



## INTRODUCTION

**Dr. Barbora Brhlíková,**  
head of paediatrics,  
Program Health Plus

## YOUR CHILD'S HEALTH ABOVE ALL

Dear Clients,  
The birth of a child is a momentous event for every family, but also the beginning of a period of worries. Parents naturally want to give their child the best in life. So please allow me to take this opportunity to thank you as clients of Program Health Plus for your responsibility and the care you devote to your offspring by co-operating with us. It may sound like a cliché, but the most important of all is and always will be health, which is the foundation for all else.

At Program Health Plus, during our years of operation we have created a very high quality system of preventive checks. In addition to the mandatory examinations stipulated by the state, we also offer children the premium option of comprehensive check-ups every year. On these occasions, together with parents we assess their child and devise a plan for further care according to the child's individual needs, including tailor-made vaccination.

Thanks to the successful concept of inter-disciplinary co-operation, we are able to provide care for your child in all aspects. We work closely with experts from specialist fields for children and adolescents in order to ensure genuinely comprehensive medical care for your offspring.

We constantly endeavour to improve the quality of our services, and for this reason we are preparing to relocate the paediatrics department of our clinic to new, modern surgeries in the nearby Nový Smíchov Villa. We look forward to seeing you there.

**Dr. Barbora Brhlíková**

## WE ARE STILL HERE FOR YOU

Since the beginning of March Europe has been hit by the spread of the new coronavirus infection. Despite the declaration of a state of emergency in the Czech Republic, the services of the clinic remain available to our clients, including individual surgeries and a 24 hour call service.

The staff of our clinic are in continuous contact with the regional hygiene service, and according to the current epidemiological situation we are arranging sample tests to determine infection with SARS-CoV-2. "If you feel any of the symptoms of this viral pathology such as a dry cough, rapid rise in temperature or joint and muscle pain, contact our reception, our call service or your personal doctor, and following a consultation on your condition of health we will recommend a further course of action for you," informs Dr. Jan Kábrt, head doctor at the clinic.

### FACE MASKS AND DISINFECTION

If clients are planning or have already arranged an appointment for a regular preventive check-up or monitoring of a chronic illness which is stabilised, our doctors recommend that they contact our reception and postpone their visit to our clinic. On the other hand, we recommend that you do not postpone examinations in the case of more serious chronic conditions, acute illnesses or vaccinations for children. Protective face masks and contact-free disinfectant sprays are available for clients who come to the clinic in person for an essential examination.

### TESTING UNIT

The clinic has taken extensive and effective hygiene and organisational measures. For cases of examining patients suspected of carrying an infectious disease, we have set aside separated areas. If you are coming to Program Health Plus by car on the basis of a prior telephone consultation with a personal doctor, you can now park directly in front of the building, press the bell and the



receptionist will admit you to the car park. If you have symptoms of a viral illness, remain in your car, and our healthcare staff will come to collect you from the car park and take you to the prepared testing facility. Testing of clients without symptoms remains a problem at present. Due to the long waiting times at testing locations it is always appropriate to refer any requests for SARS-CoV-2 testing to the staff of our clinic, who will advise clients on how to proceed in the current situation and arrange all the necessary measures in advance. An outpatient facility for acute specialised examinations and an emergency service is secured at Na Homolce Hospital or in other hospitals, as well as consultation with an internal medicine specialist and paediatrician outside of working hours. You can obtain further information about the entire situation on the websites [www.mzcr.cz](http://www.mzcr.cz) and [www.hygp Praha.cz](http://www.hygp Praha.cz), and now also on the information line 1212.

### ADDRESSING PROBLEMS IN DISTANCE FORM

It is now clear that the spread of the coronavirus is taking place not only in connection with a history of travel abroad to risk countries in Asia and Europe, but also here within the community, among citizens of the

Czech Republic, where the risk of infection is also increasing, which has resulted in extensive quarantine measures. "In the present situation it is appropriate to make maximum use of remote means of communication with the doctors and other staff of our clinic. Every day the clinic designates a receptionist, doctor for adults and paediatrician for this distance communication. It is possible to assess many symptoms in remote form, because the doctor has your entire health documentation available online, and it is possible to send photographs or other pictorial documentation," advises Dr. Kateřina Bičíková, head of the department of internal medicine at the clinic. "Our doctors are prepared to continually provide consultation on your condition of health by telephone or e-mail, and thanks to access to their complete electronic healthcare documentation available online they are more easily able to provide advice on a further procedure. In the case that it is not necessary to visit in person, our doctors can send clients an e-Prescription, or an e-doctor's certificate or an e-confirmation of a quarantine order for a child..." adds Dr. Bičíková. We are continuously updating further important information and recommendations on our website.

## NEWS

### OPENING OF NOVÝ SMÍCHOV VILLA

For paediatric patients, Program Health Plus is preparing the opening of the newly reconstructed premises in the Nový Smíchov Villa, which will offer children and their parents greater comfort and a higher standard of healthcare. Two paediatric outpatient surgeries run by personal doctors will operate within the Villa, and clients will be able to make use of a lounge with reception, as well as two separate waiting rooms for healthy and sick children. Comfort will be increased by a room for breastfeeding mothers, and the building will also house further surgeries providing care for children and adolescents. **We will keep you informed about the details and specific opening date.**



### A NEW DERMATOSCOPE

The department of dermatology has recently acquired the new dermatoscope Dermogenius Ultra. Thanks its special high resolution camera it is capable of detecting even minimal changes of skin blemishes, and differentiating freckles from potential skin tumours. Within the framework of preventive care it is useful to undergo a check of skin blemishes at least once per year. **If you wish to order a preventive check-up, please contact our reception.**



## THE CLINIC AS SEEN FROM ABROAD

**A few weeks ago Program Health Plus was visited by the American medical student Aimee Schaefer, who acquainted herself with a number of professional centres and clinics in the Czech Republic. How does she rate our clinic in comparison with healthcare in the USA?**

Aimee Schaefer comes from the American state of Wisconsin and she is studying at St. George University School of Medicine in Grenada, where she is soon due to complete her doctoral programme in medicine and master's programme in public health. "The reason for my visit to Prague was a study sabbatical in a number of different healthcare facilities within the framework of preparation for my thesis. I visited some medical institutes in order to familiarise myself with how the healthcare system works here," reveals the future doctor.

### 10 OUT OF 10

During her visit to Program Health Plus she was able to see our medical team, nurses and reception staff in action, to acquaint herself with the functioning of our system of private medical care and with the concepts of Concierge Medicine and Primary Care Superclinic. "I was particularly impressed with Concierge Medicine due to its individual focus on patients and the possibility of providing them with better quality services. It enables doctors to spend more time with clients than is usual in regular medical practice. This is a big problem in the USA," notes Aimee Schaefer. She also appreciated the high standard of use of modern digital technologies in the field of eHealth. "I was very

pleasantly surprised also by the scope and quality of the medical care provided here, and the approach to clients. In comparison with the USA you are more than able to hold your own. The medical and non-medical teams are highly professional, with a friendly approach. I'd give them 10 points out of 10. And when I saw clients in the reception lounge, all of them seemed satisfied," she concludes in summary.

### DIFFERENCES BETWEEN HEALTHCARE

According to Aimee Schaefer, one of the greatest differences between healthcare in the Czech Republic and the USA is the fact that in America, clients have to pay substantial charges for healthcare, but may nevertheless still not receive especially extensive or quality services. "In the USA you can pay health insurance of 1500 dollars a month and obtain only minimal care. In addition, you pay separately for a visit to a doctor, for an examination, for medications... By comparison I know that when you pay the equivalent of 150 dollars at Program Health Plus, you obtain premium medical care, the services of a personal doctor, access to several specialists, a 24 hour call centre at your disposal... All of this is very different from the USA, and I'm sure clients appreciate the advantages it brings them," states the future doctor.

## PREVENTIVE CONSULTANCY

## HOW TO UNDERGO YOUR SPRING DETOX

**Spring is often linked with cleansing the organism and undergoing detoxification cures. However, some of these are more likely to damage your health. Here is some advice on healthy detox from our dietologist at Program Health Plus, Dr. Karolína Hlavatá.**

**When winter ends a range of articles appear in the media about spring detox. Is it possible to tell us what this actually concerns?**

This depends to a large extent on what we imagine by the term detoxification. Some people think of fasting and drinking herbal teas, others of colonic irrigation and special drinks. I personally see it as certain dietary limitations, specifically cutting out alcohol and meat, accompanied with a radical increase in the intake of vegetable foodstuffs. If detoxification is applied properly, then thanks to the increased intake of vitamins, mineral substances and fluids it can help for example in the battle against spring fatigue, and also support a whole range of bodily functions. Another important part of cleansing the organism should be care for mental well-being, as well as including physical activity and as much time as possible spent in the fresh air.

**Various recommendations appear on how to detoxify the body. Is there not a danger that professional advice might do more harm than good?**

As a rule, milder detoxification cures are based on cutting out foods of animal origin (meat, eggs, milk and dairy products). The basis of the diet becomes

fruit and vegetable juices, vegetable soups, to a smaller extent wholegrain cereals, vegetable oils, and fresh herbs and herbal teas are widely used. Food supplements are also popular, for example products made of green barley or chlorella, the use of probiotics and drinking mineral water with a laxative effect. This type of detox is relatively acceptable, though on the condition that it's not practised for too long, up to a maximum of 14 days. On the other hand, some detox cures can be very aggressive, in extreme form this essentially means a hunger strike of several days or consuming nothing but vegetable and fruit juices. Detox cures in connection with repeated irrigation of the intestines, known as hydrocolon therapy, can also be dangerous. Colonic irrigation might appear to be an effective way of cleansing the organism, but this view is opposed by health professionals. We can best benefit the intestines and the entire organism through sufficient intake of fibre and probiotically acting microorganisms, either in the form of medicinal preparations from a pharmacist or through regular consumption of foodstuffs that contain probiotics (for example fermented milk products or lactic acid fermented vegetables).

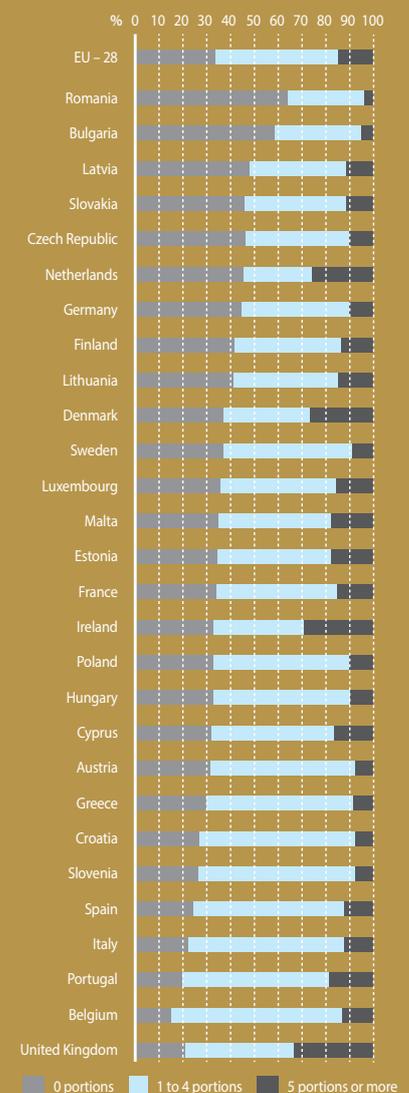
The full interview is available on the website [www.programhplus.cz/co-radi-nasi-lekari](http://www.programhplus.cz/co-radi-nasi-lekari)

## FRUIT AND VEGETABLE CONSUMPTION IN THE EU

**The European statistical office EUROSTAT has focused on data on fruit and vegetable consumption in the EU. Where do Czechs rank in the metaphorical league table?**

For example, in the Netherlands, Denmark, Ireland or the United Kingdom, at least a quarter of the population consume 5 portions per day, whereas in Greece, Slovenia, Austria, Croatia, Bulgaria and Romania this drops to less than 8% of the population. The Czech Republic also occupies a less than flattering position. Approximately only 1 in 10 of the population of the Czech Republic consume five portions of fruit and vegetables per day. Approximately 45 percent of people eat 1–4 portions, while the same proportion of Czechs consume fruit and vegetables only occasionally.

### DAILY CONSUMPTION OF FRUIT AND VEGETABLES ACCORDING TO NUMBER OF PORTIONS IN POPULATIONS OF INDIVIDUAL EU STATES AGED OVER 15 YEARS



Source: EUROSTAT, 2014