

HEALTH  
TOURISM  
IN CROATIA



**Atlantis**  
travel



## WHY CROATIA?

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Croatia is a safe Mediterranean country well-known for its special beauty, moderate climate, and many natural healing sources.

Nature itself has already opened the way, particularly in the coastal area, with natural aromatherapies whose beneficial effect is felt during a walk along the trails of stimulating blend of Mediterranean vegetation; lavender, rosemary, cypress trees in an extraordinary clean air and mild climate.

In the continental part of Croatia there are natural sources of thermal water and Fango mineral mud. The long tradition in the field of medical science is opening up the way for solving more demanding health problems.





## ABOUT US

Atlantis travel group is a successfully operating travel DMC/MICE company with IATA license, founded in the 1992 year. The main office is located in Zagreb and a subsidiary is in Slavonski Brod.

Atlantis travel group is a successful company thanks to the dedicated team of staff that has many years of experience in tourism. Each employee will ensure that a specific field of business offers superior quality and that customers are fully satisfied with the service.

Health tourism is one of our professional key priorities. The specialists of the company guarantee the clients complete confidentiality, correctness, and accuracy.

Our strategic goal is to find the best in modern medicine, which is presented in clinics, advanced medical practices and to make it all accessible to patients.

Whether you're travelling alone or with your family, we offer you and your loved ones personalized care and attention.

We take care of all issues related to your travel and treatment, so you can enjoy a stress-free stay and get the best medical treatment in Croatia.

We stay by your side, even after you return home. If you have any concerns or unexpected complications, our team is just a phone call away.



## OUR SERVICES

- Providing patients traveling for medical care with all information and services
- Finding the best clinics for diagnostics and treatment in Croatia
- Booking of beds in hospitals and reservation of accommodation in hotels or apartments nearby
- Providing premium quality transfer and car rental services
- Visa obtaining services and preparation of medical documentation
- Translation of medical documentation and interpreting services
- Extra services: excursions and sightseeing tours
- Our representative will meet you at an airport and will be available during the whole period of your stay in Croatia



## TRAVEL PLANNING AND HEALTHCARE PROCEDURES

If you plan a medical trip first you should send all medical reports in order to examine the state of your health by specialists.

### **Trip planning**

After reviewing your submitted medical documentation the specialists of Atlantis travel group in cooperation with doctors of clinics will make a detailed plan of your trip including obtaining a visa, treatment, transfers, interpreter services and booking of accommodation.

### **Accommodation and transfers**

According to your preferences we can offer accommodation in hotels, apartments or comfortable villas. Transfer services are also always at your disposal.

### **Assistance**

We offer 24-hour support. In addition you can book a babysitting service to look after your children or 24-hour medical care during your stay.

### **End of treatment and return home**

When you are discharged from the hospital your personal assistant – an employee of our agency will always be ready to provide you with assistance even after your arrive home.



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## VIP SERVICES

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Atlantis travel group provides VIP services in the best medical and health centers. The staff of the agency is always ready to provide guests with services at the highest level. Prior to the arrival of patients every detail is carefully studied in order to make the stay pleasant and comfortable. We can offer you: the best clinics that operate according to world standards, the services of qualified personnel, excellent apartments and first-class service. We can also provide additional services such as: round-the-clock accompaniment of an interpreter, baby-sitting service, a personal hairdresser and a cook.



## AVAILABLE TREATMENTS OF:

- Diseases of the musculoskeletal system
- State after injuries and operations
- Peripheral nervous system diseases
- Cardiovascular diseases
- Dermatologic diseases
- Respiratory diseases
- Gynecological diseases and infertility
- Male infertility
- Metabolic disorders
- Aesthetic surgery
- Dentistry
- Ophthalmology



## St. Catherine Specialty Hospital



St. Catherine is a Specialty Hospital for Orthopedics, Surgery, Internal Medicine, Neurology and Physical Medicine and Rehabilitation that is located in Zabok. It is one of the biggest private hospitals in Croatia, a European center of excellence with modern diagnostic, therapeutic and rehabilitation infrastructure. The hospital is accredited by American Global Healthcare Accreditation, which guarantees quality of services and safety in accordance with international standards. Also, the hospital is a member of the prestigious family of „The Leading Hospitals of The World“. St. Catherine Specialty Hospital’s membership in the International ICERTIAS Customers’ Friend programme – “Because we care about our customers”, attests to the special care and attention that Specialty Hospital given to patients and their problems, as well their commitment towards developing long-term customer satisfaction from the very beginning – from the first phone call up to the final phase of treatment.



### Centers of excellence:

- Center for Radiological Diagnosis
- Center for Orthopedics and Sports Medicine
- Center for Spinal Disorders
- Center for Neurology
- Center for gastroenterology



## Magdalena



**Magdalena** is internationally accredited Clinic for Cardiovascular Diseases, founded in 1996. It is located at two sites: Magdalena Polyclinic in the heart of the Croatian capital Zagreb and Magdalena Hospital, a 100-bed facility located in Zagorje County, only 45 km from Zagreb.

### Range of medical services

Medical teams perform all non-invasive and invasive diagnostic procedures, as well as percutaneous and surgical cardiovascular interventions. New technologies are continuously being implemented with treatment results comparable to the best European heart centers.

If all conservative and interventional treatment strategies have been exhausted, cardiovascular surgery department can offer a surgery.

Cardiac surgery operations:

Coronary artery bypass grafting (CABG), Heart valve replacement, Surgery of aorta, Congenital heart disease surgery, Surgery in arrhythmia treatment, Surgery after heart and great vessels trauma.

**Magdalena Tele cardiology Centre** offers the service of distant patient monitoring through the implementation of an ultralight, mobile ECG device that delivers high quality results. In this manner, the patients can send their ECG at any time, no matter where they are, and contact Magdalena's experts to obtain specific recommendations.

### Why people choose Magdalena:

Exhaustive cardiac care, outstanding service, absolute client satisfaction, safety and confidence, quality and reliability, unique solution for every problem, International quality accreditation: ISO 9001, ISO 15224 Accreditation Canada – diamond certificate.



## Polyclinic IVF



The Polyclinic IVF has a 20-year-old tradition in treating infertility, and is the oldest and the most for reproductive medicine in the country. A professor Velimir Šimunić is the founder and the director of the Polyclinic IVF who is a world renowned expert of IVF. Professor Šimunić has led a team of experts that has achieved success with IVF, seventh in the world.

He participated in achieving more than 5,000 pregnancies and the birth of IVF children.

**The Polyclinic IVF performs the entire diagnosis and treatment of infertility:**

1. Semen analysis and advanced analysis of male infertility.
2. Endocrinological disorder in women.
3. Amenorrhea, anovulation, PCOS/PCOM, premature ovarian insufficiency, other central disorders and disturbed control of cycle).
4. Determining the normality of the uterus and the fallopian tube anatomy.
5. Investigation and treatment of spontaneous abortion and recurrent implantation failure.
6. Treatment of myoma (fibroids), endometriosis and adenomyosis.
7. Treatment with all methods of assisted reproductive technologies (ART), ovulation stimulation, insemination (AIH/IUI), IVF/ICSI, advanced gamete and embryo selection, blastocyst culture, cryopreservation (vitrification) of oocytes and embryos, preservation of fertility.
8. Diagnostic and operative hysteroscopy (office).





## POLYCLINIC IVF ART success rate

	Clinical pregnancy rate	
	2015 y	2016 y
Ovulation induction 3 - 4 cycles	64,2%	61,3%
AIH / ITI - IUI 1 cycle / all patients	15,9 %	15,2%
IVF - ICSI *all patients	37,4%	37,6%
* ≤ 35 age	49,1 %	52,1%
Cryo ET / FET *oocytes or embryos *all patients	35.6%	34,8%
Spontaneous abortion rate	17,2 %	16,8%
Multiple pregnancy * twins	14,9 %	16,8%
Complications (OHSS..)	0.6 %	0,9%



## Stubičke toplice



**Special Hospital Stubičke Toplice** is located north of Zagreb, about 40 km from the Zagreb Airport. The natural healing factor of Stubičke Toplice is thermal water, temperature at source up to 69 ° C.

**Spa area** of Special hospital Stubičke Toplice is a place of relaxation and health. Guests can enjoy steam sauna, Finnish sauna, infrared saunas, refresh in ice fountains, tropical showers and foot kneipp, relaxation zone, healthy drinks and fresh fruit.

**Physical therapy:** After the examination, doctors recommend some of the following therapeutic treatments: hydrogymnastics in the pools, individual bath treatments in Hubbard's bathtubs, underwater massage, kinesiotherapy treatments (Bo- bath, PNF and McKenzie techniques), medical gymnastics (individual and in groups) and working therapy treatments. The hospital is equipped with contemporary physical-therapy devices, such as the one for shock wave therapy, high-intensity laser and thermo TK deep heat therapy unit.

**Object Maksimilijan\*\*\*\*** has two apartments that include a sleeping room, a living room, a kitchen, a bathroom with shower in accordance with five stars category. The object has 11 single rooms and 11 double rooms. In all rooms: free Wi-Fi, air conditioning, safe, large LCD TV, telephone, fridge and hairdryer. There are 2 fitness halls, a restaurant with a panoramic view and a café, as well as a swimming pool "Maksimilianeum" and a wellness oasis.





## Akromion



The Special Hospital for Orthopedic Surgery Akromion is the largest private orthopedics hospital in Croatia. Spread over three grounds, it is equipped with state-of-the-art equipment, a surgical block with three operating rooms and a recovery room, as well as 11 rooms and suites with a high standard at the level of hotel accommodation, providing the patients with maximum comfort. The hospital is fully computerized and networked with its out-patient clinics in Split and Zagreb. There are no patient files, paperwork, and waiting lists in the traditional sense. It is the first such e-hospital in Croatia. The state-of-the-art technology of integrated operating rooms allows physicians and hospital staff to have complete access to patient medical records during the surgery, enabling immediate and timely consultations. Special Hospital Akromion has been recognized as a top-notch institution where the most complex orthopedic procedures are performed, such as reconstructions after bone fractures, tendon and ligament tears, as well as hip, knee and shoulder replacement. Numerous top athletes from Croatia and abroad have been operated in Akromion.

Special Hospital Akromion stands out by the choice of the prosthesis depending on the age of the patients and their activities and the degree of joint damage, which is essential for the final result and longevity of the prosthesis. All major joint prostheses are implanted in Akromion, ranging from primary to revision prostheses of the hip, knee and shoulders, made by renowned international companies. By opening the diagnostic radiology department and by procuring a state-of-the-art magnetic resonance imaging device, the patients are provided with a complete, fast and timely diagnostic system with individual approach to every patient and the choice of an optimal method for treating the bone and joint system.



## RADIOCHIRURGIA ZAGREB



Radiochirurgia Zagreb is a private clinic specializing in the diagnosis and treatment of malignant tumors. It has the most advanced diagnostic equipment for radiation therapy and radiosurgery and uses the technology thanks to which it offers patients everything necessary for detecting a tumor on time and effective treatment at all its stages. The clinic treats metastatic forms of the disease with a combination of radiosurgery, radiation therapy and chemotherapy.

### **VARIAN EDGE (Radiosurgical System)**

The latest generation linear accelerator used for high-precision radiosurgical therapy as a non-invasive alternative to conventional surgery by using high intensity rays and microwave ablation.

### **MAGNETOM RT Pro edition Skyra 3T**

MRI machine Siemens Magnetom RT Pro edition Skyra 3T is specially designed for the diagnosis of cancer at all stages.

### **CT SOMATOM Definition Edge**

Radiochirurgia Zagreb uses Siemens SOMATOM Definition Edge CT, a low-dose machine for fast computed tomography with 384 slices.





## Terme Sveti Martin



Terme Sveti Martin is located in the heart of Medimurje.

Accommodation facilities are **Hotel Spa Golfer and Regina apartments**.

151 modern and well-appointed rooms and 6 luxury suites surrounded by untouched Nature present an ideal destination for year-round family vacations, wellness relaxation, business travel as well as active and recreational holidays. The hotel is surrounded by the vibrant greens of its golf course and the vine covered Medimurje hills whilst its interior is characterized by its modern design, elegance and the hospitality of your hosts which is a discreet and yet a very tangible element in the creation of your Sveti Martin experience.

### Features:

- The wellness oasis with over 20 different massages, saunas and baths
- Beauty Center
- The world of sauna and hotel pool
- The Temple of Life - indoor pool complex
- Summer Aquapark on 2,600 square meters of water surface
- Medical Wellness and Polyclinic Lumbalis

A Rich gastronomic offer of fresh and healthy local foods, stored in the traditional way.

Numerous sports facilities: bicycle rental and many cycling trails, Golf, beach volleyball, tennis courts, basketball and football.



## Special Hospital for Medical Rehabilitation Naftalan

*Naftalan*

Through years of work, the experts of Special Hospital Naftalan have developed naftalan therapy, which was proven efficient for treating psoriasis, an unpleasant chronic disease, and the related psoriatic arthritis.

### Naftalan therapy:

- Daily baths are performed in bath tubs with naftalan
- Covering by naftalan - implemented instead of naftalan in case of contraindications
- Treatments with thermal water - exercises are performed in the swimming pool with salty thermal water under the supervision of a physiotherapist. Each lasts 30 minutes.
- Masticotherapy - solid preparation containing 30% naftalan, paraffin and wax applied as a compress (wrapping) or as dipping into dissolved media which is gradually solidifying as it cools down, and which is used for exercising small joints on hands
- Iontophoresis with naftalan - with the help of electrotherapy, naftalan is applied to a specific area on the body
- Sonophoresis with naftalan - with the help of ultrasound, naftalan is applied to a target area on the body
- Massage - manual massage, underwater massage or lymph pressure
- Phototherapy - UVB, UVA
- Electrotherapy
- Magnetic therapy
- Medical gymnastics - group or individual





## Daruvarske toplice



The main natural healing resources are thermal water and Fango mineral mud.

Medical indications for rehabilitation in the Special Hospital for Medical Rehabilitation Daruvarske toplice:

- Vertebral and vertebrogenic syndromes: pain in the neck and lower back, Ischialgia
- Inflammatory rheumatic diseases: rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis
- Degenerative diseases of the spine and joints: osteoarthritis of the knees, hips, shoulders and other joints
- Postoperative rehabilitation
- Neurological rehabilitation
- Rehabilitation of children with developmental disorder

Individual treatment of athletes:

- Individual approach to athletes
- Check-up on BIODEX
- First and final check-up
- Individual physical therapy upon doctors recommendation
- Full board (buffet table), accommodation in double rooms
- Use of pool with mineral thermal water



## Terme Tuhelj



The Tuhelj thermal water is rich in peloid particles which gather in naturally produced substances through geological processes. The particles of mineral and vegetable origin are grinded and mixed with the water. The main component of the water is sulphur which further emphasizes its healing characteristics. All outdoor and indoor pools of Terme Tuhelj have mineral thermal water.

**Thermal mud** can be effectively used in therapies for: rheumatism, sciatica, arthritis, fungal infections, chronic gynecological inflammations, injuries to bones and joints, anti-cellulite treatment.

**Hotel Well\*\*\*\*** was named “Sustainable Hotel” achieved by its “green management” and care to the environment as well as energy efficiency.

The hotel is connected by underground corridors with SPAeVITA Centre, Sauna World and indoor swimming pools of the Water planet.

Hotel Well is complex of six buildings: 264 double rooms, 126 hotel rooms are available in the new buildings, and all 138 rooms in another renovated part of the hotel.





## Thalassotherapia Opatija



Thalassotherapia Opatija a special hospital for medical rehabilitation of heart, lung and rheumatism, was founded in 1957. It is one of the first health care facilities in this part of Europe.

The main healthcare activities and treatments:

- Treatment of heart and blood vessels
- Diagnostics
- Physical medicine and sports medicine
- Dermatology
- Neurology
- Psychology
- Nutrition
- Center for cosmetic Surgery

Thalasso Wellness Center Opatija was established in Thalassotherapia Special Hospital as a separate business unit. Wellness facilities include: swimming pools, saunas, massages, beauty, and fitness.

Spa offers are based on the use of sea water and sea ingredients, which can be used individually or in thematic packages.

**Classical medical programs:**

- Antirheumatics program
- Osteoporosis Program
- Back pain program
- Program for athletes
- Weight Loss Program
- Program for managers

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