clinic’s effective treatment, patients must no longer suffer the embarrassment of constantly loose dental prosthetics, the functional and aesthetic value of the patient’s teeth being restored in the shortest possible amount of time. The MKG-Palais has been able to successfully treat countless patients with this method.

The Hanau-based dental centre is also experienced in handling more complex cases, including patients whose jawbones require reconstruction, for example. Prof. Dr. med. Georg-Hubertus Nentwig, implantologist at the MKG-Palais, ranks amongst the world’s most renowned experts in the field of reconstructive surgery. Having served as the director of the University Polyclinic for Dental Surgery for 26 years, he is today the vice president of the German Society of Oral Implantology. Professor Nentwig also developed his own implant method some 30 years ago, which he has continually refined over the years.

www.mkg-palais-hanau.de

Prof. Dr. med. Georg-Hubertus Nentwig of the MKG-Palais in Hanau specialises in dental implantology.
Take a deep breath. Exhale. And feel renewed.

Combine convalescence and indulgence with our superb selection of medical facilities, spas, health clubs, hotels and restaurants. Take advantage of the exclusive sports and recreation offers available amidst the breathtaking backdrop of the city’s historical spa gardens. Experience the thrill of gambling and gaming at the time-honoured Casino Bad Homburg, the “Mother of Monte Carlo.”

Relaxation and recreation are just around the corner. Situated in the heart of the metropolitan region of FrankfurtRhineMain yet nestled scenically in the green midst of Mother Nature, the renowned spa town of Bad Homburg is only a 20-minute drive from Frankfurt’s airport and city centre.

ENJOY THE ROYAL TREATMENT

Scenically set in Bad Homburg’s idyllic spa gardens, one finds the Kur-Royal Day Spa, at home in the historical Kaiser-Wilhelms-Bad. The Kur-Royal Day Spa is the perfect place for all those seeking to escape the hustle and bustle of everyday life. Take a time-out from your busy day, forget your troubles and enjoy the feel-good atmosphere of our luxurious health spa. Sit back in our relaxing salt-water pool, have a lie-down in our sand-and-light bath or enjoy our “Sauna of the Senses.” Even better, try all three! You’ll be glad you did!
ACURA Clinics and Radon Tunnel

The ACURA Group of Clinics (ACURA Kliniken Rheinland-Pfalz) is one of Germany’s leading centres of competence for rheumatology and autoimmune diseases. The medical treatment facilities in Bad Kreuznach include the ACURA Rheuma-Ambulanz with attached infusion centre for outpatient care of acute cases, the ACURA Rheuma-Akutzentrum for inpatient care, and the highly specialised ACURA Karl-Aschoff-Rehabilitationsklinik for the general rehabilitation of rheumatism patients. The clinics also dispose over a comprehensive spectrum of services for orthopaedic rehabilitation. The ACURA Group of Clinics co-operates closely with the University Medical Centre Mainz as well as various rheumatologists, primary caregivers and self-help groups, promoting research activities and education, job training and continuous professional development in the field of rheumatology.

The radon tunnel in Bad Kreuznach offers patients a method of chronic pain therapy that is unique in all of Germany. The simple and effective ACURADON Radon Therapy is used to treat chronic pain syndromes and inflammation, rheumatic disorders such as rheumatoid arthritis and ankylosing spondylitis as well as fibromyalgia, arthrosis and chronic musculoskeletal conditions arising from surgery. The therapy is especially effective in the reduction of chronic pain and inflammation, offering patients significant improvement in their quality of life while at the same time reducing the negative side effects of pain medication.

www.kh-acura-kliniken.com
www.acuradon.de

HEALTH – NATURE’S GIFT: PAIN AND RHEUMATISM TREATMENT IN BAD KREUZNACH

The mineral springs of Salinental Valley and the radon tunnel make this long-established spa resort a unique health-care landscape. To this day, people, particularly those suffering from rheumatic disorders or musculoskeletal problems, find help here and are even able to achieve long-lasting improvement in the quality of their lives.

Thanks to radon therapy in our radon healing tunnel, physiotherapeutic treatments in Bad Kreuznach’s thermal baths, or heat therapy using natural fango, it is possible to counteract chronic pain and improve the general health of the patient.

The Bad Kreuznach method is offered as an outpatient service in our Crucenia Health Centre or as inpatient service at one of our rehabilitation clinics. In both cases, the elegant parkland that connects Bad Kreuznach to Bad Münster am Stein-Ebernburg will compliment your stay and is an essential part of the healing process.

Contact: Crucenia Gesundheitszentrum · Kurhausstr. 22-24 · 55543 Bad Kreuznach
Tel. +49 6 71 - 83 60 01 50 · gesundheit@bad-kreuznach-tourist.de
www.crucenia-gesundheitszentrum.de · www.bad-kreuznach-tourist.de
Radon therapy: www.acuradon.de
All-round care thanks to one of Germany’s leading clinic networks.

**Dr. med. Hein Reuter**
Physician for General Medicine – Homeopathy – Acupuncture, Bad Homburg Board Member of the Medical Network FrankfurtRhineMain wiV

“I have been specialising in rare and difficult-to-diagnose illnesses for most of my medical career. In doing so, I fall back on full-body examinations, a precise medical history and an environment in which pressure of time is not a factor. And of course, I also need a partner organisation like the Medical Network FrankfurtRhineMain and further experienced specialists, with whom I am able to exchange opinions and information. Thanks to this form of interactive communication amongst professionals, I am able to make informed decisions on diagnosis and treatment that would otherwise require weeks of examination and deliberation.”

**Dr. med. Plamen Staikov**
Medical Director Sachsenhausen City Hospital Board Member of the Medical Network FrankfurtRhineMain wiV

“Sachsenhausen Hospital looks back on long traditions in Frankfurt. Having begun as Europe’s first specialist clinic for diabetics, it has over the years been transformed into a district hospital specialising in various medical fields. We specialise in bariatric surgery as well as minimally invasive gynaecological surgery, while our chest pain unit (CPU) is highly experienced in providing acute care for heart attack patients. As an official partner of the Medical Network FrankfurtRhineMain, we are well connected with other medical institutions not only within the region, but also across the globe. These partnerships are an important factor for Sachsenhausen Hospital as they support us in our daily work.”

**Dr. med. Heiko Münker**
Head Physician for Orthopaedics, Klinik Dr. Baumstark

“Klinik Dr. Baumstark has been an official partner of the Medical Network FrankfurtRhineMain since the network’s establishment in 2001. Medical Network FrankfurtRhineMain is a strong partner within the region and a sought-after point of contact for those seeking optimum medical care in Hessen. Our award-winning clinic provides top-quality treatment and care for patients from both Germany and abroad. As a specialist clinic, we benefit greatly from the international contacts that the Medical Network FrankfurtRhineMain has established, for example, in China, the Gulf region and Russia.”

**Roman Schermann**
Managing Director MSI – Medical Service International GmbH

“MSI – Medical Service International GmbH specialises in organising medical treatment for overseas patients at clinics and hospitals in Germany. We offer our clients a comprehensive range of services, including visa procurement, arrangement of appointment times at diverse medical institutions, arrangement of interpreter services, reservation of hotel rooms, arrangement of airport transfers and much more. Time generally plays a key role for the patient. As a member of the Medical Network FrankfurtRhineMain, we are excellently connected with specialist clinics, medical experts and attendant service providers, a fact that helps to accelerate the treatment of our clients while offering them comprehensive added value.”

**check in:** www.medical-network-frm.com
<table>
<thead>
<tr>
<th>Leading medical providers in the RhineMain region</th>
</tr>
</thead>
</table>
| **ACURA Kliniken**  
Kaiser-Wilhelm-Straße 9–11  
55543 Bad Kreuznach  
Germany  
Tel.: +49 (0)671 93-0  
info@kh-acura-kliniken.com  
www.kh-acura-kliniken.com |
| **CCB, Cardioangiologisches Centrum Bethanien**  
AGAPELESION Bethanien Krankenhaus  
Im Prüfling 23  
60389 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 93028-0  
info@ccb.de  
www.ccb.de |
| **BG Unfallklinik**  
Friedberger Landstraße 430  
60389 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 475-0  
info@bgu-frankfurt.de  
www.bgu-frankfurt.de |
| **Bürgerhospital und Clementine Kinderhospital**  
Location Bürgerhospital Frankfurt  
Nibelungenallee 37 41  
60318 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 1500-0  
www.buergerhospital-ffm.de |
| **DKD Helios Wiesbaden**  
Aukammallee 33  
65191 Wiesbaden  
Germany  
Tel.: +49 (0)611 5770  
info@helios-kliniken.de  
www.helios-kliniken.de |
| **Emma Klinik für operative Medizin**  
Frankfurter Straße 51  
63500 Seligenstadt  
Germany  
Tel.: +49 (0)6182 960-0  
info@emma-klinik.de  
www.emma-klinik.de |
| **Fachärzte Rhein-Main**  
Location Seligenstadt  
Emmasteiße 14  
63500 Seligenstadt  
Germany  
Tel.: +49 (0)6182 960-100  
kontakt@chirurgie-seligenstadt.de  
www.fachaerzte-rhein-main.de |
| **Frankfurter Rotkreuz-Krankenhäuser**  
Location Klinik Rotes Kreuz  
Königswarterstraße 16  
60316 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 4071-0  
info@rotkreuzkliniken.de  
www.rotkreuzkliniken.de |
| **Gesundheitszentrum Wetterau**  
Chaumontplatz 1  
61231 Bad Nauheim  
Germany  
Tel.: +49 (0)6032 702-0  
info@gz-wetterau.de  
www.gesundheitszentrum-wetterau.de |
| **Kerckhoff-Klinik**  
Benekestraße 2–8  
61231 Bad Nauheim  
Germany  
Tel.: +49 (0)6032 996-0  
info@kerckhoff-klinik.de  
www.kerckhoff-klinik.de |
| **Klinik des Main-Taunus-Kreises**  
Kronberger Straße 36  
65812 Bad Soden  
Germany  
Tel.: +49 (0)6622 650-5  
kontakt@kliniken-ktk.de  
www.kliniken-ktk.de |
| **Klinikum Frankfurt Höchst**  
Gostenstraße 6–8  
65929 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 3106-0  
info@klinikumfrankfurt.de  
www.klinikumfrankfurt.de |
| **Krankenhaus Nordwest**  
Steinbacher Hohl 2-26  
60488 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 76 01-0  
info@stthg.de  
www.krankenhaus-nordwest.de |
| **Kreisklinik Groß-Gerau**  
Wilhelm-Seipp-Straße 3  
64521 Groß-Gerau  
Germany  
Tel.: +49 (0)6152 986-0  
info@kreisklinik-gg.de  
www.kreisklinik-gg.de |
| **Kurpark-Klinik**  
Kurstraße 41–45  
61231 Bad Nauheim  
Germany  
Tel.: +49 (0)60 32 / 944-0  
info@kurpark-klinik.com  
www.kurpark-klinik.com |
| **MKG-Palais – Zentrum für Mund-, Kiefer- und Gesichtschirurgie**  
Nussallee 7c–d  
63450 Hanau  
Germany  
Tel.: +49 (0)6181 428996-0  
info@mkg-palais.de  
www.mkg-palais-hanau.de |
| **Neuro Spine Center**  
Münsterfeldallee 2  
60401 Fulda  
Germany  
Tel.: +49 (0)661 5801-0  
klinikmanagement@neuro-spine-center.com  
www.al-hami.de |
| **Orthopädische Universitätsklinik Friedrichsheim**  
Marienburgerstr. 2  
60528 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 6705-0  
info@friedrichsheim.de  
www.orthopaedische-universitaetsklinik.de |
| **Reha-Kliniken Küppelsmühle**  
Am Orbital 1  
63619 Bad Orb  
Germany  
Tel.: +49 (0)6052 82-0  
kliniken@kueppelsmuehle.de  
www.bad-orb.kueppelsmuehle.de |
| **Universitätsklinikum Gießen und Marburg**  
Location Gießen  
Rudolf-Buchheim-Straße 8  
35392 Gießen  
Germany  
Tel.: +49 (0)641 9856-0  
kgf.gi@uk-gm.de  
www.ukgm.de |
| **Universitätsklinikum Frankfurt**  
Theodor-Stern-Kai 7  
60590 Frankfurt am Main  
Germany  
Tel.: +49 (0)69 63 01-0  
info@kgu.de  
www.kgu.de |
| **Universitätsmedizin der Johannes Gutenberg-Universität Mainz**  
Langenbeckstraße 1  
55131 Mainz  
Germany  
Tel.: +49 (0)6131 170-0  
pr@unimedizin-mainz.de  
www.unimedizin-mainz.de |
| **Vitos Rheingau**  
Kloster-Eberbach-Straße 4  
65346 Eltville  
Germany  
Tel.: +49 (0)6123 602-0  
info@vit-os-rheingau.de  
www.vitos-rheingau.de |
Come and explore the stunning natural surrounds of the Taunus on foot or by bicycle and discover the region’s vast and colourful history, which reveals everything from the ancient Romans and Celts to mediaeval knights and castles dating back to the Middle Ages. Or keep it simple and just enjoy the beauty of Mother Nature and take some rest for mind, body and soul. Either way, we guarantee you an unforgettable experience.


*Best of all: It’s all here before the gates of Frankfurt.*
Happy and healthy holidays

The spas and health resorts of Hessen look back on centuries of history and tradition. Peoples as early as the ancient Romans recognised the healing qualities of nature’s remedies, like mineral water, mud baths and brine. Remnants of the first Roman thermal baths, discovered in the present-day state capital of Wiesbaden, date all the way back to the 1st century.

These days, the high quality standards of Hessen’s spas and health resorts are regularly reviewed, with official quality ratings like “Bath” or “Climatic Health Resort” being confirmed only after stringent examination. The state’s 30 spas and health resorts have over the years developed into dynamic business centres, being responsible for some 9.4 million overnight stays (2018), a 27% share of the state’s total. With their easy accessibility and wide range of therapy options, Hessian spas and health resorts have attracted favourable attention from all around the world.

The natural remedies available are just some of the many locational advantages. Treatments involving brine, natural mineral water, thermal springs and mud baths are known for their remedial effects on the body, while essential minerals and micronutrients play an equally significant role in physical restoration. Last but not least, there’s the healing climate, which does its part in ensuring patient wellbeing.

(www.hessische-heilbaeder.de)

The famous spa towns of Wiesbaden, Bad Homburg, Bad Nauheim, Schlangenbad, Bad Schwalbach and Königstein are all just a short drive from the metropolis of Frankfurt. Their collective rise to fame as international spa resorts dates back to the 19th century, a time that became known as the golden age of the spa trade. During this era, these towns gained worldwide renown as the summer residences of prominent figures such as the German kaiser, the Russian tsar and the much-loved Empress Elisabeth (“Sissi”) of Austria, to name just a few dignitaries of the time. Throughout the centuries, these spa towns have managed to retain, even extend, their excellent reputation.

Wiesbaden is an important centre for the treatment of rheumatic and orthopaedic disorders, being home to various clinics and rehab centres specialised in these fields. Its name dates back to Roman times, when locals “bathed in the meadows” (Wies-baden) more than 2,000 years ago. These remedial bathing activities are today considered to represent the origins of the modern-day spa. It was Wiesbaden’s 26 hot springs that were responsible for transforming the city into a leading international health resort in the 19th century. These healing waters continue to feed the pools of the Kaiser-Friedrich-Therme and Thermalbad Aukammtal, among others. Wiesbaden enjoys the reputation of a health resort of the highest order. Medical institutions such as the DKD Helios Klinik (German Clinic of Diagnostics) and the Helios HSK – Dr. Horst-Schmidt-Kliniken rank amongst Germany’s premier treatment locations. Wiesbaden’s “Kurhaus”, meanwhile, is one of the nation’s most magnificent festival centres.

The clinics and hospitals of Bad Nauheim are known for their experience and expertise in the field of cardiology. A total of 13 state-of-the-art clinics, many renowned cardiologists and a number of leading scientific institutes such as the Max Planck Institute of Heart and Lung Research are based in this spa town. They collaborate closely, applying highly specialised treatment methods and innovative therapies. The spa town is also famous for its splendid examples of Jugendstil (Art Nouveau) architecture. It is here that one finds Europe’s largest interconnected Jugendstil building ensemble.

Bad Homburg ranks at the very top of Germany’s most beautiful spa towns. Its clinics specialise primarily in the field of orthopaedics. The town’s spa traditions are based on

The 13 spas and health resorts of the FrankfurtRhineMain region annually attract thousands of visitors from all around the world. Natural remedies such as brine, mineral and thermal water, mud baths as well as the region’s healing climate all have a positive effect on mind, body and soul. This particular image depicts the Kaiser-Friedrich-Therme in Wiesbaden.
its many mineral springs. It has also famous for its wide range of modern spa and rehabilitation facilities. The healthcare destination is home to a number of specialist clinics offering first-class treatment and a recuperative, aesthetically pleasant setting. Included here is Klinik Dr. Baumstark, which specialises in orthopaedic and internal medicine. The clinic is the region’s leading centre of aftercare treatment following orthopaedic surgery, trauma surgery and spinal neurosurgery. Klinik Dr. Baumstark facilitates the comprehensive treatment of patients, including diagnostics, acute inpatient treatment and rehabilitation, all performed within the well-connected FrankfurtRhineMain region.

Schlangenbad in the wooded Taunus region offers modern spa facilities amidst the beauty of untouched nature. The focal point of the spa town’s clinics is on rheumatology, chronic inflammatory bowel disease, chronic pain syndrome and eating disorders. Parkklinik Wiesbaden, a private acute-care clinic located in Schlangenbad, specialises in psychological and psychosomatic medicine. It offers inpatient and outpatient treatment in the areas of psychiatry, psychotherapy and psychosomatics. The clinic places particular emphasis on intensive, disorder-specific treatment using the latest innovations from the field of cognitive behavioural therapy.

In the nearby town of Bad Schwalbach, a health resort looking back on 400 years of spa history, patients suffering from osteoporosis and Parkinson’s disease will find corresponding treatment and rehabilitation offers.

Königstein is renowned for both its clean mountain air and its first-rate therapy range. Its antiallergenic climate is known to alleviate a wide variety of ailments. Declared an official climatic health resort, Königstein is well known for its medical competence. Six clinics specialise in cardiovascular disease, migraines, diabetes as well as psychosomatic and neurological indications, amongst others. It is also the home of Germany’s only official climate park.

The neighbouring spa towns of Bad Soden-Salmünster and Bad Orb are nestled amidst the low mountain landscape of the Spessart Nature Park. With their contrasting medical offers, the

---

**The most beautiful spas and thermal baths in FrankfurtRhineMain**

- **Wiesbaden**
  - Kaiser-Friedrich-Therme
    - Langgasse 38 – 40
    - 65183 Wiesbaden
    - Germany
    - www.wiesbaden.de

- **Bad Homburg**
  - Taunus-Therme
    - Seedammweg 10
    - 61352 Bad Homburg
    - Germany
    - www.taunus-therme.de

- **Frankfurt**
  - THE SPA
    - im Steigenberger
    - Frankfurtfurter Hof
    - Am Kaiserplatz
    - 60311 Frankfurt am Main
    - Germany
    - www.steigenberger.com

  - Thermalbad Aukammtal
    - Leibnizstraße 7
    - 65191 Wiesbaden
    - Germany
    - www.wiesbaden.de

  - Kur-Royal Day Spa
    - im Kaiser-Wilhelms-Bad
    - Kaiser-Wilhelms-Bad im Kurpark
    - 61348 Bad Homburg
    - Germany
    - www.kur-royal.de

  - Meridian Spa & Fitness
    - Frankfurt Skyline Plaza
    - Europa-Allee 4
    - 60327 Frankfurt am Main
    - Germany
    - www.meridianspa.de

  - Titus Thermen
    - Walter-Moeller-Platz 2
    - im Nordwestzentrum
    - 60439 Frankfurt am Main
    - Germany
    - www.titusthermen-frankfurt.de
two towns complement each other perfectly. **Bad Soden-Salmünster** specialises in rheumatic illnesses, musculoskeletal disorders and orthopaedic ailments. The state-certified mineral spa also features an ice-lab, amongst other treatment options. Persons suffering from chronic pain, stress and arthritis in particular will profit from this form of cryotherapy, which treats symptoms at temperatures as low as –110° Celsius. The ice-lab is part of the Spessart Therme, one of a very few facilities of its kind to be accessible to non-clinic-based patients.

**Bad Orb** looks back on a long tradition as a state-certified health spa. Be it inpatient rehabilitative care, preventive outpatient care, private health and wellness stays or a simple holiday away from the hustle and bustle, visitors have three clinics available to them in Bad Orb, with specialist departments focusing on orthopaedics, cardiology, neurology and psychosomatics. Another attraction is the Toskana Therme, scenically set in the heart of Bad Orb’s beautiful spa gardens. Beneath the futuristic dome of this sauna landscape, visitors experience the uniquely relaxing “liquid sound bath”, which has gentle, relaxing music playing even underwater. Bad Orb is also the ideal holiday destination for dialysis patients. The KfH Kidney Centre, situated near the town centre, disposes over 34 dialysis stations.

**Bad Salzhausen**, a time-honoured spa town located in the wooded Vogelsberg region, is well known for its vast spa gardens, which feature a rare and ancient tree population, amongst other natural attractions. The resort is the ideal place for a relaxing holiday. Its saltwater springs are used to treat a range of ailments. A visit of the historical thorn house, known for its healing effects on bronchitis, asthma and allergies, is particularly recommendable. The Dr. Herzog Specialist Clinic is highly experienced in integrative cancer therapies. The clinic’s holistic cancer treatments combine conventional cancer therapies, which generally come with numerous side effects, with complementary treatment methods representing the fields of naturopathy, biological cancer therapy, psychology, sport and nutritional therapy.
Almut Boller, managing director of the Hessian Spa Association in Wiesbaden, discusses the many services offered by the spas and health resorts of Hessen as well as the healing qualities of natural remedies and spring water.

**VISITE: What makes the spas and health resorts of Hessen so unique?**

**Almut Boller:** It is the bountiful treasures of Mother Nature that set the state’s spas and health resorts apart from the rest. Thanks to their unique composition, nature’s primary elements – earth, fire, water and air – can be turned into natural remedies, which – when applied appropriately – help to strengthen the body and boost the spirit. The therapeutic treatments used by Hessen’s spas and health resorts naturally have an equally positive effect on mind, body and soul. The arguably most famous therapy was developed by Pastor Sebastian Kneipp in the 19th century. It, too, has spring water at its centre. The availability of natural remedies and therapies is the basic prerequisite when it comes to a town or city attaining the prefix of “Bad” (Bath), which in Germany declares the location as an official spa town. The distinction stands for first-class medical treatment offers and an appropriate infrastructure, all provided amidst a scenically and culturally appealing setting. This official quality combination ensures that spa stays become a holistic experience for every guest.

**VISITE: Keyword “spring water”: What exactly is behind its healing power?**

**Almut Boller:** Water is not only the main component of the human body and an indispensible part of our daily intake, it is also a valuable remedy. Floating in water unburdens the body’s joints, relaxes the musculature and stimulates blood circulation. The nutrients to be found in water strengthen the immune system and help to alleviate a variety of ailments. Be it thermal water, brine, mineral water, radon water or seawater, there are many forms used in many different ways. Each type of water has a unique composition and different healing qualities. The types of therapeutic applications available are similarly varied. Healing waters may be drunk, inhaled or used in baths.

**VISITE: Which forms of therapy are available in Hessen?**

**Almut Boller:** Here in Hessen, we have spas featuring brine, mineral springs and thermal springs. There are also Kneipp spas and Kneipp health resorts. At the Tuscany Thermal Baths (“Toskana-Therme”) in the spa town of Bad Orb, visitors float in brine while soft music plays underwater. Bad Nauheim, on the other hand, has a mineral water facility whose waters are used in so-called “drinking programmes”, which stimulate and strengthen the body with their therapeutic qualities. Wiesbaden, finally, is home to a total of 26 hot springs, which bubble up from the ground virtually everywhere, even in the city centre.

**VISITE: How does one recognise which remedies alleviate which ailment?**

**Almut Boller:** Most therapeutic treatments differ both in the natural remedies they use and in the way they are applied. The remedy to be used depends on the illness or ailment. Each spa and health resort has its own speciality, which becomes visible by way of the respective
indications. Treatments and the potential effects should always be discussed with the appropriate physician.

VISITE: Prevention or rehabilitation: Which plays the greater role these days?
Almut Boller: Prevention is always better than recovery. The spas and health resorts of Hessen are the ideal places to recharge one's batteries. Specially tailored programmes that consider the needs of each individual are developed in collaboration with physicians and therapists. It is however particularly important to first “free” the spa guest from his or her day-to-day environment. Our state’s spas and health resorts dispose over a multilayered, highly qualitative medical offer spectrum developed by specialist physicians and their staff for patients recovering from injury or illness. The treatment spectrum addresses everything from the heart and circulatory system, liver, bowels and gall bladder to psychosomatic illnesses. It also comprises special treatments like stuttering therapy, for example.

VISITE: What do the state’s spas and health resorts have to offer aside from their medical services?
Almut Boller: Whether it’s prevention or rehabilitation, the spas and health resorts of Hessen offer guests a well-suited environment and a unique atmosphere. Hiking trails cut deep into fairy-tale landscapes and offer magnificent views of the surrounding landscapes, spa gardens invite visitors to enjoy extended walks, while barefoot paths ensure that the environment is once again consciously perceived. Small temples protect the mineral sources that spring from the ground amidst picturesque parklands, bringing good health and revitalisation with every sip. The spas and health resorts of Hessen also feature many magnificent cultural landscapes, which offer everything from art exhibitions, concerts and theatre to drawing courses, pottery classes and many other exciting and more individual activities.
First-class hospitality at first-class hotels

Hotels in FrankfurtRhineMain

The Frankfurt RhineMain region offers visitors an unusually wide variety of hotels. Here in the heart of Europe, guests are absolutely spoilt for choice: How about an international luxury hotel with several restaurants and sweeping views of Frankfurt’s impressive skyline? Perhaps a trendy apartment hotel with rooms that have their own kitchen? Or maybe a nice little boutique hotel with individually furnished guest-rooms and a terrace facing scenic parklands? No? All right, how about an international hotel chain? A privately owned and operated design hotel? A trendy hipster hostel? Whichever type of establishment you choose, you may be sure of one thing: The region’s accommodation establishments are renowned for the high degree of hospitality that they offer their guests.

One of Frankfurt’s most traditional and time-honoured grand-hotels is the Steigenberger Frankfurter Hof, situated in the city centre near the Römerberg old town and St Paul’s Church. Built back in 1876, this luxurious accommodation establishment disposes over 302 guest-rooms and suites furnished in a classic-modern style. The hotel’s culinary range, meanwhile, includes everything from the French-inspired fare of the award-winning Restaurant Français to the more mundane offerings of the very cosy Oscar’s Bistro. For rest and recuperation, there’s “The Spa”, a 1,000-sq/m day spa complete with hamam bath, rassoul clay treatments and an elegant gentleman’s barber. www.steigenberger.com

The Grandhotel Hessischer Hof in central Frankfurt is no less glamorous. The privately owned and operated luxury hotel offers guests 121 rooms and suites furnished in Art-Déco style, with antiques on loan from the collection of the Landgraves and Princes of Hessen. The 180-sq/m presidential suite may be expanded to a size of 300 sq/m by incorporating several adjoining rooms. Further highlights include the gourmet restaurant, Sèvres, and Jimmy’s Bar, which thanks to its classic club atmosphere and live piano music has been a popular destination of local night owls for more than 60 years. www.hessischer-hof.de

From classically elegant to contemporary chic: Frankfurt’s hotel scene has the perfect setting for every guest. The image here depicts the Lindner Hotel & Residence Main Plaza.
Leading international hotel groups and privately run hotels

The very elegant Rocco Forte Hotel Villa Kennedy is situated just a few minutes’ walk from Frankfurt’s museum embankment, the home of more than 15 world-class exhibition venues. The hotel is made up of three modern annexes surrounding a magnificent villa built in 1904. The result? A five-star hotel with plenty of charm, offering sophisticated travellers a choice of some 163 delightfully decorated rooms and suites. The hotel spa, spread out over four floors, features an indoor pool, a whirlpool, eight treatment rooms and a number of saunas. The spa staff specialise in luxurious and effective facial and full-body treatments using only the most carefully selected products. The hotel restaurant is known for its Mediterranean flair, which moves out onto the villa’s terrace and garden during spells of fine weather. Finest Italian fare rounds off the culinary experience, which is guaranteed to spoil all of your senses. www.roccofortehotels.com

Set before the gates of Frankfurt, the Kempinski Hotel Frankfurt invites guests to enjoy scenic surrounds while being just a stone’s throw from the city centre. Idyllically set amidst picturesque parklands yet in close proximity to the city centre and Frankfurt Airport, this stylish hotel boasts 225 spacious guest-rooms and suites. Moreover, with the Country Club & Spa, the hotel also has an elegant retreat designed in the classic British country-house style. Spread out over 2,000 square metres, this health club offers guests eight different saunas, including two ladies-only saunas, a Russian banja steam bath and an infrared sauna. www.kempinski.com/gravenbruch

The nights are long at the hotel bar of Roomers Frankfurt (116 guest-rooms and suites) in the heart of downtown Frankfurt, known far and wide for its creative cocktails. Popular amongst show business celebrities, this hotel with its trendy interior design also impresses with its international cuisine and in-house spa, which offers scenic views of the Frankfurt skyline. www.roomers-frankfurt.com

Nearby, at the Capri by Fraser in Frankfurt’s Europa Quarter, modern design and high-tech furnishings dominate the scene. The chic accommodation establishment, which also offers guests serviced long-stay apartments, is centrally situated on the fringe of Frankfurt’s fairgrounds. Guests have a 24-hour fitness room at their disposal, while Restaurant Caprilicious serves German and Asian specialities. A number of well-equipped conference rooms round off this hotel’s offer spectrum. www.frankfurt.capribyfraser.com

Situated on the banks of the River Rhine in the nearby city of Mainz, just a stone’s throw from the old town, one finds the Hyatt Regency Mainz. Featuring 268 modern and spacious guest-rooms and suites, this hotel has been architectonically integrated into a 19th-century riverside fortification known as Fort Malakoff. The
Kathleen Kasch is the general manager of the Lindner Hotel & Sports Academy in Frankfurt.

What do you like most about Frankfurt, Mrs Kasch?

“Personally, I really like the colourful diversity of the Frankfurt-RhineMain region. Putting its stunning skyline aside for a moment, Frankfurt actually has many other exciting urban spaces waiting to be discovered. A unique cultural scene has flourished here over the years thanks to the city's cosmopolitan flair, one that I find particularly inspiring. I also like the fact that Frankfurt is the ideal jumping-off point for international travel. With Germany’s largest airport virtually at your doorstep, it’s ever so easy to travel to the four corners of the world. And to get back again as well, of course!”
THE FUTURE BEGINS HERE!

Just a stone’s throw from the historic centre of Höchst, across from the Mainufer. The Lindner Congress Hotel impresses with an alluring design, excellent event possibilities, state-of-the-art communication technology and original cuisine. Live among green parkland in fully furnished and fully equipped apartments that include all hotel services. You can choose between 9 classic boarding-house apartments in the adjoining new building, or 1 of the 9 apartments in the historically listed „Villa Scriba“.

Lindner Congress Hotel
Bolongarostr. 100
65929 Frankfurt am Main
empfang.frankfurt@lindner.de
www.lindner.de

SHORT AND LONG-TERM STAYS IN THE MAIN CAPITAL

The Lindner Hotel & Residence Main Plaza is situated in a central location, right beside the banks of the Main, in the lively and popular Frankfurt district of Sachsenhausen, with a view of the famous Frankfurt skyline.

The high-quality facilities of our 61 apartments and 18 (maisonette) apartments, the tasteful design and the view of the Frankfurt skyline make living here a special experience.

Lindner Hotel & Residence Main Plaza
Walther-von-Cronberg-Platz 1
60594 Frankfurt am Main
empfang.mainplaza@lindner.de
www.lindner.de
The Capri by Fraser Frankfurt is known to attract a very international clientele. What do your guests value the most about your hotel?

The Capri by Fraser, which opened its doors in downtown Frankfurt some three years ago, attracts mainly business travellers from within Germany, but also guests from Europe, the United States and Asia. Many of our guests are repeat customers, because, as a hotel belonging to the Singapore-based Frasers Hospitality Group, we are able to offer them larger rooms (min. 32 sq/m) furnished with kitchenettes, comfortable beds and a modern design, the latter of which also applies to our lobby. We also have an excellently equipped fitness centre and the very cosy DrinX Bar. Our location is unusually convenient, being situated only a short walk from the fairgrounds, the Skyline shopping mall and Frankfurt’s main train station. The most important thing, however, is our friendly and dynamic hotel team, which cares for our guests with great passion.

What in particular excites you about the FrankfurtRhineMain region?

What I like about FrankfurtRhineMain is the region’s strong position as a leading business and finance metropolis. Frankfurt is Europe’s finance centre and the home of the European Central Bank. At the same time, the city and region are also very rich in culture. The many parks and gardens in Frankfurt and the close proximity to the wooded Taunus region are another advantage.

What are your must-see recommendations for guests of the FrankfurtRhineMain region?

In Frankfurt, it’s the New Old Town and the Römerberg with its cosy cafés, the Kleinmarkthalle, the going-out district of Sachsenhausen, the Main embankment (particularly during summer) and, of course, the fabulous Christmas market. Outside of Frankfurt, I’d recommend the cities of Heidelberg and Wiesbaden as well as the beautiful Rheingau wine-growing region.
Perfect Location
The Hyatt Regency Mainz captivates its guests with a successful symbiosis of the historical fortress Fort Malakoff from the 19th century, perfectly integrated into a spectacular new hotel complex. The exclusive hotel is located right on the banks of the Rhine, with a beautiful view of the vineyards across the river. This perfect location guarantees not only a peaceful and quiet stay, but is also only a short walk from the city centre. Frankfurt Airport is reachable within 25 minutes, the University Medical Centre Mainz is just a five-minute drive away and the Helios DKD Hospital in Wiesbaden is just a 15-minute drive from the hotel. For a family stay, we can recommend several amusement parks for children, reachable within a few hours. For shopping lovers, the Rhine-Main region offers not only great shops in the old town of Mainz, but also exclusive brands in the city centres of Wiesbaden and Frankfurt, as well as the Wertheim Village outlet mall.

Exclusive Interior
268 comfortable, recently refurbished rooms including two Regency suites, one Presidential suite (both with a Rhine view) and a two-bedroom apartment combine highest comfort with modern interiors. The exclusive and elegant Regency Club on the 6th floor serves continental breakfast (and features a snack hour) in a quiet atmosphere with a beautiful view. All rooms are complete with flat-screen TVs, spacious, modern bathrooms as well as coffee and tea amenities. Two of our suites include a fully equipped kitchen. Wi-Fi is available for free in all areas of the hotel.

Service and Comfort
Our multilingual front office and concierge service as well as our room service is available 24/7. Additionally, we provide a laundry and dry-cleaning service as well as a limousine and airport transfer service on request.

To forget a stressful day, relax and re-energise the body and soul at the exclusive Club Olympus Spa & Fitness with its indoor pool, sauna, steam bath, whirlpool and modern fitness centre. Massages and beauty treatments are also available upon request.

The Bellpepper Restaurant, with its open show kitchen and patio as well as the M-Lounge & Bar, delivers culinary highlights throughout the year. During the summer, you can enjoy the gorgeous view on our Rheintöchter Terrace or the ‘Rheinkanzel’ beer garden.

Hyatt Regency Mainz
Templerstraße 6
55116 Mainz
Tel.: +49 6131 731234
mainz.regency@hyatt.com
mainz.regency.hyatt.com
Hotel partners

Villa Kennedy, Frankfurt
Villa Kennedy, the first of three Rocco Forte hotels in Germany, is situated along Frankfurt's Kennedyallee near the southern bank of the River Main. The architectonic centrepiece of this five-star superior hotel is Villa Speyer, built in 1901 for an affluent Frankfurt banking family. Today, the hotel presents itself as an oasis of calm in the heart of the bustling finance metropolis of Frankfurt. Come and discover our spacious guest-rooms or experience the luxury of our recently redesigned Signature suites. The 1,000-sq/m Villa Spa, which stretches out over four storeys, is scenically set in the heart of a beautiful gardenscape, providing guests with the perfect place to find rest from the stresses of the big city. Meanwhile, the gardens of Villa Kennedy invite guests to spend a few restorative hours amidst the serene allure of Mother Nature. Close to the city centre, Villa Kennedy is also no more than a 10-minute drive from Frankfurt Int'l Airport. Countless museums, art galleries and sightseeing attractions are just a stone’s throw away. Thanks to our very individual and highly confidential service, our hotel has managed to retain the charm of a stately villa of yesteryear. As such, we perform all of our guest services reliably and discreetly. Our many repeat customers, who often like to book our Grand Family Suite or additional connection rooms, return time and again because of the high level of privacy and comfort that they enjoy here during their stay. Take advantage of the vast experience and expertise of Germany’s medical industry while enjoying a relaxing and recuperative stay. Come to Villa Kennedy for your health-related visit of Frankfurt and avail yourself of the many luxuries that await you at our Rocco Forte Hotels.

For further information, please contact our reservations team: Tel: +49 (0) 69 / 717 121 430 reservations.villakennedy@roccofortehotels.com | www.roccofortehotels.com
Villa Kennedy | Kennedyallee 70 | 60596 Frankfurt | Germany

The Diaoyutai Mansion Frankfurt
Welcome to the Diaoyutai Mansion Frankfurt, a brand-new luxury hotel conveniently situated between Frankfurt’s main shopping districts and its international airport. Here at the Diaoyutai, we spoil our guests with our authentic Chinese service culture. Spend a restful night in one of our 214 spacious guest-rooms and suites, enjoy the culinary variety of our hotel’s restaurants and bars, pamper yourself at our health spa or take the plunge in our pool and sauna landscape. Our hotel harmoniously combines the pulsating atmosphere of an international metropolis with the recuperative character of a health resort.
www.dytfrankfurt.com

Hotel an der Messe, Frankfurt
Our elegant four-star boutique hotel is the ideal insider’s tip for individuals planning to travel to Frankfurt with their family for the purpose of medical treatment. Centrally yet quietly situated in the fashionable West End district of Frankfurt, our hotel is only a short distance from the university hospital and various other renowned clinics. There are also plenty of recreational opportunities for accompanying family members nearby. These include shopping at the Skyline Plaza and visits of the Botanical Gardens or the Senckenberg Museum of Natural History, to name but a few. Our international clientele is known to value the stylish atmosphere of our 45 individually furnished guest-rooms, each of which features a bath or shower, a comfortable seating area, satellite TV, free WiFi, a mini-bar and a tea and coffee station. Our bountiful breakfast buffet and the beautiful summertime garden terrace are two of our popular favourites, ensuring that our guests feel right at home when they’re in our care.
www.hotel-an-der-messe.de
Kempinski Hotel Frankfurt

With the charm of an elegant country house, the allure of an oasis of green, fine regional and international cuisine, extensive wellness options and many other recreational opportunities, the Kempinski Hotel at the gates of Frankfurt offers private and business travellers the ideal prerequisites for a comfortable and relaxing stay. The five-star superior resort disposes over a total of 225 guest-rooms, including 38 luxurious suites. All of the rooms offer stunning views of either the adjacent park or lake. The hotel’s culinary offerings, meanwhile, are no less spectacular. Guests have four restaurants to choose from, serving everything from typical Hessian fare all the way to fine Lebanese-Arabic cuisine. For relaxation and recuperation, guests have the 2,000-sq/m Country Club & Spa at their disposal, which features two heated indoor and outdoor pools, eight saunas as well as a number of relaxation areas and treatment rooms for massages and other therapeutic applications. Attached to the spa is the Aesthetic Institute Dr. Zimmermann. This dermatological practice offers guests various medically based anti-aging treatments, laser therapy and other types of cosmetic beauty treatments.

www.kempinski.com/gravenbruch

Steigenberger Frankfurter Hof

This traditional grand-hotel is situated in the heart of Frankfurt’s banking district, just a stone’s throw from the city’s historical old town. The Frankfurter Hof has been welcoming illustrious visitors – including many famous statespersons and royalty from across the globe – since 1876. Enjoy the luxurious ambiance and first-class service of this five-star hotel with its 261 spacious guest-rooms and 42 suites. Hotel guests also have the many amenities of THE SPA available to them. This award-winning, 1,000-sq/m health club, which is also open to the public, offers hotel guests and walk-ins a relaxing break from the hustle and bustle of the big city. With the renowned hair stylist, Mounir Damlkhi, a vast choice of beauty treatments as well as massages and yoga classes, the Steigenberger Frankfurter Hof leaves no desires unfulfilled. Finally, those interested in a fine culinary experience will find themselves in excellent hands at Restaurant Francais, holder of a Michelin star, and OSCAR's Brasserie Moderne.

www.frankfurter-hof.steigenberger.de

The Frankfurt Hotel Alliance – An active hotel association for FrankfurtRhineMain

The Frankfurt Hotel Alliance (FHA), an association of more than 60 hotels in the FrankfurtRhineMain region, represents the many interests of the region’s hotel industry. The aim of the alliance is to actively support the development of the tourist destination of Frankfurt with a variety of collective marketing activities.

Together with its partners, the Frankfurt Hotel Alliance has in recent years carried out a number of special promotional activities in Frankfurt. Whether it’s “Guest in your hometown” for Frankfurt locals, the special visitor packages for participants of the International Motor Show or the Frankfurt Book Fair, or one of the many other marketing measures performed, the main focus of the activities has always been the promotion of Frankfurt’s image and the creation of new business platforms for its hotel industry.

www.frankfurt-hotel-alliance.com
The restaurant scene – A gourmet’s paradise

From boutique burgers to five-star fare – Lovers of fine food will find Frankfurt and its environs to be a place of great culinary excellence and variety. In fact, the region’s gastronomic offerings are as internationally diversified as the region itself. First-class restaurants, many of which have been crowned with one or more Michelin stars or awarded any number of Gault Millau points, serve everything that the heart desires.

Wonderfully refreshing. Frankfurt Green Sauce served with prime boiled beef and potatoes, or traditional with hard-boiled eggs.
Gourmets have a choice of many culinary styles – be it traditional, modern or fusion, French, Italian or Moroccan, regional, national or international, just to name a few. The culinary spectrum also caters to those who prefer vegan, vegetarian, halal or kosher fare. Whatever your taste, you’ll find it here in FrankfurtRhineMain.

Dining high above the city streets
The views afforded from high above Frankfurt’s city streets are truly breathtaking. At home at the very top of Henninger Tower, Restaurant Franziska offers its guests breathtaking panoramic views of Frankfurt’s skyline and the surrounding region. The elegant restaurant specialises in modern interpretations of traditional German cuisine, characterised by unexpected ingredients and unusual cooking techniques. It also features an open show kitchen with an integrated kitchen counter.

Two stars at the Palmengarten
Winner of two Michelin stars, Lafleur at the Gesellschaftshaus Palmengarten is known to be one of Germany’s finest restaurants. Head Chef Andreas Krolik was recently voted “Chef of the Year” by Gault Millau, underlining the eatery’s culinary excellence. Open for lunch and dinner, Lafleur serves modern interpretations of international classics whilst applying a delicate Mediterranean touch. The kitchens rely primarily on regionally sourced produce, while the specialities of the house are the aromatic seafood dishes. A lunchtime visit is very worthwhile thanks to the special menus served during the day.

First-class French cuisine
Erno’s Bistro in the city’s posh West End district has been a Frankfurt institution for over 40 years. Chef Valéry Mathis and Eric Huber, the restaurant’s host, spoil their guests with a delightful bistro ambiance, fine French cuisine and sophisticated French wines. Ernos’s Bistro has held a Michelin star since 1998 and has also been honoured with 16 Gault Millau points.

An elegant Italian eatery
Ristorante Carmelo Greco in Frankfurt-Sachsenhausen serves creative Italian cuisine of the highest quality. The eatery’s head chef, Carmelo Greco, prepares dishes using only the freshest and finest ingredients. Featuring colour schemes of gold and blue, the elegant restaurant seats up to 48 diners comfortably, while its menu is seasonally oriented. During summer, the Michelin star-restaurant attracts guests with al-fresco dining on a beautiful terrace.
Award-winning vegetarian fare
Those looking for an unusual culinary location need look no further than Seven Swans. At home in Frankfurt’s narrowest building, which is set directly on the riverside, diners enjoy entirely vegetarian cuisine on two separate levels offering scenic views of the majestic River Main. The atmosphere at this stylish eatery is casually elegant, while the service is friendly and attentive. The restaurant’s classic design and easy atmosphere invite guests to sit back and enjoy a break from the urban action. The Guide Michelin adjudged the cuisine to be “exciting, aroma-intensive, with its own personal flavours, finesse on a plate”. The renowned restaurant guide also awarded the eatery’s head chef, Jan Hoffmann, one of its coveted Michelin stars. The majority of the produce used is sourced from the restaurant’s own gardens. www.sevenswans.de

Feels like home
Erected in 1956, this former “watering hole” near St Paul’s Church and the Goethe-House today presents itself as a small pavilion styled after the classic American diner. Here, one finds the very popular Restaurant Heimat, a cozy and casual yet very lively eatery. The fare is seasonal, the ingredients are selected from the best that the region has to offer, and the meals are prepared in unusual fashion. Last but not least, this unique restaurant also features an award-winning wine list. www.heimat-restaurant.de

Cuisine combined with international variety shows
The Tiger Gourmet Restaurant, part of the world-famous Tigerpalast Variety Theatre, is situated in the beating heart of Frankfurt. Head Chef Coskun Yurdakul, holder of a Michelin star, ranks highly amongst the city’s cooking elite. His modern gourmet creations are based on French culinary traditions with an international touch. With room for up to 50 diners, the restaurant is casually elegant. Its cellars comprise some 1,000 fine wines from across the globe. www.tigerpalast.de

Fine dining in the station district
Stanley Diamond, a bar-restaurant named after an infamous mafia boss of the 1920s, is a typical example of the transformation of Frankfurt’s station district. This formerly unsightly and seedy quarter has in recent years cleaned up its act and is today home to upmarket residential housing as well as innovative restaurants. Stanley Diamond exudes an open and elegant atmosphere, its interior featuring marble, metal and wood. The centrepiece is a bar made of natural stone, inviting guests to sit and enjoy a drink, a meal, or both. The kitchens fall back on traditional recipes, which are realised in deliciously contemporary and seasonal styles. Favourites include classics like Leipziger Allerlei (a vegetable medley), Scholle Finkenwerder Art (an unusual fish dish), Osso Bucco (Italian-style braised veal), Bouillabaise (French fish stew) and Marillenknödel (apricot dumplings). Suffice to say, Stanley Diamond harmoniously combines haute cuisine with the easy-going atmosphere of the station district. www.stanleydiamond.com

Halal Steakhouse
Medina Steaks & More, a halal restaurant in the heart of Frankfurt, is known for its excellent meat dishes. Diners particularly enjoy the perfectly grilled steaks, which are the results of the restaurant’s in-house butcher. The choice of cuts includes everything from rib eye and t-bone to a supersized porterhouse. Other delicacies of the modern eatery include a colourful seafood assortment including crustaceans, homemade halal burgers and pasta dishes. www.medina-steakhouse.de

Kosher food in the West End district
Sohar’s Restaurant is known to be one of Frankfurt’s leading kosher restaurants. Fine fare from Israel and all across the globe as well as selected Israeli wines make up the “meat and potatoes” of Sohar’s diversified menu. At home in the Jewish community centre, the restaurant is centrally situated in the heart of the West End district and easy to reach from all across Frankfurt. www.sohars-restaurant.com
Traditional Hessian cuisine –
Healthy and delicious

Whether it’s “Frankfurter Rippchen”, “Ebbelwoi”, “Handkäs’ mit Musik” or a sweeter delight like “Frankfurt Crown Cake”, Hessian cuisine is choc-full of hearty delicacies that are certain to please the palate. The region’s fine fare tastes best when enjoyed at a traditional Frankfurt apple wine pub or at one of the rustic country inns of the surrounding RhineMain region. We recommend you head off on your own tour of discovery and experience some of the region’s many culinary pleasures.

One of the region’s most popular specialities is the famous “Frankfurt Green Sauce”, a healthy composition of seven regional spring herbs – parsley, borage, chervil, cress, salad burnet, sorrel and chives. Blended with sour cream, ordinary cream and various spices, it is turned into a cold green sauce. Traditionally served with potatoes and hard-boiled eggs, but also with schnitzel or boiled fillet of beef, it is a deliciously delicate dish.

Frankfurt’s wonderful green herbs also play the starring role in a recipe created by the kitchens of the time-honoured Grandhotel Steigenberger Frankfurter Hof.

Quinoa Salad, Hessian Style

Ingredients for four persons

- 200 g of quinoa
- 200 g of wild herb salad from the nearby Vogelsberg region, mixed with green herbs from Frankfurt
- 1 kg of plum tomatoes
- 50 ml of regional rapeseed oil
- 1 clove of garlic
- 3 twigs of thyme
- Pomegranate seeds

For the vinaigrette

- 1 teaspoon of regional medium-hot mustard
- 100 ml of vegetable broth
- 20 ml of white wine vinegar (balsamic vinegar) from the nearby Rheingau region
- 100 ml of extra-virgin olive oil
- The juice of a single lime
- Salt, pepper, cayenne pepper

Peel and quarter the tomatoes and remove their pips on the day prior. Next, season lightly with sugar and salt. Marinate in a bit of rapeseed oil, add roughly chopped garlic and thyme and spread out on a baking tray. Place the tray in the oven at a temperature of 70°C, leaving the door slightly ajar to enable the moisture to escape. Turn after three hours. After a further three hours, the tomato quarters should have intensified in flavour and lost some of their firmness.

Boil the quinoa in plenty of saltwater until the grains break open. Place in a sieve and let cool. Next, prepare the vinaigrette by mixing the mustard, vegetable broth, herbs, limejuice and white wine vinegar, then blend in the olive oil using a whisk.

Season the quinoa with a bit of vinaigrette and plate it in the centre of the plate. Finally, mix the wild herb salad together with the Frankfurt green herbs, add the vinaigrette and place it on the plate with the quinoa. Decorate the dish with thyme twigs and pomegranate seeds. Done!

Bon appetit!
With everything from luxury brands and designer labels to beautiful antiques and one-of-a-kind accessories on offer, FrankfurtRhineMain is the home of a truly first-class retail scene. Whether it’s multi-level shopping centres, elegant department stores or trendy shopping streets featuring international brands, luxury goods and designer fashion, FrankfurtRhineMain has something for every taste and every pocketbook.

The “MyZeil” shopping centre on Frankfurt’s famous “Zeil” pedestrian promenade is one of Germany’s most unusual retail palaces. Not only does it feature a wide variety of stores and restaurants, a cinema and a fitness studio, it also impresses with its unique architectural design. More than eighty shops offering a diversified product range make up this shoppers’ paradise, which is spread out over six light-flooded floors. The upper level is home to a food court offering a mixed regional and international food and bar concept of very high quality.

Frankfurt’s premier shopping mile, the Zeil, ranks amongst Germany’s most profitable retail promenades. Major department stores and international retail chains invite locals and visitors to enjoy a leisurely shopping spree beneath skies of blue.

Not far from the Zeil, one finds the New Frankfurt Old Town, a brand-new and increasingly popular shopping destination. Here, visitors will find small fashion boutiques, fine jewellery stores, a Steiff soft-toy shop and a pottery manufactory run by Töpferei Bauer. Nearby, there’s the historical Haus Würzgarten, which housed a “pharmaceuticals, material goods and paint business” from the middle of the 18th century to the Second World War. It was here that none other than Johann Wolfgang von Goethe used to purchase the chemicals he needed for his scientific experiments. Today, the building, which is situated along the renowned “Coronation Route”, is home to the Feinform jewellery design studio.

Everything that the heart desires
Shopping sprees in the Rhine-Main region make for a memorable experience.

The Skyline Plaza shopping mall in the centrally situated Europa Quarter is home to some 170 specialist stores and service providers. On the upper level, visitors with an appetite will find the city’s largest food court awaiting them. A large rooftop terrace and the MeridianSpa wellness club round off the shopping mall’s extensive offer range.

Goethestraße, meanwhile, is Frankfurt’s premier location for luxury shopping. Set side by side like pearls on a string, exclusive designer boutiques, luxury fashion stores, jewellery shops and watchmakers attract shoppers from near and far. From Armani and Hermès to Louis Vuitton and Versace, Goethestraße and its neighbouring retail zones – Freßgass’, Opera Square and Schillerstraße – represent Frankfurt’s most luxurious shopping district. And with the elegant quarter becoming more and more popular, it’s no surprise that a further retail hotspot recently emerged parallel to Goethestraße: Neue Rothofstraße, located between Alter Oper and Roßmarkt and connected to Goethestraße by a narrow laneway, is a mundane shopping mile featuring premium brands and trendy eateries.

Situated slightly west of Frankfurt, the Main-Taunus-Zentrum is Germany’s oldest shopping centre. Here, some 170 shops and stores offer a unique retail selection that leaves virtually nothing to be desired. International fashion labels are as much a part of the Main-Taunus-Zentrum as the mall’s extensive food court, which features restaurants, fast food and fresh produce. Various service providers, including a medical centre, post office, Multiplex cinema, petrol station and car wash, round off the shopping centre’s diversified range of offers.

The widely renowned Höchst Porcelain Manufactory recently opened a concept store in Frankfurt’s old town. Originally established in 1746 as the Princely Porcelain Manufactory of Mainz, the company today makes by hand everything from historical porcelain reproductions to contemporary design objects. The concept store, situated in the recently reconstructed Dom-Römer Quarter (Am Markt 36), is the perfect destination for persons looking to purchase a precious gift, accessories, souvenirs or sculptures.

Outlet shopping with style

Wertheim Village

Fancy a leisurely shopping spree away from the hustle and bustle? Wertheim Village, a first-class outlet centre, is only 50 kilometres from Frankfurt, close to the city of Würzburg. The location is quick and easy to reach by car or with the convenient Wertheim Village shuttle-bus. Here, shoppers have the opportunity to enjoy a relaxed day of retail therapy in quiet and casual surroundings. More than 110 luxury labels are represented with their very own shops, offering a large selection of national and international brands. Best of all, attractive discount prices apply all year round. The shopping village also has its own food court, ensuring that no one goes hungry or thirsty. www.wertheimvillage.com

Shopping in Wiesbaden

Elegant and exclusive – Wilhelmstraße, Taunusstraße and the Spa Quarter

Those who visit Wiesbaden for the purpose of shopping will find themselves in the heart of one of Europe’s largest and most elegant spa towns. The Hessian state capital is home to some 15 mineral and thermal springs, making Wiesbaden not only a popular retail location but also a first-class spa and wellness destination. The many historical boulevards of Wiesbaden provide visitors with an unforgettable shopping experience. The popular retail mile of Wilhelmstraße combines well-known brands, first-class cuisine and an entertaining cultural offer. Here, one finds the beautiful things in life harmonising ideally. Service and quality leave nothing to be desired on this kilometre-long avenue of material dreams. If you have an additional interest in architecture, then make sure to extend your shopping spree to Taunusstraße, home to a magnificent display of art nouveau-styled buildings and a number of first-rate antique shops. The adjoining Quellenviertel, or Spa Quarter, with its well-known fashion labels also has something for every taste and every pocketbook. www.wiesbaden.de
Tips on culture

The myriad cultural offerings of the FrankfurtRhineMain region are unique and of the highest quality.

Whether you’re interested in museums and exhibition houses, theatre and opera, cabaret shows and open-air festivals or castles and palaces, those seeking an exciting and diversified cultural programme will find Frankfurt-RhineMain to be the ideal recreational destination. The region’s cultural programme attracts millions of people from near and far each and every year, surprising audiences with unconventional exhibitions, spectacular stage productions and exciting excursions to cultural and historical sites in and around FrankfurtRhineMain.

The New Frankfurt Old Town
Nestled between the Emperors’ Cathedral of St. Bartholomew and the Römer, the time-honoured town hall of Frankfurt and the city’s premier landmark, one comes across the medieval “new” old town, which was recently rebuilt true to the original. Some 35 houses, including 15 faithful reconstructions and 20 new buildings, have been erected in this historical quarter, which had been completely destroyed during the air raids of World War II. Winding laneways, romantic plazas, picturesque courtyards and magnificent half-timbered houses have been lovingly restored and transformed into a colourful retail and residential district. The so-called Coronation Route of German-Roman kings and emperors leads through the architecturally significant New Frankfurt Old Town, inviting visitors to a leisurely stroll, a short shopping spree or a brief respite at one of the quarter’s cozy taverns or restaurants. Be it the old marketplace, the archaeological garden or the grand patrician’s house, “Goldene Waage”, the New Frankfurt Old Town is simply brimming with historical highlights. The Emperors’ Cathedral of St Bartholomew, the former electoral site of German-Roman emperors and one of the most important sites of German history, stands at the centre this new quarter. It is situated on Emperors’ Square, the origins of which may be traced all the way back to ancient Roman times. www.domroemer.de
The Goethe-House in Frankfurt

One of the many must-sees for visitors of Frankfurt is the birthplace of the city’s favourite son and Germany’s most famous poet and author, Johann Wolfgang von Goethe (1749–1832). Situated in the old town of Frankfurt, the Goethe-House was the home of the Goethe family until 1795. With its historical furnishings, this 18th-century townhouse paints a vivid picture of the time of Goethe’s youth. Next to the Goethe-House, one finds the Goethe-Museum, an art gallery displaying paintings of Goethe’s era. [www.goethehaus-frankfurt.de](http://www.goethehaus-frankfurt.de)

The Museum Embankment

Frankfurt’s museum landscape is not only diverse, but also of a very high quality. At the so-called “museum embankment”, culture enthusiasts will find a series of world-class museums set side by side like pearls on a string. Included here are the renowned Städel Museum, the Liebieghaus Sculpture Museum, the German Film Museum, the German Architecture Museum and the Icon Museum, just to name a few. Please note that children and youths up to the age of 18 enjoy free admission to all municipal museums. [www.museumsufer-frankfurt.de](http://www.museumsufer-frankfurt.de)

A brand-new hotspot: The New Frankfurt Old Town between Emperors’ Cathedral and Römer City Hall impresses with its romantic laneways, historical houses, picturesque plazas, trendy shops, cosy cafés and rustic restaurants.

FRANKFURT CARD

With this super-saver card, visitors of Frankfurt have at their disposal a comfortable and convenient method of travelling across the city as they like while becoming acquainted with Frankfurt’s diversified cultural programme at significantly reduced prices. The Frankfurt Card’s many advantages include free and unlimited travel throughout Frankfurt’s city districts (incl. Frankfurt Airport) using the local public transport system, discounts of up to 50 percent on admission to 26 Frankfurt museums, the Palmengarten (Botanical Gardens), Frankfurt Zoo, Oper Frankfurt and various theatres as well as various discounts at selected restaurants and retail stores. For further information on the available offers and prices, visit [www.frankfurt-tourismus.de/frankfurtkard](http://www.frankfurt-tourismus.de/frankfurtkard)

Tip

1 Tag/1 Day

CARD

FRANKFURT

Einzelkarte

Individual Ticket

FRANKFURT CARD

With this super-saver card, visitors of Frankfurt have at their disposal a comfortable and convenient method of travelling across the city as they like while becoming acquainted with Frankfurt’s diversified cultural programme at significantly reduced prices. The Frankfurt Card’s many advantages include free and unlimited travel throughout Frankfurt’s city districts (incl. Frankfurt Airport) using the local public transport system, discounts of up to 50 percent on admission to 26 Frankfurt museums, the Palmengarten (Botanical Gardens), Frankfurt Zoo, Oper Frankfurt and various theatres as well as various discounts at selected restaurants and retail stores. For further information on the available offers and prices, visit [www.frankfurt-tourismus.de/frankfurtkard](http://www.frankfurt-tourismus.de/frankfurtkard)

Tip

1 Tag/1 Day

CARD

FRANKFURT

Einzelkarte

Individual Ticket

FRANKFURT CARD

With this super-saver card, visitors of Frankfurt have at their disposal a comfortable and convenient method of travelling across the city as they like while becoming acquainted with Frankfurt’s diversified cultural programme at significantly reduced prices. The Frankfurt Card’s many advantages include free and unlimited travel throughout Frankfurt’s city districts (incl. Frankfurt Airport) using the local public transport system, discounts of up to 50 percent on admission to 26 Frankfurt museums, the Palmengarten (Botanical Gardens), Frankfurt Zoo, Oper Frankfurt and various theatres as well as various discounts at selected restaurants and retail stores. For further information on the available offers and prices, visit [www.frankfurt-tourismus.de/frankfurtkard](http://www.frankfurt-tourismus.de/frankfurtkard)
The Städel Museum
The Städel Museum is one of Frankfurt’s premier cultural attractions and Germany’s oldest museum foundation. Its permanent exhibitions highlight seven centuries of art history. Founded in 1815, the Städel presents masterpieces from the early 14th century, the renaissance, the baroque, classic modernity and contemporary times. All in all, the Städel’s collections comprise some 3,100 paintings, 660 sculptures, more than 4,600 photographs and over 100,000 drawings and graphic illustrations. The museum has also made a name for itself for its spectacular special exhibitions, which lure art enthusiasts to Frankfurt from destinations far beyond Frankfurt’s city limits. www.staedelmuseum.de

Schirn Kunsthalle
Schirn Kunsthalle ranks amongst Europe’s best-known exhibition venues. The art hall does not have its own collection; rather, it organises temporary exhibitions and projects highlighting selected topics or works of individual artists. The Schirn concentrates on specific themes of art history and artistic trends of contemporary times. Its programme is well known for its progressive, modern and international orientation. www.schirn.de

The Frankfurt City Museum (formerly the Historical Museum Frankfurt)
Those interested in learning more about Frankfurt’s colourful history are urged to pay a visit to the Frankfurt City Museum in the old town centre, which reopened in 2017 after comprehensive reconstruction. As Frankfurt’s official municipal museum, the Frankfurt City Museum tells the story of Frankfurt and its citizenry, going back to the 15th century. Today, the museum disposes over the most comprehensive exhibition on the cultural history of the FrankfurtRheinMain region. It also enables visitors to learn more about Frankfurt’s colourful past through a range of special exhibitions, workshops and lectures. Finally, it is also worth noting that the new museum building is entirely barrier-free. www.historisches-museum-frankfurt.de

Alte Oper (Old Opera House)
Behind the historical façade of Frankfurt’s Old Opera House, one finds a lively concert venue that regularly welcomes the stars of the international music scene. Every September, the season of Alte Oper Frankfurt kicks off with a spectacular cultural bonanza. The musical programmes are of course at the forefront of this celebration; however, Alte Oper’s regular programme also features many other versions of the performing arts, like dance, theatre, film, plays and literary events. Alte Oper is also a popular event venue, hosting large-scale congresses, festive ballroom events and important award ceremonies. Its first-class restaurant serves international cuisine as well as local favourites, which may be enjoyed on Frankfurt’s largest terrace during spells of fair weather. www.alteoper.de

The English Theatre Frankfurt
Founded more than 30 years ago, the English Theatre Frankfurt is the largest English-language theatre on the European continent. Thanks to its top-class theatre productions and its role as an international meeting place, the English Theatre has become one of the most important cultural institutions of the Frankfurt-RheinMain region. From Monty Python’s “Spamalot” to Oscar Wilde’s “The Picture of Dorian Gray”, the theatre stages a broad range of classics, comedies, thrillers and musicals, attracting well over 60,000 theatregoers to downtown Frankfurt each and every year. A visit of the theatre bar is also very worthwhile: “James – The Bar” regularly hosts parties, small concerts and other social gatherings. www.english-theatre.de

The Primus Line – River Cruises on the Rhine and Main
A cruise on the Rhine or Main is an absolute must for every visitor of the FrankfurtRhineMain region. The Primus Line has a number of modern cruise ships moored at the Main Quay near
Welcome to FrankfurtRhineMain

FrankfurtRhineMain is a pulsating, progressive region. Situated all around Frankfurt, the bustling metropolis at the region’s centre, one finds numerous cities, towns and communities rich in history and tradition. Whether it’s timber-frame townships dating back to the Middle Ages, luxurious spas and health resorts, mediaeval castles and palaces, UNESCO World Heritage Sites or picturesque landscapes, FrankfurtRhineMain offers a different day-trip destination for virtually every day of the year. Sounds exciting? Yes, it is! Come and spend an unforgettable holiday in FrankfurtRhineMain. We look forward to welcoming you here!
the Römerberg old town centre just waiting for you to hop aboard. With its five purpose-built cruise ships, the Primus Line is not only the state’s largest and most modern cruise line, it is also the oldest, having been established back in 1880. Aside from offering short cruises within Frankfurt’s city districts, the Primus Line also features day-cruises to Rüdesheim and the fabled Loreley Cliffs, to mention but a few of the options available. Each ship has its own restaurant, ensuring that no one goes hungry during the cruise. Tickets may be booked online or at the ticket booth on the Main Quay. www.primus-linie.de

The MAIN TOWER and the Rooftop Observation Platform
In Frankfurt, it is not unusual for people to occasionally glance towards the skies. After all, no other German city has as many high-rises as the metropolis on the Main. Featuring the nation’s only true skyline, Frankfurt is a popular destination for all fans of modern architecture. The best place to get a bird’s-eye view of Frankfurt and its environs is atop the MAIN TOWER in the city centre. This 56-storey skyscraper, which is some 200 metres tall, has two rooftop observation platforms, both of which offer breathtaking panoramic views of Frankfurt and the surrounding region. The top-storey restaurant is equally recommendable, serving up fine food and beverages as well as the city’s most impressive vistas. www.maintower.de

The Saalburg Roman Fort and the Limes
Thousands of years ago, the Rhine-Main region was part of the Roman Empire. Today, various traces of the Romans’ former presence remain, as a visit of the Saalburg Roman Fort shows in impressive manner. Situated at the summit of the Saalburg Pass, this ancient Roman fort was faithfully rebuilt on its former foundations more than a century ago. Protected by high, crenellated walls, the fort was part of the former fortified boundary of the Roman Empire, also known as the “Limes”. Surrounded by the ruins of a Roman village and various reconstructed relics, the Saalburg exudes the unique atmosphere of an open-air archaeological museum. The modern museum annex is home to several lecture, conference and exhibition rooms, a hall for special shows, an educational area and a museum shop. The reconstruction of the fort was commissioned in 1897 by Kaiser Wilhelm II. In 2005, a little over a century later, the “Upper Germanic-Rhaetian Limes” was officially declared a UNESCO World Heritage Site, of which the Saalburg and its relics are an integral part. www.saalburgmuseum.de

Hildegard of Bingen and St Hildegard Abbey
Erected at the start of the 20th century, St Hildegard Abbey is scenically set among the rolling vineyards above the town of Rüdesheim. The historical roots of this monastery vineyard date back to the time of the abbey’s founder, Hildegard of Bingen (1098–1179). Back in the Middle Ages, it was not unusual for nuns to busy themselves with the task of winemaking. The present-day abbey vineyard has continued this tradition, while the teachings of Hildegard of Bingen have remained current as well. Hildegard believed in the healing powers of nature and developed many healing techniques in which the fermented grape played the starring role. www.abtei-st-hildegard.de

Aschaffenburg – Bavaria’s treasure trove along the River Main
Whether it’s spring and the famous magnolia bloom, summer amidst rolling vineyards, autumn in Bavaria’s oldest landscape park or winter in the company of celebrated artists like Cranach, Grünwald, Kirchner and Schad: Aschaffenburg is a multifaceted city waiting to be discovered all year round. Its many small and large stages, its traditional and modern special events, its rustic restaurants and cosy pubs, all of them together provide visitors with a rich entertainment programme that keeps on giving at all times of the year. And let’s not forget the mild, almost Mediterranean climate, which helped to give Aschaffenburg its nickname of “the Bavarian Riviera”.

Further information: Aschaffenburg Tourist Information
Schloßplatz 2, 63739 Aschaffenburg, Germany
Tel. +49 6021 395800, Fax 395888
Email: tourist@info-aschaffenburg.de, www.info-aschaffenburg.de
The Rheingau and Rüdesheim am Rhein
Located slightly to the west of FrankfurtRhineMain, the romantic Rheingau wine-growing region has gained widespread renown for its excellent Rieslings. The Rheingau’s wineries invite locals and visitors to extended wine-tasting sessions all year round, while hikes through the region’s rolling vineyards offer breathtaking views of the Rhine Valley, one of Europe’s most beautiful landscapes. The epicentre of the Rheingau is the famous wine town of Rüdesheim. Here, you’ll find yourself enchanted by ancient laneways, wooden wine taverns and the historical charm of the old world. Rüdesheim is also an excellent starting point for excursions into the surrounding environs, which include the red wine town of Assmannshausen and the countless castles and palaces of the Middle Rhine. What’s more, Rüdesheim is also known as the gateway to the Upper Middle Rhine Valley, an official UNESCO World Heritage Site. Yet another highlight of Rüdesheim is the trip to the Niederwald Memorial by aerial cableway. The panoramic views of Rüdesheim’s old town, with its stately homes and the nearby River Rhine, are sure to turn this unique airborne trip above the hillside vineyards into a memorable experience. www.rheingau.com

The Neroberg Mountain Railway and the Neroberg in Wiesbaden
The Neroberg Mountain Railway is not only one of the leading landmarks of the Hessian state capital of Wiesbaden, it is also the second-oldest water ballast-driven cog-and-rack railway in all of Europe. The historical funicular railway has been making the short trip up to the summit station, situated at a height of 245 metres, since 1888, needing exactly 3.5 minutes for the journey. At the top of the Neroberg, visitors are confronted with far-reaching views across the River Rhine, stretching all the way to the high ridges of the Odenwald. It is also at this scenic summit location that one finds the Neroberg Temple, beneath which is located the railway’s hillside water reservoir. The Neroberg is also the ideal starting point for hikes to the nearby forests of the Rhine-Taunus Nature Park, which are made fairly easy thanks to a network of walking paths. A hilltop restaurant and the Opelbad, one of Germany’s most beautiful outdoor swimming pools, round off the many attractions to be found atop the Neroberg. www.wiesbaden.de

The Gutenberg Museum in Mainz
One of the greatest achievements of civilisation is, without a doubt, the art of the printed word. It is no exaggeration to say that the invention of printing by movable type changed the world forever. The man responsible for this wondrous creation? Johannes Gutenberg. He was the one who, back in the 15th century, invented the world’s first printing press. This museum, the oldest book and print museum in the world, takes a closer look at the history of printing, book art and typography. It is situated in the heart of the old town of Mainz, the hometown of Johannes Gutenberg. Founded in 1900 by way of a citizens’ initiative, the Gutenberg Museum is dedicated to Johannes Gutenberg and his many revolutionary inventions. The museum’s most valuable artefacts are the two original Gutenberg Bibles, which date back to the mid-15th century. The reconstructed Gutenberg workshop is another popular attraction. www.gutenberg-museum.de

The Brothers Grimm and the Fairytale Town of Hanau
Is there anyone who hasn’t heard of Cinderella, Snow White or Sleeping Beauty? The fairytales of the Brothers Grimm have been enjoyed by fans of all ages for many, many generations. However, few know that Jacob and Wilhelm Grimm were in fact born before the gates of Frankfurt at the end of the 18th century. Following the footsteps of the famous brothers is an easy thing for fairytale lovers; one must simply travel to Frankfurt’s neighbouring city of Hanau. The City has been awarding the prestigious Brothers Grimm Prize for Literature in honour of the famous fairytale creators since 1983. What’s more, Hanau has also been hosting the Brothers Grimm Theatre Festival at the amphitheatre of the city’s baroque-style Castle Phillipruhe for over 30 years. Held from May to July, the festival has over the years staged fairy tale performances for well over one million guests, who travel to Hanau from near and far. For these reasons and many others, a visit of Hanau is definitely well worth the time. www.hanau.de

Legal notice: The information provided within this magazine has been compiled and edited by the Medical Network FrankfurtRhineMain wvV with the greatest possible care. However, as contextual and factual errors may still occur despite careful examination, the Medical Network FrankfurtRhineMain wvV is obliged to state that, for the purposes of product liability, all information is provided without guarantee of accuracy and, further, that no liability will be assumed for contextual or factual errors. All details published within this brochure are based on information provided by the respective companies, establishments and institutions specified within this brochure. The Medical Network FrankfurtRhineMain wvV assumes no guarantee for its correctness or completeness. Status: April 2019.
Live, Travel, Explore Your Way.

UnionPay Cards are widely accepted in 172 countries and regions

銀聯卡全球受理網絡已延伸到172個國家和地區