

YOUR HEALTH CARE IN EUROPE



**INTERNATIONAL
PATIENT PROGRAM**

international-patients.com

ABOUT US

VAMED MEDITERRA is the leading private healthcare provider managing and operating nine medical facilities in the Czech Republic.

We belong to **VAMED Austria Group**, a top European player in healthcare and spa facility management with more than 35 years of experience. With its range of services, **VAMED** covers all areas of modern healthcare, from prevention and wellness to acute care, rehabilitation and nursing.

VAMED is also one of the three largest private providers of rehabilitation care in Europe and is the largest operator of thermal and health resorts in Austria in terms of wellness tourism.

With its **International Patient Program**, **VAMED MEDITERRA** provides excellent, affordable and timely medical services to clients from throughout the whole world.

The Program includes two prestigious facilities:

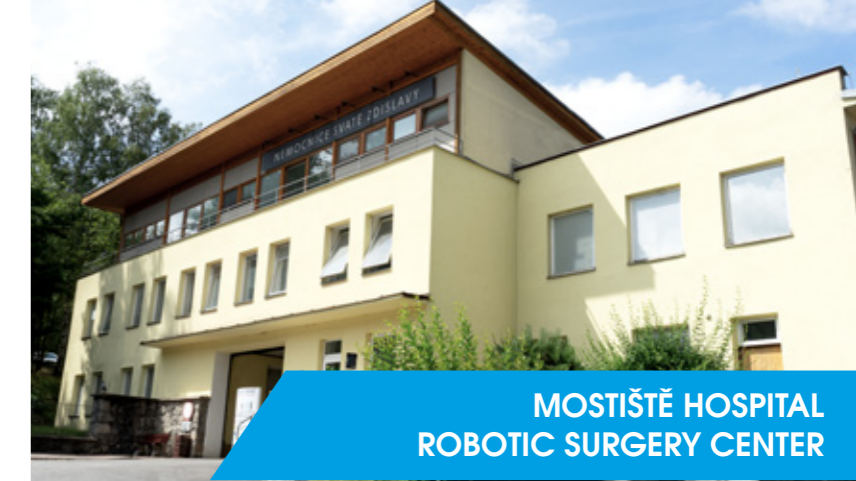
- **Malvazinky Rehabilitation Clinic in Prague**
- **Mostiště Hospital with its Robotic Surgery Center**, the largest and most experienced center of its kind in the Czech Republic

Both of our facilities are easily accessible from international airports.

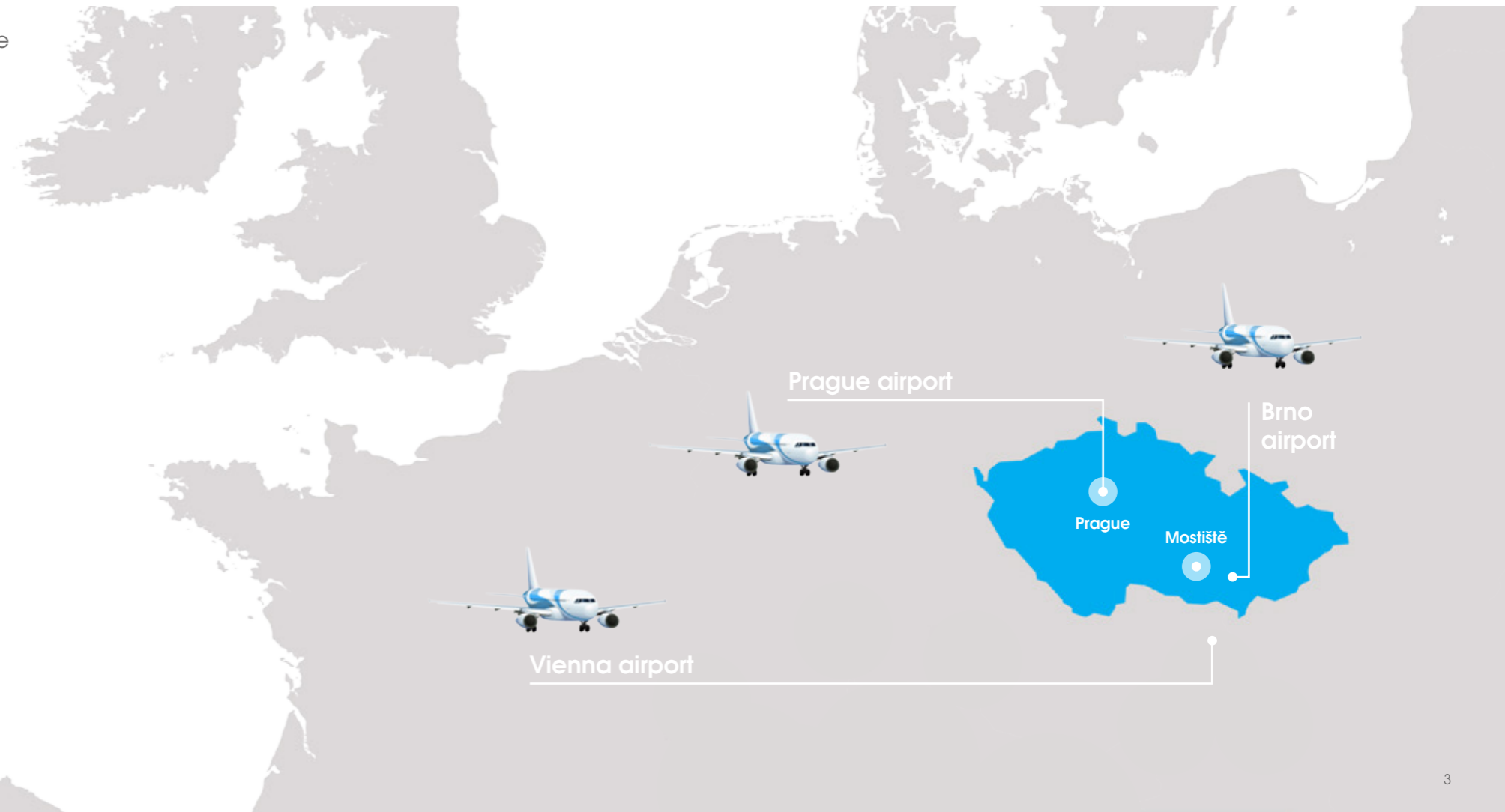
EXCELLENT MEDICAL CARE AT OPTIMAL COSTS



**MALVAZINKY REHABILITATION
CLINIC IN PRAGUE**



**MOSTIŠŤĚ HOSPITAL
ROBOTIC SURGERY CENTER**



VAMED MEDITERRA: PROFESSIONAL CARE IN...

ORTHOPEDIC SURGERY

Joint pain and limited motion influence every aspect of your life. Our team of experts, modern technologies, first-class materials and intensive care units enable us to perform a wide array of orthopedic interventions ranging from arthroscopies to joint replacements. We also put a strong emphasis on the direct continuity of orthopedic procedures and successive rehabilitation to ensure the patients experience a smooth and efficient transition back into normal life.



PHYSICAL MEDICINE & REHABILITATION CARE

We provide a wide spectrum of comprehensive inpatient rehabilitation for clients with orthopedic and neurological diagnoses as well as chronic painful conditions of the musculoskeletal system (such as back pain etc.). Our focus is also on physical therapy for post-stroke and post-traumatic conditions and patients after orthopedic surgeries. We also have a unique program called "School of Walking" specializing in post-amputation rehabilitation.



ROBOTIC SURGERY

BARIATRIC SURGERY

Surgical procedures on the digestive tract belong to the most efficient treatments of obesity and provide the patients with countless positive benefits, including weight loss, reduced diabetes or a general improvement of the metabolic syndrome. With our extensive international experience, we perform these procedures at our Robotic Surgery Center by use of minimally invasive techniques and the latest robotic technology.

UROLOGIC SURGERY

Using the original da Vinci Surgical System, our robotic surgery team is one of the most experienced in Europe, annually performing over 450 robot-assisted urologic procedures such as radical prostatectomy, partial nephrectomy, adrenal gland removal, pyeloplasty etc.



PLASTIC & AESTHETIC SURGERY

In the field of plastic and aesthetic surgery, our specialists focus mainly on post-bariatric procedures, helping the patients complete the process of body transformation after significant weight reduction. Most frequently, this is achieved with an abdominoplasty, a treatment performed to remove stretched out and overhanging abdominal skin. Other surgeries offered by our teams are breast reduction, augmentation and remodeling, or procedures correcting sagging skin of the arms or thighs. In addition, we routinely perform procedures that reduce facial aging, such as facelifts and eyelid or neck correction surgery. However, based on the patient's individual needs, it is possible to indicate a procedure from the whole spectrum of plastic and aesthetic surgery.



WHY CHOOSE OUR INTERNATIONAL PATIENT PROGRAM



TEAM OF RENOWNED EXPERTS

Our doctors are internationally renowned experts in their fields who have undergone extensive education and training followed by years of experience. They also contribute to the medical community by sharing their expertise, by lecturing at conferences, publishing research articles or regularly attending the Czech Olympic and Paralympic national teams.



HIGHEST EU STANDARDS OF MEDICAL CARE

It goes without saying that one of the first considerations when traveling abroad for medical treatment is the guarantee of the highest quality care. Czech Republic has a long medical tradition and maintains the highest level of clinical standards and strictest hygiene criteria, all according to the EU regulations. Both of our facilities which take part in the International Patient Program are fully accredited by the Joint Accreditation Commission and they regularly rank among the best hospitals of the Czech Republic.



COMPETITIVE AND AFFORDABLE PRICES

Even though the standards and excellent level of medicine in the Czech Republic are comparable to Germany and other Western European countries, the overall medical costs are lower and therefore the treatments more affordable and accessible, securing a strong position for the Czech Republic as the optimal destination for medical tourism.



LONG-TERM EXPERIENCE WITH FOREIGN CLIENTELE

Our professionals have been welcoming international clients for several years, so we understand that coming to a foreign country for a medical procedure can be stressful and overwhelming. We are here to help you plan every part of your trip from your arrival to departure as well as arrange any complementary services for you and your accompanying person.

FLEXIBILITY AND SHORT WAITING TIMES

Unlike some facilities in most other countries, we offer very short waiting times and always try to arrange the most suitable date for you to make sure you get the treatment you need as soon as possible.



MODERN TECHNOLOGIES AND STATE-OF-THE-ART EQUIPMENT

We pride ourselves on the latest top-of-the-line medical technology and state-of-the-art equipment of our hospitals. While the Malvazinky Rehabilitation Clinic is constantly demonstrating new rehabilitation tools, the Robotic Surgery Center in Mostiště has become one of the largest centers specializing in robotic surgery in the whole of Europe.



INDIVIDUAL APPROACH AND PATIENT-CENTERED CARE

Even the best possible technology can never replace empathetic personal contact. Because patient satisfaction and comfort are our top priorities, we provide each client with an individual treatment plan tailored to his or her specific needs. Our clinics are also characterized by a very patient-centered approach and friendly atmosphere which will make your healing process as comfortable as possible.



PERSONAL INTERPRETER SERVICES

As our international client, we provide you with a personal interpreter who will accompany you through every step of your procedure, including the medical consultations. The interpreter will use a language you are comfortable with and make sure all information is translated correctly.



INTERNATIONAL VAMED GROUP BACKGROUND

VAMED Mediterra is a part of the VAMED Austria Group, a global healthcare provider with a portfolio ranging from project development, construction and infrastructure services to the total operational management of medical facilities all around the world. VAMED background, guidance and know-how ensures our competitiveness on a global scale. Moreover, you have a unique chance to combine your treatment at our facilities with a relaxing spa stay at one of the beautiful VAMED wellness centers in Austria.



YOUR JOURNEY TO HEALTH WITH US*

IDENTIFICATION



You identify your health issue and start thinking about a solution



Is treatment in your home country an option?



- Long waiting times?
- High costs?
- Quality concerns?

EVALUATION



You find the INTERNATIONAL PATIENT PROGRAM by VAMED MEDITERRA



Search for the best solution available



Consider treatment abroad

CONTACT



Send us your request: Fill in an online form with the details of your condition or contact us directly



You will receive a response from our team with further information within 48 hours



AT HOME

CONSULTATION



Together with your GP, you arrange the necessary pre-operative examinations and submit the results to us



Our doctors suggest treatment options and procedures and you receive an offer of the evaluated costs



Our medical team reviews the submitted documentation and provides the initial consultation



You provide us with detailed medical records including an X-ray, MRI etc.

ARRANGEMENTS



You schedule the most suitable date for your procedure



Finalize travel arrangements (visa, flight tickets, travel insurance etc.) and your post-treatment program and vacation



TRAVEL



We pick you up at the airport



Board the plane to Prague or Vienna



ADMISSION

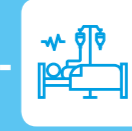
TREATMENT



Pre-operative examination in the Czech Republic: Internal dept., ENT, stomatology, cardiology, anesthesiology, lab tests, gynecology*



Admission examination



Undergo the procedure



You receive a final medical check-up and discharge summary from your attending physician



Schedule necessary follow-ups at home

DISCHARGE

RECREATION



Based on your condition and requirements, we can help you arrange special tourist programs for you and your accompanying person (in the Czech Republic, or Austrian wellness resorts)



You board the plane to go back home, happy and satisfied

RETURN BACK HOME



*the specific details can vary depending on your particular case

CZECH REPUBLIC

THE HEART OF EUROPE

Due to its location, the Czech Republic is often referred to as the heart of Europe. With its rich history, beautiful landscape and astonishing concentration of cultural heritage monuments, castles and châteaux, the country is one of the most attractive tourist destinations in the world. A stable and prosperous EU member, the Czech Republic regularly ranks among the top ten most peaceful countries in the world, making it a very comfortable and safe place to visit.

The Czech Republic is also a modern and progressive nation. The Czech biochemists have supplied the world with countless practical inventions such as contact lenses, or some of the most groundbreaking and effective treatments for HIV and hepatitis B. Building on this extensive research and development tradition, the Czech Republic is officially promoted as The Country for the Future, boasting a number of EU's leading research centers in the area of new technologies and innovations – robotics, laser technology, nanotechnology, 3D printing or AI and VR.

Combine your high-quality medical treatment with a relaxing stay at one of the traditional historical spa towns and you have no reason to go anywhere else.



Bohemian Paradise



Český Krumlov



Prague

PRAGUE

The Mother of All Cities, The City of a Hundred Spires or The Golden City – throughout its history spanning over a thousand years, the capital of the Czech Republic has been given many names.

Widely recognized as one of the most beautiful and picturesque cities in the world, Prague is a labyrinth of charming medieval streets creating a mysterious, almost fairy-tale-like atmosphere. The Romanesque rotundas, Gothic cathedrals, Baroque churches, Renaissance palaces and Art Nouveau, cubist and purely modern structures greet each other in a unique symbiosis of well-preserved architectural monuments. Overseeing them all is the largest castle complex in the world – Prague Castle. The historical center is listed as a UNESCO World Heritage site, making it one of the largest urban conservation areas in the world.

For more than a hundred years, Prague was the seat of The Holy Roman Empire thriving as one of the most prominent metropolises of Europe. Due to its central location, Prague has always been a cultural and political hub receiving

influence from both the East and West. This blend of cultures fuses into a fascinating history full of enlightened kings and emperors, brilliant artists and curious alchemists searching for the Philosopher's Stone.

Prague is also a city of many famous names. The magical and surreal feeling of the city affected the entire work of Prague native, Franz Kafka. Wolfgang Amadeus Mozart was a regular guest in Prague and he is even quoted to say that "My people of Prague understand me." He personally conducted the world premiere of one of the greatest operas of all time – Don Giovanni at the Estates Theatre in Prague, the only surviving theatre where Mozart conducted. Even Albert Einstein himself spent an inspiring and fruitful year in Prague working as a university professor.

Despite its historical background, Prague is still a modern vibrant capital, with every season having something to offer – from countless galleries, museums, gardens and theatres to one of the most beautiful zoos in the world and the charms of the traditional Christmas markets.



Prague



Prague

MALVAZINKY REHABILITATION CLINIC

The Malvazinky Rehabilitation Clinic in Prague is one of the leading medical facilities in the Czech Republic. The quality and reputation of the clinic is based on the unique concept of integrating orthopedic surgery and subsequent rehabilitation under one roof, ensuring the best possible outcome for the patient.



ORTHOPEDICS

REHABILITATION

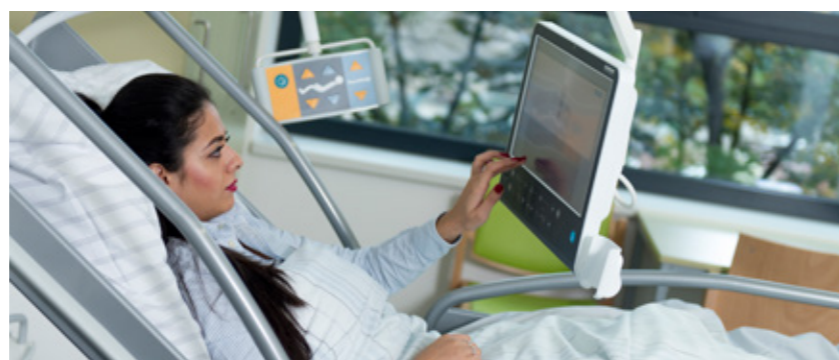
Besides the individual and friendly approach to patients, the clinic is also well-known for its multidisciplinary team of accomplished physicians and physiotherapists.

In 2013, the clinic built a completely new pavilion with modern equipment and superior rooms for maximum convenience during the hospitalization. The rooms are furnished with comfortable adjustable beds, a bathroom and multimedia patient entertainment system with a TV, radio and internet for an even greater patient satisfaction.

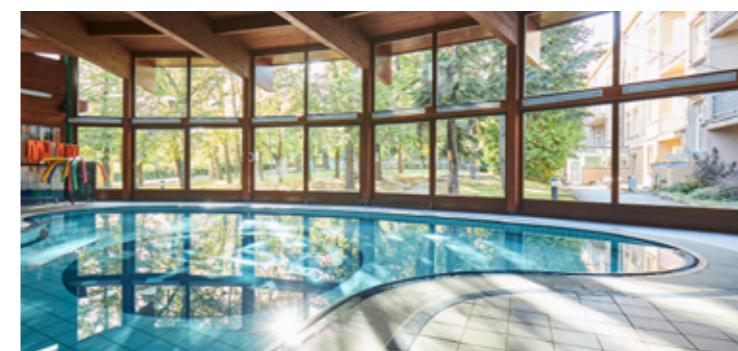


The clinic also features specialized doctors' offices, a spacious gym and functional training area, hydrotherapy area, a therapeutic pool, electrotherapy area and sauna.

The facility is located in a beautiful park in a prestigious part of Prague with plenty of privacy and peace and quiet.



Malvazinky Rehabilitation Clinic is fully accredited by the Joint Accreditation Commission standards.



2017



Best hospital of the Region



Joint Accreditation Commission

MOSTIŠTĚ HOSPITAL

Surrounded by hills and deep forests, the Mostišť Hospital is located in a picturesque corner of the lovely landscape of the Bohemian-Moravian Highlands just an hour-and-a-half drive away from Prague, providing a quiet environment for a comfortable recovery.

The Mostišť Hospital is the leading center of **robot-assisted surgery** in the Czech Republic and has become a much sought-after medical facility by patients from around the world over the last 20 years. Using the da Vinci robotic surgical system, the Hospital specializes in **urologic procedures** such as radical prostatectomy, or kidney and bladder surgeries, as well as **bariatric surgery**. Annually, over 400 patients choose the Mostišť Hospital for their robotic prostatectomy.

Our Hospital also prides itself in providing a complex approach to treatment of patients in need of **weight loss procedures**. From **bariatrics to plastic surgery**, we help patients complete the whole process of body transformation after significant weight reduction. We perform more than 250 bariatric surgeries a year.

Besides offering robotic surgery, the Hospital also provides a wide range of **orthopedic surgery** procedures. In the spectrum of orthopedics, the **hip and knee joint replacement** procedures and joint revision surgeries clearly dominate, as we have been performing around 500 of these operations annually for the last few years.



ORTHOPEDICS



REHABILITATION



ROBOTIC SURGERY



UROLOGIC SURGERY



BARIATRIC SURGERY



PLASTIC SURGERY



However, it is also necessary to mention **arthroscopic procedures**, especially of the knee and shoulder, where we have recently operated a large number of anterior cruciate ligament reconstructions or stabilizations of the shoulder joint for recurrent dislocation. Another area where we apply the latest knowledge and therapies in practice is **foot surgery**, especially as the solution of deformities (hallux valgus, flat foot, deformities of the toes etc.).

Featuring **state-of-the-art equipment** and superior rooms, our facility is also well-known for its **cozy and friendly atmosphere** and the highest level of care. The hospital has a **modern resuscitation and intensive care unit**, its own laboratory, specialists in geriatric medicine and cardiology, allowing us to accommodate patients with severe comorbidities and special care requirements, as well as patients with increased operational risks (osteomyelitis, diabetes, heart defects, advanced age etc.).



MOSTIŠTĚ HOSPITAL
THE HOSPITAL OF UNEXPECTED POSSIBILITIES



The **premium single rooms** offer everything necessary for patients with reduced mobility, including a multi-functional bed, a system for communication with the nurse, a TV, the Internet, a bathrobe, towels and a spacious wardrobe for personal belongings. Each patient in the hospital is offered the possibility of an individual diet plan.



ORTHOPEDICS

Joint pain and limited motion influence every aspect of your life. Our team of professionals, modern technologies, first-class implant materials and intensive care units enable us to perform a wide array of orthopedic interventions to provide you with a timely and effective relief. We also put a strong emphasis on the continuity of orthopedic procedures and subsequent specialized rehabilitation directly at our facilities to ensure the patients a smooth and most efficient transition back into the normal life.

SCOPE OF ORTHOPEDIC PROCEDURES:



TOTAL JOINT REPLACEMENT: HIP OR KNEE

- Total hip replacement is one of the most common procedures we perform
- We use a unique surgical procedure – a minimally invasive approach – which minimizes tissue damage to muscles and ligaments, lowers blood loss, reduces risks of infection and generally results in shorter recovery time and earlier mobility

We can also arrange procedures not included in this list. Our specialist will consult your specific case and help you choose the most suitable procedure for your particular condition.



ARTHROSCOPY: MINIMALLY INVASIVE PROCEDURES

- Meniscectomy – surgical removal of all or part of a torn meniscus
- Reconstruction of the anterior cruciate ligament
- Shoulder arthroscopy procedures



FOOT AND ANKLE SURGERY

- Corrective reconstructions of foot joint deformities such as hallux valgus or hammer toe etc.
- Ankle fusion (arthrodesis) joining the ankle bones into one piece to treat ankle pain caused by severe arthritis



IMMEDIATE POST-OPERATIVE REHABILITATION

- Based on your specific condition, we recommend a specialized inpatient rehabilitation following immediately after the surgery
- The post-operative rehabilitation is mainly intended for hip and knee joint replacement procedures





TOTAL JOINT REPLACEMENT SHORTEST JOURNEY TO PAIN RELIEF

Most people do not realize the importance of painless motion until the first difficulties arise. However, osteoarthritis and joint pain are some of the leading causes of disability worldwide.

The good news is that modern medicine can replace damaged and dysfunctional joints with so called endoprosthesis. The most commonly replaced joints are hip and knee joints. *"The patient can be operated on with either a partial or total endoprosthesis. While only the damaged part is replaced during partial endoprosthesis, all articular surfaces are replaced during total endoprosthesis. For example, if total knee replacement is required, this does not mean that the entire knee is replaced, but only the joint surface and articular cartilage. During the procedure, only a small part of the bone is removed and the ligaments, tendons and muscles are preserved,"* says Dr. Vladislav Hospodár, Head of Department of Orthopedic Surgery and Total Joint Replacement Unit at The Malvazinky Rehabilitation Clinic in Prague.

TOTAL HIP REPLACEMENT IS THE MOST COMMON JOINT REPLACEMENT PROCEDURE

The hip joint is the second largest joint in the body and a major weight-bearing joint. Any structural changes caused by cartilage damage, disease or injury can significantly affect the patient's gait and mobility, induce pain and put increased stress on the other leg, as well as the joints below and above.

"Hip joint replacement is one of the most common types of surgeries performed in the world. More than 15,000 of total hip replacements are implanted annually in the Czech Republic alone. At the same time, the material from which they are made is constantly improving. This is related to the fact that we operate on increasingly younger patients and they need their new joints to last as long as possible," adds Dr. Hospodár.

In recent years, this surgical method has greatly developed and the range of joint impairments that can be solved by joint replacement has been expanding. Even though there are many conservative methods available, a hip replacement surgery is often ultimately recommended by the doctors.

Hip joint replacement is one of the most common types of surgeries performed in the world.

THE MOST COMMON REASONS FOR A JOINT REPLACEMENT SURGERY:

- Osteoarthritis
- Rheumatoid arthritis
- Post-traumatic conditions and fractures
- Birth defects
- Bone tumors (usually metastatic cancer)

"Although the idea of endoprosthesis surgery and subsequent rehabilitation seems difficult, and for many even frightening, it is a common medical procedure, which has been proven by years of practice and experience," reassures Dr. Hospodár.

"It's true that immediately after the operation, the patients must go through an intensive rehabilitation, but after that they should be able to engage in all activities, including sports. However, the implant should not be over-strained yet."

JOINT REPLACEMENT RESTORES THE LOST COMFORT

Total endoprosthesis is here to improve the quality of our health and bring us back to a full and joyful life. The vast majority of people who have undergone a joint replacement has experienced a dramatic reduction in pain and a substantial improvement in their ability to perform normal daily activities.

"For many people who experience unimaginable pain in every movement, the option of a joint replacement often means the only way to return to life without pain and without significant movement restrictions," said Dr. Hospodár in conclusion.

The vast majority of people who have undergone a joint replacement has experienced a dramatic reduction in pain and a substantial improvement in their ability to perform normal daily activities.





MEET OUR PROFESSIONALS IN ORTHOPEDIC SURGERY



Frequently treats numerous famous Czech athletes and sports teams.

Dr. Vladislav Hospodár

Head of Department of Orthopedic Surgery
Malvazinky Rehabilitation Clinic in Prague

- Graduated from the Faculty of Military Health Sciences, University of Defense in Brno.
- From 1989 to 2002, he worked in different positions at The Military University Hospital in Prague:
- Chief Physician of the Outpatient Department of Orthopedics and Traumatology,
- Chief Physician of the Sports Traumatology Department,
- Chief Physician of the Joint Implants Unit at the Department of Orthopedics and Traumatology.
- Since 2003, Head of Department of Orthopedic Surgery and Total Joint Replacement Unit at The Malvazinky Rehabilitation Clinic in Prague.
- Successfully completed many international fellowships and internships (e.g. Canada, USA, UK and many others).
- Attending physician of the Czech national handball, basketball and ice hockey teams (e.g. participation at the 2010 World Championship in Germany as the Chief Physician of the National Ice Hockey Team).
- Frequently treats numerous successful Czech athletes (such as famous football players, professional hockey players etc.) and regularly takes care of the Czech National Team at the Winter Olympic Games (2014 in Sochi and 2018 in Pyeongchang).



Dr. Petr Juda

Head of Department of Orthopedic Surgery
Mostišť Hospital

- Graduated from the Faculty of Medicine in Brno.
- Member of the Department of Orthopedics at the hospital in Havlíčkův Brod, where he worked for 14 years, including serving 4 years as the Deputy Head of the Department.
- Since 1998, orthopedic surgeon at the Department of Orthopedic Surgery at the Mostišť Hospital, Head of the Department since 2014.
- He specializes in complex operations, non-standard and complicated joint replacements, revision operations of large joint replacements, arthroscopic procedures, benign tumors of the locomotor system, sports injuries etc.
- Dr. Juda has successfully performed joint replacements for more than 5,500 patients. More than 1,000 orthopedic operations are performed each year under his leadership.
- He was the attending physician of the Czech Republic National Men's Volleyball Team from 2006 to 2011.
- Co-author of the Volleyball Textbook for Youth Coaches.
- Chairman of the Youth Council of the Czech Volleyball Federation and Head of the Youth and Training Section since 2013.
- He often contributes specialized articles to websites on sports and health-related topics.



More than 1,000 orthopedic operations are performed each year under his leadership.





REHABILITATION

We offer comprehensive physiotherapy focusing on intensive post-traumatic and post-operative rehabilitation, as well as programs for prevention of chronic, painful and degenerative diseases of the locomotor system. Our inpatient rehabilitation care is provided by a multidisciplinary team of professionals including physical medicine and rehabilitation doctors, orthopedists, neurologists, internists and other medical professionals, physiotherapists, speech and occupational therapists, psychologists, nurses and other nursing personnel.

MAIN FOCUS OF OUR INPATIENT REHABILITATION:

- Post-operative rehabilitation (e.g. patients after hip or knee replacement surgery)
- Post-stroke conditions
- Post-traumatic conditions
- Post-amputation rehabilitation – School of Walking
- Chronic painful conditions
- Other neurological diagnoses



Following the initial physical examination and functional diagnostics of the musculoskeletal system, the rehabilitation doctor together with the physiotherapist evaluate the patient's condition and set up an **individual treatment program**.



The core of the rehabilitation treatment is **individual physiotherapy** based on the modern principles of clinical neurophysiology and developmental kinesi-ology. The program also includes **supervised group exercises at our gym** to improve cardiovascular fitness and increase overall stability and strength.



The treatment also contains a wide spectrum of **hydrotherapy and electrotherapy** procedures as well as **occupational therapy** which is provided to clients with various types of physical, sensory or mental impairments. The aim of occupational therapy is to restore the client's self-sufficiency in their everyday activities and training of upper limb functions such as coordination of motoric skills and grip function.



POST-OPERATIVE REHABILITATION

A joint replacement surgery that is not followed by a professional rehabilitation can hardly fulfill its purpose. Our team of experts provides an individualized treatment program specifically tailored to each patient's needs.

The aim of the post-operative rehabilitation is to improve the range of motion in the operated joint. The patient also goes through breathing exercises or vascular gymnastics serving as a prevention of thrombotic disorders. Exercise of the thigh muscles and strengthening of the upper limbs are also an integral part of the treatment.

"An important part of rehabilitation is walking with crutches, which starts very slowly, step by step, first on a flat surface and later on the stairs. Afterwards, the patient begins to ride on a stationary bike under the supervision of the physical therapist. Other types of therapy may be added as well. For example, we also teach patients how to lie down in bed correctly and how to get out of it. Approximately 4 to 6 weeks after the operation, you can return to most of your normal activities," said Dr. Libor Musil, Head of Department of Rehabilitation at The Malvazinky Rehabilitation Clinic in Prague.



HEAD OF REHABILITATION CARE

Dr. Libor Musil

Head of Department of Rehabilitation
Malvazinky Rehabilitation Clinic in Prague

- Graduated from the Faculty of Medicine of Charles University in Pilsen.
- Passed the Medical Board Certificate in Neurology (2008).
- Passed the Medical Board Certificate in Rehabilitation and Physical Medicine (2011).
- Head of the EMG Laboratory and physician at the Chronic Back Pain Department of the Neurology Department of the Královské Vinohrady University Hospital, Prague (2002-2009).
- Attending physician for neurorehabilitation at the Center for Locomotor System Medicine, Prague (2012).
- Since 2013, he has been Head of Rehabilitation at the Malvazinky Rehabilitation Clinic in Prague.
- In 2007, he was awarded a prize by the Czech Neurological Society for the best thesis in clinical practice and case research.
- He has written articles for medical journals and held several specialized courses, including Diagnostics and treatment of pain in rehabilitation, Comprehensive EMG II or Developmental kinesiology in manual medicine.
- Dr. Musil is the Chief Attending Physician of the Czech National Sledge Hockey Team with regular participation at the Paralympic Games as the Team's main physician.



Chief Attending Physician
of the Czech National
Sledge Hockey Team.





ROBOTIC SURGERY

Robot-assisted surgery is currently the most progressive surgical method available. The Mostiště Robotic Surgery Center started using the da Vinci robotic system in 2007 and since then has performed over 4,500 robotic procedures and become one of the largest and most experienced centers not only in the Czech Republic, but in all of Europe.

Robotic surgery is a type of minimally invasive surgical procedure which was developed to overcome some limitations of the conventional methods, such as laparoscopic procedures and open surgeries. In general, minimally invasive procedures enable us to operate through a few tiny incisions instead of using large open cuts. Robotic surgery benefits from its sophisticated integration of computer, digital and robotic technologies allowing the surgical teams to perform more complex and difficult procedures in previously inaccessible anatomical environments.

The robot itself consists of three mechanical arms with miniaturized surgical instruments attached to the end and one arm with a high-definition camera which shows the surgeon a magnified 3-D view of the entire surgical site. Looking through a specialized monitor, the surgeon is provided with a detailed overview of the anatomical structures, nerves and blood vessels which could not be reached in 2-D imaging. Such a level of overview lowers the risk of undesirable damage to the surrounding structures and the associated complications. The surgeon controls the robot with a console and a highly sensitive joystick enabling a degree of unprecedented precision, delicacy, range of motion and flexibility unimaginable for human hands or even laparoscopy and therefore a higher level of safety for the patient.

Unlike in open surgery, the incisions in robotic surgery are only minimal. This not only enhances the cosmetic effect of the surgery, but also lowers the risk of potential complications occurring with large scars, such as incisional hernia which could potentially lead to infections or even another surgery. Minimal incisions also shorten the healing time of the wound and mean less pain which also reduces the usage of pain relievers.

THANKS TO ALL THESE FACTORS, THE PATIENTS CAN PROFIT FROM MANY BENEFITS, INCLUDING:

- Minimal blood loss
- Delicate handling of the tissues
- Minimal scarring
- More comfortable and faster recovery
- Shorter hospital stay and earlier return to normal life
- Minimal impact on sexual function in men
- High quality of life after the surgery



WHAT MAKES ROBOTIC SURGERY MORE EFFICIENT THAN LAPAROSCOPIC PROCEDURES?

- Robotic surgery provides the best 3-D image so the surgeon has the perfect and steady overview of the structures in the surgical site. Laparoscopy only displays the structures in 2-D.
- Unlike the rigid instruments used for conventional laparoscopy, the instruments used for robotic surgery include flexible ending components allowing functioning comparable to that of a human wrist, with an even greater range of motion.
- Sometimes the surgical teams perform complex procedures in difficult regions leading to long standing in uncomfortable positions. In robotic surgery, these limitations are overcome, as the surgeon profits from the perfect ergonomics of operating the robot with a console.
- Robot-assisted surgery also eliminates fatigue and hand tremor which can naturally occur after long procedures.



One of the most common robot-assisted procedures at our Robotic Center is radical prostatectomy for prostate cancer of which we perform over 400 a year.

An alternative approach to this procedure is an open surgery where the patient usually ends up with a large scar on the abdomen. Complications can occur during the open surgery or in the post-operative period, such as severe bleeding mainly from venous plexuses in the pelvic floor area or undesirable damage to the surrounding structures. This can eventually result in post-operative complications, such as incontinence or impairment of the male sexual performance. The da Vinci system on the other hand offers a perfect overview of the surgical site which makes it possible to very precisely identify the area of the urethral sphincter and the nerve bundle important for preserving sexual function.

SURGERIES WE PERFORM USING THE DA VINCI SYSTEM:

- **Radical prostatectomy** – removal of the prostate gland, most often done to treat localized prostate cancer
- **Partial nephrectomy** – removal of a kidney tumor while preserving as much of the kidney function as possible
- **Pyeloplasty** – reconstruction of the renal pelvis to remove an obstruction occurring where the kidney meets the ureter
- **Adrenal gland removal**
- **Urethral reconstruction after trauma**
- **Bariatric surgery** – procedures on the digestive tract facilitating weight loss



BARIATRIC SURGERY

Obesity is currently considered a global epidemic, contributing to the worldwide increase in morbidity. Surgical procedures on the digestive tract are among the most efficient treatments of obesity and provide the patients with countless positive benefits, including weight loss, reduced diabetes or a general improvement of the metabolic syndrome. With our extensive international experience, we perform these procedures at our Robotic Surgery Center by use of minimally invasive robot-assisted surgical techniques.

LOSING WEIGHT IS NOT JUST ABOUT APPEARANCE

Excessive weight affects your overall health and puts you at a significant risk of many obesity-associated conditions. The good news is that obesity is preventable and you can take actions to decrease these risks. Most conventional weight loss programs combine dietary measures, physical activity and lifestyle changes. However, in severe cases of obesity, such approaches do not always provide a sustainable weight loss, which is where bariatric surgery can represent an efficient alternative.

THE BENEFITS OF BARIATRIC SURGERY INCLUDE

- Substantial weight loss
- Improved cardiovascular health
- Normalization of blood pressure
- Long-term remission of type 2 diabetes
- Joint pain relief
- Improved plasma lipid profile
- Reduced risk of certain types of cancer
- Improved fatty liver disease
- Improved obstructive sleep apnea
- Enhanced quality of life

BARIATRICS IN THE MOSTIŠŤĚ HOSPITAL

The Obesity and Bariatric Surgery Department of The Mostiště Hospital has been dealing with obesity treatment since 2004. We offer our patients a comprehensive approach of a multidisciplinary team of top professionals in the fields of bariatrics, internal medicine, plastic surgery, psychology, diabetology and gastroenterology.

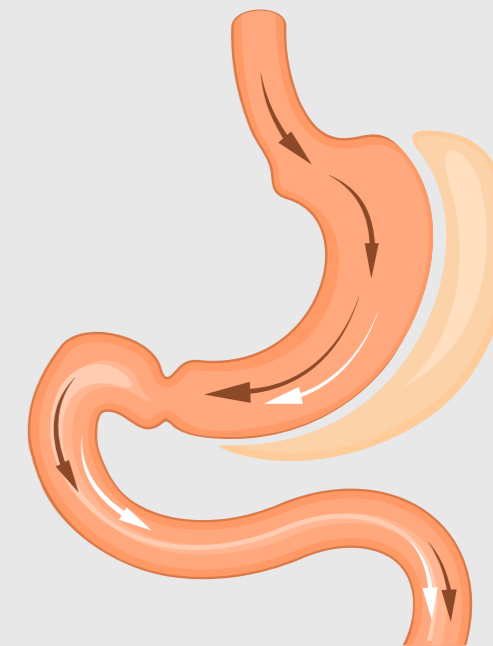
We specialize primarily in the surgical treatment of obesity, mainly in the form of so-called "sleeve gastrectomy". Based on its high efficiency, this procedure is currently the most commonly performed bariatric surgery worldwide. Over the past 16 years we have performed more than 2,000 bariatric operations and thanks to the number of these surgeries performed, our facility now ranks among the leading bariatric departments in the Czech Republic.

SLEEVE GASTRECTOMY

The surgery reduces the volume of the stomach by removing part of it along the greater curvature and changing its shape to a sleeve like structure. Limiting the size of the stomach leads to a substantial reduction in the amount of food intake, resulting in a gradual weight loss. In addition, the removed part of the stomach contains a zone secreting so-called "hungry hormones", so its removal supports effective weight reduction without a significant feeling of hunger.

The weight range of our patients is on average between 105 and 200 kg. The average weight loss after 1 year from the surgery is approximately 30-50 kg. These results allow us to claim that sleeve gastrectomy is a fully justified and highly effective treatment for obesity, leading to permanent weight loss and a fundamental reduction in the health risks associated with obesity.

The actual hospitalization does not exceed 4-5 days and the recovery time usually takes 2-3 weeks. Frequent check-ups are not necessary during the post-operative and subsequent recovery period. The patient has the first check-up about 2-4 months after the operation, then after six months and eventually only once a year.



OBSESITY IS DEFINED BY THE BODY MASS INDEX (BMI) GREATER THAN OR EQUAL TO 30

- All patients who have failed classical conservative treatment of obesity and their BMI is greater than 40 are indicated for surgery.
- Patients with a BMI in the range of 35-40 are also indicated for the procedure as long as they have other significant health risks associated with obesity (e.g. diabetes, high blood pressure, etc.).
- Until recently, individuals with a BMI of less than 35 could not be indicated for the surgery. Currently though, even such patients may undergo the procedure. These are primarily patients with diabetes who have difficulty in correcting their blood sugar (glycemia). However, their indication for surgery is to be decided by the whole multidisciplinary team.





HEAD OF ROBOTIC SURGERY

Dr. Jaroslav Tvarůžek

Medical Director and Head of Surgery
Mostiště Hospital

- Dr. Tvarůžek has been actively involved in surgery since the early 1990s.
- He worked as a surgeon in Germany at the beginning of his career and has been back in the Czech Republic since 1994.
- Among the first surgeons to master minimally invasive surgical procedures using the laparoscopic technique which was new at that time.
- Passed the Medical Board Certificate in Surgery I in 1995.
- Passed the Medical Board Certificate in Surgery II in 1999.
- Passed the Special Examination in Vascular Surgery in 2002.
- He has been one of the pioneers of robotic surgery since 2007, constantly working on its development. He was named a Certified Robotic Surgery Specialist by Intuitive Surgical in 2009, the manufacturer of the da Vinci surgical system.
- As the leading expert in the da Vinci robotic surgery, he put together a team of surgeons and nurses who have carried out more than 4,500 robot-assisted surgeries since 2008, more than any other similar team in the Czech Republic. Each year since then, the team has also performed the most surgeries using the robotic system in the country, making it one of the most experienced teams in all of Europe.
- Dr. Tvarůžek and his team have also been actively engaged in promoting and introducing robotic surgery abroad.
- He has gathered a lot of international experience and completed many internships abroad (e.g. Germany, USA, Austria).



Dr. Jaroslav Tvarůžek and his team have performed more than 4,500 surgeries using the da Vinci robotic system.

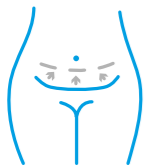




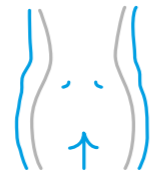
PLASTIC SURGERY

In the field of plastic and aesthetic surgery, our specialists focus mainly on post-bariatric procedures, helping patients complete the process of transforming their bodies after significant weight reduction. The whole journey usually starts with the selection of the most suitable bariatric surgery to facilitate gradual weight loss. In the following step, our plastic surgeons proceed to body-contouring surgical procedures to attain the required body shape. Most frequently, this is achieved with an abdominoplasty, a treatment performed to remove stretched out and overhanging abdominal skin. Other surgeries offered by our team are breast reduction, augmentation and remodeling, or procedures correcting sagging skin of the arms or thighs. In addition, we routinely perform procedures that reduce facial aging, such as facelifts and eyelid or neck correction surgery. However, based on the patient's individual needs, it is possible to indicate a procedure from the whole spectrum of plastic and aesthetic surgery.

WE OFFER THE FOLLOWING PROCEDURES:



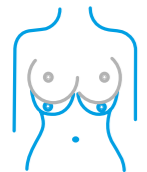
ABDOMINOPLASTY



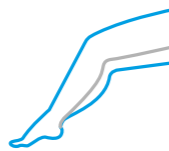
BODY CONTOURING



LIPOSUCTION



BREAST REMODELING



THIGH LIFT



ARM LIFT



FACE LIFT



EYELID SURGERY



NECK LIFT

OUR PROFESSIONALS IN PLASTIC SURGERY

Prof. Dr. Pavel Brychta, CSc.

- Dr. Brychta has been practicing plastic and aesthetic surgery practically all his professional life.
- Medical Board Certificate in Surgery (1986).
- Medical Board Certificate in Plastic Surgery (1991).
- He has held leading positions at various public and private facilities specializing in burns, reconstructive and aesthetic surgery.
- He is currently the Head of the Clinic of Burns and Plastic Surgery at the University Hospital in Brno.
- Member of several Czech and foreign professional societies.
- He has performed countless aesthetic and reconstructive operations and represents one of the leading authorities on post-bariatric surgery procedures in the Czech Republic.



Dr. Brychta represents one of the leading authorities on post-bariatric surgery procedures.

Dr. Zuzana Jelínková, Ph.D.

- Dr. Jelínková is the daughter of Prof. Dr. Pavel Brychta, CSc.
- She has been involved in plastic and aesthetic surgery for over 13 years.
- Dr. Jelínková and Dr. Brychta work together, forming a unique, well-coordinated team that brings together years of experience, the latest best practice and innovative procedures.



Dr. Jelínková has been involved in plastic and aesthetic surgery for over 13 years.

HOW DOES IT WORK?

8 SIMPLE STEPS

1

SUBMIT YOUR ONLINE REQUEST

Or send us an e-mail. We will get back to you within 2 working days with further information.

2

RECEIVE OUR FREE MEDICAL ADVICE

You will receive a preliminary evaluation and treatment recommendations from our medical team as well as first available dates and the total costs of your treatment package.

3

COORDINATE YOUR PAYMENT

After you have scheduled the date of your treatment, one of our representatives will arrange the payment details with you. To secure the date of your procedure, the payment for on-site services must be paid prior to your visit.

4

SUBMIT YOUR PRE-OPERATIVE EXAM RESULTS

Together with your GP, you arrange the necessary pre-operative examinations and submit the results to us. This is to make sure your current health status enables you to safely undergo a medical procedure.

5

FINALIZE YOUR TRAVEL ARRANGEMENTS

Once you know the exact date of your treatment, you can start planning the journey. Do not forget to begin your preparations well ahead and make sure you have a valid passport, visa, flight tickets and other necessary documentation.

6

ENJOY PERSONAL ASSISTANCE

We will pick you up at the airport and take you to the clinic or your hotel. During your stay, a personal interpreter will accompany you to each medical treatment and make sure you feel comfortable.

7

HAVE YOUR MEDICAL TREATMENT

We will make sure your treatment and recovery run as smoothly as possible. During your stay at our clinic, you will receive daily doctor's visits, three meals a day and procedures according to your treatment package.

8

RETURN BACK HOME

At the end of your treatment, we will take you to the airport and will be happy if you stay in touch with us so we can answer any questions on your recovery.

WHAT TO EXPECT?

FREQUENTLY ASKED QUESTIONS



WHAT ARE THE COSTS OF MY TREATMENT?

This depends on your particular diagnosis, treatment package and personal requirements. In general though, our clinics provide excellent standard of care at costs which are more affordable than corresponding clinics in international comparison. Our representative will get in touch with you to provide you with the specific cost estimates.



HOW DOES THE PAYMENT PROCEED?

The costs for your treatment must be paid prior to the commencement of our services. The particular details are included in the patient contract you will receive from our representatives during the initial arrangements.



WILL MY INSURANCE COVER THE TREATMENT AT YOUR FACILITY?

It is the patients' responsibility to contact their insurance company to find out if they will get a reimbursement for a treatment abroad. However, we can assist you and issue the necessary medical documentation you may need to confirm the extent of your treatment at our facility.



HOW DO I MAKE MY TRAVEL ARRANGEMENTS?

International patients are responsible for securing their passport, visa and flight tickets but we are ready to assist you if you need any support in the process. In addition, we can also help you arrange your vacation in the Czech Republic after you complete your treatment.



CAN I BRING MY FAMILY?

We do encourage our international patients to come with their family members. However, for capacity and medical safety reasons at the clinics, we accommodate family members at a local hotel. The only exception is rehabilitation treatment, where the patient can share their room with one accompanying person.



HOW LONG WILL I HAVE TO STAY AT YOUR CLINIC?

The length of hospitalization after surgery varies depending on the procedure, but usually does not exceed one week. For rehabilitation, we recommend a minimum of two weeks, but ideally three weeks of inpatient treatment.



WHAT IF I NEED ANY FOLLOW-UP CARE?

When you leave our facility, you receive a final medical check-up and discharge summary from your attending physician with overview of your treatment as well as follow-up care recommendations. This is to ensure your local providers back home have a clear idea of your treatment with us. You do not have to worry you will forget something important.



VAMED MEDITERRA a.s.

Škrétova 490/12, 120 00 Prague
Czech Republic

info@international-patients.com

international-patients.com