



Ministry
of Foreign Affairs
Republic of Poland

Medical Services in Poland

Selected Offers for the Middle
East Market

2019/2020





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Dear Readers,

Poland is a modern and dynamic Central European country with a rich history and culture. A country with a successful story of political and economic transition with an impressive, uninterrupted, crisis-proof economic growth balanced with a relatively high social cohesion. The Ministry of Foreign Affairs of Poland, through its Department of Economic Cooperation is part of a team of public institutions and agencies engaged in Economic Diplomacy, i.a. promoting and supporting the expansion of Polish companies on the international market. We are particularly keen on promoting innovative, technologically advanced sectors as these are the ones that can benefit the most from cooperating with international partners, exchanging ideas, providing funding and engage in common and mutually convenient projects and endeavors.

Medical services, medical universities and research institutes in Poland have always been amongst the most important assets of the country. The sector of medical services available for foreigners, although having been for years developing a considerable experience has only recently started a dynamic expansion actively attracting prospective patients from the global market. Clearly, it has very soon emerged that patients from different parts of the world have different habits and requirements and a successful medical entrepreneur should promptly adapt its offer taking into consideration these differences.

For our **MEDICAL SERVICES IN POLAND - Selected Offers for the Middle East Market** catalogue we have chosen to select a group of different medical centers offering services for foreigners, particularly interested in the Middle East market. We therefore indicated a few basic requirements that may be particularly appreciated by patients from the Middle East and in general from the Muslim culture, reflecting a dedicated respect for their sensibility.

I warmly invite you to consider the opportunity of visiting Poland, whereas it may be for a need of medical services, health or beauty treatments, a business opportunity or just a simple touristic escapade,

Do zobaczenia!

**Department for Economic Cooperation
MINISTRY OF FOREIGN AFFAIRS OF POLAND**

Medical tourism in Poland

Ever more international patients visit Poland to make use of medical treatment for the purpose of preserving life, enhancing the quality of life or improving one's appearance.

According to data collected by the Institute of Research and Development of Medical Tourism approximately 182.000 medical tourists visited Poland in 2018. Dental care services made up for the most important group of visitors. A long tradition of natural spa and wellness resorts combined with a unique offer and a high service quality, made health treatments the second most popular scope of visit among foreign medical tourists. We are also observing a dynamically growing interest for beauty clinics. One can estimate that in 2018 about 25.000 medical tourists visited Poland to obtain aesthetic treatment. The places of origin were mostly Scandinavia, Germany, United Kingdom and Eastern Europe. Medical treatments in hospitals is another branch of medical services on the rise. Although they constitute only a relatively small share of the overall market – one can estimate about 12.000 patients in 2018 – it has an important impact on the sector's economic output as such patients stay the longest. These services are preferred by patients from the Ukraine, Russia, Great Britain, Scandinavia and to a lesser extent from Germany, US and Arabic countries. The most popular procedures are related to rehabilitation, oncology, bariatrics, orthopedics and endoscopic surgery.

The increased interest in medical tourism in Poland (17,4% more medical tourists visiting Poland in 2018 compared to 2016) results from a growing attractiveness of Poland as touristic destination, improving competences in serving foreign patients, an extended promotion on the international market and a rise in service quality.

Poland attracts foreign patients because of its excellent quality of medical services combined with comparably low costs. The savings can be up to 80% of comparable costs in Western Europe. Additionally more polish clinics not only offer excellent medical services, but also adjust to different cultures and specific requirements, including accompanying persons such as family and friends. Good foreign language skills, coordination of the foreign patients, a good location, adequate equipment, flexibility and efficiency of the processes constitute other important factors that make Poland an interesting option for foreign patients. The highly developed private health sector is one of the reasons for the high standard of medical services available in Poland. The long tradition in medical research is another crucial factor

for the positive development in medical tourism. Also new, niche services emerge, which are performed by outstanding specialists operating on world-class level. A narrow specialization of some clinics combined with unique products can attract patients from various markets.

In summary, ever more polish hospitals and clinics take the opportunity to secure they own share of the international market of medical services. provided by the development of medical tourism, and make offers to foreign patients – also from far away regions such as Arabic countries.

I hope this catalogue presenting a selection of Polish hospitals and clinics may help you to find the most convenient solution for your health and/or beauty necessities.

dr Anna Białk-Wolf
**President of Institute of Research
and Development of Medical Tourism**
bialk@ibirtm.pl

Rehabilitation and prophylaxis of the musculoskeletal system



Hotel** Bristol Art & Medical Spa**

ul. 1 Maja 1, 28-100 Busko Zdrój

www.bristolbusko.pl

The stylish and modern Bristol**** was designed specially to create an exceptional space for leisure and therapy.

With an excellent location in the heart of Busko – Zdrój, besides the Old Resort Park, comfortable interiors, and plenty of Medical Spa facilities, it ensures highest quality for the guests. The spa offers 71 rooms (including rooms adapted specially for needs of guests with disabilities), café, Boutique Cafe, restaurant, fireplace lounge with a library, chamber conference room, garden of sculptures, terrace in treetops, underground parking and three-storey complex of Medical Spa & Wellness.



The medical spa includes 42 rooms equipped with top quality rehabilitation and spa equipment, swimming pool with nanosilver purified water, Jacuzzi and sauna zone (Finnish Sauna, Steam Sauna, Bio-sauna, Infrared Sauna).

Medical Spa offers a wide range of rejuvenating and revitalizing treatments, relaxing massages, hands care, foot and nails care, eye frame stylization and hair removal. Beauty treatments are used



on all parts of the body and base on the newest technology, restoring vitality and healthy appearance to the skin. Massages offered by the hotel (classical massages, herbal stamp massages, hot stones massages, candle massages) harmonise the body and the mind.

Treatment rooms in Bristol**** Art & Medical SPA use top quality aesthetic medicine's equipment Reaction and DX Twin. Furthermore, to facial shaping there is used the equipment which bases on the infusion – Intraceuticals.

The Rehabilitation Centre offers a variety of treatments like physical therapy, balneotherapy, hydrotherapy, thermotherapy, massage, kinesitherapy and manual therapy.

Bristol Art & Medical Spa cooperate with high-qualified doctors, massage therapists and physiotherapists who use various rehabilitation techniques known in the whole world: Mulligan Manual Therapy, Ackermann Manual Therapy, Functional Therapy in Sport Injuries, Cyriax Orthopedic Medicine, Soft Tissues and Trigger Points' Therapy, Kinesiology taping, Deep Oscillation Therapy, Redcord/Neurac, Kinetic Control, the Czech School of Manual Therapy, PNF Method and McKenzie Method.

Moreover, the spa offers an unique equipment of Antigravity Treadmill ALTER-G. Thanks to technology invented by NASA, it allows to train with reduced bodyweight. Another characteristic element of the hotel are sulphide baths.

- **Availability of hallal products : on request**
- **Arabic translator: not available**
- **English speaking staff: over 50 % of staff**
- **Medical staff attending same sex only patients: on request**

Patient's accompanying persons can find accommodation in Bristol****Art & Medical SPA or other hotels.

CONTACT PERSONS:

Paweł Koziara, tel. +48 661 613 169, p.koziara@bristolbusko.pl;

Irmina Kłys +48 885 886 622 i.klys@bristolbusko.pl

Nearest international airports: Kraków – 117 km, Rzeszów – 120 km.

ATTRACTIONS IN THE NEIGHBOURHOOD:

Cathedral in Wiślica – gothic cathedral from the 14th century founded by king Kazimierz III on the substructures of two older romanesque temples.

House of Długosz in Wiślica – historic building from the 15th century, built by famous chronicler Jan Długosz, nowadays a regional museum.

European Centre of Fairytale in Pacanów – the institution dedicated to cultural activities for children and parents.

Chęciny Castle – gothic castle from the early fourteenth century with a tower which serves as a scenic viewpoint. The castle is haunted by the ghost of Queen Bona.

Paradise Cave – one of the most beautiful karst caves in Poland created by leaching and dissolution of calcareous rocks by water.

Krzyżtopór Castle in Ujazd – one of the biggest and most beautiful aristocratic residences of the 17th century built by the magnate Christopher Ossoliński.

Holy Cross – located on Łysa Mountain, the oldest Polish sanctuary with more than 1,000 years of history. Former benedictine monastery complex and pre-Christian stone ramparts.

Museum of Toys and Play in Kielce – the largest and oldest Polish toy museum, where the guest can return to the magical time of childhood.

Geoeducation Centre on Wietrznia in Kielce – a modern place dedicated to promote geological knowledge where you can learn through amazing games with use of specimens of rock, minerals and fossils, as well as with the multimedia.

Orthopedics, sports medicine, physiotherapy and diagnostics



Carolina Medical Center

ul. Pory 78, 02-757 Warszawa

www.carolina.pl

Carolina Medical Center is a private hospital specializing in orthopedics, sports medicine, surgery of spine, as well as diagnostic imaging, physiotherapy and body functioning diagnostics. Patients can undergo full diagnosis (X-ray, MRI, CT, ultrasound), non-invasive or surgical treatment and rehabilitation.

The Carolina Medical Center performs full spectrum of orthopedic surgical procedures, i.e.:

- reconstructive joint surgeries,
- replacements of joints (knee – TKR, hip – THR and BHR, ankle – InBone, shoulder, elbow, wrist),
- traumatology – modern non-invasive treatment of fractures,
- ligament reconstructions – anterior, posterior cruciate ligament, back-side complex, ligaments of the ankle amongst others,
- allogeneic menisci transplant,
- collagen menisci instilling (Menaflex),





- 8-plate – minor invasive method of the correction of the axis of children’s limbs,
- endoscopic spinal surgery (joimax®),
- surgical spinal traumas treatment (kyphoplasty, vertebroplasty, SpineJack),
- spinal disc hernia treatment (microdiscectomy, stabilization, fusion, injection of gel prosthesis – DiscoGel).

Carolina Medical Center holds the Total Quality Management Certificate (ISO9001:2015) in Complex Medical Care since August 2004. Medical specialists cooperating with the Carolina Medical Center are eminent experts in the field of sports orthopedics and traumatology with many years of practical experience in these areas.

The hospital has been certified by the International Football Federation as a FIFA Medical Centre of Excellence. In 2018 Carolina Medical Center was also identified as one of the best hospitals in the world in terms of medical tourism and we appeared on the TOP10 ranking conducted by International Medical Travel Journal: www.imtj.com/news/mtqua-identifies-its-10-best-hospitals-and-clinics-2018/

- **Availability of halal products: on special request (extra charge)**
- **Arabic translator: on request (extra charge)**
- **English speaking staff: all doctors and majority of the staff speak English**
- **Medical staff attending same sex only patients: on request (when available)**

The hospital does not provide accommodation for the patient’s accompanying persons.

CONTACT PERSON:

Danuta Milanowska, Medical Tourism Manager, tel. +48 693 880 698,
danuta.milanowska@carolina.pl, languages: Polish, English, Russian

Carolina Medical Center is located in Mokotów district of Warsaw, 10 minutes' drive from the city center. There are 2 airports in Warsaw:

Warsaw Chopin Airport www.lotnisko-chopina.pl/en located very near to the city – bus 148 would take you directly from the airport to the hospital (bus stop: “Tor Stegny”). Public transport ticket would cost 4,40 PLN (passenger must validate a ticket, it will be valid for 75 minutes. The journey time is approximately 25 minutes). Taxi should cost not more than 30 PLN depending on the traffic.

Modlin Airport www.modlinairport.pl which is located outside Warsaw, but has also good access to the city. There is Modlin Bus which goes to the city center: www.modlinbus.com – the journey would probably take about 1,5 hours to get to the center of Warsaw, it costs about 35 PLN. There is also a possibility to rent a car. The taxi would cost between 100 and 200 PLN (25 – 50 USD).

There are 3 hotels just across the street from the hospital:

- Best Western Hotel Portos*** (www.bwportos.pl/en)
- START Hotel Atos** (www.hotelatos.pl/en)
- START Hotel Aramis* (www.hotelaramis.pl/en)

DISCOVER WARSAW!

Warsaw is a vibrant, open and friendly city. Perfect for single travelers, couples and families, it attracts tourists from around the world with a unique mix of tradition and modernity. It offers excellent entertainment, diverse cuisine, unique historical monuments and lots of greenery. There is always a lot going on in Warsaw: great concerts, extraordinary exhibitions and huge events. Try:

- **Relaxing by the Vistula** – You won't find a river like this in other European capitals!

This is because of the clean, natural beaches that attract those who want to just relax or sports enthusiasts. In addition to sunbathing, there are beach volleyball courts, a skim board track and much more. Beautiful riverside boulevards are a great place for a walk, a bike ride or observing the boats, ferries and water trams that glide along the river.

- **City of Chopin** – Let yourself be carried away by the music of one of the greatest composers in the world.

With the help of the Chopin in Warsaw smartphone app you will find places in Warsaw connected with the composer and a multimedia museum dedicated to him. Stop at benches that play Fryderyk's most famous melodies or join one of the daily concerts. Do not miss the free recitals that take place in the beautiful gardens of Royal Łazienki Park as well as during festivals.

- **Winter in Warsaw** – Discover Poland's capital in the winter.

This is when the city is lit up by some of the biggest illuminations in Europe. Walking through the streets you will come across fantastical decorations and luminous figures. A whole manor house woven from light decorations can be seen in the Royal Garden of Light in Wilanów. A 30-meter high Christmas tree on Castle Square, colorful nativity scenes in churches and Christmas markets with original Christmas presents all create a unique Christmas atmosphere in Poland.

Orthopedic, bariatric and plastic surgery, rehabilitation



KCM Clinic

ul. Bankowa 5–7, 58-500 Jelenia Góra
www.kcmclinic.com

KCM Hospital: Complex Care. Exceptional Medicine. Individual Approach.

KCM Clinic is a modern multi-speciality hospital located in Poland. The Hospital serves around 700 International patients annually mostly from Oman, UAE, Kuwait, United Kingdom, Ireland, Germany – mostly in the field of bariatric surgery, plastic surgery, orthopaedics and minimal invasive spine surgery and rehabilitation.

We are recognized as a referral centre for specialty care and function as an educational medical facility. With regular international conferences and workshops organized to showcase the latest surgical techniques through live video transmission from our operating rooms. We are the reference centre in Europe for Johnson & Johnson, Olympus, Medtronic and Zimmer Biomet.

KCM Clinic stands for quality healthcare services across 20 medical specialties.

The state-of-the art facility has 120 medical staff and 90 doctors who provide the highest level of specialist medical care and strive to make treatment short and efficient.

For our International Patients the hospital's international Department has over 10 Assistants that handle all travel arrangements, from the first contact, though the stay in Poland and aftercare in the home country with our local support groups and application.



Exclusive Technology:

- 3D Olympus Laparoscope – for bariatric and gynaecological surgery
- Plastic surgery is performed with the use of BAXTER fibrin sealant, for significant less scarring
- One of 6 spine surgery Hospitals worldwide that offer cervical endoscopic surgery



- **Availability of hallal products : available**
- **Arabic translator: 2 t of our 10 patient coordinators are native Arabic speakers**
- **English speaking staff: the staff speaks English**
- **Medical staff attending same sex only patients: confirmed. Additionally each patient has his/her own personal assistant.**

KCM Hospitals International patient department handles all travel arrangements, from first contact throughout the entire medical journey and aftercare.

CONTACT PERSON:

Philip Pasler, tel. +48 535 098 999, philip.pasler@kcmclinic.pl; languages: Arabic, English, German

KCM Hospital operates its own fleet of limousines – we collect our patients from:

- Prague (PRG), 1 h 30 min drive to Hospital
- Wroclaw (WRO), 1 h 15 min drive to Hospital

Neurology, cardiology, orthopedics



Konstancin-Zdrój Spa

ul. Sue Ryder 1, 05-510 Konstancin-Jeziorna

www.uzdrowisko-konstancin.pl

www.evapark.pl

Konstancin Spa is a unique place. We own one of very few pools fed directly from a natural brine source, extracted from own intake, from a depth of 1,750 m. Excellent location and unique landscape wonderfully complement to our offer.

Beautiful Spa Park, graduation tower – a place for natural inhalation – located in the area, are one of many advantages of this place.

We provide comprehensive services of rehabilitation of locomotor system, neurological and cardiac rehabilitation, as well as organization of rehabilitation and spa stays. We offer a wide range of natural treatments and preventive health care.

Apart from rehabilitation services realized by Hospital of Cardiac Rehabilitation, Hospital of Neurological Rehabilitation, White House – Locomotor System Therapy Center, our Resort provides hotel and restaurant services.





In January 2016, the complex has expanded its offer by opening the highest standard hotel – Eva Park Life & SPA. The place offers superior spa and wellness services, exceptional hotel rooms, conference facilities, brine swimming pools and author's cuisine in Przedwiośnie restaurant – prized by gourmets.

Proximity of forests, graduation tower, historic architecture of Konstancin-Jeziorna, complementary offer and advantages of this place determine its popularity among both individual and business guests, who choose individual objects for business meetings. In June this year we launched Café Beza – a place right next to the Spa Park, where you can drink coffee, eat delicious cakes and relish the beauties of the area.

- **Availability of halal products: on request**
- **Arabic translator: translation can be provided by Egyptian member of staff**
- **English speaking staff: 60%**
- **Medical staff attending same sex only patients: such option is available**

The spa helps to organize accommodation in hotels for patient's accompanying persons.

CONTACT PERSON:

Anna Jeziorska, tel. +48 667 760 075, a.jeziorska@uzdrowisko-konstancin.pl

Distance from:

Warsaw city centre: 19 km / 30 min

Warsaw Chopin Airport: 21 km / 35 min

KONSTANCIN – A CITY-SPA

Located near Warsaw, Konstancin-Jeziorna is a unique place. It is worth coming here not only for the famous brine graduation tower. Nature reserves, bike trails, historic villas and palaces and highly specialized medical institutions and rehabilitation centers, located among pine forests are waiting for visitors. We invite you to one of very few in Poland city-spa – covered in greenery, full of flowers.

Spa Park – the heart of Konstancin Jeziorna

In the heart of Spa Park there is a graduation tower, which sprays brine water in the air. The water is mined from a depth of over a mile. It is worth noting that this is the only tower of this type in the Mazovian region. It is one of the oldest objects of this kind in Poland and it has been functioning continuously since 1978. The therapeutic properties of the brine positively affect nervous system, endocrine glands, and overall resistance of the body. After such a natural inhalation one can go to one of the many restaurants serving delicious local dishes and desserts.

Convenient location

Konstancin-Jeziorna is located in the district of Piaseczno, less than 20 km from the center of Warsaw, about 18 km from the Frederic Chopin airport. Despite the proximity of the capital Konstancin has preserved its natural spa character. The city is surrounded by nature reserves. Such a unique location favors development of recreation and weekend tourism, attracting many walkers, bikers, anglers, mushroom pickers and patients.

Kinesithery, hydrotherapy, physiotherapy



MEDICALsensus

Medical Sensus

ul. Chrobrego 1a-3, 57-320 Polanica Zdrój

www.medicalsensus.pl

Medical Sensus Polanica offers accommodation in mountainous and peaceful area of Polanica-Zdrój, just 100 m from the Spa Park. Guests can enjoy the on-site restaurant that serves regional cuisine. There is also a free access to a fitness room. Rooms are equipped with a flat-screen TV. All rooms are equipped with a private bathroom equipped with a shower. A TV with cable channels is provided.

Guests can enjoy their meal on the terrace overlooking Leśny Park. There is a 24-hour front desk at the property. The property offers hydrotherapy treatments, massages and health treatments, including balneotherapy, hydrotherapy, aquaPURE and aquaRELAX baths, as well as herbal treatments and specialist therapeutic procedures.

Mineral Water Pump Room is 300 m from Medical Sensus Polanica, while Chess Park is 300 m from the property. Situated 82 km from the city of Wrocław, the area is perfect for skiing, cycling and hiking.



- **Availability of hallal products : yes**
- **Arabic translator: available**
- **English speaking staff: yes**
- **Medical staff attending same sex only patients: yes**



Patient's accompanying persons can be accommodated in Medical Sensus with reduced fare. The center can also help to find rooms in other hotels.

CONTACT PERSONS:

Katarzyna Jurzec-Piątek, tel. +48 887 080 095, k.jurzec-piatek@medicalsensus.pl,
language : English

Nearest international airport: Wrocław – 82 km.

Urology, bariatrics, gynecology and diagnostics



Szpital Medicover

Al. Rzeczpospolitej 5, 02-972 Warszawa

www.szpital.medicover.pl

We offer comprehensive medical care in a modern general hospital opened in 2009. Our units: cardiology, cardiac surgery, urology, internal diseases, surgery (laryngology, orthopedics, bariatrics), obstetrics, gynecology, neonatology, pediatrics, anesthesiology and intensive care. We also have the emergency department. We have a diagnostic center with top equipment, including: 2 MRI devices, tomograph, 6 ultrasound systems and system for IVUS hemodynamic diagnostics. The Hospital is equipped with the latest da Vinci robotic surgical system.

Honored with numerous certificates and accreditations (including accreditation from the Polish Ministry of Health), we have already served 63,000 patients, including over 11,600 foreigners.

- Urology: surgical treatment of prostate cancer assisted by da Vinci robot – a low-invasive, extremely precise medical procedure, allowing to avoid such side effects as lack of erection or urinary incontinence.



- Bariatrics – surgical and conservative treatment of obesity,
- Health screening – complex full day prophylactic examination program, consisting of over 30 laboratory tests, 10 image tests (including full-body resonance) and 3 specialist medical consultations, as well as diagnostics towards over 100 medical conditions.



- **Availability of hallal products : yes**
- **Arabic translator: available**
- **English speaking staff: yes**
- **Medical staff attending same sex only patients: yes**

The hospital provides individual patient assistant, transportation from the airport and help in booking a hotel near the hospital with discount for patients accompanying persons.

CONTACT:

opm@medicover.pl, tel. +48 500 900 900, languages: English, Russian, Spanish, Arabic

Nearest international airports: Warsaw Chopin Airport – 10 km, Warsaw Modlin Airport – 48 km.

Otolaryngology, audiology and phoniatics



International Center of Hearing and Speech Medincus

Ul. Mokra 7, 05-830 Kajetany

www.csim.pl

International Center of Hearing and Speech MEDINCUS provides highly specialized services within the scope of oto-rhino-laryngology (ORL), audiology, phoniatics, rehabilitation, surdology and speech therapy, psychology, physiotherapy, biomedical engineering.

International Center of Hearing and Speech “MEDINCUS” provides wide range of services, which include surgeries and hospital stays within the sphere of otolaryngology, audiology and phoniatics, as well as comprehensive care for patients after hearing implant surgery, including subjective and objective examinations of electric hearing and the fitting of the cochlear implants.



Offered surgeries:

1. Throat Surgeries:

- Adenoidectomy
- Adenotonsillotomy
- Soft Palate Surgery
- Plastics of Frenulum of Tongue
- Tonsillectomy / Tonsillotomy
- Palatal stiffening operations

2. Ear Surgeries:

- Tympanoplasty
- Antromastoidectomy
- Middle Ear Drainage Under Local and General Anesthesia
- Tympanostomy
- Myringo-Ossiculoplasty
- Myringoplasty
- Canal Wall Down/Up Mastoidectomy
- Ossiculoplasty
- External Ear Canal Surgery
- Stapedectomy
- Tympanopunction
- Cholesteatoma Removal from the Middle Ear

3. Nose and Sinus Surgeries:

- Conchoplasty
- Nasal Polyp Surgery
- Maxillary Sinus Surgery
- Septorhinoplasty
- Septoplasty
- Ethmoidectomy
- Sphenoetmoidectomy
- Extended FESS (eg Lothrop)
- Other FESS surgeries



4. Larynx Surgeries:

- Microsurgery of the Larynx
- Operations of the vocal organs: removal of vocal cord nodules, epiglottitis cysts, laryngeal papillomas, vocal fold cysts.

5. Complete diagnostics and operation of the cochlear implant, middle ear implant and bone conduction implant.

The Center is a part of network that currently consists of 12 branches in Poland and 7 abroad. In particular we offer diagnostics, treatment and rehabilitation of the hearing, voice and speech diseases as well as balance disorders, breathing problems, hearing aid fitting and retail, hearing implants diagnostics, rehabilitation of hearing and speech.

The unique therapy that uses Stimulator of the Polymodal Sensory Perception (SPPS-S) according to Skarzynski's method can be found in the offer of the Center. It is a therapy of the central auditory processing disorders (CAPD).

- **Availability of halal products: can be provided with prior notification**
- **Arabic translator: available**
- **English speaking staff: medical staff speaks English, Russian, French, Spanish, Italian, Ukrainian and Belarusian**
- **Medical staff attending same sex only patients: medical staff is of both genders except the nurses**

Patients and accompanying persons are located in the Hotel Park Kajetany (www.parkkajetany.pl/en/) situated in the same building as the Hospital.

CONTACT PERSON:

Irina Pierzyńska, tel. +48504118980, i.pierzynska@csim.pl, languages: English, Russian, Spanish

International Center of Hearing and Speech “MEDINCUS” is situated in Kajetany, about 20 km to the southwest of Warsaw. The center can arrange transfer from the international Chopin airport, which is only 20 km from the Hospital.

A QUIET PLACE FOR YOUR HELTH AND A BIG CITY NEAR BY FOR YOUR LEISURE

The Hospital is surrounded by forest far away from the city helps to recuperate faster after the operation. There is a recreational area in the Center, which includes hotel, restaurant, park, sports hall, mini zoo, shop and pharmacy, where patients can buy necessary things and medicines without having to travel somewhere else.

Those who would like to spend free time more actively can discover Warsaw with its big city attractions.

Diagnosics and rehabilitation



Uzdrowisko Nałęczów SA

Al. Małachowskiego 5, 24-140 Nałęczów

www.uzdrowisko-naleczow.pl

The Nałęczów health resort is an ideal place to relax with health and beauty benefits. It offers a modern treatment base combined with high-class devices for cardiac and orthopedic diagnostics and rehabilitation. The Atrium swimming pool complex and the SPA area are also at guests' disposal. Invites you all year!

Nałęczów is a recreation resort, which is part of the tourist triangle of Puławy – Kazimierz Dolny – Nałęczów. Its visiting card is the Spa Park, founded by Stanisław Małachowski, with a rich 190-year-old tree stand, palm house and a medicinal water pump house.

The greatest asset of Nałęczów, however, is the microclimate. Its healing impact induct self-lowering of blood pressure and reduction of heart disease ailments. Loess soils, flowing Bystra and Bochotniczanka rivers, varied ravines network and rich vegetation – about 72 species of trees and shrubs – provide beneficial high ionization of the air. An important attraction of Nałęczów are springs of mineral waters with a predominance of calcium and carbonate bicarbonate.



We offer services of sanatorium treatment, SPA and Medical SPA. There is available over one hundred treatments of kinesitherapy, physical therapy, hydrotherapy and diagnostics that enable effective improvement of health.



We also have a specialized rehabilitation Center Werandki. Werandki is the only Diagnostics & Physiotherapy Centre in the east of Poland, which is fitted with state-of-the-art equipment and comprehensively handles four fields of medical rehabilitation: Cardiology Zone, Orthopedics Zone, Training Zone, and Diagnostics Zone. The innovative way of improving the cardiovascular system performance offered in Werandki, which combines two types of therapies with the use of modern technology and equipment, is more effective and safer than traditional forms of rehabilitation used in cardiology.

- **Availability of hallal products: on request**
- **Arabic translator: on request**
- **English speaking staff: the staff communicates in English**
- **Medical staff attending same sex only patients: available**

The resort helps to organize accommodation in hotels for patient's accompanying persons.

CONTACT PERSON:

Małgorzata Brum, tel. +48 81 50 16 027, mbrum@zlun.pl, rezerwacje@zlun.pl

Nearest international Airports: Lublin – 46 km, Warsaw – 158 km.

Gynecology, urology, orthopedics and surgery



Szpital na Klinach/Neo Hospital

ul. Kostrzewskiego 47, 30-437 Kraków

www.szpitalnaklinach.pl

Neo Hospital is an ultramodern, technologically advanced medical facility in Krakow, characterized by the highest quality. We develop personalized and innovative medical care with attention to patient's health, dignity and comfort.. The hospital 100-person team of specialists and doctors perform the best practices based on their vast experience, acquired in Polish and foreign centers. Comprehensive medical care is offered in the field of gynecology, urology, orthopedics and surgery: general, vascular, oncological and plastic surgery.

The wards of the NEO Hospital satisfy patients' needs in the scope of multi-discipline surgical procedures, based on modern diagnostics and professional hospital care. Particular attention is paid to minimization of surgical intervention – therefore, most surgeries are performed with laparoscopic method. Safety of patients subjected to surgeries and operations, constitutes one of the most modern surgical theaters in Poland, with two operational rooms, comprehensively equipped and dedicated for various kinds of surgical procedures. We focus on providing our patients with comprehensive care in a friendly place, nice atmosphere and with medical safety.

The hospital, as the only one in south-eastern Poland, provides patients with



access to the latest global technologies in the field of surgical support system. The hospital operates the latest generation da Vinci system authorized by its manufacturer – Intuitive Surgical. Da Vinci is currently



the most advanced robotic system in the world, used in the treatment of many diseases, including cancer. Currently, 4800 da Vinci robots are used around the world, with over one million operations carried out annually. The da Vinci robot at the Neo Hospital supports the work of surgeons in the field of prostate, endometrial and colon cancer surgery.

The hospital conducts multi-specialized hospital implementing operational procedures in the field of:

- General surgery
- Oncological surgery
- Plastic surgery
- Vascular surgery
- Robotic surgery – treatments using the da Vinci support system:
 - urology tumors: prostate (radical prostatectomy) and kidney (partial nephrectomy)
 - gynecology tumors: endometrium (hysterectomy) and ovary
 - general surgery: colorectal procedures, hiatal hernia, operations of large abdominal hernias, bariatric procedures, cholecystectomy, peripheral pancreatic resection
- Gynecology
- Obstetrics
- Oncological gynecology
- Aesthetic gynecology
- Bariatrics
- Urology
- Orthopedics

- **Availability of hallal products: available**
- **Arabic translator: available**
- **English speaking staff: 52 doctors and 8 administration staff**
- **Medical staff attending same sex only patients: available**

The hospital helps to organize accommodation in hotels for patient's accompanying persons.

CONTACT PERSON:

Magdalena Okarmus, tel. +48 785 054 460, magdalena.okarmus@neohospital.pl,
language: English

Neo Hospital is located in the southern part of Krakow, in a quiet area, a short distance from the A4 highway exit. From the Krakow airport, you can reach us by taxi within 15 minutes. The distance of about 12 km separates us from the very center of the city and the Main Railway Station in Kraków.

Rehabilitation of children and adults, spine and orthopedic surgery, weight loss



Polish Health Centers

ul. Wąwózowa 19/33, 02-796 Warszawa

www.phc.org.pl

is an association of many rehabilitation & weight loss centers and spine & orthopedic surgery hospitals. Its purpose is to facilitate access to the services provided by the centers for patients from the Arab countries and to maintain the highest standards especially for those patients.

Our facilities have a good reputation in the Polish market and provide premium services at the global level, observing the international standards of quality. All of them have at their disposal experienced, highly qualified staff.

Medical staff and service workers are familiar with the culture and requirements of patients from the Middle East, which is a result of the many-year experience in working with the Arabs or in the Arab countries. Services performed by our association and its centers – from diet to language gloss – are fully customized to meet the unique needs and requirements of patients from the Arab countries.

- **Availability of halal products : yes**
- **Arabic translator: yes**
- **English speaking staff: most of the staff**
- **Medical staff attending same sex only patients: yes**



In most cases accompanying persons can be placed together with patients in the facilities. If not, the center helps to organize accommodation in hotels.

CONTACT PERSONS:

Sebastian Józef Kuśmierk, tel. +48 667 022 335,
info@phc.org.pl, languages : English, Arabic

All medical facilities are located within the range of maximum 2 hours ride form main Polish airports.



Multi profile diagnostics and treatment



Scamed St. Raphael Hospital in Krakow

ul. Bochenka 12, 30-693 Kraków

www.swrafal.pl

The St. Raphael Hospital is one of the most modern hospital facilities in Europe. Medical care implemented using the latest technology allows for a plethora of health services, both privately and on the basis of an agreement with the National Health Fund.

The hospital has a number of facilities: hospital wards with 150 beds, 2 modern operating theaters with 5 operating rooms, fitted with facilities for the most difficult procedures as well as minimally invasive ones. The hospital's diagnostic base consists of the following: Magnetic Resonance Imaging, Computer Tomography, Mammography, Radiology, X-ray, Endoscopy, Histopathology and our own Analytical Laboratory. The hospital also has the following: Hemodynamics, Surgical Radiology and Electrophysiology as well as over 40 specialized clinics and the Rehabilitation Center.

At St. Raphael, patients are taken care of by specialized medical staff, including more than 200 specialist doctors and 150 auxiliary staff. At St. Raphael, we take care of the highest standards for Patients – single and double rooms have their own sanitary facilities, air conditioning, and are equipped with a TV, telephone, Internet access and a specialist paging system. MuNutrition takes into account one's diet or the doctor's recommendations.





The St. Raphael Hospital belongs to the Scanmed Group, which has been the leader in providing multi-profile private medical care in Poland for more than 15 years. For years, we have been focusing on quality and safety, as confirmed by e.g. Accreditation of the Ministry of Health and other numerous certificates, e.g.: “European Medal 2014” for life-saving cerebrovascular treatments, “Supreme Quality International 2014”, 1st place in the Małopolska region in the “Safe Hospital” ranking.

- **Availability of halal products : available**
- **Arabic translator: available (the hospital already cooperated with Arabic translators)**
- **English speaking staff: the staff speaks English**
- **Medical staff attending same sex only patients: medical consultations can be performed by same sex doctors**

The hospital helps to organize accommodation in hotels for patient’s accompanying persons.

CONTACT:

tel. +48 12 629 88 00, sekretariat.szpitala@scanmed.pl

The St. Raphael Hospital is located in the proximity of A4 highway which allows for quick access from the Krakow international airport. In case when condition of patient requires special transportation from the airport, the Hospital provides professional medical vehicle.

Neurosurgery, orthopaedics, ophthalmology, laryngology and dentistry



Szpital św. Wojciecha w Poznaniu/St. Adalbert's Hospital

ul. Bolesława Krzywoustego 114, 61-144 Poznań

www.szpitalswwojciecha.pl

Private St. Adalbert's Hospital in Poznan, Poland (www.stadalberts.info) is a place in which experts from various fields of medicine, equipped with cutting-edge technology, can make full use of their knowledge and skills for the good of our patients.

Our mission is to provide patients with effective and safe treatment while ensuring quick and complete recovery. We achieve this goal by combining knowledge, skills and dedication of our staff with state-of-the-art technology and highest concern for our patients' safety and comfort.

Our team of specialists in St. Adalbert's Hospital helps to diagnose the cause of pain and suggests the best treatment method. We offer a wide range of treatments, from osteopathy and physiotherapy to endoscopic spine surgery. Hospital has also





an interesting ophthalmology surgery offer and dentistry as well. Please be advised that waiting for the procedure is no longer than 15 days, with 3–4 days stay in a hospital.

St Adalbert's Hospital also offers a healthcare services to international patients. Our International Patient Service unit specializes in arranging and coordinating care for patients from outside Poland. We assist overseas patients and referring physicians seeking a consultation, second opinion or medical treatment in Poland. We support patients with their travel arrangements, accommodation and access to world renowned healthcare.

- **Availability of hallal products : can be delivered on request**
- **Arabic translator: available**
- **English speaking staff: all the medical staff speaks English. The hospital provides assistance also to the caretaker of the patient**
- **Medical staff attending same sex only patients: nursing staff composed of women only**

A patient's assistant provided by the hospital helps in preparing accommodation (hotel bookings), transportation and touristic attractions for companions of the patient.

CONTACT PERSON:

Marlena Wysocka; +48 663 666 655 ; marlena.wysocka@szpitalswwojciecha.pl, languages: English, French

St Adalbert's Hospital enjoys special rates from nearby hotels and residential suites. The staff will be glad to help choose and reserve the hotel. Accommodation arrangement for family and support people are also included.

Poznan Airport "Lawica" is located 20 min from St Adalbert's Hospital.

Neurological and orthopaedic rehabilitation



TriVita Center for Advanced Rehabilitation and Nursing Care

ul. Krakowska 73, 43-353 Porąbka

www.trivita.pl

The TriVita Rehabilitation and Care Center is directed, in particular, to families who have a permanent care of a chronically ill person, who is physically dependent and requires ongoing nursing support. Specialized nursing staff, supported by cyclical visits of specialist doctors, ensures a high and safe standard of care in 24 hours, 7 days a week. We take special care to ensure that people entrusted to us are not only stabilizing their health, but also by adjusting the individual exercise mode could measurably improve it.

We especially recommend the Care Center to people who want to take advantage of “respite stays”. Respite stays are dedicated system of care for a dependent person, which allows families to take rest from the daily care of a close person, requiring full care. This is a proposal to spend a short period of time in a family-friendly atmosphere, surrounded by people who are also struggling with similar problems. The aim of our Rehabilitation Center is also to carry out effective and



long-lasting rehabilitation using the latest physiotherapeutic techniques. The main areas of improving the comfort of our patients are:

1. Neurological rehabilitation – addressed to patients with nervous system dysfunctions, requiring long-term, individual and comprehensive rehabilitation.
 2. Orthopedic rehabilitation – directed to patients after accidents, operations, injuries with joint degeneration. Our program is based on the consultation of a team of doctors (orthopedist, physiotherapist), which directly translates into measurable effects of therapy.
 - Post-traumatic rehabilitation
 - Preoperative rehabilitation
 - Postoperative rehabilitation
 3. Anti-edematous rehabilitation – using elements of physiotherapy to eliminate edema at this point is considered the most effective.
- **Availability of halal products: on request**
 - **Arabic translator: on request**
 - **English speaking staff: 60 %**
 - **Medical staff attending same sex only patients: on request**

The hospital helps to organize staying of patient companion in hotels.

CONTACT PERSON:

Robert Klimek, tel. +48 33 43 22 550, robert.klimek@trivita.pl, language: English

Nearest international airports: Kraków – 65 km, Katowice – 85 km. The TriVita Center offers its own shuttle bus adapted to transport disabled persons from the airports.

ATTRACTIONS IN THE NEIGHBOURHOOD:

Center for Advanced Rehabilitation and Care TriVita is located in the picturesque village of Porąbka. Porąbka is a summer resort in the Silesian Voivodeship, by the Międzybrodzie Lake, famous for the oldest water reservoir in Poland. The main attraction of Porąbki is its beautiful location among mountain peaks and water reservoirs nearby – Lake Międzybrodzkie and Czanieckie. In the vicinity of the TriVita Center there is also the Żar mountain with a cable-rail railway at the top.

Oncology, cardiology, urology, surgery and diagnostics



Europejskie
Centrum
Zdrowia
Otwock

Europejskie Centrum Zdrowia Otwock

Ulica Borowa 14/18 F, 05-400 Otwock

<https://ecz-otwock.pl/>

European Health Centre Otwock (ECZO) offers professional and friendly medical care binding tradition with innovation. The entirely renovated building is equipped with the most advanced medical systems. Our professional and empathic nurses, as well as friendly staff complement doctor's work. Our facility offers 96 beds, 4 operating rooms and the following departments: Cardiology, Oncology, Onco-Surgery and General Surgery, Urology, Gynecology and Orthopedics. There is also an Intensive Care Unit and Cardiology Intensive Care Unit in the hospital. The European Health Centre Otwock is one of the most technologically advanced radiology diagnostic centers. We offer cutting edge diagnostic procedures allowing extremely accurate and precise patient diagnosis. We provide affordable, professional, friendly and timely medical care in various areas.

Department of Clinical Oncology and Oncological Surgery – these departments provide comprehensive care to patients with cancer, including chemotherapeutic





treatment. The Chairman of the Scientific Council at ECZ Otwock is Associated Professor, MD Cezary Szczylik – an outstanding oncologist and an authority in the field of oncology, the founder and president of the Foundation for Experimental and Clinical Oncology, co-founder of the Study Center of Molecular Medicine, and a member of many scientific societies and organizations.

Department of Urology with accreditation of the European Board of Urology (EBU) run for many years by Associate Professor, MD Andrzej Borówka (since 1988 until 2000, Chairman of the Warsaw branch of the Polish Society of Urology, Chairman of the Polish Society of Urology since 2000 until 2008, National Consultant in Urology from 1992 to 2011) and from 2015 by MD Phd Jakub Dobruch, the Department of Urology is now headed by MD Przemysław Szostek. This department has a particular interest in the field of oncological urological surgery, primarily with the use of laparoscopic techniques.

Department of Cardioangiology Clinic (Cardiovascular Clinic and Pulmonary Thromboembolic Diseases) under the guidance of Associate Professor, MD Adam Torbicki (Vice-President of the European Society of Cardiology, Coordinator for the guidelines for the diagnostics of the treatment of acute pulmonary embolism at European Society of Cardiology announced in the year 2000 and then in 2008, co-author of the European guidelines for pulmonary arterial hypertension (2004 and 2009), one of the initiators of the programs in surgical treatment of thromboembolic and arterial pulmonary hypertension pharmacotherapy in the country, Coordinator of Polish registries of pulmonary embolism and pulmonary hypertension ZATPOL and PHPOL, Chairman of the Working Group of the Pulmonary Circulation at European Society of Cardiology (1992–1994 and 2004–2006), President of the Polish Cardiac Society in 2004–2007).

- **Availability of hallal products: not available**
- **Arabic translator: on request (extra paid)**
- **English speaking staff: most of the doctors speak English, nursing staff does not**
- **Medical staff attending same sex only patients: cannot be guaranteed**

The resort helps to organize accommodation in hotels ‘Holiday Inn’ in Józefów and ‘Z Hotel’ in Otwock for patient’s accompanying persons.

CONTACT PERSON:

Aleksandra Sobka-Zubik, tel. +48 710 33 01, +48 695 396 014,
aleksandra.zubik@ecz-otwock.pl, language: English

Nearest international airports: Warsaw Chopin Airport – 35 km, Warsaw Modlin Airport – 65 km.

ATTRACTIONS IN THE NEIGHBOURHOOD:

Otwock, distant only 25km from the center of Warsaw, famous as a Spa Town with its picturesquely meandering river – Świder. Surrounded by the Mazovian Landscape Park, with the National Park Torfy. Large pine forests are at the origin e of its peculiar micro-climate. Otwock is the capital of *Świdermajer*, a distinct Polish architectural style developed in late 19th and early 20th century .The style was applied almost exclusively to wooden villas of the middle classes. Developed by Michał Elwiro Andriolli, the style combined traditional elements of local wooden architecture with the Swiss style), Russian holiday houses (wooden porches with windows) and some elements of the decorative art from the Podhale region (Polish Mountains). Warsaw is easily accessible with suburban train, buses or private transportation.

Cardiology, rehabilitation, metabolic diseases and obesity treatment



Hotel Uzdrawiskowy St. George

ul. Wojska Polskiego 2, 87-720 Ciechocinek

www.st-george.pl

St. George Health Resort is located in a “pearl of Polish spas” – the town of Ciechocinek. It provides a combination of comfortable stay in a modern hotel rooms with a high standard of medical services. The hotel offers a wide range of therapeutic and rehabilitation treatments in professional health clinics and relax at the Spa & Wellness with indoor pool and recreation complex. All the medical staff has the required qualifications and experience in the medical and rehabilitation services.





The complex of Ciechocinek objects is located in the center of the health resort. Green area of 4,000 m², along with the full infrastructure of the facility with an area of 3,500 m² for 140 people.

The hotel has medical permits as non-public health care and rehabilitation facility and permits for hotel and gastronomic activities. St. George Health Resort offers treatment in the range of cardiac diseases, limbs rehabilitation, metabolic diseases and medical obesity treatment. The St. George has already participated in individual therapeutic projects for patients with heavy obesity from Saudi Arabia, Qatar etc.

- **Availability of hallal products : yes**
- **Arabic translator: available**
- **English speaking staff: the desk staff speaks English**
- **Medical staff attending same sex only patients: both sex staff available**

The resort provide assistance in organizing the stay for accompanying person in nearby hotels.

CONTACT PERSON:

Kamila Rutkowska, tel. +48 601 688 703, k.rutkowska@rutkowski.com.pl,
language: English

Nearest international airports: Bydgoszcz – 72 km, Warsaw –240 km.

Cardiology, rehabilitation, metabolic diseases and obesity treatment



Hotel Uzdrowskiowy St. George Kudowa

ul. Kościuszki 180, 57-350 Kudowa Zdrój

www.st-george.pl

St. George Hotel Kudowa is located in one of the most famous Polish health resorts Kudowa Zdrój. It offers a combination of comfortable stay in a modern hotel with a high standard of rehabilitation and medical treatments.

The hotel of St. George Hotel offers 200 beds in single/double/ triple-rooms. Our health clinics offers a wide range of medical and rehabilitation treatments. Clinics are equipped with professional medical equipment, while the medical staff has all the required qualifications and experience in medical and rehabilitation services.

St. George Hotel in Kudowa Zdrój is located in a picturesque area of the Stołowe Mountains National Park. Guests of the hotel can enjoy a green area of 25,000 m², as well as a full medical and leisure infrastructure ready to host up to 200 visitors.



St. George offers treatment in the range of cardiac diseases, limbs rehabilitation, metabolic diseases and medical obesity treatment. The St. George has already participated in individual therapeutic projects for patients suffering heavy obesity from Saudi Arabia, Qatar and other Gulf countries.

- **Availability of hallal products : yes**
- **Arabic translator: available**
- **English speaking staff: the desk staff speaks English**
- **Medical staff attending same sex only patients: available**

The resort provide assistance in organizing the stay for accompanying person in nearby hotels.

CONTACT PERSON:

Kamila Rutkowska, tel. +48 601 688 703, k.rutkowska@rutkowski.com.pl, language: English

Nearest international airports: Wrocław – 110 km, Prague – 175 km.

ATTRACTIONS IN THE NEIGHBOURHOOD:

Kudowa Zdrój is a lovely mountainous spa town attracting visitors in need of treatment in excellent health and leisure centers. Due to its location at the foothills of the Stołowe (Table) Mountains, Kudowa has perfect conditions for walks, hiking and sightseeing. Explore the unusual geological formations, which are shaped like tables (hence the name of the range) and discover the interesting cultural heritage of the area!

The most famous tourist attractions in Kudowa Zdrój area are the Chapel of Skulls in Czerwna, the Nativity Scene and the Trail of Vanishing Professions.

