

Medical & Wellness Traveller

AUTUMN 2019

48 HOURS IN
BENIDORM

Get Fit at Home
in 15 Minutes

GENETIC
MEDICINE
The Future of
Healthcare

Medical Wellness
Travel Improves
Health & Wellbeing

*Healthcare
in Spain*

BENIDORM LEADS THE WAY



A peek inside
this edition...

This edition of our magazine is bursting with insightful articles relating to all things medical & wellness travel, plus our focus is on Benidorm in the Costa Blanca, Spain with features on:

- * The general standards of healthcare in Spain
- * The Costa Blanca's leading medical facilities
- * The cutting-edge medical procedures available; and
- * Exclusive interviews with some of the top healthcare providers in the Costa Blanca



Our regular sections:

- * **48 Hours in....** - this edition we're off to vibrant Benidorm
- * **The NHS** - looking at key topics which effect the standards of UK healthcare provided by the NHS
- * **Healthy Living** - focusing on wellness, nutrition, anti-ageing and a more holistic approach to health
- * **Spa & Wellness** - get the lowdown on the best treatments and facilities
- * **Fitness** - with helpful tips on how to live a healthier, longer life

welcome...



to our autumn edition of Medical & Wellness Traveller, the UK's only consumer magazine dedicated to the Medical & Wellness Travel market.

The medical & wellness travel industry has seen huge growth in recent years mainly due to ageing populations, longer waiting lists in government-run healthcare systems and the increasing availability of cutting-edge technologies and procedures abroad.

In this edition we focus on Healthcare in Spain, but more specifically on Benidorm - one of the world's most popular holiday resorts. Aside from Benidorm being superb for tourists, it is home to some outstanding medical facilities and moreover, one of the top private international hospitals in Spain!

But medical travel isn't just about people going abroad to

receive surgery. It also covers those travelling for alternative therapies, spa and wellness facilities as well as anti-aging treatments.

We are experiencing a phenomenon where health is creeping into all aspects of consumer life and experience. Health & Wellness treatments are one of the fastest growing worldwide markets as consumers are choosing to maintain their well-balanced physical and mental health.

People are choosing to live a healthy, balanced lifestyle with a focus on exercise, nutrition & choosing natural products.

In this edition you can find a mixture of Medical, Spa, Wellness, Fitness & Nutrition all in one.

I sincerely thank you for your interest in our magazine and hope you find the content helpful, informative and interesting to read.

Happy reading!

EDITOR, RUTH TAYLOR



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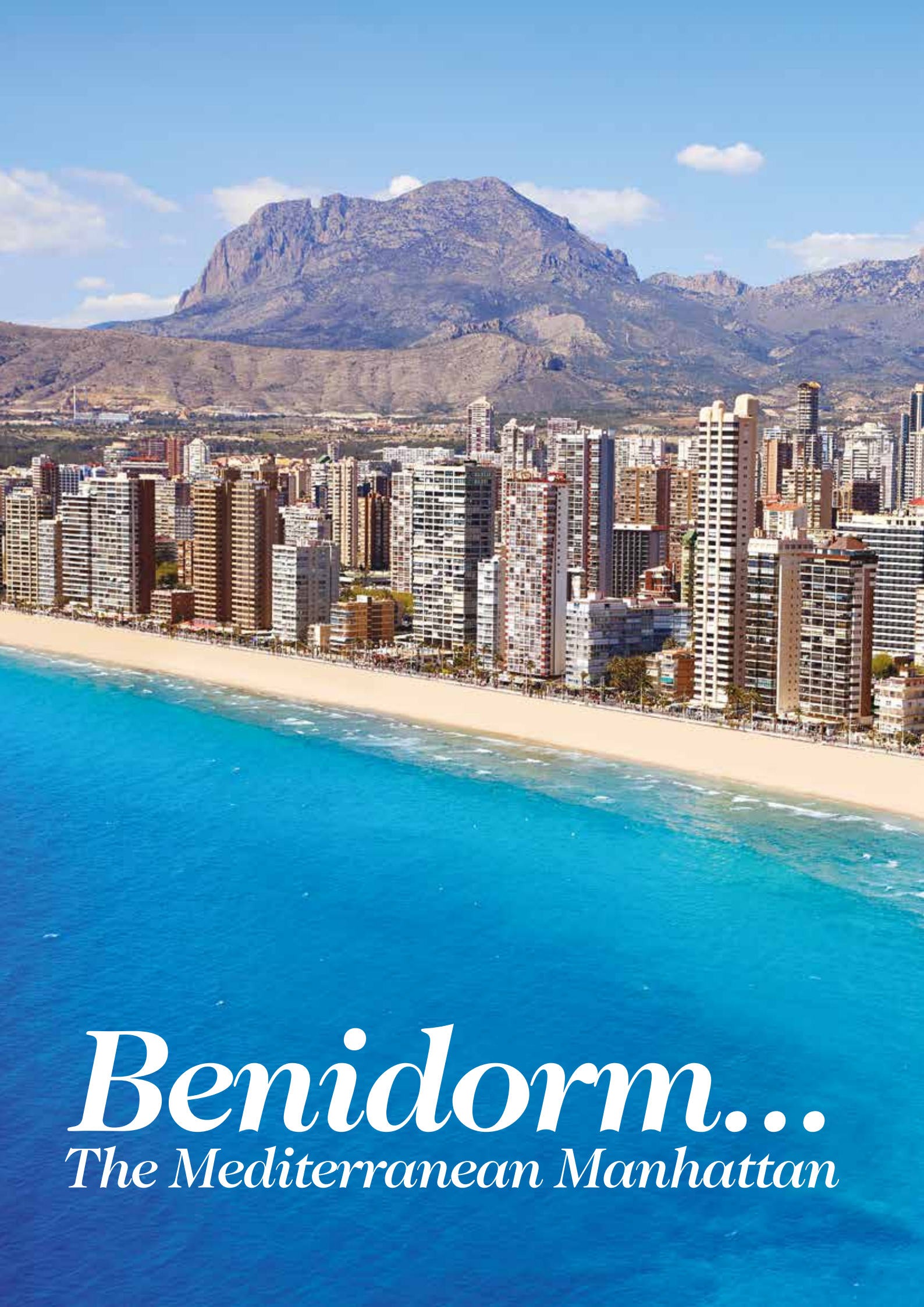
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www.medicalwellnesstraveller.co.uk



Benidorm...

The Mediterranean Manhattan



One of the most popular destinations in Spain

Benidorm is located on the Costa Blanca on the shores of the Mediterranean. With its exceptional microclimate visitors can enjoy sunshine and pristine beaches all year round. Even in the cooler months, the water temperature remains constant and suitable for swimming. The wide variety of facilities available, safe shallow waters, fine golden sand and scrupulous cleaning, make them some of the best local beaches on this coastline. In the streets you can see signs of the city's past as a seafaring town, with sprawling, whitewashed houses. But its cosmopolitan present is also very much in evidence, with skyscrapers surrounded by green areas, a sustainable model that has aroused the interest

of town planners all over the world. Moreover, its unique skyline has earned it the nickname of "Manhattan on the Mediterranean".

Benidorm known widely known for its pristine beaches, vibrant atmosphere, scenic Old Town and tasty Valencian cuisine is one of the

most popular destinations in Spain's beautiful Costa Blanca holiday region.

The resort town lies on the country's eastern coast and benefits from a pleasant microclimate that allows visitors to enjoy the sunshine and ambient temperatures all year round. This is ideal given the town's many beaches situated along the Mediterranean coast, which remain open throughout the winter months.

Although once the site of Roman and Moorish settlements, the largest part of Benidorm's history was spent as a quiet fishing port from the 18th century onwards. The atmosphere and landscape of the town changed dramatically following the tourist booms of the 1920s and 1950s. High-rise hotels and apartment blocks now dominate the skyline, so much so that to many it is known as "the





Benidorm known widely for its pristine beaches, vibrant atmosphere, scenic Old Town and tasty Valencian cuisine

Manhattan on the Mediterranean”.

The town has long been renowned for its lively, party scene, and while there are definitely areas that cater to those looking for a good time, it has a much more cosmopolitan feel. Indeed the resort’s excellent value for money

and the variety of accommodation and leisure activities available are ideal for all age groups.

Benidorm is a compact town and easy to navigate. A reliable and expansive public bus service connects most areas, although it’s possible to explore the town just by foot.

High-quality hotels are constantly being improved and updated and are complemented by eleven campsites and numerous holiday apartments. Benidorm’s hotels, and the town more widely, cater to British customs and for that reason it sees thousands of British tourists visit every year.

Benidorm offers a wealth of

leisure attractions with commercial shops (including fashion, footwear, accessories, gift and craft outlets); a variety of night and day time entertainment venues; sporting activities; five major theme parks; and much more.

The wealth of activities and high standard of services available led to Benidorm being declared the world’s first Smart Tourist Destination, after receiving Q Mark status by the Institute for Spanish Tourism Quality in 2019.

Things to Do, Places to Go

The two most well-known beaches – Playa Levante and Poniente Beach - benefit from clean, golden sand and safe, shallow waters - not to mention privileged south-facing positions that provide long hours of sunshine every day. Each year they receive awards





World's first Smart Tourist Destination, after receiving Q Mark status by the Institute for Spanish Tourism Quality in 2019

for quality, safety, cleanliness and outstanding amenities. From jet skiing to beach volleyball, there are a wealth of facilities and sports activities to provide hours of fun for all the family. Those looking for a more secluded location to enjoy the sand and sea can take their pick from Benidorm's many beach coves.

Beyond the beaches, Benidorm provides lots of sightseeing spots to keep even the keenest of culture vultures satisfied. Step into the past and enjoy the historic sights of the Old Town with its quaint architecture and cobbled streets. Visit the charming 'San Jaime' Church, explore the ruins of Benidorm's 14th-century castle and enjoy the typical Spanish, al fresco dining experience in the

stunning surrounds of Plaza Mayor square. Don't miss the Museo Boca del Calvari with its versatile exhibitions on subjects as diverse as geology and popular culture.

There are many public areas to partake in recreational activities or just enjoy a leisurely stroll or afternoon picnic: Levante Beach Promenade, Poniente Beach Promenade, Elche Park and Aigüera Park boast cafes, open spaces, sporting activities and more.

For those who want to combine relaxing whilst being active, you are spoilt for choice in Benidorm where the enormous range of things to do just goes on and on. In Benidorm you can play almost any sport, both in the sports facilities or in the open air,

where the opportunities are endless. Water sports, mountain sports, golf or running along the seafront promenade - there is something for everyone.

Surrounded by the picturesque coastline of the Mediterranean Sea and the majestic Puig Campana mountain range, visitors can enjoy a wealth of stunning vistas. Venture to one of the town's two best viewing platforms, the Balcon del Mediterraneo or Tossal de la Cala, for breath-taking panoramic views over the town's beaches, cityscape and more.

Due to its privileged position and the great variety of landscapes, there are places of spectacular beauty to visit within just a few kilometres of

Benidorm. The Sierra Helada Natural Park, located just east of the centre, offers 13,750 acres of uninterrupted nature reserves perfect for long hikes. There's also the stunning rocky terrain of Benidorm Island to discover, just a few kilometres from the mainland.

The resort's seabed is a real treasure for marine life enthusiasts. There's a glass-bottom boat tour,

plus underwater scuba diving routes that include the many caves around Benidorm Island. For those who prefer to be closer to the surface, snorkelling activities are available too.

Paella, Tapas and More

Of course, Benidorm being a Spanish town means that food is a huge part of the culture. Valencian gastronomy is perhaps best known for its flavoursome rice dishes, seafood and citrus fruits. Delicious traditional dishes, such as paella, arròs negre (rice with squid ink), Fideuà (noodles and seafood) can be found at restaurants throughout Benidorm. Another Spanish speciality Tapas is

widely available too. Visit the famous Tapas Alley, Calle Santo Domingo, and tuck into classics such as tortilla, meatballs, calamari and croquettes. In addition to authentic Spanish cuisine, there are many restaurants serving international dishes to meet the varied tastes of tourists. Choose from Italian, Chinese, English restaurants and much more.

Surrounding Areas

The capital of the Costa Blanca region is the city of Alicante which is a very beautiful, clean city. It has sandy beaches, numerous parks and a very pleasant climate. Other notable touristic areas are Altea, known as the "Santorini of Spain"; the historic town of Denia; and the beautiful beach resort Javea, a popular expat settlement.

Pearl of the Costa Blanca





Day Trip Delights

Part of the larger region of Valencia, Benidorm neighbours many other exciting tourist hotspots that make ideal day trip destinations.

Altea has been referred to as the “Santorini of Spain” thanks to its many whitewashed buildings, blue domed rooftops and stunning ocean views. It’s one of the quieter resorts on the Costa

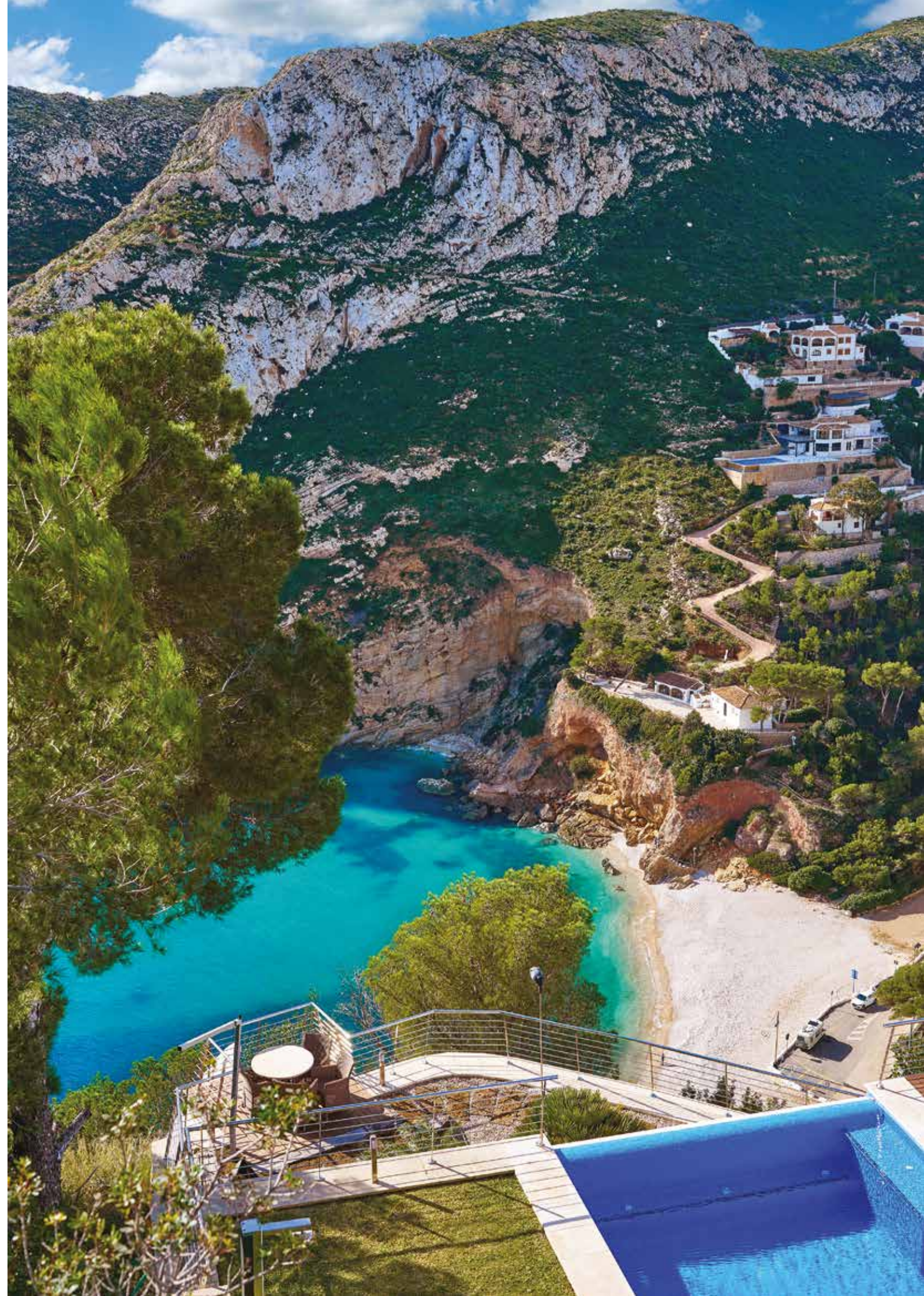
Blanca, which means there’s no tourist crowds and lots of unspoilt authentic Spanish charm. Wander around the cobbled, medieval streets of the Old Town, climbing higher up the hill upon which the area sits and enjoy spectacular views of the surrounding sea and mountains once you reach the top. There are beautiful, tranquil beaches to enjoy and plenty of places to see including the picturesque Plaza Iglesia, the blue-domed Parroquia Nuestra Senora del Consuelo Church and a quirky Russian Orthodox Church.

Moraira, one of the Costa Blanca’s more upmarket areas, is a pretty little coastal town nestled beside the mountains and vineyards. With two pristine beaches, three golf courses, an impressive marina, local weekly markets and an 18th-century fortress there’s plenty to keep any visitor

busy. The town is a must-visit for food lovers. It has a total of eight Michelin recommended restaurants, including three with starred ratings. There’s also a great variety of harbourside restaurants serving fresh seafood dishes with produce from the surrounding waters.

Further up the eastern coast in the shadow of the Montgo Mountain lies Javea (Xabia), a picturesque town popular amongst expats and tourists alike. There’s a variety of landscapes, both sandy coastlines and rocky mountainous terrain for visitors to enjoy. Sit back and relax on La Grava beach; take in the natural beauty of the Parc Natural Montgo; and stroll around the Aduanas del Mar port and marina area.

Wherever you decide to venture you’re guaranteed stunning scenery, glorious sunshine and warm hospitality in this delightful tourist resort that sees visitors return time and time again.





For more information, visit
www.operationsabroadworldwide.co.uk
 and be sure to check out our exclusive
 interview with Operations Abroad
 Worldwide's CEO Ruth Taylor
 on page 26

World Class Medical Care in the World's Finest Hospitals

The UK's Leading International Healthcare Provider

With a network of 80 world-class internationally accredited hospitals spread throughout 40 countries and having arranged treatment for over 65,000 patients, it's no wonder that Operations Abroad Worldwide is the leader in the market.

Over the past 20 years' this formidable company has helped more than 65,000 people travel abroad to receive the finest quality medical care, helping them beat the long and painful waiting times of the NHS and get the treatment they so desperately need. Amazingly, they have had no post-operative complications to date and have achieved some of the highest full recovery success rates in the industry.

Services & Hospitals

Operations Abroad Worldwide provide an extensive list of treatments and procedures across a wide-range of medical specialities. Whether you require a simple check up, diagnosis for recently developed symptoms or treatment for an on-going medical condition, Operations Abroad Worldwide can help you.

More often than not, appointments can be made immediately and without the referral of your UK GP,

meaning no waiting times and in many cases a mere 24-hour turnaround between diagnosis and treatment.

Any hospital they work with undergoes the most demanding and thorough selection process prior to being chosen. The results are hospitals that boast:

- State of the art, fully integrated operating theatres
- Rigorous infection control policies - meaning clean, sterile environments with minimal infection risks
- Internationally renowned specialists of all medical disciplines
- Highly qualified and dedicated nursing teams
- English-speaking staff
- Luxurious accommodation in private, en-suite rooms with modern amenities

Standards & Benefits of Service

What the company prides itself on above all else is providing a truly personalised level of care, where the individual patient is always at the heart of the process, ensuring they are treated with the utmost empathy, dignity and respect.

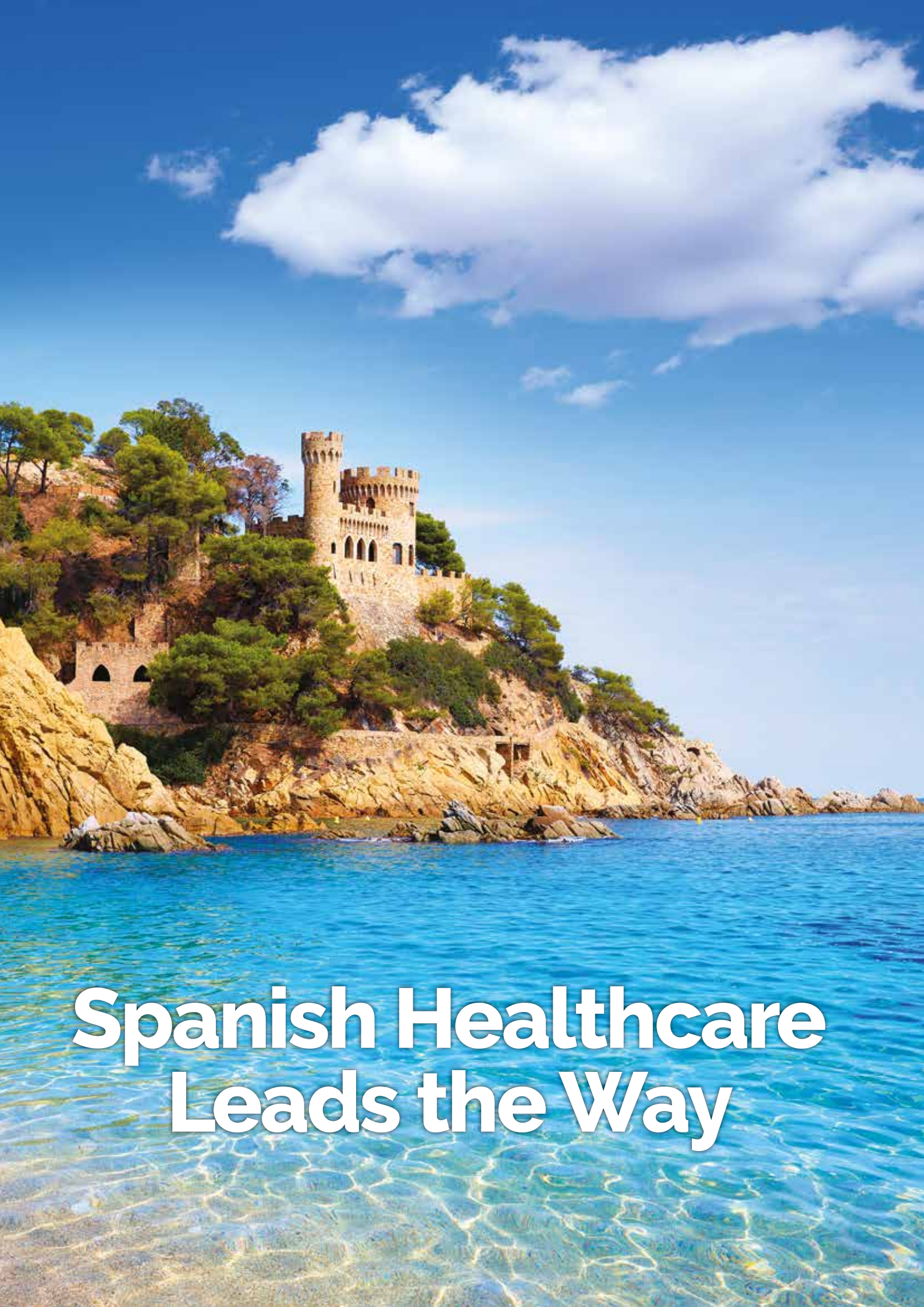
Importantly, Operations Abroad Worldwide provides a

service that not only benefits their individual patients but also the NHS more widely. More patients traveling to private healthcare facilities overseas means less people on NHS waiting lists, which in turn means a quicker service for remaining patients and makes referral to treatment targets more manageable. It also helps to save valuable resources and money for the NHS, as well as providing patients with a wider choice of services.

Operations Abroad Worldwide provides patients with a Total Care Package Price which includes diagnosis, treatment, rehabilitation and 12 months aftercare, and the company arranges every detail of your trip; making it an extremely easy process for you.

Working to the highest standards and delivering excellence in every aspect of care, Operations Abroad Worldwide offers a first-class medical travel experience and should be strongly considered by anyone looking for an overseas healthcare provider.



A scenic view of a historic stone castle with two towers perched on a rocky cliff overlooking the sea. The water is clear and blue, and the sky is bright with scattered clouds.

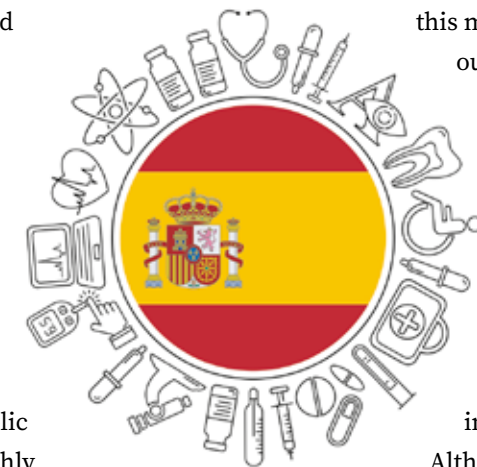
Spanish Healthcare Leads the Way

The quality of Spanish healthcare is borne out by the fact that Spain's life expectancy of 82.8 years is the second highest in the world, following only Japan with 83.7 years. The country was also recently ranked eighth out of 195 countries for its healthcare provision, according to The Lancet journal. Spain's mix of public and private healthcare scored very highly in the assessment – with 90 out of a possible 100 points. Compare this to the UK, which came in thirtieth position and scored 85 points.

Spain's universal healthcare cover is funded through social security contributions and is free for everyone who works and lives in the country. State care is freely available for expats who pay into the social security system and for pensioners over the age of 65.

Spanish healthcare centres are multidisciplinary, offering a wide variety of services for patients in one location. Many contain GPs, paediatricians, nurses, midwives and physiotherapists all under one roof. Specialist care is provided through state-run specialist centres and hospitals.

When visiting a Spanish pharmacy to pick up GP prescribed medication, the cost depends on many factors.



between €18,000 and €100,000 pays 50%. Even with this means-tested system, it often works out that prescriptions are cheaper to purchase in Spain than the cost paid in the UK with our flat rate system.

Although that sounds like it would be incredibly expensive, full-price dental care in Spain is actually much cheaper than in the UK.

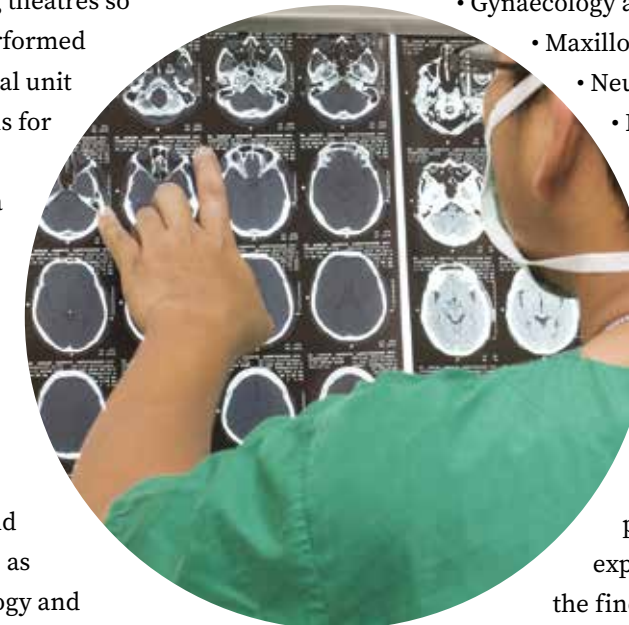
Dental work is the only area of healthcare in Spain that requires private insurance or full payment to cover the costs. However, around 19% of Spaniards are signed up to some form of additional private insurance for their general health needs. Extra cover allows for speedier access to services and is a good option for those who feel that their specific health requirements are better met through the private system.

As the Convenio Especial shows, the Spanish government works hard to make sure that its healthcare system is as accessible as possible for the people that live there, whether citizens or not. And it's easy to see why Spain has such a good reputation when it comes to healthcare provision. The Spanish system is the perfect blend of state-run and private care, with widely available and easily accessible free care for all, plus the choice of additional coverage for those who want it and can afford it.



treatments, and four operating theatres so surgical procedures can be performed on site. There's also a residential unit with 140 beds and 10 VIP rooms for patients staying overnight. For emergency situations, there's a 24-hour service and a fleet of ambulances.

In addition, the hospital has several speciality facilities, such as 21 dialysis units, an intensive care unit with 15 private rooms, a laboratory for clinical, microbiological and pathological anatomy analyses as well as a fully equipped radiology and neuroradiology department.



- Gynaecology and Obstetrics
 - Maxillofacial Surgery
 - Neuroradiology
 - Pneumology
 - Pain Control
 - Bariatric Surgery
 - Preventive Testing
 - Rehabilitation and Physiotherapy
 - Traumatology and Orthopaedic Surgery
- Each area is overseen by a team of highly qualified professionals with years of experience and training at some of the finest medical institutions in the world.

Medical Services & Areas of Expertise

The Hospital Clinica Benidorm provides more than 40 medical services and specialities. These include:

- Cardiac Surgery
- Electrophysiology

Preventive Testing

The Hospital Clinica Benidorm excels in the area of preventive health care. Patients can undergo a variety of preventive tests as outpatients; all tests are carried out on the same day and in the same place for the most

"Each area is overseen by a team of highly qualified professionals with years of experience and training at some of the finest medical institutions in the world"

Benidorm is home to one of the best international hospitals in Spain

Situated in one of Spain's most popular tourist destinations, the Hospital Clinica Benidorm is a dedicated private medical centre that has specialised in the treatment of international patients for over 30 years.



Asistel Clinic in Moraira is part of the HCB network of outpatient clinics which are located in all the main tourist areas of the Costa Blanca

The hospital has been the recipient of many awards, including a Health Professionals of Alicante Prize of Excellence (UPSANA) and continues to be listed amongst the top 20 private hospitals in Spain. These achievements are a testament to the high standard of service, professionalism and care the hospital provides. In addition, Hospital Clinica Benidorm has won accreditation from recognised medical bodies, such as AENOR and Net.

The Hospital

The main hospital facility comprises of an outpatient clinic, with 12 consulting rooms for less complex





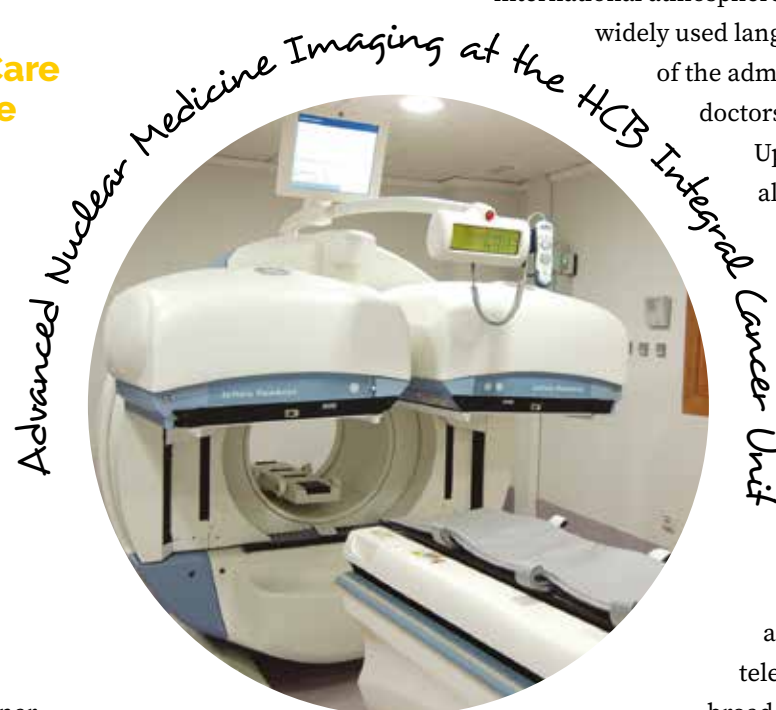
"One of the top 20 private hospitals in Spain"

convenient service possible. Some of the most common tests performed by the hospital include:

- Unique tests to determine the genetic risk of neurological and oncological diseases, e.g. non-invasive prenatal testing of maternal blood
- Cardiovascular risk assessments
- Urological and gynaecological check-ups
- Oncological body scans

Outstanding Rehabilitative Care for Hip and Knee Replacements

Those undergoing hip and knee replacement procedures can also benefit from an intensive rehabilitation programme that aims to speed up recovery, as well as to increase the effectiveness of the procedure. The programme runs for a total of four weeks and takes place at a partner



institution based in the beautiful seaside resort of Moraira, just a 35-minute drive from Benidorm.

A Truly International Hospital

Many of the hospital's staff members derive from different parts of the world, such as Germany, Russia, Holland and Scandinavia. Subsequently, a variety of languages are spoken at the hospital and there is a warm and welcoming international atmosphere. However, the most widely used language is English as many of the administrators, nurses and doctors are fluent speakers.

Upon arrival, each patient is allocated their own team of personnel, which includes a medical manager and interpreter, who will help take care of them during their stay. There are also international hotlines available for patients to contact in an emergency. For additional convenience and comfort, international television channels are broadcast on the hospital's TVs.

Latest Technology & Medical Techniques

Designated as a 'centre of reference in Spain for implementing new technologies' by General Electric, the Hospital Clinica Benidorm is well regarded for its technical prowess and benefits from state of the art equipment and treatments, such as:

- Latest generation multichannel computer tomograph (CT) with reduced doses of radiation
- General Electric Senographe DS 2000 digital mammography unit with stereotactic equipment
- Toshiba XARIO SSA-660A Ultrasound
- Color Doppler echocardiography
- 1, 1.5 and 3 Tesla MRI scanners
- Therapeutic and diagnostic radiology
- 3D conformal radiation therapy
- Nuclear medicine
- Lunar DPX ProGE Densitometer
- PET-CT scanners

The hospital's medical personnel are expertly qualified and use the most up to date surgical methods. This includes minimally invasive procedures, such as microsurgery and endoscopic surgery. The benefits of such techniques for the patient are less pain, a quicker recovery and shorter hospital stays.

For more information please visit: www.clinicabenidorm.com or email hospital@clinicabenidorm.com





Providing International Patients with Excellence in Medical Care

We interview Ekaterina Breslavtseva, International Patients Case Manager at Hospital Clinica Benidorm about how this hospital excels in treating international patients.



What do you do at the hospital?

Hospital Clinica Benidorm (HCB) is a multidisciplinary medical centre with a number of branches in the most important tourist destinations between Alicante and Valencia, in southern Spain. At the moment we offer more than 40 medical specialties in outpatients, hospitalisation, emergencies and the Intensive Care Unit. Most of our patients are foreigners, and my task, as a Case Manager, is to ensure that their experience with our hospital is as pleasant and comfortable as possible.

How many years of experience does HCB have treating international patients?

The Benidorm hospital was founded in 1986 and, thanks to the experience of its founder, Dr Carlos Paz, became the first and leading hospital in the region to provide medical services to international guests in the Costa Blanca. For the past 33 years, we have maintained this status and are

making every effort to provide international patients with medical coverage of the highest quality at a reasonable price.

Do you see a lot of international patients?

Depending on the season, the number of international patients in HCB can periodically reach 80 percent of the total number of patients.

Do the doctors speak English?

Yes, most of our doctors speak several languages, including English.

What are the main treatments that international patients receive at the hospital?

It depends as we have two groups of patients, those who come to our hospital unexpectedly following a medical emergency whilst in Spain and those who travel to us from another country specifically to receive treatment for



a pre-existing condition. For the first group, we mainly provide diagnostic services, ambulance services, cardiac care and expert advice. For the second group, those who pre-plan their visit to receive specialist care, it's usually for arthroplasty, dialysis, oncology and cardiology treatments as well as general health check-ups and rehabilitation programs.

Do you do a lot of hip and knee replacements?

Actually, the knee and hip replacement program is one of our "Top-Ten" programs. It includes post-surgery rehabilitation and promises a full recovery in 4 weeks.

How many days do patients stay at the hospital for a knee or hip replacement procedure?

Usually around five days.

What type of implants do the surgeons use?

We use Stryker Triathlon cemented prosthesis for knee replacements and next generation Stryker Accolade Trident cemented prosthesis with an X3 polyceramic joint for hip replacements. We also provide alternative options for patients who suffer from metal hypersensitivity.

Do you provide any physiotherapy after the patients have left the hospital?

Yes, our rehabilitation program starts on the first day after surgery so that by the fifth day after surgery the patient can be discharged from hospital. The program takes place at a specialised Medifit centre where patients receive up to two hours of rehabilitative therapy, five days a week under the supervision of a rehabilitation specialist and orthopaedic surgeon, using osteopathy, physiotherapy, manual therapy, aqua therapy, gymnastics and other techniques.

Do many patients experience complications?

Actually, we have not recorded a single complication in the past two years. Since the launch of the program, we have only experienced isolated complications, mainly when patients have not complied with the regime dictated by their physician.

In general how experienced are the surgeons that work at the hospital?

Usually, we work with surgeons that have a minimum of 15 years' experience in their specialist field. All our professionals have received accredited national and international training.



The rehabilitation and physiotherapy service of HCB pays thorough attention to patients who need post surgery physiotherapy or rehabilitation



Do the surgeons perform the latest minimally invasive techniques?

Yes, our surgeons perform parapatellar arthrotomy, which has the advantage of providing a rapid recovery and increased mobility of the knee. This procedure usually takes less than 90 minutes.

Are there any treatment areas that HCB specialises in?

We offer over 40 medical services and reference units and within these there are a few areas of speciality. Firstly, our Cardiovascular Unit (ICA), was formed by an interdisciplinary group of doctors. They approach cardiovascular pathologies from an integrated point of view. Starting from the Risk Unit for the detection of cardiovascular risk factors through to a complete team of cardiovascular surgeons who intervene in the most severe cases. Teamwork, innovation, training and encouraging healthy habits allow us to offer a different and totally personalised service for a variety of heart conditions.



Secondly, our Neurosurgery Unit offers each patient the appropriate treatment for their needs and performs an inter-disciplinary evaluation of all possible treatment options.

We also have an advanced Haemodialysis and Holiday Dialysis unit which offers patients who need dialysis treatment the most exclusive installations equipped with the most advanced technology.

And of course, I have to mention the work of our Integral Cancer Treatment Institute where the team of specialists provide treatments and diagnoses of oncological diseases of any nature and at different stages.

Do you offer any innovative treatments such as genetic testing?

Yes and we not only use it to find out about a patient's predisposition to specific illnesses but also to design personalised treatment and follow-up care plans.

Does the hospital have all types of diagnostic equipment in house?

Preventive medical care is an essential part of the service we provide. Therefore, patients can receive a diagnosis for any condition at our hospital. Our in house diagnostic equipment includes MRI scanners (including the Open One), the latest generation multichannel computer tomograph with a reduced dose of radiation, PET CT scanners and a GE SenographeDS 2000 digital mammography unit with stereotactic equipment.

Do many patients experience hospital acquired infections such as MRSA?

Given the serious implications they can have on patients recovering from recent surgery, HCB has established a comprehensive plan for prevention and control of infections. This plan ensures the strictest protocols are in place to avoid nosocomial infections in patients, family members, sanitary workers and training staff.

Thanks to this plan we are pleased to report a zero infection rate at the hospital at this time.

Do you arrange all transport and logistics such as airport pick ups?

Yes, we organise transfers from the airport to the hospital or hotel. We provide both car and ambulance transfer services depending on the needs and wishes of the patient.

What is the food like? Do patients get a choice of meals?

Diet is an essential part of the recovery process. Realising this, we offer menus that cater to patients' dietary and cultural preferences. Of course, we recognise that the food we serve should not only be healthy but tasty too. We use fresh, local produce and try to make the menu options as varied as possible.

Do patients have their own personal contact at HCB?

Each patient is allocated a team of specialists. This team includes medical specialists, nurses, translators and a manager who accompanies the patient throughout their time at the hospital. We also have an around-the-clock telephone hotline for patients wishing to ask further questions or needing help should a medical emergency occur.

Why do you think HCB is the perfect choice for international patients?

We are fully equipped to provide exceptional medical care to patients of all nationalities. Our combination of state of the art technology, highly qualified medical professionals and personalised medical care make our hospital not just one of the best in Spain but in Europe. Moreover, the hospital is located in a picturesque city that provides a variety of activities for people of different physical capabilities. This provides a unique opportunity to combine medical treatment with a holiday.



HCB uses advanced technology & collaborates with leading brands of medical equipment to ensure effective diagnostics are provided at the hospital on the same day

GENETIC MEDICINE: The future of healthcare?

Genetic medicine is a branch of science that applies the principles of genetics to all aspects of medical care, including diagnostics, treatment and health management. As this is a relatively new field, the picture of how genetic medicine can be applied in the future is only just emerging.

Most people associate genetic medicine with the diagnosis and treatment of specific genetic disorders, such as cystic fibrosis and Parkinson's disease. However, all diseases and medical conditions have a genetic component, and this means that genetic medicine can be used to understand how our gene variations:

- affect disease and general health;
- impact the likelihood of developing certain diseases; and
- cause our bodies to react to and break down drugs differently.

Below are some ways that genetic medicine is currently being used:

Genetic Testing

Genetic testing is used to analyse whether any genetic changes or abnormalities are present in a patient. There are a number of different genetic tests that can be performed:

• **Diagnostic Tests:** When symptoms indicate a genetic condition, diagnostic tests can be used to confirm or rule out the suspected condition.

• **Predictive Tests:** These can be used for non-symptomatic adult patients who have a family history of a genetic condition to check whether they will later develop the condition.

• **Carrier Tests:** To check whether an otherwise healthy person is carrying a gene that could be passed onto their children.

• **Prenatal Tests:** These are used to check for genetic conditions in the developing foetus and are only offered if there is a serious chance that the baby could have a genetic condition.

Genetic Counselling

Anyone who is considering undergoing a genetic test is offered specialist genetic counselling to help them manage the psychological consequences of their decision.

Particularly in the case of predictive and prenatal tests, the knowledge

acquired through genetic testing can have serious emotional consequences. As such, an important component of genetic medicine is to offer all patients genetic counselling to prepare them for the eventualities of testing.

Genetic testing is used to analyse whether any genetic changes or abnormalities are present in a patient

Pharmacogenetics

Pharmacogenetics is the idea that each person's genetic make-up influences how their body reacts to medications. By understanding how gene variants cause certain drugs to be absorbed and broken down differently by the body, doctors are able to offer patients with serious conditions bespoke treatment options.

For example, thiopurines – chemotherapy drugs that are used to treat certain types of leukaemia – prove difficult to metabolise for some patients with a certain gene variant. This leads to acute sickness and a break in the chemotherapy cycle. But by testing patients for this variant before chemotherapy begins, health providers can avoid giving thiopurines to patients with this gene variant and offer them a better suited course of treatment. The same principle applies to many drugs, including those used to treat high blood pressure, depression and gastrointestinal problems.

It's easy to see that genetic medicine currently has many applications. As genetic testing and modelling becomes more prevalent, genetic medicine is sure to increasingly influence how we diagnose and treat all manner of diseases and conditions.

Ask the EXPERTS

We put some of the most common questions and concerns of medical travellers to industry leaders Operations Abroad Worldwide, sitting down with their CEO Ruth Taylor to get her expert answers.

MT: When it comes to travelling abroad for medical treatment it is possible for people to make all the necessary arrangements themselves, so why would you recommend using a medical travel company like yours?

RT: The main reason I'd recommend using a medical travel company is the added safety and security it gives patients. This is likely to be an already difficult time for patients, the last thing they want is extra hassle or worry. We arrange every aspect of the trip and make sure the process is as easy and convenient as possible. Leaving patients to focus on their treatment and recovery.

Also, with us patients know they are getting the best hospitals as we only work with those that have undergone our rigorous selection process. Plus we're experts in our industry and have over 20 years' experience. We use our knowledge to ensure patients find the most suitable destinations and facilities, based on their individual medical needs, budget and location preferences.



MT: What are the most common procedures amongst your clients?

RT: Orthopaedic surgeries like hip replacements, neurosurgeries and general surgeries, such as hernias and gallbladder surgeries, as well as cataract surgeries. We find there is a definite link between the surgery procedures that have the longest waiting lists in the UK and our most commonly requested procedures.

MT: What are the most popular medical travel destinations your patients travel to?

RT: The most popular locations tend to be in Europe. I think patients choose locations according to their perceptions of the destination: is it safe, is it clean, will people speak English, what are the medical standards reputed to be like, etc.

So commonly we see that countries where people feel more comfortable are the most popular. Spain is a real favourite, especially so because it's the number one holiday destination for British tourists. Other countries such as Poland, Germany, Switzerland & Norway are popular and I think that's due to the very high standards of the facilities in these countries with regards to the criteria mentioned above.

MT: What would you advise people to look for when choosing a hospital overseas?

RT: The main aim is to find hospitals that are the best private healthcare providers in their respective countries, specialists in the treatment being sought and suitable for UK patients.

With these factors in mind, I'd say particular focus has



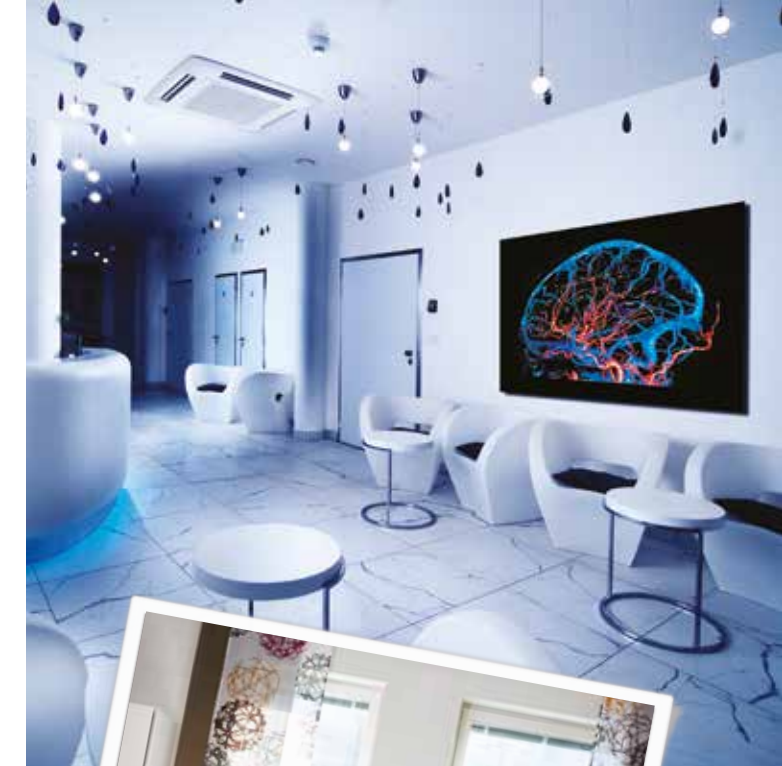
to be paid to the hospital's standards. For instance, is it accredited by an international healthcare body such as JCI or ISO? If so, this confirms it adheres to very high standards.

The expertise of surgical staff is also incredibly important. You should always check how many times the surgical team has carried out the particular procedure you require. This will give you a good indication of their competence and peace of mind you'll be in safe hands. And make sure whatever facility you consider, that the doctors and nurses are fluent in English, obviously this is essential when being treated abroad.

MT: People are less familiar with overseas healthcare systems, which naturally makes them a little apprehensive. In your experience, what are standards like in the countries you send medical travellers to?

RT: I think there is a huge misconception about healthcare standards abroad and an ignorance towards the flaws of our health services. In my opinion, our healthcare system is outdated. Patients have to wait a long time for diagnosis and even longer for treatment, meaning people are waiting in pain which debilitates their daily life. There are also serious hygiene issues with many patients obtaining infections in NHS hospitals and private hospitals aren't much better. Many of them still have carpets, which is a huge infection risk.

Whereas the overseas hospitals we work with are extremely clean with very low infection rates. They all use the latest techniques and the best quality equipment. The staff are incredibly professional and work to the highest standards. All in all, they offer some of the best medical standards in the world.



MT: The medical travel market is getting a lot of attention and it appears it is going from strength to strength, do you see this continuing in the near future?

RT: Absolutely. Our growth rate was 29% last year and this rose from 25% in 2018 so the market is certainly growing. I think the main reasons for growth are the very long NHS waiting lists and the rising costs of private care. Unfortunately, it doesn't look like either of these things will change anytime soon so I expect many more people will opt to go abroad for treatment in the coming years.

MT: Can you see Brexit having a significant impact on the industry?

RT: Not at all. In fact it could make the medical travel industry grow further. Many of our NHS doctors and nurses are from EU countries and there is some uncertainty about what Brexit will mean for EU workers living in the UK. If they leave, this will impact negatively on the NHS and health services will deteriorate even further.

For more information visit www.operationsabroadworldwide.co.uk



Choices, Choices, Choices

What to Consider When Selecting a Medical Travel Destination

The first and probably most important choice you'll make as a medical traveller, will be exactly where to go? Fortunately, in recent years medical travel has become a truly global industry, presenting endless destinations for you to choose from. From far-flung, exotic Asian countries to the closer to home and more moderate climates of Northern Europe, the world really is your oyster.

But the draw of the location isn't the only factor you'll be considering. Few things are as valuable as your health so naturally you'll need to think long and hard about a whole host of issues, from hygiene standards to language barriers.

To help with this all-important decision, we've put together a useful checklist of key considerations for all aspiring medical travellers.

* How Far Away Is It?

Travelling distance should be high up on your consideration list. Bear in mind that you won't be 100 percent fit whilst travelling, possibly in pain with your condition on your outbound journey and recovering from treatment on your way home. You need to think about how long flight and transfer times will be so as to avoid a long and uncomfortable journey.

Then there's the issue of follow up appointments and further treatments, depending on your condition. So whilst India may offer dazzling sights and low cost medical care, it's also around nine hours flying time from the UK.

* How Expensive Is It to Get to?

Generally, the further you have to travel, the more it will cost.

However, the availability of budget flights have had a significant impact on travel costs, making parts of Europe very cost effective to get to.

* How Expensive Is It to Stay?

REMEMBER YOUR COSTS WON'T JUST INCLUDE MEDICAL CARE, TRAVEL AND ACCOMMODATION BUT ALSO COSTS FOR DAY-TO-DAY EXPENDITURE ON THINGS LIKE FOOD. WHILST MOST EUROPEAN DESTINATIONS MAY INVOLVE LOW COST AIR TRAVEL, LIVING COSTS MAY BE SIMILAR TO THE UK.

MAKE SURE YOU RESEARCH LOCAL HOTEL COSTS, RESTAURANT PRICES AND AVERAGE COSTS MORE GENERALLY, AND ASSESS THE OVERALL COST OF YOUR TRIP PRIOR TO BOOKING.

* The Standard of Facilities: Quality and Cost

Many countries, especially those in Europe, are able to provide excellent standards of care at much lower prices than elsewhere as a result of lower currency values and cheaper operating costs.

Wherever you choose to travel always ensure you do your due diligence on any potential clinic or hospital, performing thorough research and choose a reliable medical travel provider such as Operations Abroad Worldwide who has over 20 years experience in the market.

* Surgeon Expertise

ALWAYS MAKE SURE THAT YOU SEE YOUR SURGEONS CV BEFORE DECIDING ON HAVING SURGERY WITH THEM. IT IS IMPORTANT TO LOOK FOR HOW MANY SURGERIES THEY PERFORM PER YEAR, AND FEEL FREE TO ASK THEM THEIR COMPLICATION RATE, INFECTION RATE AND MORTALITY RATE! A GOOD SURGEON WILL BE HAPPY TO ANSWER YOUR QUESTIONS.

* Hospital Choice

It is important to choose a hospital / clinic which has a well established, reputable history. So make sure you do your due diligence on any potential clinic or hospital, performing thorough research and paying attention to independent watchdogs, accreditation bodies and reviews from past patients.

* Prioritise Your Health

Finally whilst all of the above points deserve careful consideration when deciding on a destination, the most important factor is finding the right treatment for your condition.

48-Hours in Benidorm

Heading to the vibrant, sunny resort of Benidorm for a long weekend or short stay? Make sure you get the most out of your visit with our handy 48-hour guide focusing on the best places to eat, sleep and wander.



Morning - Get the lay of the land

Hit the ground running and get the lay of the land with a ride on Benidorm's sightseeing bus. Take a seat on the open-top deck and bask in the sunshine as you enjoy a whistle-stop tour of all the city has to offer.

There are two routes to choose from and audio guides in a variety of languages including English.

Hop off the bus in the Old Town for a spot of lunch and a refreshing beverage or two. Enjoy delicious fresh seafood, such as paella and oysters at the Ostreria Biarritz. Alternatively, head to Tapas Alley (Calle Santo Domingo) and hit up one of the city's best-known tapas bars - Bar Gaztelutxo - for an array of tasty, traditional dishes.

Once you're feeling refreshed take a stroll around the neighbourhood and enjoy a rare glimpse into Benidorm's pre-skyscraper past. The rustic, narrow lanes and the whitewashed architecture are a throwback to the town's days as a quaint fishing village.

Head to the top of the Old Town for a look at the Church of Saint James and Saint Anne, which sits atop Canfali Hill. This charming, neo-classic church dating back to the 1700s features the typical blue, Mediterranean dome. Inside you'll find colourful frescos, a pipe organ and a statue of the Virgen del Sufragio - the patron Saint of Benidorm.



Sunset over the sea

As the evening approaches visit the aptly named Balcón del Mediterráneo, also known as the Benidorm overlook, for panoramic views across the sea - it's blue waters and skies as far as the eye can see. Pick a seat on one of the many benches and enjoy the picturesque views and the relaxing sounds of the waves crashing into the

rocks beneath. You'll also be able to catch a glimpse of the nearby beaches and marina. The views are equally as stunning whether visiting during the day or night.



Night time - Paint the town red Benidorm style

A visit to Benidorm wouldn't be complete without sampling the much-famed nightlife. While stag and hen dos, pub crawls and all night clubs might be what first springs to mind when Benidorm is mentioned, the reality is a much more inclusive night scene. The resort is popular with young people, families and pensioners alike and therefore caters to a variety of night time entertainment tastes. Choose from karaoke to cabarets and circus acts to drag shows.

Notable hotspots include the infamous Café Benidorm, which showcases a number of high-quality tribute acts, the popular Talk of the Town cabaret club, Casino Mediterraneo and Vincent's Old Town karaoke bar.

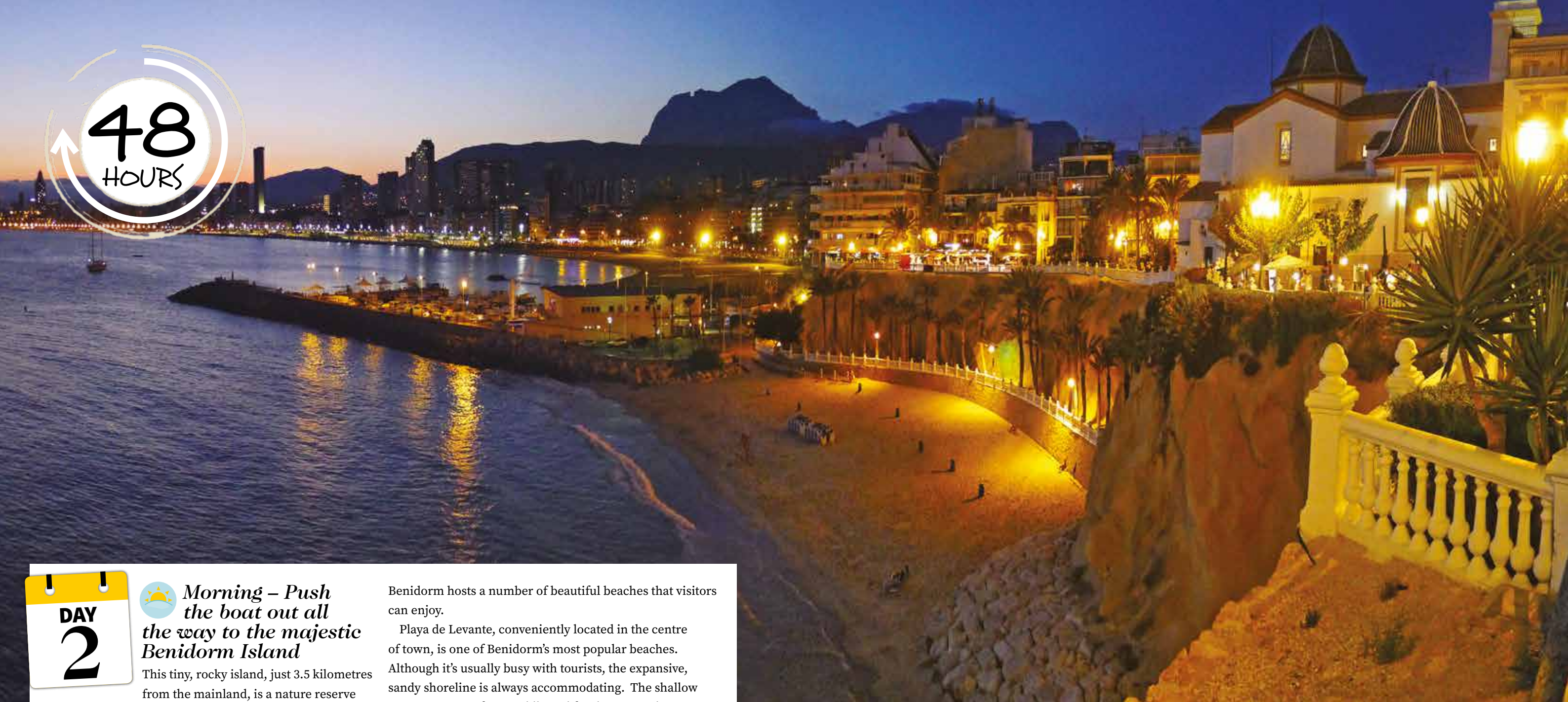
Best Places to Stay?

Villa Venecia Boutique Hotel

This 5-star hotel is one of the most exclusive spots in town. Located in the quieter part of Benidorm, close to the Old Town and the Balcón del Mediterráneo, guests benefit from a beachside location, onsite gourmet restaurant, chic modern decor and fitness room with a spa.

Hotel Presidente

Located in the centre of town, just a few minutes' walk from Playa de Llevant, the 4-star Hotel Presidente is conveniently surrounded by restaurants, bars and shops. Recently renovated the hotel boasts modern rooms and facilities including an outdoor pool and lounge area.



Morning – Push the boat out all the way to the majestic Benidorm Island

This tiny, rocky island, just 3.5 kilometres from the mainland, is a nature reserve

boasting exotic wildlife, such as peacocks, scenic walking trails and stunning views of Benidorm's coastline. Take a guided walk around the island or explore the hidden coves with a snorkel. Afterwards enjoy a spot of lunch with a midday picnic as you gaze out at the beaches and skyscrapers of the mainland across the beautiful, glistening sea.

You can travel to the island via short boat rides that run regularly throughout the day. Why not take the glass-bottomed boat over to the island and marvel at the marine life and underwater views?



Afternoon - Soak up the sun and atmosphere on one Benidorm's many beaches

Situated on Spain's east coast and one of the jewels in the crown of the country's Costa Blanca holiday resort,

Benidorm hosts a number of beautiful beaches that visitors can enjoy.

Playa de Levante, conveniently located in the centre of town, is one of Benidorm's most popular beaches. Although it's usually busy with tourists, the expansive, sandy shoreline is always accommodating. The shallow waters are great for a paddle and for the more adventurous there are plenty of water sport activities.

Playa de Poniente has more of a chilled, family-friendly vibe if you're looking for a quieter spot to relax in. This award-winning beach is the city's largest with over 3,000 meters of golden sand, which in some parts is more than 100 meters wide. The modern promenade features a number of cafes, bars and restaurants where you can take shelter from the heat and enjoy a snack or a cooling cocktail. There's also a playground, recreational games and beach sports, an accessible beach service for the disabled plus a beach library.

For a more tranquil setting still, venture further out to Playa Cala Tio Ximo. This secluded cove offers a relaxing vibe away from the tourist crowds, crystal clear waters and rustic terrain. Located at the foot of the Sierra Helada, there are plenty of vantage points over the north coast of the city.



Evening – Dine in style

For your final night in Benidorm treat yourself to a refined meal in a spectacular setting. Restaurante La Falúa is one of the city's most exclusive restaurants, serving artisan cuisine in neo-classical style surrounds with coastal views. We recommend the shrimp and oysters as a starter followed by one of their tasty paellas.

Another fine dining option is Llum del Mar, which is part of the 5-star Villa Venecia Boutique Hotel. The restaurant offers a variety of gourmet, Mediterranean dishes - such as cod au gratin, salmon tataki and veal sirloin. Be sure to sample a drop or two from the restaurant's extensive wine collection. The beautiful seaside views and relaxing ambience make it the perfect location to take in the final sights and sounds of Benidorm.



Need a Hip or Knee Replacement?

Benidorm is the perfect choice

Combine your hip or knee replacement with an intensive rehabilitation programme and a luxury holiday as part of a full care package that promises a full and speedy recovery.

The plan is part of a unique partnership between two outstanding health care facilities, the Hospital Clinica Benidorm and the Medifit Rehabilitation Centre, both situated in the stunning surrounds of Spain's Costa Blanca holiday resort.

This care plan is designed especially for people who wish to be free of the pain and restrictions experienced by knee or hip pain. It aims to make patients fully mobile and pain-free as soon as possible - ideally by the end of

the rehabilitation programme, which lasts just four weeks.

The Procedure

Both hip and knee replacement procedures are carried out by the expert medical staff at the Hospital Clinica Benidorm. They use the latest surgical methods and the highest quality hip and knee prostheses for best results. The knee replacement procedure uses the parapatellar arthrotomy (Minimally Invasive) approach to fit a Stryker Triathlon cemented prosthesis. While the hip replacement procedure relies on the posterolateral or lateral approach to insert a next generation Stryker Accolade/Trident cemented prosthesis.

The hospital itself is a modern facility that adheres to the highest standards of medical care. The staff body includes

many esteemed physicians who are at the top of their specialist fields. All aspects of care are carried out on-site, from the initial consultation through to the surgical procedure, for the utmost convenience for the patient.

Additional benefits include:

- No language barrier – the entire team of doctors, nurses and administrators speak English
- Excellent overnight facilities, including VIP rooms for those who prefer even more luxury
- No waiting lists
- The hospital will arrange all aspects of care for the patient and provide help with any travel arrangements

The Rehabilitation Programme

The rehabilitation programme starts on the first day after surgery to ensure the best possible outcome. Under the supervision of a physiotherapist, patients perform a series of exercises

"The centre's staff have trained and worked at some of the finest rehabilitative organisations in the world"





"The exact treatment plan will differ from patient to patient, as each one is tailored to suit the needs of the individual"

that aim to improve mobility. On the fifth day after surgery, the patient can be discharged from the hospital.

For the next phase of the programme, patients are transferred to a specialist rehabilitation centre in the beautiful, coastal resort of Moraira to receive intensive care. Here they will benefit from professional supervision and an environment that encourages health, fitness and satisfaction.

The centre's staff have trained and worked at some of the finest rehabilitative organisations in the world and have combined their professional experiences to devise a programme that benefits from a range of best practice techniques.

Rehabilitation exercises and treatments are administered daily for a period of three to four weeks. Full care provisions available include physical therapy and rehabilitation, post-operative checks, wound care, follow-up x-rays, ECG and ultrasound examinations. The exact treatment plan will differ from patient to patient, as each one is tailored to suit the needs of the individual.

Accommodation is provided in luxury hotel-style apartments on a half board basis and 24-hour medical assistance is on hand for peace of

mind in the case of emergencies.

During their stay patients will also benefit from:

- Complimentary Wi-Fi
- Satellite TV
- Special equipment to help with rehabilitation
- Laundry service
- A free car rental service
- Airport transfer



The Physical Rehabilitation Clinic in Spain which excels in treating International patients

A dedicated rehabilitation centre offering a wide range of services - from hip replacement rehabilitation to stroke recovery - is located in one of Spain's most popular holiday destinations.

Medifit's medical team benefits from a wide array of specialists from varied fields, including rehabilitation doctors, neurosurgeons, orthopaedic surgeons, neurologists, neuropsychologists, cardiologists, pulmonologists, osteopaths, specialised physiotherapists and occupational therapists. This includes many international specialists trained in some of the best medical schools.

Specialist Rehabilitation Services

The rich and wide-ranging expertise offered by the staff enables Medifit to offer rehabilitation services for many different diagnoses such as:

Neurological rehabilitation for patients with:

- Strokes
- Multiple sclerosis

- Parkinson's disease
- Amyotrophic lateral sclerosis
- Brain injuries

Cardio rehabilitation for patients following:

- Open-heart surgery
- After stent placement
- Heart failure
- Angina pectoris
- Pacemaker implantation

Orthopaedic rehabilitation following treatment for injuries of the:

- Shoulder
- Elbow
- Hand
- Foot
- Hip
- Knee
- Back

One of Medifit's most popular and renowned services is for hip and knee rehabilitation – an intensive programme that lasts between three and four weeks. It has been devised to maximise mobility and banish pain and offers a quick and full recovery.

The full range of treatments offered as part of this programme includes diagnosis, surgery and rehabilitation. Patients are also provided with luxury hotel accommodation, chauffeur driven transfers and free car rental services.

Other more specialist programmes

include back, lung and amputation rehabilitation.

All programmes offer an integrated treatment, which is best exemplified by the range of specialists employed by the centre. Programmes do not merely aim to treat physical symptoms but also provide a more holistic approach that includes therapy to provide emotional support.

The Personal Touch

The patient is truly at the heart of the service at the Medifit Rehabilitation Centre. Indeed staff are constantly going above and beyond standard care provisions to ensure patients have their every needs met.

Medifit prides itself on offering a personalised service where each care plan is tailored to the individual needs of the patient. The staff here believe that as each diagnosis is different so too is the prognosis and to ensure an effective and efficient



recovery, treatment must be adapted accordingly.

Moreover, treatment is administered on a one-on-one basis to further personalise the experience.

An Ideal Location

The Medifit Rehabilitation Centre is housed in a secluded complex on a hillside overlooking the picturesque coastal town of Moraira in the Costa Blanca.

The centre is a modern facility, fitted with state of the art equipment that adheres to the highest standards of cleanliness to ensure as prompt and as successful a recovery as possible.

All treatments and procedures are carried out on-site for a convenient service. Patients receive daily care by highly qualified professionals for specified periods of time that are decided before admission.

All patients are offered accommodation on-site at the rehabilitation clinic or in apartments closely located to the clinic. Each patient has their own room with ensuite facilities, satellite TV and complimentary Wi-Fi.

Whilst patients are able to enjoy the centre's immediate surroundings and the nearby town, there's also the possibility to venture further afield with excursions to many of the Costa Blanca's other resorts.

The beautiful scenery, warm weather and peaceful, remote location also play a part in the recovery process by boosting patient's

health and wellbeing in a more general sense.

Upon completion of their programme, patients are discharged and then chauffeur driven to the airport in Alicante for their flight home to the UK. A member of staff will accompany the patient into the airport to help with luggage, checking-in and any additional requirements.

For more information please visit: <http://www.medifitreha.com/>





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- AFTER AMPUTATION
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 **medifit**
HCB

The Forward Thinking Dutch Approach to Rehabilitation in Spain

We interview Miguel Martorell, CEO of Medifit Rehabilitation Clinic which is located in Moraira, Spain on why his clinic excels in Physical Rehabilitation, the approaches used and how they focus on providing individualised treatment plans for their patients.



Q What is Medifit?

Medifit is an advanced international private rehabilitation centre. It was founded in 1999 by two Dutch physiotherapists who have an abundance of experience in different rehabilitation techniques.

Since then it has developed into one of the most advanced and innovative multidisciplinary rehabilitation clinics in Spain, with both inpatient and outpatient departments.

Q Where are you located?

The clinic is in Teulada - Moraira, one of the most exclusive areas of Spain in the middle of the Costa Blanca holiday region. It's a beautiful touristic, coastal town, which is located between Alicante (80 Km) and Valencia (110 KM). There are many low-cost direct flights running several times a day from the UK to the nearby airports of Alicante and Valencia.

Q How do your services differ from those offered by rehabilitation clinics in the UK?

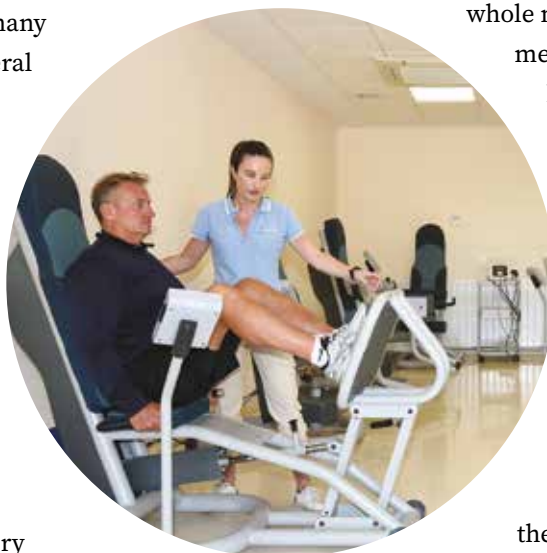
Medifit is a private clinic and we treat all patients as individuals. Every patient has their own unique diagnosis and therefore every

person has their own specific needs, either medically or emotionally.

We specialise in providing personalised, one-to-one treatments to help patients improve as quickly and as much as possible. A great advantage to our clinic is, of course, the fantastic climate and beautiful relaxed surroundings of the Costa Blanca. This helps patients to relax and focus 100% on their improvement. Other advantages include the fact that there are no waiting lists for our services and we allow a partner to stay with the patient during their recovery period.

We cannot guarantee that we are able to heal all injuries 100% as a prognosis depends on the individual patient and their particular injury. However, our patients can be sure that by seeking rehabilitation treatment in a specialised clinic such as Medifit this will enable them to reach their predicted recovery 100%.

Our secret to success is our expertise. The whole management team has substantial medical experience and training behind them and know what is necessary, from both themselves and the patient, in order to ensure a successful recovery. We offer an exceptionally high quality of treatment because we devote ourselves to the care of our patients. This is done through our unique treatment approaches, knowledge, motivation and dedication to achieve the best results for our patients.



Q What services do you offer?

The Medifit Rehabilitation Centre is a multidisciplinary clinic and offers advanced specialised physiotherapy, osteopathy, chiropody, acupuncture, occupational therapy, psychotherapy, hydrotherapy (in a heated pool) and manual therapy. Beside the therapists, our team consists of many other dedicated medical specialists, such as rehabilitation doctors, cardiologists, gynaecologists, psychologists, neuropsychologists, oncologists, traumatologists, orthopaedic surgeons and a neurologist.

Q What is the special hip and knee rehabilitation program that you offer to international patients?

After patients have had their surgery procedure at Hospital Clinica Benidorm, which is located nearby, the patient will be transferred to our rehabilitation centre for a period of 21 days. The program consists of two hours a day of rehabilitative therapy. This involves a combination of manual physiotherapy (to mobilise the joints and control the pain and inflammation) and training therapy to strengthen the muscles, improve coordination and help the patient to learn to walk again. Our program helps patients to regain the ability to walk very quickly without crutches and without experiencing pain. Hip or knee replacement patients who receive intensive rehabilitation therapy after surgery vastly increase their chances of being able to walk independently and enjoy a good quality of life within a quicker time scale than patients who go without.

Q Aside from rehab after surgery what other specialities / diagnoses do you treat?

We treat a lot of neurological patients, such as patients who have had a stroke or patients with Multiple Sclerosis (MS). We also treat patients who need rehabilitation after experiencing a traumatic injury. Chronic pain is another speciality condition we treat often and with a high success rate. Heart and lung rehabilitation are other speciality areas, which we treat under the supervision of our cardiologist and pulmonologist. For these patients, we find that the relaxing environment of the clinic and the clean air provided by the countryside surrounding the clinic works wonders.



"We specialise in providing personalised, one-to-one treatments to help patients improve as quickly and as much as possible"

Q What are the main aims of the rehabilitation programs for those who have experienced a stroke or have MS?

The main aim is to improve the patient's quality of life and to make the patient as independent as possible. We have physiotherapists and occupational therapists that are specialised in providing neurological treatments. Also, our specialist rehabilitation doctor is trained in how to apply Botox injections to spastic muscles, which can help to reduce spasms. We try to rehabilitate the patient in the best way possible, ideally so that they can overcome the cause of the disability. If it's not possible to completely overcome the cause we instead look to achieve the maximum level of rehabilitation, which in some cases can mean learning how to perform daily activities using other muscles or learning some other helpful tricks for getting by.

Q What is a typical daily program?

There is normally a morning session, after breakfast for one to two hours, which entails different kinds of rehabilitative therapy. After this, there is some free time to enjoy the weather and beautiful surroundings. Patients can also opt to attend a Spanish class or play one of the social games that we organise.



"We have carefully selected the most dedicated therapists who are open-minded in their approach and passionate about providing great levels of care"

After lunch and maybe a typical Spanish "siesta" there is an afternoon rehabilitation session, which again lasts between one and two hours. In the evening people often go onto the terrace of the cafeteria or visit the living room, which offers a sea view. In the living room, they can play games, watch television or have their evening dinner. We provide English television channels and Wi-Fi in all rooms. In addition, we organise weekend excursions to other resorts within the beautiful area of the Costa Blanca. As you can imagine these activities help patients to have a healthy social life during the rehabilitative experience. This helps the patients to relax and feel comfortable, which in turn aids their recovery.

Q Who designs a patient's treatment plan?

This depends on the condition and diagnosis. For instance, in the case of rehabilitation after a hip or knee replacement, the orthopaedic surgeon together with the physiotherapist will draw up the patient's treatment plan. Whereas in the case of heart rehabilitation it is the cardiologist and a specialised physiotherapist who devises the plan and in the case of lung rehabilitation, it will be drawn up by the pulmonologists and a specialised physiotherapist.

For all other diagnoses, including neurological problems, amputations and chronic pain problems, the

program is set up by a specialist rehabilitation doctor. Where possible, we try to include the patient as much as possible when designing the treatment plan. We ask them about their preferred methods and what their own aims are. We believe that for an optimum outcome both the therapist and patient have to work together in great harmony.

Q Do patients experience a lot of pain during the rehabilitation phase?

No, we use different types of therapy to reduce and control pain effectively. The aim is to eliminate pain so that the patient can immerse themselves in the rehabilitation process and practice daily activities with as much ease as possible.

Q Do your team speak fluent English?

Yes, all members of our medical and therapy teams speak fluent English. 90% of our patients are from countries outside of Spain and English is the main language we use to communicate with most patients.

Q Would a hip or knee replacement patient be able to walk without crutches after they finish the rehabilitation program at Medifit?

Our main goal is to enable the patient to walk without experiencing pain or needing the aid of crutches after the rehabilitation process. We almost always achieve this if a patient was walking without crutches before their surgery. However, if a patient was not able to walk for long periods unassisted before the surgery then we expect it'll take a few more weeks for them to walk without pain or crutches.

Q How do you monitor the patient's recovery?

We monitor the patient's recovery in stages at the start, middle and end of the rehabilitation program by using computer measurements and having multi-disciplinary consultations with the different members of the therapy team looking after the patient. By practising this method we can clearly measure the progress and analyse which treatment is most effective for every single patient.

Q Do you have special equipment or do you use standard gym equipment?

Our equipment is "state of the art medical equipment". We offer the most advanced and modern rehabilitation equipment possible which can be adjusted to suit the individual needs of each patient.



Q How many years' experience do you have running rehabilitation programs?

I co-founded this rehabilitation centre in Spain in 1999. Before this, I worked in rehabilitation centres in Holland, England and Italy. Each country and clinic had their own way of practising rehabilitative treatments. I have tried to combine the best techniques from them all to provide a variety of treatment techniques and concepts.

Q What level of experience do your physiotherapists and staff have?

We have carefully selected the most dedicated therapists who are open-minded in their approach and passionate about providing great levels of care. Every year, most of our team members undertake further medical training to familiarise themselves with the most up-to-date knowledge and methods. We have a team of 25 therapists and they all specialise in a specific modern rehabilitation treatment. Every week during our multidisciplinary meetings we share our knowledge and learn from one another, our slogan is: "You are never too old or experienced to learn new things."

Q Do you offer both inpatient and outpatient treatments?

Yes, we offer both. Our outpatient centre and inpatient rehabilitation centres are fully equipped. Our inpatient centre has 28 patient rooms and 24-hour medical services.

Q Where do international patients stay during their rehabilitative treatment?

It is possible for our patients to stay inside the

rehabilitation centre as an inpatient. Alternatively, they can be treated as an outpatient and can stay in one of our eight fully equipped apartments, which are adapted for people with reduced mobility.

Q What extra services do you offer for international patients?

We offer transport services where we pick the patient up from the airport on arrival and drop them back off after the rehabilitative program is finished.

An added benefit we find most patients love is that they or their partner can use a free rental car during their stay.

In addition, all rooms have free WIFI, English television channels and there is an extra bed which can be used by a partner or family member. We also offer to take the patients on excursions as well as doing their shopping for them if they need a particular item.

Q What advice would you give to a patient looking for a good rehabilitation centre?

The most important thing to focus on when choosing a rehabilitation centre is how much one-on-one therapy a clinic provides. Another important consideration is how many hours of rehabilitation therapy they offer per day.

In addition, I'd advise looking for a programme or clinic that offers a flexible approach which is tailored to the needs of the patient. Most rehabilitation centres work with a fixed protocol, which they apply to almost every patient, offering no personalisation of service. The patient should never have to adjust to a rehabilitation program, instead, a rehabilitation program should always adjust to the needs and wishes of the patient.

Spanish Language Survival Guide

While most Spaniards, especially in the tourist resorts and big cities, will speak some English, familiarising yourself with the native language will definitely make life easier during your stay. Whether you're looking to learn enough Spanish to befriend the locals or pick up a few basic phrases to help you order a beer and some patatas bravas – our language guide has you covered.

Underneath the Spanish words you will see how to pronounce the words correctly so that you will soon sound like a native Spanish speaker!



Introducing yourself and getting to know someone

¿Cómo te llamas? What's your name?
(KOH-moh te ya-mas?)

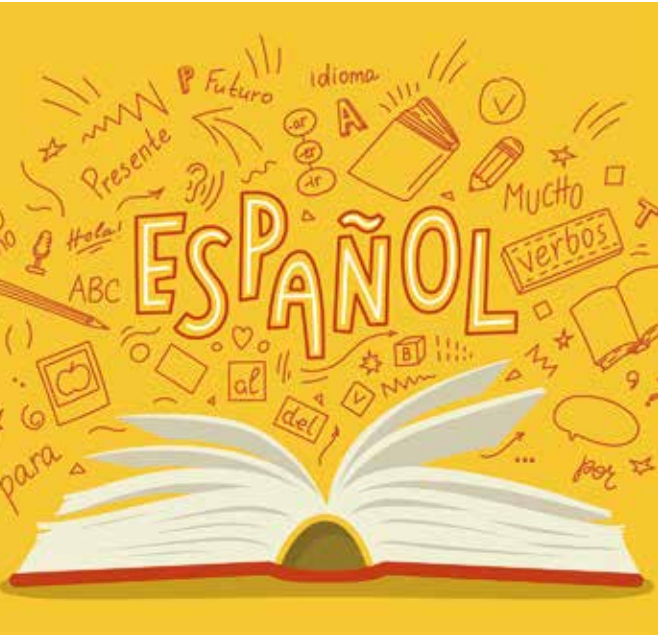
Me llamo... My name is...
(May ya-moh...)

¿Cuántos años tienes?
(KWAN-tos AN-yos tee-EN-es)
How old are you?

(Yo) tengo ... años
(yo TEN-go ... AN-yos)
I am ... years old.

¿De dónde viene?
(de DON-day vee-EN-ay)
Where are you from?

(Yo) soy de...
(yo soy de ...)
I come from....



Greetings and pleasantries

Hola (O-la)	Hello
Buenos días (BWAY-nos DEE-as)	Good morning
Buenas tardes (BWAY-nas TAR-des)	Good afternoon/good evening
Buenas noches (BWAY-nas NOH-chays)	Good night
Adiós (ah-dee-OS)	Goodbye
Hasta luego (AS-ta loo-AY-go)	See you later
¿Cómo está? (KOH-moh eh-STAH)	How are you?
Bien, gracias (bee-EN GRA-thee-as)	I'm fine, thank you
Mucho gusto (MOO-choh GOO-stoh)	Nice to meet you
Por favor (por fa-vor)	Please
Gracias (GRA-thee-as/GRA-see-as)	Thank you
De nada (de NA-da)	You're welcome
Perdone (per-DON-ay)	Excuse me (ask for something)
Perdone / Disculpe (per-DON-ay/ dis-KUL-pay)	Excuse me (to get past)
Lo Siento / Disculpe (lo see-EN-to)	Sorry

When asking for help and essential phrases

¿Puede ayudarme? (PWE-day ay-oo-DAR-may)	Can you help me?
¿Puede repetirlo! (PWE-day re-pet-EER-lo)	Can you say that again?
No entiendo (no en-tee-EN-do)	I don't understand!
No (lo) sé (no lo say)	I don't know!
¿Hablas inglés? (AB-las in-glAYs)	Do you speak English?
No hablo español (no AB-lo es-pan-YOL)	I don't speak Spanish
Estoy perdido (eh-STOY per-DEE-do)	I'm lost
¿Qué hora tienes? (kay OH-ra tee-EN-es)	What time is it?
¿Cuánto cuesta eso? (KWAN-to KWES-ta eso)	How much is that?
¿Dónde esta...? (DON-day es-tah...)	Where is...?
¿Dónde está el baño? (DON-day es-TAH el BAN-yo)	Where is the bathroom?
Sí (see)	Yes
No (no)	No
Tal vez (tal ves)	Maybe
Quisiera (kee-see-eh-ra...)	I would like...
.... un menu (oon me-noo)	A menu
....un taxi (oon taxi)	A taxi
...una cerveza (oo-na ser-vay-za)	A beer



Numbers

1	Uno/a (OO-noh)
2	Dos (doss)
3	Tres (tress)
4	Cuatro (KWA-tro)
5	Cinco (SEEN-ko)
6	Seis (SAISS)
7	Siete (SYE-te)
8	Ocho (O-cho)
9	Nueve (NWA-be)
10	Diez (DYESS)
11	Once (OHN-say)
12	Doce (DOH-say)
13	Trece (TRAY-say)
14	Catorce (kah-TOHR-say)
15	Quince (KEEN-say)
16	Dieciseis (DYEESS-ee-SAYSS)
17	Diecisiete (DYEESS-ee-SYAY-tay)
18	Dieciocho (DYEESS-ee-OH-choh)
19	Diecinueve (DYEESS-ee-NWAY-bay)
20	Veinte (BAYN-tay)
21	Veintiuno (BAYN-TYOO-noh)
22	Veintidos (BAYN-tee-DOHSS)
23	Veintitres (BAYN-tee-TRAYSS)
30	Treinta (TRAYN-tah)
40	Cuarenta (kwah-RAYN-tah)
50	Cincuenta (seen-KWAYN-tah)
60	Sesenta (say-SAYN-tah)
70	Setenta (say-TAYN-tah)
80	Ochenta (oh-CHAYN-tah)
90	Noventa (noh-BAYN-tah)
100	Cien (syehn)
200	Doscientos (dos-SYEHN-tos)
300	Trescientos (tres-SYEHN-tos)
500	Quinientos (kee-NYEHN-tos)
1000	Mil (MEEL)
2000	Dos mil (dohss MEEL)
1,000,000	Un millón (oon mee-YOHN)
Half	Medio (MAY-dyoh)
Less	Menos (MAY-nohss)
More	Más (MAHSS)



WEARABLE TECHNOLOGY: THE FUTURE OF THE NHS?

Although we might associate wearable technology with consumers – such as smartwatches and fitness trackers – healthcare settings are increasingly integrating wearable technology into their patient monitoring systems.

At a time when the NHS is struggling with low staff numbers and increasing costs, the use of patient-led technology can revolutionise care both in hospitals and in the community. That's because wearable devices promote preventative rather than reactive care, encourage patients to be involved in their own health management, and free up NHS staff time.

Remote monitoring already being trialled

Although this technology is in its infancy, the NHS is trialling the use of wearable devices to monitor the vital signs of patients in hospitals. This is part of the recently

published Government Digital strategy, which promised to invest £4.2 billion over the next five years in technologies in the NHS, including the use of wearable devices.

In hospitals, these devices use sensors to monitor a patient's vital signs – heart rate, blood pressure, temperature and respiration rate – and the collected data is sent via Wi-Fi to mobile devices that doctors and nurses can check remotely. Healthcare staff are immediately alerted to any dangerous changes, such as signs of infection, and can intervene quickly to prevent further health deterioration. This frees up staff time because it avoids the need to manually check vital sign machines.

Wearable technology can also be incorporated to improve primary care through GPs and community services. Patients can wear monitoring devices as they go about their daily lives to collect real-time biometrics, including blood pressure, sleep patterns, glucose levels and blood oxygen levels. Not only does this encourage patients to become actively involved in their own care, but it allows GPs and other primary care professionals to remotely monitor their patients and act quickly when alerted to potentially problematic changes. It's hoped that this preventative care in the community could alleviate some pressure on hospitals by proactively intervening before small health changes become much bigger problems.

Far-reaching benefits

There are lots of potential benefits to wearable technology and remote monitoring for healthcare staff, patients and the NHS as a whole. Here's a run down of some of the most important advantages:

- The remote monitoring of hospital patients frees up staff time, saves money and leads to better patient outcomes.
- The promotion of self-care means that patients are included in their own healthcare management.
- Continuous data collection offers an uninterrupted view of each patient's health between visits to a healthcare setting. For example, wearable data can be used to track recovery in outpatients.
- If a patient's health is deteriorating they could be sent a new prescription or referred to a hospital remotely without seeing the GP.
- Wearable technology promotes preventative rather than reactive care. For example, for the elderly and those with chronic conditions like diabetes and pulmonary disease, active monitoring helps symptom management and promotes early intervention – catching manageable health problems before they escalate and require secondary care.



barnaclínica+

WORLD-LEADING HEALTHCARE IN THE HEART OF BARCELONA

Spain is well known for delivering high quality healthcare, operating a comprehensive public system with the additional option of private care. barnaclínica+, a private medical centre located in Barcelona, is a shining example of how public and private healthcare in Spain work in harmony to offer the best results to patients.

What is barnaclínica+?

barnaclínica+ operates as a private branch of the Hospital Clínic de Barcelona – a university teaching hospital that operates under the public health system. Founded in 1906, the hospital is the main public provider of healthcare in Barcelona, with comprehensive care provided across a number of sites in the city.

The hospital is world-renowned for its research output, and has one of Europe's highest impact factors – which is a measurement of the importance of its scientific publications.

Under the umbrella of the Hospital Clínic de Barcelona, barnaclínica+ benefits from the associated prestige that comes with its high standards of

care, leading healthcare professionals and long tradition of research.

Importantly, all income from barnaclínica+'s private work is returned to the Hospital Clínic de Barcelona. This provides a huge benefit to the public health system and all patients within the region, regardless of status or income. barnaclínica+'s dedication to the local society serves as a good example of how Spain's blend of public and private healthcare works so well.

What does barnaclínica+ offer?

barnaclínica+ is a state-of-the-art facility that offers high standards of clinical care. The centre provides both outpatients and inpatients with comprehensive private healthcare

options, from preventative medicine to surgical specialities, no matter how complex the case.

As such, patients can be treated for everything from cancer, cardiovascular disease and obesity, to cosmetic dentistry, smoking cessation and sleep problems. barnaclínica+ also performs stem cell transplants and living donor transplants, liver and kidney (ABO compatible and incompatible).

The hospital has a range of facilities, including 800 beds – with 60 intensive care unit beds – 32 operating theatres and 10 imaging rooms. It also employs 1,100 doctors and 1,300 nurses to deliver the best care possible through integrated and multidisciplinary teams.



"Patients can be treated for a range of conditions including; cancer, cardiovascular disease and obesity, to cosmetic dentistry, smoking cessation and sleep problems"

barnaclínica+'s specialities

The centre has over 50 medical and surgical specialities, and is also well known for utilising the latest technological innovations when providing its key specialities – some of which are detailed below.

Oncology: barnaclínica+ treats a range of cancers, including breast, lung, brain and melanoma. The centre offers molecular diagnosis (cancer prediction) and treatment options, including chemotherapy, radiotherapy, surgery and stem cell transplants, as well as palliative care and psychological support. It also has a clinical trials unit to offer patients novel therapies.

Surgical oncology: The hospital is developing pioneering approaches to oncologic surgery (digestive, liver, pancreas, kidney, prostate, brain, ENT, among others), as minimally invasive surgery through robotic (Da Vinci Xi) and laparoscopic procedures (precision medicine). 98% of the surgery is performed through laparoscopy (one, two or three ports)

or NOTES (through natural body orifices).

Urology and Kidney

transplants: The hospital is a European leader in kidney transplants and the treatment of prostate, bladder and men's health diseases. At the forefront of their work is minimally invasive technology, with 25% of living donor surgeries performed with the advanced Da Vinci XI robot. The barnaclínica+ urology team perform 153 kidney transplants each year, with robotic surgeries comprising 20 of these. Patient survival is 99% for the first year and 90% for 10 years. In addition 120 radical prostatectomies and more than 60 highly complex nephrectomies.

Interventional cardiology: This speciality avoids surgical intervention by using non-invasive catheters to treat a range of cardiac problems, including repairing cardiac valves and treating congenital defects. This innovative method has led to an annual 0% in-hospital mortality rate and a 0% complication rate.

Sports cardiology: Created in 2009, this unit has quickly become a European leader in the field and works with the Catalan Council for Sport and FC Barcelona. The primary aim is the prevention and treatment of heart disease that can cause sudden death in athletes. State of the art technology is employed, including 3D strain imaging and Tissue Doppler imaging.

Neurosurgery: This department specialises in minimally invasive highly-complex brain surgery, with one of the most advanced neurosurgery operating theatres in the world. With over 25 years of experience in neuroscience, barnaclínica+ has a less than 1% mortality rate for this specialism.

Orthopaedic trauma: A highly specialised team delivers arthroscopic surgery and knee pathology, using the latest arthroscopy visualisation techniques and rapid recovery programmes. The team carries out 230 knee, 220 shoulder and 50 hip arthroscopies each year with a less than 0.05% infection rate



it's all
about you

"The hotel is a real catch, it was perfect. Bed was super comfy, breakfast the best. The staff are always helpful and cheery. Best value for money in town."

George H. –  tripadvisor user from UK

Adding Color to LifeSM

park inn
by Radisson

BUDAPEST

parkinn.com/hotel-budapest



FOR YOUR SECURITY

We are a University Hospital with a long tradition and international recognition in clinical practice and research. We not only have the latest advances in robotic and hybrid surgery or 3D endoscopy but does so in a newly constructed operating theaters designed to accommodate the most innovative solutions and to offer the best safety measures to our patients and professionals.



FOR YOUR HEALTH

Our multidisciplinary teams apply quality protocols based on the best scientific evidence available. The experience acquired during more than 100 years allows us to lead and be a reference in the most complex pathologies.



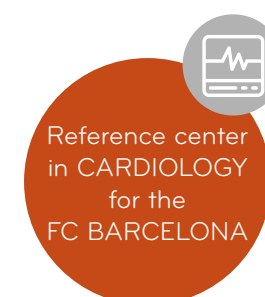
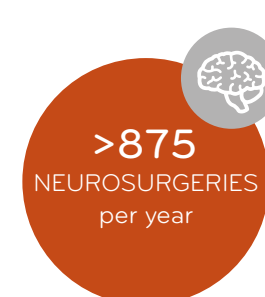
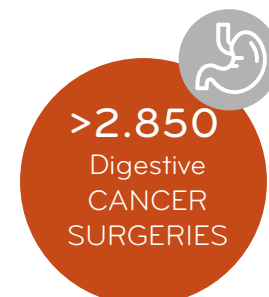
FOR YOUR TRUST

More than 500 professionals from more than 50 specialties, experts in the use of our state-of-the-art technology equipment, in a hospital that donates all its benefits to public health.



FOR YOUR COMFORT

Personalized treatments and transcultural care, in the center of Barcelona. A place with a pleasant climate, many interesting places and good transport links.





HENRY DUNANT
Hospital Center
ATHENS - GREECE



1st CARDIAC SURGERY DEPARTMENT

An exemplar globally recognized center of excellence, acknowledged by its significant success index.

With over 400 operations annually, the department is also actively involved in worldwide developments, with research, lectures, live surgery abroad and by organizing international conferences.

THE SPEAR TIP OF THE DEPARTMENT

Eliminating the danger in bypass surgery using the innovative “ π -GRAFT” technique:

- **Off pump**
(beating heart, without use of cardiopulmonary machine)
- **Aorta non-touch**
(without any manipulation on the ascending aorta)
- **Total arterial revascularization**
using both internal mammary arteries

The technique inspired by Dr Sotirios Prapas, the Director of the department, which has shown excellent results in considerably high-risk patients, namely: with pulmonary insufficiency, diabetics, renal failure, octogenarians and patients with carotid disease, operated at minimal risk.

At the department there are also applied the most up-to-date mitral and tricuspid valve repair techniques, surgical treatments of the aorta (root, ascending, arch), heart valve replacements and heart failure surgical treatments, with the “Prapas Procedure”.

A New Pattern for Using Both Thoracic Arteries to Revascularize the Entire Heart: The π -graft

Sotirios N. Prapas, MD, Constantine E. Anagnostopoulos, MD, Vassilios N. Kotsis, MD, George P. Stazopoulos, MD, Alexis V. Sidropoulos, MD, Olga G. Ananiadou, MD, and George M. Palathanos, MD

Department of Cardiac Surgery, Henry Dunant Hospital, Athens, Greece; Department of Cardiac Surgery, Columbia University College of Physicians and Surgeons at St. Luke's Roosevelt Hospital Center, New York, New York, and Cardiovascular Surgery Center, Athens, Greece
(Ann Thorac Surg 2002;73:1990-20)
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Sotirios Prapas, MD, FECTS

Director

Cardiac Surgery Department
“Henry Dunant” Hospital Center

Vice Chancellor

The World Society of Cardiothoracic Surgeons

Founder and Chancellor

The “Euro-Asian Bridge” Society

President

The Hellenic Society of Cardiovascular
& Thoracic Surgeons

One of the world's pioneers in Off - pump Cardiac Surgery

Inspired the globally recognized arterial “ π -graft” technique.

In 2005, Dr Prapas was the first to have implemented in Greece a combination of Off pump surgical treatment, external reshaping of the LV “Prapas Procedure” and autologous bone-marrow implantation which appears to improve the patients' functional status.

Mitral Valve repair using the U stitch technique and artificial chords.



Denton Cooley M.D. “the father” of modern cardiac surgery, congratulates Dr. Prapas at the 14th WSCTS Annual Congress in San Diego USA 2003



- Born in Greece, 1954
- Medical school of the “Aristotle University of Thessaloniki”, 1979
- Trained in Cardiothoracic Surgery at the “Georgios Papanikolaou” Hospital, Thessaloniki, 1982 - 1989

- Senior Registrar at the Pediatric Hospital “Agia Sofia”, 1991-1993
- Consultant at the “Onassis Cardiac Surgery Centre”, 1993 - 2001
- Founder and Director of the Cardiac Surgery Dpt. since 2001

Postgraduate training at the “Royal Brompton” Hospital, London, 1989 - 1991

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CAL & WELLNESS TRAVELLER AUTUMN 19

Preventing the next NHS winter crisis

Over the winter of 2017/18 the NHS experienced its worst ever care crisis. A&E departments recorded their longest waiting times since records began and many trusts recorded the lowest ever number of vacant beds. The impact was very real, with the Office for National Statistics recording an additional 10,000 patient deaths during the first few weeks of 2018.

However, there is hope for future improvement. There are two key ways that the NHS can help to prevent another winter crisis in 2018 and improve the system's overall health.

Boost NHS funding

Following eight years of austerity, it comes as no surprise that the NHS desperately needs more funding to cope with current and future demand – including during the exceptionally busy winter months.

Since its inception the NHS budget has increased by around 4% in real terms each year, but over the past eight years it has grown by only 1% annually. Despite the fact the Government injected £335 million into the NHS last November, the National Audit Office says that this extra funding only touched upon current problems and didn't offer any long-term help to transform services.

In response to the crisis, in June 2018, Theresa May announced a £20 billion long-term funding plan for the

NHS, which is to be made available until 2023/24. Spread out over five years this equates to an annual budget increase of 3.4%. This is much closer to the 4% that the Institute of Fiscal Studies say is needed to meet current needs and also offers some improvements to care.

It's hoped that this long-term budget planning will alleviate some of the pressures we've seen over the winter months.

Another way to help prevent a recurrence of the winter crisis is to increase funding for social care and community services. That's because good preventative care helps to avoid emergency admissions and lengthy hospital stays. However, the Prime Minister's long-term funding announcement is intended only to alleviate pressure on frontline services and does not include social care.

Increase staffing

Despite the fact that NHS staff worked hard to get through last year's winter crisis, there simply aren't enough of them to cope with the increased pressures that winter brings.

The problem becomes clear when we consider that:

- There are currently 100,000 vacant positions within the NHS.
- This includes over 36,000 nursing positions and 3,500 midwives.
- There is a shortage of nearly 2,500 consultant physicians.
- There is a record 15% unfilled GP posts in the UK.
- Around 700 GP practices are set to close over the next four years because of staff shortages.

Without adequate staffing levels it's clear that patient care will continue to suffer. But it's hoped that long-term funding will be used to invest in recruiting and retaining valuable staff. And although the impact of this may not have been seen in the winter of 2018/19, additional staffing will ensure that the NHS can respond well to any demand, including winter pressures.





Is centralising NHS services the right approach?

In October 2016 the Government submitted 44 Sustainability and Transformation Plans (STPs) to improve health and care services across the NHS in England. The STPs were included in a programme of reforms to make £22 billion of efficiency savings by 2020.

One of the key outcomes was the desire to centralise services and close some smaller 'cottage' hospitals. Although the idea faces opposition, the reasoning is as follows:

- There isn't enough funding available to maintain specialist services – like acute stroke or children's heart surgery units – in multiple locations.
- Centralising locations also means centralising the staff force, thereby avoiding the dispersion of talent.
- Although capacity and services are reduced in some locations –

including emergency departments – and patients have to journey for longer to reach those services, the quality of care provided should ultimately improve.

Some examples include:

- Centralising all maternity and children's services in Lincolnshire to one location.
- Downgrading two of the three A&E departments in Mid and South Essex, leaving only one A&E for the area.
- Downsizing City Hospital in Nottingham and reducing bed capacity across the city.

Following the Norwegian model

This is essentially a UK version of the Norwegian model, which since 2002 has moved towards a completely centralised healthcare system. Like

the UK, Norway was facing the problems of an ageing population and staff shortages, with care provided through a network of localised hospitals.

The Norwegian model sees the creation of hospital catchment areas, covering between 300,000 and 500,000 people. To achieve this plan, which is still being implemented, smaller hospitals within each catchment area are slowly being closed down and replaced with one large super hospital.

Those that are in favour of

centralising NHS services look to this model, because under it Norway has achieved a successful healthcare system with very good health outcomes for patients. According to latest figures from the World Health Organisation, life expectancy in Norway is 82.5 years and the under-five mortality rate is just 2.6 per 100 live births. In comparison, the UK's life expectancy is 81.4 years and the under-five mortality rate is considerably higher at 4.3 per 100 live births.

Local investment needed

However, even if we look to the Norwegian model for inspiration there is one key difference between Norway and the UK. Although Norway spends 9% of its GDP on healthcare – which is comparable to the 9.8% of GDP that the UK spends – its population is just 5.2 million. Compare this to the UK's population of nearly 66 million. This means that the per capita healthcare spend in Norway is actually double that spent

per head in the UK.

And as The Kings Fund charity have pointed out, centralisation will only work for the NHS if investment is increased – otherwise the plans are merely ideas that cannot credibly be put into action. So while closing smaller hospitals may seem like a good idea in theory, it's only viable if proper funding and resources are locally allocated to offer GP-led preventative care in the communities that are left with reduced capacity.



"Smaller hospitals within each catchment area are slowly being closed down and replaced with one large super hospital"



The problem of over-prescription

The latest NHS figures show that GPs are prescribing more medicines than ever before, with dispensed prescriptions doubling over the last decade. The most prescribed drugs are for high blood pressure and heart failure, but it is antidepressants that have seen the greatest growth.

Are we addicted to antidepressants?

In 2016, 64.7 million antidepressant prescriptions were dispensed, which is a huge 108% increase from the 31 million dispensed in 2006. There is debate as to whether this growth is a case of over-prescription or if patients are more readily seeking help for mental health problems like

depression, low mood and anxiety. In all likelihood it's a combination of the two.

Either way, there's no doubt that for many people these drugs are a valuable treatment option, especially when alternatives such as talking therapies can be hard to come by. But there are valid concerns about the short-term side effects and long-term implications of antidepressant use.

Many patients experience side effects when they start taking antidepressants, such as nausea, dizziness, headaches and mood swings. And for patients who take the drugs for an extended period – usually between six months and two years – stopping leads to unpleasant withdrawal symptoms that need to be managed through a steady reduction in dosage. These symptoms occur

because the body becomes reliant on the antidepressants to feel normal, despite the fact they aren't technically addictive.

As such, the over-prescription of antidepressants is making more patients reliant on drugs that in many cases could be avoided through more widespread and accessible therapy options.

The threat of antibiotic resistance

A massive area of concern in modern medicine is antibiotic resistance, which is in part caused by the chronic over-prescribing of antibiotics to patients.

Many GPs prescribe antibiotics for viral sore throats, colds and coughs despite the fact that these drugs only tackle infections caused by bacteria. This seems to be due to a 'just in case' attitude. In fact, a 2018 Public Health England study of antibiotic prescriptions found that up to one in five were inappropriately doled out by GPs in England.

This over-prescribing of antibiotics has the potential to lead to antibiotic resistance, which is when certain bacteria become resistant to antibiotics and can no longer

be treated by them.

The World Health Organisation says that antibiotic resistance is now at dangerously high levels, and this has many consequences for patients and healthcare systems around the world, such as:

- Very serious bacterial infections like MRSA, pneumonia, tuberculosis and blood poisoning are becoming harder to treat.
- This leads to worse health outcomes for patients, including longer hospital stays, an increased risk of death from antibiotic resistant infections and a higher chance of these infections spreading.
- The possibility of a post-antibiotic era, in which common infections and minor injuries cannot be treated and could lead to death.
- The need to develop new drugs that bacteria aren't resistant to.

This acts as a reminder that the persistent problem of over-prescribing medicines, particularly antibiotics, can have far-reaching and serious consequences for us all.



Relax, De-stress & Detox in Italy

Eat your way back to good health and boost your wellbeing with a relaxing spa stay in rustic Italy.

The luxury GB Thermae Hotels chain offers a unique wellbeing holiday experience with its Anti-stress and Detox programme. They have carefully put together a package that combines first-class hotel accommodation, indulgent thermal and mud spa treatments, a gentle exercise routine and an innovative detox diet.

Going beyond a typical spa package, it offers a targeted

programme that benefits individuals looking to lose weight, improve digestion, strengthen their immune system and detoxify, in addition to just generally boosting their overall health and wellbeing.

More About the Programme

The Anti-stress and Detox programme is one of the company's most recent offerings, having launched in early 2019.

The full programme entails:

- A seven-night hotel stay
- Meals prepared in accordance with the principles of the detox diet
- Expert advice from a qualified dietician
- Daily aqua aerobics
- Six detoxifying mud treatments
- Six thermal bath treatments
- Six deep tissue massages or six sessions with a personal trainer



The Detox Diet

The detox diet has been specially formulated by GB Thermae Hotel's chefs, taking inspiration from the world's healthiest diet – the Mediterranean diet – and the latest nutritional research.

Upon arrival guests will benefit from an in-depth consultation with an expert dietician, who will evaluate their current diet and general health in line with any medical needs or concerns. The dietician will then modify the detox diet, tailoring it to the guest's specific needs to ensure the best results.

Ingredients, recipes and cooking methods are carefully chosen to comply with the diet's guiding scientific principles:

1 Reduce free radicals. Ingredients are selected according to their ORAC value (antioxidant and protective power from free radicals) and meals are prepared using cooking methods that help to maintain the food's natural nutrients.

2 Prevent inflammation. This is done by reducing the intake of simple sugars, such as biscuits, soft drinks and refined flour.

3 Ease the cell ageing process and increase longevity. Recent scientific studies have shown that some food substances can interact with our DNA, to stop ageing genes while activating our longevity genes.

Results of the diet include:

- Accelerated metabolism due to its balanced and non-fattening nature.
- Improved digestion and gastrointestinal transit thanks to high fibre content.
- The draining of excessive body liquids as it is low in salt.
- A bolstering of the immune system due to the high quantities of vitamins, minerals and antioxidants.
- Loss of weight and reshaping the silhouette.



Luxury Hotels, Ideally Located

The programme is offered at three different hotels – the 4-star La Residence & Idrokinesis and the 5-star Grand Hotel Trieste and Victoria and 5-star Abano Grand Hotel. All benefit from modern facilities, friendly staff and a range of convenient amenities, such as satellite TV, Wi-Fi and outdoor swimming pools.

All three hotels are situated in Abano Terme, Padua in Northern Italy's Veneto region, on the eastern slopes of the volcanic Euganean hills. A well-known spa resort famed for its hot springs and mud baths, Abano Terme sees thousands of health tourists every year. In addition to the town's natural reserves, visitors can also drink in the tranquillity and healing scenery of the luscious countryside that encapsulates the town.

Just a 50-minute drive away from Venice, with other popular travel destinations, such as Milan, Verona, Bologna and Milan not too far away, it's a great location and easily accessible.



Element Hotels

Space to live your life

Medical treatment staying in your element

When travelling abroad for a medical treatment all we need is certainty, comfort and reliable services. One of the most daunting points can be finding the proper accommodation. Where am I going to stay while I receive my medical treatment? Whether you need to stay for a few days or a few weeks it can be hard to find the right place.

Element Amsterdam is a new hotel specialised in extended stays and it has been designed to meet the unique needs of long stay guests. Patients will find a relaxing atmosphere for pre or post-hospital accommodation while a representative of the hotel will be their direct contact for any special requirements they may need. It is only 1.5km from one of the most important hospitals in Amsterdam, and 8.7km and 5km from the other two main hospitals of the city.

The rooms offer a choice between a spacious studio or a one-bedroom

suite of up to 42m2, bathed in natural light with full kitchen functionality. They recognise how important it can be to prepare meals that fit into your dietary needs or to be able to eat whenever you would like to without having to leave your room.

Guests will enjoy more residential space designed with purpose-built amenities ideal for extended stays with all the comforts of home. Element Amsterdam is conveniently located in the vibrant district of Buitenveldert in Amsterdam Zuid, a residential and business area with the best transport connections, within walking distance from the Amsterdam Zuid Station and a 6-minute train ride from Schiphol airport. The city centre is just 15 minutes away by tram, bus or metro, so guests that would like to take the ride can do it with this very convenient option. The hotel is in a quiet part of the neighbourhood and near one of the most beautiful parks of the city, Amstelpark, an ideal place to take walks to refresh and recover.



This long stay hotel is also a suitable choice as it was built embedded in Gelderlandplein luxury shopping mall where supermarkets, pharmacies, many restaurants and other stores can be found to satisfy daily needs or for those occasional treats, something especially advantageous when services are needed just out of your doorstep.

Specialised in extended stay

The nearest hospital is 6 minutes from the hotel. The team is used to welcoming guests from different countries who travel to Amsterdam for medical treatments, so because of this and after years of experience a tailor-made flexible program has been developed to adapt to this profile of guests' needs in regards of staying and termination periods, payment conditions and monthly and daily rates.

Element Amsterdam Hotel provides long stay plans with their high standard hotel services and

thoughtful amenities such as daily housekeeping, healthy and well-stocked complimentary breakfast, on-site bar-restaurant that can customise offerings when required and a pantry to buy snacks, quick meals, beverages and sundries. Our Chef can also customise meals based on dietary restrictions – just let them know how they can be of service.

Rooms and suites perfect for an extended stay

Each room of the hotel has a fully equipped kitchenette with a dishwasher and a Nespresso machine, a lot of closet space, a king-size Heavenly® Bed, spa-inspired bathroom with rainshower, separate living area with comfortable armchair, a 42-inch flat-screen TV, ergonomic workspace with laptop safe, iron and ironing board, hairdryer and high-speed Wi-Fi. Guests can also enjoy the 24/7 Fitness Centre, use the self-service laundry inside the hotel and enjoy the cosy



nooks for spending some relaxing time outside the suite and spend time on the roof-top terrace. All the comforts are available to live your life away from home.

Element Amsterdam is a 4* hotel, LEED certified as it was built with recycled materials and is an active recycler with sustainable practices. It has been designed to have a positive

impact on individuals as everyone deserves to feel at home, especially when health is the reason for the stay.

For further information on extended stay programs please contact Element Amsterdam at sales@elementamsterdamhotel.com or on +31 20 517 5300.



Cryotherapy: The health benefits explained

When we hear people talk about cryotherapy they are usually referring to whole body cryotherapy, which involves being immersed in a sub-zero tank for up to five minutes – and all for the good of our health and wellbeing. This may not sound like the best way to make ourselves feel better, but more and more people are opting to try out this latest trend. That's because cryotherapy is claimed to offer a whole host of benefits, particularly for post-exercise strains. These include pain relief, muscle healing, reduced inflammation and improved mood.

Cryotherapy works by surrounding the body with extremely cold and dry gas at a temperature ranging between -100 and -300 Fahrenheit. Very little clothing is worn in the chamber – usually just underwear. In addition, gloves, socks, a headband, and a nose and mouth mask are worn to protect the body's extremities from the intense cold. Sessions last no more than five minutes to avoid placing the body in a dangerous situation.

So how does cryotherapy actually work?

The idea of applying an ice pack locally to a sore muscle is nothing new, and cryotherapy is merely an extension of this idea to the entire body. Cold treatments work by improving blood flow, reducing inflammation and releasing mood-improving endorphins. In addition to improving physical symptoms, the mood boost users can get from cryotherapy is an added extra. Many people who have had cryotherapy sessions report feeling both happier and more energetic than when they went in.

This is probably because of a combination of factors. Not only is a reduction in pain and inflammation bound to improve mood, but the release of endorphins and the rush of adrenaline that's released by the extreme cold both contribute to feeling energised and more positive.

Also, in addition to being used as a treatment for an established muscle injury or trauma, many athletes use cryotherapy within 24 hours of exercise as a preventative measure against inflammation and soreness. There is evidence that repeated exposure to cryotherapy after exercise leads to better recovery than a single session in the tank. A faster recovery time means being able to

continue exercising and maintaining fitness levels, which is important to anyone who enjoys keeping fit.

Does cryotherapy work?

It should be noted here that despite the increasing popularity of this treatment, there isn't yet much solid evidence to prove one way or the other whether cryotherapy actually works. Although there's lots of anecdotal evidence from sportspeople and others that it does.

However, many studies have found some evidence that cryotherapy improves recovery and reduces pain,

"The idea of applying an ice pack locally to a sore muscle is nothing new, and cryotherapy is merely an extension of this idea to the entire body"

inflammation and muscle damage – but only when someone has multiple exposures to the method. That's not to say that single-use cryotherapy doesn't offer any benefits, it's just that these haven't yet been scientifically proven. But despite the lack of solid evidence as to its efficacy, it seems that cryotherapy is here to stay, with lots of sportspeople and fitness fans trying out a dip in the tank to prevent and treat post-workout injuries and pain.





Rotterdam Marriott Hotel

The Rotterdam Marriott Hotel is Rotterdam's leading hotel. The hotel is located in Rotterdam Central District, directly opposite Rotterdam Central Station and offers 230 elegant and spacious hotel rooms and suites, all with spectacular views over Rotterdam.

Our lobby is a vibrant meeting point where business and relaxation come together. Pillars, the lobby's contemporary Restaurant & Bar, meets the needs of today's Marriott traveler to combine work, relax and play. The menu in Pillars lists Bites, Social Sharing and Casual Entrées.

The high standard that one can expect from a top class hotel ensures a comfortable and convenient stay at the Rotterdam Marriott Hotel. All rooms are equipped with state-of-the-art facilities and amenities ranging from high speed internet, comfortable bedding to spacious marble bathrooms and 42" flat-panel TV and feature a gorgeous view over the city's skyline.

The central location and great connection to international airports like Amsterdam Schiphol Airport (25 minutes by high speed train) or Rotterdam-The Hague Airport (10 minute drive) and the location opposite Rotterdam Central Station make the Rotterdam Marriott Hotel the best located hotel of the city. The hotel offers top notch personal services like a Guest Relations Manager and 24/7 own in-house security.

List of facilities & services

- 230 Rooms & Suites
- Lobby 'Greatroom concept'
- Pillars Restaurant & Bar
- Room Service; available 24/7
- Gym; open 24/7
- In-house Security; 24/7
- Laundry Service
- Guest Relations Manager
- Executive Lounge, located on the 10th floor with spectacular views
- Brasserie opened for breakfast (Mon-Fri 06:30 – 11:00 Sat & Sun 06:30 – 13:30)
- Direct connection with concert hall 'de Doelen' via covered walkway bridge



In the city centre of Rotterdam, on the Maas riverbanks, is Mainport Design hotel established.

It is Mainports' design and holistic concept that makes the hotel a landmark in its own right. Mainport provides a total experience. The concept of the hotel is 'Gateway to the World', without losing the home base out of sight. Each of the 215 rooms, which are split into five categories, boast a walk-in shower with an anti-fog mirror TV, a whirlpool and a king-size bed. For those looking to be treated like royalty, the hotel suites and waterfront spa rooms offer huge jacuzzis and private Finnish saunas. The wellness area, Spa Heaven, is located on the eight floor. It offers a Finnish panorama sauna, a Turkish steam bath, a Hamam, two treatment rooms, an indoor swimming pool and a relaxing area.

Just steps away from the hotel lobby, with great views over the harbour, a far-away continent awaits. Restaurant 'Down Under' and cocktail bar 'On the Rocks' continue Mainports' fascination with travel and the exotic by paying homage to Australia. At Down Under, the melting pot of influences from east to west are very noticeable. From Vietnamese spring rolls to an Italian Ravioli, Down Under offers it all.

We welcome you at Mainport, official member of Design Hotels





RELAX AND REINVIGORATE
YOUR BODY AND MIND

The World's Best Spa and Wellbeing Hotspots

Accounting for a sizeable 15 percent of overall medical tourism trips, wellbeing and spa holidays are very much in vogue at the moment. In fact, 1 in 5 Brits reportedly now go on at least one such break every year.

With the ever-growing number and ever-varied choice of health, wellness and spa centres available across the UK and internationally, it's easy to see why so many are being lured into a pastime once reserved for only the rich and famous.

We take a look at some of the world's finest facilities and provide some food for thought for your next break away.

Anassa, Cyprus

Making the most of Cyprus' unspoilt Akamas Peninsula, this stunning beachside hotel and its award-winning spa offer one of Europe's best wellbeing destinations.

For an intensive experience select one of their five-day programmes, each focusing on a specific health concern, including anti-ageing, fitness or restorative thalassotherapy options. There's also a wide range of other treatments available, including the revered Anastasia Achilleos facial, said to leave skin looking flawless and feeling regenerated.



Raas Devigarh, India

The palatial Rajasthan resort has created bespoke treatments based on chakras and ancient Indian healing techniques. Treatments infuse traditional rituals and natural ingredients for a truly unique experience. Guests can also unwind and connect with their spiritual side through various yoga and meditation workouts.

Royal Mansour Marrakech, Morocco

With its extravagant glass atrium lobby and enchanting Moorish gardens, filled with blossoming orange trees and fish-filled ponds, this spa oozes grandeur.

There are 13 treatment rooms, two hammams, a watsu pool, sauna, gym and even a hair salon. The most recent addition is the Pedi Mani Cure Studio by industry virtuoso Bastien Gonzalez.

Rancho La Puerta, Mexico

Possibly one of the biggest and most comprehensive wellbeing centres, Rancho La Puerta stretches over 4,000 acres of private grounds amidst the scenic foothills of Mount Koochuma. Guests can take part in hikes, pilates, boxing and even boot camp activities. There is also a gym, swimming pools, a spa and a meditation space for a full mind and body workout.

Kamalaya Koh Samui, Thailand

"A holistic healing paradise" in an exotic Thai setting amongst the stunning white-sand beach and tranquil turquoise ocean. Indulge in any of the body-easing treatments on offer, such as the therapeutic Asian hand



massage or partake in a mind-soothing meditation session guided by an actual Indian yogi.

For those looking for something more intensive there's the Optimal Fitness programme, where guests get gently but firmly reshaped by expert personal trainers.

Palace Merano and Espace Henri Chenot, Italy

Going beyond the relaxing confines of a traditional spa resort, Palace Merano's health centre boasts a comprehensive array of aesthetic health and beauty treatments - from the latest lasers and injectables to less invasive, traceless facelifts and collagen boosters.

Espace Henri Chenot also runs an intense detox programme popular amongst many high profile sports stars and celebrities. Consisting of a series of bioenergetic treatments, massages, phyto-mud therapies, hydro-aromatherapy sessions and a strict daily diet limited to 800 calories - this programme isn't for the fainthearted but delivers mesmerising results.



VISIT PORTOROZ

Natural healing through salt water therapy

In Slovenia's Secovlje Salina Landscape Park lies the Secovlje salt-pans, which have been used to produce salt in the Piran region for hundreds of years.

Located on the beautiful Mediterranean coast, the Park is steeped in Slovenia's history of cultivating salt – with the Piran salt-pans still producing the world-famous fleur de sel (flower of salt) using ancient methods.

With the salt-pans, beautiful coastal towns and the invigorating marine air, the Piran region is now a world-leading destination for wellbeing tourists. One of the most popular towns to visit is the spa town of

Portoroz, a stunning Adriatic gem that uses the region's natural resources to offer visitors the healing benefits of salt water therapy, or thalassotherapy. The term thalassotherapy comes from the Greek word 'thalassa', meaning 'sea'.

During the production of salt, a number of by-products are created that can be used in thalassotherapy treatments:

- **Brine or 'mother water'** – Once salt has been harvested, a brine is

left behind that's incredibly high in minerals, such as potassium, calcium, iron, bromine and magnesium.

- **Salt-pan mud or 'black gold'** – The mud is Istrian clay which is gradually matured in the salt-pans and absorbs minerals from the brine. It's soft, with a fine grain and a blackish colour.

- **Sea salt** – Harvested sea salt can be used as a scrub during a massage to remove dead skin cells and soften the skin before immersion in brine or wrapping in salt-pan mud.

- **Dry salt inhalation** – Salt inhalation

or brine inhalation is a form of thalassotherapy for the lungs, with the dry salt dispersed into the respiratory tract by a salt inhaler.

The most popular Portoroz spa is the outdoor Lepa Vida Spa. Located in the Sečovlje Salina Landscape Park, visitors can enjoy thalassotherapy treatments in the peaceful surroundings of the salt-pans. However, there are many other spas throughout Portoroz that offer similar treatments.

Natural healing

Although many visitors enjoy thalassotherapy spa treatments purely for the purpose of relaxation, salt water therapy does have health applications. In fact, the Slovenian Ministry of Health has classified both brine water and salt-pan mud as natural healing substances.

Some of the common ailments that visitors come to treat are:

- Psoriasis, as well as other skin conditions like acne
- Chronic inflammations like rheumatoid arthritis
- Circulatory problems
- Respiratory problems, such as asthma and chronic obstructive pulmonary disease (COPD)

How does it work?

Brine water

In the case of brine water, submersion in baths that are dense with concentrated minerals helps to soothe the irritations of skin conditions

like psoriasis and the pain of joint inflammation.

The minerals are absorbed by the skin and improve the body's blood and lymphatic circulation, calming the skin and helping with pain. In fact, different brine densities are used for different conditions – with lower densities for chronic pain and rheumatoid conditions, and higher density baths for psoriasis. Simply relaxing in buoyant water can help to alleviate stiffness and take the mind away from debilitating conditions. Plus, the brine water is warmed to a temperature of 38 degrees celsius to enhance the therapeutic experience.

Salt-mud

Salt-mud is primarily used to treat chronic pain, and rheumatic and degenerative conditions. That's because when heated and applied thickly to the skin, the black gold has a deeply penetrative heating effect. The heat activates circulation, which helps to oxygenate any affected tissues, and also has a strong

analgesic effect.

Like brine water, the high concentration of minerals in black gold is also good for the skin. Salt-mud wraps can therefore also be used to treat psoriasis and other skin problems.

Salt inhalation therapy

Breathing in dry salt using a salt inhaler allows the salt to penetrate deeply into the airways and helps to clear respiratory tracts. The salt acts as an antibacterial and anti-inflammatory agent, loosening mucus and helping to remove pathogens. It has also been shown to reduce immune oversensitivity, which can help to reduce the symptoms of breathing conditions.

Thalassotherapy for wellbeing

Finally, for those visiting Portoroz for a relaxing wellbeing experience, thalassotherapy spas also offer purely therapeutic treatments:

• Seawater pools

Swim in warm seawater and enjoy a hydro-massage from high-pressure jets around the pool. Visitors can also often take seawater showers.

• Salt-mud cellulite wrap

Because salt-mud wraps tightly compress the body, many people try this therapy to eliminate cellulite.

• Traditional massage

All thalassotherapy spas offer a range of classic massages to relax the body and mind, improve blood and lymphatic circulation and relieve pain.





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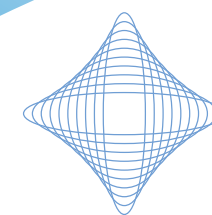
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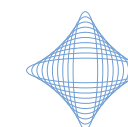


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Transformative Wellness: Making Wellness Mandatory

The developed nations of the world are facing a healthcare crisis: rising obesity levels, increasing numbers of people dying from preventable diseases, and the consequences of ageing populations. Despite the huge amounts spent on tackling these problems, they continue to grow.

Transformative wellness aims to tackle these big issues from the root, with preventative measures at the forefront of future healthcare. When bodily and mental wellness come first, individuals can learn to avoid the things that are bad for their health and apply the things that benefit them, such as good nutrition and healthy lifestyle changes – like exercise and stress reduction. Medical wellness spas are a vital tool in delivering the transformative wellness concept to help people improve their lifestyle behaviours and aid successful ageing.

Global health crisis

First, let's start by looking at the serious health and wellness challenges faced by the Western world. There are three main areas of concern:

Obesity

Information from the World Health Organisation (WHO) shows that in 2013, 50% of the global population was overweight or obese. Furthermore, in 12 OECD (Organisation for Economic Cooperation and Development) countries, one in five adults are now obese.

The cost of this problem is huge, with an estimated \$2 trillion per year

spent on obesity – which is 2.8% of global gross domestic product (GDP).

Non-communicable diseases (NCDs)

These are diseases that cannot be passed between individuals and tend to develop as a result of lifestyle factors, such as smoking, alcohol consumption and lack of exercise. NCDs account for 68% of all deaths globally and kill 40 million people every year.

These diseases are characterised by slow progression and a lengthy duration, and include:

- Cardiovascular diseases
- Cancer

- Chronic respiratory diseases
- Diabetes

Ageing populations

Over the past 10 years the makeup of society has radically changed as a result of rapidly ageing populations.

By 2050 there will be 135 million people aged over 65 in the EU, which is double the amount recorded in 2010. When lifespan increases the per capita healthcare costs also rise, which impacts entire healthcare systems in developed nations.

Tackling these problems is an enormous challenge. Healthcare costs are too high and many governments too indebted to pump in more funding – and all this despite the trillions of dollars spent each year globally to prevent and treat these issues.

How to make wellness mandatory

The World Health Organisation are working to improve the situation. Their 2020 Agenda goals include:

- Successful ageing – working to improve health for the over 65s
- Emotional intelligence – complete physical, mental and social wellbeing
- Prevention of NCDs

Essentially, the world is now waking up to the fact that wellness must become mandatory.

This is where the concept of transformative wellness plays a vital part in improving health outcomes from the bottom up. That's because – through the application of good nutrition and lifestyle techniques – it helps individuals to prevent problems rather than react to symptoms.

Transformative wellness is based on the four pillars of equilibrium wellness philosophy:

- Nutrition (the microbiota diet, which is low in sugar and high in fibre)
- Thermal therapies
- Stress reduction
- Physical exercise

The application of the four pillars (through the Equilibrium Programme) is primarily aimed at preventing and reducing inflammation within the body, which has been linked to the triggering and worsening of many illnesses. And preventative healthcare should always be the primary target when working to improve individual lifestyle habits and reduce the cost burden on healthcare systems.

The role of medical spas

One of the best ways to access transformative wellness is in medical spas, which play an important role in the preventative healthcare field.

Those who can access medical

wellness spas experience and learn healthy behaviours, improve their emotional wellbeing, and benefit from personalised health programmes.

Although medical spas can offer therapies and services for all four of the equilibrium pillars, they are particularly important for accessing thermal therapies. The application of heat – through thermal mud wraps and bathing in thermal spring water – has a powerful anti-inflammatory affect, helping to release endogens (proteins) and aid cell repair functions.

It's clear that medical wellness spas provide visitors with access to therapies that they probably wouldn't experience otherwise. As such, the role of medical wellness travel and tourism plays an important part in improving health and wellbeing, and aiding preventative healthcare.



"Those who can access medical wellness spas experience and learn healthy behaviours, improve their emotional wellbeing, and benefit from personalised health programmes"

Why CT scans are essential for DENTAL IMPLANTS

For patients with missing teeth, dental implants are now the go-to procedure for most dentists, proving more popular and useful than traditional dentures or bridges.



"CT scans use X-rays to create a three-dimensional, cross-sectional image of the mouth that's incredibly detailed and high quality"

Dental implants are mostly a substitute for tooth roots. They are anchored into the patient's jawbone and provide a strong base for the replacement teeth. As they are designed to fuse with the patient's existing bone structure, they offer a permanent solution to missing teeth.

Traditionally, patients being offered dental implants were given a standard X-ray to determine where the implant should be fitted. However, conventional X-rays only provide a basic two-dimensional image of the mouth. For a more detailed and comprehensive image, CT scans are a much better option. That's because CT scans use X-rays to create a three-dimensional, cross-sectional image of the mouth that's incredibly detailed and high quality.

Importantly, a CT scan accurately assesses the quantity and quality of the patient's existing bone structure. This is essential because for dental implants to work there needs to be enough strong bone in the mouth to support the anchoring of the dental implant into the jaw.

CT scans provide such a unique and accurate image that dentists can completely eliminate errors in the placement of dental implants. They can accurately assess the length and diameter of the required implant, as well as the best location and angle of insertion to optimise patient comfort and the implant's longevity.

In addition, pre-surgical CT scans can check for possible

complications, including bone infections and tumours. They also show dentists the placement of vital anatomical structures such as blood vessels, nerves and sinuses – all of which need to be avoided during dental implant surgery.

To further eliminate any possibility of error, before surgery dentists use computer programme models to create and virtually place the dental implant in the patient's mouth. These models create a customised implant for each individual and offer total implantation accuracy, ensuring optimum patient safety during surgery.

The use of CT scans, therefore, offers many benefits for both the dental surgeon and the patient. Detailed pre-surgical planning allows for a shorter surgery time, avoids any surprises during surgery and reduces stress for both the dentist and the patient.

For those receiving an implant, the benefits are many and varied. Seeing as dental implants are designed to be permanently fused to the patient's existing bone, they feel like real teeth and work like real teeth. Patients can eat and speak without feeling any pain or movement, which is common with dentures. Dental implants can also really improve the confidence and wellbeing of the patients who have them. That's because they are completely comfortable in the mouth and they look exactly like real teeth, meaning that patients can smile without embarrassment and forget about the worry of missing teeth.



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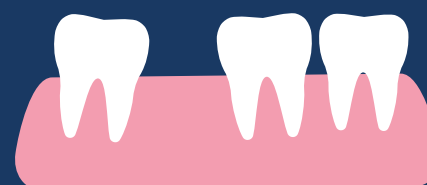
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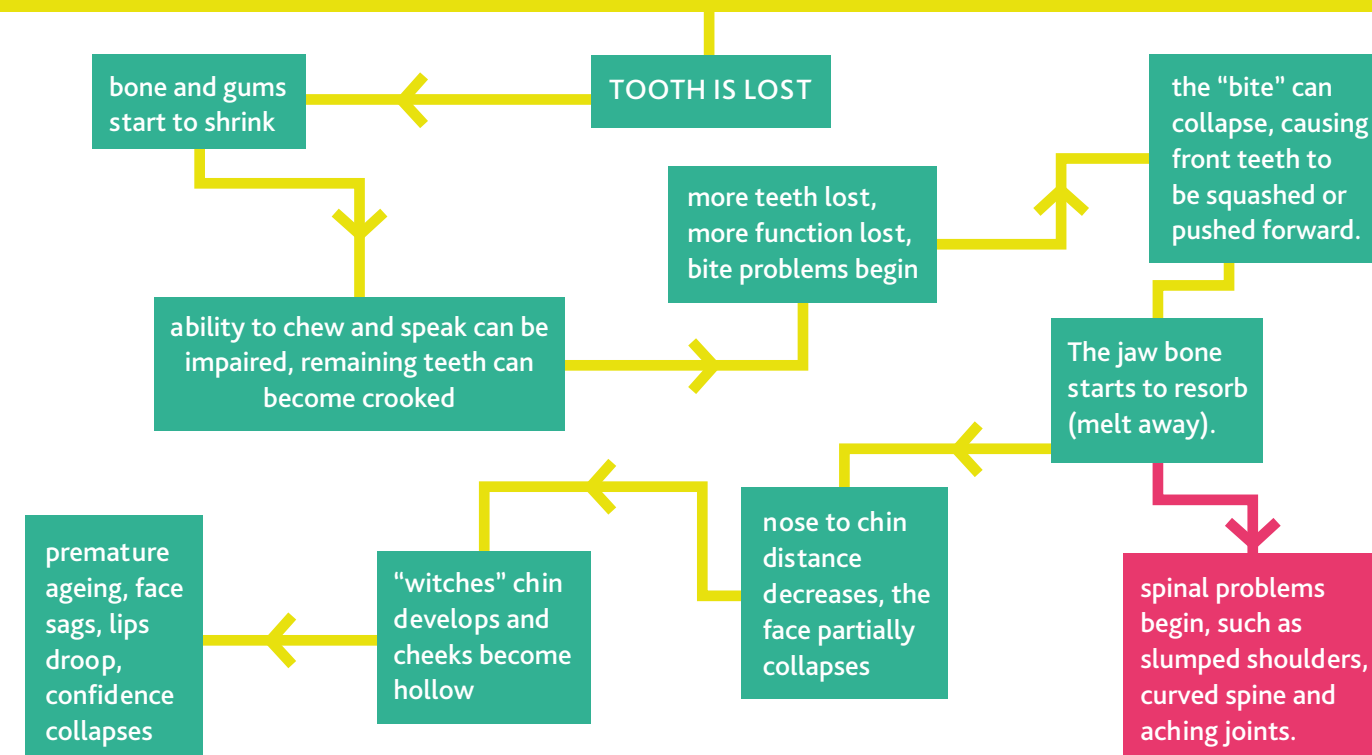
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1 IN 2 ADULTS IN THE UK HAVE MISSING TEETH, BUT WHAT'S THE BIG DEAL OF REPLACING THEM WITH IMPLANTS, RIGHT?

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SKÔT Beauté

Medical Traveller interviews Founder & CEO, Toks Fahm Ajayi on the rise to success of SKÔT Beauté.

Q When did you start SKÔT
SKÔT Beauté has always been a long time passion. It actually came into fruition and was launched in August of 2016 and I'm so humbled that in less than two years, we've won two Beauty Shortlist Awards for best moisturiser and lipstick.

Q Where are you based?
SKÔT Beauté is based in the United States.

Q What made you set up Skot?
My passion for luxurious, natural beauty products was ignited during my early twenties while I travelled

around Europe and experienced different cultures but it was Paris that stole my heart. The French way of accenting a healthy skincare regimen with a simple red lip and proper grooming spoke to my desire to have no-fuss, highly effective skincare products while I travelled and stayed with me throughout my life.

Fast forward a couple of decades, I find myself battling hyper-pigmentation and age spots. However to my dismay, there aren't enough clean products out there made for

my skin type that would safely and effectively clear my skin. Now as a mother of two teenage daughters, I am in competition with distorted images of beauty while I do all I can to instill confidence in my daughters.

I developed the SKÔT Beauté Ritual to create a spa like experience with a simple self care regimen that women



will love and my daughters can embrace as a necessary experience to enhance their natural beauty and knowing that we are all beautiful in the natural skin we're in – as a good effective skincare routine will yield a natural beautiful healthy glow that will boost anyone's confidence, regardless of age, ethnicity or skin complexion.

Q Are the ingredients natural?
Yes SKÔT Beauté is cruelty free, formulated with clean, natural and organic plant based ingredients, free of GMO, SLS and Parabens.

Q What products do you have in the range?

Divine Cleaning Creme, Nevaeh Hydrating Mist, Our Award Winning Supple Glow Moisture Creme, Be-Youth-Ful Glow Exfoliant/Serum, Radiance Eye Creme, Intense Love Nutrient Rich Masque, Renew + Glow Glycolic Peel and Elysees Rejuvenating Oil, Lip Smoothie, 7 Organic and Natural Lipsticks.

Q What is your favorite product in the range and why?

I really love all the products, but if I must choose I will go with my daily essentials which are the Divine Cleansing Creme, Supple Glow Moisture Creme, Radiance Eye Cream, Lip Smoothie and the Nevaeh Hydrating Mist

Q Are the products suitable for any skin types?

Yes the line is created for all skin types. It was imperative to create a mindful skincare line where efficacy and simplicity mattered the most. A line that incorporated ingredients

"SKÔT Beauté products will be perfectly safe for patients after care and make an awesome addition to any wellness program"

from my African Heritage and the best natural ingredients unique to different cultures globally to ensure the effectiveness on all skin types.

Q Would you supply product ranges to hotels?

Absolutely. I actually developed travel sized kits for that purpose. Being an avid traveller myself, I had to incorporate Daily Essentials kits that are travel sized appropriate, clean, safe and easy to use during travel.

Q Do you think it would be a great idea to stock your range in hospitals?

I absolutely couldn't think of a more befitting place to stock our products. SKÔT Beauté incorporates only the highest level of efficacy and quality. Formulated with clean, effective plant based ingredients, organic botanicals free of SLS, GMO, Parabens and all the nasties. With hospitals incorporating wellness programs, SKÔT Beauté products will be perfectly safe for patient's aftercare and make an awesome addition to any wellness program.

Q What is the advantage of the Travel Kit?

Our Travel Kits are generously sized all keeping within travel approved size guidelines. Consisting of four to six of our products tailored to all skin types for your Daily Travel Essentials, at Home Spa Time needs or your Gym runs. Each kit is packaged to last at least 6 weeks. You never have to worry about keeping your skin well nourished, hydrated and healthy.

Q Can you buy the products online?

Yes the whole line is available for purchase online.

Q Do you deliver worldwide?

We currently deliver within the United States, Canada & Europe.





HOTEL INDIGO DÜSSELDORF - VICTORIAPLATZ



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RENAISSANCE DÜSSELDORF HOTEL
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www.renaissanceduesseldorf.com



Opened in 2014, this stylish hotel with 126 rooms is dedicated to Fashion. It is located within the vibrant fashion quarter Pempelfort which is centrally located 20 minutes walk from the famous shopping boulevard Königsallee, the Old Town (Altstadt) and the River Rhein.

The [a]dress kitchen and bar serves tasty meals with a focus on locally sourced products. Guests can dine in the restaurant or outside on the terrace in our private backyard patio area. This is our special oasis within the city where guests can really relax whilst enjoying drinks, snacks and meals throughout the day. Room service, offering tasty dishes 24 hours a day is also available.

SPECIALITIES

Hotel Indigo Düsseldorf - Victoriaplatz is young, fresh and vibrant.

Ranked number 3 on Tripadvisor, we are specialized for our neighbourhood story, the quirky, colorful design and our very inspired service.

We do everything to make you feel at home.

LIST OF FACILITIES AND SERVICES

6 floors of the hotel dedicated to fashion

Complimentary Wi-Fi

24-hour gym

Free Sauna access

Laundry service

Backyard Patio and Terrace

Some rooms with balcony

IN-ROOM FACILITIES

Coffee and Tea making facilities

Nespresso coffee machine

Large boxspring beds

Bathrobes

Air conditioning

Complimentary bottle of water

Ironing set

iPod docking station

A spa feeling bathroom

Rain shower

Luxury Aveda amenities

Extra large, fluffy towels

24-hour room service

Flatscreen with Apple TV option





EXERCISE IDEAS to help lower BLOOD PRESSURE

It seems strange that raising blood pressure through exercise could actually help to lower blood pressure in the long term. But it's absolutely true. Increasing your activity levels is good for your heart. Exercise improves the heart's ability to pump blood around the body and helps you to live a healthier, happier life.

The key to safely exercising with high blood pressure is to focus on aerobic exercises that use the large muscles in your arms and legs, whilst avoiding any activity that requires intensive exertion for short periods of time. This means signing up for swimming or jogging sessions and steering clear of pursuits such as weight lifting or sprinting.

Anyone suffering from high blood pressure should consult a nurse or doctor before starting a new exercise regime but, provided you've been given the go ahead, here are some of the best ways you can get active:

WALKING

Walking can be easily incorporated into your everyday life. Taking the dog for a slightly longer walk, getting off the bus a stop earlier or taking the stairs rather than the lift, are all achievable goals. Even mowing the lawn will do you some good. And if you feel a little more adventurous, why not go for a nice, long walk in the countryside and maybe even climb a hill or two?

SWIMMING

Swimming is a form of exercise that utilises many of your muscle groups without placing undue strain on your joints. If you're likely to find length swimming boring, search your local leisure clubs for an aqua aerobics session. Classes will offer a fun structure and the opportunity to socialise with your fellow group members.

DANCING

Put some music on and dance around the house. Something as simple as this could improve your activity levels and your blood pressure. If dancing is an appealing form of exercise, different dance groups specialising in all sorts of genres, from swing to jive, and dance exercise classes, like Zumba, operate in community spaces all over the country.

CHAIR-BASED ACTIVITIES

Even if you struggle with your mobility, you can still take



YOGA

With numerous different styles, yoga offers something for everyone. Although all varieties will get your heart going with aerobic exercises that strengthen and tone your muscles. Yoga also helps improve your flexibility and its simple breathing rhythms can be a great way to manage stress levels.

control of your blood pressure by getting active with some simple chair-based exercises. A quick online search will give you lots of ideas for chair-based exercises, which includes simple leg lifts and sit to stand movements; all you need is a strong chair in which your thighs sit parallel to the floor.

Building just 30 minutes' exercise into your daily routine can work wonders for your blood pressure. Find something you like doing and exercise won't feel like a chore. Instead it could become something you look forward to, as well as something that greatly benefits your health.



Get fit at home in 15 minutes

When it comes to working out we don't have to spend lots on gym memberships or expensive equipment to get a good full-body workout. We've put together a 15-minute equipment-free home workout routine that anyone can try to kick-start their day.

WARM UP 3 minutes

It's really important to begin with a dynamic rather than a static warm up to get the body moving and the heart pumping before the workout even begins.

1 Jogging in place: Maintain a steady pace with loose and low hands.

2 Forward lunges with torso rotation: Alternating legs, lunge forward with the arms raised and palms together,

twisting the torso in the direction of the front leg.

3 Arm circles with kick-outs: Lightly kicking off the balls of the feet, raise the arms in front of the face and circle them quickly around each other.

4 Front kick with reaching arm: Alternating legs, kick the leg forward and reach out the same arm to meet it.

5 Squats: Repeat squatting down and standing up straight.

6 Jogging with arm swings: Finish with light jogging, but this time swing the arms out as far as they will go and bring them back in around the body – repeating as you jog.

TIP: Perform each move for 30 seconds.

MAIN WORKOUT 10 minutes

1 Jumping jacks: Extend the arms and legs while jumping and then jump back into a standing position with the arms raised.

2 Squat with punches: Sink into as low a squat as possible then punch as quickly as possible, alternating arms.

3 Fire hydrant: On all fours, extend the leg out to the side with the knee bent until level with the hip (alternating legs).

4 Rainbow: On all fours, extend each leg fully and arc from side to side like a rainbow (15 seconds each leg).

5 Mountain climber: Get into plank position and alternate bringing each knee to the chest and extending them back as quickly as possible.

6 Boat pose: From yoga, sit with both legs extended upwards and the arms held out parallel to the floor. Try holding for the full 30 seconds.

7 Chair pose: Stand with the feet together and sink low into a sitting position with the arms held above the head.

8 Forward and back kicks: Alternating legs, stabilise on one leg and use the other leg to kick forwards and then backwards.

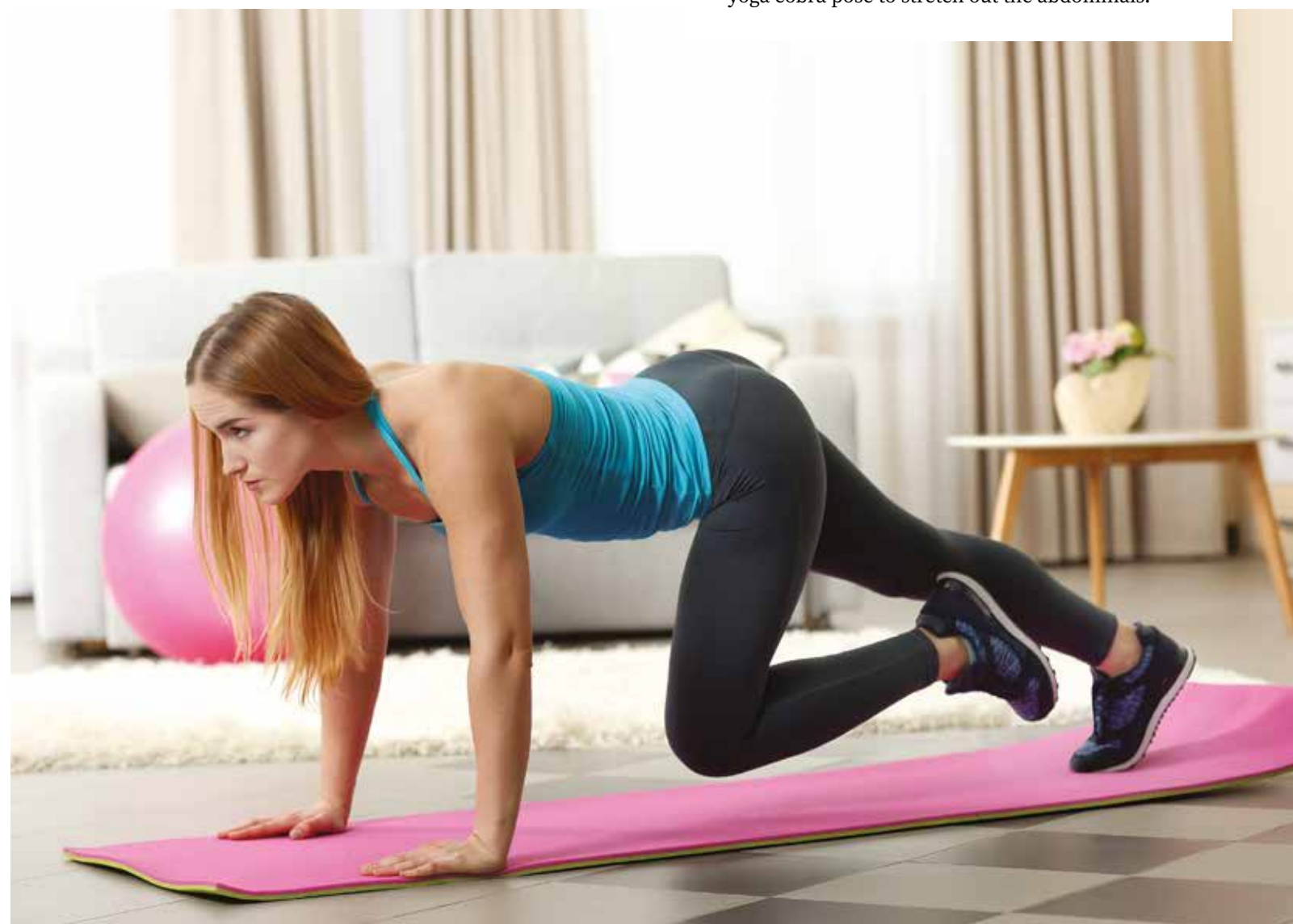
9 Push-ups: The classic push-up, on the knees if required.

10 Bottom kicks: Run in place, making sure that the heels reach the glutes.

TIP: Perform each move for 30 seconds and when finished repeat the entire circuit again. If the moves feel like too much strain then either modify to a simpler version or take a break.

COOL DOWN 2 minutes

To cool down, gently jog in place for one minute and then perform some simple static stretches for the final minute. Make sure to stretch out the quadriceps and hamstrings, as well as the arms and chest. Try the classic yoga cobra pose to stretch out the abdominals.



HOW TO GET PERFECT ABS

Of all fitness goals, a perfect six-pack seems to be the most sought after of all.

Images of lean, attractive abs seem to be everywhere, but the problem lies in the fact that achieving them is incredibly hard indeed. But with planning, dedication and hard work, anyone can improve their mid-section.

Here are some top tips to help achieve a perfect core.



1 Forget the crunch
When we think about improving our abs we tend to instantly think about the crunch. The idea that doing endless abdominal crunches will lead to a six-pack is one of the most common perceptions.

Recent thinking is that crunches are an inefficient way of toning the core, because endless repetition of this exercise actually does very little for abdominal development. Crunches are also potentially damaging for the spine because they flex it at its weakest point – the lower back. As such, not only do they offer poor results but often result in lower back pain too.

2 Strengthen the core
If we avoid doing crunches, we need to look to other forms of exercise that are going to give us the strongest core possible.



• Yoga

As well as mindfulness and relaxation, this discipline is all about strengthening the body by using our own body weight to create resistance and develop lean muscle. At the centre of yoga is core strength, which is developed through moves like the plank and boat pose.

• Kickboxing

As well as being a great cardio and fat burning exercise, kickboxing is one of the best core workouts out there. That's because the core is engaged for

every single kick and punch, working to provide power and stability.

• Running

As well as core strengthening exercises, anyone after perfect abs also needs to be burning off calories and shedding belly fat so that the abs can be seen. Running is one of the best ways to do this.

As the examples show, there's no need to join a gym or spend a lot of money. All that's really needed for running is a decent pair of

trainers, and there are lots of yoga and kickboxing workouts that can be streamed online or bought on DVD.

3 Eat well
In addition to strengthening and fat shedding through exercise, it's also important to eat well to improve health and wellbeing, and aid with weight loss. Stubborn belly fat not only conceals the abs but it's also linked to type 2 diabetes and heart disease – so there are lots of incentives to eat healthily.

Concentrating on the amount of

each food group (macronutrients) we eat is better than simply calorie counting. Maintaining a diet that's high in lean protein and fibre and low in carbohydrates (especially refined carbs) is generally agreed to aid weight loss.

- Lean proteins include fish, eggs, nuts, lentils and lean meat.
- High fibre foods include peas, beans, broccoli, berries and wholewheat pasta.
- Healthy carbohydrates include brown rice, oats and sweet potatoes.

ORGANIC FOOD

(and how it can improve your health)

There is no way to ignore the growth of the organic food market today; it's everywhere, whether we shop in a supermarket or at the farmers' market, organic is, they say, the way to go. But why is that? What is it about organic food that makes it so much better for us than the standard food we usually quite happily consume?

The fact is, all food used to be organic. It was only after the Second World War that chemicals began to be used to grow bigger crops, and more of them, in order to feed a starving nation.

Now that we're heading – or trying to head – back in the organic direction, what health benefits can we expect to see?

Nutrition

Organic food is scientifically proven to be more nutritious than food grown with chemicals. That means that nutrients like vitamin C are increased by up to 27 percent in organically grown food. The reason behind the science is that standard food is grown in old soil which has been used over and over and isn't given time to rest. The addition of chemicals was once thought to be enough to add the lost nutrients, but it really isn't. And when it comes to meat, organic meat is much leaner, and where there are fats they are healthier than non-organic types.

BETTER QUALITY

Eating and drinking produce of a high quality is much better for our bodies than consuming lower quality products. It has more of the good stuff, less of the bad, and because it is grown in a less 'enhanced' way, we know that we are eating the pure fruit or vegetable, and nothing else. When it comes to meat and dairy the same is true; organic cattle, for example, are raised in much better conditions than their standard counterparts, and therefore the meat is automatically healthier, just as the cows were. When the news claims that eating meat is bad for us they aren't talking about organic meat; instead they are discussing processed meat or meat that is reared using chemicals.

The taste

FOOD GROWN AND PRODUCED WITHOUT THE AID OF CHEMICALS TASTES BETTER THAN ANY OTHER KIND. THE FLAVOUR IS COMPLETELY NATURAL AND HASN'T BEEN 'WASHED AWAY' BY THE ADDITIVES THAT ARE OFTEN INCLUDED IN NON-ORGANIC FOOD. WHY DOES THIS MAKE ORGANIC FOOD HEALTHY? IT'S BECAUSE IF SOMETHING TASTES GOOD YOU ARE MORE LIKELY TO WANT TO EAT MORE OF IT, AND THAT'S NO BAD THING WHEN IT COMES TO FRUIT AND VEGETABLES, AND IT'S NOT EVEN BAD WHEN IT COMES TO ORGANICALLY PRODUCED MEAT AND DAIRY. GOOD TASTING, HEALTHY FOOD WILL KEEP YOU AWAY FROM THE ARTIFICIAL PROCESSED FOOD THAT IS PUMPED FULL OF CHEMICALS.

No chemicals

We all know that organic food is food grown or produced without the use of chemicals, but have you ever stopped to think about what those chemicals actually do to us when we do consume them? It's not a pleasant thought. Non-organic food is covered in pesticides and herbicides, the main function of which is to kill living organisms. And this stuff can't be washed off, no matter how hard you try (it is taken up by the roots, and isn't just on the skin of a product due to spraying) which means that when we eat non-organic food we are effectively consuming poison.

SO ORGANIC FOOD HAS A LOT GOING FOR IT; IT TASTES GREAT, DOESN'T HARM THE ENVIRONMENT, ISN'T FULL OF CHEMICALS, AND CAN LEAD US TO A MUCH HEALTHIER DIET. LET'S JOIN THE ORGANIC REVOLUTION.



The truth about SALT

Most of us use salt on a daily basis, sprinkled on our food and used in many of our beauty products. It also has many other uses, like preserving food and acting as a disinfectant. But this common condiment takes many different forms, and not all are created equally.

Table salt

This household staple is often added to meals and is present in the processed foods that we buy. In small amounts it can benefit our bodies in many ways, including:

- Maintaining the balance of liquid in our bodies and preventing dehydration
- Helping with nerve system function
- Suppressing stress hormones and aiding sleep
- Maintaining blood pH levels, which aids with digestion

However, we are often warned about consuming too much salt. The Food Standards Agency recommends that adults should consume no more than 6g of salt a day – that's just one teaspoon. This low amount is recommended because eating too much salt can lead to the following problems:

- Raised blood pressure, which increases the likelihood of stroke and heart disease
- Kidney problems, as the kidney struggles to remove excess salt from the body

There's also the fact that table salt is so heavily processed that the vast majority of minerals in natural salt are removed, leaving only sodium chloride. Plus, table salt usually has added iodine and anti-clumping agents, and often goes through a bleaching process as well.

Sea salt

Sea salt is often considered to be a healthier option, as long as it's also taken in small quantities. That's because, unlike traditional table salt, sea salt is not processed and it doesn't contain any additives. It's made by evaporating water from seawater and salt lakes, with sea salt crystals left behind.

Generally speaking its mineral content – including potassium, iron and zinc – is higher than processed table salt. However, because many of our oceans and seas are highly polluted, sea salt is more likely to contain traces of pollutants, such as heavy metals and microplastics.

Despite this, sea salt is in high demand for its application in therapeutic salt scrubs. Not only does the salt exfoliate the body, but its antibacterial nature helps to reduce skin inflammations in conditions like acne.

Is Himalayan salt a better option?

Himalayan salt is a type of rock salt. It comes from the Punjab region of Pakistan and is extracted from salt mines 5,000 feet below the Himalayan Mountains. Most of us will recognise it for its large salt crystals and pretty pink hue.

Because of the way it's extracted and the fact it isn't processed, Himalayan salt retains high levels of minerals like magnesium, calcium, potassium and sodium. Its purity means that it's generally considered to be a better option than both table and sea salt.

Additionally, as Himalayan salt is the most naturally derived salt, it is the only recommended salt for use in salt inhalation therapy. The salt is antibacterial and anti-inflammatory, and inhaling dry salt-air can help to relieve the symptoms of many breathing and lung conditions.

Himalayan salt retains high levels of minerals like magnesium, calcium, potassium and sodium





HEALTHY OILS

There are so many different types of cooking oil. All with different qualities that make them suited to different uses – baking, frying, salad dressing, etc. The choice is complicated further by the fact that these oils have varying health benefits.

Here we take a look at some of the most popular cooking oils used in the UK, when it's best to use them and what health benefits they have.

Olive oil

🕒 **HEALTH BENEFITS:** A staple of the healthy Mediterranean diet, olive oil is rich in heart-healthy monounsaturated fats that reduce LDL, “bad cholesterol”, and help fight against heart disease.

Extra virgin olive oil is packed with antioxidants too, that can reduce inflammation and help fight against cancer, diabetes and other conditions associated with chronic inflammation.

It's also been shown to prevent strokes and protect the brain from symptoms linked to Alzheimer's disease.

🕒 **WHEN TO USE:** Extra virgin olive oil tends to be of a higher quality and tastes better than other variants. It's perfect for drizzling over salads and finished dishes. It can also be used for sautéing but has a low smoke point (320 degrees), so it isn't best suited to baking, frying or roasting.

Coconut oil

🕒 **HEALTH BENEFITS:** There has been much debate about whether this long-hyped “superfood” is as healthy as previously thought. Its high levels of saturated fat can increase “bad” cholesterol and be detrimental to heart health.

Yet it does have other health benefits. It can reduce hunger and stop us overeating; its high levels of lauric acid can help to kill certain viruses and bacteria; and it has been linked to improved brain function in Alzheimer

sufferers.

While it's not as healthy as the other oils listed here, as long as it's eaten in moderation and you opt for a healthier variety, such as virgin coconut oil, it shouldn't do too much damage.

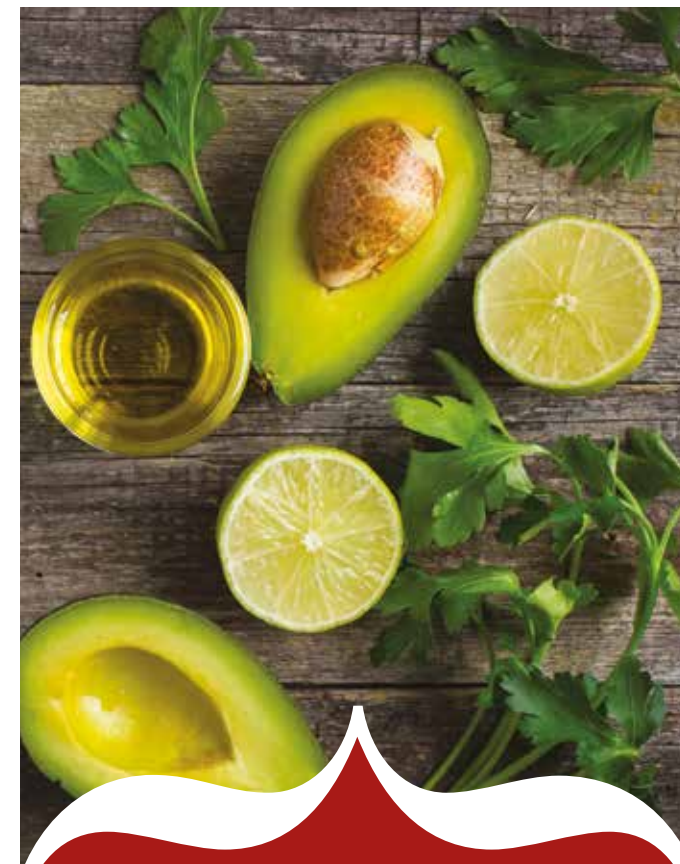
When to use: Its creamy, fatty quality makes it great for baking, especially as a butter substitute. However, it's not so great for frying or roasting.

Canola oil

🕒 **HEALTH BENEFITS:** Canola oil is also high in monounsaturated fats, which makes it another good oil for heart health while the omega-3 fatty acids in canola have been shown to reduce inflammation and lower triglycerides (a type of blood fat).

There's also evidence that canola oil can reduce the risk of certain types of cancer. A study by the journal Nutrition and Cancer presented evidence that canola oil helped to prevent the growth of colon cancer tumours.

Around 80% of canola oil comes from genetically



Avocado oil

🕒 **HEALTH BENEFITS:** Avocado is another oil that is packed full of monounsaturated fats and shares the associated health benefits.

In addition, it's been shown to help with the absorption of important nutrients and helps prevent gum disease.

Also, several studies have found that avocado oil can reduce the symptoms of Arthritis, in particular, the pain and stiffness it causes.

🕒 **WHEN TO USE:** It's a neutral-tasting and versatile oil. It has a high smoke point (over 500 degrees), so it can be used to bake a cake, fry an omelette or roast vegetables. It can also be consumed cold; drizzle over a salad, or add a spoonful to a fruit smoothie.

modified crops and questions have been raised about its ‘highly processed’ nature. It's possible to avoid this concern though by opting for a quality expeller-pressed or cold-pressed oil that's also organic.

🕒 **WHEN TO USE:** Its high smoke point (around 400 degrees) means it's good for baking, grilling and roasting. But its neutral taste means it's not the best for sautéing or salad dressings.



Dehydration and flying

They may be the vehicles that carry us to destination relaxation, but research shows that aeroplanes can have detrimental effects on our health. In particular, spending hours in a reduced oxygen environment with low humidity can cause severe dehydration.

Studies have revealed that during an average 10-hour flight, men lose around two litres of water while women lose approximately 1.6 litres. This is around a 4% loss in body water content.

This is worrying given that reports

show that just a 1-2% decrease in hydration can have a significant effect on our health. It affects memory, cognition and critical thinking and causes tiredness and irritability.

What's even more worrying though is that high altitudes and low cabin humidity can lower our bodies' resistance to bacteria and viruses and

increase our chances of getting ill.

For these reasons then it's important to help our bodies stay as hydrated as possible when travelling.

Simple steps to staying hydrated when flying

Drink water

It's an obvious one but also an

essential one; we should drink plenty of water when flying to help us stay hydrated. But exactly how much water? The Aerospace Medical Association recommends around eight-ounces of water for every hour spent in the air.

But, we shouldn't drink too much at once. Drinking too much water too quickly forces our kidneys to excrete water faster. This means more trips to the bathroom and water passing through us before our bodies have the chance to use it for hydration.

Limit alcohol intake

Alcohol decreases the body's anti-diuretic hormone and leads to increased urination. This, in turn, means alcohol can be very dehydrating.

We admit it can be tough to resist a good drink when in full holiday swing. So if you do have a wine or two be sure to drink more water too. One eight-ounce cup of water for every alcoholic drink should be enough to help counteract the dehydrating effects of alcohol.

Moisturise

Lastly, dry cabin air can have a dehydrating effect on our skin too. This can be particularly bad for those who already suffer from dry skin conditions, like eczema. For this reason, we advise travelling with a small bottle of moisturiser and applying it several times during a flight to keep skin sufficiently hydrated.

It's not just our faces that get dried out when flying, but other parts of the body, including our lips and even our eyes. It may be a good idea then to pack a moisturising lip balm and hydrating eye drops to protect these areas too.



Eat the right foods

Drinking water isn't the only way to get more of it into our bodies.

Eating foods with high water content, like certain fruits and vegetables, will help too. Such foods include berries, pineapple, cantaloupe, cucumbers, watermelon, strawberries, lettuce, celery and oranges. These may not be readily available when onboard a plane so pack your own.

A couple of other helpful foods to stock up on for the plane include chia seeds and yoghurt. Chia seeds have hydrophilic properties and absorb 9-12 times their size in water, helping us stay hydrated for longer. While yoghurt contains probiotic bacteria that will boost the immune system and help us to fight off germs.

Stay clear of the following foods though as these can increase dehydration: crisps, nuts, meat and condiments like ketchup and mustard.



Whether you're visiting the bustling cities of Madrid or Barcelona, exploring the countryside delights of the Basque Country or the seaside resorts of the Costa Blanca, you'll find flavoursome food at every turn. Here are some of the most traditional and tastiest dishes we recommend trying during your travels in Spain.

1 Tortilla Español

Perhaps the country's most famed dish - Tortilla Español is a simple yet delicious creation of potato, eggs and onions. It's often served as a tapas dish or in between bread as a "bocadillo" (sandwich). For the more adventurous, there are many takes on the original, including recipes with chorizo, peppers and spinach.

2 Paella

Although this classic rice dish can be found at restaurants throughout the country, it's a Valencian speciality and so it's here you'll find the best varieties. The most traditional recipe includes rabbit and chicken mixed with bomba rice and enriched with saffron. Another popular variety is seafood paella, which can be made with calamari, prawns, mussels and clams.

3 Croquetas

Another popular tapas dish, croquetas are small, tasty parcels of creamy sauce encased by fried, golden breadcrumbs. The exact recipe varies across regions and restaurants, but the most common fillings include jamón, cod or mushrooms mixed with bechamel. Enjoy them as a bar snack with a cool glass of cerveza.

4 Jamón Ibérico

Walk into any bar or restaurant and you're sure to find a leg of ham hanging behind the counter ready to be sliced up and served to diners. Have it as a snack, starter or tapas dish. The succulent, salty flavour is one of the quintessential tastes of Spain.

5 Pisto

This vegetable dish, known as the Spanish ratatouille, comprises of slow roasted onions, garlic, peppers, courgettes and tomatoes. It's often accompanied with fried egg or chorizo, which adds to the rich flavours, and is served as a tapas or starter dish.



6 Calamari

Deep fried, battered squid with a side slice of lemon and garlic mayo, this one melts in the mouth. No wonder it's one of the most popular tapas dishes.

7 Gazpacho

A delightful, healthy yet rich soup made from cucumber, garlic, tomato, pepper, onion and olive oil. Always served cold it's a great way to cool down on a hot summer's day.

8 Churros

Delicious, thick strips of fried, doughy pastry doused in sugar - what's not to like about churros? Wait though, it gets even better as these sweet treats are often served with a cup of rich, melted chocolate for dunking.

9 Manchego

Made from sheep's milk this rich, creamy cheese has a distinct nutty taste, which intensifies as it ages. It comes in fresh, old and matured varieties and goes well with olives and sliced jamón.

10 Tinto de Verano

Sangria is a drink for tourists, instead chill like a local with a glass of Tinto de Verano or summer wine. It's a mix of red wine and fizzy lemonade (most commonly Fanta lemon) that packs a sweet, fruity and refreshing punch.



Deliciously juicy and bursting with nutritional goodness, pomegranates are a great addition to our daily diets.

There's no denying it pomegranates have an impressive nutritional profile - one cup of arils (174 grams) contains:

- Vitamin C: 30% of the RDI
- Vitamin K: 36% of the RDI
- Fibre: 7 grams
- Protein: 3 grams
- Potassium: 12% of the RDI
- Folate: 16% of the RDI

The combined health benefits of these nutrients can boost our immune systems to fight off illness, plus give us more energy and keep our skin and hair healthy.

In recent years, scientists digging deeper have made some fascinating discoveries about the wider health benefits of this marvellous fruit. Studies have shown positive indications that pomegranates can help fight against heart disease, certain cancers and Alzheimer's disease.

Antioxidants can reduce the risk of heart disease

Pomegranates are packed full of antioxidants. In fact, they contain higher levels of antioxidants than most other fruits, including grape

juice, cranberries and acai berries. They also have three times the amount of antioxidants as red wine and green tea.

These antioxidants are responsible for most of the fruit's health benefits. In particular, they have been shown to improve blood flow, lower blood pressure and prevent arteries from being blocked. Thus promoting better heart health and reducing the risk of heart disease.

A study from 2006 showed that the consumption of pomegranate juice may reduce total cholesterol and low-density lipoprotein cholesterol, known as LDL or "bad" cholesterol.

While another study revealed that drinking just 150ml of pomegranate juice a day for two weeks significantly lowered the blood pressure of patients with severe hypertension.

Cancer prevention

The punicalagin compounds that give pomegranates their powerful antioxidant properties may also prevent certain cancers. They are referred to as "chemoprotective", as research shows that they may prevent carcinogens from binding into cells.

One small study from 2006 found that drinking a daily 227ml (8oz) glass of pomegranate juice significantly

slowed the progress of prostate cancer.

The juice's anti-inflammatory effects may also protect against other types of cancers and chronic diseases.

Other health benefits

Boost memory and fight off symptoms of Alzheimer's

This benefit is still being researched but early results indicate that pomegranates encourage blood flow to the brain. This helps to keep the mind sharp, protect memory and help fight against the symptoms of Alzheimer's disease.

Digestive aid

The high concentration of antioxidants present in pomegranates can also help ease inflammation in the gut and aid better digestion. This could be beneficial for sufferers of Crohn's disease, ulcerative colitis and other inflammatory bowel diseases.

Arthritis relief

The anti-inflammatory properties of pomegranates may also ease some of the symptoms of Arthritis. They suppress inflammation, decrease joint tenderness and block the production of cartilage-destroying enzymes.

Pomegranates

- the wonderful antioxidants

TIPS ON HOW TO INTEGRATE POMEGRANATES INTO YOUR DAILY DIET

- 1** Infused water. Add a few drops of pomegranate juice to sparkling or still water and sip throughout the day.
- 2** Refreshing smoothie. Mix 1 chopped banana, 1 cup of frozen berries, ½ cup of Greek yoghurt and ½ cup of pomegranate juice to create a delicious breakfast or pre-exercise smoothie. Add a few drops of honey to sweeten the mix.

- 3** Sprinkle some seeds onto a seasonal salad. Pomegranate seeds are a great addition to a leafy salad with feta. They also go nicely with butternut squash, apple, pear and tomato.
- 4** Pomegranate wrap. Add seeds to a chicken, mint and halloumi wrap with pita or tortilla for a crunchier and sweeter taste.



RED versus WHITE: Which Wine Wins in the Health Stakes?

Sometimes a glass of your favourite tippie is just what you need to unwind at the end of a busy day, and we have all heard how a small glass of red can actually benefit our health, but what does this mean for white wine drinkers? Is a nice, rich glass of red actually better for our health than a crisp glass of white? Let's take a closer look and see how these two popular alcoholic drinks measure up.

Firstly, let us presume that we are all sensible enough to realise that moderate wine consumption means a small glass, or two a day at the most, and that binge drinking is highly likely to outweigh any potential health benefits that could come from drinking a certain type of wine.

You may actually be quite surprised to learn that both red and white wine contain calcium, iron, magnesium, and bone enriching phosphorus. Yet all wines are not created equally, and red wine beats white with higher quantities of almost all of the above nutrients. The exception being calcium, with both wines yielding 1% of the mineral per 5 fluid ounces.

The Eyes Have It!

So far it seems red has a slight edge over white in the health stakes, yet this changes dramatically when we take into consideration the 7mcg of carotenoids per 5 fluid ounces that red wine possesses. Carotenoids are known for helping to prevent macular degeneration, which is a loss of central vision usually associated with ageing. White wine doesn't contain any carotenoids, suggesting that red wine is most certainly the better choice in this instance!

In The Red

It's beginning to look like bad news for white wine lovers, and recent research in many areas of health doesn't seem to help the cause. In fact, tests conducted by medical experts at the Cedars-Sinai Medical Centre in Los Angeles found that although most types of alcohol can increase the risk of breast cancer, red wine has the opposite effect. While research conducted by the Loyola University Medical Centre found evidence to suggest that red wine could be beneficial in the prevention of dementia. In both cases, it is believed that it is the skin of red grapes that holds the benefits, rather than just the red wine itself. Yet overall many health experts still suggest that when it comes to the choice between red or white wine, red is most certainly the better option.

Raise Your Glass

Not that we need an excuse to enjoy a glass or two of wine, but knowing there are certain benefits to be had when we do, makes it all the more enjoyable, especially if your chosen beverage is a Pinot Noir, rather than a Pinot Grigio. So, the next time you feel like indulging in a glass of wine, make sure it's a nice glass of red for the healthier option.

Cheers!



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- Nephrologist
- Internist
- Nursing officer
- Neonatologist
- Obstetrician



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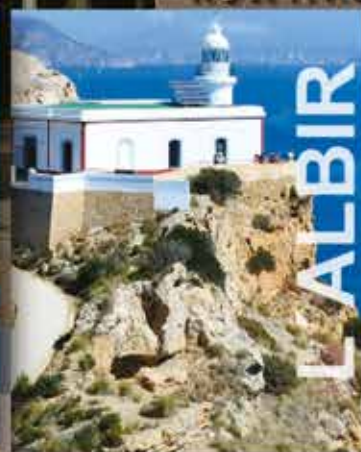
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