



INTRODUCTION

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FROM THE LIFE OF YOUR CLINIC

The last six months have been highly active at Program Health Plus. The clinic has extended the healthcare it provides you with in selected areas, for example in allergology, endocrinology, sonography and physiotherapy. We have added to our medical team with a number of new specialists. In addition we have also supplemented the offer of useful benefits you can take advantage of. For example, we now offer vaccination against measles, which is provided free of charge to clients in the Diamond and Sapphire programmes.

In order to provide you with interesting reading this summer we have also prepared a new edition of our client magazine HEALTH+. This time the magazine has focused on new trends in 21st century medicine, such as electronic healthcare, telemetry or telemedicine, thanks to which medical care can be of far better quality and also more pleasant for clients. We are already using some of these trends, and are due to introduce more in the near future. The first innovation will be a mobile app for Program Health Plus clients, which will enable direct access to several useful services within the framework of their healthcare.

A fundamental new feature is the prepared extension of our clinic. We want to ensure the maximum comfort for you, and for this reason we are currently preparing to open entirely new premises, which will meet even the most demanding requirements for the provision of modern medical care.

We do all of this in order to ensure that we can guarantee you with the highest standard of healthcare. The entire clinic team wishes you a wonderful summer.

**Dr. Michaela
Löblová**

NEW TECHNOLOGIES AT PROGRAM HEALTH PLUS

New technologies are bringing new possibilities to medicine. The clinic is continually modernising its technological equipment, because a new generation of instruments provides doctors with more precise results, and clients with a more comfortable course of examination.

One of the new features which several Program Health Plus clients have now been able to try out for themselves is a 12-lead ECGpro CardioPart 12 Blue-Pi electrocardiogram from the Amedtec brand. It serves for measuring the electrical potential generated by heart activity, and enables detection of any heart arrhythmias or various forms of damage to the heart muscle. "ECG measurement is a part of every preventive examination, and for this reason all our clients regularly undergo this. Unlike the previously used device, the new ECG is far smaller and technically more advanced, which brings advantages for doctors, healthcare staff and for clients," informs Jitka Thimová, head nurse at Program Health Plus. Upon use of the new ECG, nurses appreciate above all its simple user-friendliness, reduction of the administrative burden and also its absolutely minimal error rate. Doctors value the precise results of measurement of heart activity, and the option of setting the recording of measurements tailor made to their requirements, which helps easier diagnosis. Clients positively evaluate primarily the fact that the examination is quicker with the aid of the new ECG, on average taking only 2 to 3 minutes. "Another big advantage is that thanks to the use of Bluetooth technology, the new ECG ensures a very high quality signal and wireless data transmission directly to the clinic's outpatient information system, where the



record is stored in the electronic health documentation of each client," she explains. Every day several dozen people undergo an ECG examination.

HOLTER MONITORS

Further new additions in the field of instrument equipment are modern Holter monitors from the AmedTec manufacturer for home measurement of blood pressure and ECG. They monitor the client's health data during the client's everyday workload in a natural environment of the home or at work, for a period of 24 hours. "They are considered necessary for non-invasive examination in the case of hypertension or cardiovascular problems. In the case of a pressure Holter monitor, this is a small device connected to a band attached to the arm,

which is regularly inflated and measures blood pressure values. A Holter monitor for measuring ECG is connected to self-adhesive electrodes, which are attached to the chest, where they record heart activity," describes Jitka Thimová. The Holter monitor itself is attached to a belt around the abdomen, where it records data. During the course of the measurement, clients keep records of all the activities they perform, which the doctor then compares with the result of monitoring in order to be able to determine the causes of any applicable abnormal states. You can find out more interesting information about new technological advances at Program Health Plus in the new edition of the client magazine HEALTH+, which will be soon delivered to your home.

NEWS



RETURN TO AFRICA AT PROGRAM HEALTH PLUS

Summer at the clinic is being spiced up by an exhibition entitled "Return to Africa" in the form of photographs from the African wilderness, images of the local population and native artefacts. The lens focused on the natural treasures of the east African state of Tanzania, mainly the Serengeti National Park and the Ngorongoro crater, which is rightly named the eighth wonder of the world. The exhibition lasts until the end of summer, and can be seen at any time during the clinic's opening hours.

OUR DOCTORS IN THE RANKINGS OF TÝDEN MAGAZINE

A special issue of the news magazine Týden entitled "A comprehensive guide to the elite of Czech medicine" has published a league table of 111 exceptional Czech doctors, in which it also presents specialists from Program Health Plus. Within the field of dermatology, the editorial board chose Dr. Lucie Mansfeldová, in the field of dietology and diabetology Dr. Karolína Hlavatá, and in the field of gynaecology and obstetrics Dr. Ivan Ročárek. Also featured as a fourth representative is the clinic's external co-worker Dr. Tomáš Dědič.

EVENT FOR CHILDREN AT THE FRENCH LYCÉE

In May this year, Program Health Plus took part in the School Fair event, which is held by the French lycée in Prague. We prepared a special entertainment programme for children and parents, for example balloon modelling and face painting, while parents frequently took the opportunity to have their blood pressure measured by a nurse.



DEMENTIA IN THE CZECH REPUBLIC

The number of people suffering from dementia is constantly growing. According to the Report on the State of Dementia in the Czech Republic published by the Czech Alzheimer's Society, in 2015 approximately 156 thousand people in this country were living with various types of dementia. Today one in five senior citizens aged over 80 suffers from this serious disorder.

This represents a worldwide phenomenon. With regard to the ageing population, the number of patients diagnosed with one of several types of dementia is also increasing in most countries. The most recent Report on the State of Dementia in the Czech Republic published in 2016 presents a detailed view of the current situation, as well as a warning outlook for the future. By next year the number of sufferers is due to exceed 180 thousand, and in 2050 there are likely to be a further 200 thousand. Some interesting figures are presented below.

EXTENDED TYPES OF DEMENTIA

Alzheimer's disease 62 %

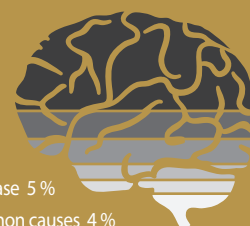
Vascular dementia 17 %

Mixed dementia 10 %

Parkinson's disease 5 %

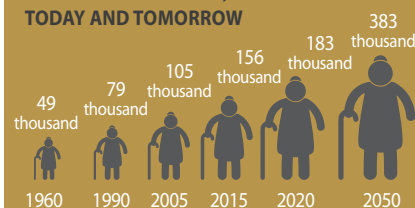
Other less common causes 4 %

Other degenerative brain disorders 2 %



Source: Czech Alzheimer's Society, data from 2016

DEMENTIA YESTERDAY, TODAY AND TOMORROW



Source: Czech Alzheimer's Society, data from 2016

DEMENTIA IN RELATION TO AGE

1 out of 13 people aged over 65



2 out of 10 people aged over 80



5 out of 10 people aged over 90



Source: Czech Alzheimer's Society, data from 2016

INSTRUMENTAL ENRICHMENT METHOD

Our new speech therapist Šárka Wagenknechtová practises the unique "Feuerstein Method of Instrumental Enrichment". This brings huge benefits for children with learning difficulties, as well as for exceptionally gifted schoolchildren.

The instrumental enrichment method helps children "learn to learn", and supports their development in several areas. "It has an interesting history. It originated in Israel, and its founder professor Reuven Feuerstein created it in the 1950s for children affected by the holocaust, who had been severely deprived following their traumatic experiences. It was intended to develop their psychological functions, emotional range, to encourage their desire for learning and their appetite for life in general", explains Šárka Wagenknechtová. The method achieved excellent results, and the professor also successfully applied it on his grandson, who suffered from Down's syndrome. Over the course of time it was demonstrated that instrumental enrichment is beneficial for practically everyone – for children with various disorders and types of syndromes, including with slight mental retardation, regular pre-school and schoolchildren, highly intelligent children and also adults who wish to develop their abilities further in life.

DEVELOPMENT OF COGNITIVE PROCESSES

Today the Feuerstein method is popular the world over. It can be applied to children from the age of two years, with no upper age limit. It is based on work with "instruments", of which there are dozens. They are in pictorial form, and are focused on various fields, directions and situations. Children, as well as adults, learn to work with the instruments, adopt diverse strategies and then attempt to transpose these into everyday life. "It might sound relatively abstract, but it works wonderfully. The spectrum of what the method

helps develop is very broad. For example, pre-mathematical conceptions, spatial perception, logical connections or imagination. It also has immense potential in the realm of developing cognitive processes, above all constructive and critical thinking. Furthermore, it supports motivation to learn in children," describes the speech therapist. The method of instrumental enrichment can be applied either individually or in groups. Group work has the further advantage that it teaches individuals to communicate and co-operate within a group, to present an argument, express an opinion and defend it.

THINKING DOESN'T HURT

Šárka Wagenknechtová has taken two courses in the instrumental enrichment method directly conducted by pupils of professor Feuerstein, who died in 2014. Thanks to this experience she is able to practise this method on small children aged from 2 to 7 years, as well as on primary and secondary school pupils, though she does not focus on adults. In her professional practice she offers the Feuerstein method primarily not as a corrective technique, but as a useful means for the child's further development. "Today it's sometimes said that it hurts to think, but the instrumental enrichment method can show children that thinking doesn't hurt at all. And it can teach them how to go about it... Children often don't realise whatsoever that they're learning to think, but it can be highly beneficial for their future life," she concludes.

PREVENTIVE CONSULTANCY

PREVENTION OF DEMENTIA

The risk of dementia is usually linked to age, but there are other causes that can trigger the onset of this disorder at any age. For this reason, we have focused on preventing dementia together with Kateřina Weigertová, clinical psychologist at Program Health Plus.

What factors play a role in the onset of dementia?

There are various forms of dementia. In the first case of so-called primary dementias, this includes for example Huntington's, Parkinson's or Alzheimer's diseases and a number of others. Another group is vascular dementias caused by ischaemic changes of the brain tissue, which are linked with an insufficient blood supply to a certain part of the brain. The onset of dementia can also be caused by a number of viral diseases, head injuries or intoxication with alcohol, drugs and other chemical substances, which may lead to the development of "toxic dementia". There are many types of dementia, including also mixed dementias. Recently the term "digital dementia" has come into use, popularised by the book by the German neurologist and psychiatrist Manfred Spitzer. However, this does not fall within the category of the classic types of dementias in the true sense of the word.

The onset of classic dementia is highly influenced by age. Is it possible to somehow train the brain so as to put off the onset of this disorder?

It's possible to train the brain with targeted exercises, but also with the aid of regular everyday activities. It's recommended for people who are approaching the critical age of 60+ that they speak and communicate a great deal, read, try to remember things that are of interest to them and share it with their relatives and friends, to talk and write about it. By doing so they train complex cognitive abilities. Other beneficial activities include deciphering crosswords, sudoku or watching quiz shows, as well as small everyday things such as remembering a short shopping list, continually trying to read the prices of products in the shopping basket and calculate how much it's going to cost, that also helps train the brain...

See the complete interview at www.programhplus.cz.