FREDERIKSBERG HEALTH CENTRE
Welcome to Frederiksberg Health Centre!

At Frederiksberg Health Centre, we have a long list of health-related offers available for our citizens. In the Health Centre, we can help you with anything from quitting smoking to different kinds of rehabilitation. You can read more about what we have to offer in this pamphlet.

Our goal is for you to have the possibility to live a long and happy life. We want to help you find the offers which match your current life situation. If you are also in touch with other parts of the healthcare system, we want to make sure that the offers presented to you are aligned.

In our opinion, health means more than just the absence of illness. It also means being happy with your life and having a sense of community with others. Several of the offers in the Health Centre are network-based, just as volunteers and clubs also use the Health Centre for their activities.

Some offers are open, others require a referral from your doctor. You are always welcome to contact us if you want to know more about the different offers, or if you have ideas for activities in the Health Centre.

Best wishes,

Addie Just
Head of Prevention Programme

&

Lise Beich
Head of Outpatient Rehabilitation Programme

Drawings by Niels Villum Petersen
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For dealing with a number of diseases, correct nutrition is very important. However, it is often challenging to change your eating habits. Our dieticians offer counselling that takes your everyday life and the types of food that you eat on a daily basis into account. Based on your goals, they will help you identify possible beneficial changes you can make in your eating habits and set targets for your future in this regard. A physician’s referral is necessary for patients wishing to receive counselling. Once you have a referral from your doctor, you can contact us to make an appointment. Your doctor can refer you to nutritional counselling when any of the below is applicable:

- Type 2 diabetes
- Elevated cholesterol (the level of fat in the blood is too high)
- Obesity (BMI of more than 30)
- Unintentional weight loss
- Cancer
- Obesity in children

A typical course of treatment consists of two to six visits, either individually or in a group. Feel free to bring a family member or a friend.

Ask your doctor for a referral

CONTACT FREDERIKSBERG HEALTH CENTRE
Tel: 3821 5400
E-mail: sundhedcentret@frederiksberg.dk
COUNSELING ABOUT OBESITY FOR CHILDREN AND YOUTHS

- An opportunity for families with children and youths who struggle with obesity

We offer health counseling based specifically on your family. You will receive inspiration for a healthy lifestyle with more physical activity and healthy dietary habits. We will also talk about well-being, family life, bullying, and friendships.

The process will be planned in collaboration with you and will be based on your needs. It consists of counseling sessions, joint events with other families, and it is also possible to arrange follow-up sessions over the telephone as well as home visits. The process will be run by a healthcare worker and a clinical dietitian.

This opportunity is for all families with children and youths who struggle with obesity and live or go to school in the Frederiksberg Health Centre. Call or write us to book your first appointment.

CONTACT FREDERIKSBERG HEALTH CENTRE
Phone: 3821 5400
E-mail: sundhedscentret@frederiksberg.dk

Or
Frederiksberg Health Visitators
Tel: 3821 1110
E-mail: sundhedstjenesten@frederiksberg.dk
SMOKING CESSATION

Your chances of success in your efforts to stop smoking are greatest if you get help from a professional. Our experience has shown that you can more easily reach this goal if you participate in a smoking-cessation course. In this regard, Frederiksberg Health Centre can help you.

Our smoking-cessation course consists of five meetings lasting two hours each. In the first two meetings, you and the other group members will prepare to quit smoking, and the group will agree on a date to stop smoking. This date should be between the group’s second and third meetings.

CONTACT THE CONSULTANT
Tel: 2898 5412
E-mail: rygestop@frederiksberg.dk
ADOPTING A NEW VIEW ON ALCOHOL

Even a minor change in your drinking habits can lead to improved sleeping patterns, increased energy and vitality, a better relationship with family and friends, weight loss, and better health in general.

Completely anonymously, you can meet with one of our specialists for an enlightening and supportive conversation about alcohol. This conversation can shed new light on old habits, and it can inspire you to change those habits.

CONTACT FREDERIKSBERG HEALTH CENTRE
Tel: 3821 5400
E-mail: alkoholkonsulenterne@frederiksberg.dk
Our exercise-guidance service offers you an opportunity to be inspired and receive advice on how to become more active in your everyday life. You can receive help with finding the types of exercise that suit you as well as support in maintaining your motivation to engage in an active lifestyle. Our exercise guidance is offered by phone, by mail or in personal counselling sessions.

Introduction to exercise is an option if you are not already exercising regularly and would like to get started. The course consists of five classes aimed at introducing you to various forms of strength training and fitness training. The classes take place indoors as well as outdoors in the city’s parks.

CONTACT THE EXERCISE GUIDE
Tel: 2898 5417
E-mail: motionsvejledning@frederiksberg.dk
PREVENTIVE HOME VISITS

From the age of 75, you will automatically be offered a yearly visit from a health advisor.

During this visit, we will discuss your general well-being, your situation in life, and your needs for help and assistance, if such needs exist.

The visits and conversations are kept confidential.

CONTACT FREDERIKSBERG HEALTH CENTRE
Tel: 3821 5400
E-mail: seniorliv@frederiksberg.dk
LEARN TO DEAL WITH LONG-TERM HEALTH PROBLEMS

Our "Learn to deal with" courses are a list of courses directed at citizens who want to learn to deal with the everyday challenges, which long-term health problems may cause.

The purpose of the courses is to strengthen your ability to take care of yourself, and to inspire you and give you concrete tools to actively handle your daily challenges. Former participants have experienced an increased quality of life and sense of control in their everyday life.

The courses are based on a principle of equal peers, and they are therefore run by volunteer instructors who have themselves experienced long-term health problems at close range. The courses last 6 or 7 weeks and participants meet once a week for 2.5 hours.

We offer the following "Learn to deal with" courses:
• Learn to deal with chronic pain
• Learn to deal with anxiety and depression
• Learn to deal with work and illness
• Learn to deal with chronic illness

CONTACT FREDERIKSBERG HEALTH CENTRE
Tel: 3821 5400
E-mail: patientuddannelse@frederiksberg.dk
Do you suffer from type 2 diabetes? Frederiksberg Health Centre offers assistance to help you cope with this disease in your everyday life.

**Diabetes guidance** consists of individual guidance from the diabetes nurse. We talk about the disease and the variety of services available to you in Frederiksberg Health Centre. You can also obtain help and support in changing your habits. The above service does not require a referral from your doctor.

**Diabetes school** consists of seven meetings. This course is available to help you learn more about your disease and your treatment. We discuss the importance of food choices, exercise and other factors in relation to blood sugar. Furthermore, you will be inspired to adopt a healthier lifestyle and you will have the possibility to meet other diabetics. The class will be led by a doctor, a nurse, a dietician, an exercise counsellor and a chiropodist. Family members are welcome to attend.

Ask your doctor for a referral.

CONTACT THE DIABETES NURSE
Tel: 2898 5408
E-mail: diabetes@frederiksberg.dk
AN OPTION FOR THOSE SUFFERING FROM COPD

If you suffer from mild to moderate COPD, Frederiksberg Health Centre offers assistance to help you handle your everyday life.

COPD – Courses and Exercise consists of exercise and a class, which take place twice a week over a period of nine weeks. The exercise takes place in groups, although it is individually adapted to suit you and the extent of your disease.

The course covers the following:
• COPD: symptoms and treatment
• Medicine and inhalation techniques
• Smoking cessation
• Breathing techniques
• Nutritional counselling
• Exercise guidance
• Activity and enabling devices
• Networking

CONTACT THE COPD-NURSE
Tel: 2898 5456
E-mail: KOL@frederiksberg.dk
OPTIONS FOR THOSE SUFFERING FROM CANCER

Have you been diagnosed with cancer?
If so, Frederiksberg Helath Centre offers assistance to help you manage your everyday life during and after your treatment.

The procedure begins with a conversation with a nurse specialised in cancer care. Together, the two of you will plan the course according to your needs. Follow-up conversations are available throughout the treatment phase and in the post-treatment phase.

The course can contain the following:
• Individual or group training
• Nutritional counselling
• Exercise guidance
• Counselling by a social worker
• Support groups
• Information on support and a meeting with The Danish Cancer Society

A course for patients diagnosed with cancer
This course consists of eight meetings, and it is meant to provide you knowledge and inspiration for your everyday life with cancer. It also offers an opportunity to share your experiences with other people suffering from cancer. The course is led out by an interdisciplinary team consisting of a nurse, a physiotherapist, a social worker, a dietician and a psychotherapist.

CONTACT THE CANCER COORDINATOR
Tel: 2898 5411
E-mail: kraeft@frederiksberg.dk
If you are suffering from heart disease, Frederiksberg Health Centre offers assistance to help you handle your everyday life.

**A course on heart disease**
The course consists of four meetings, and is directed at people who have suffered a heart attack, have angina pectoris and/or heart failure.

From this course, you can obtain:
- Guidelines for a healthy lifestyle
- Knowledge about heart disease
- An opportunity to share your experiences with other patients suffering from heart disease

The course is led by a dietician, an exercise counsellor and nurses specialized in care of patients/persons with heart diseases. It is possible for your family to attend. However, each family must be enrolled in the course individually.

**CONTACT THE NURSE ON HEART DISEASE**
Tel: 2898 5436
E-mail: patientuddannelse@frederiksberg.dk
DEMENTIA

If you have been diagnosed with dementia, Frederiksberg Health Centre offers you and your family help in managing your everyday life.

**Home visits for the recently diagnosed**
If you have recently been diagnosed with dementia, you can obtain knowledge about the disease and the impact it may have on your life. You will also be informed about the options available to patients affected by dementia.

**Individual conversations with the patient's family or friends**
As a family member or a friend of a person diagnosed with dementia, you can obtain information and answers to your questions about dementia.

**Family/friend-related groups.**
As a family member or a friend of a dementia patient, you can obtain information about the various diseases, such as how the individual’s behaviour may be influenced, and the impact it may have on the individual’s social life and ability to take care of himself or herself.

CONTACT THE DEMENTIA CONSULTANTS
Tel: 2898 3386 | 2898 5464
E-mail: demens@frederiksberg.dk
If you suffer from recently emerged lower-back pain, with or without the spread of the pain to your legs, Frederiksberg Health Centre offers assistance to help you handle this condition.

“Recently emerged lower-back pain” means that you have not been previously diagnosed and treated for this particular ailment. The course is also directed at patients suffering from walking-related leg pain and decreasing walking distance, in which case a narrowing of the spinal canal (spinal stenosis) is suspected.

A course and training
This course consists of an interdisciplinary rehabilitation course focused on preventing the development of long-lasting back problems.
You will be contacted by an employee from Frederiksberg Health Centre and invited to a preliminary conversation.
Patients suffering from pain in their neck or thoracic spine are not included in this course.

CONTACT FREDERIKSBERG HEALTH CENTRE
Tel: 3821 5400
E-mail: sundhedscentret@frederiksberg.dk
If it is difficult for you to get around or to generally handle your everyday activities, you can apply for rehabilitation at Frederiksberg Health Centre. When we receive your doctor’s referral, we will invite you to an individual conversation and examination. At that time, we will discuss our mutual expectations and agree on a realistic goal for your training. Your training can either take place in a group or individually.

Should it prove impossible for you to come to Frederiksberg Health Centre, the training can be carried out in your own home. Alternatively, you may be offered transport to and from training.

You can apply for rehabilitation through your own doctor, a specialist or via the home-care service. You, your family members or a close friend can also contact the Visitation Unit directly.

CONTACT THE VISITATION UNIT
TEL: 3821 5020
E-mail: visitationsenheden@frederiksberg.dk
REHABILITATION AFTER A HOSPITAL STAY

If you have been hospitalized and a rehabilitation plan has been set for you as a result, you can undertake your rehabilitation at Helath Centre Frederiksberg.

As soon as we receive the rehabilitation plan from the hospital, we will invite you to an individual conversation and an examination. We will discuss our mutual expectations and agree on a realistic goal for your training. Your training can either take place in a group or individually.

Should it prove impossible for you to come to Frederiksberg Health Centre, the training can take place in your home. Alternatively, we may offer you transport to and from training.

CONTACT FREDERIKSBERG HEALTH CARE CENTRE
Tel: 2898 5520
E-mail: styringsenheden@frederiksberg.dk

ADVICE AND GUIDANCE ON FALL PREVENTION

Are you afraid of falling or have you already experienced a fall?
Our consultants dealing with fall prevention provide advice and guidance as to what you can do to avoid falling. You can also obtain information on how to be examined if you experience dizziness or have fallen several times.

CONTACT THE CONSULTANT
Tel: 2898 5456
E-mail: fald@frederiksberg.dk
Frederiksberg Health Care Centre includes two nursing clinics. If you are in need of a nurse’s assistance and if you are able to get to the clinics on your own, you can receive nursing care and/or treatment at the clinics.

The clinic-based treatment offers you flexibility with regard to your other plans and provides better access to nursing-related equipment than traditional home visits. Please make reservations for all treatments.

In the nursing clinics, we can help with the following issues:
- Wound care
- Placing of compression bandages
- Medication dosage
- Antabuse treatment
- Injections
- Changing of central venous catheter bandages
- Changing of pain patches
- Eye drip
- Suture removal
- Changing or rinsing of catheter
- Incontinence guidance and other health-related guidance

CONTACT THE NURSING CLINICS
Nursing clinic 1: Tel: 2898 3270
Nursing clinic 2: Tel: 2898 3280
Frederiksberg Health Care Centre
Stockflethsvej 4, 2000 Frederiksberg
Tel: 3821 5400
Mail: sundhedscentret@frederiksberg.dk

Free parking is available on the surrounding residential streets for two hours. Parking for disabled guests is available at the entrance.

Public transport:
Bus 74: use the Frederiksberg Health Center stop