

THE BEST



HEALTHY & BEAUTY

**THE BEST  
DEALS  
FOR BEAUTY  
AND HEALTH**

FROM THE FLAGSHIPS  
**OF LIPETSK  
HEALTHCARE**



# LIPETSK REGION – A WORTHY CHOICE!

TRAVEL-trend:  
TRAVEL FOR HEALTH



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FOR A NON BANAL VACATION SCENARIO OR WEEKEND GUIDELINE.

Special experience - to improve and rejuvenate the body, having undergone a course of medical procedures using  
WORLD-FAMOUS WATER FROM LOCAL WELLS.  
And the medicinal water is poured here ABSOLUTELY FREE OF CHARGE and you can check its healing properties at  
the source in the very center of the city - the old Lower Park - one of the iconic places,  
popular among tourists and locals.

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# FIVE OBVIOUS FACTS AS ARGUMENTS FOR:



## 1 CONVENIENT GEOGRAPHICAL LOCATION

Lipetsk region is conveniently located in the center of the European part of Russia, at the intersection of the most important highways connecting the capital of the Russian Federation with its southern territories and the North Caucasus, and the western regions with the Volga region, which ensures its transport accessibility and creates optimal conditions for tourism, treatment, recreation, sport fishing and hunting.



LIPETSK MINERAL SPRINGS HAVE BEEN KNOWN SINCE THE BEGINNING OF THE XVIII CENTURY



## 2 HISTORICAL TRADITIONS OF BALNEOTHERAPY AND MUD THERAPY

Lipetsk mineral springs have been known from the beginning of the XVIII century, and in the first half of the XIX century "Lipetsk waters" resort successfully competed with the famous European "Baden-Baden". Local natural mineral water is characterized by a high content of iron, calcium, magnesium and other minerals and trace elements. Due to the complex of its thermal, chemical, mechanical, biological and electrophysical properties, therapeutic peat mud activates all the main processes in the human body: blood circulation, respiration, metabolism.





3

### HIGH LEVEL OF TECHNICAL EQUIPMENT OF MEDICAL INSTITUTIONS

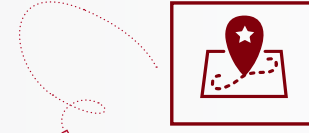
Flagship medical institutions of the region are equipped with computerized and robotic equipment of various functional purposes, corresponding to world standards. A staff of trained and certified specialists of various profiles is ready to provide high-tech assistance at any level of complexity to residents and guests of the region.



4

### OPTIMAL RATIO OF COST AND QUALITY OF MEDICAL SERVICES

The cost of medical services is adapted to the general price level in the region. In practice, this means that the patient receives qualified medical care using functional equipment of the same class as in the clinics at the federal level, based on drugs recommended by the standards of treatment and accepted in world practice, at a much lower price.



5

### RICH HISTORICAL AND CULTURAL HERITAGE OF THE REGION

On the territory of the region, 3144 objects of cultural heritage are registered, 577 of them are under state protection, including 42, as the sites of federal significance. This is a unique opportunity to combine treatment with an observation of the amazingly beautiful corners of nature and architectural monuments of the past, to feel the incredible positive energy and power of such places, to heal not only the body, but the soul as well.





## GALICHYA GORA

In the very center of the Lipetsk region, on the right bank of the Don, there is the famous Galichya Gora, a unique natural site of Central Russia. The area has long been known for the diversity of its flora and fauna, the mysterious origin of many species of relict plants, more characteristic as of the Crimea, the Caucasus, the Altai. Today, Galichya Gora reserve unites the most valuable natural sites of the Upper Don.



## MONUMENT TO EMPEROR PETER THE GREAT

The object of cultural heritage of federal significance, the first monumental site in Lipetsk.

The obelisk to Peter I was installed on the descent of Rozhdestvenskaya Gora (now Petrovsky descent) in 1839 at the expense of the St. Petersburg first guild merchant N.M. Nebuchenov, who had Lipetsk roots. There is the inscription in the center of the pedestal: «To the unforgettable everywhere and in all matters, to the great father of the Motherland, Emperor Peter the Great, the founder of our city, who indicated here new curative sources and new means of the wealth of the people». According to one version, the three-sided pyramid of the monument symbolizes the stylized sail of the ship and indicates the direct involvement of Lipetsk in the creation of the Russian fleet.



## ANCIENT USPENSKAYA CHURCH

Sample of architecture of federal value.

Ancient Uspenskaya Church is the oldest one in Lipetsk, and if you count the history of the city from the construction of the Lipsky iron plants in 1703, it is older than the city itself.

Volumetric and spatial composition of the Church and the architectural decor go back to the stylistic forms of the Naryshkin baroque of the late 17th - early 18th centuries.

Ancient Uspenskaya Church is located in the most picturesque corner of the city, called «Monastery». Currently, it is the main church of the Uspenskiy Monastery founded in 2003.



## ZNAMENSKAYA CHURCH IN THE VILLAGE OF VESHALOVKA, LIPETSK REGION

Sample of architecture of federal value.

Znamenskaya Church is a unique religious building of the end of the XVIII century, which has no analogues in Russian architecture. Built in 1768-1784 by the guard's cavalry captain Ya. A. Tatishchev - the son of the favorite batman of Emperor Peter I, designed by Vasily Bazhenov. One of the few realized projects of this period by Bazhenov, in which the ingenuity and vivid imagination of the great architect were fully expressed.



# MANORS OF THE NOBILITY

SAMPLES OF ARCHITECTURE OF THE XVIII - XIX CENTURIES IN THE TERRITORY OF LIPETSK REGION



*THERE WERE... MANORS LIVING ON A GRAND SCALE WITH A HUGE ESTATE, A GARDEN... SOME OF THESE ESTATES HAVE SURVIVED TO THIS DAY, BUT THEY HAVE NO LIFE IN THEM ALREADY...*



*I. A. Bunin  
«Antonov apples»*

Rare in beauty and historical significance, THE ESTATE COMPLEX IS LOCATED IN THE VILLAGE OF POLIBINO, DANKOVSKIY DISTRICT.

Until today, the manor house in the style of classicism, built at the end of the XVIII century, has been preserved. According to some data, according to the project by V.I. Bazhenov. The brick walls of the facades in combination with the white stone create a rich color range, characteristic for the palace house rather than the ordinary estate of a provincial landowner.

Near the house, there is the main attraction of the estate - the water tower of the hyperboloid structure of the outstanding Russian engineer V. G. Shukhov. This masterpiece of engineering with the height of 45 meters with a reservoir of 9,500 buckets of water on the openwork construction of long products is visible from several kilometers. The Polibinskaya Tower, whose "sister" at the industrial exhibition in Nizhny Novgorod in 1896 was compared to the Eiffel tower, supplied



the manor and the garden with water.

At one time, the first museum of the history of the Battle of Kulikovo was established on the estate, where L. N. Tolstoy, I. E. Repin.

IN THE VILLAGE OF SKORNYAKOVO, ZADONSKY DISTRICT, THERE IS A MANOR COMPLEX - a site of regional importance from the first half of the 19th century.

An excellent example of mature classicism is the stone church of Michael the Archangel, completed in 1812.

In the northern part of the estate, there have been preserved a cattle yard. A single-storey structure in the form of a closed square towered up



to two floors in the corners and in the middle part over the main passage with an arena inside. Laid out of limestone blocks with a modest architectural decor,

Its main buildings were erected in the late XVIII - early XIX centuries. The stone three-storey palace was built by M. V. Muromtsev, a favorite of Empress Catherine II. According to a legend, Catherine the Great stayed at Balovnevo for several weeks, leaving amazon, boots and gloves as a memory to its owners, which were carefully kept in the study room of the palace until the revolution.

Water tower, built in the 1880's in the style of the «English Gothic», with its

most valuable monument of classicism in the province.

In 1790, a wooden manor house was built in THE MANOR OF RYAZANKA, CHAPLYGINSKY DISTRICT in which an outstanding traveler, geographer, entomologist, botanist, statistician, public and statesman Petr Petrovich Semenov was born on January 2, 1827 (since 1906, bearing the name of Semenov-Tyan-Shansky).

Semyonov House was a real cultural center for the entire neighborhood. Theatrical figures, artists from both capitals often came to Ryazanka. All the novelties of literature, fresh newspapers and magazines were delivered here.

In 1997, a museum was opened in the main manor house. On an area of more than 500 square meters, there is located an exposure, telling about the life and work of Peter Petrovich Semenov-Tian-Shansky and other representatives of the family.

The Semenov House in Ryazanka is practically the only preserved wooden manor house of the first half of the 19th century in the Lipetsk region.

### ➤ ACCORDING TO A LEGEND, CATHERINE THE GREAT STAYED AT BALOVNEVO FOR SEVERAL WEEKS

it evokes the image of a medieval fortress with watchtowers and is an outstanding architectural site.

The remarkable MANOR COMPLEX was partially preserved IN THE VILLAGE OF BALOVNEVO, DANKOVSKY DISTRICT.



graceful silhouette is beautifully inscribed in the landscape surrounding the manor buildings of the vast park. In the central part of the estate, the entrance gates are reminiscent of the former grandeur, with an arch in red brick style forms of classicism with elements of white-stone decor.

The Vladimir Church has also been preserved - a true masterpiece of architecture, more resembling the majestic cathedrals of Western Europe. A number of researchers call the author of the project all the same V. I. Bazhenov. Immaculate in terms of the proportions of architectural volumes and individual architectural details, the temple is the





LEADING INSTITUTIONS OF LIPETSK HEALTHCARE OFFER THE GUESTS OF THE CITY AND REGION A WIDE RANGE OF MEDICAL SERVICES: FROM COMPLEX HIGH-TECH SURGICAL INTERVENTIONS TO SANATORIUM-RESORT TREATMENT AND REST WITH THE STATE GUARANTEE OF SAFETY AND QUALITY OF ALL PROCEDURES. THE VAST MAJORITY OF HOSPITALS REPRESENTED HERE ARE READY TO PROVIDE ACCOMMODATION OF PATIENTS DURING THE PERIOD OF TREATMENT AND REHABILITATION IN WARDS HIGH LEVEL OF COMFORT AT VERY REASONABLE PRICES.

## MEDICAL INSTITUTIONS

PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK REGIONAL CLINICAL HOSPITAL»

PUBLIC HEALTH CARE INSTITUTION «LIPETSK CITY  
MEDICAL EMERGENCY HOSPITAL NO. 1»

PUBLIC HEALTH CARE INSTITUTION  
«REGIONAL HOSPITAL NO. 2»

PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK REGIONAL ONCOLOGIC DISPENSARY»

PUBLIC HEALTH CARE INSTITUTION «LIPETSK  
REGIONAL VENEREAL DISEASES DISPENSARY»

PUBLIC HEALTH CARE INSTITUTION  
«REGIONAL DENTAL CLINIC – THE DENTAL CENTER»

AUTONOMOUS PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK CITY DENTAL CLINIC №1»

AUTONOMOUS PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK CITY DENTAL CLINIC №2»

PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK REGIONAL PERINATAL CENTER»

PUBLIC HEALTH CARE INSTITUTION  
«REGIONAL CHILDREN'S HOSPITAL»

STATE THERAPEUTIC AND RESORT FACILITY «MECHTA»,  
LIPETSK REGIONAL CHILDREN'S SANATORIUM

PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK CITY CHILDREN'S HOSPITAL»

PUBLIC HEALTH CARE INSTITUTION

# «LIPETSK REGIONAL CLINICAL HOSPITAL»



THE REGIONAL CLINICAL HOSPITAL IS FOCUSED ON THE PROVISION OF SPECIALIZED MEDICAL CARE TO THE DIFFICULT DIAGNOSTIC AND THERAPEUTIC PATIENTS. THE COMBINATION OF THE HIGH LEVEL OF THE BEING EQUIPPED OF THE INSTITUTION WITH THE SOPHISTICATED MEDICAL EQUIPMENT AND PROFESSIONALISM OF THE EMPLOYEES MAKES THE LIPETSK REGIONAL CLINICAL HOSPITAL THE LEADING HEALTHCARE INSTITUTION IN THE REGION. THE REGIONAL VASCULAR CENTER HAS BEEN CREATED AND IS SUCCESSFULLY FUNCTIONING ON THE BASIS OF THE HOSPITAL, WHERE THE MEDICAL AND DIAGNOSTIC ASSISTANCE IS PROVIDED TO PATIENTS WITH STROKES AND ACUTE CORONARY SYNDROME.

FOR THE DIAGNOSTIC PURPOSES **THE WIDE RANGE OF THE FUNCTIONAL AND ULTRASOUND STUDIES** ARE PERFORMED, USING MORE THAN **30 METHODS**.

## CORONARY ANGIOGRAPHY

The coronary angiography (coronarography) is one of the most modern and informative methods of instrumental diagnostics, perfectly mastered and introduced into the clinical practice of the hospital. The radiographic contrast study of blood vessels allows us to accurately determine the location, the nature and the degree of the narrowing of

the internal lumen of the coronary artery. The narrowing of the coronary vessels up to blockage (occlusion) leads to insufficient supply of oxygen to the heart muscle and underlies the pathogenesis of coronary heart disease and myocardial infarction.

The coronarography is considered to be the “gold standard” of examination of relevant patients, according to its

THERE ARE CONTRAINDICATIONS. SPECIALIST CONSULTATION IS NECESSARY

results the optimal treatment tactics (the surgical intervention and its type or the drug therapy) are selected.

## NEUROSURGERY

The Lipetsk Regional Clinical Hospital is the center for the provision of specialized care to severely ill neurosurgical patients: with the craniocerebral and complicated spinal injuries and with the diseases of the central nervous system.

The full range of the neurosurgical



a specially created resuscitation department the schemes "the early neurorehabilitation" are implemented using the methods of the respiratory therapy and the multifactorial monitoring of blood circulation and respiration. The combination of

IN THE SPINAL COLUMN AND SPINAL CORD SURGERY **THE HIGHLY EFFECTIVE METHODS OF DECOMPRESSION AND FIXATION ARE APPLIED, USING THE MODERN METAL STRUCTURES AND ENDOVIDEOSURGERY**

interventions is performed here, including the surgery for tumors in the cranial cavity, including those that have spread to the adjacent areas: orbit, nose and paranasal sinuses. In the spinal column and spinal cord surgery the highly effective methods of decompression and fixation are applied, using the modern metal structures and endovideosurgery. For the nursing of the particularly severe neurosurgical patients in

the modern methods of diagnostic and surgical interventions with the intensive care allows us to reduce the postsurgical lethality during the elective surgeries to almost zero.

And the scientific researches carried out in the department in the field of diagnostic and intensive care of critical conditions serve as the basis for the development and introduction into practice of more effective methods of intensive care and resuscitation.

## PHYSIOTHERAPEUTIC PROCEDURES

### MEDICINAL SHOWERS

The impact on the body of water jets of various shapes, directions, temperature and pressure has a tonic and soothing effect on the body. The showers are indicated for the neurasthenia, the depression, the vascular dysfunctions, the consequences of diseases and injuries of the musculoskeletal system and the peripheral nervous system, other functional disorders. The underwater shower-massage is effective in diseases of the musculoskeletal and cardiovascular systems and of the low-back pain.

In the practice of the department there are the underwater shower massage, the Charcot's douche, the circular and rising showers.







### GENERAL AEROCRYOTHERAPY (CRYOSAUNA)

The method is based on the principle of cooling the body to extremely low temperatures by fully or partially immersing the naked body of the patient in the gas environment of the cryochamber at the temperature of -110 or -180 °C. The temperature shock improves the blood microcirculation in tissues, increases the arterial and venous blood flow. The cryosauna gives the good results in the treatment of psoriasis, cellulitis, atopic dermatitis (disseminated neurodermatitis), multiple sclerosis and helps to relieve the

➤ THE TEMPERATURE SHOCK IMPROVES THE BLOOD **MICROCIRCULATION IN TISSUES**, INCREASES THE ARTERIAL AND VENOUS BLOOD FLOW

stressful conditions, the chronic fatigue syndrome. Practically for the healthy people in general health purposes the procedure can be carried out without prior medical examination. For therapeutic purposes it is appointed after examination by the attending medical doctor and carrying out the necessary tests.

### ACUPUNCTURE

The method is based on the concept of exposure to the biologically active points of the human body. By irritating them with needles it is possible to

regulate the vital processes of the body, to influence the functioning of the internal organs and systems (the central and vegetative nervous systems etc.), as well as to suppress the pain caused by other diseases.

The selection of the active points is based on the patient complaints. Usually no more than 10 disposable needles are used. The acupuncture sessions are painless, but with the injection of needles under the skin only the minor discomfort can occur. The duration of 1 session is 10-30 minutes, the course of acupuncture includes 10-15 sessions.



## THE PRICING INFORMATION

FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED  
(PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION «LIPETSK  
REGIONAL CLINICAL HOSPITAL»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF SERVICE

THE SELECTIVE METHOD OF CORONARY ANGIOGRAPHY	230 USD
THE SELECTIVE METHOD OF CORONARY ANGIOGRAPHY with the left ventriculography	307 USD
THE MICROSURGICAL REMOVAL OF THE HERNIATION of intervertebral disk	363 USD
THE MICROSURGICAL REMOVAL OF THE HERNIATION of intervertebral disk with the cage implantation	2 053 USD
THE MICROSURGICAL DECOMPRESSION of the spinal canal with the implantation of a stabilizing system	2 367 USD
THE ACUPUNCTURE (1 session)	6 USD
THE UNDERWATER SHOWER MASSAGE	8 USD
THE GENERAL CRYOTHERAPY (CRYOCHAMBER)	10 USD
THE CHARCOT'S DOUCHE	5 USD
THE RISING SHOWER	4 USD
THE CIRCULAR SHOWER	4 USD



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Deputy Chief Medical Officer:

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Cardiologist on duty:

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PUBLIC HEALTH CARE INSTITUTION

# «LIPETSK CITY MEDICAL EMERGENCY HOSPITAL NO. 1»



CITY MEDICAL EMERGENCY HOSPITAL NO. 1 IS A WHOLE COMPLEX OF HIGHLY SPECIALIZED MEDICAL UNITS, EACH OF WHICH FOCUSES ON SOLVING OF A SPECIFIC PROBLEM, WHICH ALLOWS YOU TO QUICKLY TRACK AND PUT INTO PRACTICE THE LATEST SCIENTIFIC ACHIEVEMENTS, THE NEWEST TECHNOLOGIES AND MODERN MATERIALS. THE HOSPITAL INCLUDES PRIMARY VASCULAR AND SURGICAL CENTERS, CENTERS OF PURULENT-SEPTIC AND MAXILLOFACIAL SURGERY, AN EFFERENT THERAPY CENTER, DEPARTMENTS OF MEDICAL REHABILITATION AND EMERGENCY MEDICAL CARE.

THE LARGE FLOW OF PLANNED PATIENTS AND PATIENTS IN NEED OF EMERGENCY CARE SERVES AS A GOOD BASE FOR ANALYTICS IN ORDER TO IDENTIFY **THE MOST SIGNIFICANT POINT OF APPLICATION OF EFFORTS AND THE CHOICE OF MEDICAL TECHNOLOGIES** THAT CAN SOLVE THE MOST ACTUAL HEALTH PROBLEMS.

## LITHOTRIPSY

(THE CONCRETIONS CRUSHING PROCEDURE)

It is used in the practice of the treatment of patients of the urological department with urolithiasis according to indications. Depending on the location of the

stones the remote shock-wave or the contact laser lithotripsy is used.

The remote shock-wave lithotripsy is the gentlest treatment method for patients with stones up





to 1.5 cm in size when localized in the kidneys and upper or middle urinary tracts. This is a real alternative to surgery. It is performed with a

carried out without disturbance of the skin under visual control. A special thin endoscope is fed through the natural paths to the stone. A laser

## MEDICAL REHABILITATION

THE CONTACT **LASER LITHOTRIPSY**  
IS CARRIED OUT WITHOUT DISTURBANCE  
OF THE SKIN  
UNDER VISUAL CONTROL

minimal traumatic effect on the surrounding tissues, due to the fact that the narrowly directed ultrasound stream focuses directly on the stone and destroys it to the smallest formations or sand. The recovery period in the hospital is 2-3 days. The procedure can be carried out in the order of outpatient treatment.

The contact laser lithotripsy is

is used to break the calculus. The fragments are removed forcibly in one performed procedure. This is one of the most high-tech and minimally invasive treatment methods. And the use of modern equipment, the high qualifications of the surgeon and staff virtually nullify the risk of complications during the procedure and during the recovery period.

After the stroke, the heart attack and the complex surgical interventions in the musculoskeletal system the degree of recovery of the lost functions of the patient is almost completely dependent on the timely and professional rehabilitation. In the department of medical rehabilitation





of the emergency hospital the work with patients is carried out according to the comprehensive programs using the methods of the robotic mechanotherapy with biological feedback. For these purposes in the department were installed: the specialized complex for the locomotor therapy Lokomat Nanos, which allows you to recall the lost



extremities; the posturographic platform for the training of the balance and the coordination. The phased rehabilitation of the function of the upper extremities is carried out using the high-tech Amadeo System complex, which is the only mechanized device that allows you to restore the active movements in the fingers.



IN THE DEPARTMENT OF MEDICAL REHABILITATION OF THE EMERGENCY HOSPITAL THE WORK WITH PATIENTS IS CARRIED OUT ACCORDING **TO THE COMPREHENSIVE PROGRAMS** USING THE METHODS **OF THE ROBOTIC MECHANOTHERAPY** WITH BIOLOGICAL FEEDBACK

walking skills in the recovery period of the acute cerebrovascular accident after the spinal cord injury, the polyneuropathy, the cerebral palsy; the RT200 simulator for «hybrid» therapy, providing simultaneous stimulation of the upper and lower

The important step in the rehabilitation treatment of the stroke patients is the training on the Kardiomed cyclic exercise simulators. The inclusion of metered loads of low intensity on the exercise bikes, on the treadmill, on the stepper, on the

elliptical cross-country increases the tolerance of patients to the physical exercises.

THE UNIQUE COMPLEX OF FIVE SPECIALIZED SIMULATORS DAVID BACK CONCERT FOR THE DIAGNOSTICS AND TRAINING OF THE BACK MUSCLES ACCORDING TO THE INDIVIDUAL PROGRAMS, ENSURING THE STABILITY OF THE SPINAL COLUMN AND THE ELIMINATION OF MUSCULAR IMBALANCE. THE MODERN SYSTEM OF EARLY REHABILITATION, CREATED IN THE DEPARTMENT, ADAPTS THE PATIENT TO THE NEW CONDITIONS AND MAKES IT POSSIBLE FOR HIM TO RETURN TO THE FULL-FLEDGED LIFE.



THE PRICING INFORMATION

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THE COST OF 1 BED-DAY IN THE UROLOGY DEPARTMENT

32 USD

THE REMOTE PYELOLITHOTRIPSY

75 USD

THE TRANSURETHRAL ENDOSCOPIC LASER URETEROLITHOTRIPSY

194 USD

THE TWO-WEEK MEDICAL REHABILITATION COURSE

1 031 USD



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PUBLIC HEALTH CARE INSTITUTION  
 «REGIONAL  
 HOSPITAL NO. 2»



THE REGIONAL HOSPITAL NO. 2 IS ONE OF THE OLDEST AND PERHAPS THE MOST PRESTIGIOUS MEDICAL INSTITUTIONS OF THE REGION. THE RECEPTION OF THE PATIENTS IS CONDUCTED SINCE 1954. IT IS LOCATED IN THE HISTORIC CENTER OF THE CITY NEAR THE UPPER AND LOWER PARKS. IN THE PARKS THE RELICT PLANT SPECIES ARE CULTIVATED AND THE UNIQUE NATURAL MONUMENTS ARE PRESERVED. IN THE FREE ACCESS ARE THE SOURCES OF NATURAL MINERAL WATER.

THE DEPARTMENTS OF THE HOSPITAL ARE EQUIPPED WITH HIGH-TECH MEDICAL EQUIPMENT, SO THAT PATIENTS HAVE THE OPPORTUNITY TO UNDERGO THE QUALIFIED EXAMINATION IN THE TIMELY MANNER AND TO GET **PROFESSIONAL MEDICAL CARE FROM ANY DIRECTION**. IT IS A RECOGNIZED LEADER IN THE TREATMENT OF EYE DISEASES.

## OPHTHALMOLOGICAL SERVICES

The complex of services for the diagnosis and for the conservative and surgical correction of the pathologies of the optical system of the eye in the department of ophthalmology

corresponds to the level of world standards of treatment. The use of high-tech medical equipment of the latest generation makes the process of examination and treatment as



comfortable as possible for the patient, contributes to the high accuracy of diagnosis, reduces the operational risks. The department is equipped with the computerized tomographic system, retinal camera with angiography mode for the examination of the fundus of eye, a digital slit lamp for the examination of the anterior wall of the eye. The set of the laser robotic technology for carrying out the full range of the surgical treatment of any level of complexity for adults and children with the pathologies and complex injuries of the organs of vision is available.

## PLASTIC SURGERY

The all kinds of mammoplasty are done at the clinic at the



adapted prices: the endoprosthesis replacement is the restoration of

of the forehead and eyebrows and of the middle third of the face, the

THE ALL KINDS  
OF MAMMOPLASTY  
ARE DONE AT THE CLINIC  
AT THE ADAPTED PRICES

the form and volume of the breast due to the installation of the silicone prostheses; the mastopexy is the breast lifting by the eliminating excess skin and moving the areola to the higher position; the mammoreduction is the operation to reduce the size of the mammary glands and improve their form. In aesthetic facial surgery the priority is given to the atraumatic correction methods, using the endoscopic equipment and modern consumables. The tightening

blepharoplasty can be performed under local anesthesia with the





inpatient stay for 1-2 days and the shorter recovery period compared with the classical scheme. The single chambers are equipped with everything necessary for the comfortable stay of the patients. The integrated approach to the treatment of the obesity, combining the liposuction followed by abdominoplasty, is practiced in the department. The excision of the scars, the inguinal, umbilical and femoral hernias (hernioplasty) and the skin neoplasms is performed as part of the «one-day surgery».



## MEDICAL

# REHABILITATION

In the department of the medical rehabilitation for the patients, undergoing the spinal surgery or other neurosurgical interventions and suffering from the chronic respiratory diseases and from the neurological pathology, the medical rehabilitation services are implemented in the following referrals:



- THE PHYSIOTHERAPEUTIC PROCEDURES (the halochamber, the EHF, the electrophoresis, the electrostimulation, the darsonvalism, the inductotherapy, the acupuncture etc.);
- THE BALNEOTHERAPY (the medicinal baths and showers, the mud applications, the paraffin therapy);
- THE MEDICAL MASSAGE according to the indications (the underwater shower-massage, the general massage or the massage of the separate parts of the body).

ХЭЛС

THERE ARE CONTRAINDICATIONS. SPECIALIST CONSULTATION IS NECESSARY

THE PRICING INFORMATION

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NAME OF SERVICE

GLAUCOMA OPERATION	121 USD
EXTRACAPSULAR CATARACT EXTRACTION WITH IOL IMPLANTATION	171 USD
STRABISMUS	174 USD
SCLEROPLASTY	24 USD
PHACOEMULSIFICATION	328 USD
FOREHEAD AND EYEBROW LIFT	238 USD
FACELIFT	297 USD
BLEPHAROPLASTY (eyelid surgery)	268 USD
LIPOSUCTION (vacuum removal of adipose tissue)	346 USD
ABDOMINOPLASTY (abdomen and waist improvement)	729 USD
BREAST AUGMENTATION	398 USD
BREAST REDUCTION. BREAST CORRECTION	671 USD
COMPLEX MAMMOPLASTY	701 USD
BREAST LIFT	671 USD



OPHTHALMOLOGICAL SERVICES

PLASTIC SURGERY



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PUBLIC HEALTH CARE INSTITUTION

# «LIPETSK REGIONAL ONCOLOGIC DISPENSARY»



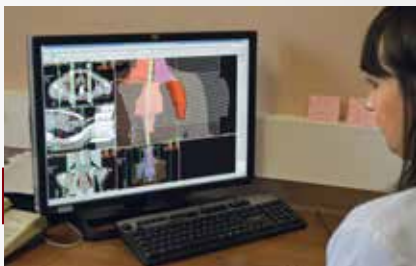
TODAY LIPETSK REGIONAL ONCOLOGIC DISPENSARY OCCUPIES THE LEADING POSITION AMONG THE REGIONAL INSTITUTIONS OF THIS TYPE. IN FACT, THIS IS A SPECIALIZED MULTIFUNCTIONAL CENTER, WHERE COMPREHENSIVE PROGRAMS ARE REALIZED FOR THE TIMELY AND HIGHLY ACCURATE DIAGNOSTIC OF THE TUMOR DISEASES, THE ALL ACTUAL TYPES OF MEDICAL CARE ARE AVAILABLE TO THE PATIENTS WITH VARIOUS FORMS OF CANCER PATHOLOGY. THE TREATMENT EFFICACY RATE IN THE FORM OF THE FIVE-YEAR SURVIVAL RATE OF THE PATIENTS UNDERGOING THE TREATMENT AT LIPETSK REGIONAL ONCOLOGIC DISPENSARY IS HIGHER THAN THE AVERAGE RATE IN THE RUSSIAN FEDERATION.

## DIAGNOSTIC CAPABILITIES

### ENDOSCOPY

The endoscopy department is equipped with the high-precision equipment of the latest generation of the expert class with the functions of the narrow-spectrum endoscopy with the magnification and autofluorescence to study the changes in the mucosa in order to detect the early forms of cancer and suspicious mucosal areas in relation to neoplastic changes.





### THE ENDOSCOPIC ULTRASONOGRAPHY

provides the possibility of the simultaneous endoscopic and ultrasound examination of the walls of the hollow organs and surrounding anatomical structures. Allows you to accurately assess the depth of invasion of the tumor and the boundaries of the affect. The resulting mucosal image of the Endo-Ultrasound scan provides a detailed picture of changes in the vascular pattern of tissues characteristic of precancerous conditions and early forms of cancer.

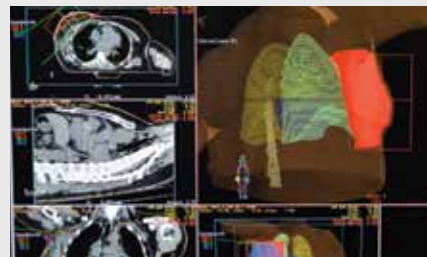
### THE FINE-NEEDLE BIOPSY

is the only authentic non-surgical method for the early diagnostic of cancer, including the thyroid nodules. The selection of tumor cells or lymph nodes for the histological or cytological examination is performed during the endoscopic procedure under ultrasound control. The accuracy of the diagnosis is 93-95%.

### X-RAY DIAGNOSTICS

THE X-RAY CT SCANNER OF THE LATEST GENERATION IS INSTALLED IN THE RADIOLOGY DEPARTMENT.

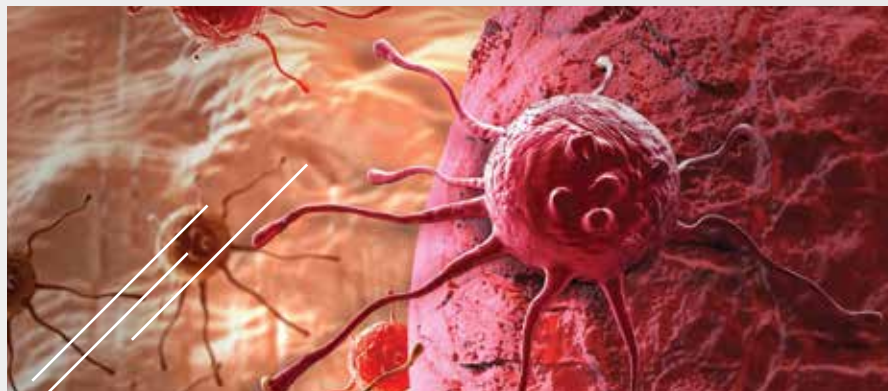
IF NECESSARY, THE PATIENT CAN BE REFERRED TO THE «NUCLEAR MEDICINE CENTER», LOCATED DIRECTLY ON THE TERRITORY OF THE LIPETSK REGIONAL ONCOLOGIC DISPENSARY, FOR THE EXAMINATION BY THE POSITRON EMISSION TOMOGRAPHIC SCANNER. PET AND CT DIAGNOSTICS IS ABLE TO DETECT THE CANCEROUS TUMORS AT THE EARLIEST STAGES OF THEIR DEVELOPMENT, TO DETERMINE HOW FAR THE TUMOR HAS SPREAD, WHAT IS CRUCIAL IN THE SPECIFYING DIAGNOSTICS, IN THE PLANNING OF TREATMENT AND IN THE MONITORING ITS EFFECTIVENESS.



## NONINVASIVE TREATMENT

The specialists of the Lipetsk Regional Oncologic Dispensary in the field of the radiation therapy conduct the unique high-tech procedures based on the latest scientific research data, using the high precision equipment.

The 3D conformal radiation therapy (the form of the irradiated volume is as close as possible to the form of the tumor) allows to minimize the irradiation of healthy



tissues, surrounding the tumor, thereby reducing the risk of radiation complications.

IMRT is a modern and innovative method of radiotherapy. The point is that the irradiation, depending on the data of the computed tomography, is modulated in its intensity. The advantage of this method of the

radiation that is directed to the particular area of the tumor.

## SURGERY

The priority of the surgical departments is the performance



The both single-stage and delayed reconstruction of the mammary gland after the radical mastectomy for the breast cancer have been introduced into clinical practice, including the breast endoprosthesis replacement and correcting surgery on the breast. The methodology for searching and biopsy of the sentinel lymph nodes has been formed and applied, which makes it possible to get away from the excessive surgical dissection of lymphatic collectors, and to carry out the operation in a more benign mode for the patient.



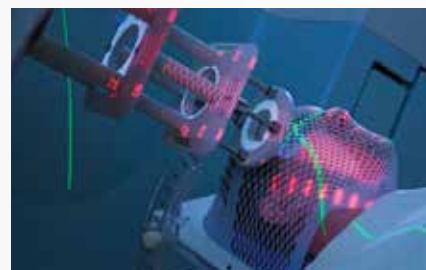
### THE PRIORITY

OF THE SURGICAL DEPARTMENTS IS THE PERFORMANCE OF THE ORGAN-PRESERVING AND THE RECONSTRUCTIVE-RESTORATIVE OPERATIONS



irradiation is that it allows us to accurately determine the dose of

of the organ-preserving and the reconstructive-restorative operations.



## THE PRICING INFORMATION

FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED  
(PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK REGIONAL ONCOLOGIC DISPENSARY»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF SERVICE



THE ENDOSONOGRAPHIC STUDY  
of the trachea and bronchial tubes

51 USD

THE STOMACH ENDOSONOGRAPHY

37 USD

THE REMOTE RADIATION THERAPY  
for the soft tissue lesions (on the outpatient basis for 5 days)  
on the device **Linear Accelerator «Clinac»**

119 USD

THE REMOTE RADIATION THERAPY  
for the breast tumors using the individual formative or fixative  
devices (on the outpatient basis for 20 days)  
on the device **Linear Accelerator «Clinac»**

254 USD

THE REMOTE RADIATION THERAPY  
at the medical electron accelerators of the tumors of the  
female genital organs (on the outpatient basis for 20 days)  
on the device **Linear Accelerator «Clinac»**

356 USD

THE MAMMOPLASTY

454 USD



LIPETSK CITY, ADMIRAL MAKAROVA STREET, POSSESSION 1E

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PUBLIC HEALTH CARE INSTITUTION

# «LIPETSK REGIONAL VENEREAL DISEASES DISPENSARY»



THE REGIONAL VENEREAL DISEASES DISPENSARY IS THE LEADING MEDICAL INSTITUTION FOR THE PROVISION OF THE SPECIALIZED ASSISTANCE IN THE FIELD OF DERMATOLOGY, INFECTIONS OF THE REPRODUCTIVE SYSTEM, AND COSMETOLOGY. THE DISPENSARY HAS A MODERN DIAGNOSTIC AND TREATMENT BASE, IN ITS CLINICAL PRACTICE THERE ARE THE INNOVATIVE TECHNOLOGIES FOR THE TREATMENT OF THE SPECIALIZED DISEASES AND OF THE EFFECTIVE TECHNIQUES OF HARDWARE COSMETOLOGY.

THE REGIONAL VENEREAL DISEASES DISPENSARY HAS **A CENTER FOR BACTERIOLOGICAL RESEARCH**, WHERE THE ALL TYPES OF THE BACTERIOLOGICAL, IMMUNOLOGICAL, MOLECULAR GENETIC ANALYZES ARE CONDUCTED (INCLUDING ANONYMOUSLY) WITH THE DETERMINATION OF THE MECHANISMS OF MICROBIAL RESISTANCE TO VARIOUS CLASSES OF THE ANTIBIOTICS, AND THE SELECTION OF DRUGS TO TREAT ANY TYPE OF INFECTION.

The studies of the hormonal profile and the determination of the immune status, the correction of the immunological disorders, the spermogram (extended, according to the WHO recommendations), the histological examination are available.

The radio wave and laser removal of the benign skin tumors (the warts, the papillomas, the keratomas,

the moles, the condylomas, the spider veins, the hemangiomas, the dermatofibromas) is practiced.

The various methods of the phototherapy are widely used for the treatment of the chronic dermatoses: the medium-wave (UVB) rays and long-wave (UVA) rays, which have the anti-inflammatory and immunomodulation effects. The all types of the medical services are the

THERE ARE CONTRAINDICATIONS. SPECIALIST CONSULTATION IS NECESSARY



subject to state the guarantees of the quality and the safety of the any type of the intervention.

in the Public Health Care Institution "Lipetsk Regional Venereal Diseases Dispensary" the unique SPRS-therapy method is used, which today is the

allergic reactions and other side effects, since only the patient's own skin cells are used. The technique provides a long-lasting natural anti-aging effect, due to the correction of the causes of skin aging, and not just their effects.

THE MODERN **HARDWARE COSMETOLOGY**  
IS A NEW OPPORTUNITY TO USE THE CLASSICAL  
PHYSIOTHERAPY TECHNIQUES  
AND THE LATEST TECHNOLOGIES

## CELL REJUVENATION **TECHNOLOGY**

The modern hardware cosmetology is a new opportunity to use the classical physiotherapy techniques and the latest technologies. In order to correct the age and the cicatrice skin changes

only cellular technology approved by the regulatory authorities of the Russian Federation for the personalized use. This complex of the diagnostic and the therapeutic procedures for the skin restoration at the level of its microstructure is based on the use of the patient's own fibroblasts.

The technology of the procedure eliminates the development of the

## MESODIENCEPHALIC **MODULATION (MDM)**

Mesodiencephalic modulation (MDM) is a physiotherapeutic method based on the use of the complex, low-power electrical signals, that affect the structures of the brain and stimulate the work of the control centers of the adaptation system.

The indications for the MDM in the addition to the dermatological diseases are the diseases of the cardiovascular, the bronchopulmonary



and the nervous systems, the endocrine and gynecological pathology, the diseases of the

children from 5 years old.

Today the MDM-therapy rooms according to the method of professor



THE PATIENTS OF THE REGIONAL VENEREAL DISEASES DISPENSARY HAVE THE OPPORTUNITY TO UNDERGO TREATMENT WITHOUT GOING ABROAD.

uroandrological sphere, the infertility. For the preventive purposes the MDM can be used in the stressful conditions with the prolonged emotional stress, the mental and physical exhaustion, the chronic fatigue syndrome, as well as in the pediatric practice for the

V.A. Pavlov successfully work in Austria, Germany, Greece, the Czech Republic and Switzerland. The patients of the regional Venereal Diseases Dispensary have the opportunity to undergo treatment without going abroad.

## CORRECTION OF THE INGROWN NAIL

The quick and painless solution to the problem of the ingrown nails using stainless steel plates with the gold plating, which is the hypoallergenic. The plate additionally strengthens the nail, it is not deformed and does not wear out, it is not felt and does not interfere, when walking.

By itself the plate is very thin, it can be applied to the thin nails, including the children. This methodology is effective for the thickened and severely deformed nails, for the inflammation and increased sensitivity of the side roller.




## THE PRICING INFORMATION

FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED  
(PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION  
«LIPETSK REGIONAL VENEREAL DISEASES DISPENSARY»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF SERVICE



ULTRAVIOLET LOCAL SKIN IRRADIATION (narrow-cavity  
medium wave ultraviolet therapy (1 procedure))

3 USD

ULTRAVIOLET SKIN IRRADIATION.  
Photochemotherapy with the internal use of photosensitizers  
(PUVA-therapy (1 session))

20 USD

MESODIENCEPHALIC MODULATION (MDM therapy)  
full course of treatment (13 procedures)

64 USD

REJUVENATION WITH OWN FIBROBLASTS (SPRS-therapy (1  
treatment course))

2 706 USD

REMOVAL OF NAIL PLATES - a universal method of treating an  
ingrown nail using a gold-coated plate (1 procedure)

26 USD



СТСР



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PUBLIC HEALTH CARE INSTITUTION  
 «REGIONAL  
 DENTAL CLINIC  
 - THE DENTAL  
 CENTER»



THE DENTAL CENTER IS A SPECIALIZED MEDICAL INSTITUTION THAT PROVIDES QUALIFIED ASSISTANCE TO THE ADULTS AND THE CHILDREN IN THE AREAS OF THE THERAPEUTIC, ORTHOPEDIC, SURGICAL DENTISTRY, THE ORTHODONTICS, THE IMPLANTOLOGY AND THE PERIODONTOLOGY. IN THE AMBULATORY SURGICAL PRACTICE, THE PRIORITY IS GIVEN TO TOOTH-SAVING OPERATIONS AND THE HOSPITAL REPLACEMENT TECHNOLOGIES. IN PRACTICAL ORTHOPEDICS THE ALL MODERN METHODS OF PROSTHETICS ARE USED: THE AESTHETIC METAL CERAMICS AND METAL-PLASTIC, THE CLASP DENTAL PROSTHETICS.

TODAY THE TECHNOLOGY OF MAKING METAL-FREE CERAMICS IS BECOMING MORE AND MORE RELEVANT, WHICH IS DISTINGUISHED BY **MAXIMUM AESTHETICS**, WHILE RETAINING THE FUNCTIONAL PROPERTIES NECESSARY FOR THE IMPLEMENTATION OF THE CHEWING FUNCTION.

In the periodontics the surgical methods of treatment are widely used, including those using a hydrokinetic laser (the fifth generation of laser technology).

The oral cavity sanitation is practiced, the treatment and removal of several teeth in one visit under the general anesthesia.

The one of the distinguishing features of the center is the integrated

approach to the definition of treatment tactics. For each patient the detailed plan is drawn up with the indication of all types of necessary manipulations and the surgical interventions and with the timing and sequence of their implementation. The cost of the treatment can vary considerably, depending on the technological decisions of the specialist and the financial possibilities of the patient.



## IMPLANTOLOGY

The implantation is currently the only way to restore the integrity of the dentition without damage to the oral cavity. The main advantage of the technology is that preparation of healthy neighboring teeth is not required. The implant made of the biocompatible titanium becomes the support for an artificial tooth.

The use of 3D modeling computer technology for the preliminary design of the positions of the implants or the orthopedic structures allows us to take into the account of the physiological features of the jaw and the anatomical location of the channels and the nerve endings, it makes it possible to manufacture the

prostheses identical to natural teeth. The dental implants provide the stable fixation of the crowns and dentures in the jaw, fully restoring the chewing function and the beauty of the smile.

the restoration is carried out with the modern aesthetic materials, that allow us to imitate the enamel and dentine in the desired transparency and the color scheme. The purpose of the restoration

THE ONE OF THE **DISTINGUISHING FEATURES**  
OF THE CENTER IS THE  
**INTEGRATED APPROACH**  
TO THE DEFINITION OF TREATMENT TACTICS

## TEETH RESTORATION

The restoration of the tooth differs from the installation of the filling in that

is to optimize the color and the form of the tooth so that the restored tooth does not differ from the rest.

The technology of the composing of the direct composite veneers is widely used and this is currently the best solution in the aesthetic restoration (in terms of price/quality ratio).

## CORRECTION OF THE BITE DEFECTS

The Dental Center offers its patients the most advanced technology to correct bite anomalies in the adults and the children. The self-regulating braces can significantly speed up the treatment process and increase the leveling efficiency of the teeth. Today, they are considered the most practical and effective orthodontic appliances that

not require constant wearing, they are enough to wear at night while sleeping and during the day for a short period of time from 60 minutes to 4 hours.

These orthodontic appliances eliminate the root causes of improper bite formation. Even after the cessation of the course of their wearing, the effect is preserved due to the muscular memory, that is, possible negative consequences are eliminated. In addition, the correct position of the tongue is restored, the muscles of the mouth are trained and



➤ ANOTHER NOVELTY IS **THE ORTHODONTIC TRAINER** – A DEVICE MADE OF POLYURETHANE OR ELASTIC SILICONE, WHICH IS DESIGNED SPECIFICALLY FOR THE GENTLE AND COMFORTABLE CORRECTION OF BITE OF THE TEETH

allow you to get a predictable result in a shorter time and with fewer visits to the doctor.

Another novelty is the orthodontic trainer – a device made of polyurethane or elastic silicone, which is designed specifically for the gentle and comfortable correction of bite of the teeth. Trainers do

speech defects disappear.

Trainers do not cause discomfort, and the process of getting used to them happens fairly quickly. Individual selection of the trainer is carried out by the orthodontist depending on the diagnosis, type of bite, age.

## DENTAL CARE FOR CHILDREN

UNDER THE CONDITIONS OF THE CENTER, ALL TYPES OF DENTAL CARE FOR CHILDREN ARE PROVIDED – TREATMENT OF CARIES AND ITS SUBSEQUENT SICKNESS, REMOVAL OF MILK AND PERMANENT TEETH, PREVENTION OF DENTAL DISEASES. THE TREATMENT OF EARLY FORMS OF CARIES IS CARRIED OUT BY A NON-INVASIVE METHOD – WITHOUT DRILLING, WHICH AVOIDS STRESSFUL SITUATIONS FOR THE CHILD AND FORMS A POSITIVE IMAGE OF A DENTIST IN HIS MIND.



## THE PRICING INFORMATION

FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED (PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION «REGIONAL DENTAL CLINIC - THE DENTAL CENTER»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF SERVICE

		
		
FABRICATION AND INSTALLATION OF PORCELAIN-FUSED-TO-METAL CROWNS		85 USD
FABRICATION AND INSTALLATION OF METAL-FREE PORCELAIN CROWNS		221 USD
TOOTH RESTORATION WITH UNCOMPLICATED CARIES		45 USD
TOOTH RESTORATION WITH COMPLICATED CARIES		66 USD
PREVENTIVE HYGIENE (AIR FLOW)		44 USD
IMPLANTATION FOLLOWED BY PROSTHETICS (1 TOOTH)		450-677 USD
INSTALLATION OF BRACES, 1 JAW		391 USD
GENERAL ANESTHESIA		41-98 USD
LASER WHITENING		150 USD
LASER VESTIBULOPLASTY		68 USD



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AUTONOMOUS PUBLIC  
HEALTH CARE INSTITUTION

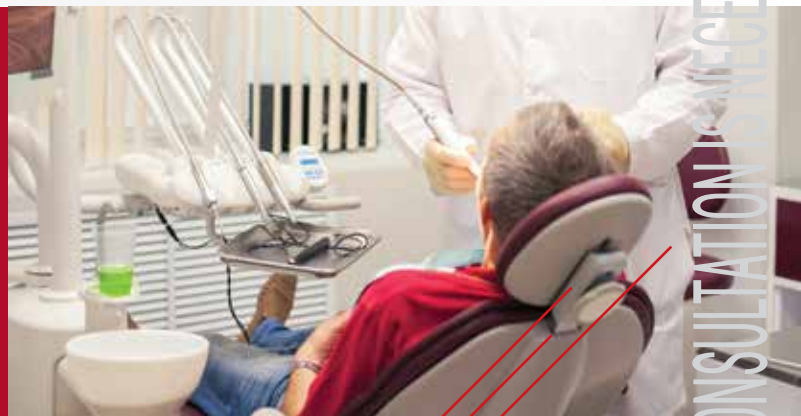
# «LIPETSK CITY DENTAL CLINIC NO. 1»

THE DENTAL CLINIC NO. 1 IS ONE OF THE MOST DYNAMICALLY DEVELOPING MEDICAL INSTITUTIONS IN THE REGION, EQUIPPED WITH THE LATEST GENERATION OF MEDICAL EQUIPMENT, WHERE THEY PROVIDE THE WHOLE RANGE OF DENTAL SERVICES IN THE FOLLOWING AREAS: TREATMENT OF CARIES AND ITS COMPLICATIONS, DENTAL SURGERY, IMPLANTOLOGY, COSMETIC DENTAL RESTORATION, TREATMENT OF SOFT TISSUES OF THE ORAL CAVITY, PROFESSIONAL HYGIENE, TEETH WHITENING, ORTHOPEDIC, LASER DENTISTRY, ORTHODONTICS.

TO DIAGNOSE DISEASES OF THE DENTITION, DETERMINE THE ACCURACY OF IMPLANT PLACEMENT, SCAN THE MAXILLARY SINUSES AND TEMPOROMANDIBULAR JOINT IN THE CLINIC, THEY USE **3D COMPUTER PLANMECAPROMAX 3D TOMOGRAPH** WITH CEPHALOMETRY FUNCTION.

It allows you to get a picture of the skull in the frontal-profile projection for the construction of high-definition orthodontic structures, which is important for a wide range of studies. The tomograph is the only apparatus of such a high level in the Lipetsk region.

Dental prosthetics is one of the leading areas of the clinic. For the



THERE ARE CONTRAINDICATIONS. SPECIALIST CONSULTATION IS NECESSARY



manufacture of dental structures using their own milling dental machine Coritec450i, working on digital technology, which has no

manufacture of crownwork, veneers, inlays or bridges instead of a metal frame in metal-free glass ceramics, a solid ceramic base is used, the

## DENTAL PROSTHETICS

IS ONE OF THE  
LEADING AREAS OF THE CLINIC

analogues in the Central Black Earth Region. The clinic is pleased to offer patients a fundamentally new types of prostheses: highly aesthetic orthopedic restorations with Emax extruded metal-free ceramics. In the

transparency of which coincides with the transparency of the tooth tissues. Crownwork of metal-free ceramics completely indistinguishable from healthy teeth.



## IMPLANTOLOGY

One of the most promising areas in the work of the clinic is implantology. The installation of implants gives a large selection of structures for prosthetics, fully restores chewing and aesthetic functions, solves the problem of the need to grind adjacent healthy teeth, prevents a decrease in bone level in the area of the defect. Surgeon dentists work with three implantologic systems of IV and V classes, each of which has its own advantage: SEMADOS, AlphaBio, MIS. The high qualifications of the doctor

and the interest of the client are the basis of success in implantation.

## ULTRASONIC TOOTH EXTRACTION

Dentists use an ultrasound machine to remove wisdom teeth, teeth that are located incorrectly or in hard-to-reach places of the impacted teeth. The operation is almost bloodless, there is no overheating of the soft tissues, as it often happens when using a dental drill. Ultrasound has an antiseptic effect, which is important for people with allergies.

The surgery has a minimal risk of complications.

## PHOTODYNAMIC THERAPY


THE PRINCIPLE OF OPERATION OF THE LED COMPLEX IS BASED ON THE USE OF PHOTSENSITIVE SUBSTANCES – PHOTSENSITIZERS – AND LIGHT OF A CERTAIN WAVELENGTH (625-635 NM). AS A RESULT OF LIGHT ACTIVATION, THE PHOTSENSITIZER RELEASES ACTIVE ATOMIC OXYGEN, WHICH DESTROYS 99% OF ALL MICROBES. THE DEVICE IS USED TO STERILIZE THE CHANNELS, PERIODONTAL POCKETS AND ORAL MUCOSA.



FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED  
(PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION

«LIPETSK CITY DENTAL CLINIC NO. 1»

(Patients who do not live in the Lipetsk region are provided with  
5% discount on all types of services)

NAME OF SERVICE	
	
DIGITAL STUDY OF FACIAL BONES using cephalostat machine with the information printed on photo paper, professional advice included	19 USD
DIGITAL STUDY OF FACIAL BONES using cephalostat machine with the information recorded on CD, professional advise included	21 USD
DENTAL 3D COMPUTED TOMOGRAPHY OF TEETH AND JAWS (full jaw) and recording information on the media	41 USD
METAL-INFUSED-IN-PORCELAIN CROWN made of Ivoclar on the basis of Viron put on "Semados" implant	121 USD
INSTALLATION OF "SEMADOS" ABUTMENT	38 USD
INSTALLATION OF "SEMADOS" ANALOGUE IMPLANT	18 USD
METAL-FREE CROWN, implant tabs from extruded porcelain "E-max" (Germany)	121 USD
METAL-INFUSED-IN-PORCELAIN CROWN made of Duceram Plus on the basis of Viron put on "Semados" and "B&B" implant	82 USD
ZIRCONIUM OXIDE CROWN without ceramic coating	104 USD
ZIRCONIUM OXIDE CROWN coated with ceramic mass	134 USD
ZIRCONIUM OXIDE CROWN without ceramic coating on the implant	134 USD
ZIRCONIUM OXIDE CROWN coated with ceramic mass on the implant	164 USD
ZIRCONIUM OXIDE CROWN coated with "E-max" (Germany)	194 USD
ZIRCONIUM OXIDE PIN	64 USD

THE PRICES ARE VALID AT THE TIME OF PUBLICATION  
PRICES DO NOT INCLUDE THE COST OF MEDICINES



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AUTONOMOUS PUBLIC  
HEALTH CARE INSTITUTION

## «LIPETSK CITY DENTAL CLINIC NO. 2»



THE HIGH LEVEL OF QUALIFICATION OF SPECIALISTS, THE INTRODUCTION OF MODERN STANDARDS OF TREATMENT INTO CLINICAL PRACTICE, THE USE OF HIGH-TECH EQUIPMENT MAKE IT POSSIBLE TO ELIMINATE ORAL PATHOLOGIES OF ANY LEVEL. IN THE PRACTICE OF SURGERY, PRIORITY IS GIVEN TO SURGICAL INTERVENTIONS TO AVOID THE EXTRACTION OF TEETH. TO RESTORE THE INTEGRITY OF THE DENTITION, IMPLANTATION HAS BEEN SUCCESSFULLY USED, INCLUDING EXPRESS METHODS, USING SEVERAL IMPLANT SYSTEMS OF THE BEST WORLD MANUFACTURERS.

*DENTAL CLINIC NO. 2 SPECIALIZES IN PROVIDING MEDICAL CARE TO THE POPULATION IN THERAPEUTIC AND SURGICAL DENTISTRY, PERIODONTOLOGY, ORTHOPEDICS, AND IMPLANTOLOGY.*

**ALL TYPES OF PROSTHETICS** MADE OF METAL-CERAMICS, PRESSED CERAMICS BASED ON ZIRCONIUM OXIDE, CERAMICS ON A GOLD-BEARING ALLOY, USING CERAMIC INLAYS, ARE PERFORMED.

### TREATMENT OF PERIODONTAL DISEASE

The clinic implements the most individualized approach to the treatment of periodontal tissues, which is due to the characteristics of the etiology and pathogenesis

of the disease of every patient, the nature and severity of inflammatory, destructive and dystrophic changes in the tissues.

#### LASER THERAPY

One of the most effective is laser treatment. With the help of a laser beam, complete sterilization of periodontal pockets is performed,



which cannot be achieved by other means. As a rule, in the early stages of the disease, a single laser treatment procedure is enough. More advanced forms of the disease require two or more procedures at intervals of 1 time per week.

### PLASMA LIFTING

Blood plasma is an effective biological stimulator of tissue regeneration processes due to its growth factors, proteins, hormones and vitamins.

Local injection of the drug triggers the natural processes of periodontal recovery, relieves inflammation in the bone tissue and oral mucosa, reduces swelling. The gingival tissue takes a natural, healthy appearance and regular shape.



The procedure is effective and safe, contributes to the overall

reaction. Before the procedure, the dentist carefully checks the condition

THE CLINIC IMPLEMENTS  
THE MOST INDIVIDUALIZED APPROACH  
TO THE TREATMENT OF PERIODONTAL TISSUES

improvement of the oral cavity and does not take much time.

### PROFESSIONAL TEETH WHITENING

The most popular modern methods are laser and photobleaching ones. They are based on the same principle, but different ways of accelerating a chemical

of the enamel and selects a safe concentration of active substances in the whitening gel.

### LASER WHITENING

The method is considered quite gentle, gives a visible result in a single procedure. An active gel based on hydrogen peroxide, with a concentration of 20–30%, is applied



to the teeth, then each element is laser-translucent for several minutes. A chemical reaction is started, which results in the release of atomic oxygen. It brightens the enamel, literally pushing dyes out of it. On average, the teeth become lighter in 5-6 shades. Such whitening is effective even in the most neglected situations.



➤ PHOTBLEACHING GIVES A MORE PRONOUNCED EFFECT.  
TEETH BRIGHTEN BY AN AVERAGE **OF 8-10 TONES.**

## PHOTBLEACHING

When photobleaching, the same rules are followed as with laser one. But the activation of a chemical reaction is carried out by exposure to light. After applying, the gel is brought to the dentition and a special

lamp turns on. The exposure time is about 40 minutes. Photobleaching gives a more pronounced effect. Teeth brighten by an average of 8-10 tones.

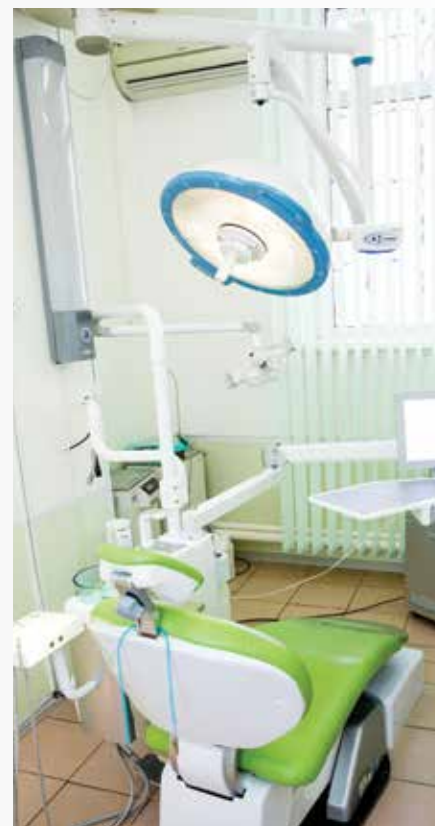
## EARLY DETECTION OF CARIES USING **LASER** **DIAGNOSTICS**

THIS "FUTURE TECHNOLOGY" IS ALREADY ACTIVELY USED IN CLINICAL PRACTICE. KAVODIAGNOCAM DIAGNOSTIC DEVICE ALLOWS YOU TO IDENTIFY CARIES AT AN EARLY STAGE

OF DEVELOPMENT WITHOUT X-RAYS.

THE DEVICE GENERATES A LASER BEAM THAT PASSES THROUGH THE HARD TISSUES OF THE TOOTH. AT THE SAME TIME, AREAS THAT DO NOT ALLOW THE FLOW OF LIGHT, SUCH AS THOSE AFFECTED BY CARIES,

ARE DISPLAYED ON THE SCREEN AS DARK SPOTS ON A GENERAL LIGHT BACKGROUND. ON THE MONITOR, THE DENTIST CLEARLY SEES EVEN INSIGNIFICANT PATHOLOGIES OF THE CORONAL PART OF THE TOOTH, WHICH CAN BE OVERLOOKED BY VISUAL EXAMINATION. EARLY DIAGNOSIS ALLOWS TREATMENT WITH THE MOST GENTLE METHOD.



**THE PRICING INFORMATION FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED (PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION «LIPETSK CITY DENTAL CLINIC NO. 2»**

THE PRICES ARE VALID AT THE TIME OF PUBLICATION  
PRICES DO NOT INCLUDE THE COST OF MEDICINES

NAME OF SERVICE



DIAGNOSTIC STUDY USING THE DIAGNOCAM DEVICE	4 USD
LASER PERIODONTAL ABSCESS SURGERY	22 USD
CURETTAGE OF PERIODONTAL POCKETS IN THE AREA OF 4 TEETH USING LASER	34 USD
STERILIZATION OF PERIODONTAL POCKETS BY SINGLE-SEGMENT DIODE LASER	17 USD
PROCESSING 1 TOOTH CHANNEL USING DIODE LASER	18 USD
CURETTAGE OF PERIODONTAL POCKETS IN THE AREA OF 1-2 TEETH USING LASER	18 USD
TOOTH WHITENING USING DIODE LASER	152 USD
TREATMENT OF FISTULOUS PASSAGE USING DIODE LASER (1 VISIT)	20 USD
DECONTAMINATION (STERILIZATION) OF PERIODONTAL POCKET IN THE AREA OF THE 1ST TOOTH	20 USD
AUTOSTIMULATION OF TISSUE REGENERATIVE PROCESSES (PLASMA LIFTING)	42 USD

TREATMENT OF DISEASES OF THE ORAL MUCOSA, OF THE PERIODONTAL TISSUES



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PUBLIC HEALTH CARE INSTITUTION

# «LIPETSK REGIONAL PERINATAL CENTER»



LIPETSK REGIONAL PERINATAL CENTER INTEGRATES AN OUTPATIENT-POLYCLINIC AND INPATIENT SYSTEM FOR THE PROVISION OF MEDICAL CARE INTO A SINGLE FUNCTIONAL SCHEME. THE OUTPATIENT UNIT OF THE CENTER FOR FAMILY PROTECTION AND REPRODUCTION, WHICH INCLUDES A DEPARTMENT FOR WOMEN'S HEALTH AND REPRODUCTION (ANTENATAL CLINIC), A LABORATORY FOR PRENATAL DIAGNOSIS AND A MEDICAL GENETIC CONSULTATION (SCREENING FOR FETAL MALFORMATIONS AND GENETIC SCREENING), SPECIAL TECHNIQUES FOR MISCARRIAGE, STERILITY, LABORATORY AND DIAGNOSTIC STRUCTURES, ETC.

*THE INPATIENT UNITS OF PUBLIC HEALTH CARE INSTITUTION "LIPETSK REGIONAL PERINATAL CENTER" ARE REPRESENTED BY THE DEPARTMENT OF PREGNANCY PATHOLOGY, GENERIC DEPARTMENTS, THE NEWBORN DEPARTMENT AND THE MOTHER-AND-CHILD DEPARTMENT, THE SURGICAL DEPARTMENT, THE RESUSCITATION AND INTENSIVE THERAPY DEPARTMENT FOR NEWBORNS, THE NEWBORN AND PREMATURE INFANT PATHOLOGY DEPARTMENT (2ND STAGE OF PREMATURE CHILDREN CARE), THE STRUCTURES OF THE LABORATORY AND DIAGNOSTIC PROFILE.*

With the opening in July 2016 of the new building of the center, the institution is one of the region's largest obstetric and pediatric complexes, specializing in the treatment of various complications of pregnancy, the management of physiological pregnancies and their delivery, including preterm birth, premature infants care.

The building has been built according to a modern project and is equipped

with all the necessary high-tech medical equipment for nursing even extremely difficult children:

- INCUBATORS FOR NEWBORNS;
- MEDICAL VENTILATORS for babies and a women in labor;
- X-RAY AND ULTRASOUND EQUIPMENT;
- FETAL MONITORS, BIOCHEMICAL ANALYZERS;



- the only INTENSIVE PHOTOTHERAPY CHAMBER in the Black Earth Region (as one of the very effective methods of reducing the toxicity of bilirubin) for the treatment of hyperbilirubinemia (icterus of newborns);

- THE DEVICE OF TOTAL HYPOTHERMIA FOR NEWBORNS, which allows to reduce the number of such terrible complications for the newborn, such as hemorrhage in the brain and its affection during hypoxia in the conditions of controlled cooling of the newborn.

Highly qualified specialists with

the highest and first qualification category ensure the work of the center. Consultative reception and observation of patients in the hospital are conducted

pregnancy, hospitalization into the pregnancy pathology department of the perinatal center is possible. The cost of the service includes individual

**INTENSIVE PHOTOTHERAPY** IS ONE OF THE VERY EFFECTIVE METHODS OF REDUCING THE TOXICITY OF BILIRUBIN FOR THE TREATMENT OF HYPERBILIRUBINEMIA

(ICTERUS OF NEWBORNS);

by obstetricians-gynecologists, neonatologists, anaesthesiologists and resuscitators for adults and children, transfusiology, therapists, endocrinologists, ophthalmologists, urologists, ultrasound and laboratory diagnostic doctors.

observation by a doctor, additional antenatal care after 36 weeks, or hospital stays in a superior room.

The maternity ward uses the latest

## INDIVIDUAL PREGNANCY MANAGEMENT

Public Health Care Institution «Lipetsk regional perinatal center» offers commercial services for the individual management of pregnancy from any period, including patients with a concomitant severe pathology of the heart, liver, kidneys and lungs. If problems arise during





equipment used in leading foreign clinics. There are all means to provide emergency assistance to a mother or newborn, if necessary. Effective labor pain relief makes the process mild and even enjoyable. Relatives will be able to support the future mother during the entire period of stay in the hospital, to be present in the delivery room at the time

cord is crossed only after the pulsation stops, and then is laid onto the breast. All medical interventions, including vaccination of the newborn, are carried out only with the consent of the patients. After birth, the baby is with the mother in the postnatal ward of the joint stay named «Mother and child» until the moment of discharge from the maternity



IN 2014, PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL PERINATAL CENTER» ONCE AGAIN CONFIRMED THE HONORARY TITLE OF THE WORLD HEALTH ORGANIZATION – «BABY FRIENDLY HOSPITAL»

of the appearance of the baby.

Childbirth is conducted by an individual obstetrician-gynecologist, midwife, anesthesiologist, and neonatologist. The born baby is laid on the mother's belly, the umbilical

hospital. In the postpartum ward, there are single rooms with beautiful and comfortable furniture. TV, refrigerator, shower, toilet – everything is there. If desired, the baby can stay in the ward with the mother or in the children's

department all the time (if mother is tired).

The newborn department is equipped with the latest equipment. There is a pediatric intensive care department and intensive care department. Baby nurses will help to establish breastfeeding, will teach how to care for the baby.

The peculiarity of the department of pathology of newborns and premature babies of «Lipetsk regional perinatal center» is that together with the child, the mother can be hospitalized for the entire duration of treatment. If the mother has complications after childbirth and she needs hospitalization in the hospital, you can not separate the mother from the child and shall hospitalize them together. The mother's health will be handled by obstetrician-gynecologists, and the staff of the children's department will take care of the newborn.

In 2014, Public Health Care Institution «Lipetsk regional perinatal center» once again confirmed the honorary title of the World Health Organization – «Baby Friendly Hospital».



THE PRICING INFORMATION

FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED (PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL PERINATAL CENTER»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF SERVICE



**DELIVERY** AT PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL PERINATAL CENTER» WITH POSTPARTUM STAY AT «MOTHER AND CHILD» DEPARTMENT

900 - 1 250 USD

**MONITORING FOR PREGNANCY** AT THE CENTER FOR FAMILY PROTECTION AND REPRODUCTION OF THE PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL PERINATAL CENTER»

650 - 700 USD

(primary appointment of an obstetrician-gynecologist when registering for pregnancy - 170 USD. Further appointments in the course of pregnancy are paid separately in accordance with the price list)



LIPETSK CITY, MOSKOVSKAYA STREET, 6G



Reception of the Chief Doctor:

+7(4742) 31-45-96

References:

+7(4742) 31-45-89

Reception: +7(4742) 30-70-47

Maternity welfare center: +7(4742) 31-40-85



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PUBLIC HEALTH CARE INSTITUTION

# «REGIONAL CHILDREN'S HOSPITAL»



THE REGIONAL CHILDREN'S HOSPITAL IS A MULTIDISCIPLINARY MEDICAL INSTITUTION, WHERE THE EMERGENCY AND PLANNED, INCLUDING HIGH-TECH, MEDICAL CARE FOR CHILDREN IS PROVIDED. THE MAIN OBJECTIVE OF THE HOSPITAL IS TO PRESERVE OR RETURN THE HEALTH STATUS OF EACH CHILD, ALLOWING HIM TO FULLY REALIZE THEIR LIFE POTENTIAL. THE COMPLICATED INFORMATIVE EXAMINATIONS (THE FIBROGASTROSCOPY, THE ULTRASOUND, THE X-RAY STUDY, THE COMPUTED TOMOGRAPHY, THE FULL LABORATORY TESTS) IN THE DIAGNOSTIC DEPARTMENTS OF THE HOSPITAL ARE AVAILABLE AT ANY TIME OF THE DAY.

THE INTRODUCTION OF THE MODERN TREATMENT STANDARDS AND THE INNOVATIVE TECHNIQUES INTO CLINICAL PRACTICE, THE USE OF THE SOPHISTICATED ROBOTIC EQUIPMENT, THE HIGH LEVEL OF THE PROFESSIONALISM OF THE MEDICAL PERSONNEL ENSURE **THE INDISPUTABLE EFFECTIVENESS** OF THE SURGICAL INTERVENTIONS AND THE NON-INVASIVE CORRECTION OF THE CONGENITAL ANOMALIES AND TH ACQUIRED PATHOLOGIES WITH THE FAVORABLE PROGNOSIS FOR THE NORMAL DEVELOPMENT OF THE CHILD.

## PEDIATRIC NEUROSURGERY

On the basis of the hospital the complex surgical interventions are carried out to correct the congenital

malformations of the skull (the craniosynostosis, hydrocephalus) and the plastic closure of the skull defects after the injuries and illnesses.

When the craniosynostosis occurs the early fusion of the cranial sutures, which limits the volume of the skull, it leads to its deformation, resulting



of the traumatic brain injury or as a result of the illness.

## THE ENT SURGERY OPERATIONS UNDER THE GENERAL ANESTHESIA

With the frequent acute respiratory viral infections and for the number of other reasons the adenoids in the

adenoids and palatine tonsils, slightly lengthening the time of the surgical intervention, significantly reduces the likelihood of the disease recurrence or its complications.

The endoscopic shaver-radiowaveadenotomy is the one of the most reliable and the safe ways of the surgery operating adenoids. Pathologically the altered tissues are cut off by a shaver with the simultaneous suction of the blood and the removal

in the child's head it becomes the unnatural form. The main method of the effective treatment of the pathology is a surgical increase in the volume of the cranial cavity.

The hydrocephalus (the cerebral edema) is characterized by the excessive fluid accumulation in the ventricular system of the brain. The carrying out of the shunting operations literally saves the life of the child with this dangerous diagnosis.

The early diagnosis and the timely surgery can prevent the development of serious consequences for the life and the health of the child in cases

child can greatly expand, causing the number of the pathological changes in the nasopharynx. The removal of the adenoids is used as a radical way of solving the problem, when the all other means have been powerless. The surgery operation helps to normalize the breathing of the child, to prevent the development of the chronic diseases of the paranasal sinuses and in many cases to keep the children in normal hearing. However, the growth of the tonsils can also lead to the difficulty breathing. If there are the indications, the simultaneous surgery on the

of the cut-off areas. The surgery takes place under general anesthesia, which



ON THE BASIS OF THE HOSPITAL  
THE COMPLEX SURGICAL INTERVENTIONS ARE  
CARRIED OUT TO CORRECT  
THE CONGENITAL MALFORMATIONS OF THE SKULL



eliminates the psycho-emotional stress of the child and gives the surgeon the opportunity to completely remove the lymphoid tissue under the control of the special devices.

thorough cleansing of the area being operated on and minimizes the risk of recurrence. The ENT department of the hospital is equipped with all the necessary medical equipment for



ON THE BASIS OF THE CLINIC OPERATES THE PROCEDURE UNIT FOR THE ALLERGY TESTS AND SPECIFIC IMMUNOTHERAPY

The modern means of the anesthesia have virtually no negative effects on the body. And the combination of the endoscopic adenotomy with the radio wave treatment of the adenoid region provides the even more

this type of the surgery, as well as the video endoscopic and microscopic diagnosis of the ENT organs diseases (the adenoids, the sinusitis, the otitis, the medical and allergic rhinitis, the chronic tonsillitis).

## ALLERGIC EXAMINATION

On the basis of the clinic operates the procedure unit for the allergy tests and specific immunotherapy. Today the production of the skin allergy tests is the simplest and most informative method for the diagnosing of the allergy. The essence of the method of the setting skin tests is that the certain allergens are applied to the patient's inner surface of the forearm and small scratches are made, after the allergen has hit the skin, the reaction begins to develop. According to the intensity of the skin reaction to the allergen, the doctor decides, how strongly the patient's body reacts to the allergen. The analysis is carried out with a stable remission, but not earlier than 30 days after the end of the acute phase of the allergy to children from the 4 years old.

In the identifying of the sensitivity of an organism to the specific substance, it is possible to conduct the specific immunotherapy with the identified allergen to children from the 5 years old.



THE PRICING INFORMATION

FOR CERTAIN TYPES OF THE PAID SERVICES AND WORKS PROVIDED (PERFORMED) BY PUBLIC HEALTH CARE INSTITUTION «REGIONAL CHILDREN'S HOSPITAL»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF SERVICE

APPOINTMENT (EXAMINATION, CONSULTATION) of an allergist-immunologist	12 USD
APPOINTMENT (EXAMINATION, CONSULTATION) of an allergist-immunologist (lead external expert of Lipetsk region)	14 USD
SCARIFICATION TEST	15 USD
ANALYSIS OF TOTAL IMMUNOGLOBULIN E LEVEL	12 USD
ANALYSIS OF IMMUNOGLOBULIN A LEVEL	6 USD
ANALYSIS OF IMMUNOGLOBULIN M LEVEL	6 USD
ANALYSIS OF IMMUNOGLOBULIN G LEVEL	6 USD
ADENOIDECTOMY using video endoscopic technology and general anesthesia	294 USD
TONSILLECTOMY using video endoscopic technology and general anesthesia	314 USD
SKULL VAULT DEFECT SURGERY (use of minimum invasion technique)	1 673 USD
SKULL VAULT DEFECT SURGERY	2 144 USD
VP SHUNTING	3 817 USD
CRANIO-ORBITAL AND FACIAL RECONSTRUCTION	6 935 USD
HOSPITAL STAY OF ONE OF THE PARENTS, ANOTHER FAMILY MEMBER OR OTHER LEGAL REPRESENTATIVE, SUPERIOR ROOM (1 DAY INCL. MEALS)	14 USD



OUTPATIENT SERVICES

INPATIENT SERVICES



LIPETSK CITY, MOSKOVSKAYA STREET, 6A



Reception of the Chief Doctor:  
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References:  
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STATE SANATORIUM AND RESORT INSTITUTION

# «MECHTA» LIPETSK REGIONAL CHILDREN'S SANATORIUM



«MECHTA» REGIONAL CHILDREN'S SANATORIUM IS LOCATED 20 KM FROM LIPETSK IN AN ECOLOGICALLY CLEAN FOREST ZONE. THE HEALING AIR OF THE PINE FOREST IS A PLEASANT BONUS FOR PATIENTS AND GUESTS OF THE SANATORIUM, WHICH ACCEPTS CHILDREN WITH DISEASES OF THE RESPIRATORY, CIRCULATORY, NERVOUS AND MUSCULOSKELETAL SYSTEMS FROM 3 TO 14 YEARS OLD DURING THE ENTIRE CALENDAR YEAR. AS PART OF THE SANATORIUM, THERE IS A DEPARTMENT «ADULT AND CHILD», WHERE COMFORTABLE CONDITIONS FOR TREATMENT AND FAMILY REST HAVE BEEN CREATED.

## BALNEOTHERAPEUTICS

Unique natural components are the main active factors of treatment in the sanatorium: mineral water from its own well with a depth of 450.6 m and therapeutic peat mud. Natural sulphate-chloride sodium water of medium mineralization is indicated for diseases of the digestive system, endocrine system, metabolic disorders, obesity. A high content of boron provides its beneficial effects for the nervous system.

Children and adults can attend swimming pool with mineral water, «smart» baths with various types of underwater hydro massage, department of therapeutic showers, mud baths.

Healing peat mud has a positive effect for all major processes in the human body: blood circulation, respiration, metabolism. It has a wide range of applications, in particular, for diseases of the articulations, bones, muscles, and the nervous system. The course of treatment is prescribed by the attending physician after a full examination of the patient.



## PHYSIOTHERAPEUTIC PROCEDURES

IN THE PRACTICE OF PHYSIOTHERAPY DEPARTMENT, THERE ARE SESSIONS OF ELECTROTHERAPY, PHOTOTHERAPY, AND VIBROTHERAPY. A COURSE OF PROCEDURES IN THE HALOCHAMBER (SALT CAVE) HAS A PRONOUNCED HEALING EFFECT. PATIENTS HAVE AN INCREASE IN IMMUNITY, STRESS RESISTANCE. HYPOXYTHERAPY SESSIONS («MOUNTAIN AIR») CONTRIBUTE TO THE TRAINING OF THE CARDIOVASCULAR AND RESPIRATORY SYSTEMS, AND THE RESTORATION OF IMPAIRED METABOLISM. VISITING THE CEDAR MINI-SAUNA CONTRIBUTES TO THE TREATMENT OF OSTEOCHONDROSIS, NEUROSIS, MUSCULOSKELETAL SYSTEM, DISEASES OF THE CARDIOVASCULAR SYSTEM, METABOLIC DISORDERS AND ENDOCRINE SYSTEM, INCL. OBESITY.



## SPECIAL PROGRAMS

The specialists of the sanatorium implement comprehensive programs for children with various health problems. The weight loss program includes a complete examination of

at correcting the speech of children and full-fledged speech development, increasing interest and creating motivation for the development of speech and cognitive activity. One of the elements of the program are «BOS-Health» classes under innovative educational technology.

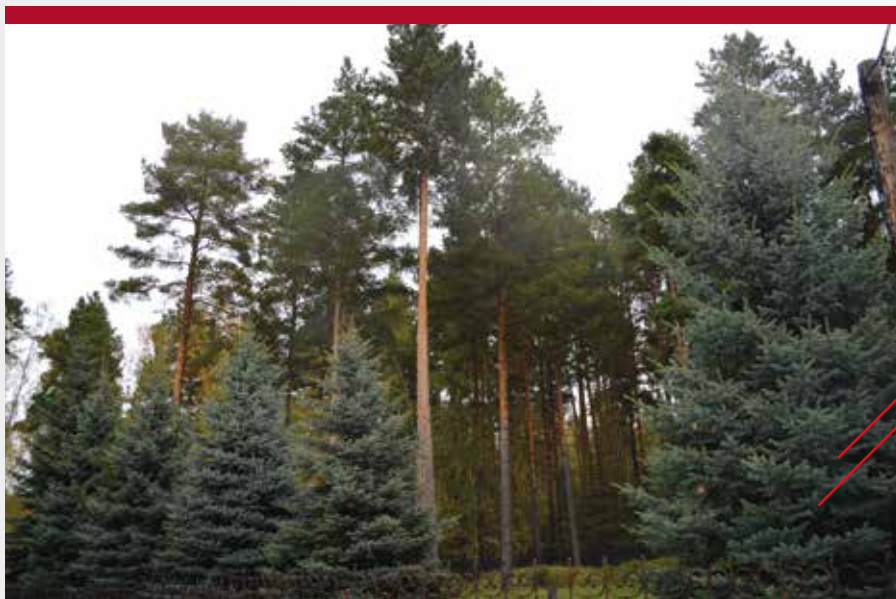
The program of treatment of oncological diseases is aimed at

THE WEIGHT LOSS PROGRAM INCLUDES  
A COMPLETE EXAMINATION OF THE CHILD, DIET  
THERAPY, OPTIMIZATION OF THE MOTOR REGIMEN,  
THERAPEUTIC PROCEDURES

the child, diet therapy, optimization of the motor regimen, therapeutic procedures. Its ultimate goal is to develop healthy lifestyle skills of a child and to reduce the risk of developing diabetes, circulatory system diseases and their complications.

Speech therapy program is aimed

the rehabilitation of children who are in the stage of long-term stable remission. Today, there are practically no sanatorium-type institutions in the Russian Federation offering such services. In the future, targeted visits of children with oncopathology from the entire Central Black Earth region are planned.



## GENERAL CONDITIONS OF STAY

The housing stock of the sanatorium consists of well-furnished comfortable rooms. Highly qualified medical staff is specially adapted to work with children. During the period of treatment, counseling classes are held with children in basic school subjects. On the territory of the sanatorium, there are open sports grounds, gazebos, play complexes (slides), a special area for children of preschool age.

Classes in project groups,

recreational activities, exciting competitions, new acquaintances and friends have a positive effect on the psycho-emotional state of the child

you can play tennis, your favourite educational games or watch an interesting film, listen to music. And if you want to chat with friends



ON THE TERRITORY OF THE SANATORIUM, THERE ARE OPEN SPORTS GROUNDS, GAZEBOS, PLAY COMPLEXES (SLIDES), A SPECIAL AREA FOR CHILDREN OF PRESCHOOL AGE.

and contribute to his recovery.

The sanatorium has a library, an occupational therapy office, where children can express themselves in arts and crafts. In the game rooms

and family who are waiting at home as well as to share impressions, then Wi-Fi-Internet will come to the rescue.

INFORMATION ABOUT THE COST OF STAY AT STATE THERAPEUTIC AND RESORT FACILITY OF LIPETSK REGION «CHILDREN TREATMENT CENTER MECHTA» FOR CHILDREN REGISTERED OUTSIDE THE LIPETSK REGION

INFORMATION ABOUT THE COST OF STAY AT «ADULT AND CHILD» DEPARTMENT, STRFLR «CHILDREN TREATMENT CENTER MECHTA»

THE PRICES ARE VALID AT THE TIME OF PUBLICATION

NAME OF **SERVICE**



KAPITANSHCHINO VILLAGE,  
DOBROVSKY DISTRICT, LIPETSK REGION

**Reception of the Chief Doctor:**  
+7(4742) 22-11-65  
**Deputy head doctor for economic:**  
+7(47463) 4-90-24



**Purchasing and booking rooms  
at «Adult and child» department**  
+7(47463) 4-90-48

E-MAIL: MECHTA.LIPETSK@YANDEX.RU  
**WWW.SANMECHTA.RU**



«ADULT AND CHILD» PACKAGE FOR STRFLR «CHILDREN TREATMENT CENTER MECHTA» (for adults).

PRICE PER DAY

**15 USD**

«ADULT AND CHILD» PACKAGE FOR STRFLR «CHILDREN TREATMENT CENTER MECHTA» (for adults, standard room).

PRICE PER DAY

**29–31 USD**

«ADULT AND CHILD» PACKAGE FOR STRFLR «CHILDREN TREATMENT CENTER MECHTA» (for adults, economy room).

PRICE PER DAY

**26–29 USD**

«ADULT AND CHILD» PACKAGE FOR STRFLR «CHILDREN TREATMENT CENTER MECHTA» (for adults, suite).

PRICE PER DAY

**29–38 USD**

COST OF STAY AT STATE THERAPEUTIC AND RESORT FACILITY OF LIPETSK REGION “CHILDREN TREATMENT CENTER MECHTA” FOR CHILDREN REGISTERED OUTSIDE THE LIPETSK REGION.

PRICE PER DAY

**25 USD**



PUBLIC HEALTH CARE INSTITUTION  
 «LIPETSK CITY  
 CHILDREN'S  
 HOSPITAL»



THE DEPARTMENT OF THE SANATORIUM TREATMENT AT THE PUBLIC HEALTH CARE INSTITUTION "LIPETSK CITY CHILDREN'S HOSPITAL" (PREVIOUSLY THE FEDERAL CHILDREN'S SANATORIUM "VOSKHOD") HAS BEEN LEADING ITS HISTORY SINCE 1950, WHEN THE CHILDREN WERE FIRST TREATED AT THE RESORT. THE DEPARTMENT HAS MANY YEARS OF EXPERIENCE IN THE REHABILITATION TREATMENT OF THE CHILDREN WITH THE SPECIALIZED DISEASES OF THE MUSCULOSKELETAL SYSTEM AND CONNECTIVE TISSUE, THE DIGESTIVE ORGANS AND OTHER DISEASES, INCLUDING THE CHRONIC ARTHRITIDES AND THE RHEUMATOID ARTHRITIS, THE SCLERODERMA, THE EFFECTS OF THE SPINAL CORD AND BRAIN INJURIES, THE CEREBRAL SPASTIC INFANTILE PARALYSIS AND THE ARTHROGRYPOSIS.

The certified specialists work here: the gastroenterologist, the neurologist, the pediatrician, the psychotherapist, the ultrasound doctor, the physiotherapist, the functional diagnostics doctor.

The buildings of the sanatorium are located in the park area, directly adjacent to the territory of the Lipetsk resort. This is the historical center of the city, next to it there are an exhibition hall, a regional museum of local lore, a children's



park with attractions, a zoo and a regional art museum.

## RECOVERY AND REHABILITATION

Today, the material and technical base of the sanatorium department complying with modern requirements and standards has been formed. Traditionally, the practice of the sanatorium presents procedures for balneotherapy and mud therapy based on natural healing factors - the use of peat mud.

As part of the department, the halls for physical therapy are equipped with biofeedback simulators, which develop the skills of active movement in a game form. It is also used such methods as





blood flow, lymph flow, venous outflow, reduces drug therapy.

**ELECTROSTATIC MASSAGE** is a treatment method in which the alternating electrostatic field

the effectiveness of manual massage and lymphatic drainage.

**KINESIOTHERAPY** on EKZARTA apparatus is used in the treatment of diseases of the musculoskeletal

chromotherapy and carbon dioxide air baths - procedures that have proven effective in the treatment of pathology of the musculoskeletal system and the cardiovascular system.

Local **CRYOTHERAPY** with biofeedback relieves muscle spasms, improves microcirculation, arterial



generated by the ELGOS device between the therapist's hands and the patient's skin surface contributes to a deep-penetrating vibration effect in the tissues, which has analgesic, anti-edema, antispastic, trophic-regenerative effect, which increases

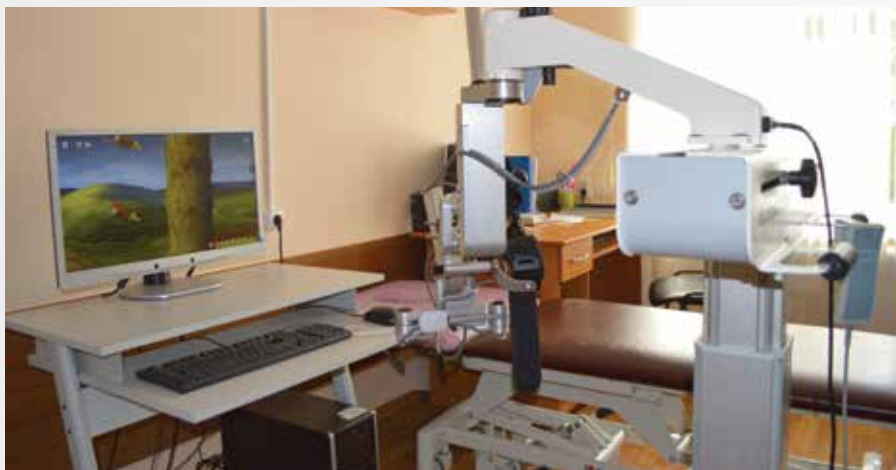
system using the principles of neuromuscular activation.

The result is the restoration of the functions of skeletal muscles, including deep muscles, the formation of the muscular system, the elimination of muscle clamps.



THE DEPARTMENT HAS  
**MANY YEARS OF EXPERIENCE** IN THE  
REHABILITATION TREATMENT OF THE CHILDREN  
WITH THE SPECIALIZED DISEASES OF THE  
MUSCULOSKELETAL SYSTEM AND CONNECTIVE TISSUE





**REHABILITATION OF MOTOR FUNCTIONS** of the upper limbs on “ArmeoSpringing for Children” device with the expanded feedback, thanks to neuroplasticity, compensation and the ability to restore the lost function of the extremities are provided by intensive, repetitive and task-oriented movements.

system, central and peripheral nervous system, the work of the visual and vestibular analyzers, the development of the musculoskeletal system.

.....  
Patients are provided with a number of additional services: correction of disorders of large and fine muscle motility of the upper limbs,



ON THE TERRITORY OF THE COMPLEX, THERE ARE SPORTS GROUNDS, A LANDSCAPE PARK HAS BEEN LAID OUT

**STABILOMETRIC STUDIES** using a force plate allow you to conduct tests and training of balance, concentration, coordination with a wide range of disorders of the musculoskeletal

CPM therapy (long-term passive development of articulations), swing massage, halotherapy, diet therapy, oral reorganization, physical therapy, massage.

## ADDITIONAL INFORMATION AND SPECIAL PROGRAMS

On the territory of the complex, there are sports grounds, a landscape park has been laid out. There are different gyms, children's playroom, library. Wi-Fi is available in a designated area.

Sanatorium department accepts children without parents from 7 to 15 years, as well as parents with children from 3 years old for





treatment and rest. To accommodate guests, there are superior rooms.



outdoor activities and interesting leisure activities. The sanatorium

City Children's Hospital» retains the entire volume of sanatorium-resort treatment and continues to be the only children's resort in the Central region of Russia for the treatment of children's diseases of the musculoskeletal system.



SANATORIUM DEPARTMENT ACCEPTS CHILDREN WITHOUT PARENTS



**FROM 7 TO 15 YEARS**, AS WELL AS PARENTS WITH CHILDREN **FROM 3 YEARS OLD** FOR TREATMENT AND REST

Experienced teachers work with children and organize

department as part of Public Health Care Institution «Lipetsk



LIPETSK CITY, LENINA STREET, 40



**Reception of the Chief Doctor:**  
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**Deputy Head doctor for medical rehabilitation:**  
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PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL CLINICAL HOSPITAL»	+7(4742) 31-40-44 +7(4742) 31-40-48	Lipetsk City, Moskovskaya Street, 6
PUBLIC HEALTH CARE INSTITUTION «LIPETSK CITY MEDICAL EMERGENCY HOSPITAL NO. 1»	+7(4742) 50-02-01 +7(4742) 32-14-13	Lipetsk City, Kosmonavtov Street, 39
PUBLIC HEALTH CARE INSTITUTION «REGIONAL HOSPITAL NO. 2»	+7(4742) 55-53-90	Lipetsk City, Lenina Street, 35
PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL ONCOLOGIC DISPENSARY»	+7(4742) 42-50-01 +7(4742) 42-50-87	Lipetsk City, Admiral Makarova Street, possession 1e
PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL VENEREAL DISEASES DISPENSARY»	+7(4742) 55-73-77 +7(4742) 33-55-53 +7(4742) 25-10-35	Lipetsk City, Marina Raskova Street, 18
PUBLIC HEALTH CARE INSTITUTION «REGIONAL DENTAL CLINIC – THE DENTAL CENTER»	+7(4742) 36-13-40 +7(4742) 36-11-52	Lipetsk City, Tsiolkovsky Street, 22
AUTONOMOUS PUBLIC HEALTH CARE INSTITUTION «LIPETSK CITY DENTAL CLINIC NO. 1»	+7(4742) 41-54-72 +7(4742) 41-54-92	Lipetsk City, Petra Smorodina Street, 2
AUTONOMOUS PUBLIC HEALTH CARE INSTITUTION «LIPETSK CITY DENTAL CLINIC NO. 2»	+7(4742) 33-83-42 +7(4742) 32-01-14 +7(4742) 31-02-01	Lipetsk City, Kosmonavtov Street, 37/5
PUBLIC HEALTH CARE INSTITUTION «LIPETSK REGIONAL PERINATAL CENTER»	+7(4742) 31-45-96 +7(4742) 31-45-89	Lipetsk City, Moskovskaya Street, 6g
PUBLIC HEALTH CARE INSTITUTION «REGIONAL CHILDREN'S HOSPITAL»	+7(4742) 31-67-16 +7(4742) 31-67-15	Lipetsk City, Moskovskaya Street, 6A
STATE THERAPEUTIC AND RESORT FACILITY «MECHTA» LIPETSK REGIONAL CHILDREN'S SANATORIUM	+7(47463) 4-90-24 +7(4742) 22-11-65 +7(47463) 4-90-48	Kapitanshchino village, Dobrovsky district, Lipetsk region
PUBLIC HEALTH CARE INSTITUTION «LIPETSK CITY CHILDREN'S HOSPITAL»	+7(4742) 55-33-03 +7(4742) 55-33-94	Lipetsk City, Lenina Street, 40



THERE ARE CONTRAINDICATIONS. SPECIALIST CONSULTATION IS NECESSARY

## LEADING EXPERTS OF OUR CLINICS ARE CONFIDENT AS FOLLOWS:

The basis of the MODERN APPROACH TO TREATMENT TECHNIQUES is the understanding that, in the most general terms, HUMAN HEALTH is a HARMONIOUS COMBINATION OF PHYSICAL, MENTAL AND PSYCHOLOGICAL HEALTH. To achieve a balance between these components, IT IS IMPORTANT TO KNOW that each of the above aspects provides the MAXIMUM EFFECT only IN COMBINATION WITH OTHERS. And the term "healthy lifestyle" implies, first of all, the ABILITY TO HEAR AND

UNDERSTAND YOUR BODY, the ability to decipher its signals in time and accurately.

A UNIQUE MIX of the latest achievements of genetic and anti-aging medicine, oriental practices, an INDIVIDUAL APPROACH to each guest, ranging from choosing a treatment program to a specially designed menu for each day — this attitude will bribe even the most demanding customer to help him take a FRESH LOOK AT SOME THINGS and LEARN TO ENJOY EVERY MOMENT OF LIFE.





