MODERN WOMAN

HEALTH

A Foreigner in the Czech Republic

High Standard Health Care in the Czech Republic

Tips – Recommendations

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

S-Press Publishing 2007
DEAR READERS,

It is with great pleasure that I may again serve as your advisor in the ever growing field of new medical services, oriented toward both the health and beauty.

Again, I am pleased to say that, aside from the traditional non-profit offer, medical and health care services offered on commercial basis are also growing rapidly. Services in fields like internal medicine, surgery, gynaecology, neurology, ophthalmology and general practitioners’ services are spreading buoyantly. This clearly illustrates your ever growing interest in first quality medical services, ie., those that you are always willing to invest into.

The ever widening offers and bids in the classic health care fields are clear signs of an upsurge and further development in commercial healthcare services; ie. commercial in the best sense of the word, as accepted and understood nowadays, that is, without former negative and pejorative associations, so often connected with the word commercial. The fact that a number of people are not yet able to manage the problem, is clearly not a mistake on their side, but a still surviving orientation of the entire health care system upon and toward THE DISEASE, and not THE HEALTH!

Yet, when our society as such acknowledges and recognizes HEALTH as an individual’s private welfare, thus understanding that it, too, forms a background for societal welfare, then I cannot see any reason whatsoever why the surgeons, doctors, general practitioners and health service officers should not profit from it!

If we deposit our money into any commercial bank, we automatically suppose our investments are not only safely guarded but also effectively valorized and upvalued. Modern medicine (in this country as also elsewhere) is becoming more and more often confronted with a complex ethical and social problem, that is, the problem of a just reward for doctors’ work; and, too, proper adequate rewards and compensations for giving a helping medical hand either in first aid or more chronic states, or both.

I suppose that, as the case may be presented today, sadly it will be uneasy to offer the physicians (and/or other medical personnel) any purely legally proper forms of extra payments!

In addition to what has just been said, I am proud, as always, to introduce to you several women actively engaged in the preventive health care and in after-care, too.

I end up with my most sincere wishes, as follows: I wish you good health, pleasantly relaxing clima in your lives, plus good humour in reading and assessing this year’s trends and hot topics; but after all, I wish you only and solely the luckiest choices and options when selecting your investments into the physical health and mental welfare, both of yours and your closest relatives and friends...

MUDr. René Vlasák, Head,
Center for preventive medicine, Prague, Czech Republic.
Ambulance Meditrans Ltd. was established in Prague 1991 as one of the first private emergency medical services in Czech republic and provides its service within the Czech Republic and the Slovakian Republic. Ambulance Meditrans disposes of proper technical and personal background as well as applied “know how”. Our specialisation is oriented on above-standard medical transportation, especially re-patriations. Organization and technical realization of a number of parallel incoming requests for transportation of patients, including repatriations from different parts of the world, is the everyday task. Our professional team of doctors and nurses and also the high quality equipment of ambulance cars and a special medical aircraft together with the maximum of flexibility are the main attributes of our work. On these aspects have reacted all domestic public health insurance companies and even many of renown commercial insurance companies as well as European assistance associations and motorclubs by becoming our partners. Service rendered to foreigners is a large part of our activity.

Ambulance Meditrans helps in next stage – by transport to your home, to your country, to clinic of maximal treatment etc.

Equipment of Ambulance Meditrans ground and air ambulances allows a transport of patients at critical circumstances under IC conditions, including artificial lung ventilation, vital function monitoring and exact infusion therapy either by ambulance or by aeromedical evacuation.

As first emergency medical service in Czech republic was Meditrans Ambulance Ltd. certified according to ISO 9001:2000 quality management standards by UKAS/Bureau Veritas Quality International, already in 2002.

WHAT WE ARE DOING?

- Basic life support transports
- Intensive care transports by mobile intensive care unit
- Special medical aircraft transports under intensive care conditions
- Long distance medical transports
- Transport of organ transplantation teams
- An emergency medical station at Prague Ruzyne airport, including a stationary ward for patients at transit zone, located in ground floor between terminals 1 and 2
- Repatriation transports by ambulance or airplane to and from Czech and Slovak republics
- Transports of patient with special equipment, e.g. artificial lung ventilation, vital function monitoring and exact infusion therapy either by ambulance or by aeromedical evacuation.

A necessity to offer the comparable level of service in the Slovak Republic led us to establish a daughter company SOS Meditrans Slovakia located in Trnica since January 1998. Both companies share the same “know-how” and dispose of the equal service range.

SOS MEDITRANS SLOVAKIA is interested on the Slovak Republic and neighbourhood regions especially the Eastern Europe and the High Tatras Mountains, where the nearby localization enhance a speed of action. This fact makes a big difference during winter season for popularity of the location among skiers and tourists.

Let us mention a “case study” from last weeks:

An young UK citizen, working and living in Prague several years, was being admitted to the university hospital due to neurological deficits. Because the diagnosis indicated a long-term and difficult treatment, the patient decided to be treated in London. In term of hours Meditrans arranged the transport and after 10,5 hours was the patient admitted to Royal College Hospital in London. (Transport by the air was contraindicated)

In need of any kind of medical transportation, don’t hesitate to call us:
Tel.: +420 244 479 210 Fax: +420 244 479 210
E-mail: callcenter@ambulance-meditrans.cz
We are here to help You.
Welcome to Na Homolce Hospital

General Medical Care

The Program of General Medical Care is the hospital's comprehensive clinical program, offering patients from Prague and the surrounding area a wide range of diagnostic and therapeutic procedures for diseases relating to internal medicine and general surgery. It is represented by an extensive outpatient unit with sixty clinics for specialized internal medical and surgical services, and by an inpatient unit with thirty wards for surgery. It is represented by an extensive outpatient unit with sixty clinics for specialized internal medical and surgical services.

For appointments Call Mo-Fri (9 A.M.-5 P.M) call: +420 226 226 000

HOME CARE ABROAD
All Major Credit Cards Accepted

Preventive 2000, special diagnostic apparatus designed and developed by the CPM in collaboration with the firm-Dea-Med, Czech Republic.

For further details please apply to:

PREVENTION 2000®
MUDr. René Vlasák and Dr. Franz Josef Schingale
For further details please apply to:

CPR (Center for Preventive Medicine) represents a unique healthcare center that focuses its activities on the prevention and therapy chiefy of the gynone 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. CPR, in line with the guidelines set by the WHO, stresses the prevention of this disease. Within its global antibiotherapy 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 (gynaecoid somatotype, the fat is predominantly distributed in the lower abdomen, buttocks and gluteal areas of the legs) – both conventional and modern 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 lymphatic system (lymphovascular insufficiency stemming thereof) that is the true reason for the onset of this disease, in some cases described as lipedema. So, for the affected women, especially those that form the most progressive trend called e-health.

The following procedures are available to you:

- MULTILINGUAL RECEPTIONISTS (ENGLISH, GERMAN, FRENCH AND RUSSIAN)
- ORGANIZATION – TO MINIMIZE TIME WAISTAGE AND TO USE THE TIME SPENT AT THE HOSPITAL AS EFFECTIVELY AS POSSIBLE
- TELEPHONE ASSISTANCE – RESPONDING TO QUESTIONS, PROVIDING ADVICE
- E-MAIL ASSISTANCE – RESPONDING TO QUESTIONS, PROVIDING ADVICE
- PROVIDING EXTRACTS FROM MEDICAL REPORTS IN FOREIGN LANGUAGES
- RECEPTION ADVISORY SERVICE ON CARE AVAILABLE FROM OTHER HEALTH CARE FACILITIES, BOOKING REVIEWS AND RECEPTION OPTIONS
- DAILY VARIOUS VISITS FOR PATIENTS, HELP WITH MINOR REQUIREMENTS IN PERSONAL ESSENTIALS TO THE APPROPRIATE DEPARTMENT WHEN NEEDED
- BOOKING TAXI
- BOOKING HOTELS FOR YOU AND YOUR FAMILY

ADULTS

If you wish to arrange a doctor’s appointment at Na Homolce Hospital, you first have to register at the Central registry (Central Registry) at the hospital main entrance. The Central Registry is open non-stop including weekends and public holidays. When you have registered, the Registry nurse will send you to the appropriate department.

On weekdays, from 7 a.m. to 5 p.m., the Commercial Services Reception is also open. For a fee of 525 CZK per visit (or per day spent at the hospital as effectively as possible).

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CHILDREN

Na Homolce’s Pediatric Department is open each weekday from 7.30 a.m. to 4 p.m.

The Program of General Medical Care is the hospital’s comprehensive clinical program, offering patients from Prague and the surrounding area a wide range of diagnostic and therapeutic modalities, eg. manual lymphatic drainage, as well as mechanical physical therapy (regimens. Widely used are also other regimens, eg. special diagnostic apparatus designed and developed by the CPM in collaboration with the firm-Dea-Med, Czech Republic.

Or for further details please apply to:

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Canadian Medical Care is a leading, well-established private medical facility providing high-quality health care since July 1995. In the years 2004 and 2006, Canadian Medical Care was granted the award Czech 100 Best (Healthcare), a prestigious contest held by Comenius, a Pan-European association dedicated to culture, education, and scientific cooperation.

Canadian Medical Care has become an established health care provider and has successfully grown and expanded its services to become one of the leading health care providers in Prague today. By offering a broad range of medical specialties, coupled with its extensive experience and above standard services, Canadian Medical Care is able to satisfy the most demanding service requirements, ranging from medical services for individuals to preventive occupational health care for small or large enterprises.

A great demand for quality health care services and a systematic expansion have shaped CMC’s service provision. CMC treats thousands of clients annually at its 3 clinics, located in Prague 4 and 6. Canadian Medical Care’s main clinic is located in Prague 6 – Velenov and offers complex medical services in the following specializations:

- Internal medicine
- Practical medicine
- Neurology
- Pathology
- Gynecology
- Dermatology
- Cardiology
- Physiotherapy / Rehabilitation
- Dys & postnatal care
- Gastroenterology & Hepatology
- Ophthalmology
- Neurology
- Speech therapy
- Surgery
- Orthopaedics
- Sonography
- Urology

CMC in The Park is the newest expansion of the CMC group. Located in a high-tech business complex in Prague 4 – Chodov, CMC in The Park provides individual medical care and preventive occupational care.

CMC PATIENTS’ FURTHER ENJOY:  
- 24-hour Medical Hotline & Home Visits  
- Extensive Blood Test & Ambulance Transport  
- Training Courses (e. g. First Aid)  
- Preventive Vaccination etc.

Dental Care at Canadian Medical Care

Today’s dentistry is more than just eliminating pain or keeping teeth healthy. Systematic dental care is nowadays a social necessity. A healthy smile enhances a positive image, and with regular preventive check-ups, we can prevent numerous serious complications later in life.

We offer complex dental care for children and adults, multi-lingual staff, above-standard equipment (digital X-ray) enables immediate diagnosis and low radiation.

CMC offers systematic and personalized care in order to develop close cooperation between the patient and the physician. Consultations among our professionals are commonplace which enable a smooth transfer of patient information among various medical specialties. Expect to receive only the highest standard of medical care at Canadian Medical Care.

Make the right choice – entrust your health into Canadian Medical Care’s professional hands.

Reaching Your Health into Professional Hands

Canadian Medical Care is a private outpatient clinic treating adults and children for more than ten years and administering above-standard medical care in all major specialties.

HOW DO YOU EXPLAIN YOUR STRATEGIC MARKET POSITION AND GROWING SUCCESS OF YOUR CLINIC? Proof of which is also your award in the prestigious contest “Czech Best 100”.

Having been able to assemble a reliable team of colleagues who perform well, I consider as the biggest success. Together we are able to administer complex patient care, ranging from first attendance examinations through to offering specialist consultations including individualized treatment plans. Our goal is to establish close relationships between the patient and our medical team.

PATIENT LOYALTY IS THE BEST PROOF OF A CLINIC’S SUCCESS.

Yes, we enjoy the patronage of many loyal clients, and new patients usually come based on referrals. Both types of patients are interested in above-standard medical care.

EXPLAINS BARBARA TAUSOVA, MD, MANAGING DIRECTOR OF CANADIAN MEDICAL CARE

Canadian Medical Care is a private outpatient clinic treating adults and children for more than ten years and administering above-standard medical care in all major specialties.

For example, we offer comprehensive in-house medical care ranging from allergy examinations through to dental treatments. Our patients can access CMC’s non-stop medical hotline and take advice from our physicians, request home/hotel visits which are arranged for medically necessary cases during or after office hours. When indicated we transport patients in our CMC ambulance car. Long opening hours (twice a week until 8 p.m.) and medical services on Saturdays enable even the busiest professional to take care of their health. In addition, we offer assistance during acute, unforeseen hospitalization and medical monitoring during planned hospitalization. Our physicians are in contact with our patients and their family members.

YOU MUST HAVE HAD A CERTAIN CONCEPT IN MIND WHEN YOU STARTED DOING BUSINESS 11 YEARS AGO. HAVE YOUR EXPECTATIONS BEEN MET?

In many ways yes, however, we must keep in mind that total satisfaction is the result of a continuous, persistent effort. We emphasize professional conduct of our physicians, stress the need of quality service with our medical and administrative staff, and insist on medical devices being in mint condition, etc.

MAJORITY OF YOUR PATIENTS ARE FOREIGNER. DO THEY ASK FOR SPECIAL EXAMINATIONS THAT ARE NOT YET PERFORMED IN THE CZECH REPUBLIC?

Do you follow global trends? TRENDS IN CZECH MEDICINE IN ORDER TO SATISFY YOUR PATIENTS’ DEMANDS?

Our patients are from Europe and overseas. They bring their experience and customs from their countries, and we try to accommodate their wishes as much as possible. It happens frequently that we consult medical issues with physicians of our patients in their home country.

MUTUAL COOPERATION BETWEEN THE PATIENT AND PHYSICIAN IS AN ESSENTIAL FACTOR IN THE HEALING PROCESS. IS COMMUNICATION BETWEEN THE PATIENT AND PHYSICIAN SATISFACTORY AT YOUR CLINIC?

An open dialogue between a physician and her patient is in my opinion of utmost importance, because reciprocal discussion is part of the healing process. At our clinic, we are prepared to answer and explain any questions patients might have. Our patients are our partners who have the right to communicate, have explained, clarified, weigh the options of alternative treatment, etc. Our patients must feel that we care about their health. Unfortunately this approach is not practised everywhere.

AS THE DIRECTOR YOU MANAGE AN OUTPATIENT CLINIC AND AT THE SAME TIME YOU PRACTICE YOUR PROFESSION AS A PEDIATRICIAN. DO YOU HAVE TIME FOR YOUR HOBBIES AND TO BE WITH YOUR FAMILY?

It is not always easy to find the time for my hobbies, but my family is my priority. Hence, I try to spend most of my leisure time with my children and husband. It is impossible to work non-stop. One can handle more after having rested which does not hold true when one is overworked and tired. Besides I have the support of my colleagues who are reliable and take over when I am absent.

DO YOU HAVE ANY PLANS FOR THE NEAR FUTURE?

Improving quality is a continuous process; this year, we plan to open a new gynecology consulting room and purchase new medical devices. Also I plan to attend the professional pediatric congress in the United States.

THANK YOU FOR THE INTERVIEW.
IN THIS REGARD THE WAITING AS WELL AS CONSULTING ROOMS OF PRIVATE FACILITIES HAVE ADVANCED A CONSIDERABLE WAY FORWARD

MGR. MONIKA PÍSKOVÁ HAS BEEN DEVOTING HERSELF TO COMPUTER GRAPHICS, YOU CAN FIND HER IN A HOUSE OUTSIDE PRAGUE SURROUNDED BY UNUSUAL PICTURES, LOTS OF FLOWERS, COLOURS AND SHAPES. MRS MONIKA DESIGNS AND CREATES ALL ON HER OWN. AND IN ADDITION TO THAT - HER PICTURES DECORATE A FEW PRIVATE CONSULTING ROOMS AND AS THE PHYSICIANS SAY, APART FROM OTHER THINGS ALSO THE INTERIOR ACCESSORIES MAKE THE FIRST IMPRESSION OF THE CONSULTING ROOM...

WHY THE COMPUTER GRAPHICS?

I got down to the computer graphics more closely during my external study at the school of applied cybernetics. At that time, about four years ago, I and my husband were finishing a construction of the family house. As interiors are mostly the women’s matter, also I started creating them according to my ideas, matching colours, shapes, styles.

The difficulties arose in the moment when I wanted to furnish the house with pictures which complement the interiors. I didn’t like any in shops, they didn’t match with the style or colour.

That’s why I decided to make them by myself.

The first graphic designs precisely for the given places of the house, finding the manners of printing and other techniques necessary for using, followed.

Afterwards I had the first designs made into the final appearance and hung the walls with my works.

I wasn’t awaiting a positive response. Our guests were, however, enthusiastic about the pictures and they started ordering them by me, thereby it started...

IN YOUR OPINION, WHAT IS THE USE OF THAT TECHNIQUE?

As far as the graphical features and the use of graphic programs are concerned, it’s wonderful that some designs can arbitrarily be harmonised colourfully.

So if the customer likes the subject, it is possible to adapt the colour and size of the interior where the picture is to be hanging, which is a great advantage compared with the classic fine art. Practicality is another advantage. The pictures are laminated, therefore they can be cleaned easily and moreover they are very light as well.

CAN YOU IMAGINE YOUR PICTURES TO BE A COMPLEMENT OF THE INTERIOR OF MODERN FIRMS OR EVEN ABOVE-STANDARD MEDICAL FACILITIES?

Yes, very well, for I’ve already furnished several firms with my pictures.

At the present time I’ve been processing and choosing pictures for private medical facilities that like my style. With respect to the fact that my designs have mostly an abstract character, I think that when you’re waiting for a physician they can shorten the time by employing your fantasy and imagination. In most state facilities we’ve got used to the torn-off pages of an old calendar hanging on a string and also with respect to the waiting periods and greenly painted walls, at least I myself don’t stand it too positively. In this regard the waiting and consulting rooms of private facilities have advanced a considerable way forward.

IS THE PROCEDURE/PRODUCTION OF THE PICTURE COMPLICATED? HOW DOES THE PICTURE COME INTO BEING?

The design created in a computer by means of a particular graphic program is the foundation. This design is further forwarded into the firm where all other things are ensured - printing, lamination, framing.

The lamination is actually the coating with a clingfilm. Mostly you don’t perceive it at all, but thanks to it colours may be preserved in a printing quality for several tens of years and as I’ve said before - the picture is easy to maintain. I choose the framings narrow and at the same time colourfully such so that they create an interesting transition between the content of the picture and the interior. In the end a hanging mechanism which can be handled very easily is added and therefore the picture can be hanged on the wall simply.

WHERE WERE YOUR PICTURES EXHIBITED, WHERE ARE THEY HANGING?

With respect to the fact that yet recently I was making a few pictures solely for my private purposes, it’s for sure that I won’t name a list of galleries. For example I exhibited at the request of the owner of the literary café, I co-operate with the firms dealing with an interior design and “the acquaintances of our acquaintances” who saw the pictures at my friends’ place are other customers. On the basis of their recommendation I had the possibility of participating in the interiors of private firms as well as consulting rooms.

WHAT ARE YOUR PLANS FOR THE FUTURE? WOULD YOU LIKE TO BREAK THROUGH THE COMPETITION OF TODAY’S MARKET?

Working with graphics and creating the pictures has become a very interesting hobby for me.

Of course, I’ve got my own job, family and other interests, I devote myself to charity a little and thus I haven’t got any monstros plans in my mind.

I am very satisfied with the fact that I can do pleasure to my friends or customers, they like the picture which beautifully complements the rooms which it resides and makes them more pleasant. That’s the greatest reward for me.

If I myself didn’t share in every graphic design or making-up to a particular interior, it would lose sense for me.
Harmonize your life!

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 its 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.

You may visit Ayurvedic centre – AYURMEDIC CEYLON in Prague at Vinohrady. There perhaps you might find the solution of your health problems by natural ways or just try and experience Ayurvedic methods of relaxation and regeneration of your organism.

AYURVEDIC DIAGNOSIS AND CONSULTATION

During Ayurvedic consultation our specialized expert Dr. D. Frej will determine your constitution, actual state of your organism and or imbalance which already caused your health problem or might develop to certain illness. These information are the results of pulse, eye and tongue diagnosis. As an outcome of Ayurvedic consultation you will get recommendations concerning the changes of your lifestyle, individual diet and or adjusting your eating habits. Special massages, herbal preparations and other procedures are usually being recommended as well. Open and active co-operation of the client is needed to achieve the best possible results.

WE OFFER:
• Diagnostic and Consultation
• Ayurvedic whole body massages
• synchronic whole body massages
• head massage, foot massage
• Shirodhara - Relaxation and healing technique, during which thin flow of the oil has an effect on so called „third eye“ – vital centre
• Herbal inhalation and steaming
• shiatsu massage, special massage for pregnant
• Ayurvedic cosmetic, literature, teas, food supplements

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www.ayurmedic.cz

Harmonize your life!
Ayurveda offers you the hand, will you give her a chance!
When was the College of Tourism, Hotel and Spa management, for which you are the rector, founded?

The Ministry of education of the Czech Republic gave the College of THSM agreement to function as a private college of non-university type according to Act no. 111/1998 Coll. about universities on the 14th August 2000. The founder of this prestigious college was the National federation of hotels and restaurants of the Czech Republic. In October last year NFHR merged with Horeka and created the bigger and more influential Association of hotels and restaurants of the Czech Republic. The college functions as a private college of non university type with an accredited bachelor study programme in ‘economics and management’.

Graduates of the three year full time and combined form of studies gain the academic title ‘bachelor (Bc)’ after successfully passing the final state bachelor exams, which includes defending their bachelor work.

Quality is the basic pillar of the function of the College of THSM. A good quality college ensures erudite pedagogs, studied subjects and simultaneously quality students. The college will not be successful because of the number of students it has, but according to how successful the graduates are. For this reason we have given priority to quality not quantity from the beginning.

Additional and predominant care is given to the study of foreign languages, which is ensured by the high quality of teachers, native speakers and small groups. Our aim is a small, flexible and selective college, with an exclusive character. The vision of the College of THSM is to build the highest quality college for bachelor studies for managers and business people in the field of tourism, hotel and spa management.

In specialised classrooms with computerised technology, students have access to computers for lessons and even for self study, equipped with the latest software (Microsoft Windows XP professional CZ; Microsoft Office 2003 (Word, Excel, PowerPoint, Access, Outlook, Business Contact Manager for Microsoft Outlook) with additional applications.

Students have free access to the internet.

The college buildings are in an exclusive location in the historical and cultural centre of Prague in Senovážném náměstí 23, Prague 1.
How can the students apply their knowledge and experience after graduating from the College of THSM?

Graduates of this field are educated not only as qualified experts in running the hotel business, restaurants, accommodation facilities and gastronomic establishments, spa establishments and travel agencies, but also in business activities in the field of the travel, hotel and spa management connected to satisfying the client.

During the obligatory work experience, the students have the possibility to choose from various hotels, spas and travel agencies. The work experience proved that our students belong among the best prepared and they very often find even their future work place. Among our successful graduates are hotel managers, co-owners of travel agencies or business people, for example the owner and manager of a catering firm.

Because the college can claim the convertible, european, transferable credit system ECTS, which enables the students to continue their studies in a foreign college or university, some of our graduates are now in England, USA, Australia etc.

In September last year you were the only one in the Czech Republic who won the Socrates prize. Can you tell our readers some more details about this?

On the 12th September 2005 I brought the prestigious prize International Socrates Award home from Oxford for ‘intellectual contribution in the area of development in education and co-creation of bridges between the countries of the European Union in the beginning of the 21st Century’ - according to the official formula. The prize is awarded every year by the Europe Business Assembly - by president John Netting, a golden statue of Socrates - according to Rodin’s ‘The Thinking man’ and is awarded in the old town hall of Oxford. The ceremony is very grand and celebratory and ends with a gala evening with dinner. Everything is held in beautiful hall in Oxford City Hall.

When I received a letter from EBA in June 2005 announcing that I am nominated for the Czech Republic for this prize, I was very surprised. Many factors were taken into account when deciding the nominations and my active participation in foreign conferences, mainly about private colleges had, a significant influence.

Do students from abroad study at your college?

Yes, we have a few students on the full time course, for example from Slovakia, countries of the former Soviet Union, Cyprus, France, Germany, Luxembourg etc. most of them are children who have one Czech parent. But from this year we are teaching the identical bachelor course in English, which we also have accredited by Ministry of Education. Currently the first semester is running and the response up to now has been very positive.

At the moment only students from abroad are attending the course in English language, however we are expecting also foreign students whose parents work in foreign firms, representatives, diplomatic offices etc. in the Czech Republic.

All those interested can come and look round the college buildings at Senovážné náměstí 23 or look at our web sites www.vscrhl.cz.

CONTACT
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Doc. Ing. Věra Seifertová, CSc., Rectress VSCRHL
The higher public knowledgeability by means of the media results in the ever increasing demandingness and requirements on the part of the patient. If at present the stomatologist wants to keep up with the times, he or she has to be getting acquainted with the fast development of new materials and pieces of knowledge, reacting to the necessities in the area of commonly specialised stomatology.

Stomatological treatment cannot be reduced to the oral cavity. For that reason we must perceive it as the whole which comprises not only the treatment and disease of teeth, but also of oral cavity mucousa, tongue, lips, masseters, gnathic joint, position of teeth in the tooth arch (front or rear tooth), further with the patient then also the level (physical, mental, occupational) of the patient's oral cavity condition (mouth breathing, speech, mastication), and aesthetic claims. Most frequently we use three kinds of fillings: amalgam, photochemistry (white fillings) and so called glass-ionic-cements.

The longest used and most reliable filling material for the rear part of a set of teeth, which I, recommend, is amalgam. We distinguish so called loose amalgam (which is reimbursed by the insurance company) or above-standard one, so called cap amalgam. It is directly paid by the patient. The difference between both materials is in price, form and quality. The loose amalgam is mixed in the apparatus where the dose of individual components is measured out. With the capulated amalgam the ratio of items is exactly given by the manufacturer and the material is placed, as the apellation implies, in a capsule. As well as the procedure of removing the decayed substances, treatment of walls of the in- currence cavity and the final finish of the filling is different when using the capulated amalgam. The capulated amalgam is more resistant to chewing pressure and its process- ability is better. In practice it means that the filling may be shaped into the original shape of the tooth and polished into a high shine.

All patients who come to our place are those who are looking for treatment. The inflammation of the gums and the toothache is a consequence of the plaque. The plaque is maturing and growing, dangerous bacteria are repro- ducing and producing toxins, which brings about a gum inflamma- tion. The gums will swell, congest and may be hurting intermitt- ently. A starting stage of periodontitis is not painful. One can experience a bleeding of gums, unpleasant feeling in his or her mouth, frequently even a bad breath. And thus has already come the high time to see a stomatologist or dental female hygienist. If you are one of those who have not got any difficulties with gums yet, you are lucky. In three in four adults over 35 years, that is to say, know what the sensitive, swollen and bleeding gums are. There is an array of measures that will relieve you of the pain, help heal the gums and preserve the firm teeth. Your oral hygiene is the most important thing. At least once a year we should see our den- tist to examine the condition of our gums and teeth. That's why, during each preventive examination, recommend personally to carry out a so called complex dental hygiene associated with a graduate dental female hygienist's briefing. For some patients it is sufficient enough to go through that only once a year, some others are recommended for four to five times a year. I think that those patients who put into practice the oral hygiene were greatly satisfied and spoke highly of that. To is say, she should be the component of every quality stomatological prac- tice.

A number of patients who highly care about aesthetics or a nice and healthy looking smile have markedly been rising lately. Therefore they get their teeth whitened. The methods of whitening may be divided into three groups.

The first one is a consulting-room whitening when the stomatologist whitens the teeth within an hour. To the patient he will put a kind of ‘glue’ the weakened parts of a tooth. They are most used in the front visible section. Compox, however, have an array of disadvan- tages. The patients who have absolutely white teeth (e.g. as a part of a dental model) may present a high risk to the formation of so called secondary decay.

According to my own experience I can say that in the rear part of a set of teeth the amalgam-to-com ratio is roughly 60 % to 40 %.

Another group of patients are those who lost their teeth and require replacement (prosthetics). The stomatologist’s task is to solve this problem by means of a prosthetic device (denture). The primary task of the prosthetics in stomatology is to replace the missing teeth and whole rows of teeth. To be able to do it, the most important task is to improve pronunciation - phonetic function. We can substitute re- movable or fixed prosthetic devices for teeth. The patients who have the caps or bridge - formally - are often requested. Also the use of crowns place have already mostly got the high aesthetic requirements.

That is why we recommend to have the crowns or bridges. Long durability, perfect look with permanent colour effect and with transparency similar to a tooth enamel or own tooth rank among the advantages of the ceramic. It is non-irritating and well tolerated by the oral tissue in the result of dental treatment and in the naturally nicely looking set of teeth. The ceramic implant is an allogenous substance which is embedded into a bone and serves for supporting and anchoring the fixed or removable prosthetic devices, respectively. The main disadvan- tage is their high price.

The current development of implantology is fast, which is also related to the development of new materials and technologies, in- trendings methods and their gradual reduction of prices. So the patients’ interest in this kind of treatment is in increasing year by year.

Another large group of patients who come to our place are those with gum diseases. Their gums are swollen, congested and bleeding. At present day basis the gums breaks into periodontitis and perio- tis. It is caused by the bacteria appearing in a tooth plaque with the uncleaned teeth. The plaque is maturing and grows, too. The patient goes to the doctor every day until it is possible to remove it by everyday cleaning of all spots of teeth including the interdental spaces. For the time be- ing in the 1st decade more effective has been invented yet. Nether- wise a mouthwash or a douche (lavage) can replace the cleaning. Back up the treatment results in the home only in the case of the plaque is maturing and growing, dangerous bacteria are repro- ducing and producing toxins, which brings about a gum inflamma- tion. The gums will swell, congest and may be hurting intermitt- ently. A starting stage of periodontitis is not painful. One can experience a bleeding of gums, unpleasant feeling in his or her mouth, frequently even a bad breath. And thus has already come the high time to see a stomatologist or dental female hygienist. If you are one of those who have not got any difficulties with gums yet, you are lucky. In three in four adults over 35 years, that is to say, know what the sensitive, swollen and bleeding gums are. There is an array of measures that will relieve you of the pain, help heal the gums and preserve the firm teeth. Your oral hygiene is the most important thing. At least once a year we should see our den- tist to examine the condition of our gums and teeth.

The development of implantology has been making great strides ....... The working processes and treatments which are bio- logical as can be, are considered of a live tissue and load the patient as little as possible, will be and be used as well.

At the present time there is a possibility of treating the foreign patient. At present number of patients who have been increasing is union has risen yet. For curative purposes circa 1-2 percents of inhabitants travel into another member state of the EU these days. Moreover this is the provision of the surgical interventions which are demanded by the half of the patients. For instance the Germans, Englishmen travelling into the Czech Republic and vice versa. This treatment can be very expensive. However in that cases the costs of medical treatment are reimbursed by the patient himself. At our place they get their teeth redeveloped in a laboratory. The treatment of the set of teeth via medium and extensive prosthetics works up to the great price. The great price of this is the demand of high quality materials, the quality of work, the way of whitening. The consulting-room whitening is the best and most effective method.

The second method is a home-made whitening which takes more time. The patient whitens his teeth at home for circa 7 days. The procedure is more expensive than the above one. It holds generally that the whitening preparations have a very small percentage of included whit- ening agents and their visible effect may thus arrive after a longer period. On the contrary, the price of the preparations varies very univer- sal and so not always be able to cover the complete set of teeth wholly, for example only one or two caps or bridges. Furthermore because of the overall lower effect of these preparations the differences between the white and old teeth are minimal as well. Therefore they recommend to have the professional whitening to my patients. The technique is always individual and depends on each patient's way of life. Proper hygiene is of course, that our patient is content.

One of the great demands on the part of foreign patients is that our foreign clientele has discovered that many as good physicians as in their home country, are working in Czech country as well – with the same qulaity of work for much favourable price!

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About us

We are a dental treatment center with up-to-date equipment and service located in the centre of Prague. We operate in two dental treatment rooms and a laboratory. We regularly take part in learning and development activities and trade fairs in the Czech Republic and abroad. Our knowledge is applied in our work and therefore we use the most progressive materials and technologies. Dental examination is generally considered to be one of the worst ones. Our aim is to create a pleasant and friendly atmosphere, so that your visit of the dentist became a pleasure.

Services

RESTORATIVE DENTISTRY
• Preventive examinations
• Medical treatment of acute cases and toothache
• Esthetical dentistry
  – tooth whitening, photocomposite (white) fillings
• Endodontics
  – root canal treatment, root fillings
• Dental hygiene and prevention
  – tooth sanding, tartar removal, tooth & filling polishing

PROSTHETIC DENTISTRY
• fixed crowns, fixed bridgeworks, temporary crowns and bridge-works removable dentures

PARODONTICS
• medical treatment of gums and mucosa

PEDIATRIC DENTISTRY
• medical treatment of deciduous and mixed teeth

OTHER SERVICES
• sale of materials and tools for dental hygiene, consulting and advisory

Dental Hygiene

Advice on how to take care of your teeth and gums will be given to you by a high-experienced dental hygienist. Certified dental hygienist is an essential part of quality stomatological practise. Consulting and services provided by the dental hygienist comprise tartar, scale and pigmentation removal, filling polishing, tooth sanding and tooth fluoridation. Dental treatment of the dentist is better applicable and more durable after the dental hygienist’s treatment. Some of the operations it is even not possible to perform without prior treatment of the dental hygienist. In our practise you will be advised to visit the dental hygienist after the entrance examination of your teeth. She will instruct you how to brush your teeth properly and which dental tools to use – such as interdental brush, dental thread, toothpaste, mouthwash, etc. Thanks to a regular and proper care of your teeth and gums you can minimize the decay appearance, prolong durability of the fillings, bridgeworks, crowns and healthy teeth. Our patients are always surprised how little can be done to get rid of dental problems.

Equipment

WE USE UP-TO-DATE EQUIPMENT AND TECHNOLOGIES IN OUR WORK.

American digital depictive system RVG Dr. Suni:
Suni system is the high-tech equipment used worldwide. It minimizes the X-ray’s influence of patient’s health. Pictures are immediately displayed on the monitor.

Intraoral X-ray PLANMECA INTRA:
Presents a worldwide trend in dental radiography. Made in Finland.

Intraoral camera SuniCam:
You can watch the state of your teeth before and after the treatment. Final effect will be adapted to your needs and expectations.

Austrian wireless polymerization LED lamp:
Used for stiffening photocomposite (white) fillings, shortens the stiffening process by a few times.

Prophy-Mate NSK:
Japanese tool used for sanding, depigmentation, stain, plaque and tartar removal, tooth whitening and cleaning.

Propex:
Japanese Apexlocator of the 3rd generation, used for measuring the root canals depth. Supports a precise filling of the root canals.

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Entrust Your Health into Professional Hands...
If you are considering the possibility of the stomatological treatment in Prague, you will surely be interested in other details. In addition to the professional service and comprehensive stomatological services, which you got used to in your home country, you can get far more favourable prices in Prague.

Esthesia stomatological clinic has got rich experience with clients from all over the world. Its physicians and medical staff can speak foreign languages very well and for foreign clients they are also prepared to ensure help with accommodation, transfers and other services associated with their travelling to Prague.

We asked a couple of questions of the implantologist MUDr. (MD) Vojtěch Slezáček and executive manageress Ing. (MSc) Lenka Bodnárová.

FROM WHICH COUNTRIES DO THE MOST CLIENTS COME TO YOU? Lenka Bodnárová: A lot of our clients come from Great Britain and Ireland, Germany is another country from which the large portion of clients come. We have got the considerable numbers of clients from Switzerland, the Netherlands, Denmark or the USA.

WHY DO YOU THINK THAT MEDICALLY MOTIVATED TOURISM BECOMES A TREND AND THE PATIENTS COME TO THE CZECH REPUBLIC? Lenka Bodnárová: The first reason is quite obvious - the Czech Republic and Prague especially are very favourite touristic destinations for foreigners. More than two millions of foreign tourists visit Prague yearly! Thus the travelling and planned stomatological intervention have logically interconnected as well, giving birth to this new trend. In simple terms people associate the pleasant with the useful.

Foreign clients have already known that the level of stomatological care at specialised clinics equals the one they know from their home country. Last but not least there is a financial motive as well, they will save a lot in the Czech Republic compared with the same interventions in their home country.

WHICH STOMATOLOGICAL INTERVENTIONS ARE THE MOST FREQUENT WITH YOUR FOREIGN PATIENTS? Vojtěch Slezáček: In the first place it is a replacement of the tooth with the implant. With foreign clients these interventions are carried out more than any others. Other interventions sought after are caps, bridges or even the exchange of fillings.

Lenka Bodnárová: Just these implantological interventions are financially the most demanding. So if the client plans to save some money on the stomatological interventions, then he or she compares the prices at various clinics and consequently in foreign countries, too. Except for the price the patients also compare the quality of the care and services related to the intervention.

WHAT SPECIALISED INTERVENTIONS CAN YOU OFFER TO YOUR CLIENTS? Vojtěch Slezáček: Besides a typical implantation I would certainly like to mention a computer-controlled method which also our foreign patients are frequently interested in. With implantological interventions people are afraid of the pain or long-running process. The new method of implantation does with the minimum of surgical interventions, thereby the pain as well. As far as I know, only a few workplaces offer this method in the Czech Republic, one of them is also our stomatological clinic. It’s logical that the less time the patients spend at a dentist’s chair, the more comfortable they feel. The Nobel Guide technology is a method during which I don’t even have to use a scalpel.

WITH WHAT CAN YOU ATTRACT OTHER INTERESTED PERSONS IN YOUR SERVICES? Lenka Bodnárová: You can find more information at our websites which are, of course, in German or English language as well. If you are interested in more detailed information, don’t hesitate to contact us. We will work out an unbinding offer for you which you can compare with the domestic prices of interventions. If you decide for our clinic, we will reserve a term for you and help to plan your stay in Prague.

THANK YOU FOR YOUR INTERVIEW

Look for the nicest smile in Prague

At the present time scientists unceasingly come with the new pieces of knowledge applicable into a modern medicine. What was impossible some years ago, becomes a routine today. The newest results of researches and science are also being applied very quickly in modern stomatology.

The modern stomatology comprises a complex of care of patient’s set of teeth with regard to his or her individual requirements. Nice and healthy teeth, which grace the smile of their owner, are the target.

Above-standard care is not the domain of only a few European workplaces. You can also obtain the same care from the team of physicians of Esthesia stomatological clinic in the Czech Republic. In Prague, where the clinic is based, you will find a top stomatological workplace with above-standard services. You will get an absolutely comparable comfort as in the other original states of the European Union.

Naturally with one substantial difference, and that is money, because in comparison with the same interventions in the home country, you will spare markedly.

Esthesia offers a comprehensive care including aesthetic stomatology and specialises in implants. This intervention is very liked by foreign clients of Esthesia clinic also for the distinct difference in price in comparison with foreign countries. In Prague you can get other stomatological operations for better prices, too.

Esthesia as one of few companies in the Czech Republic offers a new computer-controlled technology by the Nobel Biocare company. The new method will do with minimum surgical interventions, thereby the pain as well.

In addition to the complex background and above-standard service also experience with the foreign clients not only from Europe but also the USA is the advantage of the clinic. Prague is one of the most frequented destinations with lots of historic sights, that is why the interconnection of a holiday with a planned stomatological intervention suggests itself. To the clients from abroad Esthesia also offers a help in securing the suitable accommodation through-out the stay in Prague, transfer from and at the airport, and other complementary services.

If you are interested in more details, don’t hesitate to contact us. We will arrange a convenient term with you within the shortest possible waiting time decide for yourself on the manner of ordering – call us or choose e-mail or the order form.

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Amino acid composites and cerebrum

AMINO ACIDS REPRESENT THE CLASS OF ORGANIC COMPOUNDS THAT PLAY A CRITICAL ROLE IN LIFE OF A HUMAN BODY. THESE ARE SUBSTANCES NATURAL FOR A MAN, THESE ARE FIRST AND FOREMOST THE BRICKS OF WHICH PROTEIN MOLECULES ARE BUILT. ON THE ONE HAND, THE AMINO ACIDS CREATE PROTEIN THAT IS PART OF ALL TISSUES AND ORGANS, ON THE OTHER HAND PART OF THEM PERFORM SPECIFIC FUNCTIONS, IN PARTICULAR PARTICIPATE IN TRANSMITTING THE NERVE IMPULSE FROM ONE NERVE CELL TO ANOTHER. ALONG WITH THIS NEUROTRANSMITTER FUNCTION THE AMINO ACIDS PARTICIPATE IN RE-ESTABLISHING THE CELL ENERGY BALANCE, IMPROVE BLOOD FLOW IN CEREBRUM TISSUES AND PRODUCE AN ANTIOXIDANT EFFECT. BEIDES, THEY STIMULATE GENERATION OF NEW CEREBRUM TISSUE ELEMENTS, ALL OF THE ABOVE RESULTS IN IMPROVING THE FUNCTIONING OF THE NERVOUS SYSTEM AND CONSEQUENTLY THAT OF THE ENTIRE HUMAN BODY.

Applied by the firm New Medical Technologies amino acid complexes with an elevated content of 2-3-4 amino acids produce by far more powerful impact on the functioning of nervous cells as opposed to the impact of single amino acids.

Below are answers provided by the firm’s leading specialist, docent and candidate of medical sciences Olga Blinnikova to questions related to the possibility of prescribing amino acids in the form of food additives for persons afflicted with pathology of nervous system and for virtually healthy persons.

IS IT TRUE THAT AMINO ACIDS CAN REALLY ADDRESS CEREBRUM-RELATED ISSUES?

They do without any doubt. The stimulating effect they provoke brings to life back up “dormant” neurons. Today it is considered a proven fact that cerebrum cells can reproduce and replace themselves but only when prodded by a certain stimulus. Such stimulus for cerebrum cells regeneration and activation are represented by, among other, amino acid complexes.

HOW LONG HAVE YOU BEEN WORKING WITH AMINO ACID PREPARATIONS?

For more than 10 years.

WHO CONSTITUTES THE BULK OF YOUR PATIENTS?

The majority of patients we have to deal with are afflicted with disorders of the central nervous system. In most cases these are children with such diagnoses as:

- Perinatal encephalopathy
- Minimal brain dysfunction
- Infantile cerebral palsy
- Mental and speech retardation
- Oligophrenia
- Infantile autism
- Attention deficit hyperactivity disorder
- Epilepsy
- Hereditary diseases, for example Down syndrome

AND HOW EFFECTIVE CAN BE YOUR TREATMENT?

The effect produced by amino acid complexes can be observed virtually in all cases. Of course the results depend on the gravity of clinical presentation, the patient’s age and the body’s individual reaction.

The infantile brain is very supple; its growth and differentiation process is still under way and the role of amino acids here is to help normalize and intensify this process. The body starts to rely on its own inner forces. In some easy cases it takes only a small push and the positive changes will carry on for several months to come. For instance if we deal with a child that has school problems caused by a minor cerebral dysfunction it may take only one course to get a positive outcome. The child that underwent the course would have better attention ratio, higher speed of sensor-motor reactions, improve fine motor skills and develop improved behavior. If however we have to confront a severe spastic tetra paresis it takes several courses to achieve a well pronounced results in motor skills, intellect and speech. Along with reduced muscle spasticity and better movement coordination the child become capable to new movement skills.

DO YOU CONSIDER THAT THE AMINO ACID PREPARATIONS ARE SUFFICIENT TO HELP PATIENTS IN ALL ABOVE CASES?

The amino acid complexes improve cerebrum cells function. This in its turn contributes to improvements in clinical symptoms. Which considerably smooths out the mobile and speech rehabilitation process. Usually physiotherapists, speech therapists and psychologists who treat the patients observe first positive dynamics in patients.

DO YOU WORK ONLY WITH MINOR PATIENTS?

Of course not. We also have requests coming in from aged people as well.

These are patients with neurological disorders caused by cranio-cerebral injuries, people who suffered heart strokes, who are afflicted with senile dementia, neuralgias, and depressions. Even in severe cases when we feel that we cannot raise hopes of complete recovery we still succeed in considerably improving the quality of their lives.

SO AMINO ACID COMPLEXES ARE INTENDED ONLY FOR THE ILL?

I would not say so. A healthy person may equally have a need in amino acids. When your lifestyle is too hectic, when you feel oppressed by the ever growing fatigue, you may feel yourself irritated, subject to mood swings and consequently suffering from headaches, sleep disorders, having problems with cardiovascular system, intestines, reduced immunity. Amino acids may help increasing your overall efficiency, restoring emotional equilibrium and - what is more important – anticipating any severe secondary problems with inner organs that may be rooted in chronic fatigue.

But this not the end of the list yet. It is a well-known fact that after age 40 a human cerebrum starts to steadily lose its nervous cells mirrored by attention and memory lapses. As a result, people get slower. It may distinctly affect both professional and day-to-day activities: when you drive a car, when you practice sports or where you get trained, for example in foreign languages.

Taking our preparations will help you to stop the process of premature loss of nervous cells and therefore to considerably retard the brain ageing process. As a matter of fact, at any age it is possible to enhance attention ratio, restore training skills, and overcome stress situations.

HOW THE PERSON CAN DECIDE OF WHAT AMINO ACID COMPLEXES HE OR SHE NEEDS?

If it were a decision each individual had to take on his/her own it would have been a really difficult task and the end result could be negative.

The product I am talking about can include up to 20 different composite parts. Different complexes vary by their extent of stimulating effect. The set of amino acids that would be prescribed for patient suffering of dementia and the one with epilepsy will differ considerably. Special combinations are needed to cure chronic fatigue and stress. Consequently, all complexes are selected on individual basis upon consultation with our specialists after which the patient would take them at home according to a set prescription. Then we would have a control visit. In the course of the treatment the drug composition and doses can change.

I can summarize this interview by saying that amino acids represent a modern perspective method of boosting human brain. Amino acids can be of considerable help in harmonizing the nervous system functioning. They are efficient and safe especially if the applied under the supervision of knowledgeable specialists.
The living standard of a society can be distinguished depending on how it is able to take care of its weakest members.

How long have you been working here?

In the children’s house I’ve been working for 3 years. I am an educator and a special pedagogue. I experienced an array of years of the work in the school for mentally handicapped children and I was interested in the fates of these families. In my job I can help the families, especially their children, that got into the troubled waters. I’ve got the possibility of influencing their future and sharing in their education which is very important for them.

Is it possible to harmonise this demanding work with your personal life?

It’s very hard, but because I am single, I can fully devote myself to my work. I spend here most of my time. In morning hours I’m solving organisational matters, in the afternoon the children are coming with whom I want to have a chat. I go to see how the work of the groups is running. I have a talk with my colleagues. "I’ve got no time" for spare time.

In what do you see advantages and disadvantages of this alternative educational care for the children’s future life?

The unquestionable lack consists in the fact that children have no proper family model. At the present time children need a demanding school equipment as well as the times force them to have some up-to-date aids (incredible telephones, CD-players, personal computers and things like that). Are you able to obtain these aids for the children?

The money we get from the founder we use for purchasing the school aids for the children. If the children want to have something above-standard, I recommend them to spare from their pocket money they get from us. The older ones attended temporary jobs and contributed to themselves with their own means. Also they will get a birthday or name-day present or they may wish something as a Christmas gift. In the case of really valuable requirements, for example players, personal computers, but also primarily football or mountain or gymnasium trainers, fine-arts and fishing equipment we ask our sponsors who fulfil these desires usually as a Christmas gift.

I prefer the sports activities of children, that’s why my wish for children is usually sports equipment in the form of bicycles, skis, etc. Such wishes are fulfilled at Christmas as well.

Have you got some plans into the future? Would you like to change something?

These days some finishing works concerning the project of overall reconstruction of the children’s home are taking place. The goal of this reconstruction is not only to create housing units for family groups, but also battlements for the adult protégés (wards) that are still studying. In this way we want to lead them to self-reliance so that they have an easier entry into the real life.

Further I intend to provide the children with a sports background in the form of a multipurpose playing field and swimming pool which will be taken advantage of mainly during the summer months. As well as adaptation of the whole area will gradually be under way.

What would you wish your commended children?

I wish the children to have happy and care-free childhood spent in their own family. Unfortunately this wish is unreal in many cases, therefore I do my best to secure this childhood for them in as full extent as it is possible at our children’s home.

The main collective goal is to prepare the children for a full entrance into the independent life in order that they themselves are able to create a decent family environment for their children.
Private practice of medical rehabilitation, spine pain and manual medicine.
Reproductive medicine is one of the most exciting scientific and clinical areas. Every month brings announcements of research developments, medical ‘firsts’, new rulings by regulatory bodies, or ethical controversies – often sparking heated debate among practitioners in the field themselves, as well as ethicists, legislators, the media and the public.

ESHRE’s annual meeting is the forum where more than 5,000 of the world’s leading experts in reproductive medicine gather to give the first public presentation of their latest research findings and to discuss issues that are presenting law-makers and ethicists with some of the most challenging problems and difficult decisions currently facing society.
World Fertility Awareness Month

World Fertility Awareness Month was created by the American Fertility Association in 2002 as a worldwide, international movement designed to increase public awareness and education about reproductive difficulties. By reaching out to the public through media, collateral materials, advertising and promotion, and through collaborations with local and regional organizations, the campaign works to erase the silence and stigma surrounding infertility.

The global population remains largely unaware of the “facts of life” and what can affect fertility – people of all ages with their questions about contraception and fertility. Armed with simple facts – e.g. the older you are, your diet and amount of exercise and sleep you get can affect fertility – people of all ages are ready to make reasonable choices about protecting their fertility.

In short:

• FERTILITY DECLINES SIGNIFICANTLY AFTER AGE 35
• MISCARRIAGE RATES ARE HIGHER FOR OLDER WOMEN
• FEWER EGGS LEFT IN OLDER WOMEN SUGGESTS THAT A FERTILITY DECLINE IS LIKELY TO OCCUR OR MORE LIKELY TO END IN A MISCARRIAGE
• MEN NEED TESTING AT THE SAME TIME, MALE INFERTILITY SEEMS TO BE EVEN ON RISE

It is estimated that infertility is attributable to entirely female or male factor in 40% respec- tively while in 20% it is combination of both fac- tors or idiopathic infertility occurs (where clear infertility back- ground cannot be identified).

Couples are considered infertile when they are unable to con- ceive after a year of unprotected sex. Even for women over 35, six months of unprotected intercourse without conception is a red flag that may signal reproduction problems. For women under 35, the rule of thumb is to give it a year before consulting a fertility specialist. On average it will take six months for a 30-year-old couple to achieve pregnancy and 9 months for those 5 years older. Indeed, at age 37 approximately half of all couples will fail to conceive within one year. By the time they reach the age 42, an estimated 90% of couples will not achieve a pregnancy within 12 months.

Approximately 40% of female factor infertility is a function of ovulation disorders including irregular menstrual cycles and delayed ovulation which can be treated by stimulating the ovaries with clomiphene citrate. When low hormone levels or diminished ovulation function are involved, the protocol is usually injections of Follicle Stimulat- ing Hormone (FSH) and/or Human Chorionic Go- nadotropin (hCG). Both FSH and hCG are also used in conjunction with intrauterine insemina- tion (IUI) and in vitro fertilization (IVF). Assisted reproductive technologies (ART) represent nowa- days the most effective way of infertility treat- ment.

Czech assisted reproduction has gained high standards and it offers wide range of methods including preimplantation genetic diagnosis (PGD) and gametes donation programs. In addi- tion to local patients it has recently been con- tacted by infertile couples from all over the world. Their coordi- nates are available on the internet site www.neploidroz.cz. English-speaking staffs in majority of them are ready to serve indi- vidual needs of the patients.

Cryo-Save CZ

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First baby is born after oocytes were matured in the lab and frozen.

Three more women are pregnant in the same method.

Lyon, France: The first baby to be created from an egg that had been matured in the laboratory, frozen, thawed and then fertilised, has been born in Canada. Three other women are pregnant by the same process. The research was presented at the 23rd annual meeting of the European Society of Human Reproduction and Embryology today (Monday 2 July).

The baby girl was born to one of 20 patients with polycystic ovarian syndrome (PCOS) or with ovaries that had been detected to be polycystic by ultrasound (US), who took part in the trial at McGill Reproductive Center, Montreal, Canada. The baby is pro-gressing well.

Dr Hananel Holzer, who led the team, is an as- sistant professor at the Center and coordinates the fertility preservation programme there. He said: “Freezing a woman’s eggs (or oocytes) has become an important and integral part of fertility treatment, and the introduction of new freezing techniques such as oocyte vitrification has increased signific- antly both oocyte survival and resulting pregnancy rates. However, to date, the pregnancies reported have been the result of defrosted or vitri- fied and then thawed oocytes that had been col- lected after ovulation stimulation. Unfortunately, some patients seeking fertility preservation may not have enough time to undergo ovulation stimulation, or may suffer from a medical condition deemed by some oncologists as a relative contraindication to hormonal stimulation, such as estrogen excess or positive breast cancer. “In these circumstances, oocytes can be col- lected from the ovaries without hormonal stimula- tion, and the immature oocytes can be matured in the laboratory before being frozen or vitrified. But, until now, it was not known whether oocytes collected from unstimulated ovaries, matured in vitro and then vitrified, could survive thawing, be fertilised successfully and result in a viable pregnancy after embryo transfer.”

“We have demonstrated for the first time that it is possible to do this and, so far, we have achieved four successful pregnancies, one of whom has resulted in a live birth. The other three pregnan- cies are ongoing. These results are preliminary and the pregnancy rate is probably associated with a learning curve; indeed three of the pregnancies were achieved in the last five patients.”

Dr Holzer warned that the research was still in its early stages and it had not yet proven that patients having oocytes frozen can have a successful pregnancy, “It has the potential to become one of the main options for fertility preservation, especially for patients who cannot have ovarian stimulation and all patients who do not have enough time to undergo ovulation stimulation,” he said. “However, we have to remember that these are only preliminary results from a small number of patients who were not cancer patients themselves. As for all methods for fertility preservation, they should be looked at as preliminary and ex- perimental. We need to inform the patients about the early stage of these treatments without giving any false hopes.”

Women who have been diagnosed with cancer face the prospect that the treatment they receive for their disease might make them infertile by destroying their ovarian reserve of oocytes. At present, there is the still experimental option of having the ovarian tissue removed, frozen and then transplanted back at a later date; however, there is the theoretical risk that this could re-introduce metastatic cancer into the woman. For women who are infertile due to PCOS, the administration of hormones to stimulate their ovaries to produce eggs can have the dangerous side-effect of over-stimulating their ovaries, resulting in the potentially life-threat- ening ovarian hyperstimulation syndrome (OHSS). Therefore, be- ing able to successful pregnancies after retrieving immature eggs from unstimulated ova- ries is an important step forward for women in these situations.

The researchers selected 20 patients, with an average age of about 30, who were infertile, had polycystic ovaries and had agreed to have their eggs frozen as part of their in vitro maturation (IVM) treatment. A total of 296 oocytes were collected from the patients in 24-48 hours and then 216 were frozen using the Cryo- leaf oocyte vitrification kit developed at McGill. They remained frozen for no longer than a few months, and then were thawed. From these, 148 oocytes survived the thawing process and were fertilised via ICSI (intra-cytoplasmic sperm injec- tion). 64 embryos were transferred to the women. More than one embryo was transferred to each pa- tient because IVM is known to have lower rates of implanta- tion. The resulting pregnancies were sin- gleton pregnancies, with the exception of one, which started as twins but became a singleton pregnancy due to spontaneous re- duction.

Dr Holzer said he believed that adjusting the media in which the immature oocytes were matured in the laboratory was prob- ably responsible for the improved success rate of this trial pro- gressed.

“Fertility preservation is of the utmost importance to patients undergoing treatments that have the potential of making them infertile. Our research shows that it is possible to collect imma- ture oocytes from unstimulated ovaries, mature them in vitro, freeze and thaw them and then achieve pregnancies and live births, without risking the patients having hormonally sen- sitive disease, delaying their treatment for cancer or re-instituting a metastatic malignant disease,” he concluded.

Notes:
1. The McGill Reproductive Center is led by Professor Siang Lin Tan and the scientific director is Professor Ri-Cheng Chian. They are both pioneers in the in vitro maturation of hu- man oocytes and have developed the “McGill oocyte and embryo vitrification method” using the Cryoleaf system, which is now licensed to Medicult.
Our doors have always been open to foreign clients, but it was not until our entrance into the European Union that foreigners began to believe in the quality of medicine in the Czech Republic. Clients who were satisfied with our work often expressed a desire to return, which is used by patients from all countries around the world. More clients gradually started coming from Denmark, Great Britain, Germany, Austria, Holland, Italy and other countries. We cooperate with several outpatient specialists and clinics in Europe. Patient tourism is now a much discussed topic in the European Society for Human Reproduction and Embryology (ESHRE) and a project has been created in cooperation with other organisations, which is mapping the movement of patients around Europe, not only for the purpose of getting to know them and also helping to guarantee the appropriate quality and records of all cycles in the EU in relation to different countries. We started up the PGD promotion between centres that performed PGD before our entrance into the European Union that foreigners began to believe in the quality of medicine in the Czech Republic. This happens because the project probably involves an excellent team here with superb specialists.

HOWEVER, SCIENTISTS AND DOCTORS ARE NOT COMPLETELY UNIFIED IN THEIR OPINION OF THE IMPORTANCE AND SUCCESSFULNESS OF FISH OR PGD ON EMBRYO ANEUPLOIDY (NOTES: A WRITING NUMBER OF CHROMOSOMES DIFFERS FROM THE NORMAL SET OF CHROMOSOMES IN THE EMBRYO). DO YOU THINK THAT NOT ALL OF THE PATIENTS ARE PROPERLY INVESTIGATED? AS DO YOU, THERE ARE HOWEVER DOCTORS WHO ARE NOT PLACING THEIR BELIEFS ON THE FISH TEST BUT ON THE CLINICAL SIGNS. DO YOU THINK THAT THE FISH TESTS SHOULD BE APPLIED TO ALL PATIENTS?

Every method has its supporters and opponents. This happens quite regularly and negative opinions are frequently put forward concerning methods, which are relatively new. There are a few fundamental problems here. The problem is not so much in the evaluation of the success of the method. One of the problems is that many centres have not been able to achieve good results with the FISH method. Embryos, which are subjected to extraction of one or two cells, are then many times more sensitive to any deviations from the norm in the cultivation process. For this reason, if the cultivation process is not set absolutely precisely, simply put if it is not almost perfect, there really could be a significant drop in the ability to implant the embryo after PGD. In other words, cultivation of embryos after PGD really is a touchstone of the quality of the embryological laboratory. So it is essential that centres only get involved in implementation of PGD when their cultivation systems in the standard IVF programme show really exceptionally good results and where cultivation of embryos into blastocysts is absolutely routine. Only then can high quality results potentially be achieved in the PGD programme and only then can this treatment be performed to the great benefit of the patients. If a centre, which is managing to achieve good results publishes its work, the impression could be created that the method need not necessarily provide any fundamental benefit for anyone. We should not only publish the successful cases, but anything. In our clinic PGD increases the likelihood by 3-5 times with risk groups, which helps these couples reach the average success rate of non-risk groups. That is the main thing.

WHICH COUPLES ARE IN YOUR OPINION THE MOST SUITABLE ADEPTS FOR SUCCESS AFTER TESTING FOR EMBRYO ANEUPLOIDY USING THE PGD METHOD?

Generally speaking, these are especially clients where there has been repeated miscarriage or where several embryo transfers have been undertaken without success. However, PGD must not be performed until all investigations mapping the other possible causes of miscarriage or the failure of previous IVF cycles have been performed. We must not forget that causes could combine and this is why it is necessary in these cases to take medical action on several levels. This method also significantly helps couples where we use sperm for fertilisation (or rather immature spermatozoa) gained from the testicles using the TESA (testicular sperm extract- tion) method or in cases where the men have a very bad spermogram with a high quota of pathological sperm. Originally it was presumed that PGD would be a promising method for women of a relatively high age, but it has more or less been shown here that PGD has not provided such an improvement in the results as was expected. But even women who are older can be successful after this method, although a condition is usually that a sufficient number of quality eggs are acquired, which is only possible with some women over the age of 37 or even over 40 years of age. If even in the case of high stimulation doses it is possible to gain a sufficient number of eggs, the method of using eggs from young and healthy donors can be used. The chances of older women then become relatively balanced in comparison with younger ones. Last but not least, this of course concerns couples with disorders in the number of chromosomes and PGD has a very fundamental effect there.

THE PGD METHOD IS ALSO USED IN CASES WHEN ELIMINATION OF TRANS- FERS OR A HYPOTHYROID STATE, WHICH OCCURS IN THE FAMILY, IS CON- CERNED. IS THERE ANY DIFFERENCE IN THE PROCEDURE FROM THE ABOVE- MENTIONED METHOD FOR ELIMINATION OF CHROMOSOME ABNORMALITIES IN THIS CASE?

Only the principle for performance of IVF and extraction of cells from the embryos is the same. Everything, which precedes this and also which follows this is markedly different. We do not examine the number and structure of chromosomes here, but focus directly on one gene, or as the case may be a section of one gene, which is very important. I have always enjoyed work with patients. This is demanding in terms of time, but in this way I have constant feedback about the feelings and needs of the clients, which is very important. I have always enjoyed work with patients and always will.

DO YOU THINK YOUR COMPANY IS DIFFERENT FROM OTHER COMPANIES IN ITS FIELD?

Certainly, we have a few points that set us apart. Firstly, in terms of molecular diagnosis, we plan in the coming years to extend the offer of inherited diseases on offer. However, the main aim still remains help for a greater number of couples in making their families complete.

WHAT DOES YOUR PERSONAL WORK IN THE ESHRE PGD CONSORTIUM CONSIST OF?

I work as a member of the eight-member steering committee of the ESHRE PGD Consortium. This involves taking part in committee meetings several times a year and acting also as a specialist in conferences and discussions. An important meeting of the steering committee is the annual conference of PGC in Europe. This year we will be meeting at the end of the summer. I am also participating in the work of the committee of the sub-committee for coordination of PGD centres in Europe. It is demanding, but there is a point to the work. What is more, the committee is made up of very nice and professionally interesting people who I enjoy meeting.

AND YOUR PERSONAL GOALS?

I have surprised me now. More time for my family I suppose. And also for sports. For my mind to work I need to give my body enough exercise. I work several times a week and we work continuously on current tasks. It is demanding, but there is a point to the work. What is more, the committee is made up of very nice and professionally interesting people who I enjoy meeting.

Let us know what you think of our service...
Assisted reproduction centres in Czech Republic

FERTIMED
Private infertility center
FERTIMED, Boleslavova 2, 772 00 Olomouc, Czech Republic
Tel.: +420 585 221 292, +420 585 230 140
E-mail: sobek@fertimed.cz
www.fertimed.cz

INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

CHIEF DOCTOR
Doc. MUDr. Aleš Sobek, CSc.

THE SCOPE OF SERVICES OFFERED
In Vitro Fertilization (IVF), ICSI, IUI, TESA, MESA, AH,
Sperm, Egg and Embryo Donation, Cytoplasmic transfer,
Preimplantation diagnostic (PGD), Genetic counselling
and chromosomal evaluation, Transvaginal Hydrolaparoscopy

LANGUAGES FOR COMMUNICATION
English, Russian, German

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Centrum reprodukčního zdraví
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Tel.: 494 323 420, 495 268 347, 494 323 430
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CHIEF DOCTOR
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NATALART s. r. o.
Alej Svobody 29, 323 00 Plzeň
Tel.: +420 373 300 122
Fax: +420 373 300 139
E-mail: natalart@natalart.cz
www.natalart.cz

CHIEF DOCTOR
Vladimir Bouse, MD

THE SCOPE OF SERVICES OFFERED
In vitro fertilisation (IVF), Intracytoplasmatic sperm injection (ICSI), surgical sperm extraction (MESA/TeSE),
embryo and sperm cryo-conservation, cryo-embryotransfer, blastocyst transfer, ovulation induction, assisted insemination, egg and sperm donation

LANGUAGES FOR COMMUNICATION
German, English, French

Clinic for Reproductive Medicine and Gynaecology in Zlín
Nemocnice U Lomu 5, 760 01 Zlín
Phone: +420 728 536 201
Fax: +420 577 005 924
E-mail: info@crmzlin.cz
www.crmzlin.cz

INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE:

CHIEF DOCTOR
Prof. MUDr. Ladislav Příkaz DrSc.

THE SCOPE OF SERVICES OFFERED
Ovulation induction/development and release of eggs/
Intrauterine insemination/IUI/
In vitro fertilisation/IVF/
Intracytoplasmatic sperm injection/ICSI/
Extended embryo cultivation
Assisted hatching
Cryoconservation and cryoembryotransfer/KE/3
Egg and sperm donation
Preimplantation genetic diagnosis/PGD/
MESA/TESE

LANGUAGES FOR COMMUNICATION
English, Russian
“As it’s said in politics “across the whole spectrum”

MR DOCTOR, HOW LONG HAVE YOU BEEN RUNNING YOUR PRIVATE GYNAECOLOGICAL CONSULTING ROOM?

The Plagyn consulting room has been in operation for the second year.

WHAT DO YOU SEE ITS ADVANTAGES IN?

In the empathetic and intimate atmosphere as well as behaviour, individual approach to particular female patients or couples, in case of urgency the adaptation of the doctor’s office hours to the patient’s possibilities.

WHAT DO YOU PUT EMPHASIS ON WHEN COOPERATING WITH THE CLIENTS?

On patience and the adaptation to female patients’ requirements. On the considerable personal contact which can never be reached in large institutions. A quality technical equipment of the consulting room is important as well and experience and expertise is commonplace.

WHAT FEMALE CLIENTS DO VISIT YOUR CONSULTING ROOM?

As it’s said in politics “across the whole spectrum”, thus both the young ones and the women in their retirement age, women who want to get pregnant as well as those who don’t want, businesswomen, housewives, female students, ... Czechs, Russians, Englishwomen, Ukrainians, Hungarians, some insured in the Czech Republic, some not insured.

WHAT PROBLEMS DO YOU FIND MOST FREQUENTLY WITH WOMEN?

I think it’s a common spectrum as in any other gynaecological consulting room, perhaps there will be some more female patients requiring sterility examination and then, in greater age, those whom some operation has been recommended and they come to take advice or agree directly on execution of the intervention in question.

ARE THE REQUIREMENTS OF FOREIGN FEMALE CLIENTS DIFFERENT IN ANY WAY?

Basically not, just their visiting discipline somewhat lags behind the Czech female patients.

IN YOUR OPINION, DO WOMEN CARE FOR THEIR HEALTH ENOUGH?

I guess they mostly do, but the truth is that I can see only those who basically attend the gynaecology regularly. Sometimes a woman appears who undergoes the gynaecological examination after fifteen up to twenty years and in addition to that she is appropriately stressed out from the expectation of what all the gynaecologist may find.

IN YOUR OPINION, IS THERE SUFFICIENT HEALTH EDUCATION IN YOUR BRANCH OF KNOWLEDGE?

In times of internet and untransparent quantity of women’s magazines, I think, there is too much health education or rather articles on gynaecological problems and understandably, the more the authors, the more the opinions may differ. For a layman it can present a problem to orient himself in this surfeit of information. The absolute height of disinformation are then various chats which, whatever they may concern in medicine, are filled with the opinions of laymen and the mosaic of their experiences. Unfortunately, sometimes it is obvious that a woman that has given two births understands obstetrics and the course of pregnancy more than the doctors and professors at the clinics!

IN YOUR OPINION, WHAT’S MISSING HERE?

I think that the Czech medicine is on a very good European level. Especially the political will to a health service reform is missing.

WHAT TECHNICAL EQUIPMENT DO YOU HAVE AT DISPOSAL AND WHAT KINDS OF EXAMINATION CAN YOU OFFER TO YOUR FEMALE PATIENTS?

For good work it is necessary to have a quality ultrasonic instrument with both abdominal and vaginal probe, top-class colposcope and, of course, a good (and nice) examinational table. Administration facilities such as personal computer, printer and so on are the necessity.

So I can, except for the usual gynaecological examination, offer yet another detailed ultrasonic gynaecological and also obstetric examination, colposcopy, in addition to that the whole range of examinations from blood collections - endocrinology, blood count, biochemistry, further microbiological collections including nowadays current HPV, cytology and so forth.

Further I’m offering the complex of preoperative gynaecological examinations, arrangements for operation, execution of operation, following postoperative care, thus the care of one physician throughout this cycle when the patient needs not to get used to a new medical face during each visit of the health-care facility.

I’m cooperating with the majority of IVF (In Vitro Fertilisation) centres in Prague, too.

WHAT’S YOUR CREDO OF THE LIFE?

Keep smiling!

WHAT’S YOUR WISH FOR YOUR WORK IN THE FUTURE?

The peace for work and the health above all.

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Interview with MUDr. Pavel Muller
Male Infertility

Increasing infertility is world-wide problem. More than 15% of couples are childless in developed countries and the number is still increasing.

We can talk about infertility when woman is not pregnant after one year of regular intercourse 2 to 3 times a week, without using contraception.

The female reproductive period is rather limited. It lasts for about 25 years from the first ovulation, till the last menstrual bleeding, which means the menopause. And when woman is healthy she produces only one mature egg every month. However a healthy man produces sperms all his adult life, until the end of his life. So even very old men are able to produce sperms if they are healthy. On average a healthy men produces about 30 million sperms every day.

Over the last 10 years, doctors who specialize in infertility treat- ment have started shifting their focus on men. This is because the number of infertile men has increased dramatically. Now men are a partial or a sole cause of infertility in more than 50% of infertile couples. According to WHO, men are responsible for infertility in 53% of infertile couples, while women are responsible for 45%.

The reason for infertility in the remaining 2% cannot be explained.

What are the most common causes?

1) The most frequent disorders are caused by hormonal imbalance.
2) Another reason may be the so called varicocele testis, which results dilatation testicle vessels and insufficient supply of blood in testicles. If diagnosed early enough this disorder can be fixed by surgery and the quality of sperm can be improve.
3) Another reason is called kryptorchismus. It means, that men’s testicles stay in the groin. If the child is born with kryptorchismus it is necessary to start hormonal treatment in the first year of his life and if after one year the situation does not improve, it is necessary to operate on him.
4) Sexual transmitted diseases (STD) without propered treatment may be a reason of infertility. In this procedure sperms obtained from a patient and treated in a special fluid in advance are transferred into the uterine cavity (embryo transfer, ET). IVF is the most often when female has an occlusion of fallopian tube or a heavy disturbance of fertility in man partner. Patients must be prepared for IVF in advance by a hormonal treatment. Afterwards a doctor under control of ultrasonography performs aspiration of mature eggs from ovaries by vaginal puncture in the short general anesthesia. Embryologist is responsible for the performance of fertilization of eggs by partner’s sperm in a special fluid. After some time of incubation in sterile conditions fertilized eggs are transferred to the uterine cavity. If quality of sperm is very bad or if there are no sperms in ejaculate it is necessary to use microsurgery procedure and extract sperms directly from the testicles (MESA or TESE). After this procedure is necessary to use ICSI.

The most common types of HPV are 16, 18 and 45. Scientists discovered more than 200 types, and about 40 types are typical for anogenital area. HPV is one of the most spread sexual transmitted infections, more than 75 % of women meet with the virus during their sexual activity. Most of the infections are latent, transitory, woman’s organism eliminate the virus and the infection spontane- ously fade away. Some types of virus can persist and those are the risk of the rise of abnormal cells, carcinomas or other types of mucous lesions, like genital warts. In most cases is afflicted with virus cervix of uterus, which is the part of uterus connecting upper part of uterus and vagina. Vagina is afflicted less frequently.

HPV testing is possible to provide and depends on decision of gynecologists. (Gynecologists can provide the HPV testing according to their decisions). Cell sampling is similar procedure to providing PAP smears. It is advisable to provide the HPV testing only in reasonable cases.
**Endometriosis – a frequent cause of female infertility**

Endometriosis is a disease that affects women. It is characterized by the presence of endometrial tissue outside the uterus, which can cause pain and infertility. It is often painful and can be associated with dysmenorrhea, dyspareunia, and chronic pelvic pain. The disease affects an estimated 10% of women of reproductive age worldwide.

### What is endometriosis?

Endometriosis is defined as the presence of endometrial tissue outside the uterus. This tissue can become inflamed, leading to scarring and adhesions. The condition is often associated with pain, infertility, and other symptoms.

### What is the cause of endometriosis?

The exact cause of endometriosis is not fully understood. However, it is known that endometrial tissue can implant outside the uterus, possibly due to the menstrual cycle, surgical manipulation, or a combination of factors.

### How is endometriosis diagnosed?

Endometriosis is often diagnosed through a combination of symptoms, physical examination, and diagnostic tests. Common tests include ultrasound, laparoscopy, and a pain index.

### How is endometriosis treated?

The treatment of endometriosis depends on the severity of the disease and the individual patient. Options include medical therapy, surgical removal, and other interventions.

### Why is endometriosis more frequent these days?

The incidence of endometriosis has increased over the past several decades. This may be due to lifestyle changes, environmental factors, or a combination of factors. The condition is more common in women who smoke or have a history of hormone use.

Endometriosis is a disease that affects women. It is characterized by the presence of endometrial tissue outside the uterus, which can cause pain and infertility. It is often painful and can be associated with dysmenorrhea, dyspareunia, and chronic pelvic pain. The disease affects an estimated 10% of women of reproductive age worldwide.

### What is the structure of patients treated in our Center?

The work of our Endometriosis treatment Center is closely associated with the Center of Assisted Reproduction. Infertility and pelvic pain are the basic symptoms of endometriosis. The complex therapy is the most efficient – hormonal block of the ovary and specialisation of Centers concerned with the mechanism which protects endometrial cells against defensive systems of organism. These cells should be recognised as heterogeneous and destructed by the immune system. Another interesting fact is that many mechanisms of endometriosis growth are the same as the mechanisms of tumor growth.

### How does the research help in practice?

Except the basic research of the causes of endometriossis a huge attention is focused on it’s treatment. As a result of this care is creation and specialisation of Centers addressed to endometriosis. The most interesting in the research of endometriosis are findings about the mechanism which protects endometrial cells against defensive systems of organism. These cells should be recognised as heterogeneous and destructed by the immune system.

The complex therapy is the most efficient – hormonal block of the ovary. The basic conditions for the successfull treatment are the same as the mechanisms of tumor growth. Simply the cells get out of control. Also study of gene factors and hereditary predispositions worth mentioning.

### What is the news in the research of endometriosis?

The most interesting in the research of endometriosis is finding about the mechanism which protects endometrial cells against defensive systems of organism. These cells should be recognised as heterogeneous and destructed by the immune system. Another interesting fact is that many mechanisms of endometriosis growth are the same as the mechanisms of tumor growth.
Nongovernmental health-care facility, MUDr. (MD) Dana Šinágllová – The Private Laboratory of Clinical Biochemistry and Haematology

has been acting in the sphere of medicine since 1994.

Highly qualified, professional medical personnel works under the leadership of an experienced physician, the second degree specialist, in the branch of clinical biochemistry. Other specialists, a physician – haematologist and a physician – immunologist/allergist work in the laboratory as expert consultants.

- Samplings for examination are carried out in four sampling laboratories. At blood collection a modern closed vacuum system of sampling test tubes and needles is being used. On our jobsheet there are biochemical, haematological, immunological and serological examinations. To indicate and interpret laboratory medical findings we provide physician’s advisory and consulting services.

- The results of examination are at disposal on the day of sampling.

- The laboratory has been equipped with a top state-of-the-art laboratory equipment of leading world producers.

All laboratory examinations and consultations, respectively, carried out also without physician’s recommendation on request of privat persons or companies for a clean payment.

BLOOD COLLECTIONS AND SAMPLING:
MONDAY-FRIDAY 7-14
Assisted reproduction centres in Czech Republic

**GENNET s. r. o.**

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Kostelní 5, 170 00 Praha 7
Tel.: +420 222 313 000, 222 313 118
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E-mail: info@gennet.cz

LIBEREC
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Tel./Fax: +420 485 312 903
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ISO 9001:2000
(Moody International Certification – 28. 7. 2005/n. 24406)

**CHIEF DOCTOR**
MUDr. Milada Brandejská

**THE SCOPE OF SERVICES OFFERED**
- Complex infertility treatment
- Egg donation
- Preimplantation genetic diagnosis
- International IVF service
- Prenatal diagnostics (AmnioPCR)
- Genetic counselling

**LANGUAGES FOR COMMUNICATION**
English, German

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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 Stépán, CSc.

**THE SCOPE OF SERVICES OFFERED**
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- In Vitro Fertilization (IVF)
- Intracytoplasmatic sperm injection (ICSI)
- Extended culture with elective single embryo transfer
- Assisted embryo hatching (AHH)
- 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

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**CHIEF DOCTOR**
MUDr. Michal Skurla

**LANGUAGES FOR COMMUNICATION**
English, German

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**Sanatorium ART**

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**CHIEF DOCTOR**
Vladimír Spíčka, MD

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**LANGUAGES FOR COMMUNICATION**
English, German
In 1365 Parga shifted from Paleopyrgos down to the present location. Parga was under the protection of Normans. The Venetians and later the Turks followed the Normans who got the fortress built here in the 14th century. Especially under the rule of Venetians Parga experienced a great economic boom. In 1537 it was captured and destroyed by pirate Barbarossa. Later in 1540 a gradual reconstruction and resettlement under the rule of Venezia occurred.

The construction of the fortress having today’s appearance took place about 1572. Since 1797 Parga was under the rule of the French and since 1814 under the rule of the English. The English sold the town to Ali Pasha, thereupon in 1819 the inhabitants fled Parga to Korfu and only one century later they came back to their homeland. In 1963 Parga was declared to be a prominent touristic place of Greece.

Parga

The town of Parga has got the character of an island with a traditional Venetian architecture and is a part of the Ephyrus District and is located in north-western Greece opposite the Ionic Islands – Korfu (Nés Kérkyra), Paxos and Anti Paxos. With its location and atmosphere it ranks among the most picturesque Greek towns. It has been built in the shape of a semi-circle above the sea, it has got the character of an island with a traditional built-up area and narrow lanes paved with stones. The Ephyrus District is the most mountainous part of Greece with its unrepeatable beauty and cultural identity. It stretches from the peaks of the Pindhos Range, where last Greek bears and wolves are living, to the shores of the Ionic Sea. You can find here a varied mixture of seaside resorts, lagoons and estuaries.

Parga lies on the edge of the glittering Ionic Sea, surrounding hills are covered with olive trees, cypress trees, platans, eucalyptus trees and pines. It is a favourite seaside resort which all age groups love thanks to its labyrinth of narrow lanes, small shops and little houses with red roofs, above which the ruins of the Venetian fortress are towering. The view of the castle from the period of Venetian domination and of the islands close to the port with a picturesque little church is typical. The taverns at the sea front offer typical Greek meals together with tasty local wines. Colour small ships cruise the port, some of them transport the visitors to the surrounding gorgeous beaches. The rhythm of life is slow and restful, but toward the evening the town comes alive with an international atmosphere.

The beaches are the pivot of the life in Parga, but the surrounding country is worth exploring it as well. There is a large offer of various trips here. In Parga there is no mass trend, you will find no no high hotels - everything is being kept charmingly tiny.

In antiquity the town was called Parageiros, Paragaia or Hypar-gos. From this last name the today’s one has been derived. In 1337 a Venetian ruler took Parga and it became one of the main towns of Ephyrus. The Ephyrus District is the most mountainous region of Greece and it possesses its own beauty and cultural identity. The district is divided into four administrative regions: Ioannina, Ther-sprotia, Preveza and Arta. Parga is situated in the region of Preveza.

Climatic Table – Parga

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www.viamare.cz
What kinds of problems do the clients visit you with?

The incoming patients require both cosmetic operations and operations for the health reasons as well. In the first instance the enlargement of breasts and sucking off the fat from trouble corporal parts, thus liposuction, is the most frequent desire at present. In the second instance this is mostly the question of the reconstruction of breasts after their removal because of a tumour.

How do you view plastic surgery from an expert's point of view?

The plastic surgery is relatively a wide field of study. This is not just the question of cosmetic operations, but the plastic surgery solves the problems of inborn defects, skin tumours and skin defects as well. The stand-alone procedure – surgery of hand – solves inborn defects as well as the treatment of hand after injury including the replantation of amputated parts of limbs. A plastic surgeon also carries out reconstruction operations, for example, of breasts after their removal. So the plastic surgery solves these and other problems and is apparently a great contribution in terms of medicine. In some aspects cosmetic or aesthetic surgery differs from operations for the health reasons. A patient comes voluntarily to undergo a surgical intervention, isn't ill and the only wish he has is just to modify his body and its part, respectively. It can seem to many people that this is the question of a mere human freak. These operations do really help to people. Anyway complexes can trouble a man minimally in the same way as health imperfections. We've all got the right of getting rid of the mental suffering. It's no exception that a client after the surgical intervention at the plastic surgery department will change positively as far as the outward appearance and inner temper are concerned. Naturally the operation must be well indicated and the physician must be sure that the operation can help to correct any patient's defect whether inborn or acquired. The nonsensical patients' requirements which are not a good solution must be refused.

What do you put emphasis on when cooperating with patients?

It's necessary for the patient to describe in details what is bothering him and what are his expectations of the operation. For example I try hard to find out whether he decides for the surgical intervention under the influence of surroundings or the partner or whether it is his own will. Then I evaluate whether his requirements are achievable and meaningful and to get that I need to move the client to relatively wide openness and frankness. During the consultation I must learn as much necessary information as possible.

What are the boundaries of contemporary plastic surgery?

The development of the whole medicine is moving fast ahead. The same is valid for the plastic surgery, too. What was unthinkable fifteen years ago, today is commonplace. And this trend is going to last. Artificial materials for breast enlargement, filling of wrinkles and lips are commonly used at present and endoscopic face operations are being made... It's possible to alter your face literally from fundamentals, remodel the shape of eyes, nose, lips and cheeks. Operations of the kind of gender are being carried out. Of course, everything isn't possible by the wave of a magic wand, because this is always the question of the medical intervention and this matter must be approached in this way and nothing can be played down.

What is your medical education?

MUDr. Roman Kufa graduated from the Medical Faculty of Charles University in Prague in 1974. He worked at the Medical University in Vienna and at the University of Montreal. Since 1995 he has been the head of the Plastic, Reconstructive and Aesthetic Surgery Department of the centrum plastické a estetické chirurgie Perfect Clinic in Prague. He is a member of Czech plastic surgery, aesthetic surgery and surgery of hand. Furthermore he is a member of the association for laser application in medicine. He is a member of the international federation for plastic reconstructive and aesthetic surgery (IFPAS).

What do you think about the role of the patient in the process of his own health?

It can seem to many people that this is the question of a mere human freak. These operations do really help to people.

May it sometimes happen that a client is demanding a surgical intervention which isn’t quite suitable for him?

First of all the physician must be certain that the operation will help the client and makes sense. In opposite case he shouldn't execute the operation. A certain group of patients has really unrealistic requirements. The relatively frequent wish of obese people, to get rid of excess kilos by means of the liposuction, ranks among them. They demand body modelling by sucking off the fat instead of a reduction diet.

Do the requirements and ideas of foreign clients differ from that ones in the Czech Republic in any way?

Basically the requirements don’t differ. The foreknowledge of the patients is very good in our country, too. The clients are often familiar with the operation procedure, know what they want and aren’t too much taken by surprise.

What are the advantages of your Perfect Clinic workplace, what all does it provide the patients with?

The basic credit is a highly professional approach on the basis of sufficient experiences of the team of operators. The location of Malástranské clinic on a quiet place with parking facilities certainly ranks among its pluses. The background which is equipped with an intensive care unit and continuous medical service is very important. Possibility of communicating in three languages or in the presence of woman translator directly on the spot is a pleasant fact for the foreigners who painstakingly look for the Czech plastic surgery for its renown.
And there actually lies a secret of the whole method in that. The word “tumescence” is of Latin origin and means “swelling”. Common in the world.

Within the first hour a great quantity of special lotion, which apart from other things also contains the substance for local skin and subcutaneous 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.

During another hour, when the client is lying calmly, fat cells are literally greedily sucking this liquid in them, softened 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 FANFARELY 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 thin cannula has 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 superficial 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 simultane-
ously.

**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. To support this assertion I can add that the duration of disablement is 1–2 days. Sport can be practiced after two weeks approximately.

**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 capa-

bility 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. Therafter the aestheti-

cally 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, those with total obesity and to the people who expect sorting-out partnership problems by it.

**MAKING 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.

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

In no case is the liposuction more comfortable method for reduction of superficial fat at total obesity. Also all the offered miraculous tablets, teas, devices and diets are falling here. In the final analy-

sis, as millions of obese people all over the world can confirm, their purse gets thinner at the most.

That’s why I recommend to con-

sult 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**

This year MUDr. Linzer celebrated 10 years of continuous work and activities in aesthetic surgery specialized in liposuction.
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 preoperative consultations are considered a given when undergoing surgery. Individual rooms for in-patients are 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 Medi-


cal 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.

Open 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 to 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.
WHY CHOOSE US?

We have ten years of experience in the field and we specialize solely on permanent make-up. We are educated both here and abroad, and we constantly cooperate with contemporary studies in Germany, which ensure contact with new discoveries in the field. We also cooperate with the leading plastic surgeons, which gives us the option of continuous consultations. We are in direct contact with the European Center of Dentistry, whose doctors will ensure a painless application of Permanent Make-Up (PM).

WHAT IS ESTETICA PROFESSIONAL MAKE-UP?

Estetica Professional PM is a highly perfected method. With the use of a microscopic needle we hypodermically inject natural plant pigments. Pigments are mixed individually, are specifically matched to each person’s skin color. Permanent Make Up (PM) places great emphasis on a natural look, as it does not replace the application of make-up, as it is its foundation. The goal of PM is to add “some extra spark” to your look, and to give women more self-confidence. PM is a two phase process, and thus, included in the price are corrections, but only for a three month period. The longevity of PM is very individual but can last anywhere from 1-4 years. The professional method, Estetica Professional PM has earned its place as a frequent accessory. In the past few years it has only evolved and progressed. Currently, it is a highly recognized method to accentuate the natural contours of the face, and thanks to its subtle corrections, can provide any woman with a bright and natural look.
French

J. F. Rey in Bohemia.

In the autumn of 2005 the ENCORE s. r. o. (Ltd.) company started representing the French J. F. Rey trademark. Here are a few pieces of information on the unique design of this trademark and on the collection intended for Czech women and men.

Jean-François Rey has been engaging in the design of ocular optics all his life long. He was born in Jura mountain range, a region in eastern France where many factories producing spectacles can be found. His parents worked in industry. Rey is a man with very human qualities, drawing inspiration from the events around him – from music, architecture, foregone civilisations and the natural world.

At the beginning of his career he was employed as a fashion designer in Japan and this culture has been influencing him up to the present time. An evident influence of Japan on Rey can be seen. Also Japanese designer Issey Miyake has made a strong impression on him.

Jean-François, who is now known under the initials of his J. F. Rey trademark, has been working in the branch of the design of spectacles for more than twenty years. In 1980 J. F. Rey issued a SKYEYES collection for a young generation, the sun models presented as fashion accessories. With that the J. F. Rey trademark became a main leader, the BOZ a refined partner in the ladies’ collection and the SKYEYES a sun collection with a similar objective and image.

For his proficiency in design he got an award from the IOFT for the best ladies’ rim in last two years. Since 1991 Rey has an unsubstitutable influence in the branch of the design of spectacles for more than twenty years. In 1980 J. F. Rey issued a SKYEYES collection for a young generation, the sun models presented as fashion accessories. With that the J. F. Rey trademark became a main leader, the BOZ a refined partner in the ladies’ collection and the SKYEYES a sun collection with a similar objective and image.

For his proficiency in design he got an award from the IOFT for the best ladies’ rim in last two years. Since 1991 Rey has an unsubstitutable influence in the branch of the design of the BOZ collection which was nominated at the Silmo fair in France.

The BOZ was always inspired with African and Asian culture, with the sense of adventure, travelling and escape, which is appearing with many models.

The BOZ collection comprises the very female line which turns to the women over thirty years. Some models contain the leaves of trees, some the acetate hems of a withered flower. Each woman will be taken with something in this collection.

The J. F. Rey series was launched in 1990 and is both for men and women with miscellaneous tastes. His personal collection is the work of the designer who sets the trend with his natural appearance. One of the strong points of J. F. Rey, a designer, is that he sets the new pace with the new and miscellaneous designs as far as not only the shapes, but also the materials are concerned. Cellulose acetate, titanium and drawn steel, all without aluminium, rank among the materials used.

In 1990 J. F. Rey bet the development of his own style, he longed for a modern optical line of products, an original collection and the design which he would give his name to. A lot of travelling all over the world and the inexhaustible need of creation was his inspiration. J. F. Rey revealed another part of himself when created the BOZ Frames & Fun collection, the line on a high level, designed for women.
Thank you for cooperation!

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• TREATMENT OF PARA- AND QUADRUPLEGIC PATIENTS INFERTILITY

Languages for communication
English, Deutsch, French, Russian

We help ground the family

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