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Rescued
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the esophagus -
there is
a solution*

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Clinic of
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and Obstetrics
*You will have
a baby!*

LAURA CHAPLIN:

«I believe in the healing
power of laughter»



JAN PETER VAN DER REE
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DEAR READERS!

You are holding in your hands the new issue of Swiss Health Magazine.

The weather is presenting us with constant surprises: one day it's hot, the next it's cold. But summer itself can improve one's mood, regardless of fluctuations in the temperature, because it is time for vacations and new discoveries – and the opportunity to take serious care of your health. It is as if Switzerland was created for the purpose of combining treatment with rest – to be cured of diseases, to admire mountain landscapes and to visit interesting places. Whether you bathe in the thermal waters of Bad Ragaz, walk along the mountain trails of Grisons or restore your hair in the Futuremed Clinic, a rested and refreshed appearance is guaranteed you.

Just as the summer is rich in color, so this issue is rich in conversations with unique specialists: for example, Dr. Claudia Elsig, the chief doctor of Calda Clinic, specializing in addictions including eating disorders. Anorexia and bulimia are mental illnesses and they have to be treated as such – this is one of the messages of her interview.

Among the diseases about which people prefer to remain silent, some are purely masculine: for example, curvature of the penis, which affects millions of men. On the possibilities of solving this delicate problem, read our conversation with a leading Swiss urologist, Dr. Gerno Bonkat.

Peter Bauerfeind, professor at the University Hospital of Zurich, has a unique methodology that allows him, with the help of modern endoscopic equipment, to detect not only incipient tumors but also to treat the early stages of oesophageal and stomach carcinoma, avoiding chemotherapy, radiation exposure, and surgery.

Sympathy, compassion, and empathy – these emotions make our world a little better. The famous heart surgeon Professor Paul Vogt is a man who



spends his life going to the ends of the Earth to save human lives. He gives the lion's share of his time to charity: he operates on thousands of children and adults around the world, shares his experience, trains specialists on-site, and runs the EurAsia Heart Foundation.

If the summer is to bring the birth of a new member of your family, then it should maybe happen under the supervision of Professor Breimann, of whom it is said that in his clinic, located on the shores of Lake Zurich, surprisingly beautiful children are born.

In summer, everything becomes a bit more beautiful: nature blossoms in bright colors, and faces in smiles. This joyful mood is a surefire recipe for health. This is what the famous artist and model Laura Chaplin, the granddaughter of the inimitable Charlie Chaplin and our cover star for this issue of the magazine, thinks. In her opinion, a smile is the best medicine.

So, «Smile, gentlemen, smile!».

*MARIA-ANNA LÄMMLI,
Publisher and Editor-in-Chief
of Swiss Health magazine.*



HEALTH AS A WAY OF LIFE

Health is not just about well-being, lightness of the body and uncomplicated thoughts. It is a whole philosophy. In Switzerland, they understand this better than anywhere else in the world. The combination of highly organized medical care, active recreation, and a developed tourist infrastructure enables citizens of the Confederation to enjoy life to the fullest. Our conversation with the Ambassador of Switzerland in Russia, Mr. Yves Rossier, touches on this and other subjects.

INTERVIEW *Maria-Anna Lämmli*

Mr. Rossier, please tell me what the words «Swiss health» mean to you. What is the national understanding of a healthy lifestyle?

– First of all, it is a work-life balance. But rest is not the same as idleness. Most of my compatriots prefer an active lifestyle: mountain walks, cycling in the

summer and skiing in the winter, hiking. Switzerland's natural wonders make this possible.

Children are taught about active rest from childhood. Every weekend, in good weather, you can see hundreds of families enjoying the outdoors – ecological and agrarian tourism is extremely popular in my country. Many agricultural farms

have created places that are interesting for children to visit. Here, the kids can see with their own eyes where fresh milk comes from and how chickens come into the world... and, of course, they can try the freshest natural products. The atmosphere in such farms enables children to get closer to nature and learn how to interact with the world around them.



functioning country. There is a good reason for its being one of the three leaders of the Human Development Index – in third place after Norway and Australia.

An active and balanced lifestyle and regular monitoring of health are the factors that affect duration and quality of life in Switzerland. The clinics are clearly patient-oriented, which means that every person's needs are important to the staff and management of the hospital.

Swiss health is not just about well-being, it is a whole philosophy

In addition, continuity and the principle of progressive development are facets of the professionalism of Swiss doctors.

– There is an opinion that Swiss medicine is available only to very rich people from abroad. Do you share this view?

– On one hand, there is some truth in this. The services of private clinics are expensive, but their quality justifies their cost. On the other hand, our doctors help people around the world, actively participating in charitable projects which they consider as their duty. For example, they conduct consultations and operations and share knowledge where necessary to raise the level of local medical staff. In addition, knowing about the very high level of Swiss medicine, foreign patients come to the country to get a «second opinion». In many cases, this service helps save lives and helps doctors make the correct diagnosis and choose the right method of treatment.

– So, in your opinion, what is the secret of Swiss medicine? The high level of professionalism? Equipment? Traditions?

– Not only these factors. Another feature of Swiss medicine is the cooperation of private (40%) and public (60%) medical institutions, which has made the treatment of many diseases more effective and less expensive. Certainly, these incorporate a comfortable environment, privacy of service, and an individual approach to each patient. Among the competitive advantages of our clinics is the use of robotic equipment, the latest developments in unique medical equipment, and our developed and advanced pharmacological industry. In the World Health Organization ranking, Switzerland is second after the United States in terms of confidentiality and timeliness of medical care, and health expenditure in Switzerland is 11.5% of GDP – a considerable amount.

So, thanks to all these factors, in 2010 we launched a proactive state program to support and develop Swiss medicine in the world, creating a number of associations and companies that promote the Swiss medical brand.

But, of course, Switzerland is also known for its high-class recreation system – the famous five-star resorts offer everything that is necessary today for residents of megacities to restore and maintain their health.

– Switzerland's health system, according to the WHO, is considered one of the best in the world and Swiss life expectancy is one of the highest. Do you think this is due to Swiss medicine or there is some other specific feature of life in this country?

– Switzerland's healthcare system is a unique combination of universal compulsory health insurance and a market-based approach to health care. This solution provides citizens of the country with access to a wide range of medical services.

Of course, my compatriots' confidence in the future also makes itself felt. The ability to remain neutral in politics is a kind of art that the Swiss authorities are very good at. It allows the best possible cultivation of stability in society, especially in the social sphere. Switzerland is human-centered; it is a balanced, calm, and well-

– What areas of medicine, in your opinion, are the leading ones?

– I believe that it is appropriate to talk about neurosurgery, cardiosurgery, oncology, orthopaedics, plastic and reconstructive surgery... a key feature of Swiss medicine is diagnostics. Our country is also one of the world leaders in the production of medicines.

All medical facilities are equipped with the most modern equipment and the latest methods of treatment are used. At the same time, the clinics are exceptionally comfortable and cozy. Here, everything is aimed at creating the most comfortable conditions for patients, thanks to which thousands of foreigners come to us to undergo treatment every year.

– Swiss doctors are rightly considered some of the best. How is it possible to maintain such a high level of quality in your medical personnel?

– The fact is that every specialist is under the constant monitoring of an organization such as the Swiss Association of Doctors, and must prove their level of professionalism annually. This guarantees that every practicing doctor remains highly qualified.



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LAURA CHAPLIN

THE GIRL WHO LAUGHS

She always seems about to smile... easy-going... full of creative energy and love... when you look at her, you realize that the family genes are still hard at work. Her grandfather Charlie spent many happy years in the French part of Switzerland with his wife Oona O'Neill, and this family knows the secret to being healthy and happy: just smile.

TEXT *Maria-Anna Lämml*

*Laura Chaplin and
Editor-in-Chief
of Swiss Health
magazine Maria-
Anna Lämml*



Laura, you have a very famous surname. How do you feel about being part of the Chaplin family? What does it mean to you?

– It's a privilege. I'm honored and it's a chance... I mean, it's not easy to make my own name for myself, I always kind of exist in reference to him, but for me it's a privilege more than anything else.

– And do you feel that you have inherited the genes of your famous grandfather? How has it affected your life and creativity?

– Of course he influenced me. A grandfather with such artistic genes... I think it kind of rubbed off on me a little bit. I also grew up in Vevey, which is a place where artists came all the time and there was so much artistic input in this house. There was such a great influence. His idea of art having an important message is something I try to live up to. I like to try to do what I love and to be good at it, I guess.

– Is it difficult for people, doing what they love?

– It's definitely not easy. There are challenges. There are moments when you will struggle, you will have to fight, and you just have to believe in yourself. Sometimes



Lachen kann die Welt verändern

„Für jeden Tag
eine kleine
Portion
Lachen
ist das
Beste, was
man
haben
kann.“
- Albert Einstein

LAURA CHAPLIN

Lachen ist der
Schritt zum Glück



it takes time. For example, it took my grandfather a long time to get to where he ended up and I think you just have to believe in yourself, be passionate about what you do, and be patient about getting to the right place.

– **What have you really inherited from your grandfather?**

– I'm very fair in public, like him. I'm a humanist, like him. I believe in laughter, thanks to him. I'm a bit of a perfectionist and sometimes I can be strict on myself with what I do.

– **And what do you get from your grandmother?**

– I would say my soft side. I'm a very family-oriented person, I have a big family and place that importance and that value upon the family... It's probably from her, her kind and gentle manner.

– **How big is your family? How many grandchildren?**

– There are a lot of us. My grandfather had 8 children with my grandmother, and they have at least 5 kids, so we're almost 30, we grandchildren.

– **Do you have contact with each other? Do you really feel a part of Chaplin's family?**

– Yeah, of course we have relationships. I know most of them, and it's hard because we're all over the world so it's hard to see each other often but we definitely stay in touch.

– **Your lifestyle comes from the family. Do you have some rules for a healthy life?**

– Just to be happy, to love, to smile a lot, just to enjoy life. That is the way to be healthy. I mean, I had the most magical childhood. In our house, we laughed and there were many great, happy moments, some of the happiest moments in my life. Being happy is an important part of being in good health.

– **But it's not easy to be happy every moment of your life because very often something goes wrong...**

– Of course we have up and downs; it's normal, it's life. We have emotions, but if you really want something, then you can achieve it. You just have to begin and maybe force yourself to smile a bit more, force yourself to laugh a bit more, and it will come more naturally. But there are also a lot of other ways – you can watch comedies or you can listen to music or you can surround yourself with friends and family. Even my animals can make me laugh sometimes or I can even laugh at myself sometimes because I do something clumsy or forget something. So it's just a way of thinking, and sometimes you're forcing it.

– **By the time you were 18, you had already worked as a model for Tommy Hilfiger and others. Models have to be very slim, and a lot of girls want to be models, and they damage their health. What do you think about this problem?**



TIME

Limited collection of watches designed by Laura Chaplin

MOTIF

The main ideas in Laura Chaplin's art are women, horses and her grandfather

– I think it's tragic, because to be beautiful you have to be beautiful on the inside and you have to feel good on the inside to show it on the outside. To encourage people to risk their health for beauty is just completely absurd, because beauty for me comes from within.

– **At the age of 19 you worked as a TV presenter. Working on TV is very stressful. How it was for you?**

– When I think back, I say, «Oh my God, how did I do it?» Because of my age, I think about a lot more stuff now but back then I didn't realize, I just went and I did it, and it was very stressful. There was a lot of pressure. But if you just believe in yourself and enjoy the moment then it makes things go much easier.

– **What about your art? What is painting for you – a profession or a way to express your personality?**

– I've been doing art since I was tiny so it's a way to express myself. It's kind of my way of getting to know my grandfather, to capture moments that make me feel good and make me happy and I do it because I love to do it.

– **What do you think: is it possible to treat people with the help of the arts?**

– Lots of things, the whole aspect of color therapy, can enhance moods, as I've said in my art. And I like to deliver an important message, a positive message, and if you have a piece of art that makes you feel good inside, then I'm a happy person and I know that what I'm doing has a purpose, and that is why I do it above anything else.

– **We see that the main ideas in your art are women, horses and your grandfather. Why have you chosen these motifs for your work?**

– These are the three things that I am passionate about, the three things that inspire me, that really represent who I am. I also get inspired a lot through the circus, having grown up with a dad who went on tour with a circus, we travelled a lot with them, and then we had performances in Montreux. So the contortionists inspired me a lot, and being in the fashion industry, having worked as a model, all those elements kind of inspired me in that regard. Then I have horses, I'm a horse rider, I ride daily, I compete in show jumping competitions for pleasure and I had three little ponies on the manor and in the garden that were my toys. I've been riding for as long as I can remember. It kind of brings me a lot of happiness and well-being. And then the third thing is, of course, my grandfather, and this is kind of my way to offer tribute to him, to give back something after everything that he gave to me, to continue his philosophy, to bring humor into the world, to enjoy happiness. And it's kind of my purpose to get to discover him. A lot of people say to me, «Oh, your grandfather was like this,

like that». It is kind of a relationship that I never had with him. And I enjoy doing it so much.

– **In most of your paintings I see this heart...**

– I have always loved to draw hearts since I was tiny. It just has a good feeling, a good shape. It's also a logo. This is a drawing I did when I was 16. I had a tattoo when I was 18 because my mother didn't let me do so before that, and today it's my logo. I think it has a positive effect and I just like it to be discreet because I think that sincere love is discreet.

– **Some of your paintings you make with your fingers. Why?**

– I enjoy painting with my fingers because it allows me to be messy, to be more spontaneous, and to make something quite unique because I wouldn't remember which finger I used, or where. It's much more spontaneous because I use all my fingers, both hands, and it gives things a bit more texture. With my paintbrush I am more conventional and keep everything clean and perfect. With my fingers, I cut loose a bit more.

ART

Laura Chaplin has been doing art since she was tiny. It's a way to express herself

There are so many things to smile about, you just have to try to find those things that are worth it





You just have *to believe in yourself*, be passionate about what you *do*, and be patient about getting to the *right place*

HORSES

Laura Chaplin can't imagine her life and art without horses

– Was your grandfather such a positive, humorous person in life as he was in his films?

– In his daily life – yes. When he would play with kids, he was like a clown. He loved to make people laugh, he would always joke around and try to make people laugh. But when it came to work he was very strict, very much a perfectionist and very, very serious. He valued every little thing.

– Your book's title is «Lachen ist der erste Schitz zum Glück». And what about health? Do you think there is a connection between laughter and health?

– Definitely. Of course. I mean, I've seen it first-hand through my grandfather, who left me such a perfect example. I have people come up to me every day and say, «Oh, your grandfather... back in the day, we didn't have this or that but we watched Chaplin films and those were our best moments», and all these little stories where my grandfather brought them so much happiness, so I see the effect he had on them. And I've seen it through my own experiences, my own work with a foundation and also with the 'clinic clowns'. I've seen how children forget their pain and suffering through humor.

One of my favourite quotations from my grandfather is, «A day without laughter is a day wasted». And I think that life is short, there are so

many things to smile about, you just have to try to find those things that are worth smiling about. I mean, there are so many beautiful things to smile about, you just have to look for them.

– But how it is possible if something goes wrong every day?

– I think that everybody is entitled to his own emotions and there's time for everything. I can't say I never cry – of course there are times when I'm sad, I mean, I need that time to be sad to then be happy again. It's allowing your emotions, allowing you... to express yourself, just trying to make time for smiling, to vanquish those sad times. It's the most important thing, because the sad times must be few and the happy times many.

It's all in us, we have it in us. It's something, as I said, that we just need to want to do, it's something we have to encourage ourselves to do. As a child we laugh up to three hundred times a day and as a grown-up we laugh maybe ten times a day. It seems that with age we forget because as we get older we get more responsible, and there's more stress and more factors that come into life and I think that it's important just to remind people that we have it in us and the proof is there, it's good for you, so try to encourage yourself to do it. I am not saying it's easy, but it's better than going to see a doctor to get medication. It's the first step to reaching happiness. You have to feel it inside. And we all have it inside. It's free. In my book there are so many studies that I've written about, there are so many different aspects to it. There's also nutrition. There are so many different things that we can eat and that can make us feel better: bananas, cashew nuts, red berries, vanilla, chocolate, all of which I love. Also, different spices – vanilla, chili, cinnamon, etc. We can try to eat food which will help stimulate the serotonin in our bodies to induce a better mood and feel better and be more positive.

It's funny because I didn't realize: I love all these happy foods, they are my favourite things.

– Could you tell us some secrets for our readers about face and body care? What do you use?

– I love coconut oil. It is my favorite. And you can use it for your face, hair, and body.

– You are living in the French part of Switzerland, but what is your favorite place?

– My favorite place in the world is my childhood home, but after that... There are so many places that I love. I love the mountains. I love the sea for a short break. But I'm more a mountain girl, I like the fresh air and nature, the green trees and fields, so, I mean, in Switzerland there are thousands of places that I could list.





– I was approached at my first exhibition by someone, and he asked me if I would like to become the ambassador and godmother of that foundation, and I said that I can't tell you unless I just see with it my own eyes. So a month later he took me out there and I painted with the kids and I was actually in the middle of construction work here in the valley and there were a lot of details on my house that were not finished and I was very stressed about it. And when I went out there to Colombia, all these kids were wearing nothing but had the happiest faces, they were smiling and just enjoying life, and as soon as I got there... how could I complain about my silly problems? The kids just filled my heart with joy. From that moment I couldn't say no. And that was also the idea for my book.

– **Could you tell us about your dreams?**

– My biggest dreams are to spread happiness, to spread joy and to find myself on a farm surrounded by nature and by my horses and by people that I love. It's not that extravagant but rather quite simple, but I think all simple things are precious.

My biggest dreams are to spread happiness, and to find myself surrounded by nature

INSPIRED

Laura Chaplin made a wine collection in collaboration with the Alexis Jaquieroz vineyard in the Martigny in Valais



I love Africa. We're going at the end of this year for another foundation which I'm very excited about.

– **A healthy life requires strong discipline but actresses and artists don't usually like rules. It's possible to combine creativity and discipline, yes?**

– You have to. Although my creativity is probably much more important than my discipline, I think you have to have some discipline because if you don't have discipline you don't have goals, you don't have structure and you don't have aims or ambitions, so you need to have both.

– **Do you think your mission is to make people smile like your grandfather did?**

– Yes, definitely. I love realizing my mission. I want to remind people to laugh more, to smile at each other more, to enjoy the moment, to share a smile, to share a laugh.

– **Why did you choose to be an ambassador for «Moi Pour Toi», an organization which supports the street children of Bogota?**

– **Do you have any hobbies?**

– Yes. I have a wine collection of two reds, two whites and a champagne in which I collaborated with a vineyard, Alexis Jaquieroz in the Martigny in Valais. It is a winery that supported me at my very first exhibition and then asked me if I would do a collection with them. We had a lot of exchanges on my taste and the content of the bottle and what would suit the label, so I'm very happy with that. I also have some watches – Gagnebin, Swiss made. Automatic watches, two designs for men, two designs for women, each limited to twenty per piece with my artwork and, of course, perfectly made, Swiss, very well made, and you can see all the movement in the back. I'm very proud of these watches. And then I also have the jewellery, smile jewellery, which is just a small thing to remind you to smile, and at the same time it also supports two foundations, one which encourages laughter and the other which supports the environment.

– **Thank you very much.**



WBB GALLERY®

PURE ART – Art for People

Established in 2015, WBB GALLERY has coined the concept of **PURE ART**. This innovative approach promotes contemporary fine art meant to inspire and uplift people by radiating **positive energy**. For the gallery founders, PURE ART has its roots in classical art of different cultures. It helps to expand human consciousness by evoking magical experiences, thus contributing to a progressive culture and **peaceful society**.

With showrooms in a historical location in the heart of Zurich, WBB GALLERY stages carefully selected works of both Swiss and international artists, including, e.g., **Laura Chaplin**, granddaughter of Charlie Chaplin, the New York based painter **Christian Peltenburg-Brechneff**, or **Bernd Schwarzer**, Dusseldorf, former master student of Joseph Beuys.



Laura Chaplin



Christian Peltenburg



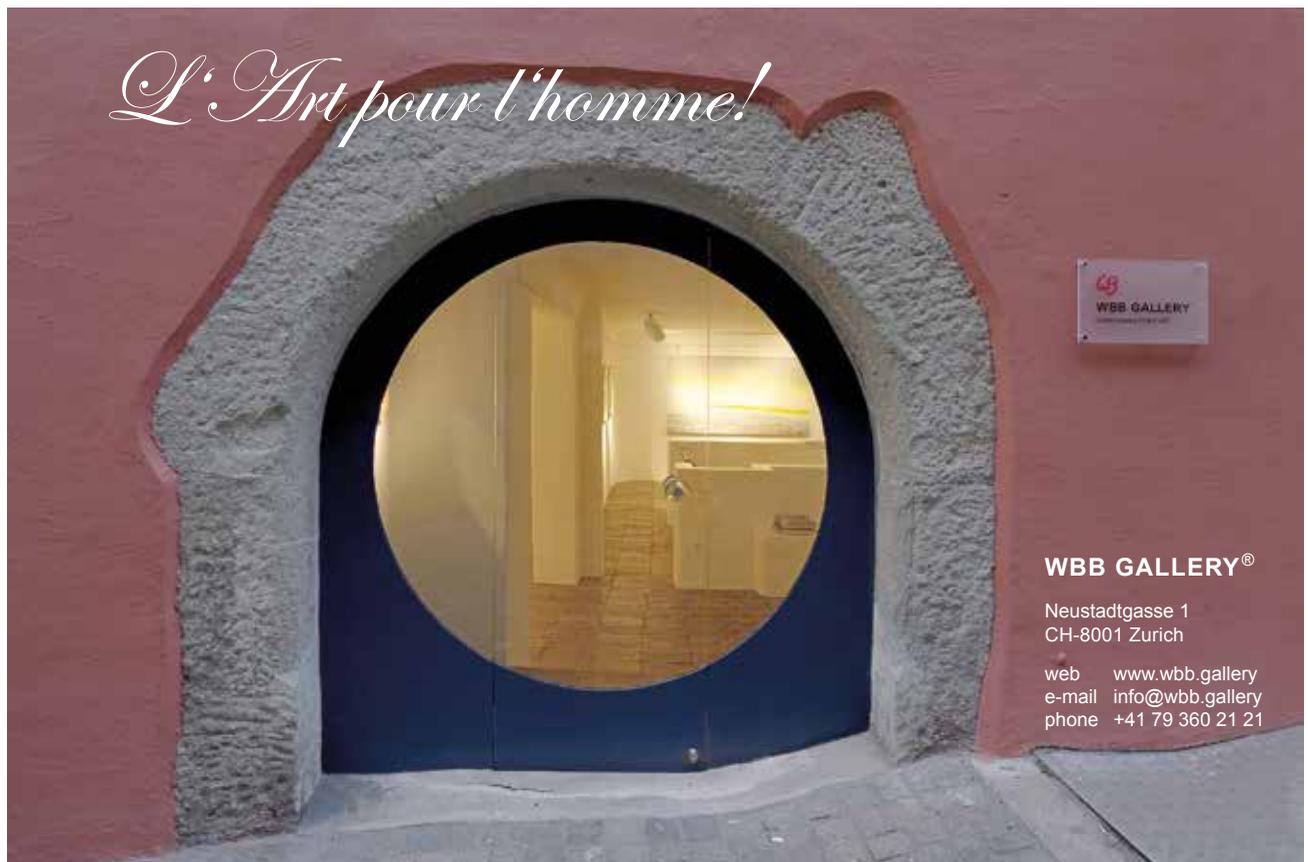
Bernd Schwarzer

WBB GALLERY is open to different styles and techniques, including painting, graphics, photography, sculpture, object art, and installations.

In 2017, the **non-profit oriented gallery** has issued for the first time the international **WBB AWARD** for PURE ART with a total value of CHF 10'000. This promotional award goes to dedicated and inspiring artists with a forward-oriented attitude in accord with the PURE ART concept.

Private and institutional **donators** are welcome to support future gallery activities.

For further information, please check **www.wbb.gallery**, contact us, or visit us in Zurich.



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FLESH OF THE FLESH

Articular cartilage and bone cultivated from an individual's own tissue, an ideal chest without artificial implants, paralyzed patients who recover ... this is nowhere near everything that regenerative medicine can do. At University Hospital Basel, scientific research in this area has been proceeding in parallel with intensive practices for many years. Professor Dirk Schaefer, Head of the Plastic, Reconstructive, Aesthetic and Hand Surgery Department, tells us how regenerative medicine is pushing the boundaries.

TEXT *Maria Hautman*

Professor Schaefer, your team researches body tissue cultivation. How do new technologies, which you've called Tissue Engineering, help people nowadays and what can we expect in the future?

– Work on the Tissue Engineering project has been going on for more than 2 decades. About 15 years ago, our team of 4 or 5 clinical professors plus a full professor working in the experimental surgery laboratory began growing cartilaginous and bone tissue from our patients' materials. Later we started to grow nerve tissue from these so-called autogenous materials. To get cartilaginous tissue, we make a nasal septum biopsy, and to create a 5cm diameter sample, we need only 6 millimeters of a patient's own tissue, without noticeable scars! We are already using this method for nose recovery after tumor removal and for knee joint defects.



Dirk Schaefer

Professor, Head of the Plastic, Reconstructive, Aesthetic and Hand Surgery Clinic of University Hospital Basel, Doctor of Medicine, Doctor of Philosophy.

He was born in Bonn and is 54 years old. From 1984 to 1986, Dr. Schaefer studied graphic design at the Bodensee School of Art in Constanza (Germany).

Since 1986, he has devoted himself to medicine, graduating with a Bachelor Degree from the University of Illinois, the Virginia Medical College and the Albert Ludwig University of Freiburg, where he defended his dissertation in 1992.

From 1992 to 2000, Dr. Schaefer worked at the University Medical Center of Freiburg, at first in the general surgical unit and then in the Plastic and Hand Surgery Clinic. Since 2002, he has worked at University Hospital Basel. In 2010 he became Head of the Plastic, Reconstructive, Aesthetic and Hand Surgery Department of University Hospital Basel.

He is a member of the Swiss Medical Association, a Council Member of the Swiss Society of Plastic, Reconstructive and Aesthetic Surgery (SGPRÄC), a Member of the German Society of Plastic, Reconstructive and Aesthetic Surgery (DGPRÄC), a National Delegate in the International Confederation for Plastic, Reconstructive, and Aesthetic Surgery (ICOPLAST), and a Council Member of the German-speaking Association of Peripheral Nerves and Vessels Microsurgery.

Bone tissue is grown from autogenous cells of fat tissue. During the operation, we take adipose cells and put them into a special piece of equipment, and in two hours we get enough cells to create bone

tissue, which is very convenient for the treatment of fractures. All of this can be realized over the course of one operation. The distinctive advantage of this method is that there is no need to take bone tissue from, for example, hip bones, as this can cause serious pain after the procedure.

We have found a way to grow large amounts of bone in order to use this method in restoring the defects of big and/or long bones in the areas of the hand, extremities, head, skull and chin.

Our clinic also conducts research in the area of nerve tissue creation, which can later be grafted onto a patient. It is important that the new tissue should not be defective in order to avoid problems with sensitivity and nervous system complications. Cultivated nerve tissue can be used after traumas of a strangulated nature, when some part of the nerve is missing.

– **Why exactly is adipose tissue the source material?**

– Adipose tissue is a perfect and almost unlimited source for autogenous stem

cells. We take the necessary amount of adipose cells via a minimally invasive method and use them to regenerate bones and nerves. Earlier, when it was necessary to reconstruct bone tissue, surgeons used artificial materials, but those materials could not be fully integrated into the human body, so problems appeared in later years. There are no serious consequences with the transplantation of autogenous human material implants, as these tissues are fully integrated into the human body and they take over functions of the damaged tissue.

- This is to say that from any autogenous material, whether bone or adipose tissue, you can almost create a new person, can't you?

- In the early 1990s, there were some publications which stated that soon we would be able to create... maybe not a full human, but some of their parts, such as a hand or a leg. But the predictions proved to be too visionary, as the human body is a really complex and highly developed structure. We have learned to purposefully replace certain tissues of the human body, such as cartilaginous, bone and nerve tissues. But in the case of complete organs, artificial prosthesis and donor organs for transplantation are still used. It's mix of the old and the new.

- How actively is the method you are talking about used in practical medicine?

- Cultivated cartilaginous tissue is used in the treatment of articular cartilage defects, which occur as a result of injuries and accidents among sportsmen, for example. We can reconstruct cartilaginous nasal tissue after the removal of a tumor. We also use this method when treating thumb joint arthrosis, which is found in around one third of all women. In some severe cases, we have to remove this joint in order to reduce pain and here we work on its reconstruction. There are some plans afoot to use this technique in ear reconstruction. Bone

tissue can be applied to any part of the human skeleton.

- You mentioned nervous tissue regeneration. Does this give hope to paralyzed patients?

- Yes. We work closely, for example, with the Swiss Paraplegic Centre. Today, it is possible for paralyzed patients to recover certain functions after skiing or motorbike accidents. For example, by changing the nerves' location, it is possible to restore prehensile function to the hand. This is a wonderful outcome! If a person who was unable

There are *no serious* consequences after the *transplantation*

to move his arm can raise a spoon to his mouth after the operation, it means he can partly serve himself and become independent.

- How does your method help people with severe facial injuries following a car accident, for example? You work in this area, don't you?

- Each case, of course, is individual. Today we are able to correct big scars on a patient's face after thermal and chemical burns. A small number of centers can transplant faces or facial components, but this always involves immunosuppressive measures and is still considered to be experimental. There is a risk of infectious contamination or rejection of the grafted tissue. This is the reason we follow the methods of autogenous tissue grafting. By expanding the skin and using fat stem cells and microsurgical techniques, we can fully restore the surface of an individual's face. Of course, this is all based upon the condition that the patient's eyes function

and the face muscles and bones have not been damaged.

- Is the aim to restore the beauty of a patient's face?

- The aesthetic part of this work is also important. There is a direct link between appearance, good health and social status. That is why we try hard to maintain an attractive face after an operation.

- Do you often have to deal with the consequences of unsuccessful plastic surgery?

- Yes. It's pretty common. Among patients from other countries, we have had some cases of complications after inappropriate use of medicines for the face, the misuse of breast implants, and problems as a result of liposuction. Some situations have been extremely serious, right up to sensory loss and functional impairment. The new method helps in cases where tissue regeneration is necessary.

- What is the treatment plan in the case of severe skin damage?

- The treatment program consists of several stages. First of all, it is necessary to seal the wounds. After that we examine the skin, its structure, texture, and tone, in order to take the opportunity to cover defects by mobilizing the skin and transplanting it into the defect. If there are scars, we arrange them in such a way that they are less noticeable. I always recommend replacing one big part of the skin instead of many small ones. If you arrange the skin correctly and have previously examined its form and structure, the scars become less noticeable. In each individual case, we prepare a personalized treatment plan.

- Is it possible for the autogenous tissue to replace artificial breast implants?

- In certain cases it is possible. Sometimes after childbirth, the feeling of a foreign body appears in the breast and a woman decides to get rid of her implants. As a result of their removal, a disparity in the skin and breast volume appears, so the next stage is



lifting, which can be accompanied by the implantation of autogenous tissue from the hip or other parts of the body. It is a minimally invasive method of treatment which takes 3–4 days, including a consultation with a physician and preparation for surgery.

– If patients want to correct their appearance and look for a good surgeon, can they consult you? Or do you send them to cosmetic surgeons so as not to lose focus on the projects you are working on?

It is important to distinguish between such words as aesthetic and cosmetic. The term «cosmetic surgery» is freely used in media and society, but it is not a medical term. Anyone can call themselves a cosmetic surgeon. Our specialization is plastic, reconstructive and aesthetic surgery.

We are acting on a changing state (the aging process, the consequences of an accident, a developmental defect), meaning that we can bring somebody from

We can *reconstruct* nasal tissue after the removal of a *tumor*

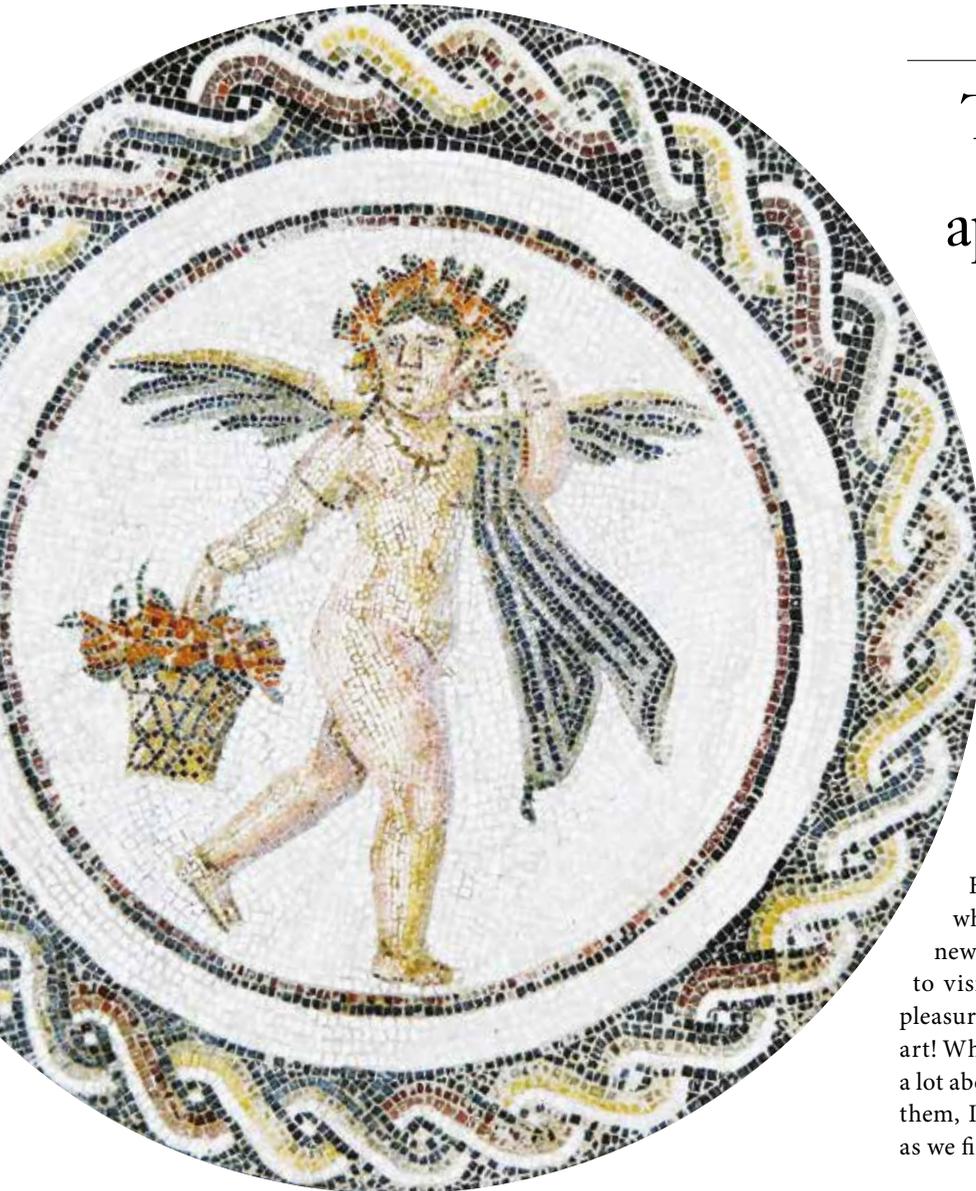
an altered situation to an – in general – accepted normal or natural state. For example, a woman with a big crooked nose doesn't correspond to the normal ideal of beauty, so we can help her with aesthetic surgery. Another issue is when ordinary or even quite beautiful people, for whatever reason, want to change their body and sometimes exaggerate some of its parts, make them abnormal or supranatural – this is called «cosmetic» surgery.

In that regard, we at University Hospital Basel have a great responsibility.

We educate and develop the competency of our colleagues and young specialists and pass on our knowledge and ethics to them. To prevent this uncontrollable passion for surgical operations without consideration of the consequences, it is important to educate the younger generation about which ideals of beauty are imposed by the mass media. This year, we plan to open the first educational division of aesthetic and plastic surgery in a University Department anywhere in the world.

– What helps an individual to stay healthy and look younger for longer?

– As you get older, some changes are going on in your tissues. The skin loses its elasticity and the amount of subcutaneous tissue decreases. If this is accompanied by a long-term unhealthy lifestyle, such as smoking, alcohol abuse, or sunbathing, then the skin doesn't change for the better. In such cases, we tell the patients: «Our options are limited». This must be taken into account



There is a *direct link* between appearance, good *health* and social *status*

during an operation. I think a good diet, vitamin balance, normal sleep, lack of bad habits, skin care and fluid balance control, as well as physical exercise, are very important things.

- You are a graphic designer, according to your first degree. Do you have the opportunity, from time to time, to take a break from all this work and visit an exhibition?

Of course I do! We live in Basel, which is the Capital of Culture and the location of the famous ART Basel. Here we have a lot of museums of fine art, where you have the chance to see something new. While traveling, I take the opportunity to visit museums in other cities. It is a real pleasure for me, as I have a great fondness for art! While viewing pictures you can understand a lot about yourself, about the world. Looking at them, I often think that we should take things as we find them.

HISTORY

The medical, educational and research opportunities at University Hospital Basel are widely known throughout the whole world. The most qualified personnel and up-to-date equipment make it possible to offer patients the best and, of course, the most advanced technologies for maintaining and restoring health.

AREAS OF SPECIALIZATION

It is the largest hospital in Basel and one of the top five Swiss medical

centers, with internationally accepted standards of treatment, uniting more than fifty clinics, polyclinics and institutes which work closely together, including an oncology department (cancer surgery and neuroendocrinology), a urology department, a cardiology center (heart disease department and cardiothoracic surgery department), and an orthopedy and traumatology department. The USB specialists conduct surgical operations for

severe post-traumatic and degenerative joint injuries and reconstructive operations for post-traumatic deformations. They treat pathological mobility and fracture nonunion and operate on the spine, feet and ankle joints. The most complicated cardiac surgeries, including heart surgery using a heart and lung machine, are performed at University Hospital Basel. Their innovative program for heart failure treatment is in great demand.

Operative treatment, including laser technology (the da Vinci robot), is offered, as is a full range of the newest and most modern minimally invasive, endoscopic, laparoscopic and open surgical procedures.

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WHAT MEN DO NOT TALK ABOUT

There is a disease that can turn the most cheerful man into a morbid hypochondriac. It hurts, leads to depression, and stifles the joys of life. Plastic induration, or chordee, is an illness that can be found in every twentieth European male: that's millions of men!

For many years, the only solution was the surgeon's scalpel. The Swiss clinic *alta uro* offers a unique method of treatment and combined therapy, thanks to which it is sometimes possible to avoid painful surgery fraught with complications. The Deputy Chief Doctor of the Clinic, Dr. Gernot Bonkat, tells us about this new and effective technique.

TEXT *Eva Velme*



Gernot Bonkat

Doctor, studied medicine at the universities of Munich and Würzburg in Germany. He graduated from a medical residency in urology at the University Clinic Basel in Switzerland. In 2014, Dr. Bonkat attained the position of Associate Professor of the University of Basel. Since 2016, he has been the Chief Doctor of alta uro in Basel. Dr. Bonkat is an active member of various urological communities, including the European Association of Urologists, the Endourological Society, and the Association of Urology in Germany. In 2015, he headed the section «Infection in Urology» of the European Association of Urology. He is a believer in using the latest diagnostic methods in the field of infections of the genitourinary system, as well as tuberculosis of the genitourinary tract. Since 2009, Dr. Bonkat has been a senior researcher at the Biomechanics and Biocalorimetry Laboratory of the University of Basel. In 2012, he worked as a principal investigator at the Department of Urology at Tygerberg Hospital in Cape Town, South Africa. He is the author of more than 150 articles, books and reports.

– Do you mean physical pain?

– Not only that. Curvature and the shortening of the penis and related erectile dysfunction, as well as pain during sexual intercourse, affect the mental state of a man. First of all, his self-esteem suffers, which often leads to depression and isolation from society. Such an emotional state, characterized by increased irritability or alternatively apathy and melancholy, is a serious challenge for his partner.

– Please tell us more about how the disease usually proceeds.

– Doctors distinguish between two phases. The fact is that 2–3 years after the onset, the plastic induration, as a rule, pauses and the inflammatory phase transitions to the stable one. But the course of the disease depends on many factors and it is impossible to predict what its consequences will be in one case or another. Sometimes the disease completely passes, even without

the intervention of doctors, but nonreversible chordee with a significant shortening of the penis may occur. The only solace for those who suffer from this malady is that it never transitions to the cancerous stage.

– What diagnostic methods are used before starting treatment?

– Many patients with plastic induration suffer simultaneously from an insufficient erection, so-called erectile dysfunction

D r. Bonkat, how common is a pathology like chordee?

– Unfortunately, it is not as rare as we would like to think. Plastic induration, or, as it is also called, Peyronie’s disease, is one of the most common diseases of the penis. The problem is aggravated by the fact that most men are ashamed of this defect and feel too embarrassed to go to the doctor. Therefore, it can be said that patients who go to clinics are only the tip of the iceberg. The question of what the real statistics on this disease are remains to be seen.

– This is unfortunate. What should prompt a person to visit an urologist? What are the main symptoms of this disease?

– It’s hard not to see them. In plastic induration, scars and calcinosis (calcination) appear in the outer shell of the cavernous body of the penis. Early detection of the disease is hindered by the fact that in most cases it can be noticed only when the penis is in a state of erection, meaning its length in this pathology will be 4–5 cm less than average. Moreover, a specific characteristic of the disease is a significant curvature of the penis (chordee) during erection; the angle can reach 90 degrees. Usually this is a bending deflection going upwards, but there is sometimes bending going to the side or downwards. It is clear that full sexual relationships are out of the question.



(ED), and testosterone deficiency. In order to choose the optimal treatment, it is necessary to conduct an accurate diagnosis. Usually, such patients are prescribed an interfacial penile ultrasonic examination and control of the cavernous body with an injection of medicine to induce an artificial erection. Thus the evaluation of the plaque, the length of the penis and the degree of its curvature is carried out. The blood supply to different parts of the penis is also investigated with an ultrasonic examination in the regime

of color Doppler, or duplex ultrasound that maps the blood flow. I would like to note that all these examinations are absolutely painless. Patients often tell us after the completion of diagnostic procedures, «I imagined this would be much worse».

The problem is aggravated by the fact that most men feel too embarrassed to go to the doctor

– Can a patient alleviate his condition without consulting a doctor?

– As scientists have not yet found an absolute answer to the question of the causes of this disease, it is difficult to give any recommendations regarding its prevention and therapy. Moreover, a truly effective medicine has not yet been created. Many patients who try to avoid surgical interference waste precious time with useless medication, after which they still have to rely on a costly operation, often burdened with complications.

– What kind of complications? What risks does a patient take if he decides on an operation?

– As I said, one of the consequences of the disease is a significant contraction of the penis, with a shortening of

about 3–7 cm. This is terrible in itself for the patient. And any surgical intervention on the penis inevitably leads to its subsequent shortening by another 1–2 cm, no matter which operating technique is used. Moreover, each of these methods has additional risks.

For example, transplantation, i.e. resection of the squama and overlap of the defect with the skin graft, often leads to damage to the posterior nerve tract. Also, the patient has lost sensitivity in the skin and the balanus. Besides this, in the area of the skin graft, a so-called venous defluvium can form. Thus, patients who were operated upon with this method subsequently suffer from erectile dysfunction and a lack of orgasm more often than after Nesbit's Corporoplast with wedge-shaped excision. Nesbit's operation, as well as the plication process, have their deficiencies, such as the fact that the postoperative shortening of the penis becomes more significant than in operations using skin grafts.

– **It is hard to imagine that there are men who consciously go for an operation to shorten the penis.**

– With certain indications, surgical intervention is inevitable. All serious, experienced surgeons are aware of this problem and explain the possible consequences to their patients, so that's why I encourage men to critically examine the numerous online offers which assure people that they conduct operations without shortening the penis. It does not matter which method of surgery is used. Patients with plastic induration will never hear such promises from a real expert in this field.

– **What should be done then? Is there an effective alternative to these kinds of operations?**

– Fortunately, there is. At alta uro clinic, we offer our patients a conservative new multimodal therapy concept.

It includes initial medical treatment, then mechanical therapy, and, finally, extracorporeal shock wave therapy with calcified squama. This combination therapy can stop the development of the disease in 90% of cases at the initial stage. And furthermore, within a year or two, in 70% of patients there is an improvement. This means that plaques no longer form and the length of the penis does not decrease. It is also important that the patient begin treatment as soon as possible without wasting precious time. As quickly as possible, as soon as you notice the first signs, such as pain during an erection, plaques, or curvature of the penis, you should act.

This therapy helps even in the most seemingly hopeless cases, when the disease has been around for 2–3 years, and the patient has a strong chordee. But even in this situation, surgical intervention can be avoided.

– **But if you still need to «go under the knife», what method do you recommend?**

– Among experts in the field of plastic induration, there is unanimous consensus that it is not worth hurrying «to go under the knife», as you say. Certain conditions

must be in place for this. It is necessary, for example, that the chordee should not have changed during the last 6 months, or even 9–12 months, as we should make sure that there has been no progression. Another indication is constant pain. Concerning the choice of the method of surgical intervention, it can be said that Nesbit's operations with plication or the resection of plaques and tissue transplantation in this case are equivalent. I repeat that advertising statements that insist that, after surgical intervention, there will be no shortening of the penis contradict the results of studies of serious authors and should be approached critically by the patients.

The only solace for those who suffer from this malady is that it never transitions to the cancerous stage

HISTORY

The alta uro Urology Clinic, specializing in diagnostic, therapeutic and minimally invasive surgical procedures, opened in 2016. The clinic is a partner of the Merian Iselin Clinic, certified as a medical institution of the Swiss Olympic Medical Center.

AREAS OF SPECIALIZATION

The mission of the alta uro clinic is to make the most accurate diagnosis and provide the most effective yet gentle treatment for the patient. Therefore, much attention is paid to diagnostic procedures (in particular, urological screening) with a focus on minimally invasive

surgical methods (including laparoscopy and robotic assisted procedures, and active use of the GreenLight laser system). Priority areas of work for the doctors in the clinic include the diagnosis and treatment of benign and malignant tumors of the prostate; prostatitis; urolithiasis; tumors of the bladder, kidneys and

testicles; infectious diseases of the urinary tract; sexual dysfunction; and vasectomies.

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VITAMIN TROOPERS

Treatments using vitamins and minerals are not a new-age myth, but a very effective way to improve health and tackle many health problems. In the Grand Resort Bad Ragaz medical center, this unique line of work, which has been christened «orthomolecular medicine», is headed by the doctor of medical sciences Dr. Christian Hoppe.

TEXT *Vita Mach*

Dr. Hoppe, could you briefly explain what orthomolecular medicine is?

– Well, briefly, it is a doctrine of micronutrients. The macronutrients are fats, proteins and carbohydrates, and the micronutrients are vitamins, minerals, amino acids, and fatty acids. Orthomolecular medicine is a whole field of medical knowledge. Two Nobel laureates have received awards for research in this field.

– **What is your approach to treatment with micronutrients?**

– The idea is an individual focus of treatment. Until now, in most clinics doctors have prescribed vitamins and other micronutrients for their patients blindly, without a preliminary examination (which should include a study of blood, saliva or a feces analysis in scatology). But in such a case we cannot be sure of the effectiveness of the treatment, because it has been conducted without taking into account the individual characteristics of the physiology of that particular person. It is likely that a combination of mineral substances prescribed blindly will not include the exact micronutrients that the patient needs most.

Moreover, with this approach it is possible to violate the main principle of medicine – to do no harm – if the dosage is too small or too large, and this is unacceptable. Therefore we always recommend a full diagnosis for a patient and only then, based on the results of the analysis, do we devise an individual treatment program with micronutrients.

– **How is the diagnosis carried out?**

– First of all, it is based on special laboratory studies that measure the amount of micronutrients not only in the blood serum but also inside the cells. There is also a coprological study, which



Christian Hoppe

Doctor of Medicine and Member of the Swiss Association of Physiotherapists and Rehabilitation Specialists.

From 1989 to 1996 he studied at the Medical Faculty of the University of Bern. During his studies he worked in a psychiatric clinic at the University of Berne under the leadership of Dr. Kurt M. Bashman. In 2002, he received a doctorate in medicine.

Since 2004 he has specialized in the field of physiotherapy and rehabilitation medicine. He has experience of working as a sports doctor and chiropractor. From 2003 to 2006 he was a consultant at the Adelheid Rehabilitation and Recovery Clinic.

Since 2006, he has been a practicing physician at the Health Center of the Grand Resort Bad Ragaz and the leading doctor of the Swiss Olympic Medical Center (SOMC).

In 2008, he underwent training in orthomolecular medicine.

takes more time – the results are ready after about three weeks.

This is a fairly new field of knowledge, although about 6,000 studies on this topic are published annually. The fact is that millions of bacteria live in our body and they haven't yet been properly studied, and therefore we are still expecting new discoveries in this field.

Of course, the patient will not be able to get recommendations for treatment after just one visit to the doctor; that's simply not possible. He will have to come to us twice, for diagnosis and then for treatment. The necessary combination of nutrients and recommendations for their use will be ready by his second visit.

– But could the recommendations be sent by e-mail?

– Theoretically, yes. However, recommendations are not enough. We also provide patients with counselling: we explain how to manage stress, and we develop a set of physical exercises that enhance muscle activity. It is necessary for people to understand that if you just take a pill, the problems will not disappear. Micronutrients are only a part of the therapy, albeit a very important part.

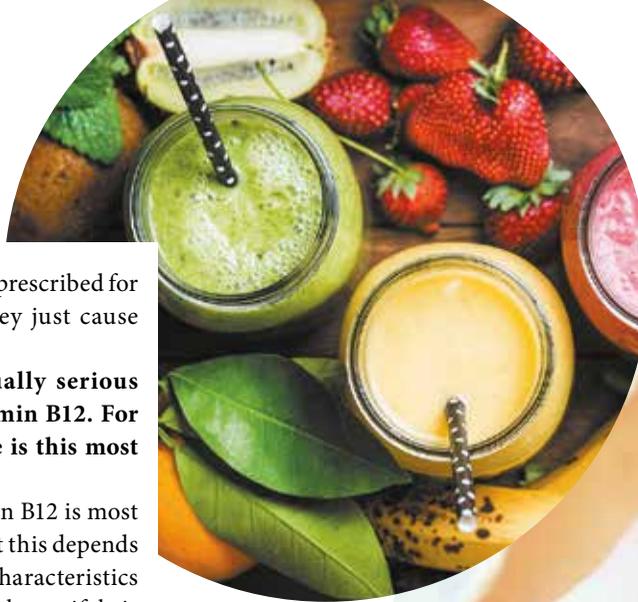
One of the most serious problems today is inadequate nutrition. Of course, we hear that it's not like that: that now,

on the contrary, healthy food has become very popular, that stores are opening in which not only fresh but also ecologically pure products are sold. This is true, and it's good that the media is promoting a healthy lifestyle, including proper nutrition. But the fact remains that almost every day I see patients of different ages who have all the signs of lack of vitamins, minerals, and micronutrients, and these are wealthy people, who are able to monitor their health and buy good quality fresh products. What does this say about other, poorer people?

– Which micronutrients are most often lacking?

– A classic example is vitamin D, especially in Europe and especially in the winter months. This applies more to the residents of big cities, where there is not enough flora and greenery. People spend almost all their time indoors and they do not produce vitamin D. Then there is iron deficiency, which is more common in young women.

The lack of these two necessary components leads to problems such as sleep disorders, depression, and deterioration of quality of life in general. Isn't it bizarre that very young people start using antidepressants? Instead of slightly adjusting their levels of vitamin D or iron, they are prescribed the strongest



medications; these can be prescribed for up to six months and they just cause greater harm to health!

- I know that an equally serious problem is a lack of vitamin B12. For which category of people is this most common?

- A deficiency of vitamin B12 is most common in the elderly, but this depends largely on the individual characteristics of the body. Some people feel great if their level of vitamin B12 is at the upper limit, while others, on the contrary, feel great if it is close to the lower limit. Therefore, for me, as a doctor, it is important not only to have the results of laboratory investigations on hand but also to see the patient, to know as much as possible about him, and to ask in detail about problems with his well-being. Only after that can I put together the necessary combination.

Unfortunately, due to the fact that micronutrients are becoming more popular today, the number of so-called «experts» who do not have the appropriate education and professional qualifications in this area is increasing. They conduct laboratory investigations, but when it comes to the correct interpretation of the results, they lack experience and knowledge. Moreover, in many countries, doctors do not pay much attention to such indicators and do not consider the situation to be serious, and so the patient becomes less anxious and gets used to his condition – and his quality of life worsens.

- Is it possible to get advice on nutrition during a consultation? What, for example, should be included in one's diet in order to replenish the levels of missing trace elements?

- Again, it is possible only after a complete examination which, in addition to traditional analysis, includes measurement of the percentage of adipose tissue, analysis of body composition, ECG with exercise, and assessment of the lungs and heart. This is the basis for determining further treatment, so the doctor should prescribe a general examination, determine

DIET

It's good that the media is promoting a healthy lifestyle, including proper nutrition



The combination of substances will include the micronutrients that the patient needs most

the general health risks, and listen to the patient's complaints.

The aim of the therapy is firstly to reduce health risks, secondly to improve one's working capacity, and thirdly (the most important for me), to help the patient develop a feeling of satisfaction with the state of his health. All this cannot be achieved by just giving a person a mixture of micronutrients. If, for example, you eat properly but do not sleep well at night, your health will not improve.

- So everything becomes clear with the diagnosis. How long can the treatment itself take?

- The course of therapy usually lasts 3 to 6 months, and then we conduct a second test. If there is any progress, you can continue working in the same direction but with a different dosage. This process, strictly speaking, is a lifelong thing. The goal is the preservation of vivacity, health and youth.

Other important aims are body cleansing (a detox module) and weight loss – here we offer programs of one week or more. Both of them, of course, start with an examination of the patient.

A detox program includes analysis of endogenous and exogenous toxins in a special detoxification laboratory, an ultrasound of the liver, cleansing of the gastrointestinal tract, and a consultation with a nutritionist who not only evaluates and gives a detailed analysis of dietary and food preferences, but also develops an individual cleansing diet. Doctors also devise a plan of special procedures such as lymphatic drainage, body massage, detoxification, daily Kneipp therapy in the thermal water of the Ragaz and, of course, personal recommendations for visits to the sauna, a fitness program, and relaxation sessions.



*It is important
to see
the patient,
to know as much
as possible
about him*

Thanks to this combination therapy, the body is completely cleansed and the patient becomes charged with vivacity, energy, vitality, and a strengthened immune system. This is due to the fact that as a result of detox procedures, metabolic blocks are destroyed and the optimal balance of the metabolism is restored.

– And what is special about your weight loss program?

– This program is very popular as people are becoming larger and larger every year, and often there is a deficiency of iron and vitamin D. It provides a comprehensive examination of various organs (liver, kidney, heart, and thyroid) and an

analysis of the body's composition and the patient's diet. Then the nutritionists start to create an individual diet and develop a course of gradual weight loss. The program includes full board with meals (it's necessary to drink two liters of Ragaz thermal water daily), as well as a starter package which includes whey protein isolate, L-carnitine and a mixture of multivitamins and minerals as a food supplement or food substitute.

– I would like to ask a question that interests many women. Is there a vitamin that slows down aging?

– Only unscrupulous doctors pick one element and promise: «By taking this, you

will live longer and look younger». It is not going to work. It is just a business. But if you take a more serious approach to the problem and choose a complex of mineral nutrients, you really can live longer.

There are two types of anti-aging programs: «I want to live as long as possible» and «I'm 60, but I want to look like I'm 40». My theory is to stay healthy and, accordingly, live longer and better. As for rejuvenation and beauty, this is a field for beauticians. In my program, nutrients and nutrition are crucial. In this conversation, I have covered only a small part of such a broad topic as orthomolecular medicine. I am sure it is the future.

HISTORY

Exactly 300 years ago in Bad Ragaz, the first thermal spa in Switzerland was opened. It later became a balneotherapeutic health resort and has earned a worldwide reputation. Bad Ragaz Medical Center, specializing in diagnosis, treatment, postoperative rehabilitation and preventive medicine, was founded in 1957. In September, 2014, the Grand Resort Hotel opened The Clinic Bad Ragaz, with 17 modern rooms for inpatient rehabilitation.

AREAS OF SPECIALIZATION

The main areas of specialization of the Grand Resort Bad Ragaz medical center are: rheumatology and orthopedics, dermatology, dentistry, ophthalmology, gynecology, aesthetic and plastic surgery, nutrition, naturopathy, mental health and sports medicine. In addition, local specialists offer their services in areas such as cardiology, gastroenterology, otolaryngology, radiology, neurology, urology, venereology, vascular therapy,

manual therapy, physical therapy, Chinese medicine, and others.

The dermatology department has a center of laser medicine in which innovative laser technologies are used. The specialists have many years of experience in laser therapy and use the latest equipment for the diagnosis and treatment of dermatological diseases.

PROGRAMS

The Medical Center offers a number of integrated

programs of medical examinations in different areas: weight loss, detox, general health checks, aging diagnostics programs, sports programs, and insomnia.

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LEAVE THE BRACES BEHIND

When your teeth grow unevenly, you can forget about a Hollywood smile. Usually, malocclusion is corrected in childhood, but if not, you can try for perfection in adulthood. Braces can become your «point», a fashion accessory, or an invisible device that corrects the position of the teeth. The crucial thing is that a professional should evaluate the kind of braces that are suitable for each particular patient. One of Switzerland's leading dentists, Michael Meier, tells us about the different types of braces and what kind of results can be achieved with them.

TEXT *Vita Mach*

Dr. Meier, 20-30 years ago, only children had braces. It was believed that it was already too late to change anything by the time one was an adult.

– Fortunately, there are no age limits these days. You can make corrections to the teeth with braces at the age of 40 or 50. Another thing is that there is an individual design for each age. We need to assess the specific situation – how teeth develop, and how to influence this process. The main point is for a professional orthodontist to draw his conclusions: when to put in braces, what model to choose and how long the patient should wear them for.

– But what is the most favorable age for the correction of occlusion?

– There is no standard age; it all depends on each specific case. As you know, at six years of age the milk dentition falls out and permanent teeth

appear. A family doctor, observing a child, can see whether they are growing evenly. And if something is wrong, if some teeth are growing crookedly, you should consult an orthodontist and he will make a decision. There are no universal recommendations: sometimes it is better to put the braces in early to achieve the desired effect, sometimes later, but to correct curvature in

childhood is easier. In addition, it is important to adjust the position of the teeth, because their appearance changes as you grow up, and it is better that the jaw develops correctly.

It should also be taken into account that fixed braces require a high «dental IQ» – i.e., a person should be educated in the field of dental hygiene and understand how to take care of his teeth, because when one has braces, the risk of development of caries increases. In other words,

*The fixed braces
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the child should realize that he should not eat a lot of sweets, should not drink soda, and must regularly brush his teeth.

– **Tell me, are teeth necessary for beauty only, or do they also affect the health of the oral cavity?**

– For health, it is important how you occlude your teeth. If there is a gap in the teeth or the jaw does not move enough, a person can not chew normally. So, basically, teeth are a matter of aesthetics. Moreover, if a patient wants to perform an aesthetic restoration of the teeth with the use of veneers (special decorative linings), the braces will most likely be installed in terms of treatment. Veneers simply will not take to uneven teeth.

– **And what kind of braces would you recommend for adults?**

– Most adult patients do not want profound changes but only a slight change in the position of the teeth. The invisible braces from the company Invisalign, a scientifically based and proven method used worldwide, handle this task perfectly. They have already been used by millions of people. The braces are a mouth guard made of a transparent material that is almost invisible on the teeth.

First, one should make a computer model. We send pictures and materials to the headquarters of the company and in return receive a video showing how the teeth will change after the correction is completed. The company produces mouth guards – 12 pieces for the entire treatment period. They are numbered; the patient himself changes them every 14 days, and the teeth gradually shift to the desired position. Every 5–6 weeks you need to come in for a check-up with a doctor. If the patient cannot come, he should wear the previous model. If something goes wrong, the dentist sends the mouth guard to the central office, and they do the correction.

– **Do you need to wear the mouth guard around the clock?**

– One should wear it 22 hours per day, taking it out only at mealtimes. I would not use Invisalign braces for children. They require self-discipline; you need to look after the oral cavity more carefully. And children might forget the mouth guard, or take it off and lose it. For them, it is better to wear fixed braces. And for adults, in the case of strong tooth movements being required, traditional fixed braces are better suited to the task. There are also ceramic braces, which are not very noticeable on the teeth.

– **Are there any contraindications?**

– No, but there is an important condition. Before putting on the braces, you need to completely cure caries and inflammation of the gums and soft tissues. Any correction should be done on a healthy basis; otherwise it's like building a house on sand instead of a foundation. Wearing the braces can seriously aggravate the condition of soft bone tissues, right up to the loss of teeth. In addition, it is necessary to check whether there is bone disease – for example, in diseases such as osteoporosis, there is a high risk of complications.

– **Might the patient feel pain or discomfort?**

– Only at the beginning, in the case of conventional braces, but the skin from the inside of the cheeks is not injured.

– **Once, braces with diamonds were popular. What is trending now?**

– Now it is important to put in braces based on the indications. For adults, ceramic or sapphire braces are better. The price of the latter is higher as they have a number of advantages – high strength material, no metal, no excessive salivation, no injury to the tongue. There are lingual brace structures called Incognito; they are put onto the inside of the teeth. The advantages of the Incognito system are fast and easy installation, invisibility, and comfort. But there are also disadvantages. The lingual constructions sometimes affect diction; however, many patients adapt quickly to this. The only ones, who know that you have braces installed are you and your orthodontist, but the results will soon be seen by everybody.

There are no age limits these days. There is an individual design of braces for each age



Michael Meier

MD, Doctor of Dental Sciences, graduated from the Department of Medicine at the University of Zurich in 1998, after which he worked for one year in the Department of General Internal Medicine at the Hospital of Canton Zug, and approximately three years as a research fellow at the University of Zurich's Institute of Forensic Medicine. From 2002 to 2006 he worked as a doctor's assistant in the Zurich Dental Center, then in 2006 he began to work independently at a private dental practice. In 2011 he became one of the founders of the Kinder-Permanence by Swiss Medi Kids Zurich AG pediatric center. He also owns the Perfect Smile Ragaz GmbH dental clinic in the Grand Resort Bad Ragaz medical centre.



SWISS DENTAL CLINIC Dr. Meier

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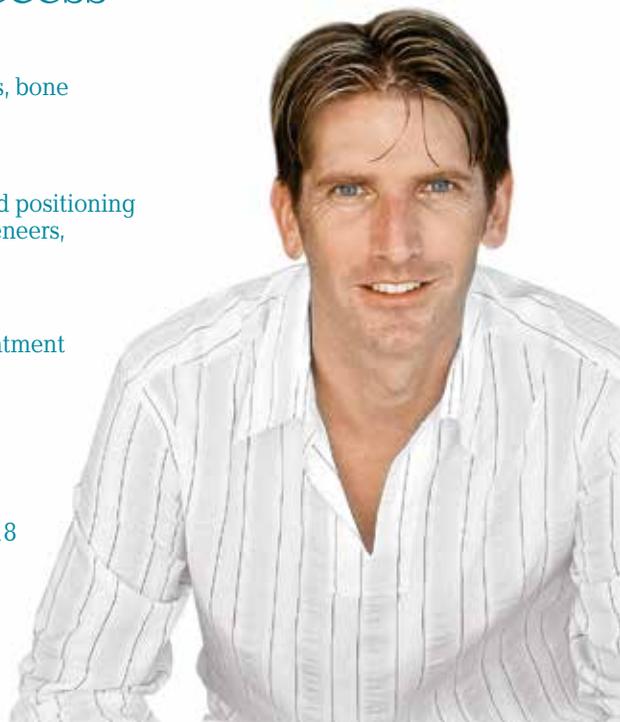
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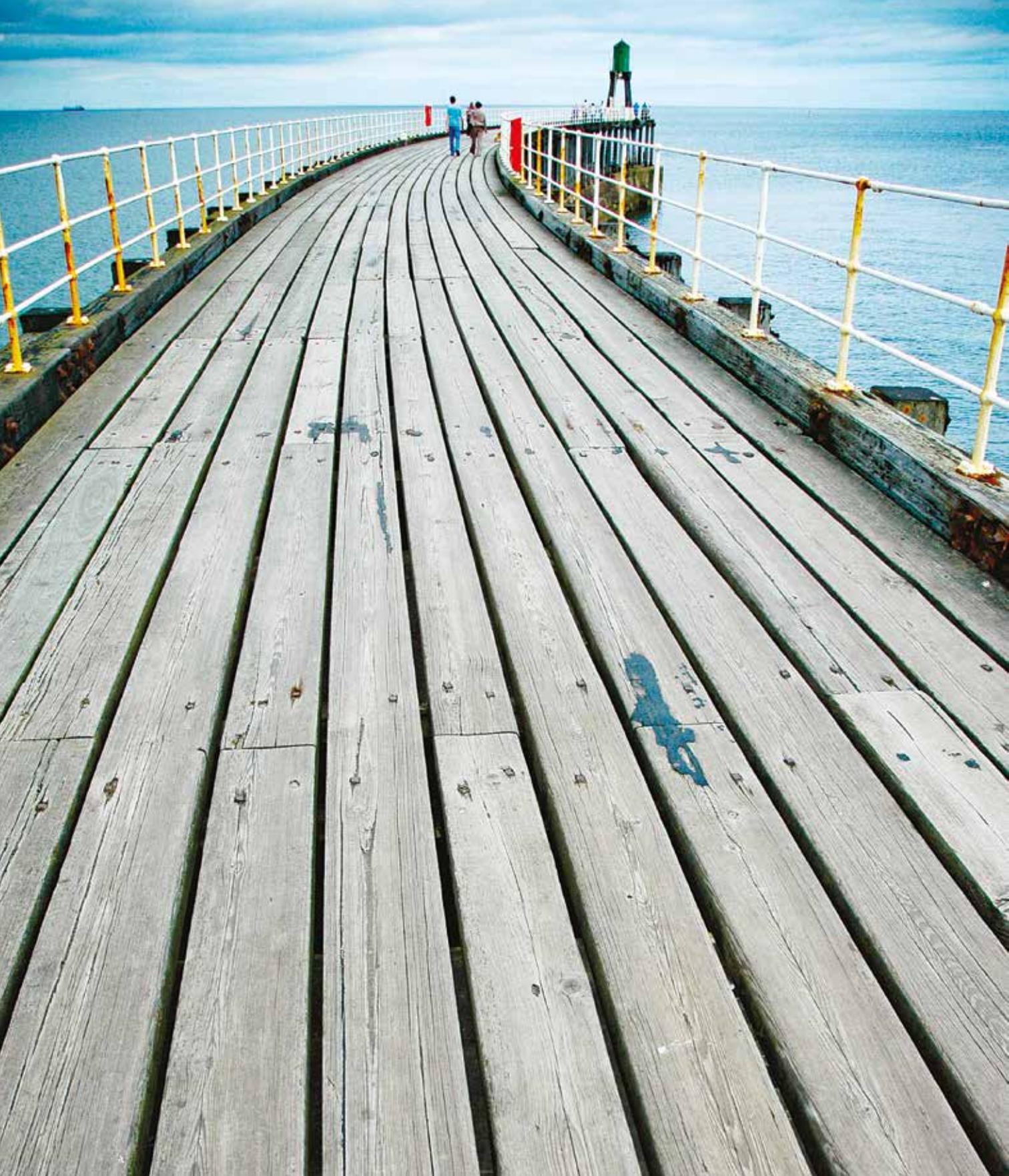
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PATHWAYS

Patients from all over Switzerland as well as from other countries of the world are always trying to get an appointment with the professor of the University Hospital of Zurich, Peter Bauerfeind. The modern unique technique used by the professor literally allows him to perform miracles, and with the help of simple endoscopy not only to detect emerging tumors, but also to successfully treat the early stages of esophageal and stomach carcinoma, avoiding chemotherapy, irradiation and surgery. Is it possible to prevent a terrible illness? And what can modern medicine offer in the fight against disease? That's in today's interview.

TEXT *Maria Hautman*

PHOTO THINKSTOCK (1), PRESS SERVICE UNIVERSITY HOSPITAL ZURICH (1)

Professor Bauerfeind, how frequently are gastric, esophageal and intestinal cancers diagnosed?

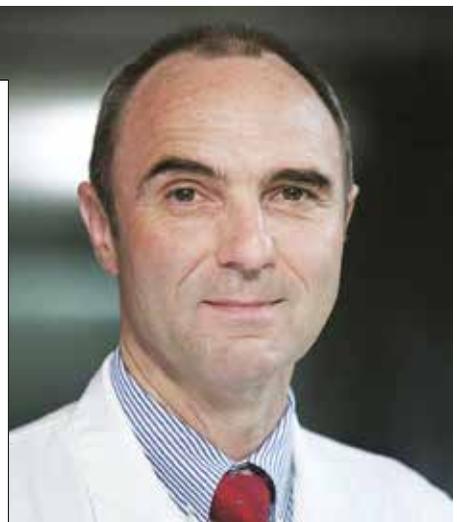
– Intestinal cancer is the second most common among the oncological diseases. American scientists noticed a curious pattern: after analyzing the data from the beginning of the 20th century to the present day, they found that the number of diseases began with an increase, and then started to decrease. It's impossible to say why this happened, since it is not related to the work of doctors. Today, intestinal cancer occurs in approximately 5% of the population: 3% in

Peter Bauerfeind

Professor of Medicine, head of the endoscopy department of the Clinic for Gastroenterology and Hepatology at the Zurich University Hospital.

He was born in the German city of Selb. He studied chemistry at the Technical University of Munich and medicine at the University of Cologne. In 1986 he received a doctorate in medicine.

He started his professional career in the Department of Surgery at the Technical University of Munich. He worked and studied at the Lausanne University Hospital, Triemli Hospital in Zurich, the Liestal Hospital, the University of Maryland, and Basel University Hospital. Since 1996 he has been a physician at the Zurich University Hospital. He is the author of more than 120 articles and scientific works on endoscopy and gastroenterology.



women and 6-7% in men. And it does not matter whether it is in Europe, Asia or America – the figures are the same. Gastric and esophageal cancer is less common. However, esophageal Barrett's carcinoma is the only type of carcinoma, the incidence of which is increasing from year to year. One common cause is being overweight.

– Apart from the people who are overweight, who else is at risk of contracting one of these diseases?

– Esophageal squamous cell carcinoma is definitely related to tobacco and alcohol, and Barrett's carcinoma, as I have already said, is related to obesity. As for intestinal cancer,



it has often occurred in people who consume low-fiber products and eat too much meat.

– At what age do you think it is necessary to conduct a screening examination?

– If a person is not in an at-risk group for colon cancer, one can start doing it at the age of 50. However, recently, there were discussions with increasing frequency about the need for early diagnostic procedures, because the disease has begun to manifest itself at an earlier age. So, in Italy, an examination is conducted at the age of 45. Those who have a genetic predisposition towards oncology need to take care of this 10 years before the age at which a relative was diagnosed with cancer. For example, if that disease manifested itself in a 40-year-old mother, then the children need to undergo medical examinations at the age of 30. Campaigns for the early diagnosis of colon cancer are being widely conducted in Switzerland and other European countries. They are extremely important, as they attract the attention of ordinary citizens, to make them think it over and not postpone an appointment with the doctor.

For the esophagus and stomach, it is better not to delay and undergo medical examination at the age of 40, and even at

*In the past,
a patient with
a malignant
neoplasm lost
part of the stomach
or esophagus*

the age of 30 if the patient is in an at-risk group or has symptoms.

– And how frequently should one undergo medical examinations?

– It is preferable to repeat an examination of the large intestine every 10 years, and of the stomach and esophagus annually, especially if a person is in an at-risk group.

– Which diagnostic techniques for carcinoma at the earlier stages are the most effective?

– It has become possible to detect a precancerous condition and a tumor in the esophagus, stomach and large bowel. Today, many people undergo endoscopic examinations for preventive purposes. Due to the high-tech endoscopes, which are much more sensitive than the previous ones, we can see the slightest changes that occur in the digestive organs.

– Can we detect cancer during a common gastroscopy?

– Yes: during the examination, we look at the areas that look suspicious by visual inspection; for example, we see changes in tissues, inflammatory processes. To prove the presence of an oncological disease, tiny samples are taken during the examination and sent to the pathologist.

– But it turns out that one can do it without surgical interference?

– Yes, this is so. In the past, a patient with a malignant neoplasm, even if it was not yet a carcinoma, was sent to surgery and a part of the stomach or esophagus was removed. Today the situation has radically changed; the method of submucosa resection is used instead.

– Could I, without being a specialist in this field, describe this process in a figurative way: during endoscopy, it seems that you pull out a tumor, and if everything goes well, then the patient leaves you in an hour without cancer? You can forget about the endocavitary operation, after which the risk of various complications is known to be estimated at 20%?

– Whether a full operation is necessary is decided on the basis of tissue examination of the esophagus or the stomach in each concrete case. Only a few criteria are important: the depth of penetration of the tumor, its aggressiveness,

the risk of penetration in the lymph nodes, etc. If these indicators are not beyond critical, then the affected area can be cleared using the endoscopic method. So, at the stage of early disease recognition, you can do without surgery and without chemotherapy.

- How long has this method been used?

- It started to be discussed 20 years ago. The first to experiment with the submucosa resection were Japanese doctors; then they passed the torch to Europe. The Japanese often have gastric cancer, but they rely on surgery only in extreme cases due to their philosophy. Probably that was the reason why they thought about how to treat cancer with sparing techniques. Then the technique was adapted for esophageal and colon diseases. I was able to learn this unique technology.

We have been using this method in our practice for 15 years already; we have performed more than 300 such operations.

- How long does the operation last?

- Depending on the size of the neoplasm, from 20 minutes to 3.5 hours. We use general anesthesia only in the case of a long procedure. For example, I prefer to perform endoscopic resection of large carcinomas with complete anesthesia. Most commonly we use the usual sedation.

- How big is the danger of carcinoma relapse after the extraction? Can it appear elsewhere?

- This depends on the tumor stage found in the resected tissue. In general, the risk is small if the tumor is superficial. If the tumor invades deeper areas, the risk of affected lymph nodes increases. Then sometimes surgery or radiation chemotherapy is necessary. It is necessary to understand how important it is to

detect the disease early to get rid of it. This is the only way to avoid surgery.

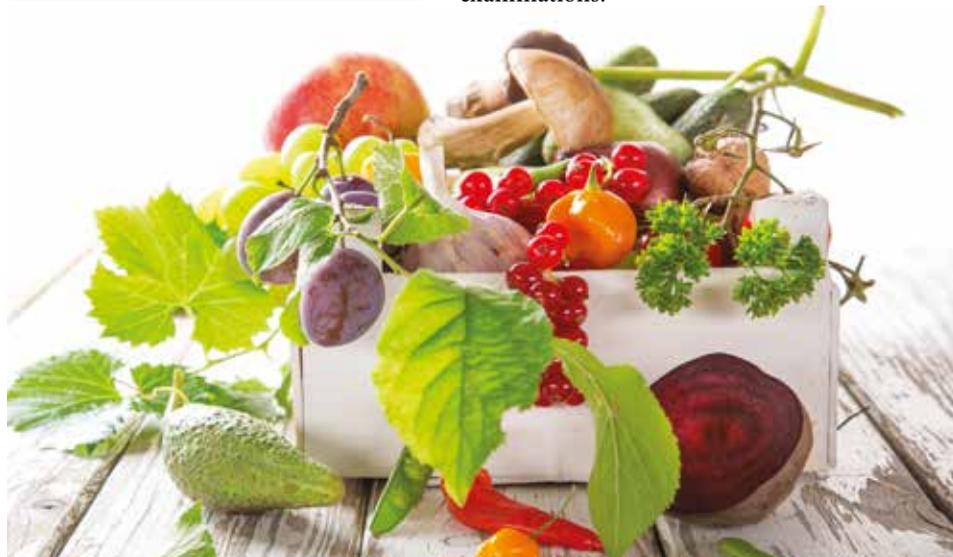
- Are there any effective methods of prevention?

- The best prevention for colon cancer is to have a screening colonoscopy.

- Could you please give an example from your practice that would clearly illustrate the effectiveness of the resection method?

- Recently, a foreign patient was treated in our clinic. Thanks to the timely medical examination, he was diagnosed with an esophageal cancerous tumor. The doctors offered him a radical operation, which he refused. But he completed a course of radiotherapy and chemotherapy that destroyed almost the entire tumor, except for a small fragment. The next stage of treatment was a new course of chemotherapy and radiotherapy. My colleagues and I decided to perform a resection and extract the tumor fragment endoscopically. And it gave us a positive result – nothing was left of the cancerous tumor. Today the main task of the patient is to regularly attend examinations.

To reduce cancer risk is important to eat *high-fiber* products and *less meat*



HISTORY

The Zurich University Hospital provides an extensive range of medical services from primary to highly qualified medical care. The hospital takes advantage of university science and the results of the latest highly specialized research in the development of patient treatment methods, without

losing sight of the patient's individual needs.

UHZ is one of the largest and best-known clinics in Switzerland. It employs more than 7,800 specialists of various profiles. Annually 41,000 inpatients are treated in the hospital and 572,000 outpatient visits take place every year.

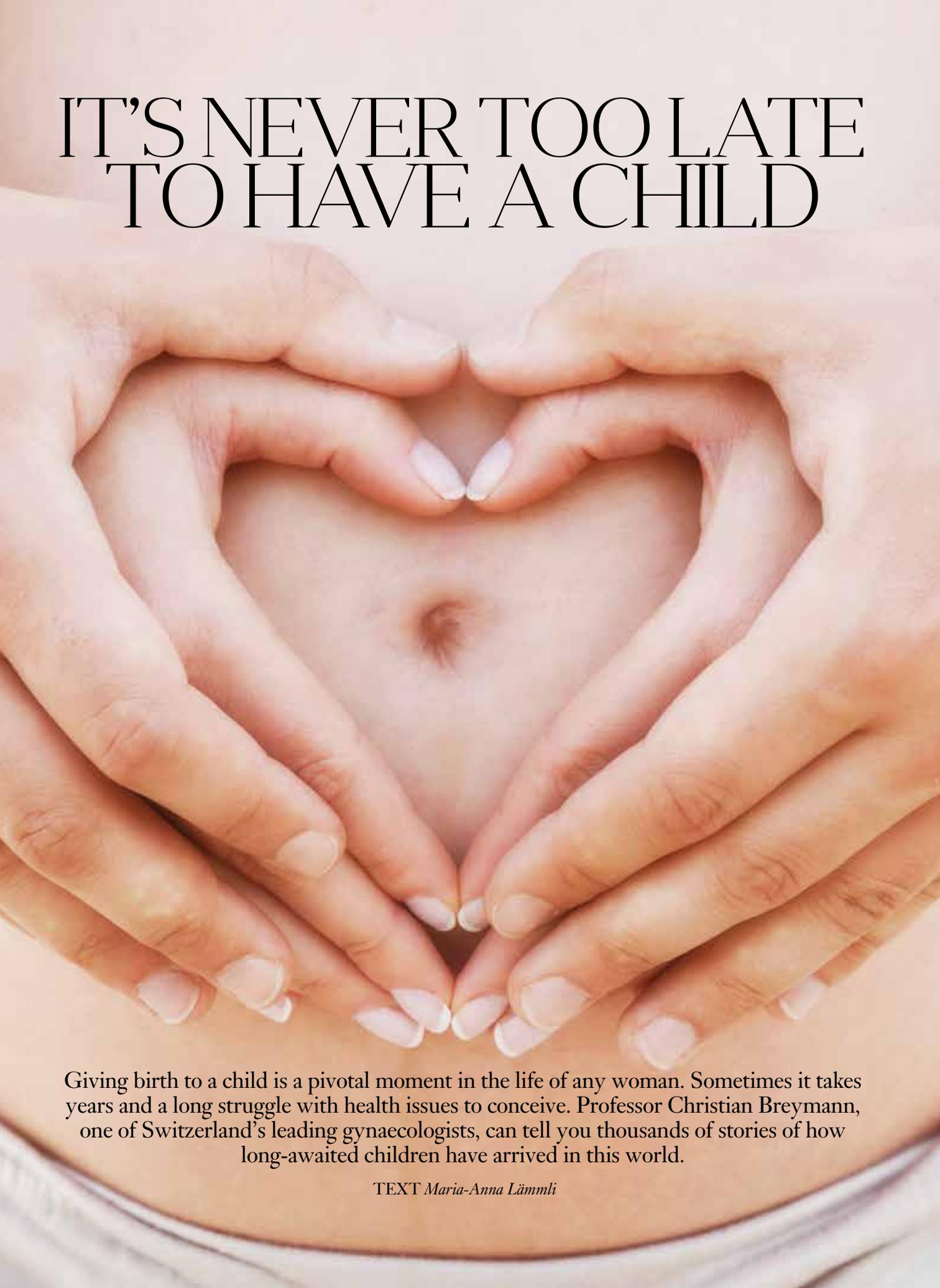
AREAS OF SPECIALIZATION

Zurich University Hospital consists of 44 clinics, centers and institutes, which are known worldwide for their achievements in medicine and research activities. Thanks to the interdisciplinary interaction, the physicians use the most innovative methods.

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IT'S NEVER TOO LATE TO HAVE A CHILD



Giving birth to a child is a pivotal moment in the life of any woman. Sometimes it takes years and a long struggle with health issues to conceive. Professor Christian Breymann, one of Switzerland's leading gynaecologists, can tell you thousands of stories of how long-awaited children have arrived in this world.

TEXT *Maria-Anna Lämmli*



Christian Breymann

Professor of Medicine. Honorary professor of Gynaecology and Obstetrics in Zurich University, co-director of the Obstetrics and Gynaecology Center (Zentrum GGS), Seefeld, Zurich. Pfizer prize winner 2009 (as a co-author) for research in the field of cardiovascular diseases. Full member of the German Association of Perinatal Care, the Association of Gynaecological Endoscopy (AGE Germany), the International Society of Umbilical Cord Blood, and NESA (New European Surgical Academy).

He can also reassure you that it is never late to have a child. With Professor Breymann responsible for pregnancy management, any future mother can feel safe: all his decisions are bound to be the correct ones. His clinic, with the associated Zurich Obstetrics and Gynaecology Center, delivers over 1000 children each year. There is a joke among his ex-patients that Prof. Breymann's care guarantees beautiful children.

– **Professor Breymann, what is the right moment for a woman to go to your center – when the pregnancy has already begun or while it is being planned?**

– It is best to start with prenatal consultations, meaning when the

pregnancy is just being planned. We have to compile a complete medical history to understand whether it is safe for the future mother's body to go through all of the steps from conception to childbirth. Women frequently appear to have chronic conditions or complications after abortions. Another factor is age. So, such mothers-to-be need special medical attention: a full physical examination, a hormonal balance check and the measuring of blood concentrations of vitamins and minerals are necessary.

Studies confirm that pregnancy goes more smoothly if the concentration of nutrients and hormones in the female body is balanced. In cooperation with the largest Swiss vitamin manufacturer, I have

been able to develop a special formula. There are no equivalent products, as mine contains vitamins, minerals, berry extracts and many other valuable nutrients. If, say, a lack of vitamin D or iron is detected, we tailor the formula specifically for each patient.

– **What stages are there in your work with a mother-to-be?**

– The first is a conceptual examination and consultation, and an examination of the medical history. The second is the actual pregnancy management. There are three important points here: a genetics and ultrasound scan at about week 12, then, at week 20, an examination of the child's morphology and diagnostics of its organs, especially the heart, and screening

Thorough *examinations* carried out by *professionals* are sure to *minimize* the risks

as well; and, finally, growth monitoring at week 30. By that time, the diagnostics of organs and genetics are completed. If that goes well, in most cases there will be no further problems.

Our Center cooperates closely with other clinics and specialists from many fields. If there is a sudden need for an additional test or another specialist consultation – for instance, if a consultation with a cardiologist in the case of heart arrhythmia is needed – it can all be organized very quickly. The most surprising thing is that sometimes it is not only women who need a consultation. We recently had a case where it appeared that our patient’s husband had problems with his lungs, so we contacted a specialist and the next day, the man was sent off to an appointment with a specialized clinic.

– **Nowadays more and more women are tending to become mothers at quite a mature age. This is known to increase the risk of complications significantly.**

– «Mature pregnant women» are one of our major specializations. This group of patients includes women who become pregnant at around the age of 40 or later. We examine them most thoroughly and offer them a special program of pregnancy management.

In all cases, it is me personally who performs all the tests, like the ultrasound scan, organ diagnostics, and placental diagnostics. Besides this, genetic studies of the fetus are performed and additional consultations are given. In this way, we can minimize all the risks.

– **Data on women of fifty and even sixty years old who have given birth to children are frequently published. How old was your oldest patient?**

– 55. She was a famous photographer. It was her first child, so we went with a caesarian section. Our team managed

her all the way through the pregnancy. Needless to say, she was very happy!

– **What risks to a child’s health can a mature mother’s age pose?**

– There was a study conducted in the Fertilization Center we collaborate closely with. They gathered statistics on the state of health of newborns whose mothers were over 40. Unfortunately, they are not as good as those of young obstetric patients. However, medicine is progressing and I keep saying that thorough examinations carried out by professionals before and during pregnancy are sure to minimize the risks. Every time a patient comes to me for an ultrasound scan, I personally examine the child’s organs, check the state of the placenta and blood vessels, and monitor all the parameters. And I do this regularly, starting from week 20, while many doctors do not do this.

– **What overall evaluation can you give to modern, middle-aged expectant mothers?**

– The majority of women who want to have a child at around 40 years of age are from large cities. They have been building their career, they have achieved a certain position, and they can afford high-quality medical service. Such women tend to be more aware of their health and healthy eating and exercise, so their physical condition is often quite enviable. But, on the whole, modern women in their 40s and 50s seem to treat their health with more respect than in the past. It means that the chances of producing a healthy child are very good.

– **Doctors often recommend that mature women have surgery rather than a natural delivery.**

I disagree with this. I do not oppose natural childbirth for mature pregnant women, even though many doctors consider it too risky.

If there are no medical contraindications, a woman is free to choose the way she wants to deliver. We discuss all of the benefits and drawbacks, but it is the patient who makes the decision. It is a different story if the expectant mother has diseases like heart defects, diabetes, or liver dysfunction, or the fetus is too big or is in a breech position. Then we operate. It can happen that a woman chooses a caesarian section without any indications. At the same time, there are patients who insist on natural delivery at the age of 45. I support any decision.

– **It is said that the caesarian sections in your center are unique. Do you use special methods?**

– We do. An example is the Misgav Ladach method, which allows the surgeon to cut through a smaller volume of tissue but which involves more manipulation. We introduced the method just several years ago, but we are now seeing the excellent results it brings.

The operation lasts 20–30 minutes and the blood loss is comparable with that of a natural delivery. It is even preferable from this point of view. The patient stays in hospital for 5–6 days. She can get out of bed on the first day.

We provide high-quality care for mother and child and the likelihood of infection is minimal. That is why famous women and celebrities’ wives come to us from England, Monaco and other countries, countries with their own luxury-class medical service.

Recently, our center has been the basis for the medical paper, «Patient satisfaction level in reduced-trauma caesarian section». According to the results of the study, over 90% of patients were satisfied with the outcome. We are planning a series of scientific publications based on this research.

If there are no medical contraindications, a woman is free to choose the way she wants to deliver



– Caesarian section is usually offered in the case of complications. For instance, breech birth is a common problem. Some specialists recommend changing the position of the fetus mechanically, but others are categorically against it.

– Delivery with the breech position is always a risk, so I recommend caesarian section. One can deliver a child in the breech position, but it depends on many factors: the woman's weight, the baby's weight, and the details of its position. But even if all the conditions favor a natural delivery, we still operate in 90% of cases because a caesarian section allows a woman to deliver a healthy baby without birth trauma, vacuum or hypoxia.

There are *patients* who insist on natural delivery at the *age of 45*. I support any decision

As for changing the baby's position, it is practiced in some hospitals but it is forbidden in ours: this process involves changing the position of the placenta along with the fetus. This can be extremely dangerous.

– **How often do patients from abroad have to come for appointments with you during pregnancy?**

– It depends on the woman's health and the development of the fetus. Some visit us several times during the most significant periods for diagnostics – usually weeks 10, 20 and 30 – and, naturally, before the delivery. Others require more frequent visits. Sometimes we see the mother-to-be only once or twice shortly before the planned caesarian section. There are women who pay one visit after another, as they feel safe here. For example, I have a patient from Malta who has even come for an ultrasound scan.

– **If a pregnancy is getting complicated, does it mean that the woman must spend all nine months in the proximity of the clinic?**

– Each case is different. The higher the risk, the more often I need to see the patient. But if there is a good doctor in her country, there is no need to come to us all the time. I trust my colleagues.

– **Even in the smoothest pregnancy, there is still a chance that the newborn will need specialized care.**

– We are prepared for all unexpected situations. As the pregnancy progresses, I anticipate possible scenarios. Not long ago, one of our foreign patients had a baby with renal dysfunction. Because we knew about it in advance we contacted specialists from a child healthcare clinic right away, thanks to our network of contacts.

– **What else does your clinic specialize in, apart from pregnancy and delivery management?**

– Of course, perinatal care, obstetrics and delivery are our major specialization. We have over 30 years of experience in this sphere. But we also deal with general and operative gynaecology. Also, we give recommendations as to hormonal therapy

and hormone replacement therapy in the post-menopausal period.

– **In Russia, prejudices against hormonal medicines have persisted for years. While contraceptives are now widely used, hormonal replacement therapy for women at the start of menopause still raises quite a lot of questions and concerns.**

– When a woman reaches menopause, the level of estrogen in her body falls in a short period of time and the first postmenopausal symptoms occur. The changes affect practically every organ. Some of them do not manifest themselves visually: for example, bone weight loss. I strongly believe that hormone replacement therapy is, along with a healthy lifestyle and good nutrition, the only way to age in a less traumatic way. If you put 20 women of the same age in front of me, I can definitely say who is receiving hormone therapy and who is not. It is visible without special tests.

I am not referring to anti-ageing measures: hormone replacement therapy is not about

prolonging youth. It is about alleviating the effects of age-related changes, allowing them to happen in a less traumatic way. In addition to hormones, food supplements, antioxidants, mineral substances, calcium and much more is necessary. It goes without saying that constant monitoring and regular medical check-ups are important. Hormones must be taken in the right dosage and form, be it a patch, tablets or jelly, to avoid overloading the liver.

– At what age should hormone replacement therapy be started?

– The most important thing is not to start it before the menopause. The body must manifest symptoms of a deficiency in certain substances. It is necessary to measure hormone levels and assess them, and only then to make a decision. Many women come to us at the age of



Anyway, hormone replacement therapy must be supervised by a physician. It is necessary to monitor how the woman feels and perform regular breast check-ups. Besides, for those who have had their uterus removed there is no need to receive progesterone; just estrogen is sufficient.

There are certain rules to be followed. This method is very effective if used with expertise. It yields visible results: the skin becomes firmer, and the hair and nails get stronger and shinier and the bones less fragile. Nothing is better than hormone replacement therapy for stabilizing bone tissue and preventing osteoporosis and vaginal atrophy.

– Nonetheless, prolonging youth and preserving beauty is a highly popular field of medicine. Can you offer women anything in this area?

Hormone replacement therapy is not about prolonging youth. It is about alleviating the effects of age-related changes

42–45 – that is too early. While there is menstruation, no hormone replacement therapy is prescribed.

– It is thought that hormone replacement therapy increases the risk of breast cancer. Is this true?

– There is an ongoing discussion and it depends which preparations you are using.

Surprisingly, there are even situations where menopausal hormone replacement therapy (MHT) can lower the risk of breast cancer. According to the research, many women who develop cancer have coexisting risk factors such as smoking or being overweight, or there are other unfavorable factors like hereditary ones.

– Sure. Systematic hormone replacement therapy in combination with the right diet and food supplements provide comfort for the body. Meanwhile, one’s appearance can be preserved thanks to hormonal dermatological products manufactured by our partners (editor’s note: for more details see page 41).

HISTORY

The Seefeld Center of Obstetrics and Gynaecology was founded by Professor Christian Breymann in Zurich in 2013. The clinic offers help in consulting in gynaecology, perinatal medicine and high-risk obstetrics. The Seefeld Center of Obstetrics and Gynaecology actively participates in

scientific research and developments in the field of perinatal care.

AREAS OF SPECIALIZATION

The clinic specializes in normal and high-risk pregnancy management, ultrasound scanning for pregnant women (3D and 4D organ ultrasound), obstetrics (natural delivery, caesarian

section, high-risk deliveries) and gynaecological surgery (laparoscopy, hysteroscopy, and minimally invasive surgery). The Center also provides consultations, diagnostics and surgical procedures for pregnancy planning. Its services include breast ultrasound scanning (breast sonography certified under DEGUM standards to screen for malignant breast

neoplasms) and consultations in anaemia and iron deficiency.

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YOUR PERSONAL PHARMACIST

The pharmacy Toppharm Apotheke Maunz AG prepares medicines individually for each client. The owner of the pharmacy, Michael Maunz, and its head, Jeannine Kohl, talk about this unique area of activity, which they call Vitaluce:

– We specialize in the manufacture of individual therapeutic drugs by prescription. Above all, we are talking about drugs containing natural hormones and micronutrients.

Along with transdermal liposome products, capsules, and anal and vaginal suppositories, anti-ageing hormonal dermatological preparations are created in the pharmacy. Manufacturing is developing successfully. We adhere to all accepted standards, we have the necessary permits, and the laboratory, equipped with the latest technology, has undergone departmental control. All of the know-how in the field of skin ageing prevention has been thoroughly tested by Professor Huber and Professor Kleine-Gunk.

– **What anti-ageing drugs are most in demand today?**

– There are two types of skin ageing. Exogenous ageing is a consequence of external factors. To a great extent, this means the sun. Endogenous ageing is caused mainly by a hormone deficiency.

What they have in common is that both these processes start to develop actively after the age of 40. In the prevention of exogenous skin ageing, non-prescription cosmetics help, since they contain moisturizers, free radical scavengers and other useful and necessary components. As for endogenous ageing, traditional cosmetics have no effect.

– **Hormonal treatments are meant for this, aren't they?**

– Yes, they are. The hormones that our body produces determine the skin's condition in many ways, helping the formation of collagen fibres and making the skin smooth and beautiful. With

age, their levels fall. The skin becomes thin and dry and loses its elasticity, and wrinkles form on it. It is an imbalance of hormones – or, more precisely, a deficiency of hormones – that causes wrinkles, cellulitis, acne, and hair loss.

One way to influence the hormonal balance of the skin and slow down endogenous ageing is the use of dermatological products with hormones. With these, collagen fibres start to form again in the skin and it becomes smooth, taut and rosy. But we must remember: because hormonal drugs are a medicine, they should be administered by your doctor, and they should be manufactured in a pharmacy and supplied only on prescription.

Official websites
of the pharmacy
www.vitaluce-apotheke.ch
www.apotheke.ch/maunz



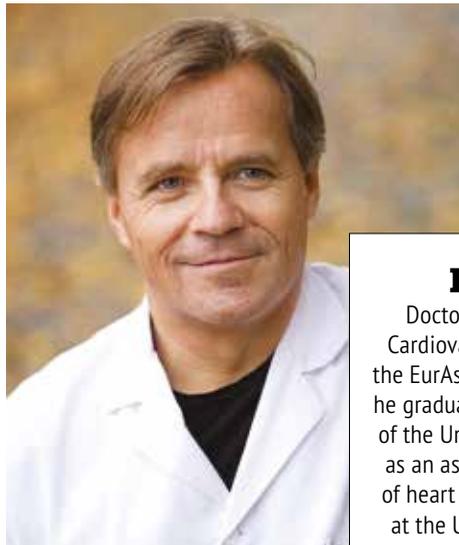


FOLLOWING THE CALL OF THE HEART

The schedule of the world famous Swiss heart surgeon Paul R. Vogt is very busy. His life consists of a succession of clinics and operating rooms, as well as planes and trains which carry him to the most remote corners of the world to do the work of the EurAsia Heart Foundation.

The interview is scheduled for early Saturday morning. I am met by an extraordinarily agile person with the movements of a dancer. «You are very similar to Mikhail Baryshnikov. Have you been told this before?» The words come of their own volition. «No,» the professor answers in a detached manner. I seem to distract him with this absurd question, to pull him out from the depths of his inner world, where he is focused on more important problems.

TEXT *Maria-Anna Lämmli*



Paul R. Vogt

Doctor of Medicine, Professor of Cardiovascular Surgery, President of the EurAsia Heart Foundation. In 1983, he graduated from the Medical Faculty of the University of Zurich. He worked as an assistant physician in the field of heart surgery and vascular surgery at the University Hospital of Zurich under the guidance of Professor Marco Turin. In 1992, he defended his thesis. In 1997, he headed the Department of Heart Surgery and Vascular Surgery at the University Hospital of Zurich. He has been invited to clinics and universities in Germany, China, and Myanmar. He is an Honorary Doctor of the Pavlov First Saint Petersburg State Medical University and Professor of the Department of Neonatal Surgery and Cardiac Pathologies of Newborn and Premature Children of the State Medical Pediatric University, St. Petersburg, Russia.

He gives the impression of an extremely restrained and closed person, but behind this is a person fanatically dedicated to saving lives, a self-sacrificing enthusiast to whom thousands of people «trust» their own hearts.

– Professor Vogt, you are one of the leading heart surgeons in the world, with both recognition and status. You could enjoy them, limiting yourself to working in the comfortable conditions of a Swiss clinic. Nevertheless, you devote the lion's share of your time to charity: you operate on patients throughout the world, you train local experts and you run the EurAsia Heart Foundation. How did it all start?

– The history of the Foundation began in 2000, when I went to China as a part of our first mission.

I performed some relatively simple surgery that was filmed and then shown to other doctors. This video was very popular among Chinese universities. Asian colleagues asked if the «doctors from the European Union» (as they called us) could come more often to them to train their specialists in their clinics and on their own patients.

Then there was a trip to Vietnam, where I appeared in a children's clinic which was critically overcrowded with patients. I was told that there were 8,500 children on the

waiting list for surgery. They were lying around everywhere: on the floor, in the beds, several people to each one. At the same time, it was possible to conduct only two surgeries per week. This hospital, overcrowded with children and their parents, and the impossibility of providing timely assistance to all of them, made a strong impression on me. I realized that I had to do something. Then the idea of an organization which would involve itself systematically in the professional development of doctors on site to increase the number of experts capable of carrying out complex surgeries came to me.

– **How big is the need in other countries for such assistance?**

– In Vietnam, where 82 million people live, 10,000 children with heart problems are born every year and another three thousand are diagnosed with various cardiac diseases. But only 6,000 heart surgeries are performed! By comparison, in Germany, with 80 million inhabitants, this figure is 60–90 thousand surgeries every year (starting sometime in the 1970s). At the same time, in the hospital in Myanmar, there is only one pediatric

heart surgeon, who has 5,000 children in the queue for surgery! Can you imagine? And this list is growing and every day more than one child dies!

In China, 100,000 babies are born every year who are then diagnosed with heart diseases. They all need qualified medical assistance. At the same time, in the whole region, young specialists facing difficult cases understand that they are not properly qualified, because in these countries there are no traditions or continuity in cardiovascular surgery as there are, for example, in Switzerland. And all the rapid developments in cardiology, cardiac surgery and related disciplines like resuscitation and anesthesia, which have been going on for the past 30–50 years, pass them by.

– **It turns out that today it is more important to help not with money, but with training, right? It is more than a matter of expensive equipment – it is that there are just not enough hands, isn't it?**

– Wherever we go, whatever city, country or clinic we get to, everywhere they tell us about new buildings and expensive equipment. Millions and billions are invested in equipment and construction, but, in my opinion, too little is invested in the

EXPERIENCE

A quite simple operation on the heart, which we performed in China, made an impression on our Asian counterparts. We were asked to come more often and share experiences

In Many there are no traditions or continuity in cardiovascular surgery as there are in Switzerland



education of doctors and staff. It is possible to help 90% of patients by means of locally available equipment, but the person is treated not by an instrument but by the doctor using it.

Therefore, we teach doctors and staff to work more effectively with the equipment that is available. Imagine if we took all the equipment with us and then took it back. It wouldn't yield any results! Another example. Suppose a Vietnamese, Chinese or Russian doctor comes to Switzerland to study here in the department of heart surgery. But for two years he will be able to work only as an assistant unless he is allowed to conduct the simplest surgery, even just once. And in his country, on the other hand, we assist him during surgery, demonstrating how to best use the means available. In my opinion, this is the best possible kind of education and professional development.

– **You receive thousands of inquiries every year. How do you decide in favor of a particular clinic?**



The hospital, *overcrowded* with children and their parents, made a strong *impression* on me

– The request comes not from the hospital, but from the Ministry of Health of the country in question. I cannot, at the request of a colleague whom I meet, for example, at a congress, come to his clinic and start training. An official request is required.

We see what is needed for a specific department of heart surgery, whether there is a solid team of specialists ready to study and work together, because our goal is to leave behind a team of doctors who can work perfectly without us, having gained new knowledge and experience. Then a larger number of patients will receive good medical care. If we face problems, then we ask the local management to join us and make certain changes. If nobody wants changes, then we stop working.

– **How long does such local professional development take?**

As a rule, our cooperation with clinics is designed for a period of four to eight years. During this period, it is possible to achieve the desired result. We do not work by the principle of «here today, gone tomorrow». I call this surgical tourism.

– **And what examples of successful cooperations with clinics are you proud of?**

– First of all, the Department of Heart Surgery at the University of Yangon (Myanmar) comes to mind. In 2009, when I first arrived, there were about 100 surgeries a year. The mortality rate was

extremely high. Today, with a lot of missions behind us, we can say that this university has a reliable team of doctors. They have two operating rooms, fully technically equipped. Experts can operate on a wide range of diseases in adult patients, and the mortality rate is the same as in our clinic in Switzerland. They cope with the most difficult cases and focused on children's cardiac surgery themselves.

In addition, until the end of April 2014, I worked in Donetsk, in the department of cardiac surgery of adult patients. I have not been there for three years, but I still have good contacts with the doctors and I know that they will continue what they have started.

– **How many people are there in your team?**

– About 120 people work with the Foundation. Of them, 50 are doctors of various specializations. There are physicians from Switzerland, other European countries, Japan, Australia, America... We create international teams for each mission.

It is clear that most doctors cooperate with us on a part-time basis, since they have their basic practice. When we are going to a new clinic, first we analyze what will be required from us: training in the fields of cardiology, anesthesia, intensive-care medicine, surgery or artificial ventilation of lungs. It is also important not to squander funds. Based on this, a group of training specialists is formed. It can happen that only one surgeon or cardiologist will go, or a surgeon with a resuscitator or a cardiology

LITTLE PATIENTS

In some hospitals there is only one cardiac surgeon but there are thousands of children waiting for help



When the surgery was over, the first thing the baby did was smile at me and mischievously show her tongue

GEOGRAPHY

Dr. Vogt believes that through people, through his patients, he opens up the whole world

equipment specialist. We never travel as a big team. The main principle is working hand in hand with the experts on site: our anaesthetist with their anaesthetist, our surgeon with their surgeon, our resuscitator with their resuscitator. The most valuable thing is for us to stand next to the local doctor during the surgery and assist him.

– How many surgical operations have you conducted?

– Over 3,100 plus 9,000 consultations. Over 12,000 patients have passed through our hands. I would like to point out that diagnostics is also a large part of the work. It sometimes happens that

the patient is told that he needs complex surgery, whereas it is enough for him to take medication and be monitored regularly by a specialist. So, preventing unnecessary interventions has the same value as the surgeries themselves.

– How is the Foundation financed?

– Of course, like all charity foundations, we exist through donations. The life of one child costs 1,000 dollars. We do not take money for our activities and conduct all surgery and training free of charge, but there are local running expenses that have to be covered by the Foundation’s budget. Today, the need for such assistance is estimated in hundreds of millions of children’s lives.

– Tell us about a case that you remember when, in practice, the work of the Foundation helped to save a young patient?

– There are a lot of such cases and we often remember these children. For example, David from Ingushetia, who was diagnosed with arachnodactylia, an insufficiency of connective tissue membrane. His mother left her job to take care of her son, since he had to come 22 times to Moscow for additional examinations. In Russia, nobody took up his case. In the German clinic, they were ready to operate for 85 thousand euros, but this sum of money was too much for David’s parents. The boy grew weaker and weaker; he could not live a normal life. We met him while carrying out joint consultations with doctors in the North Caucasus. We performed an ultrasound examination and told him, «Of course, it is complex surgery, but we can carry it out and it should be in St. Petersburg». It cost about 3 thousand euros, which the parents paid to the St. Petersburg Pediatric Medical University,



where we regularly and successfully conduct our missions. The surgery lasted almost 12 hours and was successful. Now David goes to school, and last year he wrote me an SMS that he felt well. He does sports and lives as he wants to live. He is an absolutely normal young man with a healthy heart and he is developing well.

– How difficult is it to deal with small patients? After all, an adult understands when he has complex surgery and makes every effort to survive and he can explain in detail his state of health and feelings.

– With children it is the same, but on a different level. Surgeons often have to deal with unexplained phenomena. Once I performed very complex surgery on a four-month-old girl in Russia, whom all other surgeons refused because they did not know how to help her. She was, in fact, doomed. But we took up the surgery. It may sound unusual, but we worked together with the child. Her body responded to every movement, every manipulation of mine. This unconscious desire for life and for victory over death is sometimes more powerful than any verbal communication. When the surgery was over and the baby emerged, the first thing she did was smile at me and mischievously show her tongue.

– People travel to rest. You travel to work again. How do you relax?



– When I am at home, I like to read. I am fond of international politics, I go in for sports. And you know, during my trips I get to know the country much better than if I went there 10 or 20 times as a tourist. I discover the countries through people, through my patients.

LUST FOR LIFE
Working with children often involves unexplained phenomena

INFORMATION ABOUT THE FOUNDATION

The humanitarian medical organization EurAsia Heart was founded in Zurich in 2000. Leading cardiac surgeons in Europe under the guidance of Professor Paul R. Vogt combine their efforts to train colleagues from the countries of Eurasia in the field of cardiology and cardiovascular surgery. EurAsia Heart is active in Russia, Uzbekistan, Myanmar, Cambodia, China, Vietnam, Eritrea, Armenia, Bulgaria and other countries. The international group of experts of EurAsia Heart consists of, among others, specialists from Yale University, the University Clinic of Vienna, the German

Children's Centre of St. Augustine and the Children's Clinical Hospital of Zurich. EurAsia Heart's Board of Trustees includes businessmen, entrepreneurs and doctors. Ex-President of Switzerland Dr. Adolf Ogi and former German Chancellor Gerhard Schroeder are co-presidents of the Patronage Committee. Monitoring of the activities of EurAsia Heart is carried out by the Swiss Government of Internal Affairs and is supported by the Swiss Agency for International Cooperation and Development. Russia is one of the most prominent partners of EurAsia Heart. For 12 years, EurAsia Heart has been actively working in St. Pe-

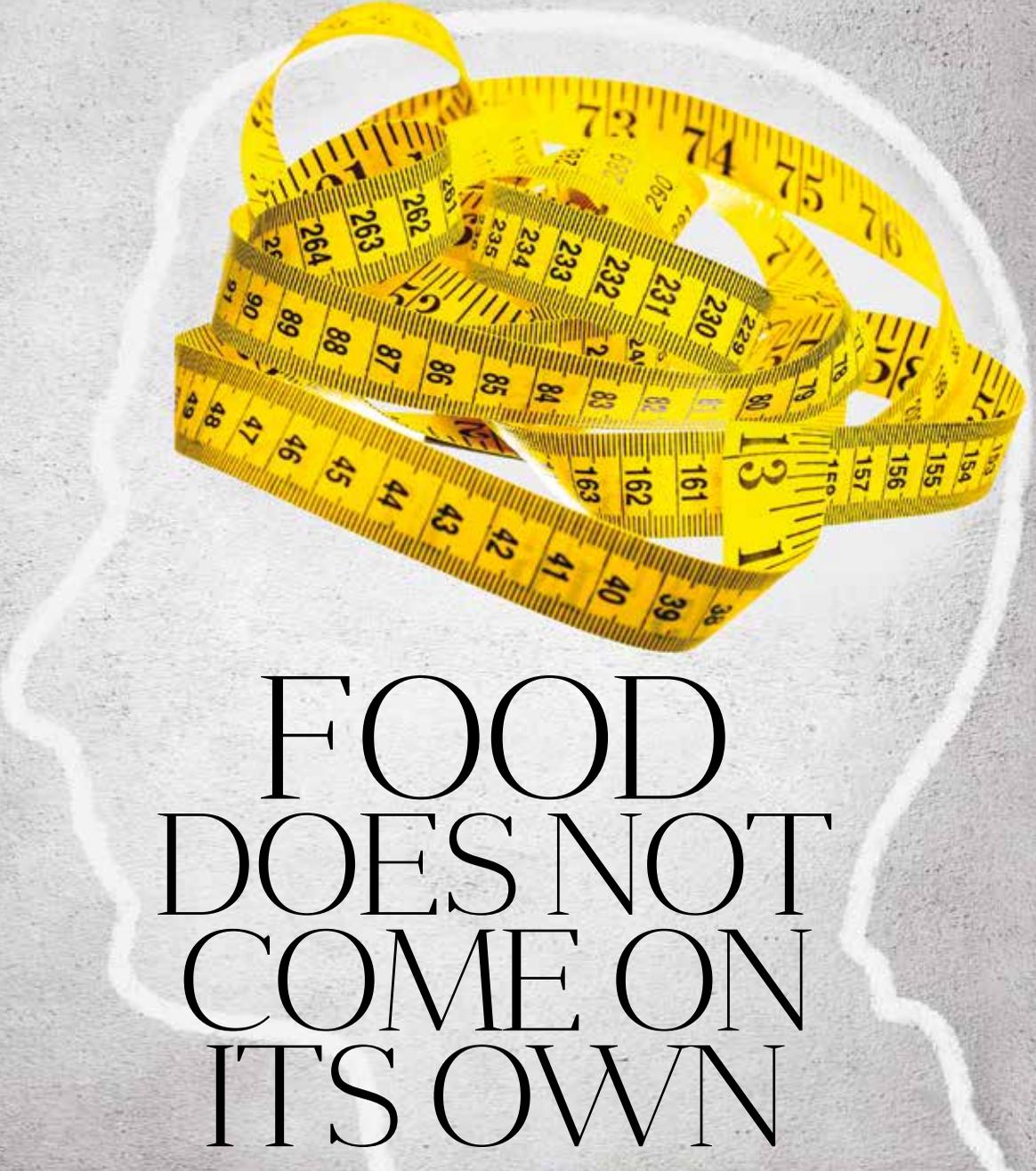
tersburg, Novosibirsk, Penza, Petrozavodsk, Tomsk, Yaroslavl, Krasnodar, Voronezh, and Belgorod. The support of the President and the government, implemented by the national Russian project «Zdorovje» («Health»), in combination with the international educational and scientific activities of EurAsia Heart, could raise the Russian federal centers of cardiovascular surgery to a world-class level and stop the outflow of patients abroad.

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IF YOU WOULD LIKE TO HELP

You can make donations to the EurAsia Heart Foundation using the following bank details:
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FOOD DOES NOT COME ON ITS OWN

Anorexia and bulimia – these are everyday words for many of us. They are written about in women’s magazines, they are spoken about in television talk shows... but what really lies behind these medical terms is known only to those who have encountered them in real life. The picture is truly horrific: a third of those with anorexia, mostly young girls, die from hunger and destruction of their internal organs. Many who survive become disabled, and the psyche changes irreversibly. The task of Dr. Claudia Elsig from Calda Clinic is to understand the causes of the disease and return a patient with eating disorders to a normal life.

TEXT *Maria Hautman*



Claudia M. Elsig

Dr. Med., medical specialist in psychiatry and psychotherapy and CEO and Head of the Medical Overall Management in the Calda Clinic, graduated from the medical faculty of Zurich University in 1994. For more than 16 years she has been engaged in a private medical psychiatric-psychotherapeutic practice. 2010-2014 – Head of Special Consultation Hour Clinical Hypnosis, Psychiatric Private Clinic Sanatorium Kilchberg, Kilchberg/CH. 2011-2015 – Medical Director and Head of Psychiatry, The Kusnacht Practice AG, Küsnacht/CH. Dr. Claudia M. Elsig is the author of several educational and training works. She is a member of the Swiss Society for Psychiatry and Psychotherapy (SGPP), the Swiss Society for Behavioral and Cognitive Therapy (SGVT), the Swiss Medical Society for Hypnosis (SMSH), the German Society for Hypnosis and Hypnotherapy (DGH), the Swiss Society for EMDR (EMDR Switzerland), and the Swiss Society for Anti-Aging Medicine and Prevention (SSAAMP).

Dr. Elsig, there is a general opinion that anorexia and bulimia are female diseases. Is it true?

– Yes, it is. It's mainly women who suffer from these diseases. According to the statistics, 1.1% of women in Germany are sufferers. But also 0.3% of men suffer from anorexia: that is, every fourth sufferer is a man. With regards to bulimia, these figures are 0.3% and 0.1%, respectively. In the United States, the ratio is approximately 1:3 among adolescents aged 13 to 18 years, and yet more often than not we talk about women.

– **Why is this?**

– I think, first of all, it's about the basic personality of a person. What do they do when there is a problem in their life? For some, it's enough just to change their hairstyle or take a break. Others fall into depression and sink into their fears. Some start drinking or turn to drugs, and some develop eating disorders. The male psyche is different from the female one. Therefore, men with life problems are more likely to succumb to addictions or become aggressive towards others, while women destroy themselves through starvation...

I believe that society itself and the modern ideals of beauty are responsible for this. Women are much more exposed to media pressure in terms of appearance than men – and this is the result. However, the stronger sex has recently resorted to the plastic surgeon's knife more often and undergone liposuction – in a word, started monitoring their appearance.

– **In addition to the desire of young girls to follow these imposed standards of beauty, what other factors lead to anorexia and bulimia?**

– Social pressure. Quite often, the root cause lies in the family. Many patients with eating disorders tell us of conflicts with relatives and rows during family meals. There are families where a certain amount of food is put on a plate for a child and he or she must eat it. In 18–19% of cases, the disease is a consequence of post-traumatic syndrome.

Girls who are subjected to excessive control at home are in the risk group. Each of their steps, each of their actions, is strictly regulated. The only sphere of life in which they are without parental control and in which they can establish their own rules is food.

Psychogenic overeating is closely related to feelings such as loneliness and inferiority. Love, tenderness, and empathy are replaced with food. Over the years of my medical practice, I have met many patients who have had eating disorders because of sexual abuse in childhood. Therefore, the main target of therapy is the hidden problem, not just the anorexia or bulimia itself.

– **Tragic stories about death from anorexia of models and actresses quite often appear in the press. Is the disease really so dangerous? Or do only the most egregious cases appear in the pages of magazines?**

– This is an extremely serious mental illness that ends in the death of one third of girls who suffer from it. They literally dwindle. They become so thin so that the heart and other internal

organs can no longer perform their functions. For many, we are not talking about a full recovery if the situation is neglected. To be more precise, a doctor can lead a patient into a state in which it is possible to lead a normal life. But in the most difficult cases, mental changes may remain forever.

– Is it true that anorexia begins with a diet, with a desire to lose weight and, incredible as it may seem, to eat right?

– It's possible, especially for girls of school age. They are often prone to peer pressure; they want to be «school stars» and they become an object of derision due to their excess weight. And after that, they start to starve themselves. During the diet, endorphins are activated, a state of euphoria arises and, over time, a dependence on it develops. A new «menu» becomes desirable and they continue to drink only juice, or kefir, or eat only apples...

Their ability to be objective about their appearance is lost.

They look in the mirror and they think that their thighs are too thick or there are folds on their stomach... Gradually, they begin to see themselves as fat regardless of the real picture. They notice nothing except their «excess weight», even if others warn them that they are unhealthily thin. I believe that in this case, first of all, it is necessary to investigate the personality of the patient in order to understand what has led to the anorexia. After all, other girls also stick to diets, but do not become ill.

– At what point does the natural desire for a young woman to lose weight become a disease?

– If attempts to lose weight begin to interfere with a normal way of life, this is a clear symptom of the disease and a signal to the sufferer to seek qualified help. Often the patients themselves say that it has become a problem for them. The disease begins to have a social impact on the patients' life long before the situation gets out of control and becomes dangerous.

– When ordinary people are on a diet or starve themselves, they still feel hungry. What happens to anorexic patients that they can bring themselves the point of death by starvation? Are they capable of such unnatural self-control?

– It's not about self-control. Those suffering from anorexia do not feel hungry, because changes occur in the satiation center in the brain. And for those prone to overeating, on the contrary, the feeling of saturation disappears. They can eat non-stop. Only during treatment can we restore the normal operation of these parts of the brain. Patients must again learn to feel hungry or satisfied.

For those suffering from anorexia, food is disgusting, it makes you put on weight. Butter and other high-calorie foods really

horrify them. We compile a «red list» of food products with these patients, in which we list in detail all that they have denied themselves, and during the treatment we re-integrate it into their diet. First, we get them used to the smell, then we get them to touch the food with their tongue – they taste it and remember the feeling... this is a long process, during which we try to free the patient from the fear of eating. a food disorder cannot be treated in a few hours or days. The process usually takes 1–2 years, with weekly visits to the doctor.

– Is it possible to go into an anorexic phase through dieting at a more mature age?

– Grown-up women very rarely develop anorexia. Rather, it is a disease of the young and of adolescents. The average age of patients with bulimia is a little higher, 18–24 years old, although I have had patients aged over 30.

– And from the point of view of human physiology, why is bulimia so dangerous?

– With constant vomiting, the body loses its acidity and the potassium-sodium balance is upset. The stomach, intestines, heart, and all of the other organs suffer and this happens over a period of time.

Can you imagine how much a woman suffering from this disease can eat at a time?

– Not really. Probably a lot?

– It's not just a lot! It's a huge amount! Imagine a table filled with dishes for a family meal where visitors are expected. Bowls of salad, a huge dish of pasta with sauce, a basket of bread, chocolate bars, cakes, fruit, cheese, sweet drinks... all this

is consumed by one person in 35–40 minutes! They eat until the body refuses any more food. And at the end of the meal, they drink mineral water with ice cream, as carbonic acid helps induce vomiting.

Bulimic patients can have up to 5–8 gorge attacks a day, if circumstances permit and no one is around, and at work they are unable to think of anything else other than food. They return home, put all the dishes on the table, consume them, and then comes the vomiting. Thus does the evening pass. Such women have, as a rule, no family – it's simply impossible. They are mired in debt – huge amounts of money go on food!

– So those suffering from bulimia must be very fat. After all, they consume a huge amount of food.

– Not necessary. Some women compensate for their eating disorders with manic sport activity. They eat uncontrollably and then spend hours in exhausting workouts. So if one of your friends or relatives is too keen on the gym, this is a reason to sound the alarm.

– And how does the treatment work?

Those suffering from *anorexia* do not feel hungry, because *changes* occur in the *satiation* center in the *brain*

- The treatment takes at least 3 months. This is extremely intensive therapy: 4–8 consultations a week instead of one. In addition we have a psychologist, under whose supervision the patient will have to train to eat a normal meal every day.

Outpatient treatment is not accompanied by home treatment; the patients have to do a lot themselves. Do not forget that this is a long and complex process, as with any form of dependency. After 4–6 weeks, the therapist will come and see how the knowledge acquired is being used in practice – how you go shopping, how you eat only at the dinner table, not in bed or in front of the TV. He will make sure that you do not create large food reserves again. And here, above all, the patient's motivation is necessary.

Much more difficult is the situation with girls who are not yet 18 years old. The parents bring them to the clinic. They pay bills and think that they've played their part. But we must involve the family in the process of treatment, too. We must find out what led to the anorexia and contributed to the development of the disease, and we must know what the atmosphere is like at home. Sometimes this is a very complex and even controversial issue. In addition, the doctor must find a balance in the provision of information. On one hand these are the girl's parents, but on the other they might be the basic cause of the disease. Sometimes the impact on the family is as important for a successful outcome as working with the patients themselves.

- What is the difference between outpatient and inpatient treatment?

- As a rule, outpatient treatment lasts longer: at least 6–7 months. I always recommend taking breaks to practice at home what you have learned in the clinic. There is no need to meet more often than three times a week. Nevertheless, all of this is very individual. Motivation and life circumstances – all of this plays its part. For example, I had a patient who lived with her sick father; she helped him at home. But during her childhood he had raped her, which was the reason for her eating behavior. We knew that the treatment could not be 100% successful as long as she lived with him. But she could



not abandon him because of her compassion for him and his illness, and she understood this; so you always need to look at specific circumstances.

- What is the best form of treatment for patients from other countries? To spend 2–3 months in the clinic or visit the doctor regularly?

- Every case is different but, as a rule, I recommend an intensive course for 2–3 months for patients from abroad to see what is happening to them, how they change and how they feel. Maybe they should repeat it again in six months. Everything depends on their state of health and on the specific situation. We do not follow any standard programs. However, it is obligatory for foreign patients also that the therapist goes to their home and see how the treatment is being implemented at home to be convinced of its effectiveness.

- What else, besides professional medical help, allows you to quickly return the patient to a normal life?

- The higher the motivation, the better the social and family support, then the greater the chance of success. We integrate the maximum number of resources into the treatment: for example, family and friends. This approach significantly increases the likelihood of a successful outcome.

HISTORY

In 2004, Dr. Claudia M. Elsig founded Calda AG. The Calda Clinic is located on the so-called Gold Coast, on the right bank of Lake Zurich. Today it is the only totally private Swiss institution with a profile of specialised precision medicine and an incomparably broad psychiatric indication spectrum.

AREAS OF SPECIALIZATION

The Calda Clinic specializes in rehabilitation programs for psychological health. The international medical team, the network of highly qualified experts, the most modern and state-of-the-art medicine in combination with premium hotel service and the highest discretion guarantee customised precision medicine and individual 1:1

premium care. Specialists from the areas of psychiatry, psychotherapy, orthomolecular medicine, alternative and complementary medicine as well as from preventive, better aging and lifestyle medicine, work without psychotropic drugs whenever possible. Instead, they focus on methods from integrative medicine. The hallmark of the clinic is the successful

application of an individual integrative treatment concept for psychological diseases, developed by Dr. Claudia M. Elsig.

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WITHOUT GAPS

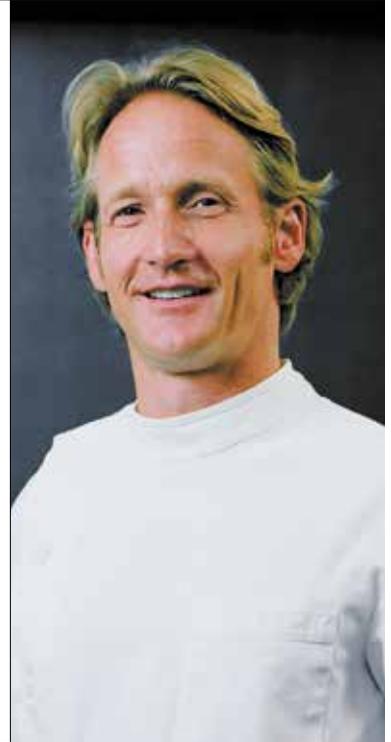
Majestic snowy peaks, towering in rows over lakes and valleys... their solidity, indestructibility... who knows, maybe, the proximity of the mountains has played its role in the fact that the first dental implants took place in Switzerland? It is difficult to overestimate this breakthrough, all the more so since Swiss implants are considered the best in the world... and of course, the most qualified specialists in inserting them work here. The practice of the famous implantologist Thomas Varga, located in the French part of the country, pays special attention not only to dental care, but also to aesthetics. We asked the doctor to answer some common questions about implants.

TEXT *Eva Velme*



Thomas Varga

Doctor of Medicine. He was born in Sweden in 1961. He graduated from the Royal School of Sergeants of the Swedish Army. From 1983, he studied at the Medical Faculty of the University of Lund and graduated with honors in 1988. He then continued his postgraduate studies. He is a graduate of the famous dental school in Malmö. In order to obtain the most versatile education and practical experience, he has worked in many leading dental clinics in Europe and Switzerland, including the Clinique la Prairie under the leadership of Dr. Pierre Disler. Since 1994, he has been conducting private dental practice, and he is also the head of Swiss Aesthetic Dentistry.



Doctor Varga, we usually go for a crown in the case of dental injury. If a tooth is completely lost, it is a bridge or an implant. Which of the two options, and in what circumstances, would be better, in your opinion?

– Bridges are preferable when it is impossible to insert an implant. For example, a patient has a systemic disease, or he/she takes anticoagulants. It can happen that there is a shortage of bone tissue and it needs to be built up – this is a long and complex procedure, in which both the patient's own bone and artificial bone can be used. A bridge is placed quickly, in just 10 days. This is a great advantage for people with health problems. The disadvantage is that it is attached to the retainer teeth, which must be milled. And if too many teeth are lost, there is no longer the option of a bridge. The advantage of implants is obvious here, since they are inserted individually, separate from each other, like real teeth.

– **But to insert them, as you say, takes a lot of time, doesn't it?**

– Yes, it takes several months. We have to wait for a certain period of time before subjecting the

new «teeth» to any load. But implants are more advantageous from a hygienic point of view, since they are not connected to each other, and there is no need to mill the neighboring teeth.

– **What should a person know before deciding to have an implant?**

– First, you need to check if there are teeth affected by caries or parodontosis. If there are, then treatment is prescribed. All the teeth have to be restored to a healthy state. To make an implant, an accurate X-ray image and cast tooth model are required. The implant itself (the main part of the structure that is implanted in the bone) is inserted in one visit, and after a while, a temporary crown is placed on it for a period of, on average, two to four months – at most, six months – for the healing process to be completed. Sometimes it is necessary to wait longer if it is a question of lateral teeth, because they bear the greatest load. For aesthetic reasons, a temporary crown can be placed in the front (or a temporary bridge, which is placed on the implants if there are several of them) on the same day. Subsequently, they are replaced with permanent ones.

I recommend that patients from abroad stay for a week – you need to take this into account in your plans – and return after two or three months, as you will need two more visits to the doctor with an interval of ten days in between them.

In summarizing, we can say that with a successful combination of circumstances, implants can be inserted over four visits. The first includes an examination, cast model, and X-ray, and the second one (after a few days) includes implant insertion. The third visit is necessary after two or three months to check the healing process, and the fourth one is for the integration of the implant, additional checks, and adjustment of the bite. In difficult cases, more time is required for healing, especially if it is a question of the upper jaw, where the bones are more porous than in the lower one.

The most *severe* situation is *damage* to the implant in the *front* teeth

– **Suppose that a patient did not consult a dentist for a long time, due to lack of time, and had a hole instead of a tooth for a year or even longer. Could any difficulties arise when inserting the implant?**

– Yes, this complicates the situation. In the case of a prolonged absence of a tooth, there may be a deficiency of bone tissue and it is quite possible that it will be necessary to build it up. This type of treatment will require three additional months of healing, and only then will it be possible to insert the implant, and then three more months of waiting to check the implant's success will be necessary. There are technologies that enable missing bone tissue to be built up at the same time as placing the implant, but this procedure is much more complicated. Therefore, it is in the patient's interest to act as soon as possible, and not to remain without a tooth for longer than three months. There is one other way: if a fast result is required, the best option is a bridge.

– **What are the newest methods for bone tissue repair available today?**

– We use both artificial bone tissue and foreign tissue – we can take it, for example, from a cow, or from another person. But it is better to work with your own tissue. There are techniques whereby

material is taken from the femur and implanted into the jawbone. New bone tissue can be implanted immediately in layers, but then the patient will need hospitalization.

– **Are implants usually inserted under general anesthesia or with local anesthesia?**

– At the request of the patient. If he/she wants 5–6 implants to be inserted at once and at the same time and to feel (or see) nothing, general anesthesia is the answer. We work with one of the best teams of Swiss anaesthetists. But in most cases, when it comes to one implant, local anesthesia is enough.

– **From time to time, one hears about sad cases, when after so much time, the implant does not survive. Why does this happen? How can we prevent implant failure?**

– In fact, if a detailed examination is performed before the implants are inserted, then all the risks are eliminated and so this does not happen. It is important to know what diseases are in the anamnesis, to examine closely the anatomical structure of the jaw. The gums must also be checked for the presence of bacteria and these must be eliminated with antibiotics or laser treatment. This is all done by responsible professional doctors. In any case, hygiene of the oral cavity is very important. If a person has an implant, it is advisable to see the dentist once every six months – this will help avoid many problems. The most severe situation is damage to the implant in the front teeth. It is necessary to remove it, to treat the cavity and to reinsert it. The risk group includes patients with diabetes and heavy smokers. I suggest to smokers that, if they are not ready to give up their habit, they should find another solution instead of implants.

– **For how long can an implant remain without replacement? Can it stay in for one's whole life?**

– If the whole process, from the insertion to the healing, was successful, and this usually happens, then this period of use is unlimited. There are cases when implants have been inserted for more than forty years. But during this time, the crown suffered a great deal of wear. And today, next-generation implants are being manufactured which are much more technological. But in any case, no matter what quality the implants are, attention to oral hygiene is crucial: to clean the space between the teeth with dental floss or special silicone brushes, to massage the gums and many other preventive measures. And the

more reconstructions there are in the mouth, the more attention you should pay to this issue. In addition, it is necessary to resort to professional dental cleaning from time to time.

– What is the maximum number of implants that can be inserted? Is there a limit?

– If a person with a prosthesis of the upper jaw comes to me, with no upper teeth, I can offer him/her a maximum of six implants. This will be quite enough to solve his/her problems completely by combining them with bridges. With a total absence of teeth, the maximum number is twelve, six on top and six below. Sometimes we can do more if missing teeth are asymmetrical. In short, each case requires its own solution.

This limitation is due to the fact that, over time, implants, if there are too many, give rise to a lack of bone or a decrease in blood circulation in the surrounding tissues, which gives rise to inflammation. These are foreign bodies in your body, remember... so you should not aim to replace all of your missing teeth with implants. This approach is typical of Americans. In Europe, we are trying to find the best solution so as not to impair blood circulation in the gums.

– Have you ever come across a patient with a wish to combine implantation with adornments?

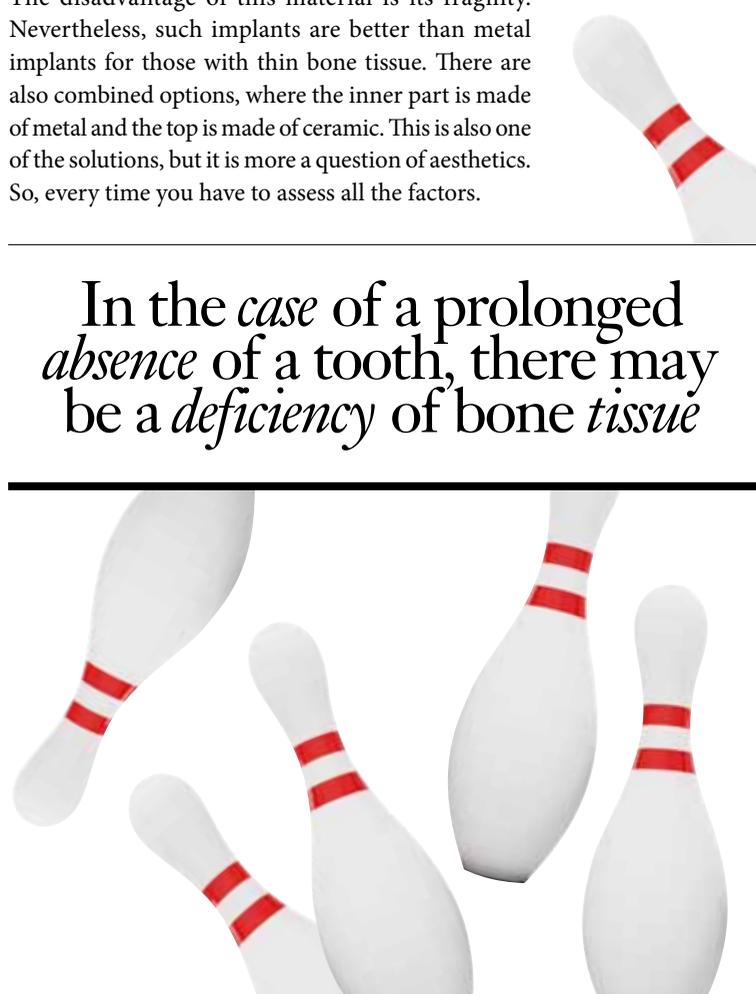
– Yes, it happens. Once a patient came to me with a classic cut diamond – it needed to be screwed deep enough into the implant to be secure. There are people wishing to decorate their smile with zirconia (they are usually simply glued on). And once in New York, I happened to see a design with diamonds worth almost half a million dollars. It was a temporary patch on the front teeth, the full width of which were strewn with gold and diamonds. Perfect jewels!

– I heard about implants made of gold. Is this true? Or is it just decoration?

– Both. I have met people with gold implants – it is a good material. Some patients have asked me to insert gold crowns on their implants, but this is a matter of culture and taste.

– And what combination of materials for an implant is considered to be the best today?

– The implant itself is made of titanium, and the most suitable material for the crown is zirconium. Some people ask to have a crown made of ceramic. The disadvantage of this material is its fragility. Nevertheless, such implants are better than metal implants for those with thin bone tissue. There are also combined options, where the inner part is made of metal and the top is made of ceramic. This is also one of the solutions, but it is more a question of aesthetics. So, every time you have to assess all the factors.



In the case of a prolonged absence of a tooth, there may be a deficiency of bone tissue

AREAS OF SPECIALIZATION

The team of Swiss Aesthetic Dentistry, located just a few minutes' walk from the main railway station in Lausanne, is happy to welcome you to their newly renovated modern dental clinic; it is light and airy and equipped with high-tech equipment.

The exceptional

professionalism of the doctors and innovative technologies make it possible to treat even the most difficult cases in the clinic. The main task is to find the best solution for restoring the ideal smile. At the disposal of the personnel is 3D computer tomography, modern equipment for X-ray investigations, etc. Thank to this, it is possible to conduct

any treatment or examination, from an analysis of bone density to the implantation of teeth.

Also within the competence of the team of Swiss Aesthetic Dentistry are high-quality veneers, whitening, all-ceramic crowns and bridges, as well as endodontic treatment under the microscope.

Dr. Thomas Varga and the other

doctors of the clinic will be able to advise you in English, German, French, and Russian.

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RETURNING TO THE ROOTS

Futuremed Clinic concentrates the unique experience of six generations of doctors from the Vetter medical dynasty. Its founders, a father and son team, in trying to rethink the traditional approach to the functioning of a medical institution, gathered a team of highly qualified specialists and brought plastic surgery to a fundamentally new level. Their combination of aesthetic and traditional medicine is a solid-gold guarantee of a successful result. SHM talked to Dr. Sebastian Vetter about the problem of hair loss and modern methods of treatment, a topic relevant not only to men but also to women.

TEXT *Eva Velme*



Sebastian Vetter

Doctor of Medicine. He is a specialist in the field of regenerative and anti-ageing medicine, as well as plastic, restorative and aesthetic surgery. He graduated from the Medical Faculty of the University of Zurich, where he defended his thesis to become a Doctor of Medical Sciences. In 2005, he was awarded the qualification of Surgeon at the Swiss Institute for Advanced Studies and Postgraduate Education (Bern). In 2009, he was appointed the Director of the Research Department at Irvine University in Los Angeles. In 2012, he passed the examination to be a specialist in plastic surgery. In 2015, he founded Futuremed Clinic in Zurich, and since then he has been its permanent head. He is a member of the International Union of Anti-Ageing Medicine.

Dr. Vetter, what does your clinic specialize in primarily?

– A combination of aesthetic and plastic surgeries and therapeutic medicine. You will rarely see this combination elsewhere, although it is a very logical approach. If you think about it, plastic surgery means surgery for which there is no medical reason. It is one thing is to take risks when you have no choice and you can improve your condition only with surgical intervention but quite another when your operation is not vital. In this case, you need to explain to the patient a thousand times what will be done to him or her and how and give guarantees that everything will go perfectly. A voluntary operation should be based on 100 percent safety. This became our basic principle.

– What methods and approaches in the treatment of patients with hair problems do you suggest?

– With age, people begin to lose their hair. It is a natural ageing process. Hair falls out due to the effect of harmful substances on the scalp or when the body absorbs toxins. We use different methods of hair restoration in our clinic. One of the most effective is hair transplantation from a healthy scalp to those areas where the hair has fallen out or no longer grows at all.

The second method is the regeneration of the skin on the scalp. Here it is possible to inject blood plasma extract from

the patient him or herself, or to employ the new method of using stem cells of adipose tissue.

But before deciding which method to use, we conduct a full examination of the patient. After all, baldness can be the result of many medical factors.

– It’s that combination of aesthetic and therapeutic medicine which you discussed earlier, isn’t it?

– You are absolutely right. It makes no sense to waste time and money on procedures if the hair is going to fall out again, so first we find out the reason for it. After all, there are many factors that affect hair loss. Among them are stress, environmental pollution, and even the constantly increasing level of female hormones in drinking water and in food,

which contributes to hair loss in men.

– Why is the level of female hormones in water and food products increasing? What is the reason for this?

– Imagine how many young women are taking birth control pills. Water from the sewers goes to treatment plants, then gets into rivers, groundwater and, eventually, returns to the water supply. But today there is no sewage treatment plant that is able to filter out female hormones; therefore, their levels in our water is constantly increasing.

– What are the stages of treatment?

First, we take a blood test and a sample from the skin of the head and examine the hair itself. Based on the results, we offer the optimum method of treatment.

Quite often, before transplantation, we inject the patient's own blood plasma, which is saturated with platelets. The PRP (platelet rich plasma) method is far from new — it has been around for more than 20 years. However, recent studies have shown that the higher the platelet content in the injected blood, the more effective the process of hair regeneration. Therefore, if we have a man with slight hair loss, then, perhaps, injections with blood plasma will be enough for him. This method stimulates even the sleeping follicles and the hair begins to grow. If you select the right quantity of platelets with the PRP method, then the scalp can regenerate so that the person's own hair pigment will be restored; that is, grey hair will disappear. Thus, it is even possible to restore the natural color!

By the way, reaction in women to the PRP method is much better than in men and, therefore, the result is much more noticeable. We are currently investigating this phenomenon.

– So, is grey hair in women a thing of the past due to this type of treatment?

– Absolutely. The hair is rejuvenated and again acquires the color of the patient's younger years.

– You mentioned injections with stem cells of adipose tissue. How do they affect restoration of the scalp?

– Adipose tissue is not only an energy store, but also a «habitat» of stem cells. It has hundreds of times more stem cells than the bone marrow. To obtain these cells, the patient is treated with conventional liposuction — the extraction of fat cells, usually a minimum of 150 ml. From this, we can get up to 10 million cells. The process takes about half an hour. We send the tissue to the Swiss Centre for Stem Cells. There, they separate out the stem cells. Two days later, we can use them to regenerate hair, injecting them into the skin. The entire process lasts at least four hours. With this injection, you can achieve new hair growth on 20–30% of the scalp. This is one of the newest methods, which, besides being effective in itself, also gives us the opportunity to prepare the skin for transplantation, if necessary. It is also used if a person does not have enough places from which to take hair for transplantation.

– Does this procedure give a 100% successful result?

– It all depends on the patient's state of health. The age of the patient is also important: unfortunately, stem cells age as we age and they lose their potential. But in any case, it cannot be guaranteed that the hair will grow back. If the patient is over 50, sometimes it is not possible to regenerate the growth of all the hair over just one course of treatment. But each injection reduces the number of bald patches by 30–40%.

– And if this is not enough you carry out a transplantation, don't you?

– Yes, that remains the most effective means. We take photos and mark the places where the hair loss is most marked, in order to plan the transplantation more precisely. After the operation, our main task is to ensure that the transplanted hair survives and does not stand out among its «brothers», and can be kept for as long as possible.

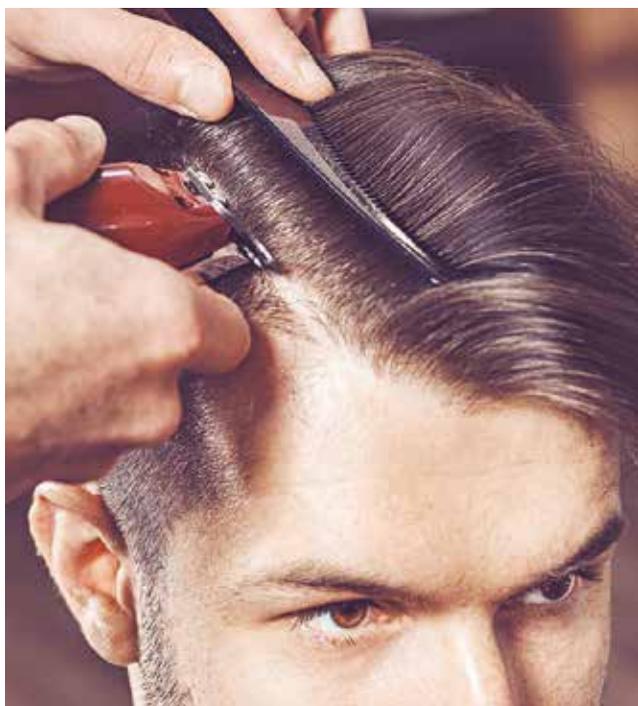
– How long does this procedure last and how difficult is it for the patient? Does he or she need anesthesia?

– The operation time depends on the amount of hair that needs to be transplanted. Large transplants involve the transplantation of 1,000 hairs or more. The longest procedure we have done was when we had to transplant more than 5,000 follicles. It's impossible to do this in one day. In this case, the procedures took two sessions of 13 hours each.

Prolonged anesthesia is not used here because it adversely affects human health, but we can give the patient a sleeping pill and he will safely sleep through this period. This is not for anesthesia, since the transplantation process takes place under local anesthesia. The procedure itself can be tiring for the patient. Therefore, many prefer to sleep through the whole operation.

– How many doctors work with a patient during the operation?

With the PRP method the scalp can regenerate so that the person's own hair pigment will be restored



– The team consists of a surgeon and two nurses. They sort the hairs by length, quality, and location and examine them under the microscope, and the doctor introduces the hair into the scalp.

I want to warn those who decide on transplantation about two things. First, you have to cut your hair short. During the treatment, the use of shampoo is prohibited, so this complicates the care of longer hair. Secondly, after the transplantation an edema appears, which lasts about three days. Although it is temporary and absolutely safe, it is better that the patient does not stray far from the clinic during this time.

– **And when will the patient be able to see the first results of the transplant?**

– It is very individual. Immediately after the procedure, you will be able to see new hair, but some roots will not yet have settled completely. Therefore, hair loss will continue for a period of several weeks to two or three months. But at the same time, new hair will grow in the place of the lost hair. The patient will see the final result of the transplant three or six months after the procedure.

– **Does this hair remain forever? Will it fall out again?**

– Hair for transplantation is usually taken from the back of the head and there the hair is very strong. Therefore it survives for a long time: at least twenty or thirty years.

– **The problem of baldness is more typical for men, right?**

– No, this is a misconception. In women, cicatricial alopecia is often observed, when in some areas the scalp begins to cicatrize and hair falls out in these places.

It is often caused by genetic diseases. In addition, due to stress or negative environmental impact, the number of male hormones decreases in women and bald patches appear as in men. Sometimes this leads to complete baldness. In such cases, stem cell injections are much more effective for women than for men.

– **Why do women and men react differently to treatment? Surely you must have an answer to this question.**

– In principle, it can be explained as follows: I think that women preserve in themselves the strength of many generations, so they have more saturated blood. The female body is much stronger than the male and is less susceptible to damage; it is, so to say, more harmonious than the male, and therefore it can regenerate better. But we still need to understand this and to carry out more research. Then I will be able to answer this question more precisely.

– **It's good that you deal with aesthetic issues in such a responsible way. It is clear why patients choose your clinic. You give people hope based on experience and new technology but also offer an extremely respectful attitude towards a patient at the same time.**

– I am especially happy to hear that, since I come from a long line of doctors. My father is a famous therapist; he has headed the therapeutic department at the University Hospital in Zurich for a long time. Of course, we often discuss various medical topics, including general health problems in Switzerland. We have come to the conclusion that we need a different approach to our medical practices. In my opinion, intuition and professional flair, based on which our predecessors could make an accurate diagnosis without high-tech devices, are very important. I respect doctors with great experience who are able to «sense» the patient. Therefore, in our clinic we brought together those doctors with whom we had

worked at the University Hospital. However, we refused to accept all of the classical solutions that are associated with the hospital. The main difference is that we present ourselves not as a clinic, but rather as a center for maintaining good health, using a scientific approach combined with traditional medicine.

I think our establishment is the only one of its kind in Switzerland. Patients feel very comfortable here. They can rest and enjoy themselves, and they are provided with high-quality medical care.

The patient *will see the final result of the transplant three or six months after the procedure*

HISTORY

Futuremed AG Clinic is a specialized center for cosmetic and plastic surgery. A highly qualified team of doctors and specialists, rich in knowledge and experience, meet the most demanding aesthetic requests from customers and get the best results.

AREAS OF SPECIALIZATION

The clinic specializes in the following operations,

which are in great demand:

- body contouring,
- body-shape enhancement (abdominal plastic – abdominal lift, abdominal surgery, hand lifting, liposuction, «Brazilian buttocks», laser plastic, etc.),
- plastic surgery on the breasts (increase or decrease in volume, lifting, restoring the shape, etc.),
- plastic surgery on the on the eyelids (blepharoplasty, etc.),
- facelifts (rhytidectomy),

- surgery for nose correction (rhinoplasty), etc.,
 - minimally invasive cosmetic procedures,
 - botox injections, fillers,
 - cosmetic procedures for face care and rejuvenation.
- In addition, the clinic provides qualified treatment of various diseases, for example:
- dermatology (acne, psoriasis, eczema),
 - laser treatment,
 - removal of various defects

such as acne scars, age spots, and tattoos,

- hair treatment and hair restoration.

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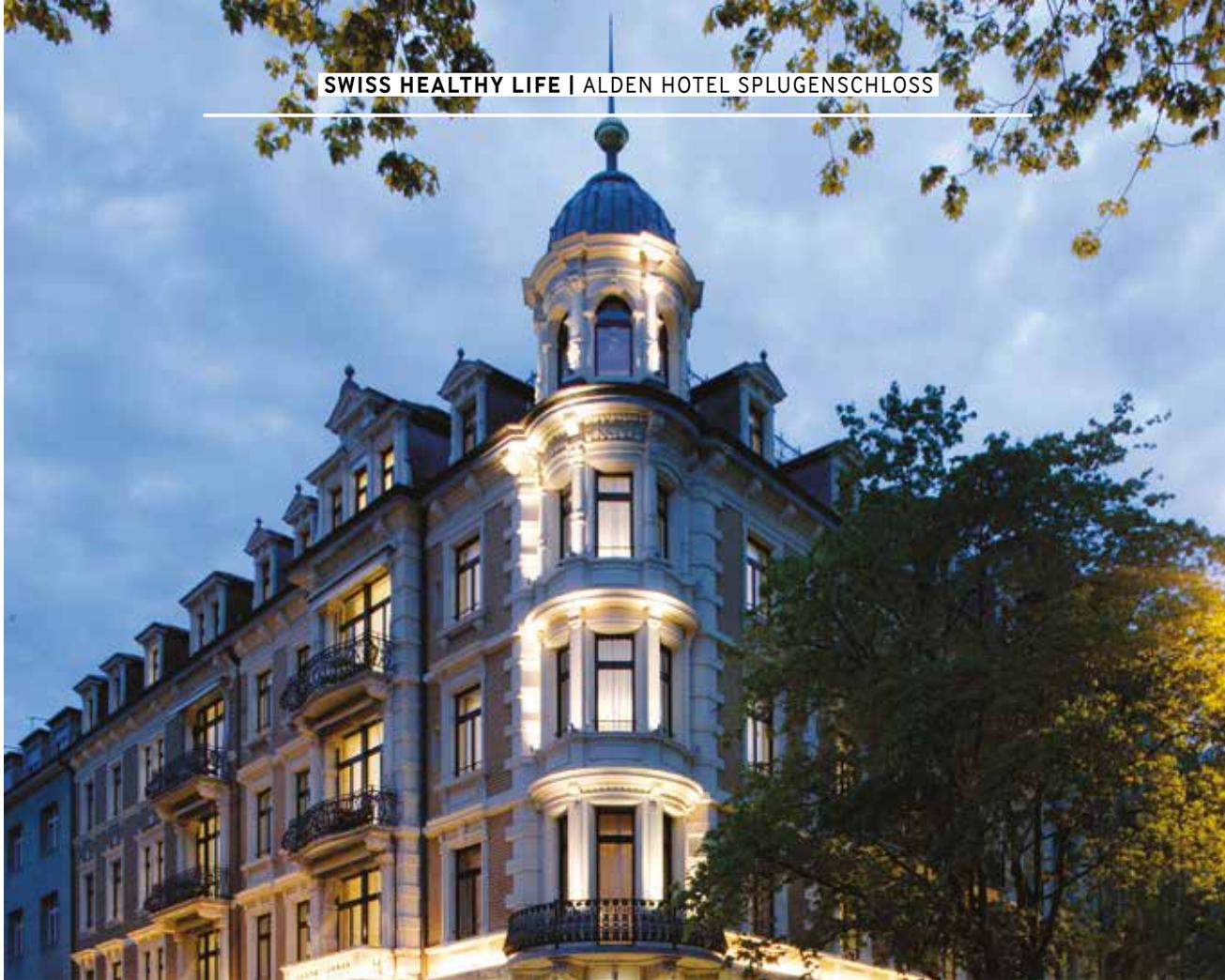
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LIFE WITHOUT WORRIES

No matter why you come to Zurich – to meet with a business partner, to pay a visit to a doctor, or to spend a romantic weekend – the Alden Hotel Splugenschloss will provide you with the most comfortable of stays. Thanks to the hotel's individual approach, each guest takes in his or her own experience of Zurich.

TEXT *Marguerite Paon*

Zurich is one of those noble European cities which are fully revealed only upon a close and unhurried exploration. The deluxe Alden Hotel Splugenschloss has everything necessary to make this happen. Located in the heart of Zurich, just a couple of minutes' walk from Lake Zurich, the Alden Hotel Splugenschloss has been welcoming guests for over a century – its doors opened to visitors in 1895. Its guests have included monarchs, business leaders, famous politicians, legendary sportsmen and movie stars,

all of them attracted by the luxury of the interior, the ideal location, the silence, the opportunity to hide from prying eyes, and the individual approach to each guest.

The Alden Hotel Splugenschloss, which is ranked as the smallest five-star hotel in Switzerland with only 22 suites ranging in size from 60 to 100 square meters, offers more than just a standard set of deluxe hotel services. It takes care of any needs its clients may have. Need a car with a driver? Tickets to the opera? A suitable restaurant and a table reservation? The ideal romantic evening? A visit to the





doctor? There is no task that your personal assistant cannot handle: you only have to ask, or mark the options in the tablet computer, your organizer for the trip. After that, it remains only for you to focus on the purpose of your visit and your own feelings. Enjoy the views of the old city, discuss deals with business partners, stroll through the Bahnhofstrasse and its neighboring streets, look for updates from the latest collections... after a day full of new impressions, you return to a small, cozy hotel and you feel at home in its comfortable suites, suites in which there is a working zone with access to the Internet, a lounge for worldly conversation, and a rest zone hidden from prying eyes. Each of the rooms, though designed in a similar style, is individual and unique.

You plan to stay in the hotel and come to the city solely on business? They have everything you need for work and for a good rest in the hotel. There are open

On the open
terraces you
can sunbathe
or simply *admire*
the tiled roofs
of *Zurich* with
a glass of *wine*

terraces where, depending on the season, you can sunbathe or simply admire the tiled roofs of Zurich with a glass of local wine. There is the bar and the restaurant, with fine cuisine – local chefs are ready to surprise even the most sophisticated gourmets. There is even a small library where you can find a fine collection of books, or where you



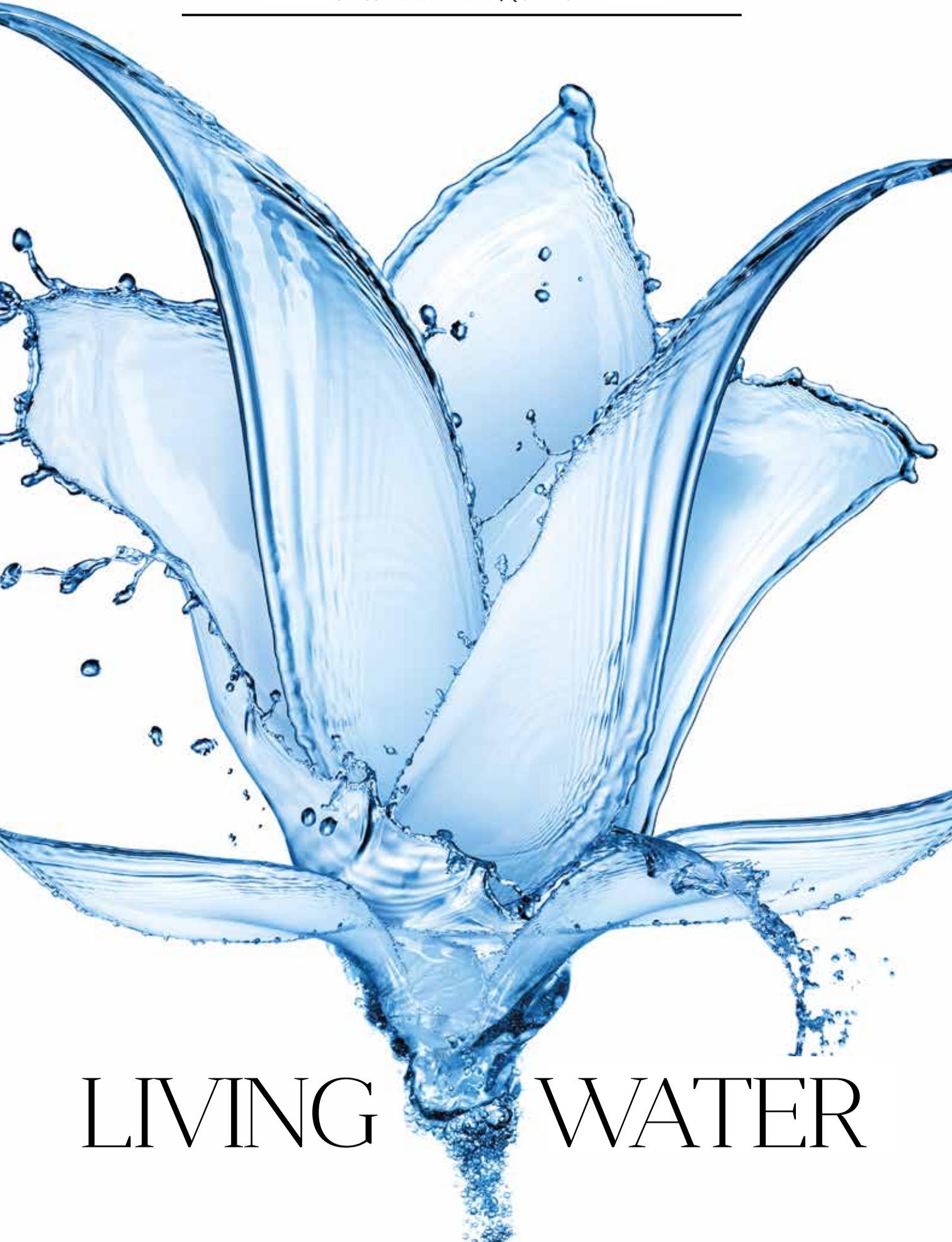
can just hold a confidential conversation in an ideal setting.

There are special offers for couples: rooms designed for a romantic mood, candlelit dinners and, of course, an individual touring program of the city, which will be prepared by a personal assistant upon request.

Internet site of the hotel: www.alden.ch



SWISS HEALTHY LIFE | QUANTISANA



LIVING WATER

They say, «We are what we eat». We should amend this: we are also both what we drink and what we breathe. After all, a human is 80% water and he needs air! It makes sense to consider the quality of both. If we do this the results will be visible in a few days, and after a couple of months, improvements in well-being will become apparent.

TEXT *Marguerite Paon*

Mr. Glogg, why did you decide to dedicate your life and career to these issues – air and water?

– Water is the fundamental element for health. It cleanses the body of poisons and agents of decay and delivers nutrients to where they are needed. But, unfortunately, water sources are so polluted that water can no longer manage its functions.

Once I set up an experiment to observe how many useful nutrients from good quality broccoli the body can absorb. And you know what? After an hour, 99% of all useful substances were excreted in the stool! This happened because the water we usually drink cannot cope with its «transport» functions. Sometimes I ask myself: what is going to happen if the means for transporting nutrients in our body finally breaks down? Won't we die of hunger, despite an abundance of food?

– **You mean that the water we drink is far from perfect?**

– Exactly. When we examine it in the laboratory, we find many extraneous substances. Although they are trying to convince us that Swiss (like German) tap water is particularly clean, it is not so. Since the beginning of the use of insecticides and weed-killers in agriculture, drinking water has deteriorated in quality. Even in ground-water, the remains of hormones and medications can be found. Doubtful substances leak from water pipes, such as lead, tar, aluminum, heavy metals... the impact of environmental factors on water has increased



Alexander Glogg

The head of QuantiSana, for whom people's health is more important than a career in finance. Thanks to his efforts, more than 250 water stations all over Switzerland have been installed, where anyone can come and take the purest water for free, as have more than 50 stations with the freshest air.

dramatically. Industrial waste, water-softening agents, nitrates, pesticides and viruses cannot be completely removed from treatment facilities. Despite the stringent requirements for drinking water, substances that should not be found in water are being found again and again in laboratory tests. Treatment facilities are simply not able to purify it to the extent that is necessary for the consumer.

Do you remember how the water cycle occurs in nature? Water evaporates, the evaporation rises and forms a cloud, which pours down as pure rain – it should be thus. But today it is different. The sun evaporates molecules containing chemical compounds which enter a cloud and then get back, as rain, into the network of rivers and seas – and after that, into our water supply.

– **But this concerns only tap water. What about water from famous natural springs?**

– That also isn't free from contamination. Today you can find very few sources of water from which you can drink without fear. We have already found out that rain water is partially poisoned, so I recommend giving preference to artesian sources.

– **And as for purchased bottled water, what do you think of it?**

– On sale, you can find water from different sources, table and mineral water. It is often no cleaner or better than tap water. Quality requirements might be even lower. Plus, pouring water into plastic bottles degrades its properties too. There are also



problems when cleaning multiple-use bottles.

– **Many people prefer mineral water, believing that it is good for health.**

– Yes, advertising usually says that the body needs minerals. This is absolutely true. But unfortunately, water does not help us in this, because the minerals are present in the water in inorganic forms and are very difficult to absorb. They can even be deposited in the form of salts, which, of course, are not useful at all, or they can clog up the body with toxins and cause the death of cells and, as a result, an acceleration of the ageing process. Getting the daily measure of minerals from drinking water is hardly possible: for this, you would have to drink between 10 and 40 liters!

– **Then what is the source of the minerals in our body?**

– Food products. It is much better when minerals come in organic form, meaning a form already processed by some living creature or plant, in the form of so-called chelates: bound minerals. So, we can easily satisfy this need with fresh fruit and

More than 250 water stations all over Switzerland have been installed



vegetables: in 100 g of raw plant food, there are more minerals than in 1 liter of mineral water.

Since minerals in food products are not present in the form of mineral salts but as chains of unnatural sugar and protein and chelates, they are much more easily recognized, accepted and excreted by the human body, but if we do not supply our body with sufficient food, it has to work harder to extract minerals from the salts.

– **Is it correct to say that water rich in minerals is not as useful as is commonly believed?**

– Minerals from water can be deposited as slag in tissues and organs and can even cause diseases such as arthrosis, dementia, circulatory system diseases, sclerosis and lithiasis in organs. In addition, calcium and magnesium in mineral water is not in a pure form, but in the form of sulphates. Calcium sulphate is gypsum.

One should pay attention to the fact that purification from slag is one of the functions of water, and the fewer substances it contains, the more effectively this task is fulfilled.

– **Nowadays there is a huge number of different filters for water purification on the market. What do you think about this?**

– The choice is not so great: charcoal, ion-exchange filters, distillation and reverse osmosis.

The possibilities of charcoal filters are limited. Basically, they remove chlorine and bacteria. Filters should be changed frequently, as they quickly become contaminated and accumulate bacteria, which can be harmful. Charcoal filters work on the sponge principle: when they reach maximum capacity, they begin to release what they have absorbed. In short, such filters do more harm than good.

Ion converters exchange calcium and magnesium for softer substances, but they do not remove all harmful agents from the



water. Therefore, they are not suitable for preparing drinking water. On the contrary: due to the exchange of calcium and magnesium with sodium, the content of the latter in water can quickly exceed the recommended level, which is dangerous as regards an increase in blood pressure. In addition, polymers of ion converters can be glued together.

– **What about distilled water? It is perfectly clean.**

– It really is. The distillation produces one of the purest forms of drinking water technically possible. Tap water is brought to the boil and then cooled in a cooling coil or in a second vessel. Since the boiling point of many substances is higher than the boiling point of water, these substances settle in the boiling vessel.

The disadvantage of the method is that there are enough nutrients left for microbes to thrive. Along with this, the taste of the water is adversely affected. In addition, cleaning the equipment is very expensive – 2 liters of water requires 2 kW of energy. Therefore, I am opposed to distilled water. It is dead and its use can lead to the demineralization of the body. We need living water, which is conductive, and does not just dry up the body and remove toxins.

– **You mentioned reverse osmosis. Among those who live in private houses and use water from artesian wells, this filtration system is considered the most effective.**

– This is not far from the truth. Due to the fact that only water molecules can pass through a membrane with the smallest pores, it results in 100% pure drinking water. 96-99% of the larger bodies – bacteria, viruses, drug residues, pesticides, herbicides, and even highly radioactive material, such as cesium 137 – are retained and descend into the drain pipe. This method is really the best.

The only serious problem lies in the fact that, among the devices on the market for treating water by reverse osmosis, many are of quite dubious quality. For non-specialists, it is difficult to understand this.

But I see another solution to the problem of water purification – the combining of different types of filtration, remineralization, purification and revitalization. These systems are known as «molecular filter systems». In this case, gases (for example, chlorine) and dirt are removed from the water and it is remineralized, regaining its conductivity, and it is purified and revitalized (using Victor Schauberger's surgical steel coil), and thus it regains the ability to purge the body of toxins and deliver nutrients to the places where they are needed.

– **How did you come up with the idea of stations equipped with such systems, where people can get clean water free of charge?**

– Having discovered that clean water is a good transporter, we recommended that our patients carefully monitor its quality. Some people had the opportunity to buy such a device, and it allows you to clean a large amount of water that can cover all of your needs: to cook food, wash dishes, rinse salad and vegetables... but some did not. I thought: why not install stations in different places where everyone could get pure water for free?

As a result, we have installed 250 stations all over Switzerland, and more than 300,000 liters of water have been provided! Now every single one of our patients can enjoy pure water. And not only our patients – any Swiss person.

– **Whatever kind of water we drink, what we breathe is also important. Is that why you installed similar stations so that people could breathe clean air?**

– Yes, there are more than 50 stations where people can come and breathe clean air, restoring their energy. After all, the more energy a person has, the faster his diseases will be cured. And it is air that plays the key role here. But this is a big topic... There is more to discuss!



RELAX ABOVE THE CLOUDS

Haute cuisine on board an airliner? Why not? If you are a passenger on Switzerland's leading airline, which makes daily flights from Moscow and St. Petersburg to Zurich and Geneva, be ready for surprises. New routes, 250 types of digital media: these innovations and more have been initiated by Swiss Airlines for the new season.

TEXT *Marguerite Paon*

THE WHOLE WORLD WITH SWISS

Swiss Airlines is pleased to present a summer schedule with extended international air transportation links from Zürich and Geneva. The route network includes five new seasonal destinations and the comfort level on board is increasing due to the introduction of the Bombardier C-series aircraft into service.

Bergen is the second largest city in Norway and the starting point for a variety of cruise and ferry routes along its coast. Nature lovers who prefer active leisure can enjoy a direct flight to Cork in the south of Ireland, the base point for the Wild Atlantic Way.

Among the latest speciality routes are flights to the island of Sylt and Figari in Corsica, which are famous for their beaches and offer numerous opportunities for water sports activities. Nis, a small town in the south of Serbia,





PHOTO FROM THE ARCHIVE PRESS SERVICE SWISS INTERNATIONAL AIR LINES (5)

is another addition to the extensive route network in the Balkans, and Edelweiss Airlines will offer flights to the Greek island of Zakynthos throughout the summer season.

ONLY FRESH MEDIA

Since the beginning of March, travelers in all three SWISS classes have had access to a new line of digital newspapers and magazines, including more than 250 titles in various languages. Before and after the flight, the airline's customers, using their booking code or ticket number, can download the latest issues of their favorite newspapers or magazines onto their mobile devices. The number of possible downloads varies depending on the flight class and bonus program status. Publications can be downloaded within seven days before departure and three days after arrival.

These digital media will gradually replace the printed newspapers and

magazines on board, but print editions will continue to be generally available in the SWISS departure lounge and in first and business classes on long-haul flights.

HAUTE CUISINE ON BOARD

Within three months, SWISS premium passengers will be able to taste traditional dishes from the Canton of Vaud in the west of Switzerland. The menu has been specially designed by chef Thomas Neeser from the Grand Hôtel du Lac in Vevey, the recipient of a Michelin star and 16 points from GaultMillau.

SWISS customers will be offered such delicacies as smoked trout fera-mousse with lobster cocktail, veal fillets with shallots and black bean sauce, quail with pureed peas, trout fillets with lemon sauce, and couscous with fennel. For dessert, the famous chef, known for his passion for French gastronomy and seasonal products, has come up with coconut

mousse with grapefruit and raspberry sorbet with violets.

Not far from Vevey lie the vineyards of Lavaux, which are included on the UNESCO World Heritage List. The local wines are famous beyond the canton and the borders of Switzerland. The red and white wines Clos du Boux, Mersyca Grand Réserve, Château de Vufflens Grand Cru and Domaine Grange Volet will be the perfect complement to the delicious dishes, and assorted local cheeses will round off the menu.

EVEN MORE COMFORT

Whilst traveling in SWISS business class, you will enjoy more than just fine dining and an entertainment program on large screens.

For maximum comfort, the airline's customers on intercontinental flights will have the opportunity to reserve one of the SWISS Privacy Seats in advance. This single window arm-chair was specially designed to provide more privacy. Increased storage space and commodious cross-sections are especially suitable for passengers who want to work during the flight.

The price depends on the length of the flight and varies from 91 to 187 euros. Booking a Privacy Seat is possible during booking or through the website swiss.com. Passengers with HON Circle and Senator status can choose a Privacy Seat for free if these seats are available during the booking.

FACTS AND FIGURES

Swiss Airlines is a Swiss airline operating flights from Zurich and Geneva to more than 100 destinations in 46 countries and flying more than 16 million passengers per year on its 95 airplanes.

As a Swiss airline company, SWISS reflects the country's traditional values and strives to provide the highest quality of services. The staff includes more than 8,500 people.

Swiss Airlines is a member of Lufthansa Group and a member of Star Alliance, the largest airline union in the world.



THE MAGIC OF THE PLACE

A postcard from the Grisons – a breathtaking view of the Engadin valley, which stretches nearly a hundred miles along the southern terrace of the Alps. The sun shines here for more than 300 days a year, illuminating the magnificent mountain scenery, the crystal clear lakes, and the mysterious ancient ruins, remnants of the greatness of Roman architecture. But the region first became known for its mineral springs, which invigorate and rejuvenate the body.

TEXT *Marguerite Paon*



In the vicinity of Scuol there are 20 mineral springs, and the Belvedere Hotel is located close to them. Dressed in your bathrobe, you can walk down a corridor with panoramic views of the mountains and the green forests, directly to the Engadine Bad Scuol water complex (with an area of 13 thousand square meters), which includes a sauna, along with indoor and outdoor swimming pools, all filled with the mineral water. The hotel has its own springs with a spa zone called Spa Vita Nova: belezza aplina with a steam room and jacuzzi, as well as a sports complex with swimming pools and a recreation area in the open air. All of these add exquisite pleasure to the recovery process.

VALUABLE MINERALS

The water from each of the different springs is not identical: there are four types, with different compositions and different healing powers.



FAMILY

The owners of the hotel Belvedere Julia and Kurt Baumgartner with their children. They have created a welcoming and family atmosphere

ATMOSPHERE

When the mineral water SPA and the hotel are framed by such beautiful views, the effect of the stay increases



Lucius: calcium-chloride-sulfate, strong sulfur springs. These springs are unique within the entire Alpine region. This water is used in the treatment of vegetative and psychosomatic disorders, and diseases of the gastrointestinal tract;

Sfondrätz: calcium-sodium-hydrocarbonate-chloride-acid sulphate. This spring has one of the highest concentrations of calcium in Europe. The water of this composition is used for the treatment of calcium deficiency and helps to combat osteoporosis;

Boniface: calcium-sodium-hydrocarbonate-oxidized ferruginous springs. The water from this spring protects against infections and assists in the treatment of bladder diseases and osteoporosis. It is widely used as a sports drink;

Lishan springs have sodium hydrogen carbonate and magnesium sulfate. The water contains a lot of magnesium, which largely determines the metabolism and functioning of the nervous system.

It is recommended for the treatment of vegetative regulatory system disorders and stress-related diseases.

DRINKING REGIME

The rich Scuol spa experience helps to energize a tired body, while the surrounding picturesque views will restore the peace of mind which may have been damaged by life's stresses. If you wish, you can undergo medical examinations in the Belvedere. Based on the results, experts will develop a personalized remedial program which will include physical therapy, massage and mineral water treatment. Dr. Christian Casanova will consult you about the timetable for drinking the spring water and the spa treatments, to tailor your program to your individual health conditions. If necessary, you will be scheduled for a more detailed study of the gastrointestinal tract, lungs and other organs.

TRADITION AND THE PRESENT DAY

The Belvedere Hotel was founded in 1876, and several years ago it was renovated, so that now it



Every village
of the *Grisons* has
its own unique *face*

BODY AND SOUL

Your eyes rest on the mountain scenery, as the body is purged during spa treatments



combines traditional hotel features with modern design and comfort. In 2007, another wing was built, near the original building. Opposite this wing, a new building was opened in 2011, with nine exclusive suites. The old part is connected with modernity via an underground passage. There are a total of 81 rooms, including 10 suites, 59 double rooms and 12 single rooms. The hotel's interior design and fittings were supervised by architect Renato Maurizio from Maloja, who also designed the lounge bar with its fireplace and wine cellar, as well as the spa complex.

In summer, the hotel price includes use of all modes of transport, including chairlifts, in the region of the Lower Engadine.



CHOICE

All variants of holidays are possible here: relax in the SPA or in the hotel room or wander around the town

CONTACT DETAILS

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- Engadin Bad Scuol, daily unlimited access accessible on arrival and departure, directly in bathrobe
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PHOTO PRESS SERVICE BELVEDERE HOTEL, SHM



MEETINGS IN THE ALPS FOR THOSE WHO VALUE COMMUNICATION

HIGH LEVEL OF DIALOGUE:

*Gagik Zakaryan,
Thomas Borer,
Dmitry Dibrov
and Maria-Anna
Lämml*

The Swiss publishing project Lämml Media, under the aegis of which the magazine Swiss Health is published, has opened a new platform for informal business communications – Meetings in the Alps. The first conference was held in the center of Zurich, in the Bar au Lac hotel. The format adopted for the event – a casual meeting – facilitates the discussion of serious topics in a relaxed atmosphere. Meetings in the Alps are planned to be held as regular thematic meetings for the development of communication and the support of intersectoral interaction via the help of media technology.

This time, the key topics of the conference were Swiss health, the hidden potential of interaction with the Russian-speaking target audience, cross-marketing with other areas, and the opportunities offered by the media in this field.

The event brought together representatives from famous Swiss clinics and the Swiss and Russian

business communities, famous doctors, and other guests from Europe and the CIS countries. One of the moderators of the meeting was the famous Russian TV presenter Dmitry Dibrov.

Open and informal communication between representatives from different industries and Swiss business circles meeting with their target audience created a unique atmosphere of communication, bringing it to a fundamentally new level and encouraging the emergence of new growth drivers for projects from various market segments.

«During this recession and decline in business activity, it is extremely important to look for new ways of building and maintaining contacts, growth and interaction», says Maria-Anna Lämml, the head of the Lämml Media publishing house. «Therefore we decided, with the help of our media outlet, to create a platform for such business meetings in an informal setting. We hope that these events will help Swiss businessmen build effective communications in order to achieve optimal results with their partners from Russia, the CIS and the Baltic Countries».

The sponsors and partners of the event were Swiss Airlines, the Swiss bank CornèrTrader, the trading house of the elite Swiss cosmetics company Spitzenhaus, Blackcitycars, the producer of black caviar Antonius Caviar, and the VIP Service of Zurich Airport.





Gagik Zakaryan, Polina Dibrova, Dmitry Dibrov and Lada Dibrova



Lada Dibrova, Dmitry Dibrov, Markus S.Kolakowski with his wife Olga



Irina Trdatyan, Jan Gerber



Marianna Vassallo

Important issues are discussed in a relaxed atmosphere



Irina Zakaryan



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“Well established in many key cities around the world, Black City Cars is raising the bar for chauffeur service quality”

service or their executives while wanting to control expenses.

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Scientists communicate with locked-in patients



Patients with complete locked-in syndrome experience paralysis of nearly all voluntary muscles in the body. For years, doctors and researchers believed that these people were unhappy with their quality of life and did not have the goal-directed thinking necessary to communicate.

Now, a groundbreaking study conducted by researchers at the Wyss Center for Bio and Neuroengineering in Geneva, Switzerland, has overturned those two common misconceptions. Patients with complete locked-in syndrome do obtain the

goal-oriented thinking necessary to express their thoughts to others, and they say they're «happy», despite their condition. In the study four individuals with complete locked-in syndrome were each fitted with a non-invasive brain-computer interface which uses near-infrared spectroscopy (NIRS) and electroencephalography (EEG) to measure blood oxygenation and electrical activity in the brain, as these are distinctly different if the patient thinks «yes» or «no». After calibration, the patients were able to respond to questions with a «yes» or «no» using their thoughts.

EURASIAN ORTHOPEDIC FORUM

Eurasian Orthopedic Forum (EOF) will take place on June 29-30, 2017 and will be the largest international event in the Orthopedics and Traumatology sphere in Eurasia bringing together over 3,000 participants from Russia, China, India, Korea, and other European and Asian countries. The Forum will be hosted in Expocentre complex in Moscow, Russia.

The Forum's program includes over 200 scheduled reports spanning 20 scientific and practical areas, including symposiums, lectures, clinical case studies, presentations, and master classes. The event will also include an exhibition on a space of over 4,000 sq. meters.

The Forum will involve practicing doctors, scientists, researchers, representatives of medicine-related ministries and administrations, developers and manufacturers of medical equipment and products for traumatology, orthopedics and related industries.

Among participants are civilian and military medical specialists, including traumatologists and orthopedists, anesthesiologists-resuscitators, vertebrologists, surgeons, oncologists, arthroscopists, endoprosthetists, paramedics, specialists in emergency medicine, radiology, rheumatology, physical therapy, and other fields.

The Forum's agenda covers the following 16 sections: Anesthesiology and intensive care medicine in traumatology and orthopedics; Knee arthroplasty; Hip arthroplasty; Vertebrology; Reconstructive and plastic surgery; Emergency medicine; Oncology and bone diseases; Interdisciplinary approaches to comprehensive rehabilitation; Radiology in traumatology and orthopedics; Sports traumatology

and arthroscopy; Upper extremity injuries; Lower extremity and pelvis injuries; Hand and forearm surgery; Foot and ankle surgery; Organizational, financial, and economic aspects of traumatology and orthopedics; Traumatology in military surgery.

The multidisciplinary scientific agenda is designed to bring together doctors of various specialties. The Eurasian Orthopedic Forum serves as a platform to share experience in high-technology medical care, developing cooperation between leading orthopedic and traumatological centers in Eurasia, and improving the international distribution channels of medical products and equipment. Furthermore, it promotes advanced technology and supports the distribution of high-technology equipment production throughout Europe and Asia.

The Forum is supported by the Ministry of Health of the Russian Federation. Participation in the Forum is free. More information and registration is available at the official website www.eoforum.ru.



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First-class service at Zurich's Privatklinik Bethanien: The physician responsible for the patient's care is available AROUND THE CLOCK.

When you step into the entrance area at the Privatklinik Bethanien, it feels more like a five-star hotel than a hospital. In 2013, at the age of 103, the hospital on the hill that overlooks Zurich underwent a complete renovation, with 96 newly designed rooms and junior suites as well as the public Bethania Park Restaurant and a large covered car park. The five operating theatres and four delivery rooms all feature state-of-the-art technology. Every year, the hospital carries out more than 3'600 surgical procedures and around 500 births. It offers an integrated care program with a broad range of medical specialists, comprehensive diagnostic imaging and its own physiotherapy department dedicated to getting patients mobilized immediately after their operation. The size of the hospital helps create a family atmosphere, reinforced by each and every staff member.

Swiss Medical Network is one of Switzerland's two leading private hospital groups. It has an outstanding medical infrastructure and offers patients both from Switzerland and abroad professional in-patient treatment in every conceivable area as well as a full range of first-class services. At present, the network comprises 16 private hospitals, spread throughout the country's three main language regions, with around 1'800 physicians and 3'000 staff. The hospitals offer a total of almost 1'000 beds and undertake more than 50'000 surgical procedures every year.



Junior Suite: Welcoming atmosphere



Modernized: The extension (right)



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THREE QUESTIONS FOR HOSPITAL DIRECTOR, E. ROGER GUTERSOHN



How many physicians are responsible for your patients' well-being?

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How wide is the spectrum of services you cover?

It ranges from orthopaedics (feet, knees, hips and shoulders), spinal surgery, general and visceral surgery, urology, ear, nose and throat problems, trauma surgery, rheumatology and cardiology through to gynaecology and obstetrics. Further specialities include oncology and our out-of-house breast centre.

How does the Privatklinik Bethanien organize treatment for patients from abroad?

The treatment of international patients has a long tradition, both within Swiss Medical Network as a whole and at the Privatklinik Bethanien. At the Privatklinik Bethanien, the Coordination department takes care of all foreign patient-related matters and organizes their in-patient treatment in Zurich.

Martin Schaefer, Head of Coordination, will be pleased to receive your question(s): mschaefer@klinikbethanien.ch or +41 43 268 75 26.



SWISS MEDICAL NETWORK MEMBER



SWITZERLAND, THE LAND OF RESEARCH

When you think of Switzerland, you think of precision and reliability. It's here that you can buy a watch that will serve you well for over 200 years. Just like Swiss watch makers, Swiss doctors will help you get in sync with your body and improve your health. It's here, in the birthplace of the most precise mechanisms and the highest tech, that foreign patients from around the world come in order to have a comprehensive health check-up.



SWITZERLAND – THE LEADER IN MEDICAL CARE

The most advanced technologies used by the doctors enable them to identify negative health factors that doctors elsewhere might easily miss. For instance, Swiss doctors can see if your blood contains heavy metals such as lead, mercury or cadmium, found in exhaust fumes, cigarette smoke and household chemicals. These elements might be found in the air that you breathe and they can have an extremely detrimental impact on your whole body.



SWITZERLAND – CHECK-UP AT THE HIGHEST MEDICAL AND TECHNICAL LEVEL

A comprehensive check-up may take up to three days. However, patients do not have to spend the whole time in hospital. The tests may cover an individual area of research or several such areas at the same time. The doctors draw up a personal program covering either a check-up of individual organs (including any corresponding analyses) or a complete body examination, especially for foreign patients. If you need to examine only one particular area, you can visit the hospital for only one day, consult with the doctors (including leading worldwide specialists, such as Thomas Luscher, Cardiology Department Director at the University Hospital Zurich, or Daniel Fink, one of the top European gynecologists), have the tests and return home on the same day.

Check-up in Switzerland. Contact for information: info@swissimacc.ch

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