The Health Tourism Provider

Contact details:
26 Piłicka Street, 02-613 Warsaw, Poland
Phone +48 (0) 609 349 189, +48 (0) 508 552 362
E-mail: office@equilibrium-med.com
web: www.equilibrium-med.com

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WHY “Equilibrium” The Health Tourism Provider

Dear Patients,

Equilibrium The Health Tourism Provider is a company from Poland specializing in understanding the medical needs of people from across the globe. Since the beginning, we have been focused on providing the best service for our patients.

By arranging immediate treatments and taking care of your whole travel, we aspire to become your family guide during your stay in our country.

We represent hospitals across Poland, however our main motive is working for you and not the hospitals and thus we are always striving to identify the best hospital and surgeon for you.

When you deal with our Head Office in Warsaw, you can expect the highest standards of personalized service and be confident of the fact that we will always be by your side from the moment you contact us to well after returning from your treatment.

We would like to cordially invite you, to visit our amazing country and take advantage of the wide variety of treatments, accompanied by professional service.

We will be waiting for your response and interest in our medical tourism company.

Your sincerely,

Joanna Kordasiewicz
Chairman of the Board
If you wish, you can attach basic medical documentation.

You will receive comprehensive information from us about what will be required from you for your specific medical procedures. In the meantime, please send us all of your medical documentation, and kindly fill out the medical questionnaire, which we will send you shortly by email.

Within 48 hours after receiving your complete medical information, the clinic will forward to us their decision about your treatment, along with their complete treatment plan, pre and post–operative procedures, complete with dates and times. We will also send email to you the complete itinerary for your hotel accommodations, transportation, and translator, if requested.

If you agree to the treatment plan and itinerary, please be advised that some clinics may require a partial payment as a deposit before your arrival. We will inform you in advance if this will be necessary.

We hope that your time spent in Poland will be happy and beneficial to your health.
FLIGHT TIMES

POLAND

GDAŃSK

POZNAŃ 1h

WARSZAWA 1h

LUBLIN 1h

KRAKÓW 1h

DOHA

DUBAI

WARSZAWA

POLAND

6h
Fall in love with Poland
WE HELP TO TREAT ALL KIND OF DISEASES.

EQUILIBRIUM The Health Tourism Provider cooperate with the best in Poland clinics and hospitals. They work only with highly specialized staff with long practice and qualified personnel speaking English very well. Variety of treatments they can conduct is so great, that it would not fit to this catalogue. That is why we will only place the most popular treatments.

**Dentistry:**
- Teeth whitening
- Root canal treatment
- Prosthetics (crowns, bridges, veneers)
- Gum disease inlays
- Implant treatment
- Aesthetic dentistry
- Oral surgery
- Pediatric dentistry

**Eye Surgery:**
- Detailed diagnostics
- Cataract surgery
- Retinal surgery
  - vitrectomy
  - epiretinal implant placement
- scleral buckling
- macular degeneration surgery
- Glaucoma treatment (laser and traditional surgery)
- Plastic surgery of eyelids and skin disorders
- Retinal laser therapy and cryotherapy
- Lasik eye surgery
- Eye lens implant surgery
- Eyelid surgery
- Pterygium removal surgery
- Binocular vision treatment
- Amd treatment
- Squint surgeries
- Laser therapy in diabetes and laucoma
- Laser vision correction
**Diagnostics:**
- Cardiac
- Orthopedic
- Neurology

**Vascular surgery:**
- Sclerotherapy (injection of medicine to the vessels to shrink them),
- Vascular Surgery
- EVLT – Laser Vascular Surgery

**Orthopedics:**
- Shoulder endolastics
- Shoulder area fracture
- Bankart and Latarjet stabilization
- Arthroscopy of knee/shoulder/elbow/other joints
- Alloplasty of knee/hip
- Hip hemialloplasty
- Treatment of hallux valgus deformity
- Hallux rigidus operation
- Microdiscectomy
- Arthroscopic anterior cruciate ligament reconstruction
- Prostessis

**Plastic surgery:**
- Lifts
- Implants
- Breast elevation
- Abdominoplasty
- Breast augmentation
- Rhinoplasty (nose job)
- Nose correction

**Effective Weight Loss:**
- Obesity treatment
  - Laparoscopic gastric sleeve resection
  - Laparoscopic gastric bypass
  - Laparoscopic gastric band
- Slimming holidays

**AND MANY MORE!**
We organise sightseeing
SOBOTA House of Dentistry was designed not only for your teeth, but also for you. We have modern consulting rooms, diagnostic radiology and experienced specialists at your disposal.

We give you more: The System of Individual Care. We assign you a personal medical assistant available by phone 24 hours a day. We work towards fulfilling your comfort and convenience. Our experience is based on many years of practice.

Since 2003, we have been performing root canal treatment improved by a dental operating microscope. Year after we started inserting dental implants and adjusting prosthetic restorations anchored to them. Sobota House of Dentistry is certified by Straumann Implant System.

Straumann is a Swiss brand with a global reach. That’s over two million dental implants all over the world! In every country you can find dental clinics operating this system. Everywhere in the world there are doctors who will help you if necessary! You will receive a 10-year warranty on dental implant and 2-year warranty on prosthetic restorations.
Dr. Hanna Sobota

Is responsible for supervision and treatment planning. She received dental degree at the Medical University of Poznań in 1987. Dr. Sobota has been leading a private dental clinic for 25 years. She is a member of the International Team for Implantology, Polish Endodontic Society, Polish Society for Aesthetic Dentistry, consultant of www.dentonet.pl. She is focused on aesthetic dentistry and extensive reconstructions. As one of the few specialists in Poland she deals with the occlusal disease and bruxism (TMJ) treatment. Dr. Hanna Sobota is constantly improving her skills by participating in scientific conferences and practical courses.

She updates her knowledge constantly by attending numerous national and foreign conferences and training courses, e.g.:

- Congress Barcelona Roots Summit
- CRA Dentistry Update
- Comprehensive Clinical Endodontic Practice
- Art Oral Congress
- PASE Congress
ENEL-MED hospitals provide:

- the best surgeons, most-up-to-date technology and surgical equipment;
- advanced diagnostics (CT, MR, X-ray, USG);
- high quality (an ISO certificate);
- comfortable conditions.

The Centrum Hospital
- Orthopaedic surgery: arthroscopic joint operations, endoprosthesis reconstruction, correction of defects and deformities of limbs, operations of tendons and ligaments.
- Neurosurgery: surgical treatment of discopathy, spine instability, osteoporotic spine fractures.
- Hand surgery: wrist joint surgery, peripheral nerves, joints, sinuses, reconstructions, corrective reconstruction.

The Zacisze Hospital
- ENT: surgeries of sinuses, nose, tonsils, and surgical treatment of snoring.
- Ophthalmology: cataract and glaucoma surgeries.
- Gynaecology: corrective plastic surgeries of labia, vagina, and perineum, urinary incontinence, fibroid removal, ovarian cysts, and tumours removal.
- Surgery: radio-frequency ablation surgery of varicose veins of the lower extremities, treatment of anal varices, hernia, and gallbladder surgeries.
JACEK JAROSZEWSKI MD, PhD

Orthopaedist and locomotor system traumatology specialist. Graduate of the Faculty of Medicine at the Medical Academy in Poznań. Professional experience gained at the Orthopaedic and Traumatology Clinic of the Medical University in Poznań. Specialist in treatment of lower extremities (arthroscopy of knee joints, talocrural joints and hip joints; endoprosthetic reconstruction, and many others).

Distinguished expert in treatment of sport-related conditions. The doctor of the Poland National Football Team and Legia Warszawa football team. The Chairman of the Medical Board of the Polish Football Association. Author of numerous papers from the field of orthopaedic surgery. Member of the Polish Society of Orthopaedics and Traumatology and European Society of Sports Traumatology Knee Surgery and Arthroscopy. Tennis player, ski-mountaineer, and ski instructor.
Choosing Medicover Hospital, you entrust your health to a caring team of highly-qualified International specialists, world class surgeons & doctors who employ the latest treatment methodologies and technologies for your effective and quick recovery.

The location of the Hospital in the heart of Europe together with the bright and peaceful interiors provides our patients the perfect environment.

Safety is our top priority. Our committed and talented staff work together to create an organization worthy of ISO and ministry of health certifications, the highest level of accreditation attainable. Our caring attitude towards our patients for a quick and painless recovery, has been recognized by the Polish Pain Research Association.

Five stars service: You do not need to be worried about formalities as your Hospital Care Coordinator will help you deal with everything and he will be at your service 24/7.
**Paweł Łęgosz, MD**

**Director of the Orthopaedic Surgery Department**

Dr. Łęgosz is board certified in Orthopaedic Surgery. Before joining Medicover Hospital in April 2010 Paweł for 10 years engaged in Orthopaedic surgery. Since 2008 a consultant in the field of Orthopaedics and Traumatology of the Locomotor System at the Central Clinical Hospital at Banacha in Warsaw and also the Clinical Hospital of the Baby Jesus in Warsaw. Dr. Łęgosz is a graduate of the Medical Academy in Wrocław, specialising in orthopaedics and traumatology of the locomotor system. As an orthopaedist, he attended numerous courses and trainings in modern methods of hip treatment and reconstruction. He is also a lecturer at the First Faculty of Medicine of the Medical University in Warsaw, teaching “Joint degeneration”

Member of the Polish Association of Arthroscopic Surgery
Polish Association of Sports Traumatology
For over 10 year he has been a Member of the Stable Osteosynthesis Section
PAINFUL SHOULDER

Clinic led by specialist in trauma and orthopedic surgery with international practice and 13 years’ experience. He takes care about entire spectrum of shoulder pathologies:

Non-operative treatment:
- subacromial conflict,
- trigger scapula,
- multidirectional instability,
- frozen shoulder,
- rotator cuff calcifications,
- injuries in overhead athlete.

Surgical treatment
- proximal humerus fractures,
- acromio-clavicular joint pathologies (fractures/instabilities),
- shoulder replacement,
- arthroscopic rotator cuff repair,
- arthroscopic treatment of anterior instability - Bankart and Latarjet stabilisation.
Is fully specialised shoulder surgeon responsible for entire spectrum of shoulder pathologies. After his fellowship in world famous Alps Surgery Institute in Annecy (France) he performs all arthroscopic procedures including arthroscopic Latarjet stabilisation. His activity also covers shoulder fractures and prosthetic surgery.

He is coauthor of many publications e.g.:

- Arthroscopic posterior bone block augmentation in posterior shoulder instability.
- Proximal humeral fractures in elderly patients.
- Arthroscopic posterior bone block: surgical technique.
- Biomechanical assessment of varus-valgus range of motion of normal elbow joint using prototype measuring device.
- Arthroscopic arthrolysis for recalcitrant frozen shoulder: a lateral approach.
We organise accommodation
We organise leisure time
FAQ – FREQUENTLY ASKED QUESTIONS

1. What is the medical tourism?
Medical tourism is simply the process of travelling abroad to a specific destination to obtain certain medical procedures. Medical tourism is certainly not a new concept. Patients have been travelling outside their regions for years to obtain medical procedures due the long waiting periods associated with socialized medicine. Now citizens have an excellent opportunity to seek top quality procedures outside place of living, where they can recover in anonymity and luxury at more affordable rates.

2. What if I don’t find the procedure that I am interested in on your website?
If you are interested in or require a certain procedure that is not listed on our website, please contact us so that we may assist you in your search. Our network covers a wide spectrum of medical procedures, from the least invasive procedures to the most advanced procedures.

3. Who are medical tourists?
Medical tourists are generally residents of the industrialized nations of the world and primarily originate from The United States, Canada, Great Britain, Western Europe, Australia and The Middle East. But more and more, people from many other countries of the world are seeking out places where they can obtain their medical care at an affordable cost.

4. Can I book my own hotel stay?
Yes. You can arrange your own hotel stay. However, we strongly recommend that you stay in one of our affiliate hotels. The simple reason is our concern for your safety. We have personally selected our affiliate hotels based upon their proximity to the hospitals, reputation for customer service, safety, amenities and convenience. If you’re not familiar with the destination, you could select a hotel that is less expensive than our affiliate partners, but may be in an unsafe area or have poor customer service.

5. What services are included?
There are a host of services incorporated in our medical travel program. We will walk you through the entire process. You need not to be aware of anything about the medical tourism process other than your wish to receive a medical procedure.
6. What procedures are available?
Dentistry, Eye Surgery, Aesthetic Medicine, Orthopedics, Cardiology, Rehabilitation, Effective Weight Loss, Spa & Wellness, Agritourism.

7. How much do I save?
Savings can be from 30 – 80%, depending upon the procedure and treatment.

8. What do you do with my information?
We recognize the importance of confidentiality of your medical and health – related information. To serve your medical needs, we pass your information to our network of hospitals for their assessment.

9. Isn’t it expensive to travel overseas for treatment?
Compared to the savings in the medical costs, travel costs is usually negligible.

10. I don’t know anything about my destination country. Will I be safe? How will I get around?
You will not be left alone without help anywhere you decide to go, unless you choose to. Before your trip, you will be briefed on what to expect.

11. What are the risks?
There is an inherent risk in every medical procedure. Our focus is to minimize the risks involved by working only with accredited hospitals, and certified medical professionals who deliver high quality of care.