



SLOVENIA
MEDICAL

More than one reason to visit.



Welcome to the land of health

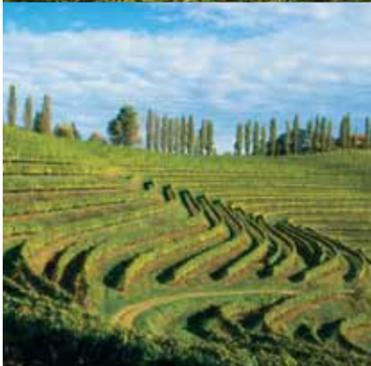
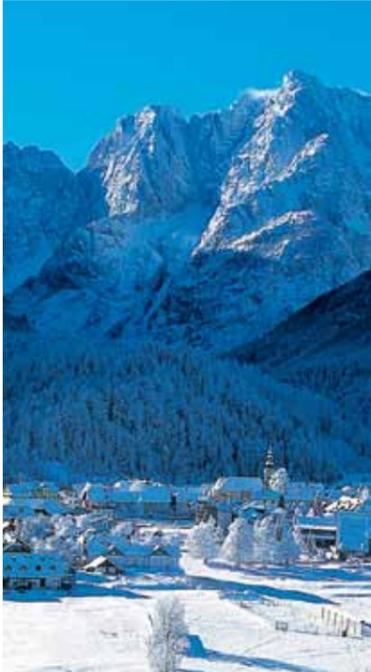
In the heart of Europe, there is a small country with only 20,273km² called Slovenia. It is the only European country to combine the Alps, the Mediterranean, the Pannonian Plain and the Karst. Thus, in the same day, you can ski on the white mountain slopes, swim in the Adriatic Sea, explore the secrets of the Karst caves, and cycle the vast green plains.

Slovenia is also called “the green country”, since it is the third most extensively forested country in Europe, as well as one of the most water-rich European countries. The diverse geography and the pristine nature enable a varied offer of sporting activities, which are extremely important for maintaining health. From skiing, horseback riding, hiking, mountaineering, sport climbing, cycling and swimming, to playing golf on beautiful golf courses. Did you know that Slovenia is one of the countries with a remarkable number of top athletes?

Another natural feature providing relaxation, pampering, and health is thermal and mineral springs. Certified natural spas will provide you with a comprehensive view of health, top medical services, as well as innovative forms of preventive and alternative health and beauty programmes.

Slovenia indeed is a land of health. In a land where natural wealth meets top medical services, health is closer than ever. Slovene medical institutions are modern, renowned and respected. Treatment methods are continuously improving. The institutions systematically focus on research and education. Only the right foundations ensure the highest treatment quality: complete focus on the patient, state-of-the-art medical equipment, and top medical experts able to handle even the most challenging surgical procedures.

So, welcome to the land of health, where, thanks to a comprehensive offer and excellent organization at affordable prices, you will receive an abundance of health in all forms provided by the natural resources of this wonderful country. With a little help of human hands, of course.





About **Slovenia Medical**

The “SLOVENIA MEDICAL” common brand unites centres of excellence in medical services throughout Slovenia:

- University Clinic of Pulmonary and Allergic Diseases Golnik,
- University Clinical Centre Maribor,
- University Rehabilitation Institute Soča,
- Orthopaedic Hospital Valdoltra,
- Terme Krka spa,
- Medical Center Rogaška.

United, we can provide patients with a simple and quality path to solving medical problems: quality diagnostic and detection medical services, surgical procedures, treatment, and rehabilitation. Our common objective is the promotion of our excellent and quality medical services and programmes, with a focus on the points that differentiate us from one another.

Performing medical services in Slovenia is safe, since Slovenia is a safe country in the heart of Europe, and our doctors are renowned throughout the world. They acquire their knowledge in cooperation with medical institutions from all over the world. Slovene medical centres feature state-of-the-art medical equipment, as well as an individual approach to patients in terms of treatment procedures, and a team approach in terms of specialist treatment. This allows us to achieve optimal results.

After the procedure, we provide you with superior rehabilitation services. Slovenia boasts excellent natural resources with proven medicinal effects, which are diligently used to aid in the treatment of specific medical conditions.

You can reach us by telephone or write to us via e-mail. We will be happy to provide you with all the necessary information. Furthermore, a specialized travel agency will make sure your medical trip to Slovenia goes smoothly.

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UNIVERSITY CLINIC OF PULMONARY AND ALLERGIC DISEASES **GOLNIK**

University Clinic of Pulmonary and Allergic Diseases Golnik is a top quality institution for the diagnostics and treatment of patients with pulmonary, allergic and other internal diseases. It is renowned for its excellence in the fields of hospital patient and outpatient treatment.

Pulmonary services

Our main activity is studying, preventing and treating pulmonary and respiratory diseases. We treat patients with the most diagnostically and therapeutically challenging lung problems.

We treat the following most common pulmonary diseases:

- *asthma,*
- *dispnea,*
- *cough,*
- *COPD – chronic obstructive pulmonary disease,*
- *interstitial lung diseases,*
- *pulmonary vascular disease,*
- *cystic fibrosis,*
- *lung infection,*
- *sarcoidosis,*
- *asbestos disease.*

Allergology services

For over a decade, we have come to realize that every third person suffers from an allergic disease. We treat allergies from the internist point of view, for we are aware of the fact that each allergy process involves the immune system connecting the entire body through its response to environmental substances.

We treat the following allergic diseases:

- *allergies,*
- *urticaria,*
- *allergies to insect bites,*
- *allergies to medicines,*
- *food allergies,*
- *allergic bronchioloalveolitis,*
- *anaphylaxis,*
- *angioedema,*
- *atopic dermatitis,*
- *contact dermatitis,*
- *rhinoconjunctivitis.*

Tuberculosis treatment

Tuberculosis is a chronic infectious disease which mostly affects the lungs, but it may also affect other organs. If detected on time and treated properly, the disease is completely curable. Golnik has a special, partially closed section dedicated to hospital treatment of tuberculosis patients with a limited entry and exit due to the safety measures for infectious tuberculosis patient isolation. We provide modern tuberculosis diagnostics and treatment with state-of-the-art anti-tuberculosis drugs in fixed combinations.

Oncology services

In particular, we deal with primary lung and pleural cancer treatment. First, we diagnose the cancer type and determine its stage with the use of imaging diagnostics. However, a precise diagnosis of malignant diseases requires invasive diagnostics. The treatment method is determined for each patient individually.

Our oncology services include:

- *respiratory endoscopy,*
- *surgical oncology,*
- *chemotherapy,*
- *radiotherapy, and*
- *palliative oncology.*

Intensive therapy

Our Department of Intensive Therapy and Care performs complete invasive and non-invasive monitoring of vital functions, by using state-of-the-art ventilation methods. The main causes of artificial ventilation are COPD, ARDS, and extensive pneumonia. In the recent years, the Department has dealt in depth with the issues of respiratory insufficiency in connective tissue diseases, pulmonary hypertension, pulmonary embolism, and chronic thromboembolic pulmonary disease.

Palliative services

Palliative care was developed with a view to improving the overall support to patients with chronic, incurable illnesses. It provides active assistance to terminally ill patients and their families faced with different emotions such as fear of pain, tests and treatment, anger, and concern for the loved ones.

At the KOPA – Golnik Hospital, in addition to clinical, we also perform research and educational activities. As a tertiary and research institution, we create new knowledge particularly in the fields of pulmonary and allergic diseases. We are a learning base for medical and pharmaceutical students, nurses, health technicians, and laboratory workers.

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University clinic Golnik

University clinic of
Pulmonary and allergic
diseases

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University Clinical Centre (UCC) Maribor is a public health institution engaged in medical activities at the secondary and tertiary levels, as well as educational and research activities. The hospital bears the title of a teaching hospital, since it represents a learning base for secondary school, junior college, college, and university students. UCC Maribor cooperates closely with other clinics in Slovenia and abroad, as well as with numerous Slovene spas (Radenci, Rogaska Slatina, Laško, Topolšica, Dobrna, etc.).

UNIVERSITY CLINICAL CENTRE **MARIBOR**

UCC Maribor is a world-class institution with four clinics and individual clinical departments.

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Surgical Clinic

Departments:

- *General Surgery,*
- *Cardiac Surgery,*
- *Vascular Surgery,*
- *Traumatology,*
- *Plastic and Reconstructive Surgery,*
- *Orthopaedics,*
- *Urology,*
- *Thoracic Surgery,*
- *Children's Surgery, and*
- *Department of Anaesthesiology, Intensive Therapy and Pain Therapy.*

Clinic of Internal Medicine

Departments:

- *Gastroenterology with Endoscopy, Rheumatology and Immunology,*
- *Nephrology,*
- *Haemodialysis,*
- *Cardiology and Angiology,*
- *Endocrinology and Diabetology,*
- *Haematology and Haematological Oncology,*
- *Internal Intensive Medicine,*
- *Internal First Aid, and*
- *Department of Nuclear Medicine.*

Clinic of Gynaecology and Perinatology

Departments:

- *General Gynaecology and Gynaecological Urology,*
- *Reproductive Medicine and Gynaecological Endocrinology,*
- *Gynaecological Oncology and Breast Oncology,*
- *Perinatology with Neonatology, and*
- *Laboratory for Cytodiagnostics and Medical Genetics.*

Clinic of Pediatrics

Department units:

- *Neurology,*
- *Pedopsychiatry,*
- *Pulmonology and Immunology,*
- *Gastroenterology and Nutrition,*
- *Infant Unit,*
- *Cardiology,*
- *Haematology,*
- *Endocrinology,*
- *Nephrology,*
- *Radiology,*
- *Intensive Care and Therapy Unit.*

Common medical services

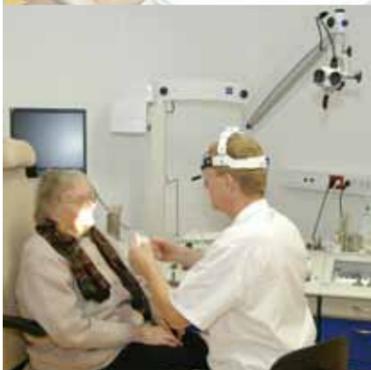
Common medical services include:

- *Laboratory,*
- *Centre of Transfusion Medicine,*
- *Radiology Department,*
- *Pathology Department,*
- *Central Pharmacy, and*
- *Scientific and Research Department.*

Other independent medical departments:

- *Department of Otorhinolaryngology, Cervical and Maxillofacial Surgery,*
- *Department of Eye Diseases,*
- *Neurology Department,*
- *Department of Skin and Venereal Diseases,*
- *Department of Infectious Diseases and Febrile Illnesses,*
- *Department of Pulmonary Diseases,*
- *Psychiatric Department.*

We treat increasingly more complex cases and perform numerous challenging diagnostic and therapeutic procedures, as medicine is becoming increasingly interdisciplinary. Along with medicine, we are also developing other areas of expertise, not forgetting our scientific and research, and our educational work.



University clinical Centre maribor

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Orthopaedic Hospital Valdoltra has a rich one-hundred-year tradition. It was established in the distant year of 1909. It is located on 17,530m² of surface area in a peaceful and beautiful part of the Adriatic coast between Koper and Trieste, covered in grapevines and olive trees, and imbued with the energy of the sun and the sea, the summer mistral wind and the winter bora wind. Today, we are an orthopaedic centre with modern diagnostics and therapy

ORTHOPAEDIC HOSPITAL VALDOLTRA

(magnetic resonance, computed tomography, modern operating theatres, arthroscopy with laser technology) in continuous contact with orthopaedic centres in Slovenia and throughout the world.

Orthopaedic Hospital Valdoltra is a specialist hospital for the treatment of diseases and injuries of the locomotor apparatus, with a special focus on:

- *arthroplasty,*
- *children's orthopaedics,*
- *diseases and deformities of the spine,*
- *endoscopy and sports traumatism,*
- *musculoskeletal tuberculosis, and*
- *septic orthopaedic surgery.*



The hospital is an internationally acclaimed institution with modern diagnostics and therapy.

We perform:

- *large joint surgery (hip, knee, shoulder, elbow, etc.),*
- *arthroscopic procedures with laser technology (knee, collateral ligaments, shoulder),*
- *spinal surgery (spondylosis, cifosis, spinal fusion, etc.),*
- *diagnostics (CT scan, MRI, laboratory).*

Outpatient treatment covers the Orthopaedic Clinic, Anesthesiology Preoperative Clinic, and Neurophysiology Clinic – EMG.ambulanto – EMG.

Surgical treatment

- *Joint endoprosthesis (hip, knee, ankle, shoulder, etc.)*
- *Spinal surgery (spinal disc herniation, spinal canal stenosis, spinal deformities)*
- *Arthroscopic surgery (ligaments, cartilage, meniscus, joint capsules)*
- *Foot surgery (Hallux valgus and other foot deformities)*
- *Osteosynthetic material removal*

Non-surgical (conservative) treatment

- *Physiotherapy*
- *Medicament – pain-relief therapy*

Imaging diagnostics

- *Magnetic resonance (MR)*
- *Computerized tomography (CT)*
- *Classical X-ray imaging*
- *Ultrasound diagnostics*

Special emphasis is given to the interdisciplinary treatment of each patient. Each individual is treated by a medical team composed of experts of different profiles: a doctor, clinical pharmacist, nurse, physiotherapist, dietitian, if necessary, strongly supported by specialists in radiology, laboratory medicine and anesthesiology.

Orthopaedic Hospital Valdoltra ensures high-quality services and puts high ethical values as well as meeting patient requirements, needs and expectations first. By continuously improving the quality of our services and effectively investing in the development of human resources and technological equipment, we provide the highest level of medical treatment and patient care, based on cutting-edge diagnostic methods, conservative and surgical treatment, and orthopaedic medical care.

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Orthopaedic hospital
valdoltra

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The Soča University Rehabilitation Institute of The Republic of Slovenia is the most important Slovene medical institution providing comprehensive medical, psychosocial and professional rehabilitation for adults and children with defects of the central and peripheral nervous system, movement-related structures and functions, as well as patients with chronic pain and cancer.

UNIVERSITY REHABILITATION INSTITUTE OF THE REPUBLIC OF SLOVENIA **SOČA**

Our mission is to provide top medical care and ensure the well-being of patients taken care of by friendly and highly qualified staff.

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The main fields of operation of the Soča University Rehabilitation Institute are:

- *comprehensive rehabilitation of adults and children,*
- *manufacture and advice in selecting technical aids for people with various defects and limitations.*

Comprehensive rehabilitation of adults and children

Comprehensive rehabilitation of adults and children includes several sets of programmes dealing with patients with the following pathologies:

- *accidental brain injury,*
- *cerebral palsy,*
- *myelomeningocele,*
- *acquired spinal cord damage,*
- *other diseases of the central nervous system,*
- *peripheral nervous system disorders,*
- *muscular and neuromuscular diseases,*
- *congenital and acquired amputations,*
- *joint and skeletal system injuries and disorders.*

Our Diagnostics Department with its state-of-the-art equipment provides specialist consults, assessment and diagnostics:

- *specialist consults,*
- *assessment and diagnostics of movement (kinesiology diagnostics – walk, posture and balance measurements, isokinetic dynamometry) and movement-related structures (US of the muscular and skeletal system),*
- *neurophysiological (EMG, EEG, SEP, MEP, sensorimetry) and internal functional diagnostics (identification of peripheral vascular disease or venous disorders, stress testing, ergospirometry, cardiovascular ultrasound, and respiratory function testing),*
- *diagnostics and treatment of spasticity and pain,*
- *diagnostics of sacral functions, and*
- *psychological diagnostics and treatment.*



**University rehabilitation
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slovenia - Soča**

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The advantage of rehabilitation at the Soča University Rehabilitation Institute is the comprehensive treatment of patients in multi-disciplinary teams. Based on their findings, doctors with different specializations, physical therapists, nurses, occupational therapists, social workers, psychologists, speech therapists, psychotherapists, bachelors of engineering in orthotics and prosthetics, as well as other experts in cooperation define the short- and long-term goals, and programme of rehabilitation. The rehabilitation programme is carried out by highly trained professionals using state-of-the-art technological equipment. The technological equipment of the University Rehabilitation Institute is partly based on robotics developed at our own research centre or purchased from the most established global manufacturers.

Rehabilitation engineering

Our rehabilitation engineering services include providing patients with technical aids and technological solutions (information, demonstration, testing, individual manufacture, adjustment, application, learning, verifying), in order to improve their functioning and integration in the social environment.

At the IRIS Home – a demo apartment, various aids and technological solutions can be seen and tested, which help patients achieve independent and safe living in their home environment. The IRIS Home is also equipped with state-of-the-art communication technology adapted to different types and levels of disability.

We also assess and perform the necessary individual adjustments of computer peripherals for people with severe disabilities, thereby training them in the modern methods of communication, education, work, and remote care using electronic media.

Our experts advise patients on the necessary conversions of their dwellings, and on the use of the necessary equipment – state-of-the-art technology – in the patient's home environment. Our Seating Technology Department manufactures, converts and adapts wheelchair seating systems for people with severe physical deformities. We use computer technology in manufacture (CAD-CAM system, sitting pressure measurement).



TERME KRKA

Terme Krka is a reputable company enjoying the confidence of guests due to its high quality standards, professional services, and a personal relationship with guests. We are distinguished by our long tradition, unique thermal water with proven medicinal effects, a team of top Slovene specialists for preventive examinations and programmes, as well as treatment programmes under 24-hour medical supervision.

The Terme Krka spa also offers a comprehensive range of wellness services in one place, including aesthetic procedures and medically based weight loss programmes.

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RENOWNED EUROPEAN SPAS

TERME DOLENJSKE TOPLICE

Indication areas:

- conditions after injuries and surgeries of the locomotor system with functional impairments,
- rheumatic diseases of the locomotor system,
- conditions after reproductive tract and breast surgery,
- osteoporosis.

Specialist diagnostics:

- physical and rehabilitation medicine,
- orthopaedics,
- neurosurgery,
- rheumatology,
- densitometry (osteoporosis),
- EMG (investigations of the peripheral nervous system and muscles),
- sports injuries,
- ultrasound of the locomotor system.

TERME ŠMARJEŠKE TOPLICE

Indication areas:

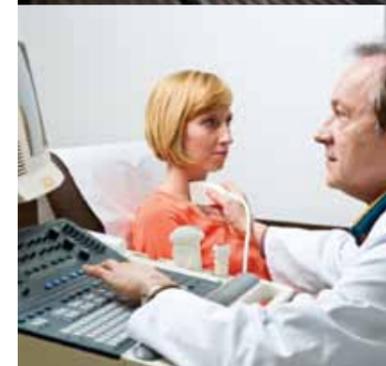
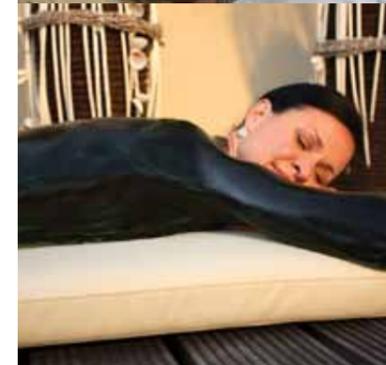
- cardiovascular disease,
- diseases and injuries of the locomotor system,
- diseases of the central and peripheral nervous system.

Specialist diagnostics:

- cardiology,
- physical and rehabilitation medicine,
- gynaecology,
- neurology,
- orthopaedics,
- dermatology,
- urology,
- gastroenterology,
- psychiatry,
- ultrasound tests,
- sports injuries,
- managers' check-ups.

medicinski wellness:

- healthy weight loss and detoxification.



Terme Krka

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More than one reason to visit



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TALASO STRUNJAN

Indication areas:

- *degenerative rheumatic diseases of the spine and joints,*
- *conditions after surgeries on the locomotor system,*
- *respiratory disease,*
- *chronic skin dermatosis.*

Specialist diagnostics:

- *physical and rehabilitation medicine,*
- *orthopaedics,*
- *cardiology,*
- *gynaecology,*
- *ultrasound tests,*
- *managers' check-ups.*

PHYSIOTHERAPY

With state-of-the-art physiotherapy methods, our expert team of top physical therapists helps patients establish and improve their mental and physical abilities and capacities. Our offer includes kinesiology, electrotherapy, hydrotherapy, heat therapy, mechano-therapy, biofeedback, magnetic therapy, Tecar, etc.

TOP RELAXATION CENTRES AND SPAS

WELLNESS CENTER BALNEA at Terme Dolenjske Toplice

Provides facial and body care services with superior quality cosmetics, micro-current body-shaping programmes, and programmes and services for couples, complemented by a varied selection of saunas, swimming pools, baths and massages. For effective results, safe cosmetic procedures are available – from Botox to facelift.

WELLNESS CENTER VITARIUM SPA&CLINIQUE at Terme Šmarješke Toplice

Impresses with excellent facial and body care services, massages, saunas, indoor and outdoor swimming pools, and the famous wooden pool installed above a thermal spring.

TALASO CENTER SALIA at Talaso Strunjan

Our wellness programmes are inextricably connected with sea water, sea mud, algae, and sea salt from the nearby salt flats. Thalassotherapy in the heart of the seaside regional park provides relaxation and relief, rendering the body with strength and beauty.



ROGAŠKA SLATINA

Rogaška Slatina is distinguished by its four-hundred-year tradition, healing springs of the globally renowned and recognized mineral water Donat Mg, a leading medical centre, and a clean natural environment, peace, and hospitality of the local people.

At Medical Center Rogaška, which is the foundation of the spa offer in Rogaška Slatina, the health of our guests lies in the hands of leading and renowned experts: specialists in gastroenterology, cardiologists, internists, dermatologists, urologists, orthopaedists, specialists in physical and rehabilitation medicine, aesthetic plastic surgeons, vascular surgeons, nurses, and masseurs. Their work is supported by unique natural resources and state-of-the-art equipment.

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Rehabilitation of gastroenterological patients

Medical Center Rogaška provides the services of rehabilitation of gastroenterological patients. Indication areas:

- *esophageal diseases,*
- *gastric and duodenal diseases,*
- *diseases of the small and large intestines,*
- *liver diseases,*
- *pancreatic diseases,*
- *metabolic diseases,*
- *malignancy of the digestive system.*

Specialist clinics and diagnostics

Our highly trained professional team carries out examinations at our specialist clinics with state-of-the-art diagnostic equipment that provides accurate results and effective treatment. The wide range of specialist clinics enables a comprehensive examination of the body and ensures its health.

Areas:

- *gastroenterology,*
- *cardiology,*
- *urology,*
- *orthopaedics,*
- *physiotherapy,*
- *ultrasound and X-ray.*

Beauty – around us, within us and on us

With their capable hands and state-of-the-art procedures, equipment and devices, the doctors at Medical Center Rogaška will provide you with an attractive and youthful appearance even in a mature age.

Our offer includes numerous methods and procedures, such as:

- *aesthetic dermatology,*
- *aesthetic plastic surgery,*
- *hand surgery, and*
- *vascular surgery.*

Balneology – a natural wonder

Balneology is a science studying the methods of treatment using natural remedies, such as natural healing springs and healing mud wraps.

The Medical Centre Rogaška offers over one hundred balneology therapies:

- *drinking Donat Mg mineral water at the spring,*
- *hydrotherapy: mineral and other baths, and*
- *heat therapy: mud and other wraps.*





Physiotherapy – a healing energy

The achievements of physics and movement under professional supervision are an excellent combination that helps to maintain or restore health. Experienced physical therapists perform various types of physiotherapy: kinesiotherapy, electrotherapy, magnetic therapy, heat therapy, mechano-therapy and inhalation therapy. Physiotherapy methods affect the pain, skeletal, nervous, muscular, blood, lymph and respiratory systems.

Acupuncture – achieving health through health points

Acupuncture is an ancient science of healing various diseases through a holistic approach, treating man as an emotional, psychological and physical being. It is based on the understanding that diseases are caused by an imbalance of energy in the body. The balance of the life energy flow through the body can be restored by stimulating the acupuncture points, which is normally carried out by inserting needles at specific points of the body, but can also be carried out by electric impulses, laser, warmed dry wormwood, or vacuum massage.

The healing power of the Donat Mg mineral water

Donat Mg is one of the waters with the highest magnesium content in the world. The very high concentration of magnesium and other minerals gives the water such healing powers that it has been used medicinally for many years for relieving numerous health problems.

The effects of Donat Mg on health:

- *successfully aids in the treatment of gastrointestinal and endocrine disorders: gastrointestinal disorders, liver, biliary, pancreatic, nervous system, and cardiovascular diseases,*
- *relieves heartburn and neutralizes stomach acid,*
- *relieves constipation and is an excellent laxative,*
- *reduces the risk of kidney stones,*
- *reduces the level of uric acid,*
- *improves the metabolism and helps burn fat,*
- *reduces the cholesterol level,*
- *effectively regulates blood sugar and high blood pressure,*
- *prevents heart rhythm disturbances,*
- *prevents muscle spasms,*
- *compensates for a lack of magnesium, which helps in overcoming stress, mental and physical strain, the results of alcohol abuse, and unbalanced diets,*
- *helps prevent osteoporosis.*

More than one reason to visit



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