Discover Polish Medical Services

- Innovative treatment technologies
- Professional medical personnel
- Modern facilities
- Excellent location in the heart of Europe
- Lower prices, even up to 80%
- Great tourist attractions

www.polandmedicaltourism.com

The Project co-financed by the European Union from the European Regional Development Fund
Discover Polish Medical Facilities & Services

There is no doubt, that the market of medical tourism in Poland has great potential and is growing very fast (+39% yearly according to the Grail Research analysis).

That's why Ministry of Economy has identified the medical tourism as one of the fifteen a high export potential sector in Poland and started with the EU funded programme promoting Polish medical tourism.

Most medical tourists in Poland come from Germany, Scandinavia, Russia, Great Britain and the USA. The most popular service are: dental services, plastic surgery, neuro- and cardiosurgical as well as orthopaedic treatments. Patients enjoy visiting Polish wellness, spa and health-resorts too, since they are famous for their unique climate and great treatment results.

A growing interest among foreign patients in the Polish medicine stems from easy access to the world class specialists, high quality services, modern equipment, latest treatment methods and individual patient care. Last but not least prices for treatment in Poland are reasonable, some procedures even 80 percent cheaper compared to the other European Countries or US. Moreover Poland is situated in the heart of Europe which gives excellent direct flights connection to the rest part of the world. Great tourist attractions make patients stay longer after the medical care or they visit Poland again for holidays.

There is above 500 000 foreign patients yearly in Poland!

Poland has a chance to become an important player on the global market. The Polish Government promotional campaign will surely contribute to increasing the number of medical tourists in Poland.

See WHY patients are coming to Poland & enjoy reading the catalogue which includes 22 Polish Facilities who joined the Program of Medical Tourism Promotion.

You can find more information about Polish Facilities & services on our website.

www.polandmedicaltourism.com

Check yourself!
VISIT POLAND!
In response to high demand for modern medical services in Poland experienced cardiologists and cardiosurgeons from Poland and the USA established in 2000 a company under the name of American Heart of Poland. The main goal of our company is to build a network of modern Polish-American Heart Clinics. At the moment American Heart of Poland Ltd. comprises 15 Branches in Poland which provide highly-specialized medical services in the field of diagnosis and treatment of heart and circulatory system diseases, especially those which specialise in treating Acute Coronary Syndromes. Those high quality medical services provided by Polish-American Heart Clinics by means of the most modern apparatuses and medical equipment guarantee the highest therapeutic effectiveness and provide our Clinics one of the most prestigious positions on the market of medical services in Poland.

From the beginning our goal was to offer services which would be available to all patients, regardless of the source of financing of our services, and because of that American Heart of Poland cooperates with many health care facilities, and government, financial and scientific institutions.

American Heart of Poland, with a background of more than ten years of experience and by employing outstanding specialists, conducts worldwide training courses for physicians in the performance of coronary and peripheral angioplasty procedures, endovascular surgery and cardiosurgical procedures.

Having in view complex diagnostics and treatment of patients, the American Heart of Poland have been establishing new Cardiovascular Center in Poland. Cardiovascular Center has two operation rooms, equipped with state-of-the-art equipment, enabling performing even the most complicated cardiac surgical procedures. One of the operating theatre – hybrid room – is equipped with X-ray „C”arm, with fully integrated operating table due to which interdisciplinary cardiosurgical and cardiac team can perform innovative surgical procedures – ( Coronary Artery Bypass, heart valve implantation and replacement, transcatheter aortic valve implantation performed as well as by classical and mini invasive methods). Post-surgical care is carried out at intensive care unit, which is equipped with 10 intensive post-surgical care stands, with modern equipment. In addition, the cardiosurgical department has 14 comfortable beds in single and double rooms.

The centre offers also the services of out-patient clinics and rehabilitation hall. The Cardiovascular Center specializes in videoscopic operational techniques – minimally invasive cardiosurgical operations.

All departments of Polish-American Heart Clinics have 24-hours emergency standby duties to serve patients with different forms of acute coronary syndrome, inclusive of acute heart infarction, using the percutaneous coronary angioplasty technique (PTCA) which considerably shortens the delay in the treatment of myocardial infarction and is a key factor in our treatment success. Our success is that mortality rate in myocardial infarction has dropped from 30% to 3% on Polish market.

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Health is the foundation of happiness - take care of it in Ustroń!

Ustroń obtained the status of a health resort at the end of the 19th century. The facilities of the company Przedsiębiorstwo Uzdrowisko „Ustroń” S.A. are located in the very heart of the Silesian Beskids, in the picturesque valley of the Vistula, the queen of Polish rivers. The location at the foot of Równica Mountain with breathtaking views at the Czantoria Mountain is the undeniable advantage of our health resort. Picturesque landscapes, sunny slopes and healthy mountain air significantly increase the values of the resort and provide excellent conditions for rest and recovery.

Due to specific mountain climate conditions and natural resources of medicinal raw materials (mud and brine) treatment of rheumatic and musculoskeletal diseases is conducted here, as well as the diseases of heart, blood vessels, respiratory and nervous systems, obesity and diabetes. Health Resort Ustroń specializes in rehabilitation: cardiac, musculoskeletal, neurological, oncological and psychotherapy.

The wealth of natural resources, a wide and diverse offer of treatments, professional and kind staff in all the facilities of Uzdrowisko “Ustroń” S.A. cause the yearly increase of the number of our regular patients. Among many reasons for this, following are the most important:

1. A wide range of treatments and specializations enables us to choose appropriate and the most effective treatments for each patient, and this is a guarantee of their effectiveness.
2. Over 5 000 treatments a day give us the wealth of experience, which is the basis for our professionalism and satisfaction of our patients.
3. The company Przedsiębiorstwo Uzdrowiskowe “Ustroń” S.A. is the only location in Poland where all treatments are carried out in one place for the asking, and that means a great time saving and comfort of our patients.
4. Attentive and professional care of our staff enables the patients to feel here at home, which is favourable to the therapy and it accelerates treatment effects.
5. On one hand, the location of our facilities in a quiet and calm surrounding directly by the Health Resort Park and the queen of Polish rivers Vistula changes each walk into a therapy for the soul. On the other hand, the close distance to the centre of Ustroń gives the possibility to take advantage of the atmosphere and bustle of this health resort.
6. Closeness to hiking trails, walking paths, biking and skiing routes, makes Health Resort Ustroń an ideal place for those who combine physical activity with biological regeneration.
7. Taking into account the effectiveness of our spa treatments, the choice of Przedsiębiorstwo “Ustroń” S.A. as a place for recovery of your comfort and joy of life is to be understood as a proper and wise saving!

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Baltic Plaza Hotel MediSPA & Fit**** is located in Kołobrzeg, one of the biggest and most popular Polish sea-side resorts. Away from the city noise, 5 minutes’ walk from a wide sandy beach, surrounded by protected area of nature, it gives you the best chance to spend your time in an active way. You can enjoy cycling, jogging or nordic walking around the whole area. On the other hand, quiet and peaceful space helps you to relax and recover after busy days. The power of Baltic Plaza Hotel comes from our Medi SPA programs. We offer a lot of packages created by multidisciplinary team of personal trainers, physiotherapists, massage therapists, lifestyle advisors and nutritionists.

Accommodation
Baltic Plaza Hotel offers 77 spacious comfortable suites, each consisting of double bedroom, living room with kitchen area, bathroom with shower and hair dryer. Comfortably rooms are equipped with LCD TV, phone, Internet access, they all have spacious balconies with beach-chairs.

Free extras:
- Wellness zone: swimming pool, Jacuzzi, saunas, steam bath, gym
- Computer room (e-learning, internet games or simply internet surfing)

Extra charged services:
- Monitored parking zone
- Bikes & nordic walking sticks
- Shuttle service from/to the airport, railway station, and other places on request

Food and Beverage:
Laterna Restaurant - combination of Polish and Mediterranean cuisine based on the fresh and healthy products.
H₂O Bar - great choice of snacks and homemade cakes, aromatic tea or coffee as well selection of lagers, drinks, cocktails, spirits as well as wines.

Medi SPA and Wellness
Wellness Zone: swimming pool, sauna, steam bath, Jacuzzi and gym equipped with treadmill, ergometer and Kettler resistance equipment.

There is also a selection of fitness classes which take place in the studio every day

Medi Spa offers a wide range of physiotherapy treatments:
- electrotherapy
- light therapy and antidepressant lamp

- cryo- magneto- and ultrasound- therapy
- laser treatments
- compression therapy BOA mini (upper limbs and lower limbs)
- balneo- and hydrotherapy
- suspension and proprioception training

As from January 2013 we open our Beauty Centre offering various body- and facial treatments as well as the aesthetic dermatology treatments.

Conference and Banqueting
5 meetings rooms, which can host 220 delegates all together. Two of them, connected with Laterna Restaurant create a great space for evening meetings, dinners, weddings and all the other events up to 150 people. Our professional conference service and most up to date technical equipment make Baltic Plaza Hotel one of the best conference centres in Kołobrzeg.

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One of the most modern dentistry clinic in Poland BELLASTOMA invites you to its place in beautiful old town TORUŃ.

In Bellastoma, on the surface of 420 square meters, there are six modern, fully equipped with the latest medical equipment and materials dental offices. In a separate part of our clinic we have created a specialized complex of a treatment with the operating room and space to relax the patient. This allow us to perform complex surgical procedures and implant treatment, also in a full general anesthesia.

Our dentistry clinic Bellastoma provides highly specialized services for: conservative dentistry; esthetic dentistry (modern filings, porcelain crowns and veneers), root canal treatment in microscope, prosthetics (crowns, bridges, prosthesis), implantology (specialists in immediate loading and large implant treatment with bone reconstruction and sinus lifting), and oral surgery.

Our passion is working in line with the latest trends, with particular emphasis on the aesthetics of the teeth. We cooperate on full-time basis with specialists like anesthesiologist, two maxillofacial surgeons, dentist and dental technicians. The whole range of people working to achieve the perfect smile of our patients.

Concerned about the safety of our patients and the quality of service we have a separate X-ray diagnostic room, in addition to a digital intraoral, panoramic and the newest class CT scanner.

A comprehensive approach allows Bellastoma for the first visit to make a full diagnosis of the teeth, and create for each individual treatment plan through an integrated treatment of both surgical and dental. The entire team is working to in the shortest possible time, so the patient can leave the clinic with the best optimal aesthetic result.

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Our services
Center for Reproductive Medicine Bocian offers world’s most recent and sophisticated methods in fertility diagnosis and treatment. We provide our patients a variety of laboratory tests, genetic testing, in-semination, as well as In Vitro Fertilization (IVF) programs that include procedures such as:
- Intracytoplasmic sperm injection (ICSI)
- Intracytoplasmic morphologically-selected sperm injection (IMSI)
- Testicular sperm aspiration (TESA)
- Assisted Hatching
- Spindle View
Also, we offer a range of Ob-Gyn services such as 3D/4D diagnostic medical sonography, hysteroscopy, cervical cancer vaccine and cryotherapy.

Our team
We believe the key success factors in fertility treatment are experience, knowledge, and passion from our doctors and embryologists. Our team consists of internationally regarded specialists with experience in areas of gynecology and fertility treatment proven by organizations such as European Society of Human Reproduction and Embryology or American Society for Reproductive Medicine.

Our scientific achievements
Our specialists not only apply most recent scientific achievements of reproductive medicine, but also actively develop this dynamically growing field. Since 2006, we have published articles in the world’s most prestigious scientific journals, for instance Fertility & Sterility or Journal of Assisted Reproduction and Genetics.

Our success rates
Center for Reproductive Medicine Bocian is one of the best fertility clinics in Poland. Our position is supported by both outstanding effectiveness of treatment and increasing number of domestic and international patients trusting our Center. In 2011, over 45% of IVF cycles carried out at our Center ended up in pregnancy.

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The Carolina Medical Center is one of the biggest and most modern orthopedic hospitals in Europe. We provide the highest standard of medical services to patients, not only by using the newest equipment and technology, but also by giving patients the utmost comfort and reassurance during their recovery. We are the undisputed leaders in the field of sports medicine paying particular attention to the comprehensive treatment approach.

Regular co-operation between specialists from various disciplines: orthopedics, rheumatology, neurosurgery, diagnostic imaging and rehabilitation is common practice at the Carolina Medical Center. Regular internal consulting among our team members ensures that we select the best treatment and enable our patients to recover quickly. Highly qualified and experienced medical team is one of our main assets. Our doctors and physiotherapists are required to constantly improve their qualifications and develop their scientific expertise, to keep up with current developments in medical sciences, to participate in congresses and symposia and to embark on international internships. Numerous lectures and publications point to the fact that our specialists meet the highest global standards.

Being the first private clinic in Poland, the Carolina Medical Center has been awarded the Ministry of Health accreditation and is authorized to offer specializations and internships in orthopedics and locomotor system traumatology.

The ongoing medical care provided to the Polish National Teams is evidence of our professionalism in treating sports injuries. The Carolina Medical Center as the only medical clinic has been taking care of the athletes – winners of the Olympic Games and World and European Championships - attending the London 2012 Olympic Games and preparing for Sochi 2014 Olympic Games.

We provide medical care to patients of all ages, but most of all to those who live actively. Employing the most modern diagnostic and treatment methods, we secure the full recovery of our patients. This is very important, especially for athletes, Olympic team members and those who practice different kinds of sports.

We are a pioneer of several innovative treatment techniques, for example arthroscopic reconstruction of the posterior cruciate ligament of the knee and the restoration of its full structure, anatomical reconstruction of the Achilles tendon, surgical treatment of muscle rupture in athletes and using growth factors and stem cells for faster recovery, we are also the first centre in Poland to perform BHR (Birmingham Hip Replacement) arthroplasty.

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Copernicus Memorial Hospital in Lodz is the biggest health care institution in Lodzkie Voivodeship. The range of its operation covers the entire territory of our country. Provided with state-of-the-art medical equipment, it has a professional, accredited landing strip for medical rescue helicopters. The hospital has the status of trauma center, having a possibility for quick diagnosis and specialized treatment of multiple organ injuries. We provide medical services in such neurosurgery, thoracic surgery, cardiovascular surgery, oncology, orthopedics, internal diseases, neurology, urology, allergology, nephrology, rheumatology and pediatrics.

An important part of the institution is the Regional Oncology Center with the modern Bone Marrow Transplantation Center and Teleradiotherapy Center, having the highest referral rate awarded by the Polish Society of Radiation Oncology. The institution is provided with the latest radiology equipment which meets the highest requirements of international standards. The Regional Oncology Center is the only institution in this type in the region, involved in comprehensive diagnostics and treatment of tumors in adults. The Teleradiotherapy Center is equipped with 6 linear accelerators, 2 therapeutic simulators, 3-dimensional Eclipse planning-treatment system.

The hospital has also the Early Cardiac Rehabilitation Center, which offers rehabilitation for patients after recent heart attack and cardiac surgery.

The part of Copernicus Memorial Hospital is also the oldest pediatric hospital in Lodz. The hospital comprises 32 wards and 45 speciality clinics. In 2013 will be opened Stroke Treatment Center. In 2014 in the structure of Regional Oncology Center will be opened the Positron Emission Tomography Laboratory (PET), which as the only institution in Lodzkie Voivodeship will be provided with the cyclotron for production of isotopes, necessary for performance of diagnostics. The goal of the Hospital is specialized treatment and preventive care meeting the highest standards. We offer comprehensive medical care provided by employees with the highest professional skills, with the use of unique diagnostic and medical equipment. We constantly improve the quality of our service in order to meet the expectations of our patients. In 2010, the Hospital was certified in compliance with ISO 9001:2008 Quality Management System. It also has Eurocertificates in the following categories: Certificate for the Management Staff and Certificate of Good Clinical Practice. In 2011, the institution was recognized as a Leader of Advanced Technologies and in 2012 as a Health Service Leader 2012. These certificates and commendations confirm the high standard of service, consisting of professional skills of personnel, modern medical equipment and application of proper procedures.

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Effective cancer treatment with the use of high technology in Wieliszew - Warsaw

CYBERKNIFE CENTER is a modern radiosurgery clinic located in Wieliszew near Warsaw, Poland. The center is equipped with CyberKnife® System VSI 1000, the most modern medical equipment for radiosurgical treatment of oncological diseases. Patients are treated by the highly trained medical team, including: surgeons, radiation oncologists, medical physicists, radiographers and nurses.

The CyberKnife® System is the world’s first and the only non-invasive robotic radiosurgery system designed to treat tumors anywhere in the body with sub-millimeter accuracy. Using image guidance technology and computer controlled robotics, the CyberKnife System continuously tracks tumor motion and automatically corrects the aim of the treatment beam when movement is detected throughout the whole treatment. The source of radiation is a linear accelerator mounted to a robotic arm, that is specifically designed to move in multiple directions throughout multiple planes and deliver beams of high dose radiation from hundreds of different angles.

CyberKnife instead of scalpel means: no operation – no pain, blood and risk of infection, no anaesthesia, no hospitalization and convalescence.

CyberKnife is an option for patients with tumors inoperable by means of traditional surgery or hardly accessible to a scalpel, or patients who may be looking for an alternative to surgery.

Because of its extreme precision and tracking software, the CyberKnife System does not require invasive head or body frames to stabilize patient movement. It can treat tumors throughout the whole body: brain, spine, lungs, prostate and liver.

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The Diagnostix Centre is located in Wisła among the charming mountains of the Silesian Beskids. Our offer is addressed to customers looking for some rest far away from the noise of the city and interested in improving their health and losing weight, as well as to athletes and amateurs interested in getting into shape. Nature, fresh mountain air and high-class service allow for finding physical and mental balance in Wisła.

Our services include:

**Diagnostic tests**
Thorough tests are a starting point for further action. Our tests allow for defining basic physiological and biochemical parameters, which are used for preparing an effective diet or training plan.

**Dietetics**
Our dietetic office offers comprehensive services in the field of reduction of fatty tissue, body shaping, therapeutic and sports diets. On the basis of test results we prepare an action plan, adjusted individually to our client's parameters, thanks to which our effectiveness is unattainable for our competitors.

**Physiotherapy office**
Our specialists will carry out a functional assessment of your motor system and qualify you for appropriate treatment aimed at restoring functionality, improving mobility or eliminating pain.

**HealthCare programme**
The HealthCare programme was created for demanding customers who normally do not have time to be health-conscious. It offers a combination of a stay in a comfortable hotel and comprehensive diagnostics of the whole organism. On the basis of results we create an individual treatment and training plan aimed at improving the customer's health state and general condition.

**Perfect service**
We take great care of our customers from the moment of picking them up at the airport to their departure. We offer individual assistance, optional trips and numerous attractions for the family and children.

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Dental aesthetic and implant clinic: DENTestetica, Cracow, Poland

DENTestetica Dental Clinic was established in 2003 in Cracow, Poland. The clinical staff has long-term experience with dental medical tourism and provide excellence in dentistry for patients who demand and expect the best.

In 2012, a completely new office with outstanding equipment (300 square metres, 7 operation rooms, a fully-equipped surgery for general sedation, digital 3D diagnostic X-ray centre) was opened in downtown Cracow, just 800m from the Main Square (Rynek Glowny). DENTestetica offers a vast range of dental treatments including the most advanced microendodentistry, zirconium crowns, ceramic veneers, implants, bone transplantation and Guided Bone Regeneration techniques.

We respect our patients, this is why we pay special attention to completely eliminating the stress and pain associated with dental treatment. As a routine procedure we use the latest computer controlled local anaesthesia delivery system (The WAND STA) together with a whole range of general sedation techniques. Conscious sedation and nitrous oxide sedation are available for all our patients and are provided by experienced medical doctors who have specialized in anaesthesiology (this is NOT performed by the dentist as in most European countries). Sedation techniques are highly recommended for patients with a strong gagging syndrome which does not allow for any conventional treatment. All 10 dentists are certified specialists in specific fields of dentistry (3 at PhD level, active university teachers and international lecturers).

Highly experienced team of specialists
A comprehensive range of dental procedures are offered by our team of highly-qualified and experienced dentists. Members of the dental team consistently attend seminars and conferences to improve their knowledge of the most recent trends in dentistry. Offering the best quality and service is the main goal for all dental surgeons employed at the clinic: treatments are performed by experienced specialists (second degree specialists) in comfortable, spacious dental rooms with the most modern equipment and materials; English-speaking staff and the highest standards of dental care at affordable prices in a friendly atmosphere. DENTestetica clinic offers a full range of dental diagnostics and treatments.

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It's all about passion

EuroMedic is a modern hospital in southern Poland with an experienced team of specialists, whose competence and passion for medicine create a solid foundation for building a wide range of medical services. EuroMedic medical team includes doctors with many years of professional experience gained in academic centers and in their specialties. High-end medical equipment and facilities create the possibility of effective treatment in comfortable conditions.

Range of medical services

EuroMedic provides services mainly in the scope of vascular surgery, general surgery, ophthalmology, orthopedics as well as cardiology and cardiac surgery. A twenty-four-hour diagnostic imaging department, which includes workshops of computed tomography, magnetic resonance, X-ray, ultrasound and endoscopy laboratories enable immediate implementation of the necessary diagnostic tests. Safety of our patients is our priority, therefore all the treatments at EuroMedic hospital are secured by intensive care ward. EuroMedic patients are also provided with psychological care as well as with rehabilitation consultancy aimed at quick recovery.

CCSVI

EuroMedic, thanks to an innovative approach of our team, became the third facility in the world dealing with the diagnosis and treatment of multiple sclerosis patients who were diagnosed with CCSVI (Chronic Cerebrospinal Venous Insufficiency) which consists of disturbed venous outflow of blood from the central nervous system. In April 2011 EuroMedic held 1500th CCSVI treatment, which allowed us to disseminate the first results of research on the effectiveness of the CCSVI method.

Our Patients

EuroMedic offers medical services to domestic and foreign patients. The hospital has been already visited by patients from nearly 60 countries around the world, making the EuroMedic brand recognizable worldwide - we hosted patients from Canada, the United States, European Union countries, Australia, Ukraine, Finland, Hong Kong and many others.

Individual plan

Patients interested in undergoing procedures at EuroMedic are pre-qualified on the basis of provided medical records. The final qualification for surgery is conducted on the spot and is preceded by a medical interview and a series of necessary tests. EuroMedic offers a comprehensive plan of the stay for patients who wish to take up the offer of medical services at EuroMedic.

We ensure medical services of highest standard as well as discretion and comfort.

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“EQUILIBRIUM” The Health Tourism Provider is an incoming medical/health tour operator in Poland. We offer an intermediary service in the field of medical/health tourism and also all other health-related aspects.

“EQUILIBRIUM” cooperates between the client and the Polish medical/health institutions (i.e. hospitals, clinics, spa resorts, etc.), hospitality market (i.e. hotels, spa centers, etc.) and travel agencies. We specialize in coordinating the client from the moment of:

✓ receiving an inquiry,
✓ submitting the proposal of medical/health procedure and its evaluation,
✓ proposing the tailored schedule for medical/health procedure,
✓ until the moment when the client safely returns to a place of residence and gives us a feedback/testimonial regarding EQUILIBRIUM’s services.

“EQUILIBRIUM” The Health Tourism Provider offers professional and comprehensive care for medical tourists coming to Poland. We take care of keeping high standards as regards to the proper customer service and effective implementation of medical tourism procedures among EQUILIBRIUM’s business partners. Current resources of EQUILIBRIUM’s business partners enables the provision of services at the highest level. All our business partners are specially selected medical companies/institutions that meet the highest standards of offered services. EQUILIBRIUM The Health Tourism Provider only cooperates with reliable companies that meet our standards, which are:

✓ quality of offered services and medical equipment,
✓ qualified medical/healthcare professionals,
✓ English speaking administration personnel,
✓ on time service delivery,
✓ excellent customer care.

We offer a range of treatments:
Dentistry, Eye surgery, Cardiology, Aesthetic medicine, Orthopedics, Rehabilitation, Effective weight loss, Diagnostic packages, Spa & Wellness, Agritourism

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We offer highly specialist procedures concerning the correction of congenital disorders and defects, with focus on the craniofacial abnormalities i.e. cleft lip and/or palate.

In Formmed we also perform procedures in the field of plastic surgery and aesthetic medicine.

Our Medical Manager, Ph.D. Professor of Medicine Zofia Dudkiewicz is a specialist in both: maxillofacial surgery and pediatric surgery. She devoted a greater part of her professional life to the cleft lip problems. She is an author of more than 250 articles published in peer reviewed scientific magazines in Poland and abroad. The articles were focused on following issues: surgery of developmental defects and disorders of the face and skull, neonatal surgery, respiratory failure and gastroesophageal reflux disease, defects (anomalies) of the genitourinary organs, standardization of the procedures concerning developmental diseases.

She has developed original method of surgical treatment of cleft lip and palate that has proved successful for over 20 years now. It is an exceptional method on a European scale it is based on the one stage surgical connection of soft tissues of the oral and nasal cavity already in 6 month old children and a transplant of the patient's bone (taken from the child's ilium) to the alveolar process in 2-3 year old patients. It enables to practically conclude all the surgical procedures when the patient is still in pre-school age. Properly connected palatal muscles guarantee correct development of speech, which is of considerable importance for further development of the child, its psyche and social adaptation.

Early diagnosis, fast implementation and reduction to minimum of the number of surgical procedures, and thus conclusion of the surgical treatment of cleft lip and palate patient by the age of four, when the children easily forget events, is an unquestionable asset of our center. We offer complex patient service - our team is made of specialists in many medical fields - next to surgeons (pediatric surgery specialists, oral and maxillofacial surgery specialists, neurosurgeon, plastic surgeon) also orthodontist, dentist, speech therapist and phoniatrist are available to our patients.

Surgical Clinic

Procedures:
- cleft lip, unilateral
- cleft lip and palate, unilateral
- cleft lip, bilateral
- cleft palate, bilateral
- post-operative corrections (nose, lip, palatal fustulas)
- palate fustulas
- Pierre Robin syndrome
- Pharyngoplasty
- congenital deformities of the jaw requiring orthognathic surgery
- preauricular cysts removal
- hydrocele removal
- gynecomastia
- giant nevi by children
- extensive burn and traumatic scars
- hypospadia
- cryptorchidism
- phimosis
- frenulum of tongue, of lip and of prepuce of penis
- inguinal hernia, omphalocele, epigastric hernia
- torticollis
- otoplasty
- procedures performed with regional anaesthesia (improving scars, tattoo, surgical excision of nevi, sebaceous cysts)
- other

Aesthetic Plastic Surgery

Treatments:
- Botox
- Dermal Filler Treatment
- Mesotherapy
- Hyperhidrosis Treatment
- Laser Treatments

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INDEXMEDICA Company has been founded in June 2006. Our mission is to offer a wide range of high quality dental treatment for affordable prices. We are listed on NewConnect stock exchange since May 2012.

ISO certified dental clinic
INDEXMEDICA is a modern ISO certified dental clinic located in the centre of Krakow. We are one of the biggest and most modern private clinics in Poland. We have been awarded the international ISO certificate (No.0198 100 00848) issued by TÜV Rheinland InterCert which guarantees the highest treatment standards according to the norm ISO 9001:2008. This document proves the highest quality of medical services we provide and guarantees implementation of Quality Management System in accordance with international standards. INDEXMEDICA Dental Clinic belongs to the prestigious group of medical companies which have been awarded this valuable certificate. Our success is based on the fact, that our healthcare institutions are equipped with valuable, high-end medical equipment, but due to the lower business running costs in Poland we can offer you experienced doctors and a very high standard of services for affordable prices.

Highly qualified staff
Our highly qualified medical staff use the most advanced equipment and materials to offer most favourable conditions and premium healthcare. By offering you outstanding and experienced doctors for reasonable prices we have reached a new defining level of dental services. Our staff is specially selected and English speaking. We offer all kinds of dental treatment.

Digital CT scan on place
We have a fully digital X-ray room with a state-of-the-art 3D CT scan (by Carestream KODAK) and panoramic X-ray on place. We perform all kinds of dental treatment, we focus on comprehensive treatment as well as cosmetic dental treatment – crowns, bridges, veneers, implants, fillings, surgical and endodontic treatment.

Only the best materials
We only use the best quality materials imported from Germany, Switzerland, Japan and the USA.

Free consultation & treatment plan
We always start with a free consultation, examination and X-ray for each patient as we think that detailed diagnostics enables successful treatment. In addition to INDEXMEDICA's high quality service, you also have the opportunity to visit our wonderful historic city of Krakow while you are having your dental treatment here.

Outstanding customer service
We offer you airport pick up, arranging of accommodation in Krakow as well as advice what to do and see in Krakow area. We have already secured many satisfied clients from many different countries such as the UK, Ireland, Germany, Norway, Italy as well as Australia and USA and would be more keen to invite you to join our group of patients.

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Jadwiga Szymeczko
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IWONICZ BELONGS to the oldest and most renowned health resorts in Poland. Iwonicz is situated among the green hills of Low Beskid, which fascinates by its antique architecture, splendid microclimate, and clean air. The main asset of Iwonicz – Zdroj is mineral water with medicinal properties. The waters are used in drinking cure, mineral baths, inhalations and production of iodine-bromine salt and cosmetics.

The profiles of treatment include: digestive system diseases and duodenal diseases, orthopaedic trauma, rheumatologic conditions, respiratory conditions, diseases of the nervous system, post-mastectomy conditions, osteoporosis, and skin diseases.


Our offer includes: curative, holiday, festive, diagnostic, fitness and slimming, weekend, and pure accommodation stays as well as fitness and biological regenerations programmes.

Health Resort offers various treatments: balneotherapy, hydrotherapy, kinesitherapy, physiotherapy and several kinds of massages. Visitors can use the „health salt cave”, „recreational salt cave” with aromatherapy, rehabilitation and health-restoring room rehabilitation-recreation swimming pool, a jacuzzi, a sauna and a gym. In the Wellness SPA the Institute offers a wide range of skin rejuvenation treatments, as well as relaxation and beauty treatments. They are based on all-natural products like jodie-bromide salt, algae, argils, cinnamon, chocolate, colloidal gold, red wine, Dead Sea minerals mud and many more.

“Uzdrowisko Iwonicz” S.A is the first health resort in Poland which produces cosmetics based on natural therapeutic raw materials, which have been used in our health resort for ages. The cosmetics with the brand of “Iwoniczanka” enjoy rising popularity and recognition.

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John Paul II „Pod Tężniami” Health Resort

Ciechocinek attracts visitors with its picturesque location, numerous green areas and parks, homely cafes, whispering fountains, charming walking paths and multitude spa facilities. For many years, the „Pod Tężniami” Spa Clinic named after John Pauls II ranked among the best local venues. The Clinic is located near the historic saline towers which guarantee perfect environment for prevention and treatments, relaxation and regeneration of the organism. The Clinic recommends treatment, rehabilitation and relaxation packages.

Prevention – Therapy – Rehabilitation
The Clinic specialises in treatment of disorders of the kinetic, circulatory and respiratory systems as well as metabolic problems including diabetes and adiposes and also skin diseases including psoriasis and leukoderma. Treatment methods embrace among others bath, kinesio-, water and physiotherapy as well as massages. Recommended treatments include peat poultices, water jets, saline inhalations, carbonic acid baths, saline baths with water massage, pearl baths with water massage and underwater jet massages. Kinesiotherapy options include manual therapy, exercises routines (also individual) and aqua-aerobics which is considered to be the safest form of fitness. In-house specialist clinics offer orthopaedic, rheumatologic and cardiologic consultations.

Wellness&SPA
Our Wellness&SPA centre consists of an all-year round outdoors swimming pool and indoors pool with water attractions, saunas and baths as well as wading pool for children, a saline water pool, crystal salt room with a saline tower and a gym. As befit one of the best SPA clinics in Poland, its guests can enjoy a wide variety of beauty treatments at the Beauty Salon and also in the Aesthetic Dermatology Centre, including body facial treatments, figure shaping, rejuvenation and correction of skin imperfections.

Rest – Relaxation – Recreation
Welcome to comfortable rooms with bathrooms en-suite as well as suites. The Clinic also has disabled friendly rooms. The main restaurant serves buffet meals and low calorie meals for dieters are served in diet restaurant. Onyx Restaurant is renowned for its excellent a’la carte menu and tasty set meals. Wiktoria Cafe offers ice-cream and sundaes, as well as home-made pies with aromatic coffee. Rich entertainment programme includes concerts, dancing evenings with live music, topical events and sightseeing tours. Indoors games include darts, table football, billiards and garden chess, as well as Internet cafe. Fans of outdoors exercise will certainly enjoy bike and Nordic Walking rental, and children will appreciate playroom and outdoors playground. All these attractions are surrounded by local park with a fountain and patio of Wiktoria Cafe.

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The town of Kamień Pomorski enjoying centuries – old tradition and lush greenery. The place ideal for relaxation and encounters with history. Picturesquely located on Zalew Kamieński with Rewal, Świnoujście and Międzyzdroje nearby.

Health Resort Kamień Pomorski is famous for curing motor system conditions, rheumatologic and neurological diseases as well as cardio-vascular system conditions.

Post-mastectomy conditions are also treated here. The offer of the health resort includes fitness stays, peat treatments, baths, inhalations, electrotherapy, phototherapy, hydrotherapy, massages, treatment gymnastics and rehabilitation pool.

The health resort specialises in early cardiologic rehabilitation of post-infarction condition as well as early orthopaedic rehabilitation.

You are also welcome to visit our Saline Cave. It is a unique opportunity to feel the exceptional influence of salt on the body. The atmosphere in the cave reproduces the microclimate prevailing in natural underground saline caves of Wieliczka or Bochnia. It is filled with air rich in elements necessary for keeping the balance between body and soul.

The Chrobry Hotel is a three-floor building in the centre of the historic part of the town. Here there are twin-bedded as well as three-bedded rooms and suites.

The Hospital Mieszko is the best known treatment centre in Kamień Pomorski. Single, twin-bedded as well as three-bedded rooms. Mieszko caters especially for disabled patients.

The Dąbrówka Hotel offers accommodation in single, twin-bedded and three-bedded rooms with en suite bathrooms.

The characteristic feature of the Health Resort House Gryf is its private and soothing atmosphere it enjoys thanks to the nearby Resort Park.

Natural Treatment Centre Feniks is the centre of hydro treatment, treatment with peat as well as inhalation treatments. Is located close to the Resort Park.

Contact details
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We warmly invite you,

KCM Clinic is a private comfortable and highly specialized Hospital with a complex Diagnostic Research Center, most modern Dental and Plastic Surgery Clinic. Located in the old-town center of Jelenia Gora, the heart of beautiful Karkonosze mountains, the most frequently visited region in south west Poland, famous for winter and summer sports. The Hospital and Clinic is surrounded by the unique historic Valley of Palaces and Gardens, offering a wide variety of leisure activities and tourist attractions.

Through scientific exchange with doctors from Sanford Health USA and Berlin Germany, our doctors expand their knowledge and acquire new medical skills later applied in their work.

Our offer directed to international patients:

- **KCM Dental**
  aesthetic dentistry, orthodontics, dental and oral-maxillofacial surgery

- **KCM Plastic Surgery**
  breast augmentation, facial rejuvenation, reconstructive surgery, abdominoplasty and other procedures in this category

- **KCM Hospital**
  - Minimal invasive Neurosurgery of the spine: endoscopic and laser treatment for disc herniations
  - Orthopedic and Sport Medicine: knee and hip arthroplasty, shoulder, knee and elbow arthroscopy, reconstructive knee surgery
  - Urology: treatment of the nephrolithiasis, endourology laser operations
  - General and Pediatric Surgery

- **KCM Complex Diagnostic Research Centre**

- **KCM Eye Clinic**
  phacoemulsification cataract surgery, glaucoma treatment, eye laser center

- **KCM Rehabilitation**
  specialized orthopedic and neurologic rehabilitation department

In addition to the medical treatment, we take your entire health trip in our hands. Our international coordinator handles all travel arrangements, including transport and accommodation in one of our unique partner hotels and palaces. We are close to two international airports Wroclaw WRO and Prague PRG. Our focus is on an individual service, we guarantee respect, competence and reliability. The safety of a patient's medical data and our quality guidelines are of utmost importance to us.

Our services are used by the representatives of the Polish national handball team. KCM Clinic holds the European ISO 9001:2009 and Polish Association of Medical Tourism certificate.

With our cutting-edge medicine and our doctor’s commitment and care for our Patients we are unique in what we do and how we do it.

"We warmly invite you to take advantage of the professional services offered by the most modern medical clinic in south-west Poland."

Monika Mikułecz-Pasler MD, PhD
President
Member of the Medical Chamber Berlin Germany

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www.kcmclinic.pl
‘Konstancin-Zdroj Health Resort’ is located in the health resort town of Konstancin-Jeziorna, which lies in the Chojnowski Landscape Park. Konstancin-Jeziorna boasts a convenient location: located about 20 km from the capital, in the center of Poland and is the only health resort in the Mazovia region and one of the oldest in the country.

The main attraction of Konstancin is the graduation tower which uses brine rich in micronutrients having a beneficial effect in the prevention and treatment of respiratory diseases, nervous system and improves the systemic resistance.

Therapeutic activity of ‘Konstancin-Zdroj Health Resort’ is based on the treatment and rehabilitation of adults with neurological disorders, cardiovascular and musculoskeletal system diseases.

There are a wide range of treatments including kinetic therapy, electrotherapy*, light therapy, treatments using mud, cryotherapy, salt and bubble baths, but also advice and examinations provided by specialists (echocardiography, exercise testing, 24-hours Holter (ECG) monitoring).

‘Konstancin-Zdroj Health Resort’ also offers organizing trainings and conferences as well as a variety of events in the ‘Konstancja’ hotel and restaurant, which are located in close proximity to the Zdrojowy Park and the picturesque graduation tower.

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Medical Park - Riverside SPA

Luxury Medical SPA facility, specialized in prevention and rehabilitation of problems with human spine and locomotor system combined with High Class fully equipped SPA centre. At Medical Park – Riverside SPA you will find not only immediate assistance but also long-term care from professionals.

MEDICAL PARK – RIVERSIDE SPA is located along the wild Orzyc river. Loved ones can accompany our guests and they will also find a wide range of services including wellness, SPA and fitness, as well as a number of tourist attractions. The stay of guests interested in preventative medicine and therapy on the back and locomotor system begins with individual examinations: doctors’ examinations in the areas of neurology and orthopaedics, physiotherapy examinations, and also a cosmetic consultation. These serve as the basis for constructing an individual program for each guest’s stay. Treatments are conducted under the supervision of doctors by licensed physiotherapists and assisted by 24-hour nursing care.

MEDICAL PARK – RIVERSIDE SPA offers its guests rehabilitation equipment of the newest generation and variety of treatments like kinesiotherapy or all kind of massages.

Kinesiotherapy is movement-based therapy that holistically supports the process of returning to good health. In the scope of Kinesiotherapy we offer individual sessions with a physiotherapist, using contemporary therapeutic methods (PNF, Manual Therapy, the McKenzie method, Kinesiotaping) supplemented by Therapy Master and Fitvibe Therapy. As part of Physicotherapy, our centre offers: Magnet Therapy, Laser Therapy, Light, Ultrasound, Electrotherapy, Pulse Therapy, Thermopress, Cryotherapy. Massage is one of the oldest physical methods known to mankind for influencing the human body and its aim is to improve health and well-being. Our offer includes: Classic Massage, Rehabilitative Massage, Therapeutic Massage, Relaxation Massage, Isometric Massage, Slimming Massage, Sport Massage, Lymphatic Drainage, Reflex Therapy. All treatments at MEDICAL PARK – RIVERSIDE SPA are conducted in comfortable, functional surroundings. Each therapeutic station is equipped with professional, modern medical equipment. We offer transport from and to the Warsaw Chopin Airport, Warsaw Modlin Airport and the Warsaw Rail stations for free.

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Medicover Group
Medicover is a healthcare company that helps many thousands of people in Central and Eastern Europe to improve and sustain their health. We have been caring for the health of the region’s inhabitants since 1994. We are present in 12 countries.

Medicover Hospital
In 2009 Medicover opened the Medicover Hospital, the first full-profile private hospital in Poland located in the Wilanów district of Warsaw. It is the largest private hospital in Central Europe to be built since the Second World War. It is the first private medical facility in Poland to offer such a wide range of hospital services and to provide healthcare that meets international best practice. It offers a high quality of diagnosis and treatment, professional care from experienced doctors and nurses, and the latest generation medical equipment, as well as safety and comfort during the hospital stay.

Patient safety is our top priority
Each medical procedure and surgery has been developed in detail and standardized in order to minimize the risk of medical errors and allows us to carefully monitor each stage of treatment. Medicover is dedicated to providing care of the highest quality, delivered with integrity, kindness and respect. Our committed and talented staff work together to create an organization worthy of:
- ISO
- Ministry of Health Certification
- “Painless Hospital” certificate
- Started our journey to obtain JCI Accreditation (3rd party audit from consultant in October)

Most Popular procedures for International Patients:
- Orthopedic surgery
- Bariatric Surgery
- Plastic & Aesthetic Surgery
- Total Health Screening Program

What to expect while at Medicover Hospital:
- Airport pick-up
- Dedicated Hospital Service Coordinator will guide the Patient through his Journey to Health
- 24/7 dedicated help line
- Our trusted and reliable surgeons will be available for any questions or concerns
- Patient will be given a detailed schedule regarding his procedure and stay at the hospital so he knows what to expect
- Patient will remain under constant care of the doctors and your nurse
- The staff will be happy to answer all the questions and to keep updated on the subsequent medical recommendations
- After discharge, Patient may stay at the hospital hotel until his post hospitalization follow-up visit or it can be arranged on a different date
- After making sure Patient received all post operative information, the Hospital Service Coordinator will arrange his transfer back to the airport

Medicover Hospital at a glance:
- an area of 16,000 square metres;
- 180 beds;
- scope of services: gynaecology, pathology of pregnancy, obstetrics, neonatology, paediatrics, internal medicine, angiology, cardiology, invasive cardiology, surgery, orthopaedics, urology, laryngology, plastic and maxillofacial surgery, as well as intensive care;
- five operating rooms where 4000 surgeries can be performed each year.

Contact details:
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Hospital Care & Insurance Manager
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“Knowing that you are under the care of the top specialists let’s you reduce stress and relax which will help your fast recovery.”

MACIEJ KIELAR MD. PHD.
Associate Professor, Director of the Department Of Surgery and member of the most prestigious medical associations.
Military Medical Academy University Teaching Hospital – Central Veterans’ Hospital, is the biggest multiprofile hospital of Medical University of Lodz. Experience, that our hospital takes pride in, has been gathered for over 75 years. The hospital occupies five locations including more than 30 specialized inpatient departments offering 650 beds and 35 specialist outpatient clinics. The most significant specializations of our inpatient departments are: orthopedics, arthroscopy, hand surgery, 2 departments of general surgery, maxillofacial surgery, neurosurgery, neurology, ophthalmology and sight rehabilitation, cardiology and cardio surgery, gastroenterology, otolaryngology and laryngological oncology, urology, rehabilitation, hypertension nephrology & dialysis station.

In order to provide professional health care to our patients, we focus on long-term experienced medical staff. We employ highly specialized 62 independent researchers, 33 full professors including national and regional consultants, and 29 assistant and associate professors, as well as over 200 PhD academics. Nearly 630 fully qualified nurses are at our patients’ disposal, too.

Below you can read more about treatment in Maxillofacial Surgery Department and in Dental Clinic.

Do you have problems with correct eye position i.e. double seeing because of broken eyehole?
Contact us, experienced doctors from Maxillofacial Surgery Department will help you to restore correct vision. We are the only one department in Poland and one of a few in Europe that performs successfully orbital reconstruction procedures using innovational patient specific treatment. The doctors prepare individual and precise implant for each patient. New technology CAD CAM supports repair of orbital wall defects and in effect helps patients see correctly and improve face appearance.

Doctors from Maxillofacial Surgery Department specialize also in pre-prosthetic and pre-implantologic jaw reconstructions. Typical dental implant treatment cannot be possible in case of severe atrophy of jaw. It is possible to reconstruct alveolar crest by big own bone grafts. Good donor site are skull bone from parietal region or iliac crest. We try to fulfill requirements of implantologist as well as the patient.

Contact details:
Marcin Kozakiewicz, DDS, PhD, Head of The Department of Maxillofacial Surgery. Professor is the expert of European Committee to Oral Implantology and Demntomaxilloafacial Radiology. Educated in Japan, Germany, France and Italy. He is the author 5 patents and 12 patent pendings.

In 2013 nominated by the biggest regional media for prestige title of Man of the Year in City of Lodz for outstanding results in custom implant reconstructions.

OUT-PATIENT DENTAL CLINIC: The out-patient dental clinic of the Military Teaching Hospital provides a professional dental practice, offering an extensive range of dental services at the clinic, including i.e.: implant and cosmetic teeth whitening treatments, surgical, orthodontic, periodontic, endodontic and pediatric.

What makes us special?
- professional dental services in a welcoming atmosphere;
- state of the art facilities, fully equipped dental surgeries, modern digital X-Ray imaging;
- dedicated and committed team;
- easily accessible ground floor site with full disabled access;
- extended weekday opening hours;
- extensive range of dental treatments available in-practice;
- easy access to wide range of consulting MD’s if needed.

Certificates & Awards:
2013, 2011 - European Certificate Reliable in Healthcare,
2010 - Certificate ISO 9001:2008,
2010 - Leader of Advanced Technologies,
2010, 2008, 2007 - Pearls of Medicine,
2007 - The hospital was granted the Pro Memoria medal for its activity and commitment to veterans.

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Nałęczów Health Resort medical facility is the first privatised health resort in Poland. It is an excellent example of how to combine a traditional sanatorium with a modern SPA & Wellness centre. Nałęczów Health Resort is the only single-profile cardiological health resort in Poland, and its climate in itself decreases arterial pressure. We treat both heart and circulatory diseases.

What we offer includes treatments in sanatoria (accommodating up to 820 people) with high standard rooms, plus more than 80 natural medical procedures and motor rehabilitation processes. Hotel&Spa – Termy Pałacowe Nałęczowianka features a full set of SPA procedures, Clarins beauty parlour, Matrix hair salon, conference rooms, restaurant, and secure car park. Atrium has pools (water and with white clay), saunas, and a club with billiards and indoor bowling.

We also offer a great adrenaline rush with flights in our balloon. Transfers from Warsaw Chopin Airport are available.

Come and experience the unbearable lightness of being.
Krakow – Pasternik Rehabilitation Clinic

Krakow – Pasternik Rehabilitation Clinic is the place for everyone who is looking for high quality movement rehabilitation. In our everyday practice, we use state-of-the-art technologies for the benefit of our patients, specially with brain stroke, multiple sclerosis and other neurological disorders.

Our well trained and experienced staff use innovative equipment like robotic apparatus LokomatPro and state-of-the-art evaluation tools (ex. surface electromyography – sEMG) that help us to designed individual, patients oriented physiotherapy. Advanced, constant evaluation of effectiveness of rehabilitation process makes us better.

In 2012 Krakow – Pasternik Rehabilitation Clinic received European Union financial grant to implement innovative technique for movement rehabilitation and to create movement reeducation laboratory. Our rehabilitation programs are tailored to our clients’ condition and needs. Neurological rehabilitation techniques we use are patient oriented. Robotic assessment helps us to make the most efficient of the time of rehabilitation. Available infrastructure includes physiotherapy, physical therapy, hydrotherapy, medical massage, speech and swallowing therapy and psychology.

Our accessibility to International Airport Balice (9min) and main highway (6 min) is helpful to reach our clinic even by most disabled people. We also understand that being disabled is not the reason to resign from active life. We are ready to design your rehabilitation schedule to let you benefit from our beautiful city and region (Krakow, Wieliczka mine, Auschwitz, Polish Mountains and many others).

We give more - small things matter – smile, warm, attitude, garden, friendly staff and many more - this is what you should expect in Krakow – Pasternik Rehabilitation Clinic.

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Alicja Turczyk
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The Płatek Centre exists since year 2005 taking care of medical articles (orthopedic rehabilitation), hearing aids and KAVO dental equipments distribution sector. Since the beginning we are trying to be ahead of the competition, introduce new standards of service and introduce new solutions for those in need of medical equipments.

We are proud that many people approved most of our solutions. The evidence of this is a dynamical development of the Płatek Centre.

Płatek Centre Stomatology & Cosmetology is located in the heart of Stettin, at no. 14 Wyszyńskiego Street in a newly renovated pre-II World War townhouse.

In this lovely atmosphere and unique interiors you will experience some of our beauty treatments like an exciting range of oxygen facial treatments- Intraceuticals, the most scientifically advanced cleansing, regenerative and anti-ageing skin care treatments using Maria Galland Paris and Jean d’Estrees cosmetics. We also offer No-Needle Mesotherapy anti-cellulite treatments, massages, eyelash extensions and permanent make-up.

We employ the best dentists, highly skilled in implantology, endodontics, cosmetic dentistry, oral surgery, periodontics, prosthodontics. We have the highest quality equipment, what in combination with qualified medical staff makes short duration of dental treatments and long lasting results.

At The Płatek Centre we offer you the full range of dental treatment: diagnosis, cosmetic dentistry, implantology, syrgery, periodontology, endodontics, orthodontics, prosthodontics.

We offer dental treatments 24 hours a day.

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Płatek Centre Stomatology & Cosmetology
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Dentistry 24h: +48 608 683 485
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Established in 2000, our cosy private dental practice is located in an upmarket neighborhood in the city centre. It’s for people who don’t like big clinics, and who appreciate discretion and personal attention. Whether you’re a family with children looking for regular care, or you require special, individual care and treatment, you’ll feel at home with Profdent.

Experienced doctors - specialists in prosthetics, English-speaking staff, and modern equipment and materials, as well as a friendly atmosphere, ensure our practice is attractive to the most discerning patients. We serve families and individuals from Krakow as well as patients coming from other Polish cities and from abroad: the USA, Great Britain, Ireland and the Netherlands.

We provide comprehensive care and support during and after treatment, offering assistance on arrival, with a bi-lingual care assistant speaking your language and an attractive package, tailored to your individual needs and interests, and to your stay in Krakow - one of the most attractive cities in Europe.

- crowns
- bridges
- veneers
- fillings
- comprehensive treatment
- surgical and endodontic treatment
- teeth whitening

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Retina Eye Hospital is situated in Warsaw. It is a modern medical institution with an excellent team of consultants. We have been present on the medical market since 2004. We have carried out over 4,000 ophthalmic surgeries, a few hundred examinations of angiography and ultrasound, and have seen over 8,000 patients.

The word retina, which is also the name of our hospital, comes from the Latin word rete, which literally means ‘net’. Retina is a thin layer lining the inner surface of the eye and it is thanks to retina that we are able to see. And for us ophthalmologists it is most important that the patient can see. For this purpose our team use both the knowledge gained at trainings in Poland and abroad, and their multi-year experience.

We have adopted a non-standard approach to eye diseases and are distinguished by innovative solutions and a friendly attitude towards patients. We support our knowledge and experience with examinations performed with the most advanced ophthalmic equipment.

We offer complex diagnostics and surgery of eyeball and socket with particular emphasis on retinal and vitreous diseases. We take care of patients suffering from diabetes, age-related macular degeneration (AMD), as well as those after retinal vein occlusion and with retinal degeneration and detachment.

We perform:
- phacoemulsification cataract surgery
- retinal surgery (vitrectomy, epiretinal implant placement, scleral buckling, macular hole surgery, surgery of diabetic eye complications)
- glaucoma treatment (laser and surgery)
- plastic surgery of eyelids and skin changes (including removal of sebaceous cysts, chalazia and other)
- retinal laser therapy and cryotherapy
- examination (of eye fundus, eye ultrasonography, fluorescein angiography, glaucoma diagnostics, qualifying patients for ophthalmic surgeries, computerized visual field testing)

Contact details
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Sports Clinic is a private, orthopaedic hospital. Through latest 12 years the hospital have built up own brand on Polish market, specializing in minimal invasive endoscopic surgeries and sport medicine. Currently, the Sports Clinic offers 46 beds in luxury single or double rooms and consist of:
- Orthopaedic, Rheumatology and Sport Medicine Clinics
- Orthopaedic Department for Children and Adults
- 3 Operating Rooms
- Physiotherapy and Functional Diagnostic Center
- Training, and Research and Development Department
- Helimed Diagnostic Imaging Center (digital X-rays, CT,MRI 1,5T and 3T)
Restaurant „Caffe Bistro“ opened for our patients and their guests, serving Mediterranean kitchen

Our achievements:
- The biggest number of ACL reconstructions in Poland - each year we carry out around 1,000 of such procedures.
- The first in Poland to perform a meniscus allograft transplantation using a graft developed and prepared by the Polish tissue bank.
- The first in Poland to perform a cartilage cell cultures transplant using solid substrates.
- All treatments performed under regional anesthesia using state-of-the-art techniques of electro-stimulation and ultrasound.

Surgical procedures performed in the Sports Clinic include:
- THA,TKA using Visionaire Patient Matched Technology
- Cruciate ligament reconstruction (ACL, PCL)
- Multi-ligament reconstruction of the knee
- Multi-ligament reconstructions of the shoulder
- Mini invasive endoscopy cervical and lumbar spine surgery
- High Tibial Osteotomies
- Cartilage transplantation, meniscus transplantation, allogeneic tissue grafts from donors
- Arthroscopy of knee, hip and shoulder

Excellent connection through A1 and A4 highways with both airports: Katowice (45 min.), Kraków (1 hour)

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SCANLAB has been operating as a private medical clinic since 2008. Areas of our expertise include:

- diagnostic imaging (MRI – magnetic resonance imaging, CT – computed tomography, ultrasound),
- teleradiology,
- specialised medical consultations.

Scanlab’s diagnostic packages for medical tourism:
- cardiac diagnostic package
- orthopedic diagnostic package
- neurology diagnostic package

Scanlab is a company particularly specialised in diagnostic imaging. The company provides services for magnetic resonance imaging, computed tomography and ultrasound. In the field of diagnostic imaging we offer a full range of studies, including cardiac MRI, functional MRI and spectroscopy.

The company is also a provider of teleradiology services. Scanlab’s team of consultant radiologists reports radiology images for hospitals and clinics remotely. The reporting is provided from teleradiology reading centres. The service is implemented on the basis of a dedicated IT platform that allows us to guarantee our 24/7 service. Emergency studies are reported within 2 hours and routine studies within 24 hours.

As a diagnostic clinic we also offer a number of specialized medical consultations. The range of medical consultations includes the areas of neurology, neurosurgery and cardiology. Specialist consultations are closely related to diagnostic imaging services. In many cases of neurological, neurosurgical and the cardiac consultations, MRI or CT studies are critical.

Scanlab’s offer for medical tourism is focused on check-up packages that concern cardiology, orthopedics and neurology. For instance, cardiac diagnostic package include cardiac MRI, holter ECG, 24-hour blood pressure monitoring, ECG stress test, transthoracal echocardiography (TTE) and specialist’s consultation.

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Introduction
SkinClinic Med & Beauty are two modern clinics of aesthetic medicine located in prestigious districts of Warsaw. The first one was established in 2008 at Stawki street, whereas the second one at Żaryna street, at the beginning of 2012. Both places belong to the best and most renowned clinics in Poland. The founder of SkinClinic, Katarzyna Chwedoruk, has over twenty years of experience in the field of aesthetic medicine and cosmetology. Due to her work Polish women got to know many innovative aesthetic solutions and treatments checked in the world’s best clinics. SkinClinic Med & Beauty in Poland has a position of an innovative, trendsetting and standard shaping brand in aesthetic medicine. It was none other than SkinClinic who was the first to present Body Jet liposuction, introduced innovative methods of rejuvenation -Thermage CPT and Ulthera.

Range of services
SkinClinic offer our patients treatment programs, based on the use of advanced equipment and technology in the field of: aesthetic medicine, medical cosmetology, aesthetic gynaecology.

Aesthetic medicine & medical cosmetology treatments - Face
Face treatments concentrate mostly on rejuvenating skin, lifting, firming, removing scars, moles and spots, rejuvenating the eye area and shaping lips. The experts in our clinics use for these purposes the world’s best methods: Thermage, Ulthera, Golden Threads, mesotherapy, fillers: hyaluronic acid, Radiesse, Fraxel laser, lifting threads, Botox.

Cosmetology therapies support aesthetic medicine. They are based on the use of cosmetics of selective brands and methods such as Zaffiro, Intraceuticals or Cryolift.

Aesthetic medicine & medical cosmetology treatments - Body
Body treatments help our patients slim and shape their figures, remove cellulite, firm and rejuvenate the skin on hands, breasts or arms. The experts in our clinics use for these purposes innovative equipment and the most efficient aesthetic methods:

Body Jet liposuction, SmartLipo or LipoShock and Proshock Ice therapies, which are complemented by Zaffiro, Ulthera, Fraxel Dual treatments. The state-of-the-art Palomar laser allows permanent body hair removal.

Aesthetic gynaecology
In the area of aesthetic gynaecology our clinics offer safe plastics and revitalizing treatments of labia and constricting vagina (MonaLisa Touch laser, Desirial preparates).

Medical personnel
Our clinics cooperate with best doctors and cosmetologists - experts of aesthetic medicine and specialists from various areas, who have extensive knowledge and long-term experience, educated in leading medical study centers and are trusted by their patients. They give lectures in Polish and foreign congresses and train students in their fields. Members of Polish and European medical societies and associations - Association of Aesthetic Dermatologists, Polish Chamber of Aesthetic Medicine and Anti-Aging or European Society of Aesthetic and Cosmetic Dermatology

Beauty under the eye of an expert

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A higher level of health care

Warsaw Medical Center Warszawskie Centrum Medyczne (WMC), located in Warsaw, is one of the best Polish private specialist medical clinics. WMC is a clinic with proper attitude towards patients. It provides the highest quality services based on professional staff, the latest achievements in medicine and professional equipment. We have an outpatient clinic with fully equipped consultation rooms, hospital department and four operating rooms.

Our clinic is one of the best medical facilities in Poland and Europe, which specializes in hypospadias surgeries and orthopedic procedures. We also perform all laboratory tests.

Our offer directed to foreign patients includes procedures and surgeries in the following scopes:

**Orthopedics:**
- knee arthroplasty (is a surgical implantation of artificial components replacing damaged surfaces of a knee joint).
- hip arthroplasty (an endoprosthesis of a hip joint replaces damaged parts of the hip to reduce pain and increase the range of motion).
- knee, elbow and shoulder arthroscopy (a procedure where a video camera and surgical instruments are inserted into the joint and the joint injury is eliminated with help of the video camera).

**Pediatric surgery and urology:**
- hypospadias surgery (is a removal of birth defects of the urethra and penis in boys. Success rate of this kind of procedures in our clinic is 99%).
- cryptorchidism surgery. We specialize in a surgical treatment of the most difficult cases of hypospadias. We perform about 400 surgeries annually, registering 1% of postoperative complications.

**Neurosurgery:**
- cervical and lumbar intervertebral disc displacement surgery.

**Otorhinolaryngology:**

**Plastic surgery:**
- breast surgeries and mammoplasty, facelift, upper and lower eyelid lift, and other procedures in this category.

**Proctology:**
- hemorrhoidal disease treatment.

You are welcome to use the services of Warsaw Medical Center. For more information on the offer, please visit our website: www.wmcenter.pl. We are committed to provide our patients with the best care. Trust, professionalism and development – these are the values on which we focus. You are welcome to visit our facility in Warsaw.
The John Paul’s II Western Hospital

in Grodzisk Mazowiecki has been established in 2003. Our top priority is to provide the highest quality medical services. Since the very beginning this had been guaranteed by state of the art equipment and one of the most highly educated and experienced medical staff in Poland.

Our patients are treated in the following departments: neurosurgery, general surgery, orthopaedics and trauma, paediatrics, neurology, apoplexy, urology, internal ailments, cardiology, oncologic surgery, interventional cardiology, and also in out-patient specialist clinics.

We have one of the most modern operating theatre blocks which fulfill the highest international hygiene and technical requirements. Operating theatres allow performance of a full range of surgical, neurological, orthopaedic, gynaecological and oncologic operations. We also provide a wide range of laparoscopy procedures: gallbladder removal, appendix removal, operations of abdominal rupture, liver (cyst, tumors), peritoneal adhesions, intestines resection. Within neurosurgery treatment we perform operations with small invasive methods according to highest international standards.

The Department of Hemodynamics - Invasive Cardiology is equipped with the latest generation digital apparatus allowing us to perform angiography examination. We can apply interventional cardiology procedures such as: implantation of stents to coronary arteries, coronary angiography, coronary angioplasty (“balloon”), to patients with coronary artery diseases, acute coronary syndromes, heart defects. We perform 60 coronary angioplasty procedures per month. We also conduct percutaneous treatment of arrhythmia ablation and operations of implanting pacemakers. The department has specialists - cardiologists and internists. Nursing team consists of highly trained nurses with extensive experience in invasive cardiology and cardiac intensive care.

All hospital departments are equipped for the professional treatment of patients. Patients are placed in 1, 2 and 3 person rooms with their own sanitary facilities. We also think about our patient’s family, which is why the hospital has special guest rooms where members of the family can stay and rest accompanying their relatives without an additional necessity of travel looking for a lodging. Our whole infrastructure is designed for our patient’s individual needs. We want to make sure that during their time in our hospital they will be comfortable.

In addition to that we have the department of diagnostic imaging which carries out a full range of specialist diagnoses including: x-ray examination, ultrasonography – USG, magnetic resonance imaging – MRI, mammography.

Rehabilitation centre provides the rehabilitation of ambulatory patients with disorders of the locomotor system caused by orthopedic, neurological and rheumatic diseases. For each patient a high-qualified specialist team creates an individual rehabilitation program in which their state of health is considered.

To fulfill our patients’ expectations we are continuously increasing our knowledge, improving our techniques, upgrading and expanding our medical facilities and services. We are focusing our efforts to provide modern healthcare to our patients. Treatments performed in our hospital are comparable with those available in the rest of Europe and the United States but with lower prices.

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The ‘Wieliczka’ Salt Mine Health Resort is an exceptional, unique on the worldwide scale medical centre which conducts its treatment activities in underground mining excavations carved from rock salt: chambers ‘The Wessel Lake’ and ‘Eastern Mountains’ Stable’ located on the 3rd level of the ‘Wieliczka’ Salt Mine, 135 meters under the ground surface. For treatment the Health Resort uses, most of all, special microclimate of natural salt chambers with air which – due to special properties of rock salt – is free from pollution and allergens, rich in microelements, with constant and stable temperature (approx. 13°C), high humidity (80-90%), free from harmful radiation.

The most important factor of the salt mine’s microclimate is the chemical stimulus: presence of natural salt aerosol in the air, which has got significant impact on out coming positive effects of treatment (mainly regarding respiratory tract diseases and some allergies of respiratory tract and skin); salt aerosol comes into being in the process of interaction in which humid air, going through underground passageways due to forced ventilation, operates on sidewalls of salt excavations. In this process, first occurs the reaction of dissolving mineral substances present in salt, then: taking with airflow the particles of this solution in the form of aerosol which is a natural, raw treatment material in the ‘Wieliczka’ Salt Mine (chambers act as ‘natural inhalators’). Humid, consisting of very fine drops, salt aerosol moisturizes mucus membranes of the respiratory tract and increases the movement of cilia of the bronchial epithelium, which improves the performance of the respiratory tract changed by a disease.

The amount of aerosol inhaled inside the mine is approx. 10 times bigger than in case of staying in a seaside health resort or a spa with graduation towers. Beneficial for the human organism air ionization which is favourable for wellbeing, improves the psychic and physiological performance, has good influence on lungs and heart, stimulates oxidation processes in the organism and increases immunity.

Treating respiratory diseases has got long tradition in the ‘Wieliczka’ Salt Mine, going back to the 19th century when Wieliczka was a famous health resort, fashionable and popular in the whole Europe. In 2011, by the act of the Polish Ministry of Health, the ‘Wieliczka’ Salt Mine was officially recognized as a health resort – first of its kind in Poland because located in the underground, and treatment conducted in mining chambers was added to the Ministry’s list of medical procedures covered by governmental health insurance. The Health Resort’s activities are based on the best models of modern medicine and are supervised by the best Polish scientists (like professor Krystyna Obtulowicz of Collegium Medicum of the Jagiellonian University).

The ‘Wieliczka’ Salt Mine Health Resort treats such diseases of the respiratory tract as:
- bronchial asthma (atopic and non-atopic),
- allergic asthma,
- COPD,
- pollen allergies,
- chronic allergic catarrh, quinsy,
- sinuses inflammations,
- allergic skin diseases (eczemas) in the polling season, and more.

It’s worth to come to the ‘Wieliczka’ Salt Mine – for good health and deep breath!

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- **European Center for Enterprise (EuCP)**
  - consulting company since 2003
  - supporting the development of Polish enterprises, organizations regions in the EU integration process
  - financial and strategic consulting, acquisition of external funds

- **Polish Information and Foreign Investment Agency (PAiIiZ)**
  - governmental agency
  - promotion of Polish economy on international markets
  - increasing inflow of foreign investments to Poland
  - organization of trade missions, trade fairs, conferences and training

- **AMEDS Center**
  - multidisciplinary non-public health care
  - medical services for patients from Poland and abroad
  - experience in the organization of stays in Poland for patients from around the world gained through Medical Travel Europe
www.polandmedicaltourism.com