

Sei Ärztin

In Praxis

Leb Hessen!

KV+

Medical English

Ein Booklet des Team Nachwuchsförderung

Bei Fragen zum Inhalt oder Unklarheiten, wenden Sie sich gerne an das Team der Nachwuchsförderung.

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Preface (Vorwort)

Kommt eine Patientin zum Arzt.

Sagt die Patientin: "Hello there, i have a throbbing pain right underneath my diaphragm. Could that be a heartburn? Also there was a problem with my insurance card down at the registration desk."

Was hat die Patientin gesagt?

Was ist zu tun, wenn eine Patientin oder ein Patient über „stomachache“, einen „sprained ankle“ oder vielleicht sogar über „stroke-like symptoms“ klagt?

In diesem vom Ärztlichen Kompetenzzentrum veröffentlichtem Booklet, geben wir Ihnen eine detaillierte Aufstellung englischer Vokabeln und Ausdrücke an die Hand, mit welcher Sie sowie Ihr Praxispersonal sich effizient und kompetent mit englischsprachigen Patientinnen und Patienten verständigen können. Das Booklet weist alle gängigen Begriffe für den Ablauf im Praxisalltag, zur Symptomatik, Therapie und Diagnostik auf.

Aufgrund der kompakten Größe des Booklets sowie des schnellen Online-Zugriffes, sind Sie stets für alle Vorkommnisse des Praxisalltages vorbereitet. Weiterhin gibt es kleine Lerneinheiten, in denen Sie Ihr Wissen auffrischen und überprüfen können.

Gerne möchten wir Sie zudem auf unsere Veranstaltung „Medical English für Ärztinnen und Ärzte/ Praxismitarbeiterinnen und Praxismitarbeiter“ verweisen. Hier können Sie in praktischer Anwendung Ihre Fähigkeiten und Kenntnisse üben und vertiefen und stehen zudem im Austausch mit Kolleginnen und Kollegen.

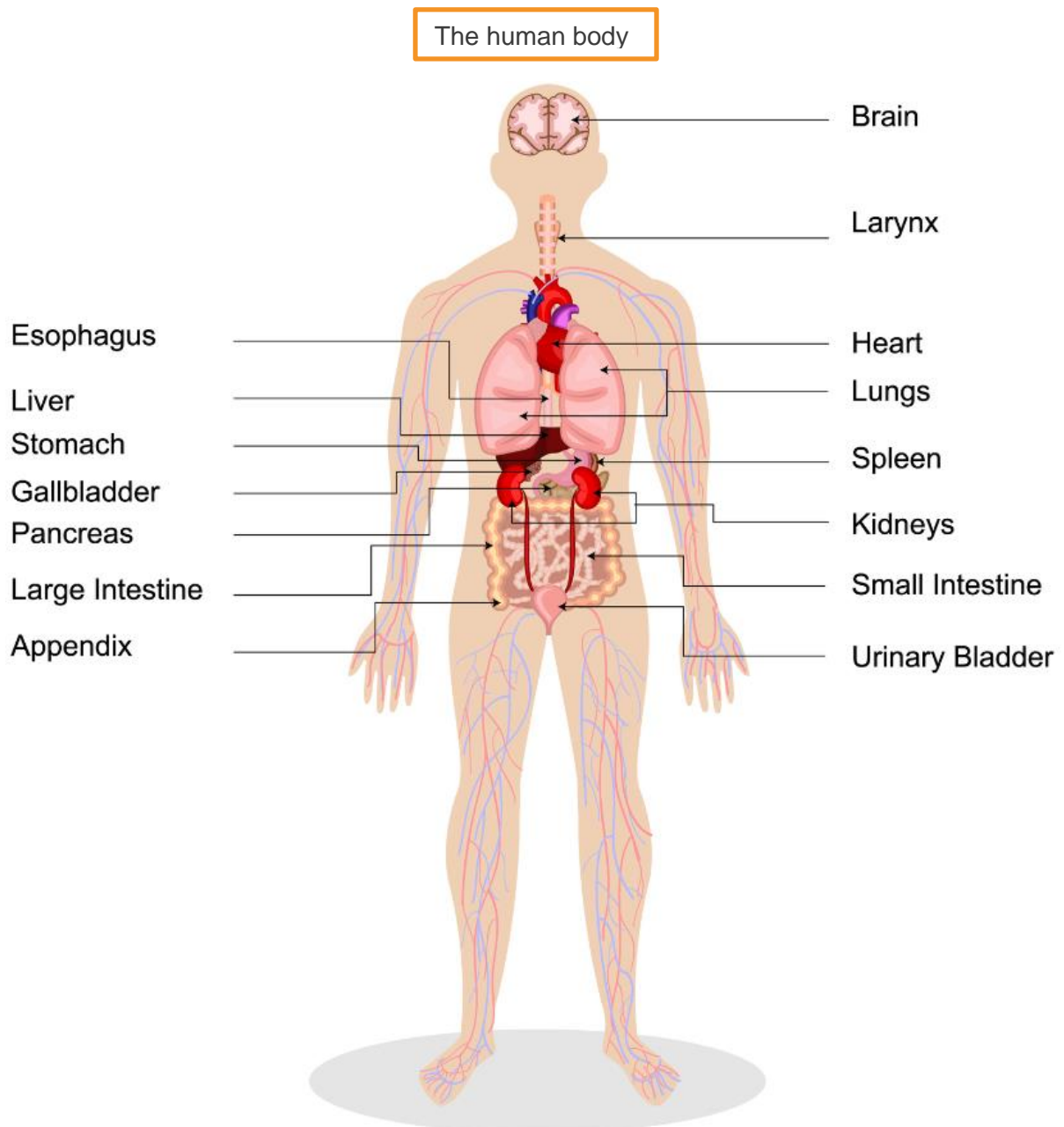
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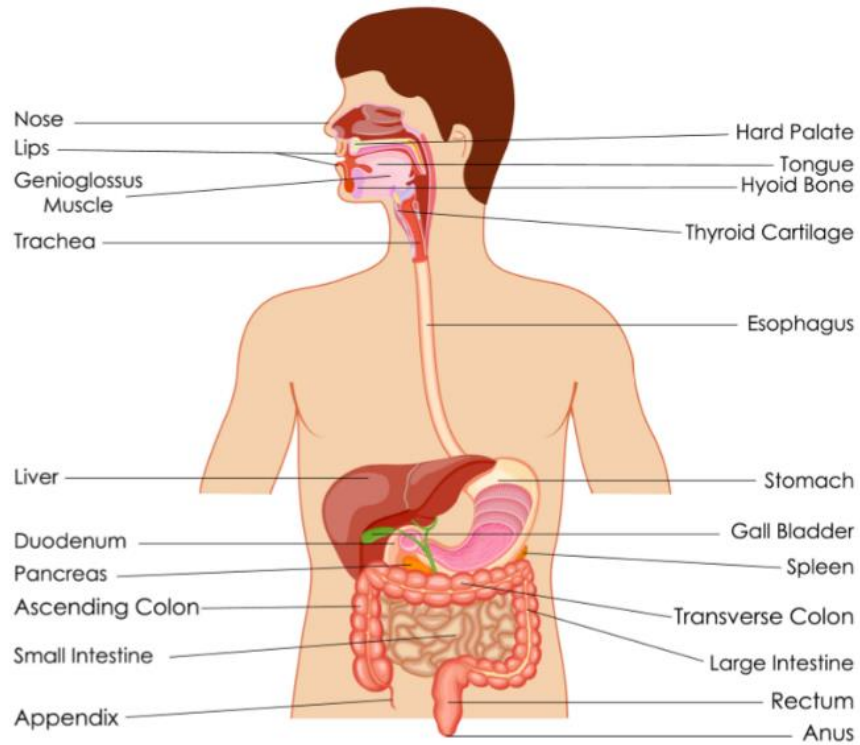
The human body

As we all know the human body works wonders. Every day our heart beats 100,000 times which sums up to 3,5 billion times in a lifetime and dispenses 260 litres of blood per hour.

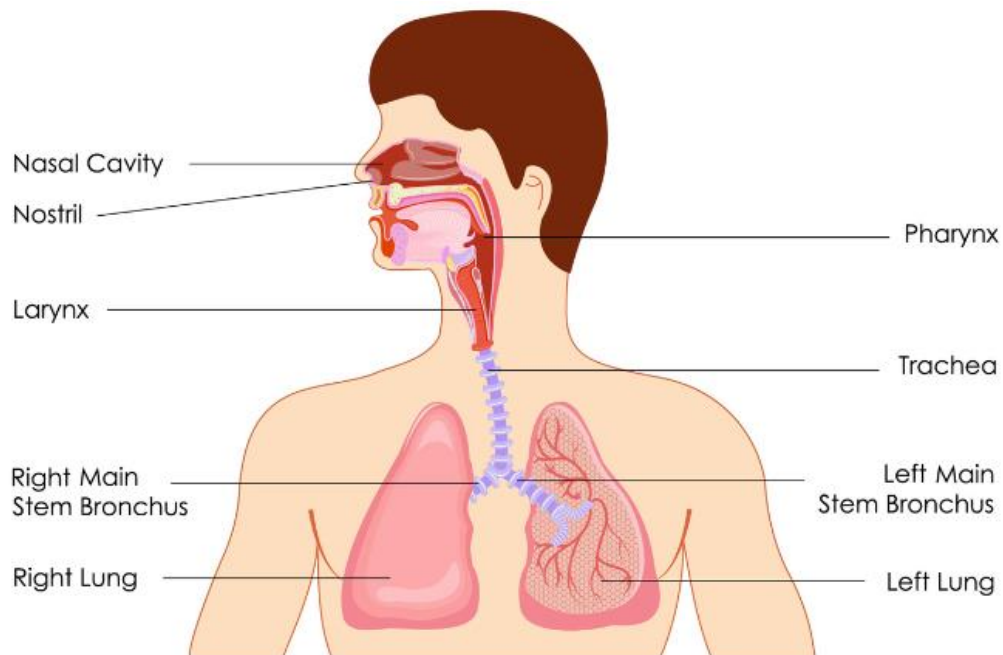
In the following you will find several detailed illustrations about the structure of the human body. Please note that even though the illustrations show a male body, the Ärztliches Kompetenzzentrum Hessen does not differentiate between male, female or non-binary.



Digestive System



Respiratory System



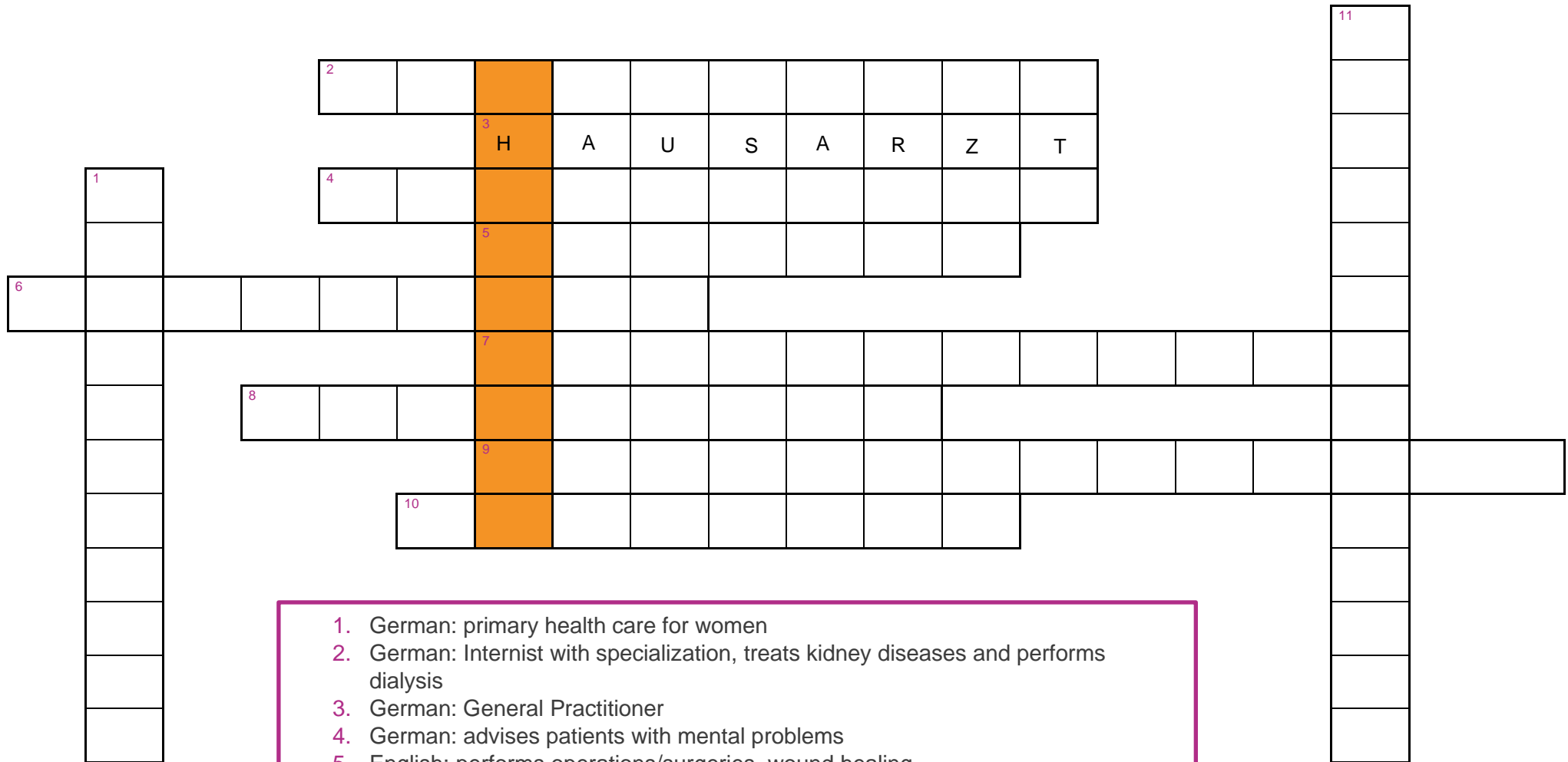
Medical Specialists



As you know, there are lots of types of doctors. Not only are they working in different locations, such as local health centers, hospitals or their own practices. They also have different types of expertises in various medical specialties. Some doctors perform surgeries, while others treat patients with medicine or carry out tests.

The most common types of medical specialties are written below.

- General Practitioner/Physician: often called Family Medicine. Provides comprehensive health care and treats most (common) ailments
- Anesthesiology: Pain and Sleep Medicine, often provided during surgeries.
- Angiology: Internist with specialization, treats vascular diseases.
- Ophthalmology: medical and surgical care of the eyes, diagnose and treat vision problems.
- Surgery: Performance of operations and wound healing
- Endocrinology: Internist with specialization, treats gland and hormone-related diseases
- Gastroenterology: Internist with specialization, treats stomach disorders.
- Gynaecology: Care of pregnant women; oncology, surgery and primary health care for women.
- ENT Specialty (Ears-Nose-Throat): specialization in ears, noses and throats
- Dermatology: treatment of disorders of skin, hair nails and performance of skin biopsies and dermatological surgical procedures
- Internal Medicine: depending on the specialization, treats different diseases of the hearts, kidneys, blood,...
- Cardiology: internist with specialization, treats heart diseases
- Pediatrics: treats patients from infancy through adolescence
- Nephrology: internist with specialization, treats kidney diseases, performs dialysis
- Neurology: treats diseases of the brain, muscles and nervous system
- Oncology: internist with specialization, treats tumors, especially cancer
- Orthopaedic Surgery: preserves and restores the function of the musculoskeletal system
- Psychiatry: treats mental health, does psychological tests
- Psychology: advises patients with mental problems
- Radiology: prepares xrays and MRT
- Rheumatology: internist with specialization, treats rheumatism
- Urology: specialized in the male und female urinary tract, male reproductive system
- Dentology: treats teeth and gums



1. German: primary health care for women
2. German: Internist with specialization, treats kidney diseases and performs dialysis
3. German: General Practitioner
4. German: advises patients with mental problems
5. English: performs operations/surgeries, wound healing
6. German: treats different diseases, depending on the specialization
7. English: Internist with specialization, treats heart diseases
8. German: prepares x rays and MRTs
9. German, pl.: pain and sleep medicine, often provided during surgery
10. German: Internist with specialization, treats tumors e.g. cancer
11. German: Psychotherapy

Find out the colored solution word. An example is given.



During the visit

With a visit to the doctor's office come some organizational questions. Before the examination starts, patients are asked some questions about their health insurance or private payment for the visit.

In the following exercise, you will find a dialogue like the ones that often take place at the doctor's office registration desk. Please note the information box about the patient and complete the dialogue.

Information box

Tim Meier is 42 years old and has statutory health insurance, he also has European Health Insurance, he does not have additional insurance. He has an appointment by telephone at 9:30 a.m., for clarification of his severe abdominal pain. He has never been to the practice before.

The patient enters the practice and meets a medical assistant at the registration desk:



Medical assistant:

Good Morning, may I help you?

Patient:

Medical assistant:

Do you have an appointment?

Patient:

Medical assistant:

Have you been here before?

Patient:

Medical assistant:

Is it urgent?

Patient:

Medical assistant:

Do you have private/statutory medical insurance?

Patient:

Medical assistant:

Do you have an European Health Insurance card?

Patient:

Medical assistant:

Do you have complementary insurance?

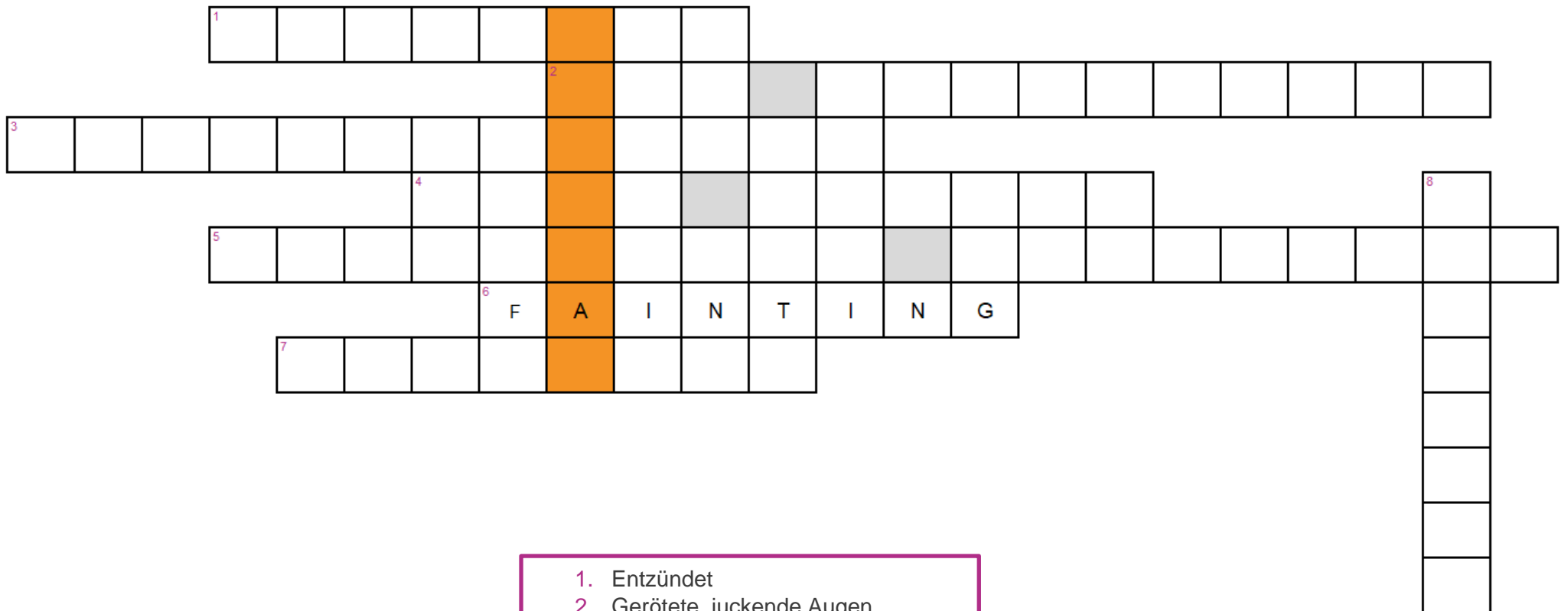
Patient:

Medical assistant:

Thank you, please take a seat in the waiting room. The doctor is ready to see you in a moment.

English	Deutsch
medical assistant	Medizinische Fachangestellte/ Medizinischer Fachangestellter
Good Morning, may I help you?	Guten Morgen, wie kann ich Ihnen helfen?
Do you have an appointment?	Haben Sie einen Termin?
Have you been here before?	Waren Sie schon mal hier?
What's your name?	Wie heißen Sie?
Is it urgent?	Ist es dringend/akut?
Do you have private/statutory medical insurance?	Sind Sie privat/gesetzlich versichert?
Do you have an European Health Insurance card?	Haben Sie eine Europäische Krankenkassenkarte?
Please fill out this patient form.	Bitte füllen Sie das Patientenformular aus
Please take a seat (in the waiting room).	Bitte nehmen Sie (im Wartezimmer) Platz.
The doctor is ready to see you now.	Der Arzt empfängt Sie jetzt.
Do you have complementary insurance?	Haben Sie eine Zusatzversicherung?

Symptoms



1. Entzündet
2. Gerötete, juckende Augen
3. Schwindel
4. Ausschlag
5. Atembeschwerden
6. Ohnmachtsanfall
7. Kribbeln
8. Niesen

Find out the colored solution word. An example is given.

Most common diseases

Allergies

Allergies are widespread. Especially in industrialized countries, many people suffer from symptoms when they come into contact with substances that are normally harmless. Depending on the trigger and allergy type, allergies can cause mild skin reactions up to life-threatening symptoms. There are allergies to a wide variety of substances. However, the reason for an allergic reaction is always the same: the body's immune system reacts too strongly.

An allergy can manifest itself through various symptoms. They occur locally limited or on the whole body. These include:

- itchy, reddened skin or skin rashes, for example with small wheals
- swollen or reddened mucous membranes, up to shortness of breath
- runny nose, sneezing, sometimes also dry nose
- burning, watering or swollen eyes
- cough
- asthma attacks
- non-specific symptoms, such as headache, fatigue or diarrhea

Below you will find things that can trigger an allergy. Please connect the English vocabulary with the German translation, an example is given:

foods	Schalentiere
nuts	Schimmel
eggs	Haustierschuppen
milk, dairy	Milchprodukte
soy	Eier
shellfish	Essen
wheat, gluten	Weizen, Gluten
pollen	Pollen
mold	Nüsse
latex	Soja
pet dander	Latex (Gummi)

English	Deutsch
foods	Essen
nuts	Nüsse
eggs	Eier
milk, dairy	Milchprodukte
soy	Soja
shellfish	Schalentiere
wheat, gluten	Weizen, Gluten
pollen	Pollen
mold	Schimmel
latex	Latex (Gummi)
pet dander	Haustierschuppen



Cold and Flu

Cold viruses are very common, especially in the cold season. The incubation period before the onset of the common cold is usually three days; a classic cold can last up to nine days if left untreated. The typical symptoms are mainly concentrated in the throat, nose and pharynx, as the mucous membranes in these regions are acutely inflamed during a cold (also known as pharyngitis). The first signs are an initial scratchy, dry feeling in the throat as well as difficulty swallowing and strong sneezing. As the flu infection progresses, these symptoms can intensify. A slight fever may also occur. Typical symptoms include a runny nose and nasal congestion. Sore throat and difficulty swallowing may become more severe as the inflammation progresses, and a dry, irritating cough may develop. This is the so-called acute phase of the common cold. Typical accompanying symptoms are fatigue, headache and pain in the limbs.

In linguistic usage, the flu-like infection is often equated with influenza. In contrast to the flu however, the "real" flu is triggered by influenza viruses. The onset of the disease is very sudden and the symptoms such as irritating cough, fever, chills, headache and aching limbs occur simultaneously and much more pronounced, whereas rhinitis is rather rare. Accordingly, the healing process takes longer with influenza.

The causative agents of influenza are viruses. The disease is spread worldwide. It can occur occasionally in individual cases, but also constantly with varying frequency in some regions (endemic) or clustered within an area and in a certain period (epidemic).

The main carriers of these viruses are humans. The viruses spread by droplet infection (e.g. coughing, talking). The time until the outbreak of the disease (incubation period) usually lasts up to 3 days.

The signs of illness can vary greatly with influenza. They range from asymptomatic to severe toxic courses with fatal outcome. Usually, the illness is characterized by sudden onset of high fever above 39 degree Celsius, chills, muscle aches, sweating, general weakness, headache, sore throat and dry irritating cough.

Complications can occur at any age, but primarily affect individuals with underlying diseases (chronic cardiopulmonary diseases, metabolic diseases, immunodeficiencies and so on).

Exercise 1

Read the text above carefully and try answering the following questions.

What are the typical symptoms of a cold?

Based on the text explain the difference between a cold and the flu.

What is the incubation period for a cold?

In which group of patients can the flu take a severe course?

Exercise 2

Please mark all types of symptoms of a cold that are written in the text above.

English	Deutsch
upper respiratory infection	obere Atemwegsinfektion
transmission	Übertragung
influenza	Grippe
fever	Fieber
(dry) cough	(trockener) Husten
bronchitis	Bronchitis
sinus infection	Nebenhöhleninfektion
ear infection	(Mittel-)Ohrentzündung
sore throat	Hals-/Rachenentzündung
cough	Husten
body aches	Gliederschmerzen

Conjunctivitis



Conjunctivitis can occur due to infectious and non-infectious causes. Infectious triggers mainly include viruses and bacteria, while non-infectious causes include allergies and medications. However, other ocular or systemic diseases can also cause conjunctival involvement.

Try completing the text below. You will find different words that you can assign to the text in the box below. An example is given. Every word can be used just once.

discharge	burns	droplet infection	yellowish		
sticky	bacteria	contagious	reddening	viruses	eye

Typical symptoms of conjunctivitis are a reddening of the eye and occasionally a swelling of the eyelid. Due to a foreign body sensation, the eye itches and _____, and there is a strong urge to rub it. The cause of the redness is dilatation of the vessels and increased blood flow. Rarely, there is also hemorrhage under the conjunctiva. A secretion is formed, which is first watery and later becomes mucous _____, so called _____. In the morning, the eye is therefore often _____ and difficult to open. If bacteria cause the inflammation, then yellowish pus forms. Often small threads of mucus float in the _____, which irritates the vision. If small corneal opacities form, the vision is additionally impaired. After one to two weeks, the symptoms usually subside.

If conjunctivitis is _____, the germs are transferred to the hands and thus a healthy person can become infected. The germs are also spread through shared towels, by shaking hands or via _____ - for example when talking. The main triggers of conjunctivitis include _____ (especially in adults) or _____ (especially in children). Very rarely, parasites or fungi are found as triggers.

Gastrointestinal Diseases



Gastrointestinal Diseases affect the gastrointestinal (GI) tract from the mouth to the anus. There are two types of gastrointestinal diseases: functional and structural.

Functional gastrointestinal diseases:

Common symptoms or problems caused by functional gastrointestinal diseases are constipation, irritable bowel syndrome (IBS), nausea, gas, bloating, diarrhea or GERD. In general, functional diseases are those in which the GI tract looks normal when examined, but doesn't move properly.

The ability of the bowel to keep moving (motility) may often be upset through different factors:

- not getting enough exercise
- eating large amount of dairy products
- stress
- changes in routine like travelling
- overusing anti-diarrheal medications, that can weaken the natural bowel movement
- pregnancy.

Structural gastrointestinal diseases:

Diseases, where your bowel looks abnormal upon examination and also doesn't work properly, are called structural gastrointestinal diseases. Sometimes surgical removal of the structural abnormality is necessary.

Common symptoms or problems, caused by structural gastrointestinal diseases are hemorrhoids, colon polyps, colon cancer and inflammatory bowel disease.

Read the text and dialogue below and find out what Paul is suffering from.

Since he had been promoted Paul hasn't been feeling too well. He had been working long hours, had quick lunches, which weren't super healthy as well and his stress levels were on an all time high. After a long night of stomachache and excessive bloating, Paul finally visits his Doctor, Dr. Schneider.

Before we head into the dialogue between Paul and Dr. Schneider, what do you think he could suffer from?



Dr. Schneider: Hello Paul, how are you?

Paul: Good Morning Dr. Schneider. Honestly I haven't been too good, that's why I am here to see you.

Dr. Schneider: Well, alright. Let's hear what's up with you.

Paul: Well, actually the spring started really great for me because I got a big promotion at work. I am now working in the field that I really desired to work in since the day I started at my company.

Dr. Schneider: Congratulations on that!

Paul: Thank you very much! But with the promotion came a lot of stress and therefore I have been feeling a bit off the last days.

Dr. Schneider: What stress do you mean exactly?

Paul: Frankly, the job isn't a nine to five job, so I have been working a lot of overtime and getting less sleep than usually. There isn't always much time for lunch as well, that's why I often order in from the Burger restaurant across the street. A good many times I eat my lunch in a hurry at my desk whilst working. And speaking between us, my boss really puts a lot of pressure on me. I am always afraid of failure therefore have been working a lot harder to meet his expectations.

Dr. Schneider: I see. That does sound stressful and unhealthy to me. What are the problems you have been having?

Paul: Well, I often feel constipated and bloated which results in cramps. Last night I had the worst stomachache and felt very nauseous. And after lunch I often have to use the bathroom.

Dr. Schneider quickly concludes that Paul is having gastrointestinal distress. This can evolve from a lot of different circumstances, but in Paul's case missing sleep, a lot of stress and an unhealthy diet leads to his discomfort.

Exercise 1:

Mark all the symptoms that Paul uses in his speech.

Exercise 2:

Translate the symptoms and check if you're correct with the table below.

Your most necessary vocabulary on this topic:

English	Deutsch
Diarrhea	Durchfall
nausea	Übelkeit
vomiting	Erbrechen
excessing gas, bloating	Blähungen
Indigestion, constipation	Verstopfungen
watery, loose stool	wässriger, weicher Stuhl
bowel movements	Stuhlgang
cramping	Krämpfe
dehydration	Austrocknung



Headaches

The health-related quality of life is often restricted by headaches and migraines. In Germany nearly 60% women and 45 % men suffer annually at least once from headaches. Particularly migraines are often accompanied by depressive symptoms or anxiety. A lot of people that are affected often do not consult a doctor as they say "it's just a headache". Sadly, those headaches can negatively affect your life in many ways. The cause that leads to headaches and migraines is frequently unknown therefore a cure is seldomly given.

The most common forms of headaches are tension pain and migraines. Tension pain can often be identified as a throbbing, dull pain that is located on both sides of the head. It does not worsen when someone is physically active but can be accompanied by either light or noise sensitivity, but never both at the same time. A migraine on the other hand is often one-sided with a dull or pulsating pain, that is perceived by patients as moderate up to heavy. The pain is accompanied with nausea and vomiting, light and noise sensitivity. Does the patient have trouble with seeing and/or speaking, it might be a migraine with aura.

Exercise 1:

Below are some key pieces of information you need to find out from a patient that's complaining about a headache. Write in the appropriate questions and translate them into German.

Location _____

Duration _____

Character of pain _____

Accompanying symptoms _____

Relieving factors _____

Medication _____

Family history _____

You will find the most common vocabulary on this topic in the table below:

English	Deutsch
migraine	Migräne
fatigue	Müdigkeit
irregular sleeping habits	unregelmäßiges Schlafverhalten
caffeine withdrawal	Koffeinentzug
Changes in weather, altitude, time zone	Wetter-, Höhen-, Zeitzonewechsel
pulsing, throbbing pain	pulsierender, hämmernder Schmerz
constant, dull pain	konstanter, dumpfer Schmerz
occurrence	Auftreten
dizziness	Schwindel
vision loss	Sehkraftverlust

Infectious Mononucleosis (Mono)



16-year old Katie does not feel very well. She and her mom visit the doctor for medical advice. Read the dialogue and find out what's going on with her.



- Dr. Schneider:* Good morning Katie, good morning Ms. Beckett, how are we doing today?
- Ms. Beckett:* Good Morning Dr. Schneider. I am a bit concerned about Katie. She has been having fever for a few days now, feels weak and is often short of breath. And somehow, don't mind me saying it, Katie, she kind of smells out of her mouth.
- Dr. Schneider:* I see. So Katie, what did you do in your free time round about last month?
- Katie:* Well, as spring has finally arrived I went out a lot with my friends. We went for walks and rode our bikes and in the evening sometimes went to a bar or a café. I don't know why I feel so weak as I am normally quite active.
- Dr. Schneider:* Did you share your drink or food with someone?
- Katie:* Yeah well we always share all of our foods, so that everyone can try everything. Rosa, that's my best friend, even took my fork for eating.
- Dr. Schneider:* Ah I think I know what's going on. Just to be sure, I'd like to take a blood sample and also have a look at the state of your liver and spleen. I am going to use an ultrasonic and my medical assistant will take some blood off you. I will then call you tomorrow when the data of the blood sample has arrived. Is that alright with you?
- Katie:* Sure!

The next day Katie's mom Ms. Beckett receives a call from Dr. Schneider. Dr. Schneider tells her that her suspicion got confirmed, Katie is suffering from infectious mononucleosis. This is also called the kissing disease or student's fever and is forwarded through saliva. Dr. Schneider reckons that Katie got infected because of sharing her food and silverware with her friends.

Exercise 1:

This is what Dr. Schneider tells Katie's mom. Try to fill in the missing words, the German translation is given:

The results from the blood sample (Blutprobe) came back today. Looking at her _____ (Anzahl weißer Blutkörperchen) and on her liver and _____ (Milz) through the ultrasonic I am sure she suffers from infectious mononucleosis. It's also called the kissing disease as it's being forwarded through _____ (Speichel). I think Katie got infected through one of her friends when sharing her food and silverware with them. Right now she is suffering from _____ (Müdigkeit), fever, sore throat and _____ (geschwollene Lymphknoten). She may also be experiencing _____ (Appetitlosigkeit). The _____ (Müdigkeit) could last several weeks, so even after the fever and all the other symptoms have faded Katie shouldn't be surprised if she is still weaker than usual. I recommend drinking a lot of fluids while _____ (ausruhen). As her _____ (Milz) is quite _____ (vergrößert) she should not be physically active. To restrict the _____ (geschwollene, entzündete Mandeln) and the bad breath she can try _____ (Salzwasser gurgeln). If she is in pain she can take some _____ (Schmerzmittel) but otherwise there is no medication for treating mono. She really has to sit this one out.

In the table below you'll find the most common vocabulary on this topic:

English	Deutsch
saliva	Speichel
swollen lymph glands/nodes	geschwollene Lymphknoten
loss of appetite	Appetitlosigkeit
muscle aches	Muskelschmerzen
gargle salt water	Salzwasser gurgeln

Stomachaches, nausea and vomiting



Fun fact: everyone passes gas at least 12 times a day. Even though it's natural to have gas in your digestive tract, excessive gas can cause intense, temporary pain. Abdominal bloating, flatulence and cramps are just some of the symptoms that people complain about when having excessive gas.

Nevertheless stomachaches can have different causes. From eating the wrong foods to having an intolerance against something or suffering from a stomach flu, there are all kinds of distress. More information can be found in the chapter Gastrointestinal Distress.

Intestinal gas

There are two general causes of gas: too much swallowed air and the breakdown of undigested foods in the large intestine.

Exercise 1:

Below you will find activities that can lead to a higher amount of swallowed air. Also you will find types of food, that may cause gas as they are high of fiber or lactose. Please connect the English vocabulary with the German translation, an example is given:

Eating or drinking rapidly	Durch einen Strohhalm trinken
Drinking through a straw	Kohlensäurehaltige Getränke
Chewing gum	Erbsen
Beans	Brokkoli
Peas	Kohl
Lentils	Linsen
Cabbage	Kaugummi kauen
Broccoli	Bohnen
Brussel Sprouts	Zwiebeln
Dairy	Milchprodukte
Onions	Hastiges Essen und Trinken
Carbonated Beverages	Rosenkohl

Nausea and vomiting

Stomachaches are often accompanied by nausea and vomiting, depending on what causes them. The main reason for the mentioned symptoms is the so-called stomach flu also known as gastroenteritis. The stomach flu is an inflammation of the intestines that can be caused by various things such as viruses, food allergies, overuse of alcohol and so on. Viruses that cause stomach flu can enter the intestine from contaminated food or water or through contact with an already infected person. The signs and symptoms of gastroenteritis are generally the same: abdominal cramps, watery diarrhea and nausea and/or vomiting. Symptoms of gastroenteritis can develop anywhere from a few hours to a few days after contamination.

The biggest health risk posed by gastroenteritis is dehydration. If one shows signs of dehydration, including extreme thirst, dry mouth, dark urine, dizziness, and severe weakness, medical help should be sought immediately. If one cannot replace lost fluids through drinking clear liquids, intravenous fluids and hospitalization may be needed.

Typically, most cases resolve within a couple days, but some can last up to 10 days. To avoid getting a stomach flu wash your hands thoroughly and frequently especially after having used the bathroom. As a gastroenteritis is contagious also try avoiding sharing food, silverware and drinks.

Carefully read the text above and answer the following questions.

What causes a stomach flu and what are symptoms when having one?

Based on the text how can one avoid getting a stomach flu?

What is another name for stomach flu?

What are symptoms of dehydration and what do you do if your symptoms worsen?

In the following table you'll find the most common vocabulary on this topic:

English	Deutsch
to pass gas	pupsen
abdominal bloating	Blähbauch
flatulence	Blähungen, Flatulenzen
cramps	Krämpfe
appendicitis	Blinddarmentzündung
stomach flu	Magenverstimmung
food poisoning	Lebensmittelvergiftung
to belch	rülpsen, Ructus
spoiled food	verrottetes, schlechtes Essen
motion sickness	Reisekrankheit
contaminated food	verunreinigtes Essen
abdominal cramps	Magen-/Bauchkrämpfe
watery diarrhea	wässriger Durchfall
nausea	Übelkeit
vomiting	Erbrechen
contamination	Verunreinigung
Intolerance	Unverträglichkeit
to avoid something	etwas vermeiden
contagious	ansteckend
dehydration	Austrocknung
thirst	Durst
dizziness	Schwindel
weakness	Schwäche
intravenous fluids	Intravenöse Flüssigkeiten
gastroenteritis	Gastroenteritis

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