

Univ. Prof.

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Fellow American College of Chest Physicians,
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**Internist, Kardiologe, Intensivmediziner,
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Termine nach Vereinbarung, keine Kassen

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Parken in der AKH-Garage

U6 - Alserstr./Linie 43 - Haltestelle Gürtel

**Beratung, Diagnostik, Therapie,
Gutachten in meiner Ordination**



LEISTUNGSVERBESSERUNG:

optimierte Pharmakotherapie, medizinische Trainingsberatung, Kontrolle von Trainingseffekten, Langzeitverlauf; Gewichtskontrolle durch Fettverbrennung, Wertung von Risikofaktoren

Abklärung sämtlicher Probleme

Manager-Check-up, Vorsorgeuntersuchung

ambulant, stationär in Privatkliniken

Herz-Kreislauf-Lungen-Gefäßerkrankung

Durchblutungsstörung - Gefäßschutztherapie

Chemotherapie - Diabetes-Einstellung

Magen-Darm - Osteoporose - Rheumatismus

Intensivtherapie - Monitoring - Streßanalyse

ERGOMETRIE: 2-min-Stufen-Test nach

Reiterer 1975/76 (WHO), Laktat-Analyse, SaO₂

ERGOSPIROMETRIE: Dauerleistungsfähigkeit, anaerobe Schwelle, Herz-Lungen-Leistung, Metabolik, Laktatleistungskurve

Mikro-Herzkatheter: Belastungshämodynamik, Herzfunktion, Lungenkreislauf, Herzklappenfehler, Herzschwäche

LUNGENFUNKTION: Bodytest, Fluß-Volumen-Druck-Analyse, Broncholyse, Provokation, Blutgase, Gastransfer, Atemsteuerung

ULTRASCHALL: Echokardiographie 3/4D, innere Organe, Arterien-Venen-Status

LANGZEITANALYSEN: EKG, Blutdruck

SCHNARCH-APNOE-ANALYSE, SP, Var,

MONITORING, vegetativer Tonus

i-STAT Akutlabor

Meine Betreuung und Beratung beruht auf langjähriger klinischer und experimenteller Erfahrung. Ich folge den Prinzipien des Good Medical Practice und der Evidence Based Medicine.



What's about your fitness?

untrained and sedentary people, managers, enthusiastic sportswomen, elderly sportsmen, trekking, long-distance travelling, preventive aspects of physical activities

Manager-check-up, basic prevention programmes on inpatient or outpatient basis, medical treatment for acute cases in private clinics in downtown Vienna

Heart-Circulation-Lungs -Vascular System perfusion problems - Vascular protection - Chemotherapy - Diabetes mellitus- Thyroid-Gastro-intestinal-diseases - Osteoporosis Rheumatism - Intensive care and Monitoring - Autonomic nervous control - Anti-aging-risk factor analysis



Which load will be adequate and not harmful for you?

heart and lung patient, arterial hypertension, vascular occlusive disease, pacemaker, heart insufficiency, emphysema, asthma, metabolic syndrome, obesity, rehabilitation

Training programmes

pulse-corrected - individualised protection to overloading, **performance-adjusted-O₂-supply** for critical patients, rehabilitation

SPECIFIC TESTING METHODS:

heart-lungs-circulation: the limiting factors of performance, abnormal response?

risk factors of anaesthesia, vascular risk, **vascular prevention** (neck and leg vessels, veins), **body age and vitality factor**, stress type analysis, **autonomic nervous control**



How to improve your physical performance:

optimizing pharmacological treatment, advice for training, evaluating the effects of training, long-term survey, weight control by physical activity (fat burning), risk factor intervention

problem orientated diagnosis, evaluation and treatment, consultation in my own private office

ERGOMETRY: 2-min-increment-test by Reiterer 1975/76 (WHO), lactate-profile, SaO₂

ERGOSPIROMETRY: VO_{2max}, **endurance performance**, anaerobic threshold, heart- and lungs at work, lactate-metabolism

Micro-Heart-Catheterization: exercise **hemodynamics**, right and left heart function, valve diseases, heart insufficiency

LUNGFUNCTION: bodytest, **flow-volume-pressure-analysis**, broncholysis, **provocation**, blood-gas analysis, **gastransfer**, respiratory control

ULTRASOUND: echocardiography 3/4D, arteries and veins, internal organs, thyroid

LONG-TERM recording: ECG and blood-pressure, SaO₂, sympathetic tone, event recorder

SLEEP-SNORING-APNEA-ANALYSIS MONITORING, Late Potential, Stress-Analysis, i-STAT blood analysis

Take the chance of primary prevention by early recognition of limiting factors. Treatment and consultation is based on clinical and experimental work for years and on data bank access. I follow the principles of Good Medical Practice and Evidence Based Medicine.