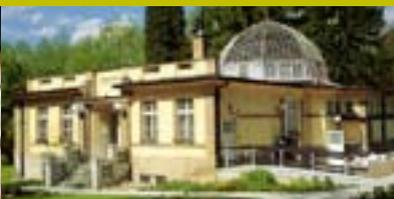


HEALTH

MODERN WOMAN

High Standard Health in the Czech Republic



General Practice

Esthetic Medicine
and Plastic Surgery

Gynecology

Business & People

S-Press Publishing 2009

VZP

EDITORIAL



CHANGING SEXUALITY AND REPRODUCTIVE BEHAVIOR IN CHANGING WORLD

It was only 50 years ago when safe and effective contraceptive pill has been introduced into daily practice. However, this achievement significantly and definitely changed the sexual and reproductive behavior and strategy never seen before in the society.

Fascination with fertility is a universal human characteristic and plays an important role in almost all cultures throughout the world. A high value is placed on the ability to have children – children confirm the link with the past and it is they who will continue and shape the community.

However, the reproductive strategies in the past have been different between both sexes:

Strategies for males have been based on two simple mechanisms: ensure continuity of an individual male through the passage of his genes to the largest feasible number of females and select those females who would provide the highest possible quality oocytes.

Females, on the contrary, looked for a male capable of providing the best means for her survival and that of their offspring.

Although reproduction is considered the focus of sexual activity, human sexuality has multiple meanings. Human sexuality began to lose its exclusive reproductive meaning very early in the evolution with a concealed ovulation and a female accessible to the male during the entire menstrual cycle. As a consequence, the need became that of avoiding, rather than seeking conception during intercourse.

All important civilizations searched for modalities to avoid conception after intercourse, For millennia effective contraception remained a dream and the search for effective methods to control fertility went on until the middle of the 20th century.

Today however, a series of reproductive revolutions that occurred over the second half of the 20th century has profoundly changed the situation.

The availability of effective and safe contraceptive modalities therefore played an important role in the personal development of women, making it possible to plan if, when and how many children they wished to have, giving sexuality an ever-decreasing reproductive aim. On the other side the visible trend of post-

poning pregnancies to the higher reproductive age significantly increases the percentage of couples facing reproductive problems.

Once started down the road to change, male and female reproductive strategies, that had remained unchanged for so long, have now begun a rapid process of never-ending evolution. Only 19 years after sex without reproduction became a reality, in vitro fertilization made possible reproduction without sex, with the array of modalities that are today known as assisted reproduction technology. On top of that these techniques developed into most successful methods of infertility treatment medicine ever had. Last but not least this technology is used today also for fertile couples facing serious genetic risks (pre-implantation genetic diagnosis of embryos) or for fertility preservation of young individuals awaiting gonadotoxic treatment.

The development in the field of reproductive medicine in last 50 years with all consequences mentioned is fascinating. However, even in this changing world we should never forget that beside reproductive aspects human sexuality is an integral part of love and desire to maintain and fortify the bond between man and woman.

*Ass. Prof. T. Mardesic Ph.D.
medical director
Sanatorium Pronatal, Prague*

TRENDY
Modern Woman

Mgr. Stanislava Šveňková
S-PRESS PUBLISHING
Záhřebská 3/369, 120 00 Praha 2
order reception:
smolikova_2002@volny.cz

phone/fax: +420 222 521 844
mobil: +420 603 427 566
www.s-presspublishing.cz

graphic design:
Pavel Kadlec, phone: 777 564 094
front page photo:
CRM Zlín and resort Luhačovice
press: MTT Praha
Issue: 1/2009



ISBN



Medical Insurance for Foreigners in the Czech Republic

Pojišťovna VZP, a.s.

Health insurance of foreigners

Best quality insurance of foreigners in the Czech Republic comparable with insurance of Czech citizens. Insurance covers all costs of hospital care including medicaments – foreigner needs to pay nothing in the hospital.

Insurance covers also all costs of care provided by out-patient physicians – foreigner needs to pay nothing when being cared by the physician. Medicaments prescribed by the physician must be paid by the foreigner in pharmacy (drugstore) but then the costs are paid back to him/her upon a bill presented to the office of VZP, a. s. insurance company or to insurance agent who will arrange for the reimbursement.

If the foreigner wishes so, the insurance covers also costs of acute dentist care up to the established limit. The foreigner pays the costs of care when being care by a dentist and then the costs are paid back to him/her upon a bill presented to the office of VZP,

a.s. insurance company or to insurance agent who will arrange for the reimbursement.

If a foreigner has the policy covering also **pregnancy**, the insurance covers also costs of antenatal clinic care, delivery of child and basic health care for new-born baby.

Insurance covers also mandatory vaccination, inoculation against influenza, contraceptives and prophylactic check-up. Insurance may be made for six months or one year, starting always on the day following signing of the insurance contract. In accordance with the new „foreigners act“ it may cover also two-year period.

The cost of insurance depends on **age, gender, whether dentist care or pregnancy care and child delivery is to be covered.**



www.pvzp.cz

provided by VZP, a. s. insurance company

The insurance policy contract can be made in any office of VZP, a. s. insurance company or through an insurance agent.

It is sufficient to report **passport number, name and surname, address, date of birth and required period of insurance** to make an insurance policy.

- Insurance is recognized by foreigners' police. It contains protective elements and number codes, fake insurance identity cards are detected immediately.
- Foreigner usually gets a list of physicians, specialists and hospitals operating in the place of his/her residence where he/she may turn to in case of health problems. It is imperative to turn to contractual practitioners of the insurance company only.
- Foreigner has telephone service available provided by AXA assistance CZ
- Insurance suits foreigners who are interested in long-term quality insurance

covering various health care costs, including pregnancy care, prevention, vaccination and contraception

When the insurance policy contract is being made in VZP a. s. insurance company offices, entry medical check is required and may be carried out only by a physician being in contractual relation with the insurance company. If the insurance policy is being concluded through an insurance agent, the entry medical check is not required and is substituted with entry medical questionnaire. Insurance covers future risks; it is impossible to insure a client already sick in the moment of making the insurance policy.

If for any reason a practitioner requires payment in cash, the foreigner must insist on receiving a bill and medical report. Costs will be then reimbursed to him/her in the office of VZP, a. s. company or the foreigner shall hand the bill over to his/her insurance agent who will arrange for the reimbursement.

In case of any problems when visiting physician, the foreigner may call telephone service or his/her insurance agent or he/she may ask the practitioner to call there.

The exact specifications of insurance and especially exclusions (information about cases that are not covered by insurance and thus they are not paid) can be found in insurance conditions, which are included in contract of insurance.

More information also on www.pvzp.cz



**INFORMATION: Pojišťovna VZP, a. s. / Tel.: +420 233 006 313 / e-mail: info@pvzp.cz / www.pvzp.cz
VZP ČR / Tel.: +420 844 117 777**



Presentation of Helena Kroft Leisztner's



Photo: Rossano B. Maniscalchi



Photo: Rossano B. Maniscalchi

The meeting of Czech doctors, hospital directors and Japanese representatives of company Fujinon – a part of Fujifilm concern. Fujinon imports endoscopes into Czech Republic and is the first company in the world, which has produced this noninvasive type.

“Collection Japanese flowers”
(from the left the director of Fujinon (Europe) Branch Office Prague – Ing. Miloslav Křížek, president of Fujinon (Europe) – Mr. Hidetoshi Kimura, Mrs. Helena Kroft Leisztner, models)



presentation of Helena Kroft Leisztner's art fashion show



On behalf of the SUN



The 2nd charity evening organized by the Successful Woman's Manual (MUŽ) initiative on behalf of the SLUNCE (Sun) Foundation was an event of hope and good will. The evening, aimed at helping those in need, was held under the auspices of the civic association Friends of the NATIONAL MUSEUM of WOMEN in the ARTS, Czech Republic, and took place at the Bohemia Grand Hotel in Prague on 22 January. An auction of artwork donated by artists Ms. Helena Kroftová-Leisztner and Ivana Lomová earned CZK 146,000 that went to the Sun for All Foundation. Additional funds were brought in by another auctioned item – a course on etiquette and diplomatic protocol – donated by Ms. Eliška Hašková Coolidge.



The highlight of yesterday's auction was a painting symbolically called “Sun for the SUN” that was contributed by a young artist, Petr Příklad, who is not even 20 years old. His gift was all the more valuable as Petr himself is handicapped since his childhood.



www.leisztner-art.com



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 slippers 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 a 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

Opening hours:
Monday-Friday 10:00-18:00

Monday-Sunday 9:00-22:00
(after reservation only)



WELLNES BALNEA

RESORT SPA EXPERIENCE



Sonja Chihaoui SPA SALES MANAGER

Katerina Zelinková SPA MANAGER



EXPERIENCE
sensory space



CARLO IV
PRAGUE






Spa Experience s. r. o.,
 Senovážné náměstí 991/13
 110 00 Praha 1
 Tel.: +420 224 593 020
 GSM: +420 603 458 004
 Email: carloiv@spa-experience.eu

WELLNESS SPA EXPERIENCE – A LUXURIOUS PLACE IN THE PRAGUE CENTRE

Wellness Spa Experience is in operation for three years already and it is a part of magnificent hotel Carlo IV.

The decor of baths made in luxury Roman style will afford an absolute sense of regeneration of body and soul.

Relaxation and cosmetic cures, Turkey bath, fitness and many other services are at Your's disposal. Special wellness novelties like chocolate-cinnamon massage or heating chocolate stones are included in this special place for indolence and relaxation.

The baths are convenient for company actions as well.

There is a possibility of renting the baths from 21pm till 2am.



ARNIKA

We started our work in 1992 as a small company. Step by step and in reaction to the growing demand we moved up to the current form. In our fitness centre you will find two climatized gyms; the bigger one (150 m²) is for aerobics and in the smaller one (60 m²) you can try Schwinn Cycling classes. Our offer also includes various types of massages, cosmetics, advisory centre for body shaping, solarium and, last but not least, weekend stays in the Czech Republic and holidays abroad by the sea offering daily aerobics classes.

In the big gym you can choose from a wide range of classes with trainers, including classic or dance aerobic, P-class, bodystyling, poweryoga or pilates. We also offer some special types of exercise like kickbox aerobics, powerstretch, classes for pre-school children and aerobics and modern dance courses for girls. All our courses and classes are conducted by professional and experienced trainers.

In the small gym you can try Schwinn Cycling classes also known as "Spinning". Whether you are a beginner or a professional cyclist, you will enjoy yourself and definitely won't be bored! You will reach the optimal performance and results with the help of our experienced trainers who will motivate you with energising music and relaxing atmosphere.

If you are not sure of how to begin, which type of exercise to choose and how often to come, you are invited to visit our body shaping advisory centre. There is no need to torture yourself with drastic diets – we will discuss with you your eating habits, health restrictions and other factors that have influence on your weight and physical condition. We will advise you on suitable types of exercise and the appropriate timetable.

If you want to relax after your class, there is nothing better than a massage. We offer you a wide range of massages: from the classical or rehabilitation ones to the purifying honey massage or an invigorating lymphatic massage in case you are searching for something special. You can also make use of cosmetics and classical horizontal solarium.

The cosmetical treatment is targeted on skin type and meets the demand of the client. We work with Salvus cosmetics which in 2007 was awarded The Best Product of the Year and the aromatherapy cosmetics Nobilis Tilia. Etheric oils contained in the products penetrate deep into your skin and have positive influence on your mental state.

Our clients can enjoy weekend stays and holidays by the sea with us as well. For many years we go to the places we already know very well but we also keep enlarging our offer by adding new destinations. Weekend stays in the Czech Republic are keenly priced and include wide range of services. Apart from two daily exercise classes you can go to massage or cosmetics or enjoy the nice weather and go for a walk in the nature.

From spring to autumn you can join us at our holidays by the sea. This year you can choose from Tenerife, Sicily, Calabria, Crete or Tunisia. The stays include two daily exercise classes and thus are ideal for those who wish to relax but at the same time enjoy active holiday.

For more information see our website:
www.rc-arnika.cz

ARNIKA
Janovského 11, 170 00 Praha 7
tel./fax : +420 266 713 023
775 350 500, 774 700 200



AYURMEDIC CEYLON

Harmonize your life!



Jana Mohoritová

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

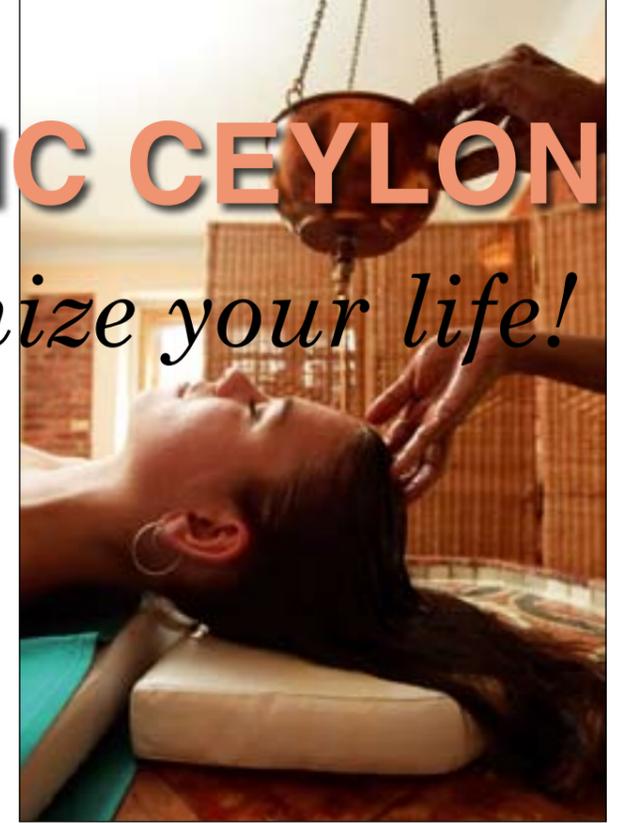
Ayurveda is holistic science which considers human being as a unity of body, mind and soul. It does not concentrate on suppressing the symptoms of illness but searches and treats the cause of its appearance.

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

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

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

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



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

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

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

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

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

Harmonize your life!

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

CONTACT

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



LA BELLE



MUDr. Kateřina Veselá, Repromeda

Interview with Kateřina Veselá,

We found private clinic REPRAMEDA easily even though it resides in a rather inconspicuous location in Brno – by the park forest Akátky in Židenice. But the clinics is well known among patients from Czech Republic, European countries and even overseas. Many infertile couples will never forget its name because it was right here where their hardly realizable dream of being a parent of a healthy child came true. REPRAMEDA will celebrate its 10 years of existence this year. Its first programme of assisted reproduction was followed by pre-implant genetic diagnostics, which made this clinic famous. We have come to have a glance back with managing director of the sanatorium, Kateřina Veselá, M.D Ph.D.

WE HAVE NOTICED AT THE ENTRANCE THAT YOUR CENTRE IS BARRIER-FREE. IS IT A COINCIDENCE OR DID YOU OUTLINE IT LIKE THIS OR IS THERE SOME OTHER SIGNIFICANCE?

We were thinking about providing the services for clients with spinal cord disorders or other locomotive organs disorder when building the centre. In the present there is a team working here, who takes care of these clients very successfully. In order to obtain the sperm from paraplegic or quadriplegic men it is not always necessary to collect the sample of testicular tissue surgically. It is also possible to obtain the material by electro-ejaculation method. It is true that we have to collect the material repeatedly. But if the couples agree with it the method proves to be very successful in the recent years.

INFERTILITY AND POSSIBILITIES OF CURING THIS PROBLEM BECOME MORE ACTUAL TOPIC IN MEDIA NOT ONLY IN THE CZECH REPUBLIC. UNLIKE THE FORMER IDEA THAT PUBLIC HEALTH INSURANCE CONTRIBUTES TO INFERTILITY TREATMENT, IT NOW SHOWS THAT THE CZECH REPUBLIC UNFORTUNATELY STAGNATES IN THE NUMBER OF CYCLES CARRIED OUT. WHAT IS THE REALITY?

Considering the number of inhabitants of the Czech Republic there should be 4 more cycles carried out then in the present. In comparison with European Union there are fewer children born by half and in comparison with highly developed countries by . The reason of this is the conditions of payment from health insurance. It is possible to obtain partial contribution from health insurance for 3 or 4 attempts. For example in Belgium it is possible 6 times and if the couple is interested in having another child later, they again get the contribution for six more attempts. To economically support the infertility treatment with the help of assisted reproduction is the most effective way of pro-population measures. On the other hand we have to state that thanks to high quality and success of the treatment and bearable prices (compared to highly developed European countries) there are many foreign couples treated in the Czech Republic. On the contrary the share of popularity of Czech clinics and therefore the share of cycles of foreign couples rises.

WHAT IS THE PROCEDURE WHEN THE CLIENTS CANNOT, DUE TO VARIOUS REASONS; USE THEIR OWN GENERATIVE CELLS?

In cases when the patient has no ovaries, or in the case of their premature failure, possibly when there is severe form of endometriosis or genetic defect present, which cannot be solved by pre-implant genetic diagnostics, it is possible to offer the programme of oocytes donation. We have a sophisticated system of donees' preparation, which leads to high successfulness and on the other hand it maximally saves time and energy of oocytes donees. We exceptionally concerned about the quality of oocytes and sperm donors. We pay great attention to the selection of donors. They have to pass a number of examinations and tests. The condition for enrolling as an oocyte donor is the maximum age of 32. In this age the results are independent but from the 35 years of age, the successfulness of such cycles decreases and therefore the donors can donate until 34 years of age. There are careful test conducted to

M.D PhD, managing director of Repromeda sanatorium

confirm donor's perfect physical condition and to eliminate any chronic illness and genetic defects in the family. It is also necessary to eliminate HIV infection, hepatitis B and sexually transmitted diseases. According to stated typology of the donee and her demands a suitable donor is nominated; it is the one who corresponds the best with the given criterions. The successfulness of oocytes donation is high; it is about 50% of pregnancies to embryo transfer in long-term even though the average age of clients is higher in these cases.

REPRAMEDA SANATORIUM WAS THE FIRST CLINIC IN CENTRAL AND EASTERN EUROPE WHERE PREGNANCY OCCURRED WHEN THE METHOD OF PRE-IMPLANT GENETIC DIAGNOSTICS WAS USED. EVER SINCE, THE METHOD IS BEING CONSTANTLY REFINED. CAN YOU TELL US MORE ABOUT THIS METHOD?

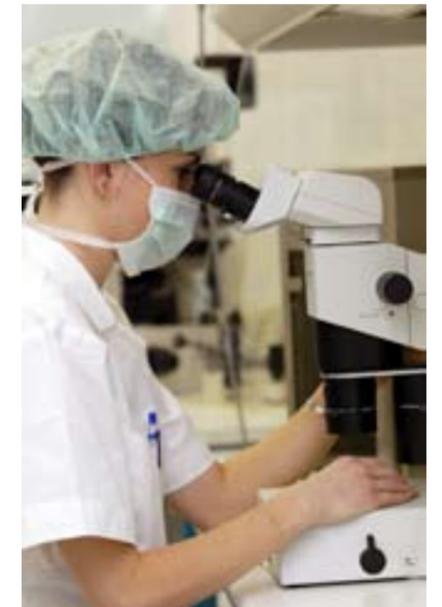
The human is the last in the line when considering our successfulness of natural fertility in the animal kingdom. Other species do not have substantial problems with natural reproduction and chromosomal defects seldom occur while humans have low „genetic“ quality of generative cells in general. At the average, 40% of oocytes and 6% of spermatozoa are affected by chromosomal abnormalities, which are most responsible for low human fertility. The situation is provably worse considering couples, who cannot conceive a child in a natural way – only every seventh or eight oocyte of infertile women can lead to fertilization and delivery on term. It is similar with men, who have ab-

normal sperm analysis (lower number of spermatozoa, lower number of motile sperm or, on the contrary, higher number of pathologic form of sperm). The probability of conceiving a child spontaneously is lower and there is also lower probability of the success of in vitro fertilization (IVF) in consideration of high risk of transmission of chromosomal abnormalities to the embryo. When using standard procedures of embryo quality evaluation it is not possible to diagnose such abnormalities and many embryos evaluated by the embryologist under the microscope as quality ones unfortunately have grave chromosomal defects. These are responsible for the infertility itself and repeated miscarriages (clinical miscarriage, when the embryo is burrowed but miscarried afterwards in various stages of pregnancy; pre-clinical miscarriage, when only the pregnancy hormone activity is increased and the pregnancy itself does not continue and also extra uterine pregnancy). Chromosomal abnormalities are also responsible for failure of IVF treatment. The extreme risk of burrowing of the embryo with chromosomal abnormality is the delivery of a child with inherited developmental defect. This risk increases with the parents' age. Pre-implant genetic diagnostics (PGD) is a method enabling to reveal genetic abnormalities of future foetus by genetic examination of one or two cells collected from the developing embryo. Then we can choose only the healthy embryos for the transfer into the uterus. We offer a large range of pre-implant examination, from aneuploidy to translocation and other structural deviation of the chromosomes to so-called monogenic hereditary diseases. In the present, 20% of couples take advantage of PGD method at our clinic.

THE CREDO OF YOUR CLINIC, WHICH CAN BE SEEN IN ALL YOUR MATERIAL, IS: „WE ARE YOUR GUIDE ON THE WAY TO COMPLETE FAMILY.“ WHAT IS YOUR PHILOSOPHY OF ATTITUDE TOWARDS CLIENTS IN REALITY?

In the present the client is a very active element of the whole process. The totalitarian perception that patient obediently and with-

out any reservations fulfils everything what the doctor orders and consumes all the medication prescribed is long gone. Today's patients transformed into clients, who are



actively interested in their treatment and information, they discuss, search for alternative solutions and want to participate in the treatment plan actively. You, as a therapist, in principle know what is the best for the couple and how to help in the most effective way. Some couples easily accept your advice while others often have their own concept about the way they should follow to reach their goal. But is not always that simple. We try to comply even with those, who would like to evade specialized techniques of in vitro fertilization if possible and gradually explain, advise and correct. We already know (we have years of experience) that we must not, even as their guides, to impose our variant upon them from the beginning. We have to look for the ways of helping them to find their own suitable way.



Sanatorium
Pronatal



Preimplantation genetic screening (PGS) for chromosomal abnormalities – a viable option for women at higher reproductive age?

T. Mardesic, Sanatorium Pronatal, Prague

In developed industrial societies a recognizable trend of postponing pregnancies to the higher reproductive age is clearly visible. However, the woman's age is a most important single predictive factor for spontaneous conception or successful infertility treatment. The fertility starts to decline significantly after the age of 35, conceptions after 40 are rare – and almost 50% of recognized pregnancies after 40 end up as abortion.

Clinical application of preimplantation genetic screening (PGS) for aneuploidy has confirmed the hypothesis that implantation failure and spontaneous abortions are frequently due to aneuploidy. In these cases the transfer of euploid embryos should overcome the poor prognosis condition in infertile couples.

Today there is enough evidence accumulated from different big studies that in general about 60% of all embryos are genetically abnormal (Table 1). Comparative Genome Hybridization (experimental method allowing to analyze all chromosomes in a single cell) revealed aneuploidies in 75% of eggs from patients with advanced maternal age (Landwehr, Ch., Fertility Sterility 2008).

Tab. 1
Chromosomal abnormalities in preimplantation embryos

Source	Biopsied embryos	Diagnosed embryos	Euploid (normal) %	Aneuploid (abnormal) %
Magli et al.	1620	1596	536 (34%)	1060 (66%)
ESHRE PGD Consortium	6541	5991	2211 (37%)	3780 (63%)

Can we – by selecting genetically „healthy“ embryo(s) – restore the woman's fertility? Today we are dealing with some important biological barriers:

- we are still mostly diagnosing only 8 (most important) chromosomes. The abnormalities of these chromosomes represent 85% of all chromosomal aneuploidies, but certainly not all of them
- mosaicism of the embryos (some cells can be genetically „healthy“ and some can be abnormal) may be a cause of false negative or false positive result
- only centers with highest quality of embryo culture conditions and quality of laboratory work can expect significant results from this advanced techniques.

Our experience comes from a group of 72 women where advanced reproductive age (≥ 40) was the only recognizable cause of the subfertility of the couple (Table 2). Compared to others PGS patients the number of cycles without embryotransfer (all embryos are genetically abnormal and therefore not suitable for embryotransfer) was in women with advanced reproductive age significantly higher (43% vers 20%).

However, when at least one genetically and morphologically normal embryo was available for transfer, clinical pregnancy rate 36,6% could be achieved (comparable to "good prognosis" couples).

Tab. 2
Preimplantation genetic screening for advanced maternal age
Sanatorium Pronatal

No. of cycles	Cycles with transfer (%)	Pregnancy/cycle (%)	Pregnancy/transfer (%)
72	41 (57%)	15 (20,8%)	15 (36,6%)

Preimplantation genetics is developing very rapidly and in near future screening for all chromosomes in a single cell will be available. However, even today in IVF laboratories with longstanding experience this technology is helping women with advanced reproductive age to conceive and deliver a healthy baby.



Embryo immediately after biopsy of a single blastomere

SANATORIUM PRONATAL

Medical director: Ass. Prof. Tonko Mardesic PhD.



The only czech IVF center certified according to EN ISO 9001 (InterCert Nürnberg) and accredited according to EN ISO 17025 (DAP Berlin).
An integral part of the clinic is accredited (EN ISO 17025) biochemical laboratory and complex of genetic laboratories (cytogenetics, molecular genetics, preimplantation genetics)

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

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

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



Sanatorium Pronatal
Na Dlouhé mezi 4/12
147 00 Prague 4
Czech Republic

Tel.: +420 261 711 606
Fax.: +420 261 711 585
E-mail: pronatal@vol.cz
www.pronatal.cz



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 Quadraplegic Patients Infertility

LANGUAGES FOR COMMUNICATION

English, German, French, Russian



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
 www.sanatoriumart.cz

INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

ISO 9001 : 2000

CHIEF DOCTOR

Vladimír Špička, MD

THE SCOPE OF SERVICES OFFERED

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

Intra Uterine Insemination (IUI), In Vitro Fertilization (IVF), Intracytoplasmic Sperm Injection (ICSI), Surgical Sperm Retrieval (MESA, 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



Clinic for Reproductive Medicine and Gynaecology in Zlín

Nemocnice U Lomu 5, 760 01 Zlín
 Phone: +420 728 536 201
 Fax: +420577005924
 E-mail: info@crmzlin.cz
 www.crmzlin.cz

INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE:

CHIEF DOCTOR

Prof. MUDr. Ladislav Pilka DrSc.

THE SCOPE OF SERVICES OFFERED

- Ovulation induction/development and release of eggs/
- Intrauterine Insemination /IUI/
- In vitro fertilisation /IVF/
- Intracytoplasmic sperm injection /ICSI/
- Extended embryo cultivation
- Assisted hatching
- Cryopreservation and cryoembryotransfer /KET/
- Egg and sperm donation
- Preimplantation genetic diagnosis /PGD/
- MESA/TESE

LANGUAGES FOR COMMUNICATION

English, 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 Ventruba, M. D., DrSc.

THE SCOPE OF SERVICES OFFERED

- Complex infertility diagnostics and treatment
- Assisted reproduction techniques – IUI, IVF, ICSI
- Preimplantation Genetic Diagnosis (PGD)
- Cryopreservation of gametes, embryos and 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



FERTIMED s. r. o.



After more than a decade as the head of the Infertility unit at Palacky University Hospital in Olomouc, Doc. Dr. Sobek MD, decided to open a private infertility centre in 1992. Doc. Dr. Sobek has brought together a team of specialists whose common belief in patient care is putting the patient first. By housing the entire treatment centre under one roof they were able to use state-of-the-art facilities to both ensure patient comfort and maintain a high level of efficiency.

IVF SUCCESS

At Fertimed the overall pregnancy rate is higher than 35 % per embryo transfer, a consistently higher rate than the usual reports of 20 – 30%.

WHY TO BE TREATED IN CZECH REPUBLIC?

Infertility treatment in Czech Republic is on a very high level. Law regulations allow to use all ART techniques, including oocyte and sperm donation, excluding only surrogate motherhood. The price of ART procedures and medication used for the treatment is lower than in other European countries.

ASSISTED REPRODUCTIVE TECHNOLOGY

Treatment for infertility varies widely from patient to patient. Over the last several years, the variety, availability and consistency of treatment procedures have improved such that today clients are able to choose the treatment that best suits their particular diagnosis. Depending on the diagnosis, treatment may include timing of intercourse, hormonal therapy, intrauterine insemination, in vitro fertilization, embryo transfer, frozen embryo transfer, intra cytoplas-

mic sperm injection, testicular sperm aspiration, cytoplasmic transfer, preimplantation diagnostic etc.

ADVANTAGES OF THE TREATMENT IN FERTIMED

- situated only 5 minute walk from a historical center /UNESCO/ of Olomouc, 5 minutes by taxi from Railway station
- accomodation – standard cosy apartments provided for the whole stay, just accross the street
- excellent connection from London and many European cities – regular flights by Ryanair from Stansted to Brno airport (40 minutes from Fertimed) Ostrava-airport can be reached in 1 hour, Wien airport in 2,5 hours.

ASSISTED REPRODUCTION

- IVF/ICSI – no waiting lists for the treatment, not necessary to be married, low price compared to other European countries, high standard of treatment, fully qualified English speaking staff
- Egg donation – full anonymity of donors and recipients, short waiting time – finding a donor often within 1 month, high number of proved donors
- Genetic Screening in 1st. trimester of pregnancy – excluding a trisomy of 21. chromosone, high accuracy, early diagnosis.

OPERATIONS

- Hysteroscopy – diagnosis and treatment of the uterine cavity and its abnormalities
- Laparoscopy – we can arrange an operation in a neighbouring hospital, operation is performed by our clinicians
- Ultrasonographically guided transvaginal hydrolaparoscopy – provides diagnosis of tubal patency, adhesions in pelvis, endometriosis and irregularities of the uterus

All procedures (except laparoscopy) can be performed on an out-patient basis. The patient can leave on the same day or one day after the procedure.



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



CONTACT

FERTIMED s. r. o.

centrum pro léčbu neplodnosti

WWW.FERTIMED.CZ

Mobil: +420 602 178 688

Boleslavova 2

776 00 Olomouc

Česká Republika

Tel.: +420 585 221 281, 585 224 128

Fax: +420 585 221 292

1. května 863/82

725 25 Ostrava – Polanka nad Odrou

Česká Republika

Tel.: +420 596 632 149



Centrum asistované reprodukce Sanus, Hradec Králové

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

Labská Kotlina 1220, 500 02 Hradec Králové 2
Nábřeží Závodu Míru 2740, 53002 Pardubice
Tel.: +420 495 757 111
Fax: +420 495 523 427
E-mail: gynekologie@ppchc.cz
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



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



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 gynaecological-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.



Gyncentrum Ostrava – Clinic for treatment of infertility

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

INTERNATIONAL QUALITY CERTIFICATE OR OTHER REFERENCE

ISO DIN EN CSN 9001 : 2000

CHIEF DOCTOR

Pavel Čermák, M. D., Ph. D.



THE SCOPE OF SERVICES OFFERED

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

LANGUAGES FOR COMMUNICATION

English, German, Polish, Russian, Slovak





Pro Gyn Ltd.



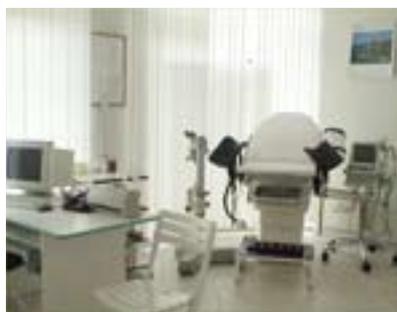
MUDr. Jana Šklíbová

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

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

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

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



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

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

The service includes:

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

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



Types of care:

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

CONTACT

PRO GYN s. r. o.
Běloveská 656
190 00 Prague 9 – Letňany

tel.: +420 286 921 019
mobile: +420 603 463 920
e-mail: sklibova@progyn.cz
www.progyn.cz





Since the year 2001 a highly specialized medical facility – Clinic of Reproductive Medicine and Gynaecology has been operating in Zlín. Its foundation was initiated by needs of the region of Zlín. The medical facility is located on the grounds of the Atlas Hospital at Tomášov.

Considering the quality of our service and introduction of the system of management corresponding to the European standard EN ISO 9001:2000 a successful certification of independent auditors of the international certification company TÜV Rheinland/Berlin-Brandenburg was performed at the beginning of the year 2003.

Since the birth of the first child after the extracorporeal fertilization 25 years have passed. The development of assisted reproduction is so dynamic that at present specialized congresses of all levels take place including world meetings in which thousands of specialists participate. It is a pleasure to claim that the Czech Republic has kept up with the world development in this respect. I can state with satisfaction that in the Center of Reproductive Medicine in Zlín some specialists, who will take care of you, initiated the development of this area in the Czech Republic.

The aim of the assistance by the reproduction is not manipulating with nature, but optimizing natural fertile ability of a couple who ask the doctor for help.

Wishing the best co-operation

*Prof. MUDr. Ladislav Pilka, DrSc.
Head of Clinic*

OUR AREA OF INTEREST

The main sphere of our work involves a comprehensive examination of infertile couples. We have put into practise techniques and methods of assisted reproduction which are available at the best European clinics. Our clinic is staffed by a conscientious team of medical professionals committed to offering the highest level of integrity and service to our patients and their physicians.

OUR SERVICES

- Complete diagnostics of infertility in couples
- Therapy of infertility, including In vitro fertilization techniques (IVF), micromanipulation (ICSI), assisted hatching (AH), extended embryo cultivation, microsurgical sperm retrieval for IVF/ICSI (MESA, TESE), preimplantation genetic diagnostics (PGD)
- Cryopreservation of gametes and embryos within the assisted reproduction program
- Use of donated gametes (sperm, oocytes) including embryo donation
- Andrological consultation with a sperm bank, insemination from partner or donor, cryopreservation of sperm in men treated for oncological disease
- Therapeutic treatment of endometriosis, hyperprolactinemia and other endocrinopathias
- Gynaecological consultation

THERAPEUTIC METHODS

- Induction (ovulation induction)
- Intrauterine insemination (IUI)
- In vitro fertilization (IVF)
- Intracytoplasmic sperm injection (ICSI)
- Extended embryo cultivation
- Assisted hatching (AH)
- Cryopreservation and Cryoembryo-transfer (KET)
- Ovum donation
- Preimplantation genetic diagnostics (PGD)
- MESA/TESE

OOCYTE AND SPERM DONATION

The wonder of a child's conception starts through fertilization by which the coupling of sperm and egg occurs.

The number of women who cannot conceive a child because their ovaries produce few or no ova (oocytes) or the created embryos do not sufficiently develop has increased. This phenomenon is found especially in women aged over 40 with whom the methods of In vitro fertilization (IVF) using their own oocytes show a limited success.

By other women inborn genetic disorder can prevent the possibility of a healthy child's birth.

For these couples only several possibilities are available

1. They decide to remain childless
2. They decide to adopt a child
3. They choose the possibility of donated egg reception

At present medicine has no other possibility.

Among very successful methods of sterility therapy by means of methods of assisted reproduction is the ovum (oocyte) donation. The oocytes retrieved from an anonymous donor are fertilized by sperm of the recipient's partner. The arisen embryos are then transferred to the recipient's (future mother) uterus.

Our clinic offers a complex programme of ovum (oocyte) donation.

A specialized team of doctors has a long time experience with the programme of oocyte donation a reaches the rate of 55-60% for successful pregnancy in one cycle.

The laws of the Czech Republic and the policy of our clinic require bilateral anonym-

ity in all cycles with donated gametes (oocytes or spermatozoa). The following pages include further information:

- A. Who is intended for the oocyte donation
- B. Information for the recipient
Therapy Guaranty + Legislation
Your questions
- C. Psychological supportive programme
Making decisions before programme entering
Psychical infertility impacts
- D. Information for the donor
On-line application form for the donor
- E. Performance Prices
- F. International Service

FOR WHOM IS OOCYTE DONATION INTENDED

Among the possibilities of sterility therapy by means of assisted reproduction methods is also oocyte donation. The oocytes retrieved from an anonymous donor are fertilized by the recipient's partner sperm and the arisen embryos are then transferred to the recipient's (future mother) uterus.

FOR WHOM IS EGG (OOCYTE) DONATION INTENDED?

Couples where the woman does not produce her own oocytes
Most frequently this group covers women with undeveloped ovaries, or women having both ovaries removed during surgery. Women affected by an early failure of ovarian function also need donated eggs.

COUPLES WHERE THE WOMAN DOES NOT PRODUCE OOCYTES OF GOOD QUALITY

In this group women repeatedly underwent a sterility therapy by means of extracorporeal fertilization by which either no ova of good quality were gained or no embryos of good

quality arose. Also older women can produce ova of lower quality which are not capable of fertilizing or the nidation of arisen embryos in uterus is impossible.

COUPLES WHERE THE WOMAN IS A CARRIER OF A HEREDITARY DISEASE

In these women the genetic examination showed a chromosomal change which could be transferred to future offspring.

In all these women the acceptance of donated oocyte is the only way of becoming a mother.

The modern method of oocyte donation is possible only thanks to women who become voluntary donors because they want to help other women to reach what they desire most – to have a child.

Since 1983 when the oocyte donation was successfully performed for the first time this method has been used in a greater extent and in connection with the development of the assisted reproduction the oocyte donation is an excellent success.

In our clinic within the oocyte donation programme the highest standards and criteria stipulated by The American Society of Reproductive Medicine (ASRM) are used.

The success rate in oocyte donation programme is about 55%–60% of pregnancies for an embryo transfer.

The risk of miscarriage in the oocyte donation programme is about 10–15%, The number of extrauterine pregnancies is about 1.2%. The number of multiple pregnancies is about 20%. In our clinic 1–2 embryos are usually inserted.

CONTACT

**KLINIKA REPRODUKČNÍ
MEDICÍNY A GYNEKOLOGIE
U Lomu 638
760 01 Zlín**

FAX: +420 577 005 924

**Nonstop contact:
+420 605 464 119**

**PHONE:
+ 420 577 005 911
+ 420 577 005 910**

**WEB: www.crmzlin.cz
E-MAIL: info@crmzlin.cz**

Dr. Therese Eidova Gynaecology-obstetric

CLINIC:

Ruzyňská 26
Prague 6

Tel.: 235 313 661
235 313 287

E-mail: eidova@seznam.cz



Sanatorium Pronatal

Na Dlouhé Mezi 4/12, Prague 4
Tel.: +420 2617 11606
Fax: +420 2617 11585
E-mail: pronatal@mbox.vol.cz
www.pronatal.cz



**INTERNATIONAL QUALITY CERTIFICATE
OR OTHER REFERENCE**
ISO 9001 (certified by LGA InterCert Nürnberg)
ISO 17025 (accredited by DAP Berlin)

CHIEF DOCTOR
Ass. Prof. Tonko Mardesic PhD.

THE SCOPE OF SERVICES OFFERED
complex diagnosis and treatment of infertility including endoscopy and fertility promoting surgery
hormonal disturbances diagnosis and therapy (in-house ISO accredited hormonal laboratory)
ovulation induction and intrauterine insemination including donor sperm (AIH, AID)
in vitro fertilization including:
ICSI, blastocyst culture and transfer, assisted hatching
freezing of sperm, oocytes and embryos
egg donation programme, embryo donation, sperm donation
microsurgical epididymal sperm aspiration (MESA) and microsurgical 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 accommodation for patients

LANGUAGE FOR COMMUNICATION
English, German, Croatian, Russian

Jakou pomoc zvolit v klimakteriu?

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

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

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



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

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

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

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

**Své dotazy můžete také diskrétně zasílat na e-mail: poradna@vegall.cz
Internetové stránky: www.vegall.cz**

Private Plastic Surgery Centre of South Bohemia

SANATORIUM
ČESKÉ BUDĚJOVICE



Eva Šteflová MD

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

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

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

OPERATIONS OF MANIFESTATIONS OF AGING

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

OPERATIONS OF INNATE OR TRAUMATOGENIC VARIATIONS

- corrective operation of nose, chin, auricles and lips

OPERATIONS IMPROVING THE BODY RELIEF

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

CORRECTION OF THE PARTIAL LOSS OF HAIR

- transplant of own hair

REMOVAL OF CUTANEOUS AND SUBCUTANEOUS FORMATIONS



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

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

Operating performances are carried out under local 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



MUDr. Ludmila Šulcová

STUDIES AND POSTGRADUATE EDUCATION

1987–1993 Charles University Second Medical Faculty, Prague, graduation 7. 7. 1993

First-degree specialist postgraduate diploma in surgery 1997

Assignment to plastic surgery 1997, follow-up specialist postgraduate diploma in plastic surgery 11. 12. 2003

ATTACHMENTS AND COURSES

- 1990 Oncology Clinic, University Hospital, Heidelberg, Germany
- 1991 Ear, Nose, Throat and Facial Surgery, University Hospital, Heidelberg, Germany
- 1993 to present active participation at the annual Czech and Slovak Plastic Surgery Association scientific conference
- 1994 to 2003 participant in various postgraduate courses on the issues surrounding aesthetic plastic surgery, including modern techniques (facelifts and complementary procedures, blepharoplasty, aesthetic contouring of the facial skeleton, rhinoplasty, body contouring, breast reconstruction, aesthetic breast surgery – modelling, reduction and augmentation, use of a laser in aesthetic plastic surgery, endoscopy in aesthetic plastic surgery, hair restoration and transplantation) organized in the Czech Republic
- 1998 Injury Surgery and Hand Surgery Clinic, Zittau Hospital, Germany – Prof. Dr. Med. Pollack
- 1999–2000 Postgraduate Healthcare Education Institute, Plastic Surgery Clinic, Bulovka Faculty Hospital
- 2002 Plastic Surgery Department, Plzeň Faculty Hospital – 6-month attachment
- 2002, 2003 Plastic Surgery Clinic, St. Anne's Hospital, Brno – 4-month attachment
- 2003 Plastic Surgery Clinic, Královské Vinohrady Faculty Hospital, Prague 10 – 8-month attachment

OTHER SKILLS

Languages: German, Russian, English
PC user

Passenger car driving licence

EMPLOYED

- 1. 9. 1993–30. 1. 1994
House Physician, Jilemnice Hospital, Anaesthesiology-Resuscitation Dept.
- 1. 2. 1994–31. 12. 1996
House Physician, Plastic Surgery Institute, Vysoké nad Jizerou – doc. Dlabal CSc.
- 1. 1. 1997–28. 2. 1997
House Physician, Neratovice Hospital, Surgery Dept.
- 1. 3. 1997–31. 7. 1997
House Physician, Semily Hospital and Polyclinic Surgery Dept.
- 1. 8. 1997–31. 12. 1998
House Physician, Královské Vinohrady Faculty Hospital, Prague, Burns Clinic – prof. Königová
- 1. 1. 1999–08. 09. 2004
House Physician, Na Homolce Hospital, Prague, Cosmetic Surgery Dept. – Head Physician Fáhoun DrSc, Head Physician Hlava CSc.
- 8. 9. 2004–present
doctor working independently in the field of plastic surgery – Na Homolce Hospital, Prague, Surgery Dept.
- 1. 9. 2004–present
private practice with licence to perform plastic surgery

PROFESSIONAL SOCIAL ACTIVITIES

Since 1993 member of the J. E. Purkyně Czech Medical Association and the Medical Doctors Association in Prague (Plastic Surgery Professional Association)

SCIENTIFIC RESEARCH

1. Evaluation and significance of pre-hospital treatment for burn trauma – Kolářová, Šulcová – lecture at the 1997 Congress on Burn Treatment, Hradec Králové, 1998 – Burns and Urgent Medical Treatment Clinic Days, Opava – „Dostál Days“
2. The psychosomatic effects of post-operational complications on plastic and aesthetic surgery clients – 2005 lecture – International Congress, Rožnov pod Radhoštěm

Plastic surgery of things reasonable solve the problem with overhanging belly

MUDr. Ludmila Šulcová

Tummy tuck, then abdominoplasty underlie through many dangers discussion women and men.

Belly and his form time and life turns, near women have great impact and pregnancy namely how number so and increase in weight. Separate chapter are then people that the attained big decrease his yoke namely how lowering diet, so with the help of doctors.

Tummy tuck like surgical achievement smoothing – out dermatic surplus in the area abdomen, at the same time also and distance direct ventral muscle. Surplus leather rises scores of time near women post partum, especially repeated, when during pregnancy is leather abdomen subject enormous pressure in plant fruit so, that the and cracks and rise change cicatricula, later whitish, that have already will never forbear. Elasticity leather so more and more diminishes. Range these conclusive changes is very particular. Alike is that and in second case that the be identical for both sexes namely problems with obesity. Fatty cell are present not only in subcutis, but also inside enterocoele and there everywhere oil saves. Happens so and to rise cracks in leather and resulting cicatricula. After bigger waste on weight then leather stays pulled out, sometimes and like pinafore. These changes have then unfavourable impact on psyche and implicate and pressure practical nature, namely purchase clothes and adjustment dress. These problems it is possible remove plastic operation her range designating face – lifter distributively after agreement with inmate.

Operation does in general anesthesia and lasts 2 as far as 3 o'clock. Cut is led post mostly in underbelly to the as regards so, to was possible scar drown underlinen. O other placing cut and resulting stigmata is inmate well – informed at tuition with plastic surgeon, is namely sometimes necessary opt for other placing cut subsequently as well as stigmata sometimes as well as other resulting form cut. Leather is slack and with subcutis from offscourings and pulled out down and her surplus displaced. Follows suture

bumps and her lap dressing. At distance direct ventral muscle is effected his suture in middle line.

I this operation succumbed along story development and were to be found optimal manners for inmate and opera – tera.

Inmate after operation have to several times per day go several steps (prevention embolism) otherwise poisons first 2 days on bed. Necessity abidance in hospital care designating doctor, advise 2 days and next ambulatory verification designates doctor at sacking to the native attendance. Stitches are displaced usually 10. 14. the day after operation. After operation advise 1 month carry elastic zone that the this region saves and relieves healing.

Advise 6 weeks effortless and advise lasting wear elastic zone. Scar after operation step by step fades and quality stigmata depends on individual healing inmate.

Complication are common – bleeding and infection. To complications, at what it is necessary warn also pertains possibility production so – called exudation – acts about phenomenon, when in some cases, especially at stronger layer subcutaneous oil rises among muscular layer and subcutis exudation totalled telary moquette, in conjunction with remnants blood and withered fatty sentinel node, which are melted telary enzymes. This exudation is then necessary repeatedly leak, other aftermath here aren't.

Is necessary careful pre – operative investigation and observance of all hints doctor. Diversification complication try restrict to minimum exclusion of all circumstance that the this aid. Qualities stigmata depend upon particular healing, is however quite self-evident, that the and about stigmata after operation takes care operator in conjunction with inmate.

Tummy tuck will prove espressivo assist in women e. g. with so much problem as is purchase costume or skirt and trousers one's sizes and doesn't need to then subsequently solve the problem, that the light jacket or tunic has other size before skirt or trousers.



MUDr. Ludmila Šulcová - Hejnalová

PLASTICKÁ CHIRURGIE
Ludmila Šulcová-Hejnalová
Londýnská 39,
120 00 Praha 2

mobil: +420 605 988 676
e-mail: info@sulcova.cz
www.plasticka-chirurgie-sulcova.cz

Prague Plastic Surgery

MUDr. Tomas Dolezal

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



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

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

- FACELIFT
- NOSE RESHAPING
- EYELID SURGERY
- EAR OPERATIONS
- BREAST AUGMENTATION
- BREAST LIFT
- BREAST REDUCTION
- FOREHEAD LIFT
- LIPOSUCTION
- TUMMY-TUCK
- HAIR TRANSPLANTATION

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



pital 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
www.plastikapraha.cz



GHO

GHO

HLAVA

PETRA CLINIC

Aesthetic and laser centre

PAINLESS LIPOSUCTION | SKIN REJUVENATION – PHOTOREJUVENATION | LASER-GEL MASKS BODYSTAT
CELLULITE TREATMENT | PERMANENT DEPILATION

Radiofrequency painless liposuction by device "Accent"

Esteemed Ladies but also Gentleman, I would like to introduce here to You a method and principles of a painless liposuction process by radiofrequency wave technique with device called "ACCENT", whereby we move our clients closer to their dreamed-of figure.

This unique method builds on basis of radiofrequency wave, while the wave penetrates into hypodermis, approx. 3cm deep and there it catches itself in adipose tissue which it dissolves. Dissolved fat is subsequently dislodged from cellule during the following 6-7 weeks through liver out of body. An advantage of this procedure is that it doesn't induce a separation of skin and adipose cellule. Whereas bipolar head of device ACCENT activates collagen fibres and thus it rejuvenates the skin as a whole.

The process of radiofrequency liposuction which we offer in our office to clients is entirely painless surgery whereat only head of device touches the treated location and invokes a sense of heat. Intensity of thermal radiation is regulated by the needs of a customer. The surgery lasts from 30 to 120 minutes according to a size and type of the treated area. Before this procedure we analyse the constitution of client's body – the amount of muscular tissue, fat and water.

We make the same analysis after a series of treatment.

Together with professional approach the post-surgery care is also important. Therefore we offer our clients post-surgery complete consultancy in the field of nutrition, exercise and many other approaches to clear an undesirable fats. We are in contact with our clients after a surgery and we consult their board or recommend the optimal training activities.

Ladies and Gentleman, if You are not decided or just hesitate about undergoing the painless radiofrequency liposuction then please, contact us. We will be glad to offer You a term of free consultation.

Besides painless liposuction mentioned above, within our Aesthetic and Laser centre Petra Clinic we offer to clients permanent depilation, rejuvenation – Photorejuvenation, laser-gel masks, body stat, cellulite treatment and others.

Yours Petra Řehořková



Order: 603 55 11 66

www.petraclinic.cz | www.bezbolestna-liposukce.cz

Palác Ligna (pasáž Světozor), Vodičkova 791/41
Praha 1, Nové Město



The welcome help



Dr. Walter Linzer

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

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

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

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

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

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

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

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

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

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

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



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

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



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

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

AND WHAT ABOUT THE CLIENTS' TOTAL CONTENTMENT?

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

WHOM YOU DON'T RECOMMEND THIS SURGICAL INTERVENTION TO?

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

WHO MAKES UP THEIR MIND ABOUT THIS SURGICAL INTERVENTION MOSTLY?

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





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

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

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

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

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

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

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

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

THANKS FOR THE TALK

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

CONTACT

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

REPROMEDA