

# MODERN WOMAN



*A Foreigner in the  
Czech Republic*

*High Standard Health Care  
in the Czech Republic*

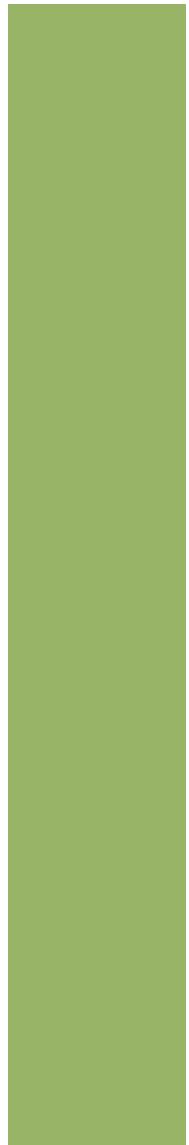
*Tips – Recommendations*

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

## **Plastická chirurgie MUDr. Pavel Hlava, M.D., CSc**

**Our center offers a complete range of services in the field of esthetic surgery:**

- *plastic surgery of face and neck*
- *plastic surgery of the forehead*
- *operations of eye-lids*
- *operations of the nose*
- *plastic surgery of auricles*
- *liposuction*
- *plastic surgery of the abdomen*
- *plastic surgery of thighs*
- *plastic surgery of breasts (enlargement, reduction)*
- *shaping of breasts*



### **CONTACT**

Bulharská 5  
36001 Karlovy Vary  
Tel.: +420 777 706 180  
+420 353 226 465  
E-mail: [plastchir@plastchir.cz](mailto:plastchir@plastchir.cz)

# Invest in your health.

*Motto: Your health is your transportation on the journey of life.*

## DO WE KNOW HOW TO INVEST IN HEALTH?

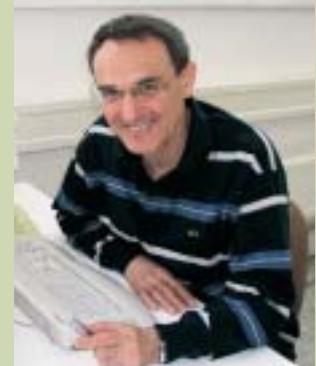
The Czech Republic has become not only a sought-after tourist destination, but also a place where series of foreigners decided not only to settle permanently, but also to invest. In recent years even more women in the Czech Republic have primarily decided to invest in the most precious thing they have – health and beauty. The palette of offers and possibilities is wide, namely from solving the weighty health problems within the framework of hospitalisation advantages, via the stays at a spa, to the possibilities of aesthetic operations, dental performances or the offer of various regenerative services. Ironically, this wide offer of health-care facilities and services may be a problem when deciding where and which service to invest in.

Often we are attracted by a tempting offer at a stay at a spa which promises a total recovery and getting rid of all health complaints within several weeks while every expert knows that only a replacement of the hip joint affected by heavy arthrosis will bring considerable relief from the pain. Yet more frequently we come across an unsuitable reduction programmes where a series of women require the liposuction from problem areas, believing that this will solve their many depressive years suffering with obesity. However this turns out to be a question of a long-term metabolic problem which cannot be solved by any operation. In the very region of aesthetic surgery tens of such unsuitable examples may be given.

There's a lot of reasons for our investing considerable financial means within the framework of the care of our appearance and health irrationally. On the one hand it is the medical and health ignorance of problems, which, with foreigners, is yet raised by the ignorance of environment and lack of information and references, respectively. On the other hand it is the contemporary phenomenon of modern medicine and its atomisation mostly with a missing integrative view. Oftentimes we speak about the missing compact i.e. holistic view on the issue of both health and illnesses.

In any case, contemporary medicine to the greater extent lacks a service which could be called the architecture of health. It is surely quite common that before a flat or real estate reconstruction we first consult an architect and have a study and plans done and than we decide on our investment. Unfortunately, on deciding where and how we are going to invest in our own health, we are mostly lacking this compact – holistic – consideration.

Despite these imperfections, which the contemporary medicine has all over the world, I am convinced that we can select from the wide offer of quality and respectable health services. Therefore do not hesitate to invest in health, but always consider whether your expectations are real and whether by chance you don't expect a miracle by these services. Only the real expectations will teach you to invest in health continuously, thereby you will also reach optimum health profits, to which I wish you good luck.



MUDr. René Vlasák

**TRENDY – Modern Woman**

Mgr. Stanislava Šmolíková

S-PRESS PUBLISHING

order reception: smolikova\_2002@volny.cz

tel./fax: +420 222 521 844, 603 427 566

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translation: Zbyněk Čermák, tel.: +420 222 581 526

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# Czech nurses enrich their careers with attractive international experience



Due to the phenomenon of an ever-rising aging population in developed countries, along with the increasing quality of health care, the nursing profession ranks among the most respected and demanded professions internationally. Therefore, professional education and knowledge of English opens doors for Czech nurses to international careers in many attractive countries of the world. Socially, as well as financially, the work of a nurse is rewarded the most in the USA. However, it is a difficult road to obtain a nursing license and a working permit for the USA. **G5 Plus** is the only company in the Czech Republic which has firmly marked the best path to this goal with the program **Nurses to the USA**. Prior to being registered as a nurse in the USA, Czech nurses can also participate in the program "Au-pair & Study in the USA" – 12-24 months long Au-Pair stays in the US with American families combined with an intensive preparation for the TOEFL (Test of English as a Foreign Language) and NCLEX (National Council Licensure Examination). Successful Au-Pairs will return to the Czech Republic and apply for a permanent work permit (Green Card) as a Registered Nurse (RN) in the USA. Another possibility is to work in chosen hospitals in Saudi Arabia or Ireland.

According to a yearly nation-wide survey published in the US World News and Report, nursing has been the Number 1 most respected profession in the United States for the last eight years (except in 2001, when US firefighters were voted Number 1 because of their bravery during the 9/11 terrorist attacks.) Despite their daily dedication and effort, such a high standing seems unreachable to Czech nurses. Also out of reach for many years is the opportunity to work and gain experience as a registered nurse in the US. Thanks to the synergy that has ignited in several (mainly demographic and political) factors, and intensive international cooperation under the umbrella of **G5 Plus**, this possibility is now real.



Doors of U. S. hospitals are open to Czech nurses



Praha – Czech capital of Texas

The beginning of 2005 gave birth to a unique nursing program, which set the goal of enriching the career of Czech nurses by providing valuable and attractive international working experience while simultaneously fostering the Czech culture and language in Czech communities within Texas. The program has been received with great support by the professional public who are united in the belief that each nurse who takes part in this long-term project and brings their knowledge and skills back to the Czech Republic brings us one step closer to raising the level and prestige of the nursing profession throughout the entire Czech Republic. The biggest supporters of the programs are:

## Sestra (Nurse)

the most popular Czech nursing monthly which publishes information on the program on a regular basis,

## U. S. Business School Praha

which provides its premises for all necessary nursing trainings, and

## Dell

the computer company which, as a technology partner, equips Czech nurses with up-to-date technology and enables them to be connected to their friends and families whenever they want and wherever they are.

**Sestra**



**DELL**™

After their return from abroad, **G5 Plus** will provide nurses with a type of deployment service, a framework where nurses with international experience will be offered to hospitals within the Czech Republic so they can take advantage of their new knowledge and expertise as well as their English language skills.

Developed countries, and particularly the United States, have been struggling with a nursing shortage for many years, which has occurred mostly due to a demographic trend. US statistics stress mainly the following data:

- extended length of life of the American population;
- decreased birth rate of the American population;
- aging of the large generation of "baby boomers";
- an increase in the average age of nurses (which is now over 43 years, in 2010 more than 40% of nurses will be older than 50);
- nursing colleges and universities struggling to expand enrollment levels to meet the rising demand for nursing care in the US (number of educated nursing school graduates who sat for the NCLEX, the national licensure examination for registered nurses, decreased by 20% from 1995-2003);
- in 2001, 126,000 nurses were needed; for the year 2020, a shortage of more than 400,000 nurses is predicted.

Problems are even greater in warm weather southern states such as – Texas, Florida, and California – where a large number of Americans move from cold Northern states to retire. Nurses are offered a very attractive salary. In 2003, the average annual income was \$45,500 and is rising. Many employers offer flexible work schedules, child care, educational benefits, and attractive financial bonuses.

The American government is helping to ease the problem by offering a very attractive immigration policy. Foreign nurses with the appropriate education and sufficient level of English are awarded a Green Card (unlimited working permit) by the US government not only for themselves but also for their family members.

Every American state has different regulations concerning the access of foreign nurses. The process of obtaining an American nursing license and working permit is interconnected with studying the complicated regulations and high administrative effort. **G5 Plus** has a team of experts available on both sides of the Atlantic, consisting of experienced lawyers, HR specialists and health care managers and directors. Thanks to the team's methodology



The teaching methods of certified NCLEX lecturers are very illustrative

and adept professionalism, it is possible to circumvent particular bureaucratic obstacles. The result is the maximum "comfort" of participants who can spend most of their time concentrating on English and professional preparation rather than wrangling with complicated administration work.

**G5 Plus** has decided to make Texas an entrance gate to the USA. According to statistics, today's Texas (the second largest US state, after Alaska, with twenty million inhabitants) is comprised of up to one million residents with Czech ancestry, making Czech Texans the fourth dominant Texas ethnic minority.

Ancestors of most of today's Czech Texans began their journey across the ocean in the first emigrant wave about 150 years ago. Despite the generations that have passed since, it is still possible to hear fluent Czech across Texas, often with a strong Moravian dialect. You can even hear a Czech poem or a song you'd never hear in the Czech Republic because it was forgotten many years ago, but in Texas it has been passed on from generation to generation for a century and a half.

Czech Texans are appropriately proud of their origin, traditions and history and make a maximum effort to keep and build their original identity. **G5 Plus** supports them in this effort. Help and support has also been offered by regional bodies of the Czech Ministry of Culture and the City of Prague. These institutions supported the official visit of **G5 Plus** representatives to Czech communities in Texas in spring 2005, when Czech Texans were given many souvenirs and promotional material. Through **G5 Plus** the Mayor of Prague, Pavel Bém, presented Czech compatriots with several copies of a memorial plaque with an official greeting and expression of support for increased relations between the old and the new home of Czech Texans. The original city sign "HLAVNÍ MĚSTO PRAHA" (Capital City Prague) will represent this support to Czech Texans forever.

Representatives of Czech Texans were very well prepared for the visit, so that within only a few days, **G5 Plus** was able to have many official, as well as unofficial, visits and listen to the wishes and suggestions of Czech compatriots concerning how to best maintain and improve relations between their old and new homeland. Texas counts among the climatically kind southern states with a problematic nursing shortage. During a visit to one of the healthcare centers, the Judge of Fayette County, Edward Janecka, suggested the idea to consider the possibility of employing Czech nurses in the local hospitals and medical centers. Czech Texans are also enthusiastic about the culture and language contribution that would result from the long-term stay of Czech nurses.

**G5 Plus** turned this impulse into a successful result – the unique program Nurses to the USA was soon created. The Czech cultural dimension of the project minimizes the usual problems of moving to a new country, culture and environment, which is so often a barrier when working in other countries that may be geographically closer to home but differ significantly from Czech society and culture. At the end of a long flight nurses can look forward to a warm welcome and stay in a virtual "home" environment, as well as a very quick and respectful integration into American society to which Texas is an absolutely ideal entrance gate.

#### CONTACT:

G5 Plus, s. r. o.  
USBSP building  
Truhlářská 13  
110 00 Prague 1

E-mail: [info@g5plus.com](mailto:info@g5plus.com)  
[www.g5plus.com](http://www.g5plus.com)

## *General Teaching Hospital in Prague gets new apparatuses for newly-born babies, thanks to Winterthur*

**REPRESENTATIVES OF WINTERTHUR AND NADACE KŘIŽOVATKA (CROSSROADS FOUNDATION) HAVE PRESENTED A GIFT TO THE CHILDREN AND ADOLESCENT CLINIC OF THE GENERAL TEACHING HOSPITAL IN PRAGUE, NAMELY 4 APPARATUSES FOR MONITORING THE BREATHING OF NEWLY-BORN BABIES, BABYSENSE II. THIS APPARATUS ENABLES STAFF TO REGULARLY CHECK THE BREATHING OF SMALL BABIES, THUS PREVENTING BREATHING STOPPAGES THAT MAY RESULT IN SUDDEN INFANT DEATH SYNDROME.**

Babysense II apparatuses are used for monitoring the breathing of babies up to the age of three months. It is during this time that babies can suffer from irregular breathing or breathing stoppages, which may result in Sudden Infant Death Syndrome.

"Winterthur has cooperated with Nadace Křižovatka for more than six years. During this time, apparatuses for monitoring the breathing of newly-born babies have been supplied to a number of Czech hospitals where they have helped save many little

patients", says Petr Žaluda, Winterthur's CEO for the Czech Republic and the Slovak Republic.

Nadace Křižovatka (Crossroads Foundation) came into being in 1995 with the goal of assisting children jeopardised by still relatively unknown "Sudden Infant Death Syndrome". Therefore, it mainly focuses on equipping Czech hospitals with apparatuses for the monitoring of small babies' breathing.

Winterthur penzijní fond has long been the largest pension fund in the Czech market in respect of the volume of assets under management. Winterthur pojišťovna is one of the fastest growing life insurers in the Czech Republic. In the field of charity, Winterthur has also been active in its home country, Switzerland, where it helps organise – inter alia – regular passenger car safety tests, in cooperation with Dekra.



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



# Solná Jeskyně



*Come to discover the magic of healthy breathing and relaxation into a salt cave.*

Several tens of artificial salt caves were established in the Czech Republic during the last year, predominantly on spa places and recently a few have been established even in Prague. The reason is apparent: positive effects of ionised salt on human body have been proved medically and moreover a distinct relaxation nature of the stay in that environment is being appreciated. The microclimatic salt cave intended for curative-escapist purposes is a room whose walls have been built up of worked blocks of natural rock salt, jagged roof with artificial stalactites induces impression of a real cave, and on the floor a thick layer of mixture of salts, from which prevailing Dead Sea salt determines the unique composition of microelements in the atmosphere, has been poured out. By the heat energy coming out of the floor heating system the air is being saturated with elements presented in salt (iodine, potassium, sodium, calcium, magnesium, bromine, selenium). The lighting regime and cave sound system have been adapted for the purposes of resting for which the convertible beds serve. These beds make it possible for each visitor to set up a relaxation position most suitable for him. The air-conditioning unit provides bacteriologically clean air. Constant temperature closely over 20 °C keeps optimum composition of ionised air within a time period of 45 minutes during which a curatively-escapist seance occurs. To enjoy absolute relaxing comfort the covering blankets are at your disposal. The cave is entered in common light clothes, and the slips that each visitor puts on before entering the cave protect the footwear and salt purity as well. Children appreciate the possibility of playing with salt like in a sandbox.

Expert medical opinions liken a repeated stay in the salt cave to the stay by the seaside and compare their beneficial effects. They agree on the fact that staying in the salt cave is suitable both for the prevention and support of treatment, regeneration and moderating a series of diseases. In the first place it concerns respiration tract diseases, chronic nasal cavity or throat or larynx inflammation, asthma and generally persistent inflammations of airways. The remission of health problems has been described with a series of skin diseases and allergies of various origin. The

Dead Sea salt is well known for its effect on psoriasis. Hall-therapy has positive effects on heart and circulatory system diseases, during a high blood pressure or after-heart-attack states. Present iodine supports lowered thyroid gland activity. Last but not least the relaxation in an unique ionised salt environment with a decent lighting and sounds of nature is an oasis for the clients exposed at work to all forms of stress, overworking, chronic fatigue and neuroses. Repeated stay in the salt cave returns both psychic and physical force and well-being after a hard working day and strengthens health and vitality in leisure time.

The effects are, of course, individual and mostly can be experienced after at least five repeated seances in short intervals in succession in a way that such regime is compared to a week stay by the seaside. Also the following regime of maintaining cave relaxations is entirely individual and is certainly a pleasant and affordable alternative for preserving your health from the earliest youth to the old age.

Tickets can be bought individually or in the form of advantaged season ticket for 5 seances for which you can specify the time individually. The capacity of our cave amounts to 7 beds. You may please your friends and acquaintances with a gift-ticket. The seances always start on the whole hour and if you come well in advance, you can take advantage of our other services: massage recliner, sale of cosmetics and nutritious complements or just to sit for a while over a cup of coffee or have another refreshment. We are co-operating with the providers of some other special rehabilitation and diagnostic services.

#### CONTACT:

Václavkova 28  
Prague 6-Dejvice  
(near the A metro station  
"Dejvická")  
Tel.: 233 311 853, 774 154 704  
(in Czech language)  
605 202 694  
(in English and German language)

E-mail: lida@solnajeskynepraha.cz  
[www.solnajeskynepraha.cz](http://www.solnajeskynepraha.cz)

Opening hours:  
Monday-Friday 10:00-18:00  
Monday-Sunday 9:00-22:00  
(after reservation only)



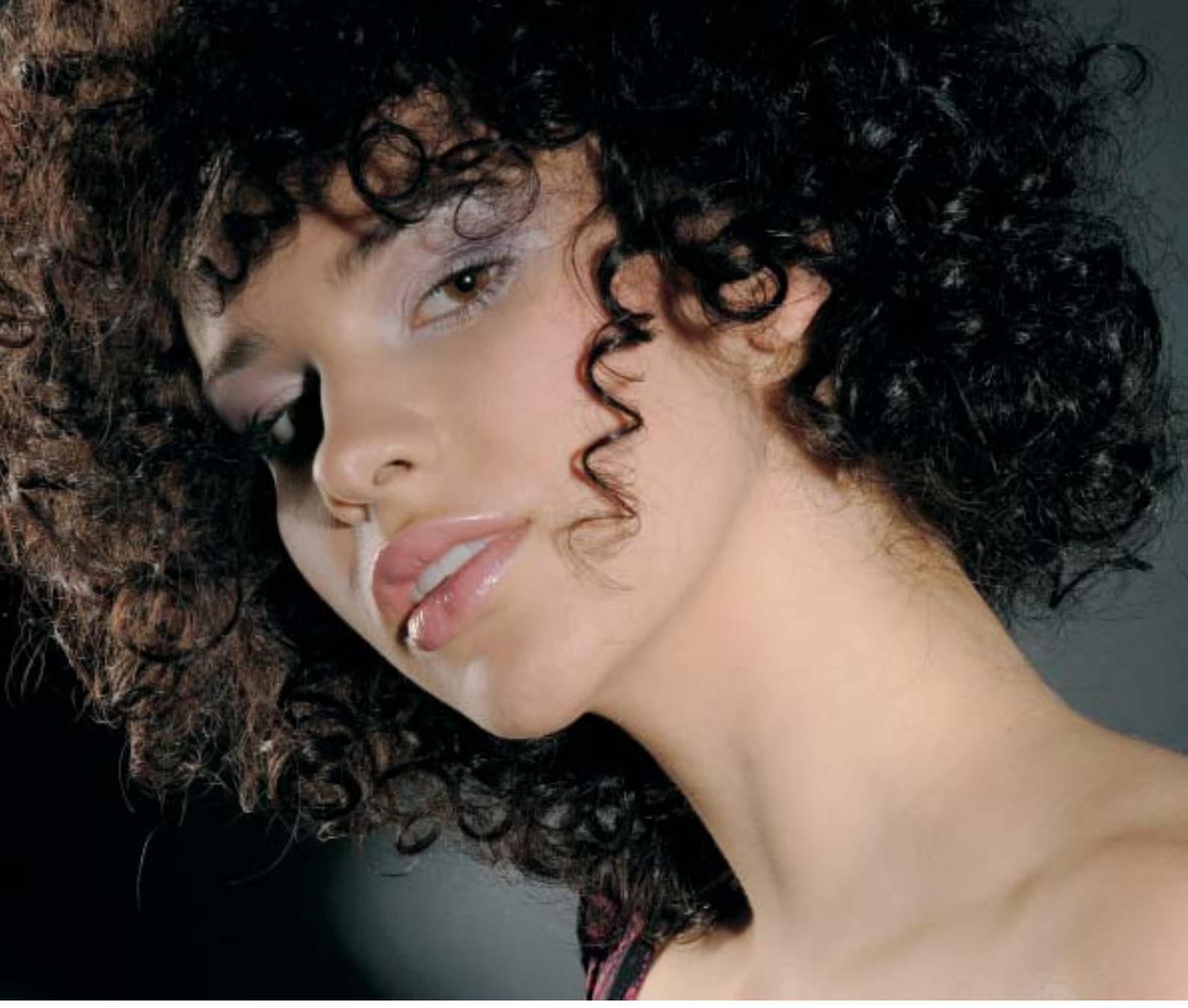


Photo: Karolina Krus – ellivisage

*When women think of cosmetics, the first they think about are colors. But cosmetics truly begins with skin care. Daily five-minute care is the essence of how your skin is going to look like in five days, five months, five years...*

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where you can have your skin type assesed by a  
trained Mary Kay Beauty Consultant, who will  
teach you about proper skin care and correct  
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Eva Palacká  
Tel.: 777 024 719  
E-mail:  
[eva.palacka@studioelegance.cz](mailto:eva.palacka@studioelegance.cz)

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Klára Ošancová  
Tel.: 608 558 583  
E-mail:  
[osancova@yahoo.com](mailto:osancova@yahoo.com)

*[www.studioelegance.cz](http://www.studioelegance.cz)*

GENERAL PRACTICE / ESTHETIC  
MEDICINE AND PLASTIC SURGERY  
/ STOMATOLOGY / GYNECOLOGY  
/ BUSINESS & PEOPLE



## Welcome to Na Homolce Hospital

- WE ARE AN ACCREDITED HOSPITAL
- WE ARE ONE OF THE MOST MODERN HOSPITALS IN EUROPE
- WE PROVIDE STATE-OF-THE-ART TREATMENT METHODS
- WE HAVE SATISFIED CLIENTS
- WE ARE A FRIENDLY HOSPITAL
- WE SUPPORT OUR STAFF AND OUR STAFF SUPPORTS US

## General Medical Care

The Program of General Medical Care is the hospital's complementary 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, supported by ward facilities for inpatients.

### PROGRAM DEPARTMENTS:

- ANESTHESIOLOGY AND RESUSCITATION
- PEDIATRICS
- GYNECOLOGY
- INTERNAL MEDICINE
- ONCOLOGY CLINIC
- DERMATOLOGY
- NEPHROLOGY
- OPHTHALMOLOGY
- ENT
- PSYCHIATRY
- REHABILITATION
- DENTISTRY
- GENERAL SURGERY



## Patients with Czech Health Insurance

### ADULTS

If you wish to arrange a doctor's appointment at Na Homolce Hospital, you first have to register at the Centrální kartotéka (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 in the case of inpatients)

### THE FOLLOWING SERVICES ARE AVAILABLE TO YOU:

- MULTI-LINGUAL RECEPTIONISTS (ENGLISH, GERMAN, FRENCH AND RUSSIAN)
- ORGANIZATION – TO MINIMIZE TIME WASTAGE 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 REST AND RECUPERATION OPTIONS
- DAILY WARD VISITS FOR INPATIENTS, HELP WITH MINOR REQUIREMENTS
- PERSONAL ESCORT TO THE APPROPRIATE DEPARTMENT WHEN NEEDED
- BOOKING TAXIS
- BOOKING HOTELS FOR YOU OR YOUR FAMILY

### CHILDREN

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

# RELAXATION AND SLIMMING week for women and men

Prague International Travel Agency in cooperation with Mgr. Richard Vrátíl organizes:

## POTOČNICA – OSTROV PAG – CROATIA

09. 09.–16. 09. 2006



The Isle of Pag, distinguished by a very good mediterranean climate, awaits you with its arms outstretched, prepared to enchant you with its amazingly jagged coast, magical colours and varied harmonies of sea waves. A scenic landscape, pleasant climate, hospitality and a cheerful nature of the local people will render your stay on the Isle of Pag surely unforgettable.

### The price includes:

- ✓ accommodation in fully equipped apartments for 2–5 pax
- ✓ full board based on diete
- ✓ unique all-day program
- ✓ transport by bus Prague – Croatia – Isle of Pag

**PRICE : 9.970 CZK / PAX**

## TŘEBOŇ – CZECH REPUBLIC

30. 09.–07. 10. 2006



PRAGUE INTERNATIONAL®  
TRAVEL AGENCY

The nature of the Třeboň region is very varied and picturesque, with an interesting evolution at the same time. Woods and meadows, rivers and ponds together with sparsely scattered human settlements form a landscape with a spell for trips and scouting around.

From time immemorial, the spa care in Třeboň is connected with a natural curative agent profusely found in this region – the peat. A pleasant climate, sporting activities and the surrounding nature help to induce harmony of your body and soul.

### The price includes:

- ✓ accommodation in hotel \*\*\* or guest-house \*\*\*
- ✓ spa procedures in the Spa of Aurora
- ✓ full board based on diete
- ✓ unique all-day program
- ✓ parking free of charge

**PRICE : 6.410 CZK / PAX**

# Centre of Preventive Medicine in Prague

PREVENCE 2000

*Is a unique health-care facility that implements the health programme Prevention 2000 with its clients.*

The essence of this system is the co-operation between client and physician during creating the long-term individual health programme serving for a timely treatment, but first of all for a timely capture of risk factors which may adversely affect the health in the whole bio-psychosocial complex.

The novelty of basic system, besides the education towards health, is the bonus and reward for the care of one's own health, respectively. By connecting these principles with the utilisation of modern information technologies the quite new conception of health care called e-health is now being created in the world.

CPM REALISES ITS CARE PRIMARILY IN THE PROGRAMMES FOCUSED ON THE:  
**Comprehensive treatment and prevention of venolymphatic diseases**

Curative programs are prepared for 365 days, from diagnostics via the wide spectrum of operative performances with utilisation of a state-of-the-art laser technique and subsequent rehabilitation, it also comprises modern monitoring systems that enable prevention of possible relapses.

## Comprehensive treatment and prevention of lymphatic oedemas

It presents another of the principal health programs. In this area CPM closely cooperates with Lympho-opt. clinik in Bavaria, whose head, Dr. Schingale frequently consults the most intriguing and serious cases in Prague.



Dr Franz-Josef Schingale

## Obesity prevention and treatment

Is not only the most extensive program, but also the most successful one comprising several successive steps, namely:

- BASIC EXAMINATION – MAY BE PERFORMED ALSO BY MEANS OF A QUESTIONNAIRE, FOLLOWED BY
- SETTING THE DIAGNOSIS DETERMINING THE DEGREE AND TYPE OF OBESITY, AND OVERWEIGHT, RESPECTIVELY, VIA
- COMPILING A REDUCTION PLAN DETERMINING REAL GOALS OF REDUCTION WITH OWN
- REALISATION OF THE REDUCTION PLAN BY WAY OF CONSECUTIVE STEPS HEADING FOR A
- NORMAL BODY COMPOSITION AND IS MOSTLY REALISED IN SEVERAL PHASES:
  - PHASE I – REDUCTION FOR HEALTH
  - PHASE II – REDUCTION FOR BEAUTY
  - PHASES III – WEIGHT STABILISATION
  - PHASE IV – PREVENTION OF OVERWEIGHT FORMATION FOLLOWED BY AN ANTI-AGING MANAGEMENT.

The reduction program, whose name is **Kilo For Kilo**, has become the central program of the whole system **Prevention 2000** not only for its use in the **e-health** sphere, but in the first place, because it was capable to realise the ancient thought of preventive medicine – the physician is to be “paid” for the health of their clients in the first instance.



Staff of CPM



Dr René Vlasák  
Head of CPM



For further details please apply to:

CENTER OF PREVENTIVE MEDICINE  
Londýnská 59  
120 00 Prague 2  
Czech Republic  
Fax: +420 221 620 212  
E-mail: info@prevence2000.cz

Dr. Schingale: 0049 915 491 1200  
E-mail: schingale@prevence2000.cz  
klinik@lymfo-opt.de

Original CPM – Body Scanner used to determine the individual “Anatomical-physiological architecture” of the treated body  
body components and/or tissues

# Ayurvedic Centre

# harmonize your life



## The rediscovered harmony



### THE SIGN OF AMBITION

The wish of every man is to be healthy and serene. If we want to be full of energy and power, we just want to be fine to be able to handle demanding job, demanding family and demanding entertainment. The path to this goal is neither fast nor easy one. There are many ways and it depends only of us which path to this goal we choose. We can offer AYURVEDA to you.

### AYURVEDA RESPECTS THE LAWS OF HARMONY

Ayurveda is the most ancient school of health, illness and its prevention and long life. Its roots go to the India more than 5000 years ago. The aim of Ayurveda is to harmonize the human being in the way so that imbalance is avoided. The imbalance equals illness. That's why Ayurveda stresses the prevention to a big extent.

The kinds and amounts of consumed food and liquids, of the body activity, the proper breathing, the regular purification of the entire organism, the soul balance and the proper form of rest are according to the Ayurveda the proper tools that lead to the healthy and well-balanced life.

### AN ISLAND OF SRI LANKA AT VINOHRADY

If you decide to experience the power of Ayurveda you should not miss out the Ayurmedic Ceylon in Prague Vinohrady. It was founded in 2003 under the auspices of the honorary consul of Sri Lanka in Czech republic Mr. Josef Penkava and with a help of Dr. Anura Chandrasekera, Ayurvedic doctor from Sri Lanka who was offering his services in the center until January 2006. Thanks to him we have acquired the traditional Ayurveda methods of relaxation and both the Sri Lankan and Czech masseurs carry out the massages and other procedures in the same way like in the Sri Lanka for long millennia. The Center was constructed with the traditional methods of Feng Shui in mind (the harmonious arrangement of space). It offers tranquility, balance, privacy, 100% natural materials, qualified staff and individualistic approach to the visitors.

### AYURVEDIC DIAGNOSTICS

The Ayurvedic Center co-operates with David Frej, M. D., who is a physician, and Ayurveda practitioner. He studied in London and



at the Vasant Lad Ayurvedic clinic, U. S. A. (Albuquerque, NM) as well as in Austria and Pune, India. Mr. Frej provides Ayurvedic consultation and treatment, pulse diagnosis, Panchakarma (Ayurvedic detoxification and rejuvenation). He writes articles and books about Ayurveda and nutrition.

He can provide advice to you about all the health concerns – both physical and psychical. You can solve them with a help of ayurveda that means in 100% natural way.

### THE SILENCE, CALMNESS AND WELL-BEING

One of the basic columns of Ayurveda is the massage – the complex tool to ease the entire organism.

The aim of the Ayurvedic massage is the harmonization of the body, soul and mind. The Ayurvedic massage – Abhanga – „loving hands“ in translation is the all-body, oil-based synchronic massage carried out by the two masseurs in the way that the both halves of the body are treated equally. Only 100% natural and warmed-up oil is used.

The head massage supports the better perfusion of the head skin and it activates the important energetic centers in ones head, relaxes mind and finally stimulates the growth of hair.



The face massage stimulates the mimic muscles, the gets rid of the tension in your face, reduces the subtle wrinkles, slows down the process of aging and brightens the skin with a help of warm and natural oil.

The body massage supports the muscles, improves the flexibility of your body, deals with cellulites, evens the blood-pressure, helps with the elutriation of the harmful substances, strengthens the stamina, unblocks with energetic paths in ones body, treats the psychical tiredness and stress.

When the Ayurvedic procedures are regularly repeated their effects higher substantially.

## Harmonize your life

– that is a motto of our center. And we are here for all of you, who want to achieve this with a help of Ayurveda. Not only the people devoted to the alternative ways of life have become our clients, but mostly very busy managers and entrepreneurs, both men and women, who need to rest and tap the new sources of energy.

### OUR TIP

Purchase a gift-voucher for any service at our center for someone close to you.

### CONTACT:

AYURMEDIC CEYLON, s. r. o.  
Prague 10-Vinohrady  
Na Šáfránce 17/1771  
tel.: 271 742 186  
[ayurmedic@ayurmedic.cz](mailto:ayurmedic@ayurmedic.cz)  
[www.ayurmedic.cz](http://www.ayurmedic.cz)



# Canadian Medical Care



## The Right Choice For Good Health

Canadian Medical Care is a leading, well-established private medical facility providing high quality health care since July 1995.

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 specialities, 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. Canadian Medical Care's main clinic is located in Prague 6 – Veleslavín and offers complex medical services in the following specializations:

• Internal medicine	• Nephrology
• Practical medicine	• Neurology
• Pneumology	• ENT
• Gynecology	• Dermatology
• Cardiology	• Allergology
• Physiotherapy / Rehabilitation	• Acupuncture
• Pre & post natal care	• Homeopathy
• Pre-operative Examinations	• Podiatry
• Ophthalmology	• Lymphology
• Speech therapy	• Immunology
• Surgery	• Psychiatry & Psychology
• Orthopedics	• Referrals to other specialists not available at CMC
• Sonography	
• Stomatology	• 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 health care.

### Dental Care at Canadian Medical Care – A Healthy Smile is a Happy Smile

Today's dentistry is more than just eliminating pain or keeping teeth healthy. Systematic dental care is nowadays a social necessity. A healthy smile enforces 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, multilingual staff, above-standard equipment (digital X-ray) enables immediate diagnosis and low radiation.

#### SCOPE OF SERVICES

- Acute treatment of tooth aches, decay, inflammation
- Periodic preventive care
- Dental hygienist care – removal of plaque, information about how to care of oral cavity, and instructions
- Periodontics – gum and periodontal treatment
- Prosthetics – production and application of all types of dental prosthetics
- Dental surgery, tooth implants etc.
- Cosmetic dentistry – tooth whitening, aesthetic fillings, tooth replacements, veneers

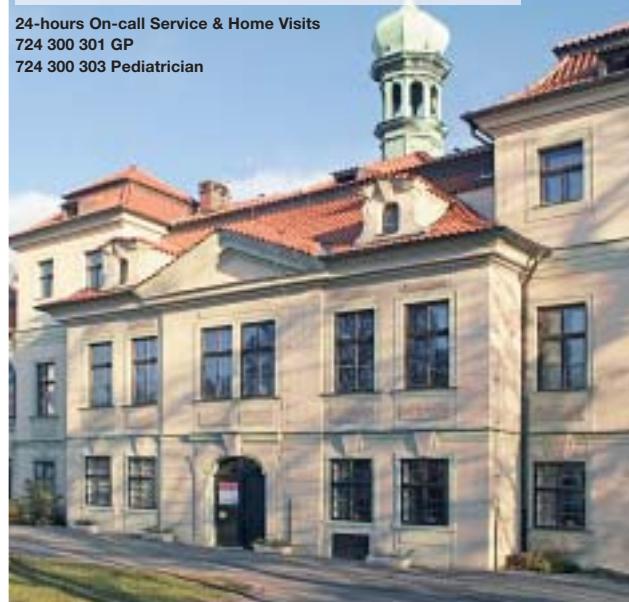
Canadian Medical Care stands for the highest standard in medical care – we provide systematic and personalized health care and aim to establish close relationships among patients and the medical team. Our clients are convinced that we will optimally take care of their health and that of their family members. Make the right choice – entrust your health into Canadian Medical Care's professional hands.

#### CONTACT

CANADIAN MEDICAL CARE  
Veleslavinská 1  
162 00 Praha 6  
Tel.: 235 360 133  
GSM: 724 300 302  
E-mail: cmc@cmc.praha.cz  
www.cmc.praha.cz

The Park  
V Parku 2308/8  
148 00 Prague 4-Chodov  
Tel.: 272 913 593  
E-mail:  
cmcinthepark@cmc.praha.cz  
www.cmc.praha.cz

24-hours On-call Service & Home Visits  
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724 300 303 Pediatrician



La Belle

GENERAL PRACTICE / ESTHETIC  
MEDICINE AND PLASTIC SURGERY  
/ STOMATOLOGY / GYNECOLOGY  
/ BUSINESS & PEOPLE



# Dermatology: where are we



Prof. Jana Hercogová, MD,  
PhD

Dermatology is a basic medical specialty in all, but two EU countries. It is a branch of medicine growing mainly during last decades. That is a period of time when new technologies, both drugs and procedures, started to change the face of dermatology. Classical drugs, even revolutionary ones like corticosteroids, are going to be replaced by the new class of topical immunomodulators (pimecrolimus and tacrolimus) which are as well as effective for treating i.e. atopic eczema, but do not lead to skin atrophy and other adverse reactions. Another topical drugs modifying immune response of the skin (imiquimod) are introduced recently to the treatment of skin cancers. Thus, the classical approach, surgical procedure, is going to be enriched by application of ointments allowing treat the skin cancer without pain, anaesthesia, sutures, bleeding and in home settings. Similar disorders could be treated by so called photodynamic therapy when local sensitizing drug is put under occlusion for three hours on the surface of skin carcinoma and then irradiated by visible light of 630 nm. The patient again does not suffer from pain or any other inconvenience. Systemic drugs for psoriasis therapy like cyclosporin A, methotrexat and retinoids are slowly substituted by "biologics", systemic immunomodulators targeting the inflammation of the skin at the molecular level which could be considered as a parallel to insulin therapy of diabetics.

Thanks to modern technologies, we are able to diagnose and manage previously untreatable skin conditions. Examples could be the digital dermoscopy, a brand new method for evaluating mainly flat skin pigmented lesions suspected for melanoma. This method, if used by skilled dermatologist, could save unnecessary excisions of atypical moles archived in the system and able to be compared with the current status anytime. On the other hand, digital dermoscopy allows choosing more suspicious lesions for surgical removal in time. An important part of dermatology is its research profiting from new diagnostic methods – i. e. skin ultrasound, magnetic resonance of the skin, confocal microscopy, molecular methods for detection of microbes, serve to discover not only skin diseases, but also to study properties of dermatocosmetics or drugs.

I believe any specialist is happy to help his/her patients to solve both, healthy and cosmetic problems of the skin, because our skin is our mirror, our ticket to the society. We could not only manage vascular birthmarks (stork bite), tumors, unwanted



Nd: YAG laser for vascular le-  
sions and epilation

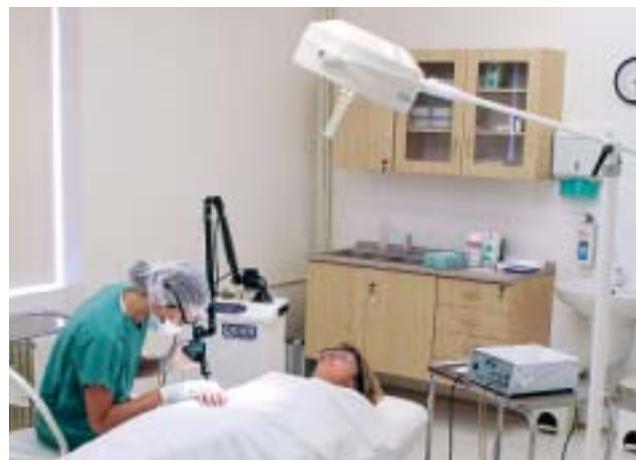


phototherapy with EXCILITE  
for vitiligo

hairs, warts, etc. using high energy lasers or other light sources, but also to treat vitiligo (with excimer light 308 nm – Excilite), to diminish wrinkles, hyperpigmentations, scars by chemical peels, implantations, botulotoxin, non-invasive lasers and radiofrequency etc. The latest news is therapy of "cellulitis" by completely non-invasive ultrasound liposuction without any needles and/or anaesthesia (Ultrashape).

## AND WHAT ABOUT CZECH DERMATOLOGY?

The very beginnings of Czech dermatology go back to the 18th century and its history was closely connected to European dermatology due to the outstanding importance of Prague for Europe. Prague could be considered as a bridge between dermatology in the Austro-Hungarian Empire, Germany, and Europe. Furthermore, some brilliant doctors who were born in our Country have enriched international medicine with their original findings (i. e. Jan Evangelista Purkyně, Gregor Mendl, and Sigmund Freud). Czech dermatology nowadays is a flourishing branch of medicine, starting its main development after the Velvet revolution in 1989. To that time, we had only limited chances to get latest information and to share our knowledge. Since the beginning of 90<sup>th</sup>, a lot of Czech dermatologists could be trained abroad and bring their experience back to our Country.



operating theatre

I was lucky to be one of the first ones who had spent nearly one year at the dermatology kingdom, at Vienna university department chaired by Prof. Klaus Wolff, one of the fathers of modern international dermatology. He has completely changed my way of perceiving dermatology – not as a rigid specialty limited to prescribing local treatments, but as a quickly moving branch overlapping others like surgery, plastic surgery, allergology, phlebology, microbiology etc. I have understood how to be relatively independent thinker to examine my patients and to treat them with passion. I have "absorbed" all diagnostic and therapeutic approaches incl. most modern ones (i. e. lasers, laboratory diagnostics) and decided to introduce them to our Czech reality. The most important for growth is a possibility of comparison. Entering different international societies and getting chance to organize **European congress for more than 6.000 colleagues in Prague in 2002**, I could judge Czech dermatology as a teenager keen concurring World with some experience, skills and knowledge which should be kept, cultivated and constantly improved by learning. Those dermatologists who understood the necessity of international co-operation could offer to our patients a European standard of dermatology.

# and where are we going?



detail of operating theatre with CO<sub>2</sub> laser for ablation of the skin surface

## Prague Dermatology Centre

Beginnings are never easy. In 1997, we opened the first private dermatology clinic at Charles square (we had the first epilation laser in Prague). In 2001, we started **Prague Dermatology Centre** in the vicinity of the Charles bridge, but after flooding in 2002, we had to move to another place. Now, five years later, our Centre is starting at the third, but definite address, in the villa in Prague 8, closed to the University Hospital Bulovka.

**Prague Dermatology Centre** is the centre for **dermatology, cosmetic dermatology, and lymphology**. The equipment of the centre comprises of last generation **lasers for surgery, epilation and therapy of vascular lesions** and warts (Deka-Mela company, part of the American concern Cynosure). The unique devices, the only ones in the Czech Republic, are 1. **Excilite** (known in Italy as Bioskin) phototherapy device 308 nm for treating mainly vitiligo and psoriasis, and 2. **Ultrashape** non-invasive liposuction without surgery for permanent reduction of fat tissue. Another most modern one is the **digital dermoscopy** for perfect examination of pigmented lesions allowing choose suspected pigmented naevi for further surgical intervention. Operating theatre, outpatient clinic for dermatology, ophthalmology and lymphology, all together with reception and a luxury cosmetic setting are just parts of **Prague Dermatology Centre** overlooking Prague valley.

### AND HOW DOES OUR CENTRE DIFFER FROM OTHER AESTHETIC INSTITUTIONS?

We offer to our patients the highest scientific level of care guaranteed by well-trained staff **chaired by the university professor and head**. This is unique, as like as devotion to all dermatological disorders – diseases of skin, hair, nails – and to beauty aspects of those disorders, incl. ageing of the skin. Thus, our **Centre offers both, disease and cosmetic point of view on all dermatological problems based on the latest scientific knowledge**. **Prague Dermatology Centre** serves also as an institute of medical cosmetics (dermatocosmetics), where only products underwent clinical trials are used.

### WHAT ABOUT THE LIST OF PROCEDURES?

Consultation on problems with skin, hair, nails, skin-ageing, diagnostics of pigmented lesions with **digital dermoscopy**, therapy of vitiligo and psoriasis with **Excilite** (narrow-band phototherapy), excisions of skin lesions (moles), **plastic operations** of eyelids, **wrinkle treatment** (chemical peels, botulotoxin, implants of hyaluronic acid), **scar** therapy, complex approach to **cellulitis** (both manual drainage and pressotherapy), **laser epilation**, **laser therapy of dilated vessels**, **rosacea**, **acne**, warts, etc. Medical

procedures could be accompanied by a complete cosmetic care, incl. **permanent make-up, lymphodrainage** of the face, body, and cosmetic products.

### MEDICAL STAFF

Prague Dermatology Centre has chair of dermatology – **Prof. Jana Hercogová, MD, PhD**, the president of the Czech Academy of Dermatology and Venereology, and a chair of ophthalmology – **Pavel Rezek, MD, PhD**, the president of Czech Society of Contact Lenses. Dermatologists are **Jorga Fialová, MD**, specialist on cosmetic dermatology, lasers, surgery, **Gréta Wohlová, MD**, specialist on cosmetic dermatology, lasers, permanent make-up, and **Jana Kellerová, MD**, specialist on lasers, phototherapy and clinical trials. The staff members speak English, German, Italian and Russian languages.

### ACCREDITATIONS, RELATIONSHIPS TO ABROAD

**Prague Dermatology Centre** has accreditation of the Czech Medical Chamber for continual medical educations in dermatology, accreditation for cosmetic dermatology as a part of accreditation of Dermatology Department University Hospital Bulovka, and serves as a teaching clinic for the students of 2<sup>nd</sup> Medical school, Charles University. There are now two offices sharing the same villa with Prague Dermatology Centre: **IKAROS foundation** (aimed to prevention, research, diagnostics, and therapy of skin cancers) and the scientific secretariat of the world congress – **10<sup>th</sup> International Congress of the Int. Society of Dermatology** to be held in May 2009 in Prague. Prague Dermatology Centre could advice dermatologists all over the world while travelling thanks to the network of international colleagues (**Prague Dermatology Centre** is accredited also as a Training Centre of the International Society of Dermatology).

**SUMMARY OF UNIQUE CHARACTERISTICS OF PRAGUE DERMATOLOGY CENTRE**  
**Advanced technology ULTRASHAPE:** non-invasive liposuction, **EXCILITE:** narrow-band UVB phototherapy for vitiligo and psoriasis, lasers Smartoffice and Smartepil (Deka-Mela Cynosure) for epilation, vascular lesions, surgery, warts, moles etc., digital dermatoscope MIMPs etc.

### EXPERTS IN THE FIELD OF COSMETIC DERMATOLOGY

- 1. head professor of dermatology and chair** of university department in Prague, visiting professor in Florence, Siena, Milano, scientific board member of the “European Society of Cosmetic and Aesthetic Dermatology”, board member of the “Czech Society of Laser and Aesthetic Medicine” “Czech Society of Dermatology”, executive committee member of the “International Society of Dermatology”, and president of the “Czech Academy of Dermatology and Venereology”
- 2. scientific publications in the field of cosmetic dermatology** (one book: Lotti, Torello and Hercogová, Jana. Vitiligo: Problems and Solutions. New York: Marcel Dekker, 2004, 619 p, ISBN 0-8247-4305-9, 12 chapters in the books, 30 articles in pre-reviewed journals, 34 lectures as invited speaker)
- 3. organization of national and international meetings** on cosmetic dermatology, incl. European (2002) and world (2009) ones.

**Individual care of our patients, professional skills, conjunction to university department of dermatology in Prague and abroad.**

#### CONTACT:

PRAGUE DERMATOLOGY CENTRE,  
Private Centre for Dermatology,  
Aesthetic Medicine and Cosmetic  
Institute  
Na Stráži 28, 180 00 Prague 8  
tel.: 284 840 002

mobile: 603 436 969  
fax: 284 687 750  
e-mail: info@dermatology.cz  
[www.dermatology.cz](http://www.dermatology.cz)  
[www.vitiligo.cz](http://www.vitiligo.cz)  
[www.lymfologie.cz](http://www.lymfologie.cz)  
[www.ultrashape.cz](http://www.ultrashape.cz)

# The welcome help



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

**in the population over 20 years the overweight women comprise more than 50 % and men more than 60 %. There is, however, a certain group of people there who by no means can be termed obese, yet sometimes even all they life long suffer mentally from reasons of a silhouette deformation. This deformation is caused by an accumulation of subcutaneous fat in certain body areas, so called problem zones. Particularly this is the question of outer and inner sides of thighs, lower abdomen, inner knees, rarely then the upper half of abdomen, arms and the buttock. We have talked about the way of getting rid of these undesirable fat-pads to the surgeon and specialist in bodyshaping, Dr Walter Linzer.**

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

One of the greatest advantages is the fact that the surgical intervention is carried out only by means of ambulatory methods, in any case the patient can have a meal before that. A vast preoperative examination can be left out, we require the blood count only. Because of the fact that a total narcosis can be left out, no hospitalisation is needed and this projects very favourably into the price of surgical intervention. The patient will stay 3–4 hours at the clinic.

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

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

During another hour, when the client is lying calmly, fat cells are literally greedily sucking this liquid in them, they are getting larger several times, thereby becoming more vulnerable.

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

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

Nothing such will occur, namely nor even with the older ladies. My oldest female client was 75 years old, I also saw very good results with the female clients of about sixty. The trick lies in that that thin cannulas have got an rounded end. On their smooth penetration through the adipose tissue no lesions of fine veins and nerves occur and also the so-called skin hang-apparatus remains quite intact. Hence when the superfluous fat has been sucked off, thanks to this intact apparatus the skin stretches out completely within 2–3 weeks and sticks to the muscular base firmly. Wearing a special tailored elastic garment for about 14 days helps to the skin a little bit simultaneously.

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

From my own experience I can say responsibly that 95 % of clients do neither after the intervention nor in following days need any medicaments to ease the pain. To support this assertion I can add that the duration of disablement is 1–2 days. Sport can be practised 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 capability of reproduction. So if they were liquidated by suction, the sucked-off area can never acquire original thickness.





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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **THANKS FOR THE TALK**

#### **CONTACT**

Dr Walter Linzer  
Exclusively for Laser Plastic  
Prague 1

Tel. +420 224 946 612  
+420 728 636 319  
+420 728 636 362  
E-mail: [wlinzer@seznam.cz](mailto:wlinzer@seznam.cz)  
[www.linealinzer.cz](http://www.linealinzer.cz)

# **Plastická chirurgie MUDr. Pavel Hlava, M.D., CSc**

*This state of the art Plastic Surgery Centre is situated right in the centre of Karlovy Vary. Taking care of you will be a team of professionals, headed by a plastic surgeon with 25 years of experience in the field.*



## **Pavel Hlava, M.D., CSc**

- 5 years of surgery practice
- 2 years burn centre practice – thesis
- 1983–89 plastic surgery and micro-surgery
- 1989–94 Institute of Medical Cosmetics\* Prague – Department of Aesthetic Surgery
- since 1995 Head of Aesthetic Surgery Department in Na Homolce Hospital, Prague
- first privately-owned practice in the Czech Republic since 1992

## **Our center offers a complete range of services in the field of esthetic surgery:**

- plastic surgery of face and neck
- plastic surgery of the forehead
- operations of eye-lids
- operations of the nose
- plastic surgery of auricles
- liposuction
- plastic surgery of the abdomen
- plastic surgery of thighs
- plastic surgery of breasts (enlargement, reduction)
- shaping of breasts

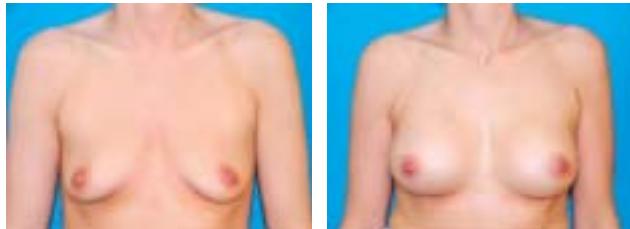


From the beginning of the nineteenth century plastic surgery has developed in a relatively large discipline which can already be divided into particular subdisciplines: surgery of congenital defects, surgery of hand, after-accident reconstruction surgery, surgery of burns, microsurgery and last but not least also aesthetic surgery which stands for plastic surgery for many people.

This aesthetic surgery is not a matter of hysterical members of a capitalistic society, as it was indicated to us during the last era when it was more or less Cinderella (one official workplace – The Institute of Cosmetics /Ústav kosmetiky/ in Prague for all Czech lands).

Up to the present it has developed into a relatively extensive discipline carrying out surgical operations more or less on the whole surface of the body.

It has become a lucrative discipline, for this is mostly the question of paid services which the health insurance does not apply to. That results in the fact that many workplaces where working doctors have not got a required education for this profession offer aesthetic performances directly or indirectly. It's good to know that every plastic surgeon must have a five-year practice on a clinic workplace of plastic surgery to be allowed to take a state professional examination (attestation) of this subject.



Further then they must have several years of working in the discipline under the medical supervision of an experienced plastic surgeon. We all know that each surgical intervention takes its risk. That's why it is better not to increase that risk any more and undergo the required surgical intervention with professionals. Lower price which many unprofessional workplaces underbid may cost much more in the end. Sometimes in such cases negative aesthetic consequences cannot be removed at all. Therefore, if I may recommend – if you go to see a plastic surgeon, require a proof of his being the plastic surgeon actually. In my opinion every plastic surgeon will show you the certificate of attestation



in the discipline of plastic surgery without any trouble. By the way its copy together with other certificates should be hanging on the wall of their study.

A consultation with the plastic surgeon where a client's problem has been discussed and a solution recommended shall always precede the operation itself. At the same time the risks of required operation have minutely been discussed, too. Consultations are mostly paid services, yet for that all I recommend - you had better visit more workplaces and afterwards choose the one

which according to information provided and also accessibility seems to you the most suitable.

#### CONTACT

Bulharská 5  
36001 Karlovy Vary  
Tel.: +420 777 706 180  
+420 353 226 465  
E-mail: [plastchir@plastchir.cz](mailto:plastchir@plastchir.cz)

## Clinical Centre ISCARE LIGHTHOUSE



THE COMPANY ISCARE I. V. F. JOINT-STOCK CO. WAS ESTABLISHED IN 1994. IT OFFERS HIGHLY SPECIALISED DIAGNOSTIC AND MEDICAL PROCEDURES TO ITS CLIENTS.

**Assisted Reproduction Centre ISCARE I.V.F** – (ART – Assisted Reproductive Technologies)

– with 35 % **successfulness of treatment** ranks among the top workplaces in Europe; the market share in the Czech Republic in this sphere amounts to 20 %. Thanks to ISCARE IVF already 5 000 children have been born.

**CPLO – Obesity Treatment Centre** – comprehensive treatment of obese patients including the surgical solution of obesity problems. It is the greatest workplace in the Czech Republic.

**Miniivasive Surgery Centre** – spectrum of laparoscopic operations, from hernia operation up to haemorrhoid treatment. Our Centre surgeons are experienced in performing adjustable stomach banding for obesity

**Gastroenterology** – diagnostics and treatment of digestive tract diseases.

**Dermatoaesthetics** – comprehensive care of face and body skin. Besides the fundamental dermatological examinations the centre makes use of an unique device – excimer laser, one of the first in the Czech Republic. At our centre we also offer a comprehensive solution to acne problems. At our centre we offer clients an entirely new and very successful treatment of psoriatic patches.



Absolute novelty at our clinic is the use of the **First Noninvasive Ultrasonic System** for the bodyshaping by means of the device Contour I based on the principle of disintegration of fat cells. Contour I is the first such device in the Czech Republic.

In the building patients have the bed department, further the café, self-service restaurant, underground garages at their disposal. **Pharmacy Lighthouse** is in operation on the ground floor of the building.

All medical and nonmedical processes being in motion in our facility are watched within the framework of the quality control system according to the standards ISO 9001 and 14001. The introduction of these standards (controlled by independent audits) clearly manifests our effort to ensure the best possible quality of services provided.

The methods in laboratories, their quality, security and control are the object of accreditation in compliance with the standard ISO EN/IEC 17 025 which is the highest possible form of quality declaration in the IVF laboratory at the present time.

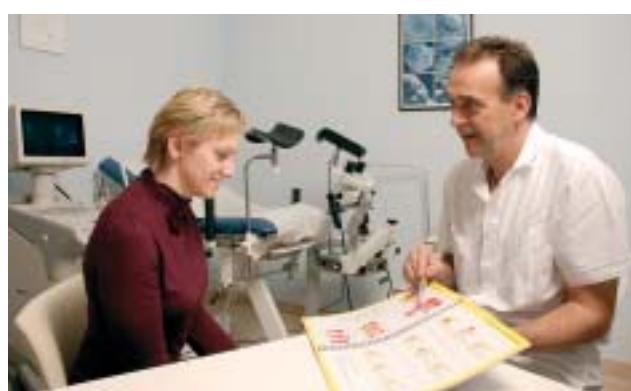
Thus our health-care facility can provide the patients with a highly professional care and at the same time it thereby becomes an interesting partner for cooperation.

Hereby we invite you for visiting our clinic where you can get more information.

#### CONTACT

Clinic Centre ISCARE LIGHTHOUSE  
Jankovcova 1569/2c  
170 00 Prague 7

Phone: +420 234 379 260-1  
Fax: +420 234 379 295  
Freephone: +420 800 203 233  
E-mail: [iscare@iscare.cz](mailto:iscare@iscare.cz)  
[www.iscare.cz](http://www.iscare.cz)



**Plastic surgery** – disposes of the exhaustively equipped modern operating theatre.

**Tinnitus Treatment Department** – the first in the Czech Republic, introduces a new method of the treatment of **ear murmurs** by means of the system Tinnitus Phase-OutTM, which reduces ear murmurs significantly.

In the nearest future the **Centre of Comprehensive Leg Treatment** further to the **orthopaedic surgery performances** will be open.



MUDr. Simona Bedřichová

At the very beginning I must admit – I'm professionally deformed.

You know, I've been engaging in aesthetic medicine – especially aesthetic dermatology – for more than ten years. It's my profession and hobby at the same time. Every day I'm solving aesthetic problems of people, listening to their laments and fixed ideas. Thus there's no wonder I reached the state that whenever I'm among people – in the tube, tram or theatre – I'm immediately mapping visible parts of

their figures and solving them in my thoughts. At first I had even big urges to give out visiting cards or leaflets to draw their attention to the fact that we are here and ready (this is already over, but anyway...).

And believe me that practically one hundred per cent of them has got some work for us – aesthetic dermatologists and plastic surgeons.

Try it deliberately sometime. Look around inconspicuously at work, in a shop when shopping or when travelling to work. It's sufficient to watch the faces, necks and possibly hands of your fellow citizens and you will very quickly find out what I'm speaking about.

In the first place, various warts and protruding moles, often with black hair, are almost always most striking. Even one such a mole may spoil the impression of otherwise beautiful face. Because when one looks at the other one's face, it should be the eyes which draw your attention, tell something in the blink of an eye, capture. But such a wart near the nose distracts your sight towards it immediately. When talking to someone, so you often "gaze" at it instead of watching the eyes however beautiful they may be. And that shouldn't occur. And what about the situation when there are more such "protuberances" there!

Let's go on. Try to notice how many young women around you vainly conceal dark maps of pigment on their forehead, cheeks or upper lip by a make-up. It's really mostly young women who "pay" for safe sex by this undesirable pigmentation. Thereby I mean it's often the tax on precautions and simultaneous desire for a modern tan. There's a lot of them and I find them almost always among my fellow-travellers.

With older people, precautions may not be responsible for a face pigmentation, but sometimes drugs and then already, unfortunately, the age as well. But why to reconcile oneself to the fact that these pigment blotches suggest various things about their age when otherwise they look so "chic"?

In the same tube carriage, where I noticed previous "cases", there are surely also several young girls and men having neither warts nor pigmentation, but despite of this fact they are potential clients of an aesthetic dermatology institution. Quite so, it's the youth with a so called problematic skin, but frequently often with a really unsightly acne as well. To tell the truth, in recent years it's been not only the "youth", but ever more frequently the people in their thirties. I don't know exactly what causes the boundary of acne to be shifting towards the "older" age-group, but I've got

my own theory, anyone who is interested in, can discuss it with me. But I'm not going to discuss with the people who solve the problem of acne by purchasing preparations in a drugstore and nor it occurs to them that it can only be solved preferably under the professional supervision of physicians who hold in their hands something more than only "clear and clean"!

So, does it seem to you we have already exhausted all strikingnesses which you can reveal on your fellow-travellers' faces? By far not. It only demands a little more attention and a little bit of experience.

You know, my female clients keep saying to me how they already became deformed by me, how they aren't reading magazines in the tube at all, but looking automatically around and trying to guess what kind of intervention would match to the woman standing beside them and how they themselves wonder that I can go out "with it" among people at all. So we can proceed to other, maybe already less striking imperfections.

What the considerable facial expression forming the permanent washboard on the forehead of the gesticulating lady? That madam which she is so vehemently debating with can't possibly see her through the fallen eyelids! She must raise her eyebrows up to heaven so that people think she's got big round eyes!

The man opposite is certain to drink three "shots" since his youth that he's got so red handle of the face. And he's got faces like primers, all veinlets. A mountain guide? Sunbathing at all times? But the young woman beside is really too pretty. Young, a beautiful complexion, interesting eyes, there's just nothing imperfect with her. For all that, the narrow lips... as if she hasn't got the upper lip... she looks excessively strict, unapproachable. Pity, with the fuller lip she would be really perfect!

And I can see her girlfriend just only from behind, but can't overlook the pretty slim waist of hers, rounded backside and... The look will stop above the thighs having the typical shape of a jug in the fitted jeans. What a pity, such a nice figure and it will just be getting worse! And the lady with a child... And the young woman with such a flat little chest... And the man with something...

To tell the truth, I think this space isn't really sufficient to depict what all I'm encountering on my ways among people. And after all I am frustrated by the fact that still only a fraction of these people find their way to us, into aesthetic medicine centres. Today and every day I say to myself in my spirit: "Look at yourself carefully in a mirror, don't wait until someone warns you of it, be objective to yourself, make a joy for yourself..." But... why I've actually been expanding on all that today? I've got it!

All these problems can be solved by means of lasers, chemical peelings, microdermabrasions, skin fillings, botulinum toxin, plastic surgery, cosmetic care and last but not least also by having a pleasant talk to your aesthetic physician in their consulting room! Take my advice, even the talk will do!

Have a healthy and beautiful time!

#### CONTACT

CLINIC LASER ESTHETIC  
Washingtonova 17  
110 00 Prague 1

Tel.: +420 221 666 142  
+420 221 666 143  
E-mail: esthetic@cbox.cz  
www.laseresthetic.cz

# Private Plastic Surgery Centre of South Bohemia

**SANATORIUM**  
**ČESKÉ BUDĚJOVICE**



Eva Štefová MD

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

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

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

#### OPERATIONS OF MANIFESTATIONS OF AGING

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

#### OPERATIONS OF INNATE OR TRAUMATOGENIC VARIATIONS

- corrective operation of nose, chin, auricles and lips

#### OPERATIONS IMPROVING THE BODY RELIEF

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

#### CORRECTION OF THE PARTIAL LOSS OF HAIR

- transplant of own hair

#### REMOVAL OF CUTANEOUS AND SUBCUTANEOUS FORMATIONS



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

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

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



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

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

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

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

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

#### CONTACT

Sanatorium ART spol. s r. o.  
Mánesova 24/3  
370 01 České Budějovice  
tel.: +420 386 358 295  
+420 386 350 793

fax: +420 386 358 296  
e-mail:  
sanatoriumart@sanatoriumart.cz  
plastickachirurgie@volny.cz  
www.sanatoriumart.cz

# The Perfect Clinic

MUDr. Roman Kufa



*The Perfect Clinic facility specializes in plastic and aesthetic surgery. It is located in a quiet area of Prague with available parking. The facility includes a swimming pool, restaurant and park with a view of the city center. The operating room is well equipped with modern equipment, and patients have the option of a single or double room. Each room has its own bathroom and television. Patients are post-operatively monitored around the clock by doctors and nurses – there is an intensive care unit available as well.*

The staff is comprised of independent plastic surgeons, who are licensed by the Czech Medical Cabinet. MUDr. Roman Kufa completed long-term residencies in the United Kingdom, in Addenbrooke's Hospital of Cambridge, the Centre for Cosmetic Surgery Highgate, London, Centre for Plastic and Reconstructive Surgery Mount Vernon Hospital, London and in Germany -Klinik für Plastische Chirurgie, Handchirurgie, Gelsenkirchen-Buer. He is also a part of the Department of Plastic Surgery of University Hospital Královské Vinohrady, Prague. He is a member of JEP, a member of the Society of Aesthetic Surgery, Society of Hand Surgery, Society for the Development of the Use of Lasers in Medicine, and the International Confederation for Plastic Reconstructive and Aesthetic Surgery (IPRAS)

*The Perfect Clinic facility specializes in plastic and aesthetic surgery. It is located in a quiet area of Prague with available parking.*

MUDr. Jiří Padera functions in: the Department of Plastic Surgery of University Hospital Královské Vinohrady, Prague. He is a member of JEP Plastic Surgery, a member of the Society of Aesthetic Surgery, and a member of the Society of Burns Medicine.



The spectrum of offered procedures: Eyelid Surgery, corrective surgery of auricles, Nose Reshaping, Face-lifts, Lip Augmentation, Botox applications, Injectables, Liposuction (Lipoplasty), Breast Reduction, Breast Lift, Breast Augmentation, Tummy Tucks (Abdominoplastia), Microdermabrasion, and a variety of hand surgeries. The most commonly asked for procedures by patients, are liposuction (Lipoplasty) and breast enlargement.

During lipoplasty we use tumescent equipment with frequency vibration that dissolves fat only at the tip of the instrument. This procedure is less harmful on tissue, the suction is easier, and post-operative convalescence is easier. Breast Enlargement is a very effective operation which will help the patient's self-confidence. The patient must be well-informed of all the risks involved in undergoing breast implantation. We use both breast implant shapes, round and droplet-shaped, as our goal is the most natural-looking breast.

Perfect Clinic is visited by many foreign patients, which we attribute to the increased quality of plastic surgery services in the Czech republic, and points to many improvements in the industry. Before the operation, the patient has a detailed conversation with the surgeon, and the best course of operation is determined. It is possible to arrange procedures in English, German, Russian and in Polish. Upon demand, we can arrange for interpreters in other languages.

## CONTACT:

**PERFECT CLINIC**  
Tel.: +420 603 560 856  
Fax: +420 257 211 275  
E-mail: roman@kufa.cz  
[www.kufa.cz](http://www.kufa.cz)  
[www.perfectclinic.cz](http://www.perfectclinic.cz)

**PLASTIC SURGERY**  
U Malvazinky 5  
150 00 Prague 5

**CONSULTATIONS/OFFICE:**  
**PLASTIC SURGERY**  
Karoliny Světlé 8  
110 00 Prague 1



# Prague Plastic Surgery

MUDr. Tomas Dolezal

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



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

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

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

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

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

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.

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

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

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

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

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

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

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

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

## CONTACT:

### CLINIC

Luční 7a/2776  
130 00 Prague 3

### OFFICE

Národní třída 32  
110 00 Prague 1

### ORDERS

Tel.: +420 608 369 436  
+420 266 310 319

E-mail: [info@plastikapraha.cz](mailto:info@plastikapraha.cz)  
[www.plastikapraha.cz](http://www.plastikapraha.cz)



## Contexta



## Contexta

Medicom VIP



# Medicom VIP

# Safe, natural climax without hormone treatment.

Natural, non-hormonal preparation **Sarapis**, thanks to an extensive list of ingredients (propolis – Gelee Royale, fermented pollen (perga), co-enzyme Q10, selen, lecithin, beta carotene, vitamin C, vitamin E, iron, pollen) is a good alternative to hormonal treatment. Propolis in connection with flower and fermented pollen contains: **vitamin A, B1 through B6, B12, C niacin, enzymes, eighteen different amino acids, minerals, and trace elements of Ca, K Mg, Cu, P, Fe, Mn, Zn, Co, S and Si.**

*The primary, active ingredients in propolis ensure that the organism is recharged with life important nutrients that ensure optimum harmonization of all body functions, in a natural way. They are the source of biologically-available minerals, vital amino acids and vitamins and all trace elements, in balanced proportions.*

**Sarapis** combats the following climax-related symptoms: heat flashes, headache, increased fatigue and heart rate, hyper-sensitivity, depression, an inability to concentrate, vertigo, insomnia, and urinary incontinence.

Every package of **Sarapis** contains a climax test, which is based on the internationally-renowned Kupperman index. A summary of 229 test showed that during a 30-day period of use, 84% of users reported an increase in general health. **Sarapis** has also been tested for osteoporosis; after a years use the increase in bone density decreased and in some cases even stopped osteoporosis. (Climacteric Medicine, no. 3 and 4, 2001). It is very popular among women, as it does not increase body weight, and women who experience frequent migraines, thrombo-embolic illness, vein-infections, varicose veins, high blood pressure, diabetes, epilepsy, myoma, pain and swelling in the legs, chronic liver problems, etc... have had good experiences.

**Even during the use of natural preparations do not forget to frequently visit your gynecologist.**

**Sarapis** does not have any side-effects and can be used concurrently with other medications. People with allergies to bee and pollen products should be especially careful.

**SARAPIS** is registered as a dietary supplement, and can be purchased at any drug store. Further information can be obtained toll-free at 800 100 140 and 800 100 464. You can call Monday through Thursday from 9 till 4 and Friday from 9 till 12. Your questions can be answered discretely via email:

Email: [poradime@volny.cz](mailto:poradime@volny.cz)

Internet URL: [www.vegall.cz](http://www.vegall.cz)



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

At present the Internet is becoming one of the most important wells of information. In full extent it applies to the medical information as well. Among servers with the content of information about infertility we could probably find thousands of it worldwide and if we limit ourselves to the Czech environment, we can even talk about tens of internet addresses on which it is possible to get both general and very special information about infertility treatment and human reproduction.

Five years ago a server neplodhost.cz was put into operation with intention to provide both the laic and professional public with adequate information about the problem and possibilities of fertility treatment in our country, to offer a contact with specialised centres of assisted reproduction and other experts on reproduction



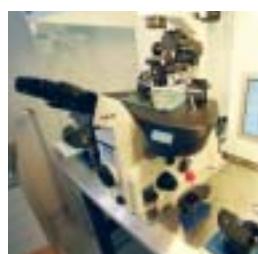
health and to contribute to the fulfilment of desire for a complete family of the greatest number of unintentionally childless couples. By means of these websites you can consult an expert about your specific problem, get in touch with other interested persons in these problems, take a look into a fascinating world of germ cells and embryos and read the current affairs in the Czech press. Take part in our regular reader's research! If, in your opinion, we can further make these websites better and be topical for your need, please, write to us.

If our websites contribute to your orientation in the offer of services in the sphere of reproduction medicine and attaining your goal more quickly, then our intention is a success and is also a proof of the high level of assisted reproduction in the Czech Republic. It is both thanks to the erudition of Czech experts and the approach to all new drugs and means which the contemporary medicine is disposing of. Liberal legislation and financial accessibility for local patients and foreign clientele is joining that. With respect to a negative democratic development in the whole so called western world and putting off the parenthood until later age it is possible to expect that the percentage of children conceived after a germ cell manipulation is going to rise.

Maybe also the server „infertility“ will minimally keep its contemporary high attendance (of about 2 000 visits per day) to support and give reliable information to the infertile couples on their way after a longed-for offspring. Today this server already ranks among a „family silver“ of the company Organon Ltd., the leading global producer of fertility drugs that is running these websites. They serve both the laic and professional public.

RNDr. Tomáš Mařík  
Key Account Manager Fertility  
Organon Ltd. Prague

GENERAL PRACTICE / ESTHETIC  
MEDICINE AND PLASTIC SURGERY  
/ STOMATOLOGY / GYNECOLOGY  
/ BUSINESS & PEOPLE



*Already over 3 million children thanks to the artificial fertilisation*

**Elite of reproductive medicine from all over the world came to Prague at the 22nd annual congress of the European Society of Human Reproduction and Embryology (ESHRE) on July 18–21, 2006. Despite the society's name, these congresses also attract overseas experts and there were altogether more than 5000 of them in our country this year. And there was always what to balance and tell the news there!**

Within nearly three tens of years (the first "in vitro" child, Louise Brown, was born in the summer of 1978 in England and almost symbolically her pregnancy in a natural way has been announced in these days) the reproductive medicine has become one of the most dynamic branches of contemporary medical science and that's why the report of the world register of assisted reproduction has been expected with a great tension. Although the data of many countries are missing (unfortunately also from the Czech Republic in the last years) and so we can not expect absolute accuracy of stated data, it seems clear that the number of children after an infertility treatment by means of assisted reproduction methods has already exceeded the number of 3 million. Withal the success rate and the dynamics of growth of the number of born IVF children has been increasing worldwide. While in 1989, when the global register came into existence, 30 000 children were reported worldwide (tens at the most in our country), then in the new millennium this is the question of hundred thousands (around 200 000 in 2002) and of almost 3 000 children in our country (around 3 per cent of all born ones!). This percentage is withal substantially higher in the world's medically most developed countries among which mainly the Scandinavian countries have been ranged. Europe itself ranks among regions with the highest number of registered cycles of artificial fertilisation. The four most developed countries withal show nearly a half of all curative cycles in the world (USA, Germany, France and Great Britain).

Doc. Mardešić, president of the congress, could however also show off the high level of assisted reproduction in the Czech Republic. We rank among the European average as far as the number of performances is concerned (around 900 per one million of inhabitants). It seems that the number of couples with fertility disorders also ranges around 15 % in our country and the network of 23 assisted reproduction centres evenly positioned all over the Czech Republic ensures the approach to the modern treatment for those in need. The IVF centres of university clinics are at disposal and also the private sector has got a numerous representation. Withal the success rate exceeds the international average and quite surely the natural capability of getting pregnant for a young healthy couple. It is given primarily by a good approach to new more effective drugs, increasing erudition of a close circle of experts and efficiency of new methods



– predominantly in an embryological laboratory. The occurrence of the ovarian hyperstimulative syndrome during a controlled hormonal stimulation of ovaries and the higher occurrence of multiple pregnancies remain two continuing problems. The second issue is ever more frequently being faced by the single embryo transfer, which may lower the chance of success, but the other parameters are leaned towards such approach. The single embryo transfer (SET) is faster pushed through again in countries with advanced reproductive medicine. However, similarly in our country the average number of embryos transferred has dropped below 2.0 even despite official softer recommendation of professional society not to transfer more than 3 embryos. The high level of assisted reproduction in the Czech Republic has also been proved by the fact that absolute majority of our specialised centres is a holder of the label of internationally accepted quality – the certificate ISO 9001 and that services of our IVF centres are sought after by an increasing number of foreign couples. The second reason is given also by the liberal legal environment in our country and better financial accessibility of these services and performances in comparison with former so-called western countries.

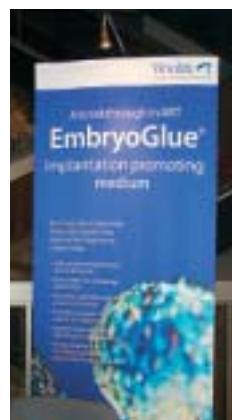
The lectures of the congress proved that the solution of male infertility is coming into forefront, namely already from the child-

hood including cases when it is possible by means of an timely sperm collection to enable a biologically own offspring to men who undergo an oncological treatment which could destroy the spermatogenesis. On the other hand the sperm freeze for later utilisation is simple and quite routine today. The freeze of eggs presents a greater problem and Dr Kuwajama from Japan reported on the progress in this sphere. Some research teams get round this issue by the freeze of the whole ovarian tissue followed by its cultivation with maturation of embryonic follicles contained in it.

Attention was also paid to the issues which lately were yet not there where the action is: to human reproduction ethics, psychotherapy, relationship between nourishment and fertility and, of course, to the news of related medical research: stem cells, molecular genetics, cloning on animal models - in order that we mention the more thrilling and often controversial issues at least.

**THE MOST INTERESTING FIGURES FROM THE REPORT OF THE WORLD REGISTER OF ASSISTED REPRODUCTION:**

- Every 6th couple encounters lowered fertility, thus during a regular unprotected sexual intercourse no pregnancy occurs within 12 months. Causes of female and male infertility are numerically roughly equal, nor detailed examination reveals a cause with roughly one tenth of couples. The worst prognosis is in the cases when the female and male infertility combine each other.
- The established causes of impaired fertility are: smoking (established reproductive poison), obesity, mental anorexia, stress. The most important prognostic factor, by women in particular, is the increasing age.
- The total number of IVF cycles is estimated at about 1 million per year, pieces of information at disposal from 52 countries which predominantly represent so called advanced countries of the western world. It is estimated that over 200 000 IVF children are born yearly.
- The total number of IVF children is estimated at about 3 million and the oldest IVF children have already got offspring of their own. The first IVF child, Louisa Brown, who was born in 1978 in northern England, has just been pregnant in the natural way.
- Europe shows the greatest share in IVF cycles in the register: 56 %.
- Almost one half of all IVF cycles is reported together by four large and advanced countries: the USA, Germany, France and Great Britain.
- The greatest number of IVF cycles per 1 million inhabitants is reported by Israel (3260) followed by Denmark (2040). All Scandinavian countries placed very high.
- Micromanipulation technologies (intracytoplasmatic sperm injection) facilitate more than a half of fertilisations. On increase are also the transfers of unfrozen embryos which raise the cumulative success rate of the executed hormonal stimulation (about 100 000).
- Embryos before the transfer are genetically examined ever more frequently to prevent from the most frequent transferred genetic diseases at least.
- All countries of the world register report decrease in the number of embryo transfers for the purpose of restricting multiple fertilisations. Despite of that fact 25.8 % twins and 2.6 % triplets are born in average.



**Clinic for Reproductive Medicine and Gynaecology in Zlín**

**Nemocnice U Lomu 5, 760 01 Zlín**  
**Phone: +420 728 536 201**  
**Fax: +420 577005924**  
**E-mail: info@crmzlin.cz**  
[www.crmzlin.cz](http://www.crmzlin.cz)

**INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE:**

**CHIEF DOCTOR**  
 Prof. MUDr. Ladislav Pilka DrSc.

**THE SCOPE OF SERVICES OFFERED**  
 Ovulatio induction/development and release of eggs/  
 Intruterine Insemination/IUI/  
 In vitro fertilisation /IVF/  
 Intracytoplasmatic sperm injection/ICSI/  
 Extended embryo cultivation  
 Assisted hatching  
 Cryoconservation and cryoembryotransfer/KET/  
 Egg and sperm donation  
 Preimplantation genetic diagnosis/PGD/  
 MESA/TESE

**LANGUAGES FOR COMMUNICATION**  
 English, Russian




# PRONATAL

## Reproductive medicine in Pronatal

Doc. MUDr. TONKO MARDEŠIČ, CSc.  
IS CHIEF PHYSICIAN OF  
THE PRONATAL CENTRE OF ASSISTED  
REPRODUCTION IN PRAGUE.  
IT IS THE BIGGEST IVF CENTRE IN  
THE CZECH REPUBLIC WITH THE  
APPROPRIATE INTERNATIONAL CERTI-  
FICATION. WE ASKED MR DOCENT  
FOR THE TALK ALSO BY REASON OF  
HIS BEING PRESIDENT OF THE ESHRE  
CONGRESS WHICH IS HELD FOR THE  
FIRST TIME IN PRAGUE THIS YEAR.

MR DOCENT, IN YOUR OPINION, IS THE  
LEVEL OF REPRODUCTIVE MEDICINE  
INCLUDING ASSISTED REPRODUCTION  
IN THE CZECH REPUBLIC COMPA-  
RABLE WITH THE DEVELOPMENT IN  
THIS SPHERE IN EUROPE AND ALSO IN  
THE WORLD?

Yes, the level is comparable, particularly when talked about assisted reproduction.

On the one hand it is necessary to talk about the expertise, on the other hand about the lawful conditions in a particular country that influence the conditions of providing this medical care and its results significantly.

If we know to carry out assisted reproduction as good as the other countries do, and the legislative situation doesn't lay any significant obstacles, then the result is that we rank among the best in the world.

WHEN YOU BROUGHT THE FIRST CHILD INTO THE WORLD AFTER THE IN VITRO FERTILISATION, WHAT WERE YOUR FEELINGS LIKE? DID YOU SET YOURSELF A CERTAIN GOAL OR DETERMINATION? WERE FULFILLED ALL YOUR EXPECTATIONS IN THIS RESPECT?

The first child of our team – in times when we worked in the Mother and Child's Institute – was borne in the early 90's. The intensive three-year work of our whole team had been preceding that. Today, when 40 % of embryo transfers end successfully, we view that as the Stone Age. At that time we were glad that it was successful at all. When the in vitro fertilisation was launched, nobody expected that within so short time (25 years) the artificial fertilisation would become the most successful method for infertility treatment which the medicine ever had at its disposal. It's clear from our statistic that if a couple undergoes three cycles of in vitro fertilisation at our workplace (thus that what is reimbursed to each couple from the general health insurance), the treatment is 85 % successful.

YOU ARE A SOUGHT-AFTER EXPERT IN THE SPHERE OF REPRODUCTIVE MEDICINE. IN ADDITION TO THE EXCELLENT RESULTS OF YOUR WORKPLACE YOU HAVE SURELY BEEN DEALING WITH THE SCIENTIFIC AND RESEARCH ACTIVITY.

It's clear that without an own active approach both the physician and workplace cease to develop. If you want to get ever better, you must not only watch the field permanently, but also make your own best effort to bring something new.

YOU ORGANISE PROFESSIONAL LECTURES AND CONFERENCES. WHAT DO THESE ACTIVITIES BRING TO YOU, WHICH OF THEM ARE VALUABLE FOR YOU IN PARTICULAR AND WHAT DO THEY MEAN TO YOU?

I am quite active in this area. We participate in the pregraduate education of students of the 3rd Medical School in Prague. There is, of course, a great motivation there – to pass on the points at issue to the coming generation of physicians. I am also chief physician of the subdepartment of Reproductive Medicine at the Institute for Postgraduate Education where I lecture physicians



Doc. MUDr. Tonko Marděšić, CSc

within the framework of specialisation.

One is most pleased, when a prominent professional congress takes place somewhere and organisers invite you as an invited speaker. It gives evidence that your work is well known and respected. That way I was invited in India last year. The lectures at congresses have two meanings – they give a possibility of showing the results of your own work and presenting them to professional criticism at the same time.

THE REPRODUCTIVE MEDICINE IS A MUST NOWADAYS. WOMAN'S SECURITY AND HEALTH PROTECTION ARE THE FUNDAMENTAL REQUIREMENTS. EACH TECHNIQUE, HOWEVER, CALLS FOR ITS VIEWPOINTS AND THE PERSONAL PHYSICIAN'S APPROACH AS WELL. WHAT'S YOUR EXPERIENCE?

I think there's one principle in all medicine: not to do harm in the first place. In the reproductive medicine it is far more important because of the fact that we influence the health of future generation. At present it's obvious that for descendants there are no health risks associated with the in vitro fertilisation (IVF) itself there. Nowadays the priority is to minimize the number of transferred embryos in order that no multiple pregnancy occurs. The results of these pregnancies are associated with the preterm births with all risks arising out of that.

THE PRESENT DAY REQUIRES FROM WOMEN EVER HIGHER EDUCATION, EXPERIENCE, PLACEMENTS ABROAD AND SO ON. THAT'S WHY MANY OF THEM DECIDE TO GET PREGNANT IN THE HIGHER AGE. THEY COME TO YOU AT THE TIME WHEN THEY START HAVING PROBLEMS WITH GETTING PREGNANT. WHERE DO YOU SEE THE DIVIDING LINE TO WHICH THE REQUIREMENTS OF WOMEN, WHO LONG FOR A CHILD AND HAVEN'T GOT ALL PRECONDITIONS FOR THAT, MAY GO (HEALTH OR AESTHETIC POINTS OF VIEW AND SO ON)?

Recently the Czech Republic still belonged to the countries where marriages were entered into in the lowest age. Now the global trend is a complete education and economic security in the first instance, which is good from the socio-economic point of view. Relations are more stable, riper, children are borne into a better environment. Woman, however, has got the chance of becoming pregnant preferably from 20 to 25 years. So it was set by the nature. The pregnancy in the age of about 30 years isn't still a problem, but after the age of 35 years the risk is increasing. In case of assisted reproduction it is necessary that the woman knows what can expect, what she will have to go through. Is, in your opinion, the level of communication among physicians, public and female patients sufficient?

The communication among physicians has got several aspects. I am certainly a man a little bit deformed and I've got the feeling that when I open a women's magazine, it is always possible to find some information of that kind there. And he who searches, he finds.

On the other hand I was responsible for a women's advisory centre at the Internet for some time. I found out that some female patients have no idea of how such a reproduction functions at all. But I must also declare we are in a very good situation, because most of couples gets to us in time. Woman's age is the key prognostic factor in treating infertility. The longer the pregnancy has been put off and the later the possible treatment starts, the smaller the hope of success. Our terrain gynaecologists are with their knowledge at a very high level. Lots of couples looks up information at the Internet. Therefore literacy has been increasing very quickly. We've got female patients who guess where the problem might be and know what they need.

DO THE STATE AND LEGISLATIVE SUPPORT REQUIREMENTS OF WOMEN, DO THEY HAVE SUFFICIENT POSSIBILITIES AND MEANS TO MAKE THEIR MIND?

The truth is that the legislative professes the fact that the care of family is one of priorities. We belong among countries with a

liberal approach to the infertility treatment. But still, I can imagine that more than 3 cycles would be reimbursed, I can also imagine that after the childbirth with a help of IVF the woman would have a claim to IVF thrice again, as for example in Slovenia.

**IMPROVING METHODS IN YOUR DISCIPLINE, FOR EXAMPLE, SOLVE THE QUESTION OF GENE MANIPULATION, EMBRYO CLONING AND SO ON IN THE FUTURE. HOW DO YOU PERCEIVE IT?**

I'd like to say that the development is extremely fast and often becomes involved in the fundamental rooted principles of a society. All of sudden we face the situation that something is possible, but the question remains whether we may that and whether it is desirable. As for the question of stem cells and cloning there's an unambiguous unity – therapeutic cloning and research in this sphere show apparently the future of medicine, while reproductive cloning has no place in humane medicine. If anyone doesn't intend to respect that, takes a stand apart the expert public.

**IVF METHODS ASSOCIATED WITH OTHER COSTS ARE RATHER DEMANDING FROM THE FINANCIAL POINT OF VIEW. IT'S WELL KNOWN THAT OUR COUNTRY'S PRICES ARE STILL ADVANTAGEOUS IN COMPARISON WITH THOSE ABROAD. TO WHAT EXTENT DO THE FOREIGNERS MAKE USE OF THAT?**

As I've mentioned – the results in the Czech Republic in this discipline count among the best in the world.

The financial question isn't fundamental as far as the female foreigners are concerned. This treatment steps in the most intimate area of a couple and most of them, of course, prefers the treatment in their own country, there where they know it well. Most of couples set out abroad, because the treatment they need isn't available for them. It's so strong and motivating for them that they get over a foreign country's handicap. There's a bad expression – medical tourism, but no one can be prohibited from searching a help elsewhere, if it isn't available in their own country.

**NOW LET'S GO BACK TO THE TOPICAL THEME, NAMELY TO THE ESHRE CONGRESS IN PRAGUE.**

What all does it mean for you as president of the congress? What does it mean for our public and physicians who can take part in? The ESHRE (European Society for Human Reproduction and

Embryology) Symposium is the biggest European congress in the sphere of human reproduction. This year it's for the first time in a new member state of the EU. Being that Prague, it is magnificent, and I perceive it as a certain recognition of the position of the Czech Republic in the sphere of AR. It is also an important thing from other aspects:

It will markedly push forward the points at issue and ensure experts a great attendance. After all the lecturers are from the whole world, about 6000 top experts should come here! They will see Prague and present their results. That will make us all richer, thereby I mean not only economically. As far as I omit a lot of work and nerves, I must say that this is the top of my career and recognition of my existing work.

**YOUR PROFESSIONAL ACTIVITIES INDUCE THE QUESTION, WHETHER YOU'VE GOT TIME FOR YOUR PERSONAL INTERESTS, FAMILY AND SO ON? HOW DO YOU SOLVE YOUR LEISURE TIME?**

There's little leisure time, but I also need to switch off and recharge batteries from time to time. I recuperate by staying in nature. I love South Bohemia, I like skiing, playing tennis ... Hence an active rest.

**MR DOCENT, WHAT'S YOUR BOTH PERSONAL AND PROFESSIONAL WISH FOR THE COMING SPELL? AS FOR THE REPRODUCTIVE MEDICINE, WHAT WOULD YOU LIKE TO IMPROVE OR CHANGE?**

I WISH the Eshre CONGRESS in Prague would be remembered for ITS organisation and Expertise as the SUccessful action. As far as The reproductive medicine is concerned, I wish the Infertility would be perceived as A disease and Approached in that way.

**WE'D LIKE TO THANK FOR THE TALK AND WISH SUCCESS TO YOU AND THE WHOLE PRONATAL'S TEAM AS WELL.**

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





On 25 July 1978 Luisa – the first “test-tube baby” – was born to the Browns in the English town of Oldham. This started the era of infertility treatment based on the method of artificial insemination. Little Luisa has grown to a 28-year-old woman, and assisted reproduction methodology has developed considerably over the last 28 years, changing

both its scope and form. Nowadays, approximately 3 in 100 children are conceived by this method in developed European countries including the Czech Republic. This approach to infertility treatment is not the method of the last choice any longer as a number of techniques and methodologies have been developed to allow the birth of a healthy child in families with genetic risks where natural conception would result in a sick or affected child. Such methods are called **Pre-implantation Genetic Diagnosis (PGD)**. This methodology includes a series of techniques to diagnose and exclude genetic abnormalities in fertilized eggs and embryos prior to their implantation in the uterus. It allows to detect genetic abnormalities in the future foetus by means of genetic examination of one or two cells collected from the developing embryo. PGD allows to perform diagnosis in the period of the early development of the embryo. Three days after egg fertilization in a test tube, embryos consist of 6 to 8 cells. Each of those cells has both complete genetic information and a potential to grow and result in pregnancy. At this stage, one to three cells from the eight-cell embryo can be collected using embryo biopsy. The embryo then continues to develop while the collected cells can be analysed for a specific genetic problem. If the female partner is a carrier of a particular disease, it is possible to analyse the eggs before fertilization. Pre-implantation genetic diagnosis employs two basic examination methods:

Cytogenetic method (FISH) which detects chromosomal aberrations and molecular diagnostics (PCR) which reveals gene mutations.

The complete “human genetic code”, i. e. information on all properties and features of a human being, is stored in deoxyribonucleic acid (DNA). DNA is a huge molecule that forms a double helix. The individual segments of DNA represent particular genes. The complete set of genes of a human being is packed in twenty three chromosomal pairs; twenty two chromosomal pairs are numbered according to their size from the largest one to the smallest one while the remaining 23<sup>rd</sup> pair consists of sex chromosome: a woman has two X chromosomes while a man has one X chromosome and one Y chromosome. One chromosome in a chromosomal pair comes from the mother and one from the father which means that there are two complete sets of genes inside the nucleus of each cell. One complete set of genes is passed to the offspring during reproduction. However, due to the mutual recombination of parental (mother's and father's) segments (crossing-over) no one can become a precise copy of either parent.

Random mistakes may occur when genes and chromosomes divide. Changes in genetic material may occur at the level of the chromosome itself (aberration) or in individual genes (mutation).

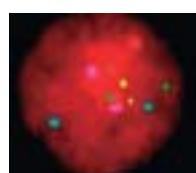
**At the chromosomal level**, the changes may occur in the number of chromosomes (one complete chromosome is either missing or superfluous) or in their structure. **Translocations** are most common, i. e. the exchange of some of the segments between two chromosomes or the fusion of two chromosomes. Translocation can be either balanced, or imbalanced. In the case of balanced chromosomal aberrations, genetic material is neither lost nor superfluous, but some parts of the chromosome are only located in

a different place. This is called **balanced aberration**, i. e. balanced change. The carriers of balanced chromosomal aberration have no adverse clinical symptoms associated with the aberration and are completely healthy in most cases. However, the problem arises during the division of gametes from these carriers. Different variants of the chromosomal outfit of these cells are being formed and one part of gametes already contains an imbalanced change, i.e. some part of the chromosome is missing, or the chromosome is doubled. This kind of a gamete results in the formation of imbalanced chromosomal transformation in the embryo. If the change is profound, the development of the embryo stops and no pregnancy occurs, or pregnancy occurs but the foetus is miscarried. Repeated miscarriages are typical in couples where one of the partners is a carrier of balanced translocation. In some cases, the foetus is born with multiple malformations.

Chromosomal aberrations occur at a rate of 9 % in couples with repeated spontaneous abortions.

Until now, geneticists have advised couples not to have children in the case of a single-gene genetically based disease with a high risk of transfer to the offspring. Formerly, prenatal diagnostics used to be performed (e. g. using amniotic fluid) or gametes from healthy donors were used to avoid the birth of a sick or affected child.

Nowadays, it is possible that these couples will have their own children. This solution is based on the above-mentioned pre-implantation genetic diagnosis. **PGD** has been performed worldwide for



16 years. REPROMEDA in Brno, Czech Republic, has been using this methodology over the last 6 years, with more than 65 healthy children being born thanks to PGD. Over the last few years, pre-implantation diagnosis has been elaborated at the molecular level to examine mutations in genes in order to exclude single-gene inherited diseases. The method currently allows to prevent approximately 100 single-gene inherited diseases. Serious diseases such as neurofibromatosis, cystic fibrosis, Duchenne muscular dystrophy, Charcot-Marie-Tooth disease, etc. are currently being diagnosed with this method in Brno.

However, **PGD** cannot fully guarantee an embryo with no defects since the method only detects a certain range of deviations that are most likely to occur in the embryo of the particular couple. Furthermore, the method itself cannot ensure the success of an IVF procedure (i. e. the implantation of the embryo after its placement in the uterus and subsequent pregnancy). PGD cannot fully guarantee the birth of a healthy child since a number of other factors also come into a play. It should be pointed out that pre-implantation diagnosis in couples with poor reproductive prognosis can increase the implantation score approx. 3-5 times. The abortion rate in couples with balanced translocation (90%) can be decreased to 13 %. In the case of single-gene inherited diseases, artificial abortion of pregnancy due to affected foetus can be avoided.

MUDr. Ilga Grochová, Clinical Geneticist  
MUDr. Kateřina Veselá, Reproductive Medicine Specialist

#### CONTACT

Viniční 235, 615 00 Brno  
Tel.: +420 533 306 351  
Fax: +420 533 306 350

E-mail: [info@repromeda.cz](mailto:info@repromeda.cz)  
[www.repromeda.cz](http://www.repromeda.cz)

# We aim for patient's success



JUDr. Matěj Stejskal, director

**Our Centre was founded due to the need of ensuring a complex care for our patients. For a couple of years we have, as the leading workplace of the medical genetics in the Czech Republic, provided services to the patients from the Czech Republic, Slovakia and Hungary and other centres of assisted reproduction. More and more patients come to our clinic with some kind of a reproduction problem. When we introduced the pre-implantation genetic diagnostics, it was clear that if we were to provide the patients with a top-quality care, we must offer them a complex treatment of infertility right in our facility.**

We were aware of the fact that there is a relatively wide spectrum of infertility treatments in the Czech Republic. Therefore we have decided that our Centre would be exceptional in the fact that it would offer our patients an individual approach and that it would focus on the patients who have not been successful in other facilities, especially those who need egg donation or the pre-implantation genetic diagnostics. Therefore we have built the Centre according to the experience of other modern centres abroad and equipped it with the top quality equipment.

In the treatment we emphasize especially the comfort of the patient during examination. Patients can use exclusively equipped single-bed wards. The staff of our centre communicates in English, German and Polish. Within our international IVF program we will ensure our patients are provided with everything related to their stay.

Although we belong to one of the youngest Centres of assisted reproduction in the Czech Republic, our staff members are not beginners in the scope of assisted reproduction. We have selected experienced experts who had worked in other Czech centres of assisted reproduction and have an experience of several thousand IVF cycles; our aims are high. We do not only want to increase the number of centres dealing with assisted reproduction. We try to orientate ourselves especially towards couples that have been unsuccessful and to which we wish to offer our genetic background. Therefore, our success is not the main goal. Rather, what we really aim for patient's success.

We especially struggle to develop solidarity and an accessible egg donation program. The egg donation is allowed in the Czech Republic. The program was created in accordance with international standards (Convention on Human Rights and Bio-medicine, Regulations of the European Parliament and Council of Europe No. 2004/23/EG on determination of quality and safety standards for donation, collection, examination, processing, preservation, storage and distribution of human tissues and cells). We are able to satisfy the couple interested in the donated eggs usually within two months.

**CONTACT:**

Praha  
GENNET  
Klinika u Sv. Klimenta  
Kostelní 9, 170 00 Praha 7  
Tel.: +420 222 313 000, 222 313 118  
Fax: +420 242 456 722  
E-mail: [info@gennet.cz](mailto:info@gennet.cz)

Liberec  
GENNET  
Krajská Nemocnice Liberec,  
Pavilon péče o matku a dítě  
Tel./Fax: +420 485 312 903  
E-mail: [info@gennet.cz](mailto:info@gennet.cz)  
[www.gennet.cz](http://www.gennet.cz)



## Archiv bunek



## Archiv bunek

## Assisted reproduction centres in Czech Republic



### FERTIMED Private infertility center

FERTIMED, Boleslavova 2, 772 00 Olomouc, Czech Republic  
Tel.: +420 558 224 128, +420 585 221 281, +420 602 178 688  
Fax: +420 585 221 292, +420 585 230 140  
E-mail: sobek@fertimed.cz  
www.fertimed.cz

**INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE**  
ČSN EN ISO 9001:2000, ČSN EN ISO 14001:2005

**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, Transvaginale Hydrolaparoscopy

**LANGUAGES FOR COMMUNICATION**  
English, Russian, German





### Center of Reproductive Medicine and Reproductive Genetics

Department of Obstetrics and Gynecology 2nd Medical Faculty, Charles University, University Hospital Motol

V Uvalu 84, 150 06 Prague 5  
Tel.: +420 224 434 215  
Fax: +420 224 434 223  
E-mail: martin.hrehorak@lfmotol.cuni.cz  
www.ivf-motol.cz  


**INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE**  
European Board and College of Obstetrics and Gynecology accreditation.

**CHIEF DOCTOR**  
Martin Hrehorak, MD

**THE SCOPE OF SERVICES OFFERED**  
We dispose of full services in the field of assisted reproductive technology. Comprehensive diagnostic and therapeutic facilities in the field of gynecology, urology, genetics, anthropology, andrology, urology, sexology, and other fields important to individualized care of the couple with impaired fertility are available in our department which is a part of the largest medical complex in the Czech Republic. It is the goal of our physicians and IVF laboratory team to provide you with the latest women's healthcare innovations to address infertility, polycystic ovaries, endometriosis, and pelvic pain treatment. Backed by a renowned embryology team our department has enabled many couples to resolve their infertility problems.

**LANGUAGES FOR COMMUNICATION**  
English, Hebrew, Hungarian



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

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

**INTERNATIONAL QUALITY  
CERTIFICATE OR OTHER  
REFERENCE:**  


**CHIEF DOCTOR**  
Jitka Rezacova, MD  


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

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





### Center of Reproductive Medicine GEST

Prague 5, Nad Budankami II/24  
Phone: 257 212 517  
Fax: 257 212 517  
E-mail: info@gest.cz  
Web: http://www.gest.cz

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

**CHIEF DOCTOR**  
Milos Cekal, MD

**THE SCOPE OF SERVICES OFFERED**  
Complete care of infertile couple – IVF/ICSI, Preimplantation genetic diagnostics, MESA/TESE, Egg and embryo donation.

**LANGUAGES FOR COMMUNICATION**  
English, German, Russian





## Centrum asistované reprodukce Sanus

Vrchlického 59, 586 33 Jihlava  
Tel.: +420 567157401  
E-mail: ivfjihlava@seznam.cz  
www.ivf-jihlava.cz

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

**CHIEF DOCTOR**  
MUDr. Michal Skurla



**LANGUAGES FOR COMMUNICATION**  
English, German

### ASSISTED REPRODUCTION CENTRE SANUS JIHLAVA

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

## ISCARE I. V. F. a. s.

Lighthouse building  
Jankovcova 1569/2c, 170 00 Prague 7  
Phone: +420 234 379 260-1  
Fax: +420 234 379 295  
E-mail: iscare@iscare.cz  
www.iscare.cz



**INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE**  
CSN EN ISO 9001:2001, EN ISO 14001:2004

**CHIEF DOCTOR**  
Milan Mrázek, MD, PhD. (President of the Czech Society of Assisted Reproduction)

### THE SCOPE OF SERVICES OFFERED

Our centre draws on more than 10 years of experience as it was one of the first private clinics for assisted reproduction established in the Czech Republic. Our success rate – 35% of clinical pregnancies per embryo transfer – ranks us among top European IVF centres. Our share of the national IVF market is 25%.

So far, we have helped nearly 5000 children to be born into this world using one of the following methods:

1. IVF – in vitro fertilization
2. ICSI – intracytoplasmic sperm injection
3. IUI – intrauterine insemination
4. AZH – assisted hatching
5. FTET – freeze-thawed embryo transfer
6. PGD – preimplantation genetic diagnosis
7. ED – egg donation
8. Prolonged embryo cultivation with a single embryo transfer
9. Testicular sperm aspiration, TESE testicular sperm extraction
10. Surgical sperm retrieval: MESA – microsurgery sperm aspiration, TESA

**LANGUAGES FOR COMMUNICATION**  
English, German



## REPROMEDA s. r. o.

Viniční 235, 615 00 BRNO  
Tel.: +420-533 306 351  
Fax: +420-533 306 350  
E-mail: info@repromeda.cz  
www.repromeda.cz

### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

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



**CHIEF DOCTOR**  
MUDr. Jan Veselý, CSc.



### THE SCOPE OF SERVICES OFFERED

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



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



## The Center of Assisted Reproduction

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

Obilní trh 11, 602 00 Brno  
Tel.: +420 532 238 266, +420 721 786 833  
Fax: +420 541 213 225  
E-mail: info@ivfbrno.cz  
www.ivfbrno.cz

### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

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

### CHIEF DOCTOR

Prof. Pavel Ventruha, M. D., DrSc.



### THE SCOPE OF SERVICES OFFERED

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

**LANGUAGES FOR COMMUNICATION**  
English, German

## Assisted reproduction centres in Czech Republic



### Gyncentrum Ostrava – Clinic for treatment of infertility

Dr. Šmerala 27, 702 00 Moravská Ostrava  
Tel.: +420 596 120 686, +420 596 118 201  
Fax: +420 596 120 686  
E-mail: gyncentrum@gyncentrum.com  
www.gyncentrum.com

#### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

ISO DIN EN CSN 9001 : 2000

#### CHIEF DOCTOR

Pavel Čermák, M. D., Ph. D.



#### THE SCOPE OF SERVICES OFFERED

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



#### LANGUAGES FOR COMMUNICATION

English, German, Polish, Russian, Slovak

EGENNET



### GENNET s. r. o.

#### PRAHA

Klinika u Sv. Klimenta  
Kostelní 9, 170 00 Praha 7  
Tel.: +420 222 313 000, 222 313 118  
Fax: +420 242 456 722  
E-mail: info@gennet.cz

#### LIBEREC

Krajská Nemocnice Liberec, Pavilon péče o matku a dítě  
Tel./Fax: +420 485 312 903  
E-mail: info@gennet.cz  
www.gennet.cz

#### INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

Certificate DIN EN ISO 9001:2000

#### 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

### NATALART s. r. o.



Alej Svobody 29, 323 00 Plzeň  
Tel.: +420 373 300 122  
Fax: +420 377 531 412  
E-mail: natalart@natalart.cz  
www.natalart.cz

#### CHIEF DOCTOR

Vladimír 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-embryo-transfer, blastocyst transfer, ovulation induction, assisted insemination, egg and sperm donation

#### LANGUAGES FOR COMMUNICATION

German, English, French



REPROFIT

### Reprofit International

Clinic of Reproductive Medicine

Hlinky 122, Brno 603 00, Czech Republic

Tel.: +420 544 527 156, non stop +420 774 117 766  
E-mail: koudelka@reprofit.cz  
www.reprofit.cz

#### CHIEF DOCTORS

Prof. MUDr. Ladislav Pilka, DrSc. – Scientific Director  
MUDr. Marek Koudelka – Managing Director

#### THE SCOPE OF SERVICES OFFERED

Complex infertility treatment  
Assisted reproduction techniques  
(IVF, ICSI, PGD, TESE, Cryopreservation)  
Specialized for oocyte and sperm donation

#### LANGUAGES FOR COMMUNICATION

English, German, Russian





## Centrum asistované reprodukce Sanus, Hradec Králové

### **DETACHED CENTER: CENTRUM ASISTOVANÉ REPRODUKCE SANUS, PARDUBICE**

Labská Kotlina 1220, 500 02 Hradec Králové 2  
Nábreží Závodu Míru 2740, 53002 Pardubice  
Tel.: +420 495 757 111  
Fax: +420 495 523 427  
E-mail: [gynekologie@ppchc.cz](mailto:gynekologie@ppchc.cz)  
[www.sanus.cz](http://www.sanus.cz)

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

ISO 9001:2000  
(Moody International Certification – 28. 7. 2005/n. 24406)

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

### **THE SCOPE OF SERVICES OFFERED**

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



### **LANGUAGES FOR COMMUNICATION**

English, German



## Sanatorium Pronatal

Na Dlouhé Mezi 4/12  
Tel.: +420 2617 11606  
Fax: +420 2617 11585  
E-mail: [pronatal@mbox.vol.cz](mailto:pronatal@mbox.vol.cz)  
[www.pronatal.cz](http://www.pronatal.cz)



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

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

### **CHIEF DOCTOR** Ass. Prof. Tonko Mardesci PhD.

### **THE SCOPE OF SERVICES OFFERED**

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

### **LANGUAGE FOR COMMUNICATION**

English, German, Croatian, Russian



## ARLETA Centrum reprodukčního zdraví

Komenského 702  
51741, Kostelec nad Orlicí  
Tel.: 494 323 420  
495 268 347  
494 323 420  
[arleta@arleta.cz](mailto:arleta@arleta.cz)  
[www.arleta.cz](http://www.arleta.cz)

### **CHIEF DOCTOR** MUDr. Jiří Doležal



## Sanatorium ART

### **CENTER OF ASSISTED REPRODUCTION**

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

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

ISO 9001 : 2000

### **CHIEF DOCTOR** Vladimír Špička, MD

### **THE SCOPE OF SERVICES OFFERED** SANATORIUM ART IS THE ONLY ESTABLISHMENT IN THE SOUTH BOHEMIAN REGION USING THE METHOD OF EXTRABODY IMPREGNATION.

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



### **LANGUAGES FOR COMMUNICATION**

English, German



## 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, photocomposit (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



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. Intraoral X-ray pictures are immediately displayed on the monitor. Intraoral X-ray **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 photocomposit (white) fillings, shortens the stiffening process by a few times.

#### Preophy-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 precise filling of the root canals.

## 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

### CONTACT:

Dentim s. r. o.  
Janovského 920/34  
170 00 Praha-Holešovice

Tel.: +420 220 801 820  
+420 774 990 805  
E-mail: [dentim@dentim.cz](mailto:dentim@dentim.cz)  
[www.dentim.cz](http://www.dentim.cz)

GENERAL PRACTICE / ESTHETIC  
MEDICINE AND PLASTIC SURGERY  
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# Computer-controlled dental implantology



Dr Pavel Kriz

**If the patient has nowadays lost one ore more teeth of his own, today he has got a possibility even of several ways of its replacement. Teeth can be replaced by a removable substitute whose main disadvantage is the very necessity of its pulling-out of the mouth accompanied by mobility when chewing.**

Another its disadvantage is a wide area, which it covers in the mouth, particularly on the palate where it can often evoke an unpleasant gag reflex. If the patient has lost all his teeth, a total removable denture, which often holds in the mouth very unreliably, is being used.

Another possibility is the abrasion of adjacent teeth and putting-on a fixed bridge, which is already substantially more natural solution, but removal of a great surface of often yet healthy adjacent teeth occurs.

But embedding a tooth implant can, however, be taken for a method which saves the most precious – the tissues themselves – the most. In this case a nursing physician will not touch adjacent teeth at all and by means of the implant a new „root“, to which a new fixed crown or bridge will firmly be attached, arises. The substitute made in that way functions and looks like an original natural set of teeth. Today the rate of success of acceptance of a modern quality implant by a human body is, on average, 99 per cent. The often discussed and feared lack of bone for an implant has been solved nowadays, because the modern implant needs bone not so much and or the necessary quantity can be completed (added) with one of many methods. A patient suffering from ill gums, i. e. „periodontitis“, is commonly healed with implants in the same way today. Also as for a total health of the patient coming with a request for the implant, we are substantially less restricted today and only serious illnesses and their compensated stages are bothering us.

Many patients worry about the embedding itself of the implant. Today, modern implantology offers another special kind of treatment which does not bring any postoperative troubles, and the patient gets his fixed aesthetic teeth immediately after the embedding of implants. This solution is carried out without a scalpel, which is possible thanks to a quite new method which is called “CT navigated implantology Nobel Guide”.

At the very beginning a patient's special radiological CT examination is carried out and thereby very valuable spatial information on soft and mainly bone tissues of jaws is obtained (Picture 1). Acquired data are processed in a computer and a result is the software-created computer 3D model of jaws (Picture 2) on which the surgery is planned and carried out quite without a patient's presence. By means of this technology the physician has got possibility of choosing a place for the implant precisely (Picture 3), avoiding risky anatomic structures safely (Picture 4) and at the same time harmonising the function and aesthetics of the tooth substitute with implants and patient's requirements (Picture 5). Pieces of information are sent abroad where a precise surgical template is made according to them (Picture 6). The surgery itself takes a short time then and is carried out just by means of this surgical template which arose at the end of computer planning outside the patient's mouth. (Picture 7, 8 and 9).

Because the surgery is very short and no cuts through tissues by scalpel, no opening of wound and its stitching are carried out during it, the postoperative difficulties, as swelling and sensitivity, are quite negligible. Implants are being embedded through a minimum window in the mucosa by means of the template mentioned above (Picture 10 and 11). Immediately after finishing the surgery, the patient receives a quite firm aesthetic substitute (Picture 12) and returns to a full social and working life immediately.

Hence this method is a very significant step on the way towards the patient's health at a simultaneous maximum comfort for the patient and considerate approach to the tissues of human body. (Picture 13).

The surgery can be seen at [www.implantaty-kriz.cz](http://www.implantaty-kriz.cz), video No. 2.

## CONTACT

STOMATOLOGICKÉ CENTRUM IMPLANTOLOGIE  
Kuttelwascherova 921  
198 00 Prague 9-Cerný Most  
Tel.: +420 281 911 480  
[info@implantaty-kriz.cz](mailto:info@implantaty-kriz.cz)  
E-mail: [info@implantaty-kriz.cz](mailto:info@implantaty-kriz.cz)  
[www.implantaty-kriz.cz](http://www.implantaty-kriz.cz)



Fig. 1: The patient during a CT examination



Fig. 2: The computer model of a jaw with attached denture



Fig. 3: The implant ideally positioned in the bone



Fig. 4: Placing the implant out of the jaw cavity



Fig. 5: Prepared, approved by the patient, fixed bridge yet before a surgery



Fig. 6: The surgical template



Fig. 7: The surgical template in the mouth prepared for a surgery



Fig. 8 and 9: After embedding the six implants into the upper jaw

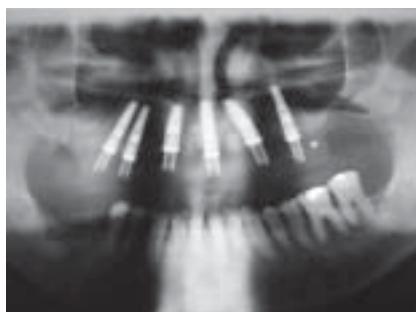


Fig. 10: Embedding the implant through the template and mucosa



Fig. 11: Minimum wounds in the mucosa after the surgery without a scalpel



Fig. 12: The fixed bridge in the mouth immediately after finishing the surgery



Fig. 13: The content patient immediately after the surgery

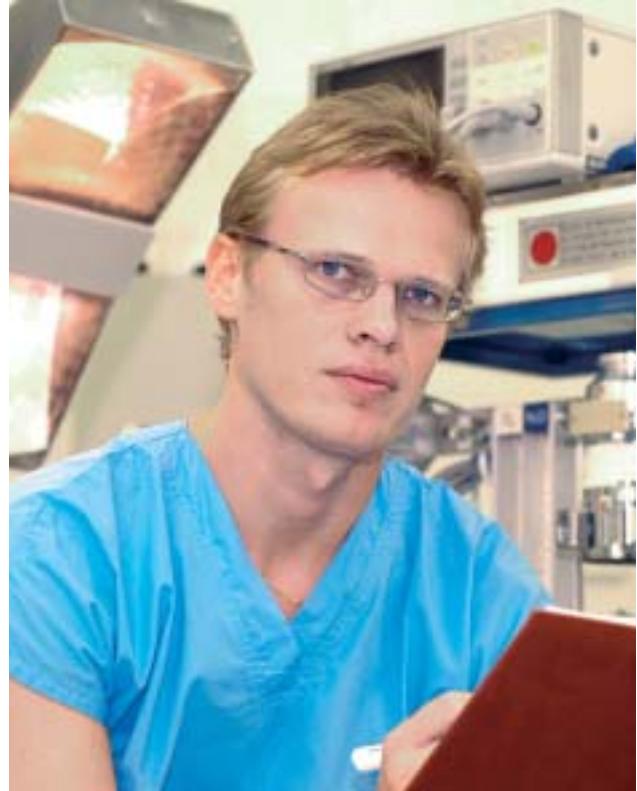
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MUDr. Pavel Krejzlík

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Brno  
[www.eczk.cz](http://www.eczk.cz)  
tel.: 724 03 02 03  
[www.europe-beauty.eu](http://www.europe-beauty.eu)

**Stomatologické centrum K 11**  
Karáskovo nám 11  
Brno  
[www.ceskastomatologie.cz](http://www.ceskastomatologie.cz)  
tel.: 731 54 54 54

# Teeth nicer than your own

- with a new progressive swedish method of implants "teeth-in-an-hour"

## Esthesia dental clinic



FEW OF US RETAIN ALL OUR TEETH IN EXCELLENT CONDITION UNTIL LATE ADULTHOOD. LOSS OF TEETH CAN BE CAUSED BY INJURY, SOMETIMES BY NOT ENTIRELY FLAWLESS HYGIENE. TOOTH REPLACEMENTS IN THE FORM OF IMPLANTS ARE, HOWEVER, THE MOST NATURAL WAY TO RESOLVE POSSIBLE TOOTH-LOSS. AN IMPLANT IS FOR EVERYONE WHO NEEDS A MODERN AND FUNCTIONAL TOOTH REPLACEMENT THAT, JUST LIKE A REAL TOOTH, IS SET DIRECTLY IN THE JAW.

Dr. Vojtěch Slezáček has specialised in implantology for a number of years. At the same time, he works as a trainer of the company Nobel Biocare, the world leader in innovative aesthetic dental solutions. On the subject of tooth replacements by means of implants, he states: "At first sight, you do not recognise that the tooth has not been there for ever. What is more important, however, is that an appropriately made dental implant is also perceived as one's own tooth by patients themselves."

With this type of intervention people are usually scared of pain or dread a process dragging out over an extended period. All these apprehensions can now be dispelled owing to a new system of dental implants from Nobel Biocare offered by Esthesia dental clinic.

Thanks to a computer-controlled technology and with the minimum of surgical interventions/pain, you can obtain new teeth in the form of implants during a single visit to a specialised dental surgeon. You can have new and fully functional teeth in an hour! This method is offered in the Czech Republic by only a select few first-class workplaces, one of them being Esthesia dental clinic. Dr. Slezáček, the founder of the clinic, says about this method: "It is logical that the less time patients spend in the dentist's chair, the more comfortable they feel. Today, however, there are new methods for which I do not even use a scalpel. A complete breakthrough in dentistry is teeth in an hour." The state-of-the-art solution to tooth-loss by means of implants requires the minimum amount of time spent in the surgery. Through a simple intervention, implantology can enhance your self-confidence and improve your appearance. Consult your dentist about the ways in which implants could help you. Then you can begin smiling again!

Comprehensive services provided by Esthesia dental clinic under one roof:

**RESTORATIVE AND AESTHETIC DENTISTRY • DENTAL HYGIENE (TEETH WHITENING) • CHILD DENTAL CARE • PROSTHETICS • PERIODONTOLOGY • ORTHODONTICS • DENTAL SURGERY**



### What else can you find in our clinic?

#### EXTENDED SURGERY HOURS

we are here for you every weekday from 8 a. m. to 9 p. m. according to agreement, also outside regular working hours and at weekends.

#### SHORT WAITING HOURS

we 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.

#### PAINLESSNESS AND CONSIDERATION

we apply anaesthetising gels, carry out interventions under local

#### ANAESTHESIA

in the case of more serious dental operations, you are provided with the possibility to choose short-term general anaesthesia (analgesication), or for especially fearful patients we carry out operations using general anaesthesia



Copyright Nobel Biocare



#### PLEASANT MILIEU

a pleasant atmosphere awaits you at Esthesia, you will find not only refreshments but also smiles and soothing words

#### COMPREHENSIVENESS

we offer you everything under one roof, saving you time and increasing the effectiveness of the course of treatment

#### GUARANTEE

professional and humane approach, a guarantee for the work carried out

#### EMPHASIS ON PREVENTION

we see to regular prevention through preventative examinations and treatment by a dental hygienist, optimally once every six months

#### INDIVIDUAL APPROACH

we recommend and draw up a curative plan according to individual aspects, we respect your personal, time and financial possibilities, we devote the appropriate amount of time to you, we are flexible when it comes to your requirements

#### EXPERIENCED AND QUALIFIED STAFF

- narrow specialisation of individual doctors
- comprehensive care under one roof
- regular training

#### STATE-OF-THE-ART TECHNOLOGIES

- devices in line with global trends
- reduction of unpleasant examinations to the minimum, pursuance of fast and considerate diagnostics

#### CONTACT:

**ESTHESIA**  
complex dental care  
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+420 284 680 530  
e-mail: [info@esthesia.cz](mailto:info@esthesia.cz)  
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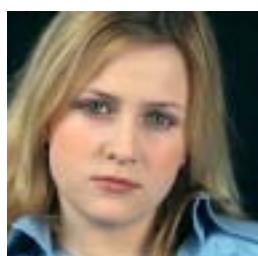


## CONTACT

Londýnská 43, Vinohrady  
Prague 2, 120 00  
Tel.: +420 222 210 808  
+420 222 210 810  
+420 222 210 813  
Fax: +420 222 210 809  
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www.karee.cz



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# Sanatorium Vráž

70<sup>th</sup> anniversary in 2006



## Seven Decades of Useful Work

On the edge of South Bohemian forests, ten kilometres northwards from the town of Písek, the Rehabilitation Spa Sanatorium lies in the village of Vráž. A neogothic chateau built in 1875 by the Czech aristocratic family of Lobkowicz, who had their summer residence here, became the foundation of its origin. The sanatorium was founded in 1936 by professor Vitek, one of the best Czech neurologists, and at the very beginning it specialised in spa rehabilitation primarily of nervous diseases, later on in locomotive organs, too. The simple earthy bog peat is a natural healing source.

Since 1992 the sanatorium has been privatised. At the present time it is being looked for not only by the spa guests from the Czech Republic, but also from abroad. Its high professional standard, pleasant and quiet environment as well as pleasant home atmosphere are one of main reasons, why the guests like to return there. They have the best possible comfort for their spa treatment, because all necessary services including the treatment can find under the same roof. Total capacity of the sanatorium amounts to 160 beds in three price categories. After privatisation it integrated into a long series of nongovernmental health-care facilities and its name Spa Hospital was altered into Rehabilitation Spa Sanatorium mentioned above.

## Notable Anniversary

This year the sanatorium celebrated an important jubilee, namely long seventy years of its duration. On January 11th, 1936, professor Henner solemnly opened the spa medical institution in the village of Vráž. At that time docent Vitek, professional consultant and guarantor, also recommended the disseminated sclerosis to be indicated and worked out a comprehensive programme of its treatment. He harmonised physical exercise with other physical procedures and in such a way propagated a self-contained conception of sanatorium form of rehabilitation primarily of this disease. Practical utilisation of multicomponent conception be-

came priority not only in our republic, but ushered in a tendency of establishing the rehabilitation RS-centres abroad. In post-war period the number of polyforgetters was increasing rapidly and 600 to 800 patients were coming with the privilege of so-called "criss-cross diagnose" yearly in the village of Vráž.

"Because of the fact that the stay could be prolonged onto four and later up to five weeks, the patients were getting an uninterrupted and continuously checked therapy within a period which already has the significance for systematic nature and educational habits. The research of the disease within the framework of possibilities at that time built on this basis, too. From Vráž the appeal for organised associating of persons affected by this disease came out as well," the sanatorium's director, head physician MUDr. (Doctor of Medicine) Petr Klapetek, professional neurologist and spa doctor, said by way of introduction.

## Specialisation

At present the spa sanatorium keeps specialising in the treatment of nervous system diseases ranking among the group VI and some diseases of locomotive organs, i.e. of the group VII of the indicative list. According to this list the duration of the comprehensive spa treatment has been determined in the range of three to four weeks by individual diseases with the possibility to prolong the stay by some diagnoses up to seven weeks. The duration of the contributory spa treatment is three weeks and quite individual according to the client's wish with stays paid by them.





## Procedures

The simple earthy bog peat has been used as a natural healing source primarily for applying peloid packs and poultice, exceptionally also for complete peloid baths. The most important component of treatment is not only the individual rehabilitation, but also the group rehabilitation – curative physical education – utilising a rehabilitative pool. Various types of massages including a wide spectrum of methods of physical therapy and hydrotherapy are an integral part of treatment. Whole reconstructed balneotherapy is barrier-free and enables the treatment for badly mobile spa guests and wheelchair invalids.



## *The Method of the Masseurs of Sri Lanka*

It is a matter of the curative method ajurveda coming from India which is one of the oldest world teachings about health, prevention and long life. This method is being respected all over the world and its tradition goes over five thousand years back. As it helps people in India, Sri Lanka and other countries, it may be useful also for the people in the Czech Republic. In masseur's opinion the only difference lies in the fact that the people in the Orient are rather slimmer than in Bohemia. Masseur Tchamila Pdmalal has been working at our place since November of last year. After the infamous tsunami the tourist trade dropped in his country and therefore Tchamila together with his wife arranged a work permit abroad and left with a group of other six therapists for Bohemia.



## Other Services

The facility provides its own hairdresser's, cosmetics, manicure and pedicure as well. The big outdoor terrace, which besides cafe operation provides dining in a pleasant restaurant with a choice according to the abundant offer of the menu, serves for the guests' comfort. Regular promotion of classical music concerts, fashion shows and dances cannot be missing. The sanatorium has its own closed and guarded car park with a sufficient capacity for spa guests' vehicles. There is a possibility of fishing on the near artificial lake Orlík and you can also make use of excellent conditions for gamekeeping of the town of České Budějovice in the Old and Poněšice Game Park. Those interested in horse riding can take full advantage of the offer of the stable Štětice distant about 22 kilometres from Vráž. There is a well-marked network of cycle tracks and hiking trails of various lengths in the neighbourhood of the sanatorium. The whole of series of attractive tourist destinations as Orlík, Zvíkov, Hluboká, Český Krumlov, Tábor and Písek can also be found in the near and more distant neighbourhood.

### CONTACT:

The Rehabilitation Spa Sanatorium  
398 32 Vráž 1  
Czech Republic  
Reception tel.: +420 382 737 111  
Fax: +420 382 283 136

Receiving-office tel.: +420 382 737 112  
(Mo-Fr 7.30-15.00)  
E-mail: [info@spa-vraz.com](mailto:info@spa-vraz.com)  
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# CMC Graduate School of Business

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GRADUATE SCHOOL OF BUSINESS



CMC WAS FOUNDED IN 1990 BY THE MINISTRY OF INDUSTRY AND TRADE OF THE FORMER CZECHOSLOVAKIA AND THE UNITED STATES AGENCY FOR INTERNATIONAL DEVELOPMENT (USAID) IN PARTNERSHIP WITH THE UNIVERSITY OF PITTSBURGH. THEIR VISION WAS TO CREATE A GRADUATE BUSINESS SCHOOL IN CENTRAL EUROPE BASED ON THE WESTERN GRADUATE EDUCATION PRINCIPLES IN THE AREAS OF BUSINESS, MANAGEMENT AND FINANCE. THIS PLAN WAS SUCCESSFULLY IMPLEMENTED AND TODAY CMC IS REGARDED AS ONE OF THE LEADING REGIONAL BUSINESS SCHOOLS IN CENTRAL EUROPE.

PRESENTLY CMC COOPERATES WITH PRESTIGIOUS UNIVERSITIES FROM THE UNITED STATES AND EUROPE – THUNDERBIRD, THE GARVIN SCHOOL OF INTERNATIONAL MANAGEMENT (PHOENIX, AZ), DEPAUL UNIVERSITY (CHICAGO, IL), AND BOCCONI, THE SCHOOL OF MANAGEMENT.

### Diversity and highest quality

CMC offers a wide range of management courses – more than fifty various business education programs. The school also has wealth of experience in the preparation of complex company-specific customized programs. Courses are offered both in Czech and English.

Especially impressive is the extent of long-term management programs, such as “Dynamic Manager”, a state-accredited program based on the MBA model that covers all key management disciplines, as well as Human Resources Management and Dynamic Manager in Healthcare programs. It is possible to complete only selected modules of all these programs.

CMC is able to satisfy even the most demanding clients with very specific development needs of their key managers that require the highest quality international lecturers. For such clients, CMC prepares highly customized programs designed and delivered by experienced CMC faculty who teach in the school's MBA programs.

### CMC's MBA Programs

CMC partners with two prestigious universities based in the United States to offer top-quality and internationally-recognized MBA programs designed for working professionals. There are two

MBA programs in CMC's portfolio: Executive and Weekend MBA. Both are accredited by the Association to Advance Collegiate Schools of Business (AACSB), the Executive program is also accredited by the European Quality Improvement System (EQUIS), which distinguishes CMC from the other business schools in the Czech market. At the beginning of 2006 CMC became the first school in the Czech Republic to receive accreditation for both programs from the Czech Ministry of Education.

Weekend MBA, offered in partnership with DePaul University from Chicago, has been ranked by the US News & World Report among the top 10 part-time MBA programs in the United States in the last 10 years. The program is designed for junior and mid-level managers who can earn an internationally recognized MBA degree without interrupting their career. Courses are offered on weekends and the program takes 20 months to complete. The next cohort of the program will be launched on October 20, 2006.

Executive MBA in International Management is offered in partnership with Thunderbird, The Garvin School of International Management based in Phoenix, AZ. Thunderbird is consistently ranked # 1 in the world in the area of global business by the BusinessWeek, US News & World Report and Wall Street Journal. Financial Times ranks Thunderbird among the best 10 business schools in the world in custom executive education programs. The program consists of 10 modules and takes 14 months to complete. The next cohort of this program will be launched in May 2007.

The program is designed for top and high potential executives from the Czech Republic, as well as from the wider region of Central and Eastern Europe. The unique curriculum is based on the principle that to do business on a global scale, executives must not only know the intricacies of business, but also understand the customs of other countries and be able to communicate with different cultures. To date nearly a hundred executive students from 20 countries – Austria, Canada, Croatia, Czech Republic, France, Germany, Iceland, India, Italy, Kuwait, Macedonia, Poland, Romania, Russia, Saudi Arabia, Slovakia, Slovenia, Switzerland, Ukraine and the United States – have participated in the program.

We are pleased to announce 2nd annual run of:

### Women Leadership and Politics conference

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# New IGORA Royal

# *the colour of your dreams*

**In April of this year Schwarzkopf Professional launched an exclusive permanent hair colour of the trademark Igora Royal intended for hair-dressing salons.**

These colours contain an unique Colour Crystal Complex thanks to which they reach much more better results of dyeing.

*The new colours IGORA Royal:*

- tested on more than 2000 models
- contain extracts from a miraculous tree Moringa Oleifera
- colour spectrum of 115 shades is presented in eight colour worlds

*The four main themes are:*

**Glamour Harmony Lust Rhapsody**

Please visit the top Czech salons which during providing their services rely on the colours IGORA Royal!!



## Ellivisage



### THE TALK TO KAROLINA KRUS

KAROLINA KRUS IS A PART-OWNER OF THE NETWORK OF BEAUTY STUDIOS ELLIVISAGE, WINNER OF THE INTERNATIONAL COMPETITION CZECH & SLOVAK HAIRDRESSING AWARDS IN THE CONSUMER AWARD CATEGORY, AUTHOR OF TRENDY HAIR COLLECTIONS AND A FRONT CZECH HAIRDRESSER.

#### GOOD AFTERNOON, KAROLINA, WHAT ARE YOU WORKING ON JUST NOW?

K: We've finished working on our topical hair collection „TIME FOR WILD HAIR“, so we're looking forward to its presentation and launching both in Czech and international magazines.

#### WHAT IS YOUR LAST COLLECTION LIKE? "WILD" AS ITS APPELLATION SUGGESTS?

K: It's about ungovernable hair which we arrange into timeless shapes which are going to be topical also in a couple of years. It's full of natural colours, from the deep brown to the naturally coppery hue. It shows a modern woman of many faces – the woman who works, engages in sports and enjoys herself. A modern woman can be kind and provocative as well, both sexy and sporty, settled and modern at the same time. What she picks out is only up to her ...

#### AND ARE THESE HAIRSTYLES COMMONLY WEARABLE AT ALL? MOSTLY THE THINGS OF FANCY COLLECTIONS CAN'T BE ARRANGED AT HOME, LET ALONE TO GO OUT WITH THEM ON A PAVEMENT?

K: We established an objective to create such hairstyles which are not only natural, but also easy for home hairdressing at the same time. We don't create a fashion for a handful of models, but for women and men who care about their appearance, but can't afford to spend two hours daily at a mirror.

#### SO THERE'S NO PROBLEM TO COME TO YOU INTO YOUR SALON AND HAVE MY HAIR CUT LIKE THAT?

K: Vice versa, this is our principal motto – to create hairstyles for people that are quite common, but at the same time each of them is original and beautiful in a way. We want to promote the "craft of hairdressing" to a pleasant and aesthetic experience in a pleasant environment where pleasant people would take care of you.

#### WHAT DOES A "PLEASANT ENVIRONMENT" MEAN FOR YOU AND YOUR EMPLOYEES?

K: First of all it should be a perfectly done service by a man who's not only a top hairdresser, but also simultaneously a man who's listening to your desires, who's able



to advice, ... Further it is the environment itself where we do our best to reach a certain originality of each studio.

#### AND CAN ALWAYS ONLY A HAIR CARE BE FOUND IN YOUR SALONS?

Nay, even though the hair care dominates. Our studios are named "beauty studios" because of we always try for

a comprehensive access to beauty. The topical list of services can be found at our websites [www.ellivisage.cz](http://www.ellivisage.cz) where the list of branches is as well.

#### 2. INDIVIDUAL APPROACH, MULTYEAR PROFESSIONAL EXPERIENCE, HUNDREDS OF TREATED CLIENTS FROM THE CZECH REPUBLIC AND ABROAD, STANDARD PRICES, LATEST KINDS OF IMPLANTS, CARRYING OUT OF THE SURGICAL OPERATION BY A SPECIALIST ON FACE SURGERY, POSSIBILITY OF CARRYING OUT THE SURGICAL OPERATION UNDER A COMPLETE ANAESTHESIA

Our clinic is a nongovernmental medical facility with a multyear tradition providing complete services in the sphere of stomatology, face surgery, laser surgery, cosmetology, ORL, dermatology and plastic surgery. Medical treatments are carried out by the team of doctors with a specialisation in particular branches and international experiences. Professional guarantee with all kinds of surgical operations provided.

#### CONTACT

ellivisage  
Chlumecká 712/8  
Praha 9

Centrum Černý most  
(Cinema Village)  
Tel.: +420 281 861 584  
+420 281 861 597

Animo

*Hairdressing Schwarzkopf*

*Cosmetics*

*Nail modelling*

*Massages*

*Solarium*



*Animo*

**CONTACT**

**ANIMO**  
Nuselská 37  
140 00 Praha 4

Tel.: 241 741 436  
Mobil: 608 282 700

Mo-Fri: 8.00-20.00  
Sat: 9.00-17.00

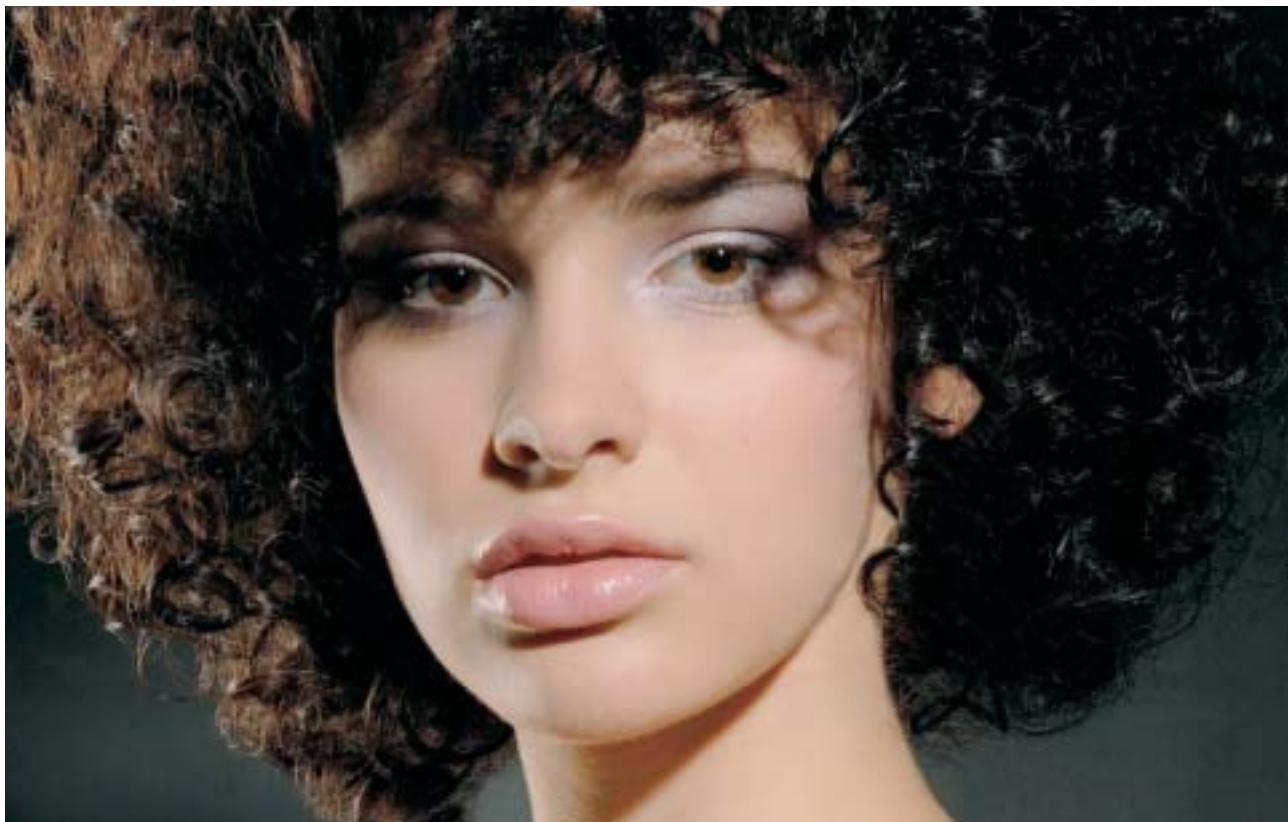


Photo: Karolina Krus – ellivisage

**ČESKÝ VLASOVÝ DESIGN**  
Parkhotel-Congress centrum  
U Borského parku  
Tel.: +420 604 746 071

**SANTAL**  
Ronkova 12  
Praha 8  
Tel.: +420 284 810 353

notes: