



SMARJESKE TOPLICE HEALTH RESORT

MEDICAL TREATMENTS

BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

WHY

MEDICAL PROGRAMME IN ŠMARJEŠKE TOPLICE

NATURAL BENEFICIAL FACTOR

HYPOTHERMAL WATER WITH A TEMPERATURE
OF 32 C, RICH IN CARBON DIOXIDE, MAGNESIUM & POTASSIUM



Šmarješke Toplice, located in the midst of forests and meadows, and sheltered by green hills, is famous for its top spa services and its selected range of the most modern medico wellness services.

- Advanced health centre (preventive programmes, rehabilitation programmes and specialist diagnostics programmes);
- Situated in unspoiled nature;
- Vitarium – medico wellness (unique and efficient slimming and detoxification programmes as well as relaxation programmes);
- Organic corner with local food and an individual menu;

The first written accounts of the health-giving properties of Terme Šmarješke Toplice's water date from 200 years ago. Today our top medical team uses the water together with state-of-the-art equipment to treat cardiovascular diseases and to facilitate recovery from sports injuries as well as locomotive system diseases and injuries.

INDICATIONS

CARDIOVASCULAR DISEASES

- conditions after a heart attack
- angina pectoris
- heart rhythm disorders
- cardiac muscle disorders without symptoms of heart deterioration
- conditions following cardiac surgery
- impaired peripheral arterial, venous and lymphatic circulation
- conditions following vascular surgery
- elevated blood pressure

LOCOMOTIVE SYSTEM DISEASES/INJURIES

- recovery from sports injuries
- conditions following injury or surgery (shoulder, elbow, wrist, hip, knee, ankle, backbone)
- age-related changes in joints: arthrosis, spondylosis, periarthropathy, enteropathy

CENTRAL AND PERIPHERAL NERVOUS SYSTEM DISORDERS

- conditions after a stroke
- cerebral atherosclerosis
- neuralgia
- neuropathy

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SMARJESKE TOPLICE,
SLOVENIA

FOR DIABETICS

LEARN HOW YOU CAN TAKE
CONTROL OVER YOUR
DIABETES

CODE: ST_01, ST_02, ST_03



Familiarise yourself with the true nature of your diabetes. Individually and actively. Through health education, relaxation and motivation. They offer carefully planned and guided programmes for you to be able to cope with everyday challenges in an easier way. The experts at the Sports Centre for Prevention and Rehabilitation are preparing workout programmes for various types of sports, they also advise and help individuals at forming appropriate workout programmes and carry out measures to analyse shape and rehabilitation after sports injuries.

FOR DIABETICS PROGRAMME

- an educational workshop on self-management of diabetes,
- daily blood sugar control,
- once or twice weekly: a 6- or 5-point profile showing results of individual blood sugar level analyses,
- a personalised exercise regimen (from gymnastics in thermal water to various aerobic outdoor activities - mostly walking),
- an educational workshop on healthy eating for diabetics, also with hands-on cooking lessons,
- consultation with a psychologist on psychosocial impacts of diabetes.

The programmes are run by a team of experts: a physician, nurse, dietician, psychologist, physical education teacher, physiotherapist, massage therapist, culture promoter, lay health educator, and external practitioner. The programmes are tailored to various target groups, the most common being newly diagnosed Type 2 diabetics, Type 2 diabetics on insulin, and Type 1 diabetics aged between 20 and 35.

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SMARJESKE TOPLICE,
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REHABILITATION OF HEART DISEASES

HAVE A SPECIALIST EXAMINE YOU
AND PERFORM PRECISELY
TARGETED CARDIAC STRESS TESTS



CODE: ST_04, ST_05, ST_06

After a heart attack. After heart surgery. If you're diagnosed with angina pectoris and impaired functional capacity. Go through proper rehabilitation. Most of rehabilitation programmes take 14 days to complete. They are based around an initial and an intermediate specialist medical examination, individually tailored therapies, proper nutrition, and health education for patients.

Based on results of function tests, diagnostic procedures and laboratory tests, each patient is prescribed an optimal combination of various exercises, massages, brush massages, hydrotherapies, electrotherapies, advanced pressotherapies and hypobaric, or Vacusac, therapies, that is, physical therapies for toning up individual muscles or muscle groups, etc. The therapies are complemented by a specially tailored diet, a detailed insight into the nature of the disorder, and guidelines for a healthy lifestyle.

REHABILITATION OF HEART DISEASES

PROGRAMME

- initial, check-up and final examination by a cardiologist*
- cardiac stress testing
- three individual therapies daily on doctor's orders
- two group therapies daily on doctor's orders

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REHABILITATION OF VASCULAR DISEASES

ADVANCED PRESSOTHERAPY WILL
IMPROVE YOUR FUNCTIONAL
ABILITIES AND RELIEVE PAIN



CODE: ST_07, ST_08, ST_09

Atherosclerosis and other circulation disorders in the limbs. Individual rehabilitation and alleviation of pain.

Most of their rehabilitation programmes take 14 days to complete. They are based around an initial and an intermediate specialist medical examination, individually tailored therapies, proper nutrition, and health education for patients. Based on results of function tests, diagnostic procedures and laboratory tests, each patient is prescribed an optimal combination of various exercises, massages, brush massages, hydrotherapies, electrotherapies, advanced pressotherapies and hypobaric, or Vacusac, therapies, that is, physical therapies for toning up individual muscles or muscle groups, etc. The therapies are complemented by a specially tailored diet, a detailed insight into the nature of the disorder, and guidelines for a healthy lifestyle.

REHABILITATION OF VASCULAR DISEASES

PROGRAMME

- initial, check-up and final examination by a specialist in internal medicine
- Doppler ultrasound, stress test, blood tests
- three individual therapies and one group therapy daily on doctor's orders

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**SMARJESKE TOPLICE,
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MEDICO SLIM FIT. METABOLIC DISORDER

A MEDICALLY SUPERVISED WEIGHT-LOSS PROGRAMME

CODE: ST_10, ST_11, ST_12



Obesity is a metabolic disorder which causes numerous diseases such as diabetes, premature ageing of the vascular system, increased blood pressure, increased incidence of strokes and heart attacks, and chronic degenerative diseases of the joints. People suffering from this type of metabolic disorder are potentially at risk of developing a cardiovascular condition, so before starting any programmes they see a cardiologist, who, apart from basic clinical and laboratory tests, performs an ultrasound of the arterial system, ergometer testing and other tests needed to determine the optimal and safe levels of intensity and duration of physical exercise, as well as suitable dietary treatment. At the core of this programme are **physical activity, dietary measures, a combination of physical methods and motivation to achieve the set goal, permanent elimination of the metabolic disorder, and improved psychophysical performance.** After completing the programme, you receive your test results along with guidance on how to stay healthy and fit. The exercise and nutrition programme is tailored to each **INDIVIDUAL** and is as such suitable for shedding excess weight as well as for people suffering from a metabolic disorder and stable cardiovascular disease.

MEDICO SLIM FIT PROGRAMME

- examination by a cardiologist, with an ultrasound of the vascular system, ergometer testing and basic laboratory tests
- condition assessment: image analysis, tissue structure analysis
- preparation of an exercise plan, supervision by a personal trainer
- physical activity: Nordic walking or pace exercise, water aerobics in thermal water, Pilates, swimming, CardioCross training (4 activities daily)
- relaxation and body care: slimming aromatherapy (massage)
- consultation with a nutritionist, expert guidelines on dieting
- meals: a balanced diet with protective foods and a reduced energy value, which enables safe physical activity and weight loss without affecting the body's immunological function and **protein balance**
- lecture on the role of preventive measures in staying healthy
- final consultation with a cardiologist and detailed analysis of test results

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