

# MODERN WOMAN



**General Practice**  
**Esthetic Medicine**  
**and Plastic Surgery**  
**Stomatology**  
**Gynecology**  
**Business & People**

**S-Press Publishing 2008**

KUFA

## **A FEW BRIEF SENTENCES ON THE DEVELOPMENT OF HUMAN REPRODUCTION, OR INFERTILE PLANET?**

Scientists warn that human fertility is rapidly declining. Among men, mobile sperm cells are dwindling in number. Even the number of men producing healthy sperm cells is falling. Women are more frequently experiencing disorders of the menstrual cycle. The number of ovulations is decreasing. We live in an environment damaged by worsening contamination from mutagenic agents, and our reproductive cells increasingly carry an abnormal number of chromosomes or other mutations. We also continue to postpone becoming parents. Having done so, we often don't want to have any more children. So just one, two at the very most and that will be it. We have to work hard to earn our money, after all. We ourselves also want to get some enjoyment out of life. Children are just too big a worry and responsibility... In a nutshell, it can be said that when it comes to fertility and childbirth in developed countries, things are going from bad to worse. In order that we are annually reminded of this, June has been designated the international month of infertility.

On the other hand, the fields of reproductive medicine and genetics are developing at a very dynamic rate. The goal of these disciplines is to make repairs in places where nature has been damaged. Even in places where humans have not been entirely responsible regarding their reproductive health. Natural propagation has always been an instinctive matter, and is often at odds with reason, planning, careers and material security.

Now a part of the population requests that everything be done on demand, that all else should be put aside upon the wishes of a couple: the wait while the internal biological clock quietly keeps ticking – and then now, immediately, we can do it, we've planned it all, we want a child, so why can't we manage to have one? There exists a parallel: I once had an alarm clock that ticked so loudly through the night's silence that I put it away in the linen closet, with the result being that I overslept the next morning – I never heard its urgent ring. Our problem could be that we buried our own reproductive clocks so deeply under layers of imaginary blankets that we didn't notice their intensifying beats. For some people though, the chances for pregnancy originating in their own reproductive cells have already passed. Such people still have the opportunity to receive donated oocytes or sperm cells. We have come a long way. Given the fact that we live such complicated lives, we have created the need for complicated solutions.

This is, in a word, progress and we have to accept it. The number of couples having to seek help from a team of specialists in establishing a family is constantly rising, just like the number of children born with the help of assisted reproduction techniques. I have even heard little tots in a sandbox teasing each other about who was and who wasn't a test tube baby. Such is the reality of everyday life. We have achieved extraordinary results for in-vitro fertilization, and that is very gratifying. Nonetheless, further developments in reproductive medicine techniques are much in demand and even necessary, with the emphasis being on a growth in quality and independent monitoring. Europe codifies quality control in reproductive medicine. Reproductive medicine will experience further and surely fascinating development which will provide more couples the chance to conceive healthy children, despite serious reproductive disorders or genetic risks. This is what excites me the most about this field, one which I have had a passion for since my student days – shifting the boundaries of the impossible... the planet will not be infertile.

I am glad that I chose this field, one that provides me with pleasure and sustenance. However, I will never give my approval to your continued postponement of parenthood. Even though we live to older ages, and there are means and methods to make forty year-olds look like thirty year-olds and fifty year-olds look like thirty five year-olds, our system of procreation does not follow this rule. That system still behaves according to archetypal models. We already know a lot about reproductive medicine. What we can't yet do is fool our biological and reproductive clocks.



**MUDr. Kateřina Veselá, Repromeda**

*MUDr. Kateřina Veselá  
Director of the REPROMEDA Sanatorium*

### **TRENDY – Modern Woman**

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### Dear readers,

In this year's publication of Modern Woman We would like to inform You about other interesting medical centres that warrants high-quality care to their customer. You can find here a new chapter: Interesting Woman.

Next year you will have an opportunity to read a new magazine with the same title as well. I wish You pleasant moments with Modern Woman! Yours

*Stanislava Šveňková*

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VZP članek 1

VZP članek 2

La Bella



## Ing. Helena Kroftová Leisztner



Helena Kroftová Leisztner is a painter, photographer and clothing designer in one person who is presenting her creations through her own multimedia Art & Fashion Show not only in the Czech Republic, but mainly abroad. Thanks to her many years of cooperation with the Czech Miss Contest in the area of extravagant attire, her latest Art & Fashion Shows primarily use the finalists from the Czech Miss Contest. All her work and her seminars are conducted under the motto **"Intuition is the God for all of us"**.

Venice is her most magnetic city – influencing us by its movement, by its energy of water, salt and seaweed, which brings the life to the stones. The exhibit expresses a human desire to save this unique city with its kaleidoscopic images and its timeless existence enhances this

feeling even more. Her photographic

pictures with the images of Venice have been prepared in the Mandal format on the canvas in the size of 150x150 cm and 10x10 cm. Mrs. Leisztner is an avid traveler and that is why her work has been influenced by various cultures. For example, her visit to Thailand influenced her to such extent that she started to manipulate her oil paintings to create Mandalsof women's bodies with erotic undertones under the name "Colors of Women". The images mainly involved the feelings of orgasm and various female emotions. Her photographic pictures have originally developed from the cosmopolitan motives. Her inspiration came from Prague, Paris and of course from Venice. Thanks to her working visits she has gained experience which she used in the development of the Mandal technique in Spain and Latin America. She mainly creates her Mandal



images in the shape of square and circle. It is a symbol of infinity with the energy coming from the center which can also be turned around, in order to achieve the harmony between all her creations.

Apart from her other activities she is one of the founding members of the Czech Citizens' Association – Friends of the National Museum of Women in the Arts in Washington. She also organizes seminars about a synthesis of visual arts and organizes gala evenings with a thematic orientation. This creative artist has also received citations not only for her work in clothing design, but she also received the award from the Masaryk Academy of Art for her work on synthesis of visual arts, which among others was also received by M. Forman, D. Havlová, J. Anderle and A. Bocceli. Her work was also published in the book by R. B. Maniscalchi entitled *Celebrity and Fine Art* which among other places is available in the National Library of New York and in Florence. In 2006 she was nominated as a "Woman of the Year" in the area of culture.



Even though it is not very typical for her, Mrs. Leisztner currently works with AQUA PLUS BOHEMIA, s. r. o., which mostly specializes in the production of unusual shower corners, side panels and ceramic tiles on which she applies her artwork. It is a commonplace that every such product is approved and authorized by the artist and the authenticity of this work is verified by her signature applied directly on her creations. In case of shower corners it involves a technology where the special procedure which is protected by a patent applies photographs selected by the client between two layers of glass. Subsequently the author verifies the work and authorizes it with an assignment of a registration number. Thus the company approaches a new dimension where it does not only sell a simple product, but it also sells a work of art. The same motive can be also applied to some sections of the tiles.

You can learn more about the artist by visiting her web site at [www.leisztner-art.com](http://www.leisztner-art.com).

**A magnificent vernissage together with Art Fashion Show of the art of Helena Kroftová Leisztner took a place in the Dorint Hotel Don Giovanni Prague on 10. 6. 2008 at 7 p. m. The exhibition of the mandals of Venice will be available to see for free of charge until 31.8.2008 in Dorint Hotel Don Giovanni Prague (Vinohradská 157a, Prague 3).**



# Center of preventive medicine Prague

PREVENTION 2000



MUDr. René Vlasák

**CPM (Center for Preventive Medicine) represents a unique healthcare center that focuses its activities on the prevention and therapy chiefly of the gynoid type of obesity. The CPM collaborates and cooperates with the LymphoOpt klinik in Bavaria, Germany.**

Obesity represents one of the most important and commonest representatives of the most serious noninfectious diseases in the population in the so called developed countries today.

CPM, in line with the guidances set by the WHO, stresses the prevention of this disease. Within its global antiobesity strategy, the WHO considers the "Woman-Mother" to be its most important ally in the battle fought to lower all the risk factors now known to facilitate the onset of obesity.

As regards the overall strategy of both the prevention and therapy of the gynoid type of obesity – far more common in females (pear-shaped women's somatotype where the fat is predominantly distributed in the lower abdomen, buttocks and gluteal areas of the legs) – both abovementioned cooperating clinics may stem from their many years' experience with the therapy of the lymphatic swellings and lymphedemas. It is just the impaired function of the



**UltraContour – a new noninvasive technique used to achieve the painless destruction of the adipose tissue**

lymphatic system (and lymphaticovenous insufficiency stemming thereof) that is the true reason for the onset of this disease, in some cases described as lipodema. So, for the affected women, specially generated preventive/therapeutic programs and regimens have been developed and used, exploiting the up-to-date diagnostic/therapeutic modalities like eg. **PREVAS 2000®**, a special diagnostic optoelectronic apparatus.

Also another highly efficient technique called **UltraContour®** is currently used, enabling the noninvasive destruction of the subcutaneous adipose tissue. Both techniques may further be individually modified for use in various types of edemas.

It stands to reason that highly individualized approaches are adopted also in both accompanying special dietary and CPT (complex physical therapy) regimens. Widely used are also other regimens, eg. manual lymphatic drainage, as well as mechanical drainages, compression bandages and special lymphatic massages, further implemented with the proper pharmacotherapeutic and dietary



MUDr. René Vlasák and Dr. Franz Josef Schingale

regimens; as in such a complex approach, these represent the ultimate combined complex therapeutic modalities, used in Prague's CPM.

To effectively monitor the effects of the abovementioned therapy/prevention programs, modern telematic methods are applied, especially those that form the most progressive trend called **e-health**.

The generation of highly individualized health programs – (ie. those centered upon individual clients') – together with the **e-health** methods and programs – plus the novel clients' bonification (that further motivates them to actively cooperate even more readily and more willingly): all are the cornerstones of the progressive modern commercial healthcare system called **PREVENTION 2000®**. And it's just the **PREVENTION 2000®**, that is widely exploited and used by both cooperating clinics.



**PREVAS 2000, special diagnostic apparatus designed and developed by the CPM in collaboration with the firm Deona Medi, Czech Republic**

For further details please apply to:

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Hotline: 0800 599 699 9  
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# PRIVATE SURGERY CLINIC



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It is my great pleasure to introduce our private surgery clinic. The clinic was founded in 2002 as a “**One-day surgery**” clinic using a team that brings together top doctors - specialists from various fields of surgery to provide patients with the best possible surgery, plastic and aesthetic surgery and orthopaedics services.



## Convalescence in a home environment

One-day surgery is a general term that can be described as involving a method of organising patient care so that they, after some common operations, can spend the post-operation convalescence time in a home environment, nursed by their family.



We perceive plastic and aesthetic surgery as a modern discipline of medicine that can not only improve some of the body's imperfections but also – and mainly – that which is associated with improved self-perception, boosting self-confidence and bringing joy to life. Plastic and aesthetic surgery can help you **look as young as you feel**.

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- wrinkle surgery for top, bottom or both eyelids
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- breast modelling and reduction
- plastic modelling of overhung abdomen
- lipo-suction
- plastic modelling of scars, removal of small dermatological seats
- arthroscopic operations on joints, particularly knees
- varicose vein operations, using the CHIVA method
- abdominal and inguinal hernia operations (both classical methods and methods using tissue netting)
- operations on some skin and subcutaneous tumours and ganglions, etc.
- the carpal tunnel syndrome operation, other operations of ligaments and tendons, etc.
- “tennis elbow” operations and operations on bone growth
- operations on hammer toes and some methods of operating on “misdirected big toes”, etc.



In the long term we achieve very good treatment results and we experience **minimum complications**. Our entire professional team treats our patients as individuals while the patients repeatedly express their appreciation of the pleasant environment and care taken in the sanatorium.

*MUDr. Jiří Patrák  
Head Doctor of the Clinic*

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# Dear readers,



JUDr. Zuzana Vávrová

The current growth of the economy, especially the payment conditions, has become one of the most complicated problems of contemporary businessmen on all levels. Payment “immorality” and too much strain on justice in all sections lead contemporary businessmen to a way of secondary insolvency and often also end up in their definitive liquidation or bankruptcy.

One of the ways of quick decision-making, in relation to claims and property disputes, represents the institute of arbitration proceedings. This institute was laid down by law no.216/1994 Compendium of laws, of arbitration proceedings and of the execution of arbitration findings, which came into force already since 1st January 1995. Therefore this law enables, that the property dispute between the parties, and that already an existing one, or a dispute, which will arise in the future, will be decided by a court of arbitration, or by an arbiter “ad hoc”.

Unfortunately these solutions, and that either by arbiter accusation, or by enforcement of the arbiter proviso, are used minimally. We can find this institute especially at big companies and that in particular at leasing companies, which have determined for this activity a special association.

I guess from the point of legal certainty that it would be right to use this institute in all types of enterprise, and that especially for its unquestionable advantages, which we can summarize very briefly in some points:

1. **Final instanceness** – there is no possibility of appeal against the judgement of the arbiter
2. **Courts are excluded from judging** – a prolonged system of appeals and extraordinary means of legal address does not exist
3. **Only one fee for the arbitration proceeding** – economical savings of expenditures for the proceeding

4. **Promptness** – most disputes can be decided within 2 months

Of course, while deciding we have to consider even the problem of choosing the arbiter. From my experience I recommend to contact an arbiter with law education and to inform oneself about the costs and further realities, before filing a proposal/claim/for the hearing in the arbitration proceeding.

**Dear readers,**

**Many years of experience in the field of commercial law have led me to write down this information, and especially the necessity to explain that institute, which in my opinion succeeded as one out of few, and its application accelerates resolutely property disputes without big admission charges.**

**We would like to advise you free of charge, we work in all regions of the Czech Republic and at the moment we are expanding our services into the EU member states.**

**JUDr. Zuzana Vávrová**

**advocate-arbiter**

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SANATORIUM  
REPRODROMEDA

*An interview  
with MUDr.  
Kateřina Veselá,  
director of the  
Repromeda  
sanatorium*

The REPRODROMEDA Sanatorium is a center for reproductive medicine located in Brno. It was founded ten years ago and through its efforts has helped bring over one thousand children into the world. The staff of the REPRODROMEDA Sanatorium strives to fulfill its motto: **"We are your guide on the road to a complete family"**. In their day-to-day practice, they particularly endeavor to help couples whose efforts to conceive in the natural way just aren't working.

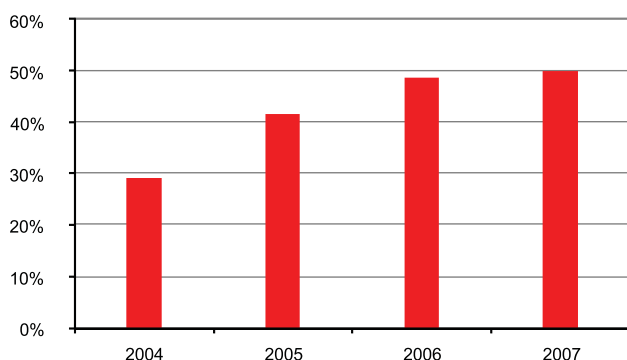
The Sanatorium is a very well equipped center included in the public network of health care facilities and has contracts with **all the health insurance companies in the Czech Republic**. It is the only barrier-free center in the Czech Republic, and enables treatment for clients with spinal cord injuries or other locomotor disabilities.

The REPRODROMEDA Sanatorium meets the strictest criteria for personnel selection and technical equipment required by internationally recognized standards. In 2001 REPRODROMEDA obtained the ISO 9001 certificate of quality from an independent foreign agency specializing in quality assessment in health care. This certification guarantees high professionalism and thorough monitoring of the conditions of all working procedures for all clients of the sanatorium. The certification is reassessed annually, and every three years, undergoes the entire process of certification again.

**Infertility and the possibilities treating it are becoming increasingly relevant topics in the media, both in the Czech Republic and elsewhere. What kinds of treatments are available to couples who cannot conceive children the natural way?**

If the partners decide to solve their conception problem by visiting our sanatorium, they will first be offered a thorough examination, through which we will try to determine the causes of the infertility.

The first examination that should be undertaken is the sperm analysis, which means analyzing the ejaculate with attention given to the amount, motility and state of the sperm. The evaluation of the parameters of the sperm is carried out with the help of special software that processes the output protocol, and files the results in a database. This system enables a quick assessment of parametric development for individual clients, along with continuous quality control of the analytical method. Besides the basic sperm tests, we also offer an examination of immunological parameters. We consider one of the key procedures to be the genetic analysis of sperm, which in some indicated cases helps in deciding on the further course of treatment. In cases where more serious deviations from normal sperm parameters are detected, the client is offered urological and hormonal tests.



Most of the time, our female clients arrive having already undergone comprehensive gynecological examinations. We in turn devote a lot of attention to studying the client's hormonal profile, immunological screening, and even hematological tests for some clients. These procedures can reveal how the causes of infertility arose, and trace the origins of spontaneous abortions. We provide special attention when undertaking genetic tests for each partner, through which we may uncover the possible causes of the infertility and abortions, while helping to prevent congenital developmental defects in children.

After the completion of a thorough examination, a treatment program is set up in consultation with the client. Considering that most of the clients who come to us have already undergone basic treatment at another location, the most frequently used method is assisted reproduction, in which our center has a tradition extending many years, not to mention outstanding results by worldwide standards.

### **Reproductive medicine is a field experiencing dynamic development – isn't it difficult to always be following the latest trends and methods, and constantly keep learning?**

Here at the sanatorium, we do not merely content ourselves with the classical, often-used infertility treatment techniques, but unceasingly look for and try to use new procedures, which will expand the range of possibilities for the couples undergoing therapy, in order that they may raise a complete family. The chief specialists at the sanatorium gained their experience in world-class foreign establishments, and have published a range of scientific papers in both domestic and foreign scientific journals, by which they try to contribute to the development and perfection of methods that are both regardful of the organisms of the clients, while ensuring a greater chance of success. This approach goes hand-in-hand with the constant monitoring of new scientific findings, not only in worldwide literature and on the Internet, but also at international sympo-

siums and congresses. Therefore the unceasing education of our doctors, embryologists and other specialists is essential.

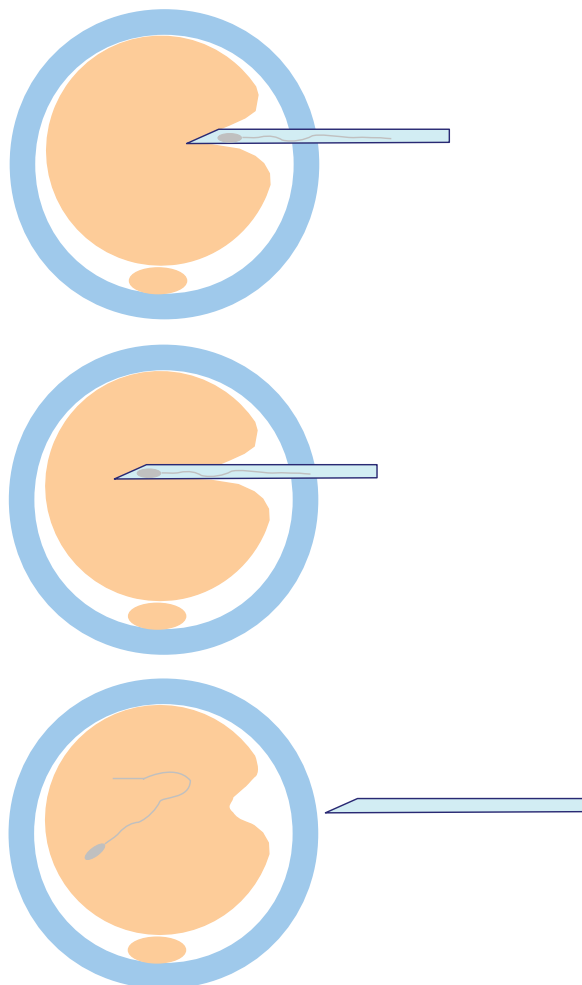
### **What has the ISO 9001 certification specifically brought you, and what does it mean for the patients?**

Its impact on our patients rests in the fact that the standards governing diagnostic and therapeutic procedures, the approaches used by our employees with clients, the equipment at the sanatorium and other aspects of our work were all set. Adhering to these standards leads to the stabilization and improvement of the results of our treatment. All of the procedures and their outcomes are continuously monitored and checked. Despite all of these precautions, our methods and regulations in no way limit the individual attention given to every couple.

The client can rest assured that only single-use, sterile instruments and material will be used for her examination and treatment, as well as the newest and most reliable medication and culture media produced by world-renowned laboratories. The most important equipment is backed up, duplicated and protected from electrical power failures, medicinal vapors and other risks.

The primary goal of all the workers at the sanatorium is to create the most pleasant environment possible, and a sense of total comfort for our clients. Such an environment is also assured when those who come to us express all of their wishes, reminders and observations without any worry or shyness, thus helping us to better perform our work, which we want to carry out in such a way that makes us and the clients fully satisfied with the results.

### **What is your approach in cases where the clients do not have their own reproductive cells, are carriers of**



**genetic defects that cannot be eliminated through the pre-implantation of genetic diagnostics, or who repeatedly failed in embryonic development originating from such sperm cells or oocytes?**

For cases involving the absence or premature failure of egg cells, the indication would be a serious form of ovarian endometriosis or a genetic indication that is not treatable by pre-implantation genetic diagnostics, and so the client would be offered a program involving oocyte donation. The oocyte donation program was established right at the beginning of the clinical work carried out at the center, and its results have ranked it among the most successful of our programs. We employ a sophisticated system for handling egg reception, which on the one hand leads to high success rates, while on the other hand saving the most time and energy in receiving eggs. We take very special care in ensuring the quality of egg and sperm donors. Our success rate for donated eggs is high, and has long stood at about 50% pregnancies related to embryo transfers, despite the relatively advanced age of the clients in these cases. We closely monitor the choice of donors, who themselves must undergo a whole range of tests. One condition for accepting an oocyte donor is an age of no more than 32. Results are independent of age for women in this range, while the success rate for such cycles decreases for women 35 and older, which is why donors can only make donations up to the age of 34. Donors are subjected to thorough examinations aimed at ensuring an excellent state of health and the exclusion of any kind of chronic diseases and genetic load causing ailments in the family. It is also necessary to rule out HIV and hepatitis B infections, and sexually transmitted diseases. After analyzing the typology of the recipient and her requirements, a suitable donor is proposed, namely the one who best fulfills the given criteria.

**The success rate for infertility treatments is a hot topic these days. In the Czech Republic, the average success rate in centers for assisted reproduction**

**hovers around the 35% mark, according to published figures. What is the rate for clinical pregnancies with embryos at REPRONEDA?**

On the basis of all the statistics processed since the year 2004, it can be claimed that the rate for clinical pregnancies based on embryo transfer has been constantly rising at our center. From the year 2004, when the rate in question stood at about 30%, we have seen the success rate rise to a level of 50%, which substantially exceeds the average results achieved in centers throughout the Czech Republic, according to data published for the 17th Symposium on Assisted Reproduction in 2007.

**Do we also have ways to make comparisons with centers for assisted reproduction in Europe?**

We can compare results obtained in the field of preimplantation genetic diagnostics, which are similarly collected by the PGD ESHRE Consortium. Eighty-six leading centers from around the world provide the consortium with their data, and we rank among the very highest of them in terms of success.

**The REPRONEDA Sanatorium was the first center in Central or Eastern Europe where children were conceived through the use of the Preimplantation Genetic Diagnostic method. Since that time, we have witnessed great advancements in the method. Could you please tell us more about this method? What are the results currently achieved through the use of this method?**

If we look at the animal kingdom as a whole, when it comes to success rates for natural fertility, humans as a biological species rank at the very bottom of the list. All of the other species have practically no basic problems with regard to natural reproduction, and





chromosomal defects only rarely arise among them, while amongst humans the "genetic" quality of reproductive cells is generally low. On average, 40 % of eggs and 6 % of sperm cells are affected by chromosomal abnormalities, which are most responsible for the very low fertility rate of human beings. The situation is demonstrably worse for couples who cannot conceive children the natural way – it is only every 7th to 8th egg of infertile women that can lead to pregnancy and the eventual carrying of a healthy child to term. Likewise for men who have abnormal sperm parameters (a lowered number of sperm cells, a lowered number of motile sperm cells or on the contrary, a higher number of pathological forms of sperm cells), we not only have a lower probability of spontaneous fertilization, but also a lower chance of success for in-vitro fertilisation (IVF) considering the high risk of transmitting chromosomal abnormalities to the embryo. In the commonly used procedures assessing the quality of the embryos, it is not possible to detect any of these abnormalities, and a whole series of embryos that are judged by an embryologist looking in his microscope to be of good quality, are unfortunately carrying serious chromosomal defects in reality.

These are responsible for infertility and repeated pregnancy losses, and thus are like clinical miscarriages (in which embryos develop, but are aborted in one of the different phases of the pregnancy), and also like pre-clinical miscarriages (when what happens is merely the increased activity of pregnancy hormones, and the pregnancy does not develop further), and even extra-uterine pregnancies. Chromosomal abnormalities are also responsible for repeated failures of treatment using the IVF method. The

high risk of nidation of an embryo carrying chromosomal abnormalities is expressed when prenatal diagnostics fail in their task, leading to the birth of a child with a congenital developmental defect. Preimplantation genetic diagnostics (PGD) encompasses a series of techniques that are used to diagnose and rule out genetic abnormalities in embryos and egg cells even before their use and reintroduction into the body, i.e. before implantation. This is a method enabling the genetic examination of one or two cells taken from a developing embryo, in order to detect genetic abnormalities in the future fetus. Only embryos free of genetic disorders can be selected for transfer to the uterus. This examination is exclusively intended for specifically determined indications after a preliminary genetic test on the infertile couple. We offer the complete spectrum of preimplantation exams, from aneuploidy and translocation and those involving other structural chromosomal deviations, on to the so-called monogenic hereditary diseases. At the REPROMEDA sanatorium, our method is practiced by a qualified staff and with modern facilities at our disposal, so as not to lower the growth potential of the embryos in any way. The ISO 9001 certificate of quality attests to the level and competency of the expert personnel and modern instrumentation at the REPROMEDA sanatorium, and the results obtained from our treatments in the PGD program. About twenty percent of all the couples who come to our center now use the PGD method.



## SANATORIUM REPROMEDA

Centre for Reproductive Medicine and Preimplantation Diagnosis



**WE ARE YOUR COMPANION ON THE  
ROAD TO A COMPLETE FAMILY**

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## Centrum asistované reprodukce Sanus, Hradec Králové

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(Moody International Certification – 28. 7. 2005/n. 24406)

**CHIEF DOCTOR**  
MUDr. Jiří Štěpán, CSc.

### THE SCOPE OF SERVICES OFFERED

- Complex diagnosis and treatment of female and male infertility
- Genetic counselling
- Intrauterine insemination (IUI)
- In Vitro Fertilization (IVF)
- Intracytoplasmic sperm injection (ICSI)
- Extended culture with elective single embryo transfer
- Assisted embryo hatching (AH)
- Gamete and embryo cryopreservation
- Surgical sperm retrieval (MESA, TESE)
- Egg, sperm and embryo donation
- Treatment of ART complications
- Care of ART pregnancies

**LANGUAGES FOR COMMUNICATION**  
English, German



## IVF Center of Institute for the care of Mother and Child

Podolské nábřeží 157, 147 00 Prague 4, Czech Republic  
Phone: +420 296 511 857  
Fax: +420 296 511 296  
E-mail: [jitka.rezacova@seznam.cz](mailto:jitka.rezacova@seznam.cz)  
[www.upmd.cz](http://www.upmd.cz)

**INTERNATIONAL QUALITY  
CERTIFICATE OR OTHER  
REFERENCE:**

**CHIEF DOCTOR**  
Jitka Rezacova, MD

### THE SCOPE OF SERVICES OFFERED

The advantage of the IVF Centre is that it is a part of the UPMD and therefore it offers not only infertility treatment but also subsequent complete care after successful impregnation of the woman, including her childbirth and post-natal care.

**LANGUAGES FOR COMMUNICATION**  
English, French, Russian



## Centrum asistované reprodukce Sanus

Vrchlického 59, 586 33 Jihlava  
Tel.: +420 567157401  
E-mail: [ivfjihlava@seznam.cz](mailto:ivfjihlava@seznam.cz)  
[www.ivf-jihlava.cz](http://www.ivf-jihlava.cz)

**INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE**  
ISO 9001:2000  
(firm Moody international certification – 28. 7. 2005 / n. 24406)

**CHIEF DOCTOR**  
MUDr. Michal Skurla

**LANGUAGES FOR COMMUNICATION**  
English, German



### ASSISTED REPRODUCTION CENTRE SANUS JIHLAVA

The Assisted Reproduction Centre Sanus Jihlava is a fully independent health-care facility established in 2005 and which has been working under the technical supervision of the health-care facility in the town of Hradec Králové. All diagnostic and therapeutic procedures with patients suffering from fertility disorders are carried out by an experienced personnel here. This workplace has been equipped with a state-of-the-art technical facility that is available in this field of medicine at the present time. The comprehensiveness of this facility that co-operates with the gynaecologic-obstetric department and according to need realises needed examination and curative methods, is a great advantage. The health care provided in this facility is reimbursed by an insurance company and the patient only reimburses the performances which the insurance company does not pay.



## Sanatorium ART

**CENTER OF ASSISTED REPRODUCTION**

Mánesova 24/3, 370 01 České Budějovice  
Tel.: +420 386 358 295  
Fax: +420 386 358 296  
E-mail: [sanatoriumart@sanatoriumart.cz](mailto:sanatoriumart@sanatoriumart.cz)  
[www.sanatoriumart.cz](http://www.sanatoriumart.cz)

**INTERNATIONAL QUALITY CERTIFICATE  
OR OTHER REFERENCE**  
ISO 9001 : 2000

**CHIEF DOCTOR**  
Vladimír Špička, MD

### THE SCOPE OF SERVICES OFFERED

**SANATORIUM ART IS THE ONLY ESTABLISHMENT IN THE SOUTH BOHEMIAN REGION USING THE METHOD OF EXTRA-BODY IMPREGNATION.**

Intra Uterine Insemination (IUI), In Vitro Fertilization (IVF), Intracytoplasmic Sperm Injection (ICSI), Surgical Sperm Retrieval (MESA, TESE, TESE), Assisted Zonal Hatching (AZH), Cryopreservation of sperm and embryos, Sperm Donation, Egg Donation, Embryo Donation, Pre-implantation diagnostic (PGD), Genetic counselling and chromosomal evaluation, Transvaginal Hydrolaparoscopy

**LANGUAGES FOR COMMUNICATION**  
English, German







# Pro Gyn Ltd.



MUDr. Jana Šklíbová

**T**he company Pro Gyn, Ltd. was founded in 1996 with the aim to provide for female patients of all age-groups a non-stop gynecological and birth care on top level.

We strongly emphasize an individual approach, a careful symptom analysis of individual patients, detailed examination and curing using

most modern knowledge in the field of clinical medicine. We attach fundamental importance to a complex preventive health care and to a timely diagnosis of cancer diseases of female organs.

Care on top level is guaranteed through the professional erudition of the medical team members, their clinical experience and the top pieces of equipment of the out-patience department.



Absolute discretion is taken for granted. Only the doctor in attendance has access to all information of the patient.

PRO GYN, Ltd. grants clients of all health insurances above-standard services and non-insured clients health care service.

## The service includes:

- 2x annual complex gynecological examination inclusive oncological and bacteriological examination, ultrasound diagnostics and blood laboratory tests
- Prolonged surgery time daily from 8 a. m. to 8 p. m., shortened appointment time enabling emergency treatment of patients in the afternoon and evening by a doctor of your choice or his locum.
- Non-stop, 24 hours consulting service on cellular phone 603 463 920
- Flexible consulting internet service at email address: [ambulance@progyn.cz](mailto:ambulance@progyn.cz)

- SMS sending of examination results
- Electronic appointment making of clients for planned preventive examinations
- Individual super standard services by a doctor of your choice in an ambulant and hospital sphere on the basis of individual contracts/service fees 500,- CZK at each visit or annual inclusive pay 3000,- CZK, as it is called Golden card
- Surgeries and births are guaranteed by contract and paid according to price list



## Types of care:

- Preventive health care paid by Health Insurance Company
- Preventive health care paid by Health Insurance Company + extended service (service fee 500,- CZK, 1x during 6–12 months with complex examination)

### CONTACT

PRO GYN s. r. o.  
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e-mail: [sklibova@progyn.cz](mailto:sklibova@progyn.cz)  
[www.progyn.cz](http://www.progyn.cz)





## “Health Care For You And Your Loved Ones”

The international medical centre OG Group was originally founded as a woman's clinic by Obstetrician-Gynaecologist Elena Figurová, M. D. Step by step the centre expanded to its current shape: a modern clinic providing medical care in several specialisations – obstetrics and gynaecology, physiotherapy, internal medicine, neurology, dermatology and others.



The centre was carefully designed to provide a comfortable and friendly environment for all categories of patients. All medical professionals working at the centre are multilingual top specialists with comprehensive abroad experience and skills. The centre uses the most modern equipment available and regularly introduces the newest technologies to everyday life. Communication and data exchange with caregivers in Europe and overseas are our daily routine as well as contacts with major insurance companies (direct billing system).

In the area of **GYNÆCOLOGY** we offer full range of care including annual check-ups, treatment of gynaecological diseases, HPV vaccination, infertility counselling, contraception, menopausal disorders, minor and major gynaecological surgeries, low/high-risk prenatal care including prenatal diagnostics, natural/operative childbirth assistance.

The Department of **PHYSIOTHERAPY** and **REHABILITATION**

**MEDICINE** consists of a team of specialists who provide an extensive range of treatments such as manual therapy, physical therapy, hydrotherapy (Dermalife Spa-Jet with its breakthrough concept of Hydrofusion), medical exercises, podology and lymphology (including unique revolutionary patented LPG method).

**ACUPUNCTURE** is based on assumption the health is nothing less than an energetic and vegetative balance, whereas illness is not a singular disorder, but a disturbance of this balance. In its cognitive methodology, it takes a systematic approach, looking at the human being as a whole, influenced







by environment. Acupuncture is one of the most effective methods of targeted reflexive treatment.

**PODOLOGY** deals with the prevention and treatment of anatomic and functional disorders of the feet in regards to the whole locomotion apparatus. The physiotherapist performs comprehensive kinesiological examination, analysis of posture, walking, running and special diagnostic methods – plantoscopy and plantography. Depending on finding, our specialist will adjust for you **FORMTHOTICS** – thermoplastic insoles (a revolutionary type of tailor-made insoles, made from a cast of your foot, which perfectly harmonize with the function of the human foot).

Our G. P. and **INTERNAL MEDICINE** specialists are focused on the prevention and treatment of lifestyle diseases like high blood pressure, ischemic heart disease, diabetes, high cholesterol, atherosclerosis, overweight and obesity, osteoporosis, etc. All the necessary equipment for the diagnosis and treatment of these diseases is available, for example electrocardiograph, Holter portable monitor of blood pressure, and testing kits for immediate determination of certain blood variables.

Our **PAEDIATRICIAN** offers complete care for children from birth to the age of 15. Our paediatrician closely cooperates with our obstetricians in terms of detail information regarding the course of pregnancy and birth because information continuity we feel as very important.

Our paediatrician performs preventative check-ups, cures common children's diseases, gives regular vaccinations and provides feeding and development counseling. She visits her little patients at home,



if needed, and also provides assistance to parents during the hospital stays of their children.

**DERMATOLOGIST** at our clinic offers dermatological care for both - adults and children. The broad range of our services includes diagnostics and treatment of diseases of skin and hair, and melanoma active searching program.

**CORRECTIVE - AESTHETIC DERMATOLOGY** includes **DREAM A PEEL** (Diamante Micro-Dermabrasion), Chemical peel, Botox injections, IPL treatment (Photo Rejuvenation), Dermal fillers with the most modern materials, pain-free laser hair removal, non-invasive ultrasound liposuction, and mechano-therapeutical non-invasive face-lift of the face supplemented by the application of top-quality dermatological preparations.

**ENDERMOLOGY** is a unique method of skin treatment based on facilitating the natural skin lymphatic drainage. It is used for non-invasive body shaping, improving overall skin fitness, reducing the appearance of cellulite and wrinkles. Proper lymphatic drainage improves general health status and wellness feeling.

Our **NEUROLOGIST** provides complete neurological examination; if further tests like electroencephalography, CT or MRI are needed, they can be scheduled at university hospitals.

Our doctor specialised in **CHINESE MEDICINE** is able to help you with stress management and problems with self-awareness, to cope with new environments and with being far away from family and friends. She treats successfully the burn-out syndrome...



OG Group Medical Centre is a private medical centre designed especially for clients who are busy, yet value their health and want a high level of care that corresponds to the latest medical trends and procedures. At OG Group Medical Centre, openness and flexibility are our categorical imperative because our clients value high-quality service and want the best medical care available.

The centre is located in Vodičkova Street near Wenceslas square. Parking facilities are available at the Radisson hotel garage in Štěpánská Street.

**We assure our services to:**  
**Be of the highest professional standards,**  
**Use only the most modern medical equipment and methods,**  
**Systematically increase in quality,**  
**Create a cooperative relationship between the doctor and the client**  
**Based on trust, mutual understanding and long-term commitment.**

**www.oggroup.cz**  
**Tel: +420 224 220 037**  
**info@oggroup.cz**

**ogg**group  
 medical  
 centre



# Reproductive aging and fertility

T. Mardesic, Sanatorium Pronatal, Prague



In Europe (Czech republic is no exception) the trend of postponing the pregnancy and birth until higher reproductive age is clearly visible (Fig. 1). While from socio-economic point of view this trend may bring some advantages, from medical point of view there are many risks. The woman's age is the strongest single parameter influencing not only the natural fertility potential of the couple but also the chance for successful treatment of infertility. Woman's fertility starts to decline in early thirties, after 35 this decline is much faster and conceptions after 40 are rare (Fig. 2). On top of that with increasing woman's age there is a growing risk of delivery of a baby with some chromosomal abnormality – especially trisomy 21 (*Down's syndrome* – Fig. 3) and in women over 40 one half of conceptions ends-up with abortion (Fig. 4).

There is a common reason – with increasing woman's age the majority of her egg cells became genetically abnormal (aneuploid). While most of the aneuploidies are lethal (non-viable), babies with aneuploidies of chromosomes 13, 18, 21, X and Y can be born representing well known pathological conditions and syndromes. More than 50 % of all human pregnancy losses during first trimester have genetic background, chromosomes 15, 16 and 22 being the most frequently involved ones. The clear proof comes from egg donation programme – if donated eggs from young donors are used, the age of the recipient does not influence the treatment results anymore (Fig. 5).

Biological and reproductive age can be significantly different. The levels of FSH (Follicle Stimulating Hormone) reflect the remaining fertility potential of the ovaries. Increasing FSH levels are a sign of diminished ovarian reserve and declining number of remaining oocytes. The reason for this is a nature of woman's fertility – the number of eggs at birth is final and during her reproductive life is only decreasing until the menopause.

In cases at risk preimplantation genetic diagnosis (PGD) of embryos can help to identify "healthy" embryos for transfer – this technique not only increases the chances for successful treatment but also practically eliminates the risk of conception of genetically handicapped offspring.

In cases of ovarian failure egg donation represents the only option to achieve a viable pregnancy.

There is a strong recommendation for women to create their families until the age of 35, in the age group 35–39 many women may face a serious problems to get pregnant and after the age of 40 the reproductive risks are extremely high.

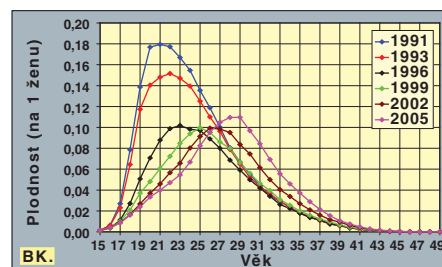


Fig. 1: Births and age structure of mothers (Czech republic 1991–2005)

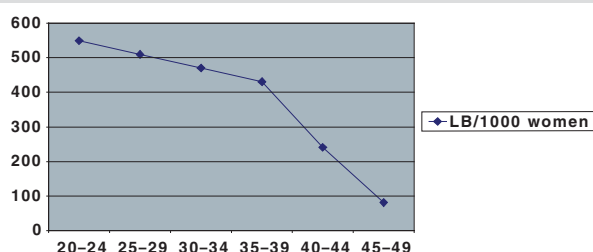


Fig. 2: Fertility rates in natural population (Hutterites, USA, 20th century)

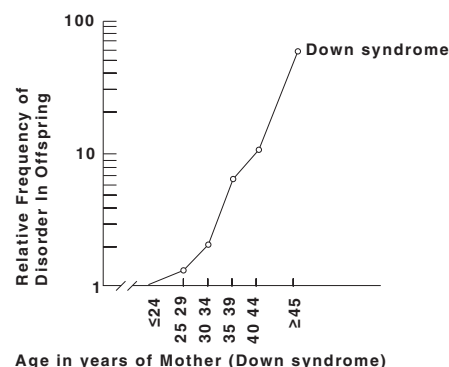


Fig. 3: The risk of conceiving a baby with Down's syndrome according to the age

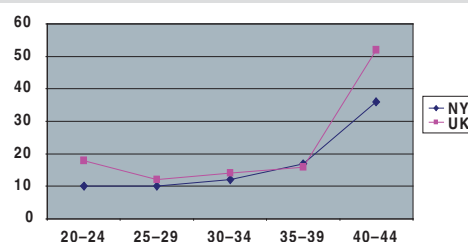


Fig. 4: The risk of abortion according to the age

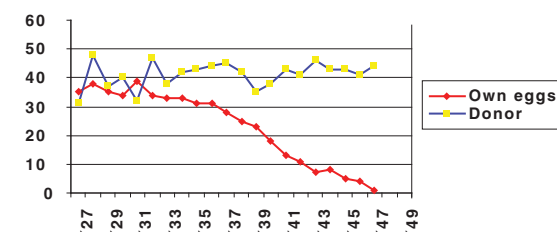


Fig. 5: Live births per transfer for fresh embryos from own and donor eggs



# SANATORIUM PRONATAL

*Medical director: Ass. Prof. Tonko Mardesic PhD.*



The only czech IVF center certified according to EN ISO 9001 (InterCert Nürnberg) and accredited according to EN ISO 17025 (DAP Berlin).

An integral part of the clinic is accredited (EN ISO 17025) biochemical laboratory and complex of genetic laboratories (cytogenetics, molecular genetics, preimplantation genetics)

*Sanatorium Pronatal offers to infertile couples the complete diagnostic and therapeutic service:*

- **COMPLETE DIAGNOSIS AND THERAPY OF INFERTILITY INCLUDING DIAGNOSTIC AND OPERATIVE ENDOSCOPY (INCLUDING TRANSVAGINAL HYDROLAPAROSCOPY) AND FERTILITY PROMOTING SURGERY**
- **DIAGNOSIS AND TREATMENT OF HORMONAL DISORDERS (ANOVULATION)**
- **OVULATION INDUCTION AND INTRAUTERINE INSEMINATION (IUI) INCLUDING THE USE OF DONOR SPERM FROM OWN DONOR SPERM-BANK**
- **IVF AND ALL RELATED TECHNIQUES (ICSI, BLASTOCYST TRANSFER, ASSISTED HATCHING)**
- **FREEZING OF SPERM, EGGS, EMBRYOS AND TESTICULAR AND OVARIAN TISSUE**
- **EGG DONATION, EMBRYO DONATION**
- **MICROSURGICAL SPERM RETRIEVAL IN CASES OF AZOOSPERMIA (MESA, TESE)**
- **GENETIC COUNSELLING**
- **REPRODUCTIVE GENETICS (CYTOGENETICS, MOLECULAR GENETICS, PREIMPLANTATION GENETIC DIAGNOSIS – PGD AND SCREENING – PGS)**
- **REPRODUCTIVE IMMUNOLOGY**
- **PRENATAL SCREENING AND DIAGNOSIS (INTEGRATED FIRST TRIMESTER SCREENING, CVS, AMNIOCENTESIS, CORDOCENTESIS)**
- **PHARMACY**
- **HOTEL ACCOMODATION WITH PICK-UP SERVICE FOR PATIENTS COMING FROM ABROAD**

**Languages spoken:** czech, english, german, serbo-croatian, russian



**Sanatorium Pronatal**  
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### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

Certificate of Quality Management ISO EN  
 9001:2000, reg. n. 1810712  
 Membership in the ESHRE PGD Consortium (Euro-  
 pean Society of Human Reproduction and Fertility)

### CHIEF DOCTOR

MUDr. Jan Veselý, CSc.

### THE SCOPE OF SERVICES OFFERED

- Complex diagnosis and treatment of female and male infertility
- Intrauterine Insemination (IUI)
- In Vitro Fertilization (IVF, ICSI)
- Preimplantation Genetic Diagnosis (PGD)
- Embryo, Oocytes, Sperm Cryopreservation
- Surgical Sperm Retrieval (MESA, TESA, TESE)
- Ovum donation
- Sperm donation
- Treatment of Paraplegic and Quadru-  
plegic Patients Infertility

### LANGUAGES

#### FOR COMMUNICATION

English, German, French, Russian



## Sanatorium Pronatal

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 www.pronatal.cz

### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

ISO 9001 (certified by LGA InterCert Nürnberg)  
 ISO 17025 (accredited by DAP Berlin)

### CHIEF DOCTOR

Ass. Prof. Tonko Mardesic PhD.

### THE SCOPE OF SERVICES OFFERED

complex diagnosis and treatment of infertility including endoscopy and fertility  
 promoting surgery  
 hormonal disturbances diagnosis and therapy (in-house ISO accredited  
 hormonal laboratory)  
 ovulation induction and intrauterine insemination including donor sperm (AIH,  
 AID)  
 in vitro fertilization including:  
 ICSI, blastocyst culture and transfer, assisted hatching  
 freezing of sperm, oocytes and embryos  
 egg donation programme, embryo donation, sperm donation  
 microsurgical epididymal sperm aspiration (MESA) and microsurgical testicu-  
 lar sperm extraction (TESE)  
 genetic counselling  
 reproductive genetics: cytogenetics, molecular genetics, preimplantation  
 genetic diagnosis and screening  
 immunology of reproduction  
 in-house pharmacy  
 pick-up service and hotel accommodation for patients

### LANGUAGE FOR COMMUNICATION

English, German, Croatian, Russian



## Gyncentrum Ostrava

– Clinic for treatment of infertility

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 E-mail: gyncentrum@gyncentrum.com  
 www: www.gyncentrum.com

### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

ISO DIN EN CSN 9001 : 2000

### CHIEF DOCTOR

Pavel Čermák, M. D., Ph. D.



### THE SCOPE OF SERVICES OFFERED

Diagnosis of infertile couples  
 – genetic, hormonal, biochemical  
 IUI – intrauterine insemination  
 Assisted reproduction techniques – IVF and ET  
 Micromanipulation techniques:  
 ICSI – intracytoplasmic sperm injections  
 IMSI – intracytoplasmic morphological selected sperm injections  
 AH – assisted hatching by laser  
 Cryokonservation of gametes  
 Donors programme /sperm, oocytes, embryos/  
 PGD – preimplantation genetic diagnosis  
 MESA – microchirurgical sperm aspiration  
 TESA/TESE – testicular sperm  
 aspiration/extraction  
 Prenatal diagnostics  
 /amniocentesis, cordocentesis/

### LANGUAGES FOR COMMUNICATION

English, German, Polish, Russian, Slovak



## The Center of Assisted Reproduction

Department of Gynecology and Obstetrics  
 Faculty Hospital and Masaryk University of Brno

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 Fax: +420 541 213 225  
 E-mail: info@ivfbrno.cz  
 www.ivfbrno.cz

### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

ISO 9001:2000  
 Certificate of Accreditation E. B. C. O. G.  
 (The European Board and College)

### CHIEF DOCTOR

Prof. Pavel Ventruba, M. D., DrSc.

### THE SCOPE OF SERVICES OFFERED

- Complex infertility diagnostics and treatment
- Assisted reproduction techniques – IUI, IVF, ICSI
- Preimplantation Genetic Diagnosis (PGD)
- Cryopreservation of gametes, embryos and germi-  
nal tissue
- Surgical sperm retrieval - MESA, TESE
- Donation of gametes and embryos
- Treatment of complications of ART
- Care of pregnancies resulting from ART
- Development and introduction of new methods  
and techniques of ART

### LANGUAGES FOR COMMUNICATION

English, German





# Problem of male infertility and its treatment

## Gyncentrum Ostrava

Clinic for treatment of infertile couples

Master MUDr. Pavel Čermák, Ph.D

sive rise in relative rate as well as in absolute portion. This condition is related to rise in civilization and its side effects. Male fertility can be influenced by nutrition and all environmental factors affecting an individual as well as whole regions with their impact on environment, especially in industrial regions, where inhalation of pollutants and their aggressiveness considering amount and character increases.

Smoking cigarettes, the organism is also supplied with pollutants that influence the most sensitive part of the organism – germinal tissue – in a negative way and thereby also more male sperms, the number of which falls and their activity evidently decreases. If we want to contribute to improvement of androgenic potential, we have to file, distinguish and recognize causes of changes that have been proved thanks to comprehensiveness and actual possibilities of using all the available laboratory methods.

It is necessary to mention that a sufficient attention has not been paid to pieces of knowledge in term of environmental science in any study till now, mainly to impact of environment pollution on health of the population. The study of our clinic processed in 2000–2005 has just confirmed the above mentioned conclusions.

To decrease problems connected with the infertility, it is also necessary to look for a way to remove chronic stress (as another factor influencing the male fertility) caused by free oxygen radicals. This can be reached by adding protective antioxidant substances into organism.

Hormonal dysbalance, varicocele, cryptorchism, sexually infectious diseases, dysimmunities, genetic diseases and chromosomal abnormalities are the most frequent causes of male infertility. Of total diseases, we can mention diabetes mellitus, hypertension disease or thyroid gland disorder. Some diseases can be cured in a conservative way by means of suitable preparates but most of them must be treated using the micromanipulation techniques that are now performed by default at all the centres dealing with the problem of infertility.

Introducing classic methods of in vitro fertilization and embryotransfer (IVF and ET) and related mikromanipulation techniques – intracytoplasmic sperms (ICSI) and microsurgery techniques of sperms exhaustion from spermatozoa, testicle as well as spermatic cord, we are able to treat the male factor of infertility in a large majority of cases. With development of pre-implantation embryo diagnostics and new examination methods in genetics – deletion analysis of Y-chromosome (PCR analysis for presence of microdeletions) and mutation analysis of a gene for cystic fibrosis (CFTR) under presumption of normal karyotype (XX, XY) – shift our knowledge much further and enable us to take advantage of outcomes of these examination for precautionary measures. Better foreknowledge of partners is also immediately related to that regarding their descendants. Genetic examination occupies highly specialized independent evaluation at our centre within the anamnesticly observed data. Simultaneously with clinical examinations – gynaecological, andrological, internal – also hormone, immunological and biochemical examinations are performed. Nevertheless the cause of male infertility is revealed in only about 10 % of cases, where we are able to treat the basic cause successfully. In remaining cases, we are dependent on treating only the consequences.

At present, a growth in number of sterile couples who search out medical aid can be observed. Causes of the infertility shifted detrimental of male factor that has already been participant with 55 % in the infertility at the present time. This percentage has been increasing all the time worldwide, whereas the female factor has not reached important changes for the same period of time.

**T**he question of infertility of wedded couples becomes a topical problem of today. Approximately 15 % of wedded couples are infertile and each fifth marriage has difficulties with fertility worldwide. The male factor, the share in causes of infertility keeps increasing and gains ground in interest of doctors dealing with curing the infertile couples. In the course of two generations, number of sperms in the ejaculate decreased by 40 %, which was verified by the Italian study from 1993 as well as by the Edinburgh study in 1994. An annual decrease in number of sperms in the ejaculate by two percent was calculated, which represents a really significant decrease nowadays.

Independent of each other, two eminent centres dealing with male infertility also verified this deteriorating tendency with men: at the Paris centre number of sperms with healthy male population has been dropped by half for the last 20 years and the Belgium centre has found out that the lower limit of normal spermograms with men has decreased to 20 million in 1 ml of ejaculate for the last 10 years.

Rise in number of cases in which values of sperms drop under 20 million per 1 ml is expected as early as after 2010 when culmination of population on the Earth and then also maximum environment pollution occurs. According to predictions, provisions of food and raw materials should collapse and this fact will have secondary influence on quality of life and also on successive decrease in sperm concentration in the ejaculate. A negative role of estrogens in food is probable as well. These phytoestrogens are included also in the artificial feeding of suckling babies and trench upon hormonal balance and cells of male gametes.

Although it has been proved that the female share in infertility of wedded couples did not reach any important changes in the same period of time, the share of male factor was increasing for its deci-





**Plastic Surgery | Urology | Gynecology | Assisted reproduction centre**



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# Assisted Reproduction in the therapy of infertility of women with endometriosis

**E**ndometriosis is a benign disease, which is defined by the presence of a functional endometrial tissue and stroma outside of the uterine cavity. Its incidence is 5–15% in women of the reproductive age and in 15–40% of infertile women. What effect does endometriosis have on the aggravated fertile woman? It can cause a defect in the gathering of an oocyte and in the lutenization of an unruptured follicle (LUF). It may increase the phagocytosis of sperm, decrease the fertilization of the oocyte, and cause an inhibition of tubular transport and malfunction in early implantation of the embryo. What are the present possibilities of therapy and which are successful? The way infertile women can treat endometriosis is hormonal, surgical, assisted reproduction or a combination of the above mentioned. The aim of hormonal therapy is to cut off for a period of a few months the proliferation of the endometrium, attain its atrophy and then destroy the endometrial layer. The disadvantage is the duration of care (6–12 months) and often-unsatisfactory results for infertility. By laparoscopic conservative surgery the visible layers of endometriosis are removed and lyses of adhesions is performed. This method is particularly

recommended for minimal or mild forms of endometriosis. Success is 7–10% of accomplished pregnancies in one month. Hormonal stimulation before in vitro fertilization and embryo transfer (IVF-ET) yields a higher number of mature oocytes. Introduction of the embryo directly into the uterine cavity prevents its transport through the damaged endometrial fallopian tube. Success is between 20–30% of achieved pregnancies on one stimulation cycle by embryo transfer. The most successful treatment of infertility with endometriosis is by assisted reproduction, which can be individually combined with the above-mentioned methods of therapy. (For example after laparoscopic electro coagulation of endometrial layers in the lesser pelvis stimulation of ovulation is initiated with the help of FSH. Puncture of the oocyte and embryo transfer follows. Or after some months of administration of GnRH analog to induce a temporary hypo estrogenic state the hormonal stimulation FSH is connected and IVF-ET is performed after so-called ultra long term stimulation protocol.)



**IVF Center of Institute  
for the care of Mother  
and Child**

Assisted reproduction does not cure defects of early implantation and doesn't lower higher-risk spontaneous abortion by endometriosis. In accordance with the present trend of transferring two embryos into the uterine cavity, IVF-ET increases the risks of multiple pregnancies.

## Jakou pomoc zvolit v klimakteriu?

Jestliže jste ženou, kterou trápí klimakterické potíže, máte několik možností jak se s těmito potížemi (návaly horka, návaly potu, deprese, závratě, poruchy koncentrace, podrážděnost aj.) vypořádat. Důležitá je správná životospráva. Měla by jste věnovat svůj čas pohybu, nejlépe „na čerstvém vzduchu“, mít každodenně dostatek spánku, zdravou stravu a dostatek tekutin (nejlépe čisté vody). Důležité, samozřejmě nejen v klimakteriu, je nepřetěžovat organismus nadměrným stresem. Možná si řeknete a co dál? Věda nám s tím nepomůže? Samozřejmě že pomůže, ale je třeba být rozumná a dobře informovaná. Lékařská věda Vám nabídne většinou dvě možnosti. První možností je hormonální substituční terapie (HST) a druhou jsou různé nehormonální preparáty s přírodními složkami (extrakty z červeného jetele, sóji, plodíčníku, anděliky, včelí produkty aj.).

**U hormonální terapie jsou jistá omezení, která je třeba mít na zřeteli. Hormonální terapii nemůže podstoupit každá žena, protože jsou u ní některé kontraindikace, které je třeba zvažovat. O kontraindikacích HST by Vás měl informovat váš gynekolog.**

Možná právě proto, jsou populární také nehormonální preparáty. Tyto preparáty seženete běžně v lékárnách. Jenomže pokud se v nabídce neorientujete, bude pro Vás výběr správného preparátu obtížný, jelikož nabídka je pestrá. Podle čeho tedy vybírat? Samozřejmě podle složení jednotlivých preparátů a jejich ceny. Ne vždy získáte za své finance adekvátní protihodnotu. Který preparát tedy zvolit? Poradte se například se svou kamarádkou, která jich možná již vyzkoušela více a může proto hodnotit, nebo Vám poradí i přímo v lékárně. Chcete-li poradit, použijte preparát se včelími produkty. A proč právě se včelími produkty?

Protože včelí mateří kašička v kombinaci s květním a fermentovaným pylem obsahuje: **(vitaminy A, B1 až B6, B12, C, niacin, enzymy, 18 různých aminokyselin, minerální látky, stopové prvky – Ca, K, Mg, Cu, P, Fe, Mn, Zn, Co, S a Si).** Pyl také dále obsahuje mastné kyseliny. Látky obsažené v těchto včelích produktech příznivě působí mimo jiné při depresích, obnovují duševní rovnováhu, udržují vysokou obranyschopnost imunitního systému a vyvolávají pocit spokojenosti a chuť k životu.

V lékárnách je preparátů se včelími produkty několik. Mezi nejznámější doplňky stravy patří Sarapis (včelí mateří kašička, květní a fermentovaný pyl, koenzym Q10, beta karoten, vitaminy C a E, železo, selen aj.), nebo Sarapis Soja (včelí mateří kašička, květní a fermentovaný pyl, extrakt ze sóji, extrakt z červeného jetele, vitamin C, železo aj.). Pokud máte na tyto včelí produkty alergii, můžete zvolit například preparát Isoflavone či Rotklée Plus Soja, které včelí produkty neobsahují.



**Takže se nenechte zmalomyslnět potížemi, které Vás možná právě trápí, vždyť je tu šance.**

Preparáty nemají vedlejší nepříznivé účinky a lze je užívat také současně s léky. Opatrnosti by ovšem měly dbát osoby alergické na včelí produkty. Sarapis a Sarapis Soja jsou registrovány jako tzv. doplňky stravy a jsou volně k dostání v lékárnách. Podrobnější informace a kontakty na gynekology, kteří mají s touto problematikou dlouhodobé zkušenosti, získáte bezplatně na zelené telefonické lince 800 100 140. Volat můžete Po až Čt od 9 do 16 hod. a Pá od 9 do 12 hod.

**Své dotazy můžete také diskrétně zasílat na e-mail: [poradna@vegall.cz](mailto:poradna@vegall.cz)  
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# AYURMEDIC CEYLON

## *Harmonize your life!*



Jana Mohoritová

Ayurveda is one of the oldest curing systems in the world. It is the science about long harmonious and healthy life. This science deals with illnesses, their treatment and prevention.

Ayurveda is holistic science which considers human being as a unity of body, mind and soul. It does not concentrate on suppressing the symptoms of illness but searches and treats the cause of it's appearance.

Each human being is born with individual combination of physical, mental and emotional characteristics. During our life this constitution – our balance is being disturbed by the number of several factors. When we lose the balance we start to be sick and ill.

The main target of Ayurveda is the way of life fully respecting our individual constitution and laws of nature. To reach this harmonious balance Ayurveda uses exclusively natural means: adjusting meals, changing your lifestyle, herbal preparations, breath exercise, massages and detoxical procedures. The World Health Organization officially declared Ayurveda as effective treatment system in 1982.

Ayurvedic centre of relaxation and regeneration was opened five years ago in Prague at Vinohrady. The aim of this centre is to provide real complex ayurvedic procedures. Namely whole body massages, inhalations, herbal steam bath, thermo massages, regeneration and rejuvenation procedures, massages in pregnancy etc.

For those who wish to find solution of their health problems by natural way there is the possibility of consultation and diagnosis



with MUDr. David Frej – top ayurvedic specialist in Czech Republic. More over the client can buy in the centre various kinds of ayurvedic herbal preparations, tea, cosmetics as well as the books.

The premises of Ayurvedic Ceylon are harmonically tuned according to Feng Shui and ancient Indian knowledge of Vastu Shashtra. All the preparations used for the procedures are strictly and exclusively natural – herbal and they are being applied by original therapists from Sri Lanka along with properly trained Czech masseurs.

Why is just an ayurvedic massage one of the best ways how to relax?

As the whole Ayurveda regards human as a complex, also ayurvedic massage is a complex way how to relax the all organism, it is a technique known already for few thousand years. The aim of ayurvedic massage is harmonization of body, soul and mind

- **Head massage** – supports the blood circulation in the skin of head and in the brain, activates very important energy centres on head, not least stimulates growing of the hair, calms the mind.
- **Face massage** – stimulates the mimic muscles, removes stress from the face, together with warm natural oil reduces soft wrinkles and slows the ageing process, lights up the skin.
- **Body massage** – develops up muscles, increases elasticity of body, has a beneficial effect on cellulite
- **Massage globally** – balances the blood pressure, helps to wash away noxious agents from the body, increases immunity of organism, releases blocked energy tracks in body, removes mental tiredness and stress. With regular repeating of ayurvedic procedures is their effect much stronger.

*Harmonize your life!*

*Ayurveda offers you the hand, will you give her a chance!*

#### CONTACT

AYURMEDIC CEYLON, s. r. o.  
Na Safrance 17  
Praha 10 – Vinohrady  
tel.: 271 742 186  
ayurmedic@ayurmedic.cz  
www.ayurmedic.cz



# A Complex Rehabilitation



## – a Chance for Modern Women

A hectic lifestyle and strong pressure coming from working worries and necessity to take care of household chores mean for a common woman a high risk of rise and clinic signs of the most usual diseases like ischemic heart disease, high blood pressure, or diabetes (especially of the second type). The first symptoms are headache and movement apparatus pains located mostly in the cervical and lumbar spine. Working and household stress influences psyche of a contemporary woman which increases danger of appearance later mentioned troubles and diseases. Also putting on weight connected with high caloric food, increased level of sugars (which comes to glycaemia) and saturated fat combined with minimal movement activity are other factors leading to a higher risk of these diseases.

From our clinical practice we have got a lot of experience with hundreds of women at the age from 40–50 who come with a developed stadium of the disease (so called “vicious circle” of the disease) when the general status presents for a woman a limitation in common activities, consequently decreases quality of life and complicates working activities and family life. This situation often leads to long-time disablement, family crises, or job loss, especially concerning manager positions or specialized professions.



We see the solution of this problem in early diagnostics of the general condition starting with the first troubles. It is necessary to decrease the danger of the disease rise via checking of the weight, reduction of the overweight, examination of the movement apparatus condition and immediate solution of so called muscle disbalance (weakness of muscle groups supporting stabilization of spine, in deep spinal muscles, in the area of abdomen and pelvis bottom and overexertion of the muscles on the surface of the body) which are mostly the purpose for back pains, disc prolapse, rise of arthritic changes to the appearance of osteophytes which irritate nerves coming from the spine. The other result is breathlessness connected with overweight and decrease and dysfunction of respiratory muscles (diaphragma and the other breathing chest muscles) and rise of chest in inspiratory position.

This breathlessness limits the individual in doing physical activity, it leads to the lack of physical activity, low expenditure of energy and overweight increase.

Within our centre we examine the individuals in complex form with clear diagnostics of the purposes for the troubles, with clear diagnostics of the danger of further developments of diseases and determination of the schedule leading to elimination of this danger. Each patient or person who comes to go through preventive examination is examined in complex and receives the plan of treating which is explained in detail. For movement apparatus examination we use the methodology coming from up-to-date studies of rehabilitation clinical facilities including Ass.prof. Pavel Kolář clinic whose rehabilitation process we use.

### **Influence of danger and concrete movement apparatus diseases**

In spite of the progress in examination methods there is not possible in a high percentage of the patient with back pains to give a definite diagnosis. Besides morphological report (including screening methods like CT, or magnetic resonance) and neurological report it is function disorder which must be considered during diagnostics. One of the most important examined factors which we want

to influence in therapy is deep stabilization system of spine. It represents muscle harmony which supports stabilization, or consolidation of the spine during all our movements.

### **Harmony of muscles and joints**

In the optimal condition, every muscle participates in movement to support fluent movement, even load of articular capsules and good coordination of all activities done by a man. Because of the lack of movement and during unilateral load (for example the longtime sitting) we use some muscular groups more than others. This overexertion coming from the changing muscle tonus and changing tonus of soft tissues (ligaments, tendons, skin, subcutis and muscle cover – fascias) tends to the rise of muscle disbalance. Harmony between the muscles and their fluent participation is broken.

Some muscles, as a result of often usage, increase their tonus, or they shorten. If you touch them they are like “strings” of a different size, they are often painful and during stretching you can feel the painful draw.

The other muscle groups have got the opposite tendency and because of insufficient usage they weaken. If you touch them they are soft and feeble.

This muscle disbalance tends to wrong influence onto joints. These stay in an incorrect position which leads to their blockades a painful feelings. Uneven load of articulations could bring on degenerative abrasion of joints – arthrosis, concerning most articulations and a spine, as well.

### **Muscles which support the erect position**

The muscles which are responsible for a correct body position weaken as a result of uneven, or unsuitable position, at the old age, during diseases of inner organs, general tiredness and

Some of the important muscles which have got tendency to grow feeble are small muscles between vertebrae. They keep vertebrae in a correct position and give them only limited space for movement. If they do not work properly, there is stronger chance for higher range of movements of vertebrae which increase the load of ligaments and spinal discs and consequently there is a risk of their damage.





The other muscles important for correct position of the body are abdominal muscles. Together with diaphragma and muscles of pelvis they support consolidation of the body in the correct position for good respiration, legs and arms movement and body movement itself.

For movement without troubles it is very important to have a balance between front and back muscle groups of arms and legs and their good function.

### A Good Choice of Movement Activities

For a good condition of movement apparatus during our therapy it is very important the choice of means for the optimization. A good choice of movement and its education we contribute to reservation of muscle balance and minimize the progress of degenerative changes. We offer the opportunity of the individual care of highly educated physiotherapist, the education of rehabilitation exercises for everyday home practice. The physiotherapist uses modern instruments for physical therapy in form of electrotherapy or ultrasonic therapy. Very successful is the usage of instrumental lymphomassage methods to stimulate lymphatic system, stimulation towards elimination of subcutaneous fat in the area of legs and hips, as well as infrasauna for the stimulation of the metabolism and heating surface skin levels. For longtime regular checks we use opportunities of rehabilitation exercises in small group of women (up to 10) via rehabilitation "Pilates" exercise, practice on "Gymnaballs" and special exercises for elderly people.

### Special Care of Condition, Weight Reduction and General Harmonization

Together with individual care of the physiotherapist we recommend special condition programs in aerobic rehabilitation zone and rehabilitation fitness-centre where after doctor examination and individual physiotherapist checking women can train. We use the opportunity during the programs checked by a physician and programs with weight reduction together with medical education of nutrition.

The part of complex service is the education of the movement in home settings, qualified advice service concerning the choice of sporting and other movement activities. In case you are not sure of your choice, you would rather consult it with a qualified physiotherapist. In common it is true the more different movement activities you do the better for the load of your movement apparatus and general development of you movement abilities.

If you do not feel any pains during doing your favourite sport and you feel fine, it looks like you choice was good. But if you like doing sport which you feel pain (for example in back) in, nothing is desperate. The good advice of the physiotherapist is often enough to adjust your movement stereotype slightly, or a good instruction how to stretch after the activity and you can keep on you favourite sport.

### The Summary of Complex Examination, Rehabilitation and Education Service

#### 1. Physician examination

complex examination done by an experienced physician focused on movement apparatus. Considering of the risk of disease development, inner examination with the opportunity of exercise test with EKG monitoring, respiratory functions examination with determination of the therapy and elaboration of therapeutic schedule.

#### 2. Physiotherapist (highly educated) examination.

Kineziological analysis with determination of rehabilitation process for affection on muscle dysbalance

**3. Individual rehabilitation care** with usage of methods for affection on movement system, activation of deep stabilisation system of spine, with electrotherapy, supersonic methods, or phototherapy.

**4. Complex medical education** and complex programs in the area of weight reduction, increasing general condition for patients with acute and chronic diseases (inner and metabolic diseases, including patients with diabetes – patients with diabetes of the 2nd type transfer form insulin into pills, neurological diseases including "sclerosis multiplex", respiration diseases), condition programs for the patients who are preparing for the operations, condition programs for patients with fatigue syndrom (for example after oncological therapy).

#### MUDr. Miloš Matouš

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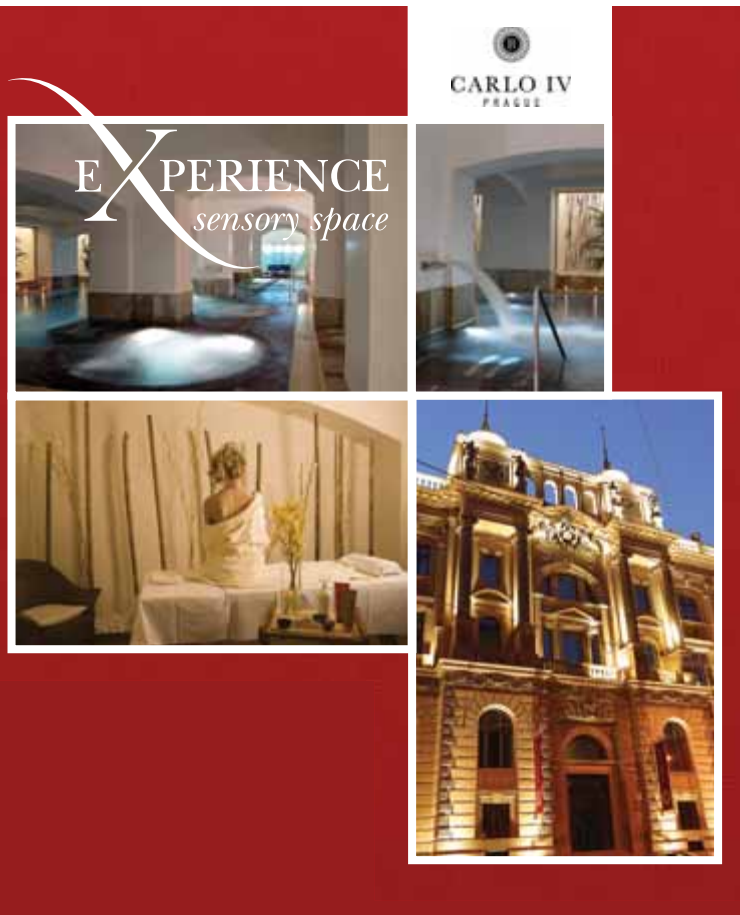
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# THE HEALTH AND WELLNESS IS MY STYLE OF LIVING



Sonja Chihaoui SPA SALES MANAGER

**I owned the wellness centre in the past and now I am working for Spa Experience luxury wellness centre in 5 stars Hotel Carlo IV at Senovážné náměstí in Prague 1. I work as Sales Manager in our Spa wellness centre and I also train aqua aerobic, aerobic and pilates for children and young people with the disable and suffering from autism every Wednesday. I was travelling many years abroad (USA, Egypt, Tunis) as a tennis trainer and I still enjoy to do this job in the Czech Republic. I have realised and established the tennis courts at Exhibition area in Prague 7.**



Sonja Chihaoui SPA SALES MANAGER, Katerina Zelinková SPA Manager



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# WHY MASSAGE CAN MAKE YOU FEEL COMFORTABLE?



Helena Lhotková

**MASSAGE IS ONE OF THE KNEADING AND PINCHING MEDICAL THERAPEUTICS, WHICH EXISTED IN THE ANCIENT TIMES. AT BACK AND WAIST POSITIONS THERE ARE BLADDER NERVES, COURAGE NERVES AND SMALL INTESTINE NERVES.**

Traditional medicine think, circulate human's blood can promote the five internal organs and the viscera's function. The pulse supervise one's spirit, bladder affect one's appearance. Because the massage of kneading and pinching activate the pulse and bladder pulse, it can inspire yourself, which can promote the soft tissue blood circulation and strengthen heart and lung's function. From the view of modern medicine, knead and pinch up and down can expand blood tissue, efficiently promote blood circulation, accelerate the metabolism, and stimulate the nerve system gently, enhance ligament and tonicity, thus help to resume back and waist function.

The products adopts those medical principle, through kneading, pinching, rolling and vibration massage ways to promote blood circulation, improve metabolism, increase to body's immunity. So you can enjoy the happy and comfortable massage.

## Neck&Waist Kneading Massager

It is your faithful family health care master. It will bring you very comfortable massage enjoyment and happiness of healthy life.

### FUNCTION STRUCTURE & FEATURES

- 2 kneading massage heads.
- Infra-red ray heat function.
- Light weight, easy & convenient to operate.
- As your choice, it can massage neck, back, waist, thigh, calf, sole etc.
- Eliminate fatigue rapidly, and alleviate the muscle ache.
- Accelerate the blood circulation, increase the oxygen quantity for cell, enhance the cell's vigor, then relax your body and mind.
- For many kinds of disease, its function is remarkable, like cervical vertebra inflammation, shoulder periarthritis, lumbar muscle strain, anemia, neurasthenia, insomnia, arthritis, varicosity etc.



## Massage Cushion

The product is the integration of traditional kneading, vibration and modern Hi-Tech massage modes. The adoption of neck kneading, back and waist movable structure, seat vibration and infrared therapy can offer you superior health benefits during your leisure time.

Due to the powerful and constant massage to the reflex area, it not only stimulates soft tissue, accelerates blood circulation and relieves muscle fatigue but relaxes and strengthens back muscles. It is an excellent choice as a health product for the household as well as a kind of perfect gift for families and friends, also for sanatoria, health care centers, massaging and beauty salons.

### FUNCTIONS

- Relief muscular fatigue
- Deep massage on to the muscle tissues will be helpful for the recovery from fatigue and relaxation



- Relief back pain and detumescence
- Improve blood circulation

## Blood Circulation Massager

### DESIGN CONFORMING TO HUMAN BODY STRUCTURE

The pressure pad is designed on the reflexology points of the human foot, each node conforming to reflexes connected to various organs and bodily systems, the body of the massager allows for maximum comfort and contact. This enables direct and effective impact for a more complete massage.

### 18 HIGH-FREQUENCY VIBRATION LEVELS

An advanced 3-Dimensional vibration system with speeds between 2500–4500 rpm for differing massage intensities.

### 8 FAR INFRARED LEVELS

Infrared emissions penetrate deep into the foot (3–4 cm) and help expand blood vessels. This helps enhance metabolism and promote suppleness, relaxation and effective stimulation.

### GENERAL EFFECTS

- Stimulates blood circulation
- Increases the supply of oxygen and smoothes transportation of nutrients, antibodies and hormones
- Improves metabolic rate and revitalises cells.
- Improves detoxification
- Improves Immune System
- Improves & strengthens the function of organs and body processes
- Produces electrical current in the bloodstream thereby ionising blood

### MASSAGING THE PALM

To relieve stiffness around your arm, neck or shoulder, place your palm on the pressure pad for a thorough massage to ease the pain.

### MASSAGING THE BACK AND WAIST

This relieves stress from the backbone and helps prevent back-aches.

### MASSAGING THE ABDOMEN



This helps reduce flabbiness and firms stomach muscles.

### MASSAGING THE THIGH

This relaxes stiff muscles and helps facilitate toxin removal. It is also ideal for removing cellulite, reducing unsightly varicose veins and breaking up fat.

### MASSAGING THE CALVES

This is good way of toning muscles and removing excess fat. Massaging the calves helps relax your leg muscles and is especially useful for those who have to stand or wear high heels for a prolonged period of time.

### MASSAGING THE FEET

Massaging your feet relieves ankle sprains and helps in the prevention of gastroenteritis, heart disease and neuralgia.



### Order and information:

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- Harden feeble muscle
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### GREEN PRESS 12 – lymph drainage

- Starting lymphatic system
- Body drainage and eliminate cellulite
- Hinting figure, drumsticks, side and tum
- Eliminate arthrodynia and acrotrophodynia
- Treating varixes and oncoides legs
- Eliminate felt hard legs

### Spa procedures

- Hinting and slimming procedures
- Procedures for backache and arthrodynia
- Procedures for relaxation and reconditioning
- Procedures for cellulite eliminate
- Balneo therapy mud and peaty bath
- Drainaging and lymph drainage procedures

### Vouchers and passes

- Spa vouchers for complete procedures
- Gift vouchers for name day and birthday
- Vouchers like motivation for employee
- Vouchers for arbitrary choice services
- Competitive vouchers and certificates
- Passes for reconditioning tables and Rolletic

### Balneo therapy – baths and pack

- Mud and peaty bath for eczema
- Effervescent carbonated bath
- Thermal peaty pack
- Anticellulite cinnamon pack
- Remineralisation and detoxication bath
- Slimming pack of seaweed

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# The welcome help



Dr. Walter Linzer

**In its official documents the World Health Organisation talks about obesity to be the plague of the 21st century. The occurrence of this disease assumes epidemic proportions in some countries. The figures for the Czech Republic are alarming: in the population over 20**

**years the overweight women comprise more than 50 % and men more than 60 %. There is, however, a certain group of people there who by no means can be termed obese, yet sometimes even all they life long suffer mentally from reasons of a silhouette deformation. This deformation is caused by an accumulation of subcutaneous fat in certain body areas, so called problem zones. Particularly this is the question of outer and inner sides of thighs, lower abdomen, inner knees, rarely then the upper half of abdomen, arms and the buttock. We have talked about the way of getting rid of these undesirable fat-pads to the surgeon and specialist in bodyshaping, Dr Walter Linzer.**

**MR DOCTOR, CAN YOU TELL US HOW YOU YOURSELF PERFORM LIPOSUCTION AND WHERE DO YOU SEE ADVANTAGES OF YOUR METHOD?**

One of the greatest advantages is the fact that the surgical intervention is carried out only by means of ambulatory methods, in any case the patient can have a meal before that. A vast preoperative examination can be left out, we require the blood count only. Because of the fact that a total narcosis can be left out, no hospitalisation is needed and this projects very favourably into the price of surgical intervention.

Within the first hour a great quantity of special lotion, which apart from other things also contains the substance for local skin and subcutis anaesthetisation, is put into the adipose tissue very slowly usually painlessly. For this quite new method of anaesthetisation the name tumescent local anaesthesia has become common in the world.

The word "tumescent" is of Latin origin and means "swelling". And there actually lies a secret of the whole method in that.

During another hour, when the client is lying calmly, fat cells are literally greedily sucking this liquid in them, soften and aspiration.

Within the following third hour the liposuction itself is then being carried out by special, only 2–3 mm thick cannulas. Little skin wounds caused by them are then treated with a thin narrow adhesive plaster. The suture is cancelled completely.

**WHEN THE FAT HAS BEEN SUCKED OFF PAINLESSLY IN THIS WAY, DOESN'T THE SKIN THEN REMAIN PERMANENTLY SLACK IN THIS AREA OR DON'T ANY SKIN FOLDS EVEN EMERGE?**

Nothing such will occur, namely nor even with the older ladies. My oldest female client was 75 years old, I also saw very good results with the female clients of about sixty. The trick lies in that that thin cannulas have got an rounded end. On their smooth penetration through the adipose tissue no lesions of fine veins and nerves occur and also the so-called skin hang-apparatus remains quite intact. Hence when the superfluous fat has been sucked off, thanks to this intact apparatus the skin stretches out completely within 2–3 weeks.

Wearing a special tailored elastic garment for about 14 days helps to the skin a little bit simultaneously.



**THE WHOLE SURGICAL INTERVENTION IS NOT THEN PAINFUL, BUT WHAT ABOUT HOURS AND DAYS FOLLOWING AFTER THAT?**

From my own experience I can say responsibly that 95 % of clients do neither after the intervention nor in following days need any medicaments to ease the pain. The period working setting is 1–2 days. Sport can be practised after two days – all what to as compressive linen and body allows us.



**CAN THE FAT IN THE SUCKED-OFF AREA GROW UP?**

Our body has a total quantity and arrangement of adipose (fat) cells predetermined genetically from the cradle. They are capable of getting larger up to hundred times, but they have got no capability of reproduction. So if they were liquidated by suction, the sucked-off area can never acquire original thickness.

**AND WHAT ABOUT THE CLIENTS' TOTAL CONTENTMENT?**

95 of 100 are as content as me after the surgical intervention. Quite a small painless correction is needed with 3 – 5 % after several months. It's better a small rest of fat to suck off, than to suck off too much at the first surgical intervention. Thereby the aesthetically very ugly hollows, which later can be very hardly corrected, could emerge.

**WHOM YOU DON'T RECOMMEND THIS SURGICAL INTERVENTION TO?**

The liposuction can not be done to the people taking specific drugs, to those with total obesity and to the people who expect sorting-out partnership problems by it.

**WHO MAKES UP THEIR MIND ABOUT THIS SURGICAL INTERVENTION MOSTLY?**

It's the people unsatisfied with their body and those who have failed with all dietary measures.





**A GOOD AESTHETIC SURGEON  
(PRINCIPLES OF THEIR RECOGNISING):**

- CONSULTATION WITH HIM TAKES A SUFFICIENTLY LONG TIME.
- TELLS A RELATION OF PRICES OF THE SURGICAL INTERVENTION AND LEAVES A THINKING TIME.
- DOES NOT SPEAK BADLY ABOUT THE OTHER PHYSICIANS.
- AN ERUDITE AESTHETIC SURGEON IS AN ARTIST AND PSYCHOLOGIST.
- IN CASE OF A PSYCHICAL PROBLEM HE TRIES TO DISCOURAGE THE CLIENT FROM THE SURGICAL INTERVENTION.
- SHOULD BE A MEMBER OF RENOWNED INTERNATIONAL SOCIETY IN HIS BRANCH.
- CLINIC WHERE HE WORKS HAS GOT AN ANAESTHETIST, POSSIBILITY OF POSTOPERATIVE CARE AND IS READY FOR UNEXPECTED EVENTS.
- DOES NOT OFFER COMPUTER ANIMATIONS AT ANY COST.
- RADIATES COMPETENCE AND TRUSTWORTHINESS.
- REFERS YOU TO THE OTHER CONSULTATION WITH ANOTHER PHYSICIAN AND SENDS YOU TO HIS FRESH PATIENTS.

MR DOCTOR, WHAT YOU HAVE SAID TO US UP TO NOW MUST BE LIKE MUSIC TO THE EAR OF THE OBESE. SIMPLY ONE TAKES A SUCKING CANNULA AND THE PROBLEM IS OVER ...

In no case is the liposuction more comfortable method for reduction of superfluous fat at total obesity. Also all the offered miraculous tablets, teas, devices and diets are failing here. In the final analysis, as millions of obese people all over the world can confirm, their purse gets thinner at the most.

That's why I recommend to consult a physician – dietologist.

The liposuction in tumescent anaesthesia offered by us is a verified worldwide tested effective method of permanent removal of fat deformities which resist to diets and exercises as well and which give the by-nature unjustly affected people a hard time.

Non-obligatory discrete consultation with a specialist of my branch may offer them a solution of the problem.

In the end I would like to add that most of my clients is very kindly surprised by painless course of the whole surgical intervention and a great rise in life optimism can be watch with them. As if a new life balance had come with new nice body contours back to them.

THANKS FOR THE TALK

**MUDr. Linzer celebrated many years of continuous work and activities in aesthetic surgery specialized in liposuction.**

**CONTACT**

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Tel.: +420 728 636 362, +420 224 946 612  
E-mail: wlinzer@seznam.cz  
www.linealiner.cz



## Our aim is a satisfied client



**W**e are specialized in Czech and foreign clientship. We know that women want to appeal, they are not afraid of changes and judicious, they want to invest in themselves and know how to do it!

Corrective dermatology is a jewel, which makes you look up to 10 years younger, without anybody of your closest neighborhood recognizing, how you make it – that you look for several years like your, for a lot of years, younger sister!

And that is the big advantage against a radical surgical intervention, whose scars are often apparent even some years after the surgery.

99% of my female patients have told me, that their colleagues ask them no sooner than some days after the surgery, whether they have been on vacations or slept well, and think admiringly about, what is new on

the colleague today? I would say that the top hits for my clients in the last year are the fotorejuvenation via IPL, the chemical peeling by Neostrata and the Dysport application.

I am frequently asked by my clients, whether they didn't come late or on the contrary too soon to our offered surgeries, and they are afraid of being shown out of our centre.

"Well, dear potential clients, dear ladies and gentlemen, please be informed that our clientship consists of the age group from 14 to 75 years, and it never existed a "too soon" or "too late".

Young girls and boys use especially the chemical peeling and the laser for problems with acne.

Starting from 30 years on, the female skin falters and owing to concerns, mimicry or smoking, wrinkles occur on the forehead, around eyes and mouth, grey skin, extended veins and pores.

In these cases we choose a combined treatment "Botox + hyaluronic acid + fotorejuvenation + microdermoabrasion and chemical peeling". If you have hormonal problems and fine hair growth in the face, we choose depilation by means of pulse light. The result is guaranteed.

**DON'T HESITATE AND COME VISIT US!**

**WE LIKE TO ADVISE AND HELP YOU WITH YOUR PROBLEM.**

**WE ARE LOOKING TO SEE YOU!**

**WE HOPE THAT YOU WILL FEEL CONVENIENT A WILL RETURN TO US WITH PLEASURE.**

**MUDr. HANA PLACHÁ**

### Our specialization:

- Botox application
- Application of cushioning material
- Laser face treatment by means of Intensive pulse light (IPL)
- removing snoring CO<sub>2</sub> laser
- removing birthmark CO<sub>2</sub> laser

### We apply with huge success

- Acne therapy
- Lasting depilation
- Removing of veins
- Fotorejuvenation (rejuvenation and face lifting)
- Removing of pigmentary flecks
- Chemical peeling, green peel
- Microdermoabrasion
- Mezotherapy (rejuvenation cures: Restylan, Surgiderm)
- Application of Lipostabil – local removing of fat-pads
- Eye inspection (eye ground, correction recipe)
- Eyelid lifting (tarsoplasty)
- Removing of birth marks, skin protuberances and tubercles

### You will like our services...

[www.denife.cz](http://www.denife.cz)



# Prague Plastic Surgery

MUDr. Tomas Dolezal

*Prague Plastic Surgery, led by MUDr. Tomas Dolezal is a private plastic surgery clinic located in the center of Prague.*



Its area of specialization is in plastic surgery for aesthetic purposes. The clinic is equipped with state-of-the-art facilities and provides a welcoming atmosphere. Alongside a large operating room, the clinic has an experienced and compassionate staff to guide you through even the most complex aesthetic surgical procedures. Examinations and pre-operative consultations are considered a given when undergoing surgery. Individual rooms for in-patients come equipped with private bathrooms, televisions and

telephones. Much attention is given to maximum comfort, privacy, post operative care which is accompanied by non-stop patient monitoring by trained medical personnel. The clinic offers the following operations.

**Dr. Tomas Dolezal**, born in 1967, studied medicine in Prague (Medical College of Charles University). After graduating in 1991 he worked in the eye surgery department at Kladno Hospital and then from 1993 at the surgical clinic of the General University Hospital in Prague. In 1996 he obtained his first qualification in surgery. From 1996 to 2002 Dr. Dolezal worked with the surgery team at the Plastic Surgery Dept. of the Prague Institute of Medical

- **FACELIFT**
- **NOSE RESHAPING**
- **EYELID SURGERY**
- **EAR OPERATIONS**
- **BREAST AUGMENTATION**
- **BREAST LIFT**

- **BREAST REDUCTION**
- **FOREHEAD LIFT**
- **LIPOSUCTION**
- **TUMMY-TUCK**
- **HAIR TRANSPLANTATION**

Cosmetic and at the Plastic Surgery Clinic of the University Hospital within the framework of a long term attachment. In 2001 he obtained his qualification in plastic surgery and received a licence from the Czech Medical Council in this discipline. Dr. Dolezal has been on specialist attachments in the USA, Great Britain, Austria, Germany and Greece. In 1999 he gave a paper at the plastic surgery world congress held in the USA. He is the co-author of the 1999 publication "Surgery for Beauty" and has worked as an illustrator for many specialist publications. He is a member of the Plastic Surgery Society, the Aesthetic Surgery Society and the Society for the Use of Lasers in Medicine of the Czech Medical Society, the European Society of Aesthetic Laser Surgery and the International Confederation for Plastic, Reconstructive and Aesthetic Surgery.

## WE ASKED MUDr. DOLEZAL

**How would you connect the following two words; beautiful woman and a perfect body?**

Unfortunately, I can't say. Obviously there are ideal proportions but these are limited by several factors; era, society and local culture. Elsewhere there exists a current ideal type, in Brazil, for example. The shifting concept of an ideal figure has changed from the twenties in the twentieth century and today. It is also important to realize that the phenomena of a woman's ideal of beauty is not just a current concern but has been ever-present.

**Upon first contact with a prospective patient, if I may ask, what is the nature of your conversation?**

During the first visit, which can last anywhere from thirty minutes to an hour, I get acquainted with the specific wishes of each patient. After careful evaluation, in which we find the most appropriate route for both parties, we choose the methods that are both technically and aesthetically fit. When necessary, I direct the patients desires to the bounds of reality.

**Does it ever happen that you refuse carry out a surgical procedure?**

The patients' desire to change their appearance must come from a psychological root, and there must be much confidence placed in this desire. Sometimes, during initial conversations with a patient, I find out that they are seeking surgical procedures because of outside pressures. In these cases I obviously do not carry out the operation.

**Can plastic surgery guarantee 100% result as such breast augmentation?**

No plastic surgeon can guarantee the complete success of an operation after an invasive procedure. The risk involved in breast enhancement is carefully considered before allowing the patient to proceed with the operation.

**What considerations time-wise, are required in planning an operation?**

The optimal time is during the colder months. The summer months are not appropriate because scars and scar tissue should not be exposed to direct sunlight for two to three months, and perspiration under protective bandages does not promote the healing process.



## CONTACT:

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[www.plastikapraha.cz](http://www.plastikapraha.cz)



# Micropigmentation

naturalness in form and color.

*What is Permanent Cosmetic Makeup?*



**P**ermanent cosmetic makeup is a state of the art form of cosmetic tattooing. The specialised techniques used for permanent cosmetics are often referred to as "micropigmentation", "micropigment implantation" or "dermagraphics". The cosmetic implantation technique deposits tiny individual implants of pigment into the dermal layer of the skin.

Every woman wants to wake up looking as good as she did the evening before. With Micropigmentation Make-up method you can. Subtly enhance your natural beauty with Micropigmentation Make-up eyebrow balancing, smudge-proof eyeliner and constant lip color. Think of the time and money you can save by not having to put on make-up everyday!

Micropigmentation, developed 20 years ago in Germany, is the most advanced cosmetic micropigmentation technique available. It is used to enhance your natural beauty and camouflage minor imperfections.

Unlike other techniques, Micropigmentation fades away in 3 to 5 years. You don't have to make a lifetime commitment! Your dream of looking terrific and perfect in every situation can become a reality within hours. Let us give you the perfect eyebrow, lip and eye contour.

*Who benefits from permanent makeup?*



**EVERYONE FROM THE YOUNG TO THE ELDERLY WHO DESIRE A SOFT, NATURAL ENHANCEMENT TO THEIR APPEARANCE.**

#### **POST SURGICAL/INJURY**

Those seeking reconstruction of areolas after surgery; camouflage of scars from burns, surgery, accidents or injuries; redefinition of facial features.

#### **ALOPECIA**

Alopecia or universalis sufferers who have lost some or all of their facial hair, including eyebrows and/or eyelashes.

#### **CHEMOTHERAPY**

Recipients with full or partial hair loss.

#### **VITILIGO**

Sufferers who may have areas of skin which have lost their pigment.

#### **PHYSICALLY ACTIVE**

People who want to look their best throughout activities such as swimming, hiking, biking, tennis, aerobics, and don't want to worry about "sweating off" or reapplying cosmetics.

#### **ALLERGIES AND SENSITIVE SKIN**

These people often can't wear other cosmetics so permanent makeup is the ideal alternative.

#### **VISION IMPAIRED**

People who have difficulty applying their cosmetics.

#### **MOTOR IMPAIRED**

Including arthritis, Parkinson's disease, multiple sclerosis, stroke survivors, and those with unsteady hands who cannot apply their own makeup.

#### **ENTERTAINERS, ACTRESSES, AND MODELS**

Who have to look good ALL the time and have no time for conventional makeup.

#### **MEN**

Who want feature enhancement that looks natural and not "made up".

#### **WOMEN**

Who want to look their best all the time, even when they wake up.

#### **MOTHERS**

And other busy professionals who DON'T HAVE TIME for conventional makeup.



Only available in our salon – the exclusive representative for the Czech Republic.



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# Private Plastic Surgery Centre of South Bohemia

**SANATORIUM**  
ČESKÉ BUDĚJOVICE



**Eva Šteflová MD**

The plastic and aesthetic surgery department of the Sanatorium ART specialises in the operations solving cosmetic issues, operations rectifying the manifestations of aging, innate or traumatogenic (post-accident) variation in appearance. The above-standard equipment of the whole building of the Sanatorium ART corresponds to the specialisation of our department. The building is situated in the centre of the city of České Budějovice in the park zone with parking and public transportation facilities.

There is an ambulance section, where examinations, consultations, applications of injections and small skin lesion treatments are carried out, operating theatre and a postoperative department in the building. The operating theatre and postoperative rooms equipment complies with the latest medical requirements and provides the clients with maximum care, comfort and privacy.

The plastic and aesthetic surgery department of the Sanatorium ART carries out these operating performances:

#### **OPERATIONS OF MANIFESTATIONS OF AGING**

- operation of eyelids
- face lifting (slack face and neck operation)
- slack forehead and eyebrow operation
- wrinkle correction by fillings

#### **OPERATIONS OF INNATE OR TRAUMATOGENIC VARIATIONS**

- corrective operation of nose, chin, auricles and lips

#### **OPERATIONS IMPROVING THE BODY RELIEF**

- breasts enlargement
- breasts modelling
- breasts reduction
- modelling with breasts enlargement
- liposuction (suction of subcutaneous fat)
- slack abdominal wall operation
- operation of slack thighs, buttock, arms

#### **CORRECTION OF THE PARTIAL LOSS OF HAIR**

- transplant of own hair

#### **REMOVAL OF CUTANEOUS AND SUBCUTANEOUS FORMATIONS**



During the examination and consultation each patient is familiarised in detail with the issue of performance, operating method and real possibilities of obtaining a result.

Inquiries about intended performances will be answered also by e-mail, the suitability of performance can also partially be judged by a digital photograph sent in.

Operating performances are carried out under local anaesthesia, conduction anaesthesia (field blocking) or total anaesthesia. The way of anaesthetisation is chosen according to the type of operating performance, patient's health condition and with respect to his or her wish. The total anaesthesia (narcosis) is led by specialists in the branch of anaesthesiology and the best-tolerated preparations are being used.



After performances under local anaesthetisation a patient may either leave immediately or is shortly put to bed.

After performances under narcosis patients are hospitalised in the Sanatorium ART's in-patient department. Their stay is minimised to the most necessary period of postoperative convalescence. Non-stop postoperative care is provided by a trained staff and physician throughout the stay.

After release the patient is provided with necessary drugs, a term of the check-up in the sanatorium's ambulance is agreed and the patient gets the physician's telephone number to be possibly able to consult potential problems.

The care after an operating performance is being carried out not only until healing, but, with most more demanding operations, after a lapse of time to evaluate the quality of scars and the result reached.

We consider the patient's satisfaction to be a keystone to the success of our plastic and aesthetic surgery department.

#### **CONTACT**

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plastickachirurgie@volny.cz  
www.sanatoriumart.cz





# Gain back the youthful face hair without a surgical intervention



“In our clinic, we concentrate ourselves on the newest methods in esthetical medicine, offering to the clients the most regardful, highly effective methods or techniques”, says Peter Hajduk, M.D., the head physician of Aura Medical Clinic.



## Have you discovered the first wrinkles on your face and are you afraid to apply botulinum toxin or artificial filling materials? Try FibroGen!

FibroGen utilizes the knowledge of cellular medicine and tissue engineering. The main part is played by the own sub-skin cells of the client, which had been multiplied in the tissue bank. The created cellular culture (fibroblasts) is then applied, in the form of a solution by the micro-needle into the relative part – these are in total 3 following applications with the time interval of 4-6 weeks – the wrinkles smooth out gradually and the resulting effect lasts for several years. It is important that the total rejuvenation of the sub-skin structure is performed and hereby the ageing process of the whole skin is slowed down considerably.

### You can have your youth frozen...

A part of the cleaned taken sample of the tissue may be preserved in a frozen state (-78°C) for the time at your discretion without limitation – unlike you it does not age. Therefore can be used for the next treatment at any time.

## Face-lifting without scalpel? Yes! The name of the method is Aptos.

This literally revolutionary method utilizes the patent of Aptos thread, which is located into the sub-cutis to hold it in the required position. It is applied first of all for the correction of the tissue on the face and neck, in indicated cases also for the improvement of aesthetical contours of breast or the buttock.

### You can leave the clinic after 1 hour and come back to social life after 10 days.

Aptos may be used, unlike the classical (surgical) face-lifting already after 30 years of age. And this is not the sole advantage. The absolute majority of interventions is done only in local anesthesia and you can go home already after one hour. The lifting effect continues to im-

prove after the surgery during next months by the influence of the thread; it lasts for years, depending on the type of skin and age of the patient. If necessary, the intervention may be repeated several times.

The experience of our experts are the longest ones in our republic, Aura Medical Clinic is the world training centre for the patented face-lifting technique by APTOS thread.

## Are you troubled by cellulite and excessive weight?

An effective novelty in the treatment of cellulite is the method called NO-NEEDLE MESOTHERAPY – NMT. This can be alternation to the classical meso-therapy applied up to now, during which the active substance was transported by a needle in a sub-cutis. NMT transports a “cocktail” of active substances deeply into the tissue by means of laser technology and electric pulses; hereby the improvement of sub-cutis microcirculation and metabolism is achieved, the lymph drain is facilitated, the combustion of tissue is increased, the activity of muscles is supported and creation of collagen stimulated.

No-needle meso-therapy is able to return the cellulite by one whole degree back after 10 sessions (8 weeks), which results finally also in the decreased area of treated body parts. With another composition of effective substances it has excellent results in the fight against wrinkles and slack skin.

## Follicular multiplication – a new weapon against the male and female alopecia

This new method utilizes the results of the long-term research of European experts. The hair grafts from the donor area are taken out one after the other by a special needle so considerably that there can be observed 60 % regrowth in donor site. The transport from the same place may be repeated several times. The success rate of the growth of new hair in the transplanted area is 95%. In this way, the scars after transplantations by the old method or injuries may be covered.

# face, body or lost intervention!



The hair transplant by GHO method is the only method in the Czech as well as Slovak Republic capable to preserve well hair follicles in the donor area (other methods only move them) and it does not use the scalpel – there is no scar after the intervention. More at

[www.ghoclinicpraha.cz](http://www.ghoclinicpraha.cz)



## Anti-aging therapy, the way to a good health and youthful looks

The beauty and health are connected inseparably:

**“We can achieve the fresh skin, slim body or healthy hair proceeding in an integrated way obeying the rule that the health and power of our organism will be shown as its beauty outwards.”**; this is the advice of the certified specialist for anti-aging medicine, Mrs. Zdenka Badal, D. M., who

supported our team as she arrived from Germany. She is now the only certified physician in anti-aging medicine in the Czech Republic, with long-term practice in the area.

## What is anti-aging and what are its benefits?

The anti-aging strategy helps shift the biological age backwards, maintain the body more beautiful and healthier and reduce the frequency of illnesses. It is a guarantee of vividness and joy of life, including its second half.

The aging of organisms is affected especially by genetic, hormonal and biochemical processes (oxidative stress), however, other important aspects include the overall lifestyle together with environmental impacts.

## Therefore, anti-aging care comprises the following activities:

- overall preventive medical test (with an emphasis on the risks of arteriosclerosis, neurodegenerative illnesses)
- thorough laboratory analysis (including the monitoring of free radicals)
- test of food intolerance (individual adjustment of diets towards avoiding organism's negative reactions and balance the body weight)
- identification of the current biological age
- timely treatment of diseases (if any) identified during the preventive test
- individual programs for the balancing of hormones and vital substances
- consultancy towards changing unwanted life habits
- regular check-ups and consultations with a physician

- **IPL Pulsar** – removes hair, rosacea, pigmented lesions, rejuvenates skin
- **Cosmetic surgery** – anti-wrinkle treatments
- **Plastic surgery** – liposuction, face and neck lift, nose and ear reshaping, abdominoplasty, eyelid surgery, smoothing scars
- **Aptos – feather lift**
- **FibroGen**
- **No-needle mesotherapy**
- **Goldrush tanning**
- **Anti-aging therapy**
- **Dermatology, corrective and regular**
- **Dentistry, cosmetic and restorative**
- **Internal medicine**
- **Physiotherapy**
- **Orthopaedics**
- **Laser treatment of varicose veins**
- **Modern treatment of hernia**



# VIAMARE

## LESBOS – island of rest and leisure

Lesbos is situated in the North-eastern part of the Aegean Sea near to the border to Turkey. The island has an area of 1630 km<sup>2</sup> and makes up the third biggest Greek island. It is 90 km in length and 45 km in width, its coast is 320 km long.

The island offers wonderful natural sceneries with a rich fauna and flora. Pine-covered hills alternate with olive groves, which cover a significant part of the South and East of the island. The local production of olive oil represents an important part of the inhabitants' income and belongs, together with Crete olive oil, to the best in Greece. Supporters of ouza will have also a very good time. Around 50 types of this liquor are produced here. Some thermal sources show the volcanic origin of the island. Another big sight of the island is the "stoned forest", which is the second biggest in the world, and where you can see remains of vegetation, existing here before 4 million years.

The capital Mytilini is also the main port of the Island, which is dominated by a fortress of the 19th century. In the northern part of the island exists the unique middle-aged town Molivos with a Byz-

There are also many cloisters, churches and museums to visit. The island offers a wonderful nature, clean seaside and beautiful beaches: Agios Isidoros, Anaxos, Eftalou, Molivos, Petra, Skala Eressos, Skala Kallonis and Tsamakia.



antine castle and traditional architecture as well as further, very interesting places, the villages Petra and Anaxos, which have, among other things, beautiful beaches. On the West side of the island you can visit the village Skala Eressos, allegedly the birth place of the poetess Sappho, with a beautiful sandy beach and an archaeological museum.

Lesbos island is a oasis of rest and leisure, holds on its traditions and resists till now mass tourism. The island offers visitors a rich overview on middle-age town architecture, castles and fortresses.

## SAMOS – the island of Pythagoras

Samos is one of the biggest Greek islands in the Aegean Sea and is situated only 1,2 km from the Turkish coast. Its area including small islands is 475 km<sup>2</sup>. On the island you can find the highest mountains in the whole Aegean Sea and the mythical hill Kerkis, known from the Odyssey and 1434 m high.

Samos is one of the most green and coloured islands in the Aegean Sea. The chalky soil of the island contributes to the diversity and the island remains full of flowers. Here agricultural products and grapevine flourish excellently. It is for sure not by chance that the wine from Samos was chosen by the Vatican as its Communion wine. On the island you find perfect opportunities for swimming and sun-bathing. The local climate is excellent, spring starts very soon and the hot summer lasts long. On the island you find many beaches, which are, for the most part, sandy in the South and shingled in the North. To the most wonderful beaches belong Tsamadou, Lemonakia, Kokkari, Potami, Potokaki and Balos.

On the island exist more than 20 worth seeing cloisters, mostly built in the 16<sup>th</sup> century, and a lot of sights. Sources indicate that the island was already inhabited in the prehistoric period 4 000 years B. C. The most famous son of the island is undoubtedly the philoso-







pher, mathematician and founder of a philosophical school Pythagoras, who was born here circa in 570 B. C.

## RHODOS

### – island of God Helios

Rhodos is washed from the East side by the Mediterranean Sea and from the West side by the Aegean Sea. With its area of 1398 km2 it belongs to the biggest islands of archipelago Dodekanese.



From the north to the south it is circa 75 km and in width with a maximum of 35 km.

On the mountain slopes of the island a famous grapevine is cultivated, out of which excellent wines are produced, known world-wide. On the East coast extend wide sandy and shingled beaches, which are changing with small bays. At the most southern foothill of the island Prasonissi you find a paradise for surfers in a sandy strait.

Out of a lot of sights don't miss for sure the capital Rhodos, the Valley of butterflies (Petaloudes) and probably the most attractive sight of the island, the village Lindos. Above the village tower the ruins of an ancient acropolis with the temple of the goodness Athena, built in 4th century B. C.

In the capital Rhodos you have the possibility of comparing the beauty of an ancient and new modern town. The appearance of the Old town was shaped by the Knights of St John of Jerusalem (later: Order of the Knights of Malta), who conquered the island in 1309. The Old town owns a unique atmosphere. Narrow lanes are changing broader streets with stylish little shops, small squares with plane trees and cafés invite you to relax. For sure don't miss visiting the Palace of Grand Masters, today the museum of the Knights of St John, Suleyman's mosque, elegant Socrates Street, Hippocrates Square, the library, Turkish Spas and of course port Mandraki.

Rhodos island is visited for its rich history, modern present, diverse nature and crystal-clear sea with beautiful beaches. Here will enthusiasts of calm holidays find their dreams fulfilled, as well as those who love entertainment, sports and excursions to the neighbour islands.



[www.viamare.cz](http://www.viamare.cz)



*The subject is problems related to inherited diseases and developmental defects, as well as possibilities for prophylaxis and help for families with genetic load. We are talking with Jaromír Jandl, manager of the endowment fund of VITA HUMANA in the Moravian metropolis.*

**COULD YOU EXPLAIN TO OUR READERS WHAT THE ROLE OF THE ENDOWMENT FUND IS?**

The name **VITA HUMANA** means "human life" in Latin, and it was believed that the title of the endowment fund should emphasize that reproduction works as an impetus and regenerative force; in humans it is expressed in a longing to give birth to healthy children. However, at present it is not easy to satisfy the desire of about twenty per cent of couples who have this longing, because of the barrier of infertility or genetic load, which means the risk of developmental defects or inherited diseases affecting the fetuses.

**ARE THERE ANY METHODS FOR PREVENTING THE BIRTH OF A SERIOUSLY HANDICAPPED CHILD?**

Yes, and the PGD method, that is preimplantation genetic diagnosis, is one of them.

In our lives, each of us has heard about the challenging misfortunes that sterile couples or couples with genetic load have had to deal with. We have met families that must take care of children with serious inherited diseases, or families whose children lost their battle with fate, and succumbed to their illnesses. There are various diseases involving serious malformations, defects of the locomotor system, haematopoiesis or metabolism, the sensory organs and tumour formation. At the same time, many of these diseases may be prevented with the help of reproductive medicine. Modern medicine offers extensive knowledge about infertility and inherited diseases, but the possibilities of human realization in that field are only now opening up. We can claim that thanks to preimplantation genetic diagnosis, reproductive medicine is moving into a new phase - thanks to this method, healthy children are born into families with high genetic risk, and the children are able to live undiminished lives.

**CAN YOU TELL US ANYTHING ABOUT THE FINANCIAL EXPENSES CONNECTED WITH SIMILAR EXAMINATIONS? DO HEALTH INSURANCE COMPANIES COVER THEM?**

Practically speaking, the newest and most demanding methods are not paid out of health insurance all over the world, and families have to pay for the treatment themselves. We should keep in mind that the treatment can amount to tens of thousands, and in some more difficult cases even hundreds of thousands. As a result, fami-

lies that take care of handicapped children don't have enough money to pay for expensive methods of assisted reproduction and preimplantation diagnosis. We want to help such couples through the endowment fund, whose goal is to contribute to its own diagnostic and therapeutic methods, and to support the research and development of up-to-date examination methods. We want to give them the chance to see their wish of being parents of healthy and happy children come true. We would like to thank all of the people who are ready to help, as well.

**YOU DEAL WITH PROBLEMS WHOSE SOLUTIONS ARE ESSENTIAL FOR AN INDIVIDUAL AND ALSO FOR SOCIETY AS A WHOLE. YOU ARE A MEMBER OF THE ASSOCIATION OF FOUNDATIONS AND ENDOWMENT FUNDS OF THE DONATOR FORUM, WHICH BRINGS TOGETHER ORGANIZATIONS OF HIGH QUALITY. WHAT KIND OF SUPPORT DOES THE DONATOR FORUM PROVIDE YOU WITH?**

That is a difficult question. During my work in the non-profit-making sector, I have constantly tried to ensure that there is a competitive struggle, even among the Czech non-profit-making organizations. The organizations with headquarters in Prague are definitely in an advantageous position. The Donator Forum has a number of important tasks in the Czech non-profit-making sector, and it generally tries to cultivate Czech philanthropy. DMS, that is a donor SMS, is a project fundamental in nature. It is difficult for a non-profit-making organization to win recognition, and the Donator Forum serves as a guideline, a kind of a filter... Ironically, the public sometimes supports projects that are much weaker in their social and individually human importance; on the other hand, it is difficult to include some carefully worked out projects in the DMS project. It is always subjective because there are people on the DMS board with personal feelings and opinions. However, I hope and strongly believe that the Donator Forum will appreciate and support our admission to the DMS project in the future.

**HOW DO YOU GET THE FINANCES TO HELP NEEDY FAMILIES WITH PAYMENTS FOR THE EXPENSIVE EXAMINATIONS?**

We contact prospective donors for various benefit events or individually. The donors are both firms and individuals. We orient ourselves towards cultural and sporting events. Here I would like to point out that the endowment fund of VITA HUMANA is not merely a passive recipient of gifts - we make an effort to show our appreciation to the donors. The donors may take part in prestigious golf tournaments organized by our partners, for example. I could mention the Grand PGA Repromeda Cup 200 finals taking place on 10.-12. 10. 2008 at the Kaskáda golf course in Brno Jinačovice. The Sanatorium Repromeda is the main guarantor of the tournament, and thanks to the understanding of its management the endowment fund is able to offer the donors a chance to play golf with professionals. Firms and individuals have a unique opportunity to mix business and pleasure, contribute to a good and necessary cause, and at the same time try to compete with real professionals in practice. We are happy that the Professional Golf Association of the Czech Republic was concerned with the problems that our fund deals with, and that professional golf players became partners of the EF of VITA HUMANA. To give an example, they play the so-called "birdie pool" for our fund, which means, in golfing terminology, that the players contribute a certain sum for each stroke better than "par" in the tournament. In this way they help us to fulfill the slogan of the endowment fund of VITA HUMANA: "WE HELP CHILDREN TO BE BORN HEALTHY".

**WHERE CAN THE PROSPECTIVE DONATORS GET INFORMATION ON POSSIBLE SPONSORING OR ADDITIONAL INFORMATION ON THE ACTIVITIES OF THE ENDOWMENT FUND?**

I will be happy to answer any questions at the telephone number +420 24 359 326 or the e-mail address [jjandl@vitahumana.cz](mailto:jjandl@vitahumana.cz). You can also find information on the endowment fund at the address [www.vitahumana.cz](http://www.vitahumana.cz).

Thank you for the opportunity to inform your readers about the activities of the endowment fund.

*Jaromír Jandl*

*Manager of the endowment fund of VITA HUMANA*



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