



PANORAMIC VIEW OF EUROPE. DIAGNOSTIC CENTER BLED, SLOVENIA

MEDICAL TREATMENTS

BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe
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WHY

MEDICAL PROGRAMMES IN DC BLED

WELL - BEING BENEATH THE PEAKS OF THE ALPS



Diagnostic centre Bled is the first and largest private medical institution in Slovenia with state-of-the-art equipment. It was established in 1992 and more than 25,000 examinations are carried out every year.

Various kinds of diagnostic examinations are carried out in our centre. A person's medical condition is thoroughly examined and established through different specialist examinations. This enables us to make a diagnosis in the shortest possible time and on the basis of all the required examinations. Following a quick and exact diagnosis the patient may return home or be sent to hospital for further treatment or surgery if it is deemed necessary. With such a wholesome and professional approach to solving patient's problems, the road to health is quicker and the chances of regaining one's health much greater.

Specialist diagnostic examination includes detailed medical examination after the general practitioner (or another specialist) has already established the possible cause of the individual's problems. Patients who are experiencing problems that could not be explained elsewhere are often referred to our centre. Undivided attention is given to every patient and targeted examinations are applied in order to establish the final diagnosis on the basis of the wide spectrum of examinations performed in our centre. Diagnostic examinations can take one, two or three days. Patient accommodation is provided in excellent hotels in Bled; if required, a 24-hour professional medical escort is also available.

Patients at the Diagnostic centre Bled are looked after by top medical professionals. Specialist doctors can conduct an introductory conversation about the patient's problems as well as a more comprehensive discussion about the diagnosis. The work of our professionals is rewarded by their patients' satisfaction who love to come back and thereby confirm the excellence of our services. Diagnostic centre Bled is its people, its employees. The relationship with our patients is based on a personal approach, individual treatment, friendliness, warmth and complaisance; for these reasons the atmosphere in our centre is very pleasant and unlike a typical hospital.

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DC BLED, SLOVENIA

COMPLETE GASTROENTEROLOGY DIAGNOSTICS

LOCATION: BLED OR LJUBLJANA

CODE:DC_01

EXAMINATIONS SUGGESTED FOR THE BEST DIAGNOSTICS

CHOOSE WHAT SUITES YOU THE MOST

LABORATORY BLOOD AND URINE ANALYSIS	Modern suitably equipped laboratory is available. Reliable results are obtained as fast as possible by advanced, automated biochemical analysers.
SPECIALIST EXAMINATION/CONSULTATION	It is performed in the outpatient clinic for gastroenterology by a specialized physician. A patient is first interviewed and the exact history about the pre-existing and current diseases is studied. After the interview a clinical examination is performed.
ULTRASOUND EXAMINATION OF ABDOMINAL ORGANS	Ultrasound machine transmits special sound waves that are reflected from your internal organs and make an image on the screen of the machine. It makes it possible to visualize some of the digestive organs (liver, gallbladder and pancreas) as well as big blood vessels in the abdomen, spleen, kidneys and female reproductive organs and in men's prostate and testicles. It is safe and harmless for the patient.
EZOFAGOGASTROSCOPY	Ezofagogastroskopy is an endoscopic examination of oesophagus, stomach and duodenum and enables the doctor to look inside your upper digestive system. Endoscopic examination of upper digestive system is a far more accurate examination than a contrast x-ray. It will be performed by a skilled physician, gastroenterologist.
COLONOSCOPY	Colonoscopy is an endoscopic examination of a large intestine and final part of small intestine. The examination is needed at every bleeding of unknown origin or if traces of blood appear in the stool, in case of unexplained anaemia, unexplained changes in bowel habits, unexplained abdominal pain, fullness, weight loss, and inherited potential for developing cancer of the intestine. Preventive colonoscopy is recommended to everyone older than 50 years and in case of hereditary burden.
ENTEROSCOPY	Enteroscopy is an endoscopic examination of the upper part of the small intestine and is undertaken when the disease is located in that area (e.g. bleeding, inflammation, tumours, celiac disease...).
ENDOSCOPIC ULTRASOUND (EUS)	While gastroscopy enables an exact examination of the inner lining of the digestive tract, EUS makes it possible to look deeper and to obtain images of the entire intestinal wall. It is used to produce image of the upper digestive tract (oesophagus, stomach, and duodenum) or the lower digestive tract (rectum). By using EUS one can also obtain images of the organs that surround the digestive tract (liver, pancreas, bile ducts, and gallbladder). The exam is performed by a skilled physician, gastroenterologist, who is specially trained to perform such procedures.
ERCP	ERCP (Endoscopic Retrograde CholangioPancreatography) enables the physician to diagnose problems in the liver, gallbladder, bile ducts, and pancreas. A skilled physician will guide the endoscope through your mouth to duodenum until it reaches the papillae where the ducts of the biliary tree and pancreas open into the duodenum.
US GUIDED FNA (FINE NEEDLE ASPIRATION)	Any kind of medical abnormalities on Pancreas and Lymph nodes are performed by biopsy through stomach.
ABDOMINAL X-RAYS, BARIUM UPPER AND LOWER GI SERIES	Abdominal X-rays : oesophagus, stomach, duodenum, lower and upper GI series. X-rays of the digestive tract are not a substitution but a useful complementary examination to the endoscopic procedures, especially to visualize those parts of the digestive system which cannot be examined by an endoscope.
13C UREA BREATH TEST	¹³ C urea breathing test for detection of Helicobacter pylori infection. Bacteria Helicobacter pylori (HP) causes chronic inflammation of the gastric mucosa and contributes to the development of peptic ulcers in the stomach or duodenum. Its actions are carcinogenic and lead to the development of stomach cancer. Successful eradication of the bacteria promotes healing of the ulcers and results in complete relief of complaints in patients with chronic peptic ulcers. The test is accurate, reliable, simple and harmless. It is also suitable for children and pregnant women.
HYDROGEN BREATH TESTS	Hydrogen breath tests are used for assessing the lactose intolerance, fructose malabsorption, etc. The tests are used in patients with the history of flatulence, abdominal pain or diarrhoea. These symptoms can be a consequence of maldigestion of sugar; lactose or fructose. The hydrogen breath test is easy to perform and is reliable.
SPECIALIST CONSULTATION ON FOOD HYPERSENSITIVITY	

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SPECIALIST CONSULTATION ON FOOD HYPERSENSITIVITY

LOCATION: BLED

CODE: DC_02



One in five adults reports indigestion, rash, headache or breathing difficulties after intake of certain food; loss of consciousness and even death is possible. Food allergy is one possible cause of their troubles, but also other adverse reactions to food have to be considered, such as lactose intolerance, celiac disease and many others. We are going to try to determine the culprit food which is harmful to you and provide information about alternative foodstuffs.

The following tests are performed in the clinic:

- Food allergy specialist consultation
- Skin prick tests and atopy patch testing
- Hydrogen breath tests for lactose and fructose malabsorption
- Advising on individual elimination diet and oral food challenges (open or blinded)
- Various blood tests (immunology)

Specialist consultation on food hypersensitivity

The majority of time is dedicated to the interview with the patient. An exact history about the patient's troubles has to be studied. The findings of previous examinations are checked. The patient is asked about the prescribed drugs, herbal remedies and food supplements he/she has been taking. It is important to know what other diseases the patient has been suffering from, the surgery he/she has undergone and the diseases he/she has been currently treated. Special attention is paid to the symptoms of the known allergies, e.g. hay fever, asthma, skin allergy, and their occurrence in close relatives. We are also very interested in the patient's diet and his/her own observations about the type of food which causes him/her the troubles. After the basic examination, further investigations are planned, e.g. blood tests, skin prick tests, atopy patch tests, hydrogen breath test and others.

Skin prick tests are the most commonly used and the most reliable tests for diagnosis of IgE mediated hypersensitivity. The test is easy to undertake, safe and does not cause extra burden for the patient. The tested substances are inserted with a prick in the skin on the inner part of the forearm. The procedure is not painful, as only the epidermis is pricked. Usually commercially available solutions of different allergens are ready made for the prick tests, but also natural substances can be used by prick - prick testing (e.g. an apple can first be pricked and then the patient with the same needle). If the test is positive, the skin around the prick point turns red and a wheal develops. The reaction clears in one hour. If the skin around the prick point does not change, the test is considered negative.

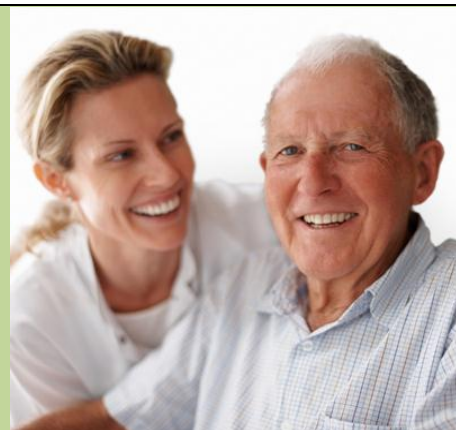
Food challenge test is the ultimate and most reliable method to determine food intolerance. After a period of elimination diet, when the suspected food was completely eliminated from the patient's diet, the patient is given a meal with that food and the adverse reactions are observed: mouth itching, nausea, vomiting, abdominal pain, flatulence, diarrhoea, etc.

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DC BLED, SLOVENIA

COMPLETE UROLOGY PROGRAMME



LOCATION: BLED
CODE: DC_03

EXAMINATIONS SUGGESTED FOR THE BEST DIAGNOSTICS CHOOSE WHAT SUITES YOU THE MOST

SPECIALIST UROLOGICAL CONSULTATION	General urological examination starts with the clinical examination. The majority of patients have an ultrasound examination of the kidneys and the bladder. Prostate is examined in male patients. When necessary, laboratory tests of the blood and urine are done in male patients, who are above a certain age limit; blood is checked for PSA antigen (prostate specific antigen). Male patients can undergo a computerized urine flow assessment (reflow) which enables better diagnostic possibilities and control over the prescribed treatment regimen.
ULTRASOUND OF THE ABDOMINAL ORGAN	
ULTRASOUND OF THE PROSTATE AND TESTES AND TRANSRECTAL ULTRASOUND OF THE PROSTATE	
PSA BLOOD TEST	Test for detection of prostate disorders.
UROFLOW	Uroflow measures the flow and force of the urine stream. This test is often performed in patients who have obstruction in normal flow of urine or problems with urination.
FLEXIBLE AND RIGID CYSTOSCOPY	It enables the visualization of the urethra and the bladder using a flexible or rigid optical instrument and camera. The same instrument is used for inserting the stents from the bladder to the kidney and for removal of small stones and foreign objects.
ULTRASONOGRAPHIC GUIDED BIOPSY OF THE PROSTATE	It is an invasive diagnostic method which is used for early diagnosis of prostatic cancer. It is performed under continuous ultrasonographic guidance. According to the findings, the patient is advised about further treatment. One night hospitalization is recommended.
ELECTROSTIMULATIONS	Ambulatory treatment of urinary incontinence in women and men in early phase of urine leakage.

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DC BLED, SLOVENIA

ESWL - NON SURGICAL UROLOGY

LOCATION: BLED

CODE: DC_04



ESWL (**Extracorporeal shock wave lithotripsy**) is a minimally invasive, non-surgical method for breaking kidney stones. High-energy sound waves pass through the body without injuring it and shatter the stone into small pieces. The procedure lasts approx. one hour. The patient is given analgesics for pain relief.

The success of the procedure can be assessed by ultrasound. Sometimes the stone cannot be located by the ultrasound (in cases when the stone is situated in the urethra or if it is composed of urate – happens rarely). Then the check-up is performed by X-rays. Depending on the size of the stone, no additional treatments may be needed. The larger the stone or if it is situated in the urethra, more treatments, including additional ESWL treatments (max. up to 3), will be needed (on average 1.3 times). The patient will get the analgetics for pain release and sedation.

The stone fragments may pass over a period of a few days or weeks. A hollow tube (stent) may be used when stones are larger than 1 cm. The stent is actually a drainage tube, which is inserted into the ureter and stretches between the bladder and the pylon.



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DC BLED, SLOVENIA

COMPLETE CARDIOLOGICAL CHECK-UP

LOCATION: BLED

CODE: DC_05



EXAMINATIONS SUGGESTED FOR THE BEST DIAGNOSTICS

CHOOSE WHAT SUITES YOU THE MOST

<p>IN-DEPTH LABORATORY BLOOD AND URINE ANALYSIS</p>	<p>We have a modern, suitably equipped laboratory. Reliable results are obtained as fast as possible by advanced, automated biochemical analysers.</p>
<p>SPECIALIST CARDIOLOGIC EXAMINATION/CONSULTATION</p>	<p>It includes examinations to assess the condition of the cardiovascular system and to detect possible risk factors for development of cardiovascular diseases.</p>
<p>ECG RECORDING AND EXAMINATION</p>	
<p>SPIROMETRY</p>	<p>Measuring of pulmonary volumes</p>
<p>ULTRASOUND OF THE HEART AND CAROTID ARTERIES</p>	<p>Echocardiography is an ultrasound examination of the heart. It has become a routine method for detecting heart diseases. It obtains images of heart function. It helps to assess structure of the heart wall and the valves, thickness of the heart wall, size of the heart chambers, function and strength of the heart muscle. The examination can detect and observe: diseases of the heart valves, blood clots in the heart chambers, functioning of the artificial valves, cardiac muscle disease, heart wall abnormalities and heart veins, pericardial effusion.</p>
<p>CYCLOERGOMETRY (EXERCISE STRESS TEST) ON THE TREADMILL</p>	<p>During cycloergometry ECG is recorded in the time of physical activity. Electrocardiogram (ECG) is an electrical recording of heart activity. ECG recording during stress test is obtained in the same way as ECG recording at rest. The only difference is that the patient is physically active when performing the stress test. To make the physical activities as standardized as possible treadmill is used. The following diseases can be detected and evaluated:</p> <ul style="list-style-type: none"> • coronary artery disease • high blood pressure during cycloergometry • arrhythmias during cycloergometry • success of medicinal high blood pressure or coronary disease treatment • the highest possible workload after infarction or after heart surgery is determined

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DC BLED, SLOVENIA

ECHOCARDIOGRAPHY CARDIOLOGY

LOCATION: BLED

CODE: DC_06



Echocardiography is an ultrasound examination of the heart. It has become a routine method for detecting heart diseases. It obtains images of heart function. It helps to assess:

- structure of the heart wall and the valves
- thickness of the heart wall
- size of the heart chambers
- function and strength of the heart muscle

How does echocardiography work?

The device sends ultrasound waves via special piezoelectric probe. The same probe is also a receiver of the reflected waves. They get intensified and processed in the device. An ultrasound image of the heart can be seen on the screen.

The image can be one-dimensional, two-dimensional or Doppler. The latter also enables visualization of specific heart structures along with the blood flow through heart chambers and valves. The blood flow can be heard and on the screen it is shown in colours.

What is the purpose of the echocardiography?

Functioning and strength of the heart muscle and detection and observation of:

- diseases of the heart valves
- blood clots in the heart chambers
- function of the artificial valves
- cardiac muscle disease
- heart wall abnormalities and heart veins
- pericardial effusion

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DC BLED, SLOVENIA

DENSITOMETRY BONE MINERAL DENSITY SCAN

LOCATION: BLED & LJUBLJANA
CODE: DC_07



Osteoporosis is a systemic metabolic disease of the bones. It is characterized by diminished bone strength, which causes fractures of the bones at even minor falls or injuries. The bone strength depends on the bone density and micro architecture, bone tissue and bone mineralization. It affects men and women. Most common are the fractures of the wrist, the spine and the hip. The most known risk factors for the fractures are: age, early menopause, low body weight, smoking, history of hip fractures in the family (mother, father), established fracture after 45 years of age, corticosteroid therapy.

Today's great progress has been made in early detection of osteoporosis. Bone mass is measured by using the advanced machine Hologic. With the X-ray procedure a diagnosis of osteoporosis can be confirmed or excluded. It is also used for the follow up after the treatment.

We offer two kinds of examinations, both using the Hologic machine. One, where the doctor is present and can give the final opinion right away and talk to the examined person and other, where the doctor isn't present. In this case the nurse helps to fill out a special form and the doctor writes the report afterwards.

In any case, the doctor checks the results, gives the medical opinion and if needed advises the treatment. We can perform the examination, both in Bled and in Ljubljana.

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DC BLED, SLOVENIA

ORTHOPAEDIC EXAMINATION

LOCATION: BLED

CODE: DC_08



We recommend a visit in our orthopaedic clinic if you have issues with the locomotor system – pain, restricted mobility or unstable joints and spine. After the interview you will be thoroughly examined. If you already have X-rays, you should bring them along, otherwise a new X-ray will be taken and examined by the doctor at DC Bled. At the end of the session you will be explained the reasons for your troubles and advised medical treatment, physical therapy or surgery. Surgery is usually performed at another hospital. If tendonitis or calcinations in the tendons are the cause of your troubles, you can be offered a new method of treatment at DC Bled which is called **extracorporeal shock wave therapy (ESWT)**. They also offer preventive orthopaedic examinations, which include examination of the joint mobility and posture. According to the nature of your work, you will be advised the most appropriate form of recreation. If you already have some issues, you will be suggested the proper diagnostic evaluation and treatment. You will also get information about the unfavourable physical strain.

DC BLED, SLOVENIA

THYROID EXAMINATION

LOCATION: BLED

CODE: DC_09



At this Clinic patients with thyroid changes and changes in thyroid function are examined. The exam includes studying the medical history of the patient, clinical examination and also US thyroid examination. Blood samples are taken to determine the thyroid hormone level (TSH).

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