

Who are we?

Our interdisciplinary team consists of a number of professionals, including a public health specialist, kinesiologist, nutritionist, nurse, and other professionals as needed.

What can you expect from us?

- Personalized approach and advice how to reach, preserve and promote your health, and to reduce the risk of chronic noncommunicable diseases.
- Assistance in acquiring healthier life-style, to make it more attractive and simpler.
- Assistance in understanding and recognizing what is positive and healthy.
- Attentativeness and dedication.

Unit for Preventive Medicine

In order to allow us to fully devote to each individual patient, we kindly ask you to make an appointment calling us on the following telephone number:

+385 (0)1 46 96 168

What services do we offer?

- Preventive examination and counseling.
- Food intolerance testing (270, 180, 90 and 22 foods).
- Setting up individual nutrition programs.
- Setting up individual exercise programs and body mass analysis.
- Rapid medical tests: blood glucose, HA1c, celiac disease, cholesterol, triglycerides, thyroid-stimulating hormone, tumor markers (PSA, CEA, CA-125).
- Genetic testing – targeted DNA tests indicate how genes influence individual reaction to diet and exercise; the results obtained enable appropriate approach to diet and physical activity, thus improving the health status of the individual.
- Other medical work-up and services: ECG, spirometry, biomagnetic resonance imaging, medical lymphatic drainage, removal of lipid deposits by radiofrequency and ultrasound waves.
- Measurement of physiologic characteristics of arterial and cardiac condition.

IF YOU SUFFER FROM A CHRONIC DISEASE AND ARE TAKING MEDICATION, PLEASE, BRING ALONG YOUR MEDICAL HISTORY AND/OR MEDICAL AND LABORATORY FINDINGS.



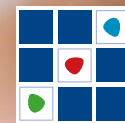
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TEACHING INSTITUTE
OF PUBLIC HEALTH

Unit for Preventive Medicine



What are my reasons to undergo preventive examination and counseling?

I want to feel better, to have more energy!

I want to prevent development of chronic noncommunicative diseases!

I want to change some habits that are not good for my health (lose weight, turn to healthier diet, reduce stress, quit smoking, start exercising, etc.)!

I have chronic health problems which I can alleviate or cure by modifying my lifestyle and reasoning!



**“Health isn’t everything, but everything is nothing without health”,
Arthur Schopenhauer**

What is food and food additive intolerance?

Food intolerance (type III hypersensitivity) manifests as an undesired reaction of the body to the intake of a particular food or food ingredient.

Food intolerance is neither food poisoning nor food allergy.

In food intolerance, IgG antibodies against particular food protein are produced, unlike food allergy that is characterized by the production of IgE antibodies.

In case of food allergy, the reaction occurs quickly, immediately upon or within hours of particular food intake, with overt clinical manifestation.

In food intolerance, however, there is no such quick reaction, clinical manifestations occur gradually, and therefore are difficult to associate with a particular food.

The most common symptoms of food intolerance are as follows:

- abdominal cramps, flatulence, nausea, gas, diarrhea, constipation and irritable bowel syndrome;
- skin rash, dry skin, itching, urticaria, angioedema, dermatitis, eczema and acne;
- obesity;
- nasal mucosa edema, rhinitis, sinusitis, pharyngeal irritation, asthma and dry cough;

- headache, migraine, vertigo and dizziness; and
- loss of motivation, anxiety, lethargy, depression, fatigue, hyperactivity (in particular in children) and strain.

The food intolerance test results enable use of appropriate diet by elimination of foods having yielded a high grade of intolerance on testing (elimination diet).

Using elimination diet will lead to the following:

- cessation or reduction of health problems;
- feeling better; and
- weight reduction.

Who should undergo food intolerance testing at our Unit and why?

Testing for food intolerance is recommended for all those suffering from some of the above listed discomforts.

Food intolerance testing and reading of the results are performed at Unit for Preventive Medicine, with the findings available next day.

