



INTRODUCTION

Dr. Pavel Šnajdr
internist and OHS doctor
Program Health Plus

REASONS FOR A HEALTHY MIND

Dear Clients,
In recent times everything has been affected by the coronavirus. It influences our working and private lives, and spreads insecurity and anxieties. Without doubt it is necessary to respect the nature of the virus and abide by the recommended preventive measures, but it is nonetheless of no benefit to succumb to excessive fear. An asset in this situation is a healthy mind, which according to folk wisdom makes up half of good health. And modern studies indicate that positive thinking can indeed strengthen immunity.

We would like to support your "healthy mind" by assuring you that even in this difficult time we have a team of more than 50 experienced doctors available to provide clients with comprehensive medical care, whatever their health complaints. Program Health Plus has been preparing for the arrival of the second wave of the pandemic since the spring, and as a result we are able to ensure a very safe environment and all healthcare services within the clinic's premises. For this reason, we would like to reassure clients so that they do not defer ordered examinations with specialists, vaccinations or other preventive check-ups due to fear of any risks, because underestimating certain health complaints may have far-reaching consequences.

Since the very beginning of the pandemic, it has been confirmed that electronic healthcare technologies provide invaluable help, such as the HealthPlus mobile app or online chat service. If you have not yet tried them for yourselves, now is an ideal opportunity.

The whole Program Health Plus team here for you, whenever you need us.

Dr. Pavel Šnajdr

DOCTORS IN CONSTANT CONTACT

Despite the fact that the epidemic situation in connection with the spread of the coronavirus has worsened dramatically, Program Health Plus continues to provide a complete spectrum of medical services without noticeable limitations. We also ensure testing for our clients, as well as all the necessary care for the prevention and treatment of Covid-19.

Since the very beginning of the pandemic, personal doctors have been in continuous communication with clients of the clinic, and constantly endeavour to provide them with information and medical recommendations corresponding to their state of health. "Covid-19 and questions in connection therewith are not currently our sole focus, but in principle constitute the main agenda of our personal doctors and internal specialists. We communicate with clients not only by telephone, e-mail and online chat, but we are now also starting to use video calls and video conferences arranged at a specific time with clients," informs Dr. Pavel Šnajdr, who organises the online chat service and the Primary Care Superclinic programme for companies at Program Health Plus. Every day the clinic is contacted by several dozen clients with inquiries about the coronavirus. Doctors in distance form arrange orders for tests, confirmation of quarantine and consult clients on their current condition of health. Fortunately the disease is confirmed only in a small number of clients, who in the great majority of cases have a mild course of the disease or are entirely without symptoms.

COVID TESTING PROVIDED

When visiting the clinic there is no risk of infection. The premises of both buildings are frequently disinfected also with the aid of special, newly constructed germicidal lamps, which thanks to UVC radiation sterilise the environment, air and surfaces of objects, thereby preventing the spread of viruses and bacteria. Further preventive measures are also in place, and face

masks and hand disinfectant are available. "In order to ensure safety, since the beginning of the pandemic the rule has applied that clients with symptoms of Covid-19 are not to visit their doctor in person in the surgery, but first of all contact reception by telephone, e-mail or via our chat service," states Dr. Šnajdr. Clients should describe their symptoms to the receptionists, as well as their severity and urgency, in which an important parameter is body temperature measured using a thermometer. The information is immediately relayed to a nurse and the given client's personal doctor, who will evaluate the information and contact the client as soon as possible. "In the present onslaught, doctors might not always be able to respond immediately after the phone call. As a result, the initial information is important, since this helps us distinguish acute situations and begin to address them quickly. We'd like to thank our clients for their understanding approach," he adds. The clinic's employees are continuously monitoring the availability of testing capacities in order to ensure that clients can obtain quick and problem-free testing. It is essential to test clients with symptoms or those who have been in contact with a Covid-positive person at public testing stations, and our employees always attempt to find the most appropriate solution. At some testing points the clinic has reserved appointments, samples usually take place the following day without waiting, and it is not necessary to search for the first free appointment. "For clients without symptoms who need a test due to a forthcoming trip abroad, we are

able to perform testing directly within the premises of Program Health Plus, where we have a special testing surgery at our disposal. Should they be interested, clients must call our reception in advance by telephone," informs Dr. Šnajdr.

FULL TEAM OF DOCTORS AVAILABLE

Within the framework of Primary Care Superclinic, Program Health Plus is capable of organising testing also for employees of company clients. In co-operation with a testing laboratory, the clinic has set up a mobile testing point for one of these firms, in which samples are taken of all the company employees, without waiting or unnecessary complications. "This alternative is possible only if the company needs to test 40 or more employees at once. For individual testing, the first step is to contact a personal doctor or the company doctor," specifies Dr. Pavel Šnajdr. When addressing problems with the coronavirus pandemic, modern electronic healthcare technologies provide invaluable help, above all the HealthPlus mobile app, online chat and now also video calls and video conferences. These facilities enable doctors to resolve minor complaints with clients in distance form, without the need to visit the clinic. Nevertheless, even during this time it is not advisable to underestimate complaints and defer planned examinations with specialists, arranged vaccinations or preventive check-ups, or to underestimate the need to resolve health problems unrelated to Covid. Visiting the clinic is safe, and the team of doctors at Program Health Plus is fully available to clients.

NEWS



NEW HEALTH+ MAGAZINE FOR CLIENTS OF PROGRAM HEALTH PLUS

To add interest to an unusual autumn, the Program Health Plus clinic has prepared another issue of the client magazine HEALTH+ for you, this time focusing on various areas of healthcare for children and adults. You can read about nervous seizures, various forms of sore throat, infectious skin diseases, disorders of thyroid gland function, asthma, bedwetting, or about the microbiome, which influences an individual's phy-

sical and psychological health throughout the entire course of life. And child psychologist Dr. Jana Procházková provides advice on how parents can respond to the situation that arises when schoolchildren find themselves in a state of "disorder" due to the coronavirus, as well as on how to proceed now that the schools are closing once again. You can find the electronic version of HEALTH+ magazine on our website: <https://programhplus.cz/casopis-health-plus>.





OBESITY LADDER

The media and other institutions have recently been bombarding the public with graphs and tables in connection with the coronavirus. Here we focus on other statistical data, which may nevertheless be closely linked with Covid-19. This is the European obesity ladder, which appears to be one of the key factors in predicting a severe course of this pathology.

The Czech portal "Europe in Data" has gathered statistics from countries in Europe and created an overview of the proportion of their populations that suffer from excess weight or obesity. The Czech Republic, with a score of 55.4 %, occupies a highly unflattering 4th place in this league table, just behind Greece (55.5 %), Croatia (55.8 %) and Malta (59.6 %). By contrast, the slimmest nations include Italy (43.8 %), France (45.5 %) and Denmark (46 %). After the end of the pandemic it will undoubtedly be useful to compare data on the level of obesity in connection with the incidence of severe courses of Covid-19. This may provide further evidence that obesity is genuinely a serious threat to human health.

Country	Total overweight (BMI over 25)	Pre-obesity (BMI 25–30)	Obesity (BMI over 30)
Austria	46.9 %	32.6 %	14.3 %
Belgium	47.9 %	34.2 %	13.7 %
Bulgaria	52.8 %	38.4 %	14.4 %
Croatia	55.8 %	37.8 %	18.0 %
Cyprus	46.5 %	32.6 %	13.9 %
Czech Rep.	55.4 %	36.7 %	18.7 %
Denmark	46.0 %	31.6 %	14.4 %
Estonia	52.3 %	32.6 %	19.7 %
EU–28	50.2 %	34.8 %	15.4 %
Finland	53.5 %	35.7 %	17.8 %
France	45.5 %	30.8 %	14.7 %
Germany	50.7 %	34.3 %	16.4 %
Greece	55.5 %	38.6 %	16.9 %
Hungary	53.9 %	33.3 %	20.6 %
Ireland	54.4 %	36.2 %	18.2 %
Italy	43.8 %	33.3 %	10.5 %
Latvia	55.2 %	34.4 %	20.8 %
Lithuania	53.2 %	36.7 %	16.6 %
Luxembourg	46.4 %	31.3 %	15.1 %
Malta	59.6 %	34.4 %	25.2 %
Netherlands	47.7 %	34.8 %	12.9 %
Norway	47.8 %	35.2 %	12.6 %
Poland	53.3 %	36.6 %	16.7 %
Portugal	52.2 %	36.1 %	16.1 %
Romania	53.9 %	44.8 %	9.1 %
Slovakia	53.0 %	37.1 %	15.9 %
Slovenia	55.0 %	36.5 %	18.6 %

Source: www.evropavdatech.cz, Eurostat

POSITIVE CHANGES AT PROGRAM HEALTH PLUS

The year 2020 has been marked by dramatic changes, most of them unwelcome. Fortunately, Program Health Plus has nothing but positive news, which will bring an improvement of the quality and comfort of medical care.

At the beginning of June the Nový Smíchov Villa was opened to clients, housing Program Health Plus's modern paediatrics department with surgeries of personal doctors for children and specialists in the fields of nephrology, psychology and speech therapy. The internal premises of the historical building are being progressively and sensitively reconstructed, and further specialisations are being relocated to the villa. "By the end of the year for example we're preparing to open a new ENT surgery and a reception for adult clients, which has a separate entrance and a comfortable waiting area with refreshments. This enables access to specialised departments that provide medical care for children and adults," describes Jitka Thimová, head nurse at Program Health Plus, who is co-ordinating the relocations of the surgeries. Children and adolescents have their own entrance available with a comfortable reception lounge and a separate waiting area for sick children.

FOR A PREMIUM STANDARD

In the coming months, the Nový Smíchov Villa will open new departments of neurology, allergology, ophthalmology and physiotherapy. Due to client demand, the physiotherapy department will be substantially extended. It will now have three separate surgeries available, one in the form of a small gym with a changing room and shower, which will ensure optimal conditions for all physiotherapy techniques, as well as therapeutic training or yoga courses in

small groups. "All the surgeries offer pleasant premises with modern equipment, enabling us to provide a premium standard of medical care in an attractive environment, which is safe and comfortable for both children and adult clients," explains Jitka Thimová. After the completion of the reconstruction, surgeries of further paediatric specialists from the fields of gastroenterology, endocrinology and orthopaedics will also be relocated to the villa.

INTRODUCTION OF NEW SPECIALISATIONS

With the relocation of a number of departments for children and adults, new opportunities have opened up for the utilisation of the clinic's premises in Kartouzská street. As a result, it will soon be possible to offer Program Health Plus clients access to previously unavailable specialisations such as diabetology, rheumatology or rehabilitation. By expanding into these fields, Program Health Plus is responding to the increase in diseases of affluence caused by unhealthy lifestyles, such as diabetes mellitus, hypertension and connected diseases, rheumatic disorders, head and back pains and many other illnesses. The main objective of opening the second Program Health Plus clinic in the Nový Smíchov Villa, with all the changes this involves, is to provide children and adult clients with the maximum of comprehensive, quality and comfortable medical care to meet all their requirements.

PREVENTIVE CONSULTANCY

A HEALTHY BODY WEIGHT TO COUNTER ILLNESS

The population of the modern world in the 21st century suffers from obesity on a mass scale, and this is a high risk factor for many illnesses, from diabetes, through cardiovascular diseases, to Covid-19. Dr. Petr Hlavatý, dietician at our clinic, provides advice on how to avoid obesity, how to recognise it sufficiently in time and how to treat it.

What effects can obesity have on the health of children, adolescents and adults?

The most common complaints that appear in children and adolescents in connection with excess weight or obesity are problems with the musculoskeletal system, often disorders of the spine, scoliosis, poor body posture, flat feet and similar afflictions. However, there are also various metabolic impacts, which we previously used to see only in adults. In these patients obesity influences for example high blood pressure or cholesterol, the advance of diabetes or cardiovascular diseases. Today it's not hard to find a 17 or 18 year old adolescent who has type 2 diabetes or other diseases which are typically linked with middle and advanced age. An unhealthy lifestyle plays a large role in this, and the burden acquired in childhood and adolescence is often carried over into adulthood, which increases susceptibility also to other diseases. In addition, in many pathologies obesity is a funda-

mental risk factor which worsens their course.

What is most important when tackling obesity?

The first step always has to be taken by the individual in question, in admitting they have an unhealthy body weight and contacting a healthcare professional. The doctor should concentrate mainly on detecting the cause of weight gain, namely if the reason is an unhealthy lifestyle or a manifestation of an internal disorder. In the latter case, the patient is entrusted to an appropriate specialist. If excess weight or obesity is caused by an unhealthy lifestyle, a dietician can help with treatment. Within the framework of treatment of obesity, it is important for the client to have a genuine interest in resolving the situation, abiding by the doctor's recommendations, sticking to their diet and starting to take at least a little exercise, which benefits their overall condition of health.

The full interview is available on the website www.programhplus.cz/co-radi-nasi-lekari