





# TEN YEARS AT THE TOP

Nobody in Europe has operated on more hernias than hernia's leading lady *Dr Ulrike Muschaweck*. Always a cut above, she specialised in hernia surgery 10 years ago and has operated on more than 10,000 patients from all over the world. As she prepares to visit Arab Health, she talks about the secrets of the clinic's success

**THE MUNICH** Hernia Center is one of the few hospitals in the world specialising exclusively in hernia repair and was the first day care surgery centre in Europe, when it was established ten years ago.

The treatment spectrum ranges from repairs of inguinal, femoral, and umbilical hernia up to incisional hernia. Since the hernia centre was established, it has carried out almost 11,000 repairs.

The person behind the success of the centre is chief surgeon, Dr Ulrike Muschaweck and her husband, health economist, Dr Leonhard Muschaweck. They founded the Munich Hernia Center in 1993 because they felt there was a real need for improvements in hernia surgery.

Combining old-fashioned perfectionism with a novel approach, Dr Muschaweck says: "I generally work to the principle of 'tailored-surgery', meaning every patient will get an individual surgical repair, depending on the disease and the need of

the patient. In today's world it is important that medicine changes accordingly to the rising expectations and pressures on the patient. No one can afford to be unfit for work for several weeks. When someone comes to me and is operated on, they can be sure to return to work the next day and have no further problems".

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Initially, the Shouldice technique was used for all hernia repairs. Nowadays, every surgery is performed according to the principles of "tailored surgery", including plug-repair, TIPP, and Lichtenstein. Three years ago, Dr Muschaweck also developed the "Minimal-repair" technique, repairing only the defect, so that healthy tissue

remains untouched. Athletes in particular benefit from the speedy recovery this technique offers.

Dr Muschaweck says that recurrence rates among her patients are less than 0.2 % and the rate of minor complications is 0.1%. She adds that there are no major complications. "The patient

comes to clinic in the morning and leaves the same evening. Naturally, the doctor can be reached 24 hours a day/seven days a week."

Since 2003, Dr Muschaweck has been supported by a new surgical partner, Dr Andreas Ungeheuer, who is also a renowned surgeon specialising in hernia surgery. ■

## The Munich Hernia Center (UM Hernienzentrum München)

Patients come from all over the world to the Munich Hernia Center, many of them from the United Arab Emirates. Most are successful business people and athletes, who place particular importance to their health and a quick recovery.

To date more than 10,000 hernia repairs have been performed successfully at the centre. The centre offers what it describes "tailored surgery" – providing an individual solution for every patient. Surgery is generally performed under local anaesthetic.

Patients from outside of Germany can catch a flight back the same evening. Work can be started the next day, physical activity after two days, increasing to full maximum after two weeks.

The Munich Hernia Center is quality certified. Staff are multilingual and fluent in six languages. It is conveniently situated inside an Arabella Sheraton Hotel. With its location at the northern part of the city, the Munich Hernia Center has fast access to the autobahn leading to the airport, the Central Station and also to all tourist points of interest. It is



just five minutes away from the newly built soccer arena for the 2006 world championship.

■ For more information, visit our website: [www.hernien.de](http://www.hernien.de) or send an email to: [info@hernien.de](mailto:info@hernien.de) or you can call directly: 0049-89-9209010 for more detailed information.

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