



Saint Petersburg
Committee for
Tourism Development

AUGMENTED
REALITY
CATALOG



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SAINT PETERSBURG
MEDICAL TOURISM
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TOURISM

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No 4 (109) 2021

SPECIAL ISSUE

INTERACTIVE AUGMENTED REALITY CATALOG



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
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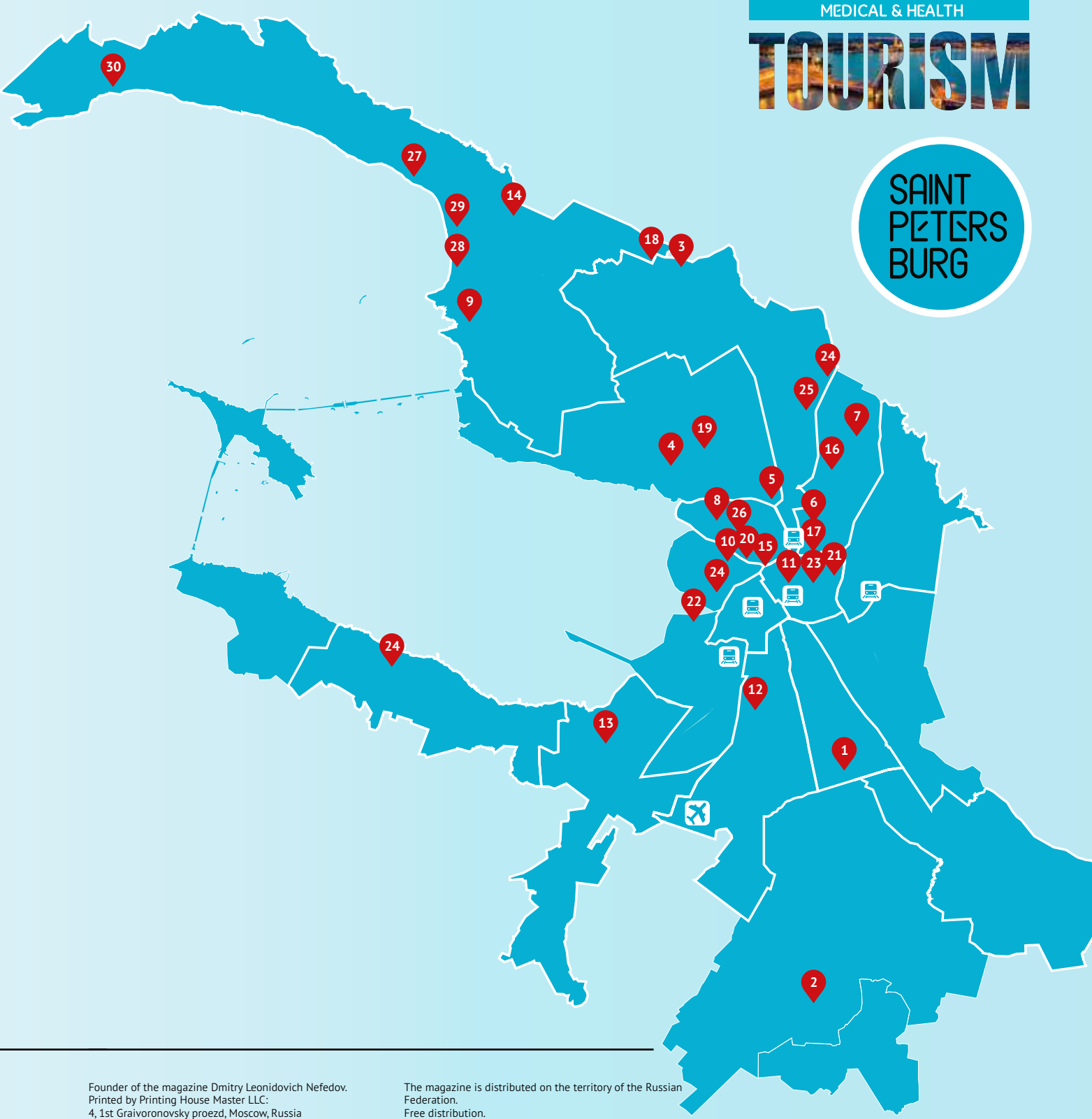
Dive
into stories
with augmented
reality

*AR – AUGMENTED REALITY

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DEAR FRIENDS!

On behalf of the Ministry of Health of the Russian Federation and on my own behalf, I would like to welcome the readers of the first in Russia catalog with augmented reality effect on health facilities in St. Petersburg providing services to foreign patients.

The Russian Federation has unique capabilities in the provision of medical services and is a competitive country in the global medical tourism market.

Despite the pandemic of coronavirus infection, according to the results of 2020, 3, 9 million foreign citizens received medical care in the Russian Federation, and the total volume of exports of medical services amounted to about 200 million US dollars. The high demand for domestic medicine is due to its significant advantages: proven technologies, quality, safety, accessibility and competitive cost.

I am sure that the catalog of health organizations and resort treatment facilities is an effective tool for communication strategy of St. Petersburg to enter the international market and strengthen its reputation as a high-tech destination for foreign medical tourists.

O.O. Salagay,
*Deputy Minister of Health
of the Russian Federation*

MEDICAL AND HEALTH TOURISM IN ST. PETERSBURG: A NEW ROLE IN THE POST-COVID WORLD



*Sergey Evgenievich Korneev,
Chairman of the St. Petersburg Committee
for Tourism Development*



*Natalya Nikolaevna Yudina,
General Director of St. Petersburg Medical
Tourism Agency JSC*

THE CORONAVIRUS PANDEMIC AND ITS AFTERMATH BRING TO THE FORE NEW, NOT FULLY DISCLOSED POSSIBILITIES OF MEDICINE. THIS INCLUDES MEDICAL TOURISM. TO IMPROVE HEALTH BY GOING TO THE WORLD-FAMOUS ST. PETERSBURG FOR THIS, SUCH A CHOICE SEEMS TO MANY FOREIGNERS TO BE VERY REASONABLE.

They are expected in the northern capital of Russia. Since the distant 1719, when the first Russian resort was opened in Marcial Waters, near modern Petrozavodsk, by the decree of Peter I, the medical and resort business in the North-West of the country has been constantly developing. Today St. Petersburg is rightfully considered the largest center for medical and health tourism. On the shores of the Gulf of Finland, there are more than 40 institutions of the medical complex, modern clinics and resorts. Wellness programs are based on the St. Petersburg medical and health-resort school and the unique natural factors of the resort area: therapeutic muds, mineral waters, mild climate. The health resort complex of St.

Petersburg is the only large health cluster in the world located in the northern latitudes. Licensed health resort institutions have at their disposal about 15 thousand places of accommodation. The Committee for the Development of Tourism of St. Petersburg considers medical tourism to be one of the priority types of tourism in the city. It should be noted that the city on the Neva was the first and only constituent entity of the Russian Federation, in which medical tourism as its special type was enshrined at the legislative level: in the Law "On tourist activities in St. Petersburg". This type of travel allows you to combine any kind of recreation and a variety of tourist products of the cultural capital with

high level of medical care, as well as undergo rehabilitation after past illnesses. The latter circumstance is of particular importance now, when a mass of people needs appropriate assistance in connection with the COVID-19 pandemic. Taking this into account, the health resort facilities of St. Petersburg have developed new and improved existing health programs. Highly qualified specialists work in St. Petersburg, and the technical equipment of health resort institutions allows to provide high-level services. The city authorities strive to convey this information to potential patients from other countries.

It is noteworthy that medical tourism in the pandemic suffered much less than usual

WHO IS THE ST. PETERSBURG MEDICAL TOURISM AGENCY WORKING FOR?

The St. Petersburg Medical Tourism Agency aims to develop the unique competitive advantage of the Northern capital of Russia, which arises at the intersection of its high level of healthcare and attractiveness as a popular tourist destination among Russian and foreign travelers. The healthcare system that has formed in St. Petersburg combines both multidisciplinary and highly specialized medical organizations. Modern technologies are constantly being introduced here, the latest achievements of medicine are used. The clinics are equipped according to the most current standard. The marketing policy allows us to offer patients advanced and high-quality services and technologies at competitive prices. The role of the St. Petersburg Medical Tourism Agency is to inform foreign tourists about the possibilities of high quality, but much more affordable than in foreign countries, treatment, as well as to create favorable conditions for easy and convenient access of tourists to medical services in St. Petersburg. The agency's activities are aimed at actively promoting national medical tourism on the global stage, improving the image of Russian medicine in the eyes of foreign citizens, and developing international scientific and practical ties. Be healthy and welcome to St. Petersburg!

located in St. Petersburg can post information on the services provided on its official website. In order to increase the demand for health resort and medical institutions by regional and foreign patients, the Medical Tourism Agency has developed the portal: med-petersburg.ru. Health resort facilities and clinics are interested in connecting to this resource, which allows them to receive applications from consumers of medical services, obtain medical insurance, and buy air tickets. The portal is an indispensable platform for building a contact base in order to conquer the foreign market. It is clear that in order to restore the tourism industry of St. Petersburg, it is necessary to ensure the safety of guests in the city. That is why St. Petersburg became the first city in Russia to join the international program Safe Travels. Now there is a uniform for the hospitality sector Safe Travels SPB sign of safe and comfortable rest. It is a guarantee that the services provided by other tourist organizations meet the requirements of sanitary and hygienic safety standards. The Safe Travels SPB program includes more than 80% of the health resort facilities in St. Petersburg. Today St. Petersburg is one of the three leaders among the constituent entities of the Russian Federation in terms of the volume of attracted patients from neighboring regions and other federal districts, second only to Moscow and the Moscow region.

As for the number of foreign medical tourists, in spite of the restrictions caused by the pandemic, their number is more than 100 thousand people annually, and the amount of services received by them during pandemic exceeded 1 billion rubles. According to the

tourism here. The main reason for this lies in the order of the Government of the Russian Federation, according to which inbound medical tourism, although in compliance with a number of requirements, was allowed. In 2018, with 100% participation of the city government, the St. Petersburg Medical Tourism Agency was established. It is the only city management company in Russia responsible for the development of medical and health tourism. The agency has become a one-stop shop

for tour operators, health resort institutions, clinics, patients in order to interact and receive information. The Committee and the Agency have common tasks: creating a positive image of St. Petersburg as a resort city through the development of international relations and attracting additional flows of foreign guests that do not depend on the tourist season. The agency cooperates with the largest medical centers in St. Petersburg, and the circle of its partners is constantly expanding. All clinics

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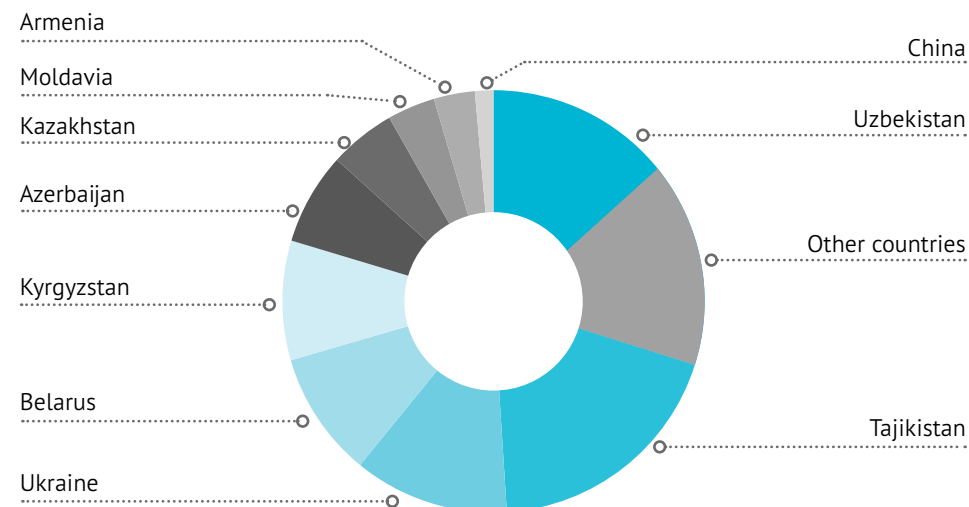


Health Committee, obstetrics and gynecology, assisted reproductive technologies are invariably in first place in the ranking of the most popular types of medical services among foreign citizens, followed by medical tests, dentistry, therapy, pediatrics, ophthalmology, oncology, orthopedics, plastic surgery. There is also a high demand for medical rehabilitation and check-up programs (one-day diagnostics).

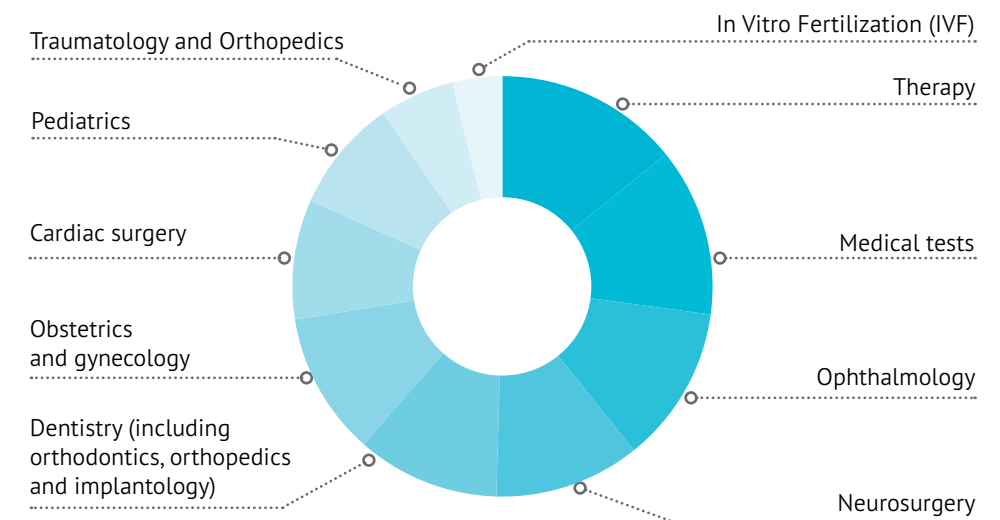
The city sets itself the goal of further developing and popularizing medical health tourism, especially since it is attractive by related factors: the accessibility of the main attractions of St. Petersburg, the opportunity to participate in interesting excursions with simultaneous rest away from the big city. There is no doubt that the flow in the segment of international medical tourism will continue

to grow. An important role here is played by the developed trade and economic relations of the Northern capital with the Scandinavian countries, the implementation of cross-border cooperation programs and the high foreign trade activity of the city. However, much will depend on the timetable for the opening of borders and the restoration of air and ground communications in general.

Ranking of countries by number of patients



Rating of profiles by number of patients





ФГАУ НМИЦ «МНТК «Микрохирургия глаза»
им. акад. С.Н. Федорова» Минздрава России, САНКТ-ПЕТЕРБУРГСКИЙ ФИЛИАЛ

S. FYODOROV "EYE MICROSURGERY" FEDERAL STATE INSTITUTION, ST. PETERSBURG BRANCH

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

● MICROSURGICAL TREATMENT

- SEAMLESS CATARACT AND TRANSPARENT LENS SURGERIES USING ULTRASOUND AND FEMTOLASER, INCLUDING IMPLANTATION OF PREMIUM MULTIFOCAL AND TORIC IOLS (INTRAOCULAR LENSES), GETTING RID OF GLASSES
- MICROSURGICAL TREATMENT OF GLAUCOMA, WHICH PROMOTES LONG-TERM PRESERVATION OF THE VISUAL FUNCTIONS OF THE EYE AND REDUCES THE PATIENT'S NEED FOR EXPENSIVE REGULAR HYPOTHETICAL DRUG THERAPY
- VITREORETINAL SURGERY FOR RETINAL DETACHMENT, MACULAR TEARS, TRAUMA, TUMORS, ETC.
- CORNEAL DISEASES – ALL TYPES OF KERATOPLASTY, INCLUDING LAMELLAR KERATOPLASTY (WE HAVE OUR OWN CORNEA BANK)
- PROGRESSIVE MYOPIA
- WITH NEOPLASMS OF THE VISUAL ORGAN

- REFRACTIVE SURGERY FOR STABILIZED MYOPIA, HYPEROPIA, ASTIGMATISM AND PRESBYOPIA

- TREATMENT OF CHILDREN'S EYE DISEASES

- LASER TREATMENT OF DIABETIC RETINOPATHY, PERIPHERAL RETINAL DEGENERATION

● PHOTODYNAMIC THERAPY

- IN FORMS OF CENTRAL SEROUS CHORIORETINOPATHY, POLYPOID VASCULOPATHY
- IN INTRAOCULAR TUMORS

- INTRAVITREAL DRUG ADMINISTRATION

ABOUT THE INSTITUTION

The St. Petersburg branch is one of the eleven Russian centers of the Intersectoral Research and Technology Complex "Eye

Microsurgery", created by the famous Russian ophthalmologist Svyatoslav Fyodorov. The center provides high-tech ophthalmological care for a wide variety of eye diseases. More than 25 thousand operations are performed

annually at the branch, from refractive laser operations to correct myopia, hyperopia, astigmatism and cutting-edge cataract and glaucoma operations to advanced reconstructions on the posterior segment of



the eye. World standard technics and high qualifications of surgeons allow us to provide the maximum level of medical care, safety and an individual personalized approach to patients. This attracts patients from dozens of countries to the clinic.

Ernest Boyko, Director of the St. Petersburg branch of the IRTC "Eye Microsurgery", MD, Professor, Honored Doctor of the Russian Federation:

Refractive surgeries that have conquered the whole world thanks to Academician Svyatoslav Fyodorov are performed at the expert level in the St. Petersburg branch. This is a tremendous experience: since 1987, more than 100 thousand such operations have been performed.

Excimer laser technologies have also reached a new level: the use of the ultra-modern Amaris laser allows to spend about a second on correcting one diopter of myopia or hyperopia. At the same time, eye movement is monitored in seven dimensions, which ensures the highest operational safety. Noncontact technic, close to ideal polishing of the cornea makes the operation comfortable and expands the age range for patients.

In the field of refractive surgery, lens surgery is also shifting, which makes it possible to refuse glasses. The use of multifocal artificial lenses eliminates high myopia, hyperopia and astigmatism. The operation is painless, sutureless, using ultrasound and a laser, including a femto component.

The St. Petersburg branch also operates an eye tissue bank, which allows for independent procurement and preservation of high-quality material for corneal transplant and restoration

operations. The donor material undergoes a thorough laboratory check for the presence of bloodborne diseases, and then a multi-stage quality control, during which its morphological and physiological parameters are assessed.

Not only penetrating keratoplasty with complete replacement of the patient's cornea is performed, but also the most modern operations for selective, layer-by-layer replacement of pathologically altered corneal layers.

The St. Petersburg branch successfully implements the areas of ophthalmic oncology and reconstructive plastic surgery. This includes the surgical treatment of tumors and the consequences of trauma to the visual organ using modern vitreoretinal technologies, radiosurgery and a single-stage reconstruction; laser treatment of eyelid tumors, intraocular

FOREIGN PATIENTS

2019 – **723** people
2020 – **331** people
2021 (first half) – **256** people

From Abkhazia, Australia, Azerbaijan, Armenia, Afghanistan, Belarus, Belgium, Bulgaria, Bosnia and Herzegovina, Great Britain, Hungary, Vietnam, Germany, Gibraltar, Georgia, Dominica, Israel, India, Jordan, Iraq, Iceland, Italy, Kazakhstan, Cameroon, Kyrgyzstan, China, DPRK, Colombia, Latvia, Lithuania, Moldova, Mongolia, Nigeria, Norway, Oman, Peru, Poland, Serbia, Syria, Sudan, USA, Tajikistan, Turkmenistan, Taiwan, Turkey, Uganda, Uzbekistan, Ukraine, Philippines, Finland, France, Croatia, Switzerland, Sweden, Estonia, Japan.



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HENRY TOURNER NATIONAL MEDICAL RESEARCH CENTER FOR CHILDREN'S ORTHOPEDICS AND TRAUMA SURGERY

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- CORRECTION OF CONGENITAL AND ACQUIRED LIMB DEFORMITIES IN CHILDREN
- SURGICAL TREATMENT OF CHILDREN WITH CONGENITAL AND ACQUIRED SPINAL DEFORMITIES, DISEASES OF THE SPINE AND SKULL, SPINAL CANAL, SPINAL CORD AND BRAIN
- SPINAL TRAUMA WITH DAMAGE TO THE SPINAL CORD AND ITS ROOTS, REQUIRING SURGICAL TREATMENT
- POST-TRAUMATIC DEFORMITIES AND DISEASES OF THE SPINE
- INFANTILE CEREBRAL PALSY (ALL FORMS AND DEGREES OF SEVERITY) CONGENITAL MALFORMATIONS (POLYDACTYLY, SYNDACTYLY, ECTRODACTYLY, BRACHYDACTYLY, ADACTYLY, METACARPAL APLASIA, RADIAL AND ULNAR CLUBHAND, GIGANTISM, ETC.)
- ACQUIRED DEFORMITIES AS A CONSEQUENCE OF TRAUMA, THERMAL AND ELECTRICAL BURNS, INFECTIONS OF THE UPPER EXTREMITY AND OTHER PARTS OF THE MUSCULOSKELETAL SYSTEM
- SPECIALIZED CARE FOR SPORTS INJURIES
- TREATMENT OF CHILDREN WITH CONGENITAL CLEFTS OF THE UPPER LIP AND PALATE;
- TREATMENT OF CHILDREN WITH CONGENITAL ANOMALIES AND ACQUIRED DEFORMITIES OF THE BONES OF THE MAXILLOFACIAL AREA: BRANCHIAL ARCH SYNDROMES, MAXILLOFACIAL DYSOSTOSIS, ANKYLOSIS OF THE TEMPOROMANDIBULAR JOINT AND ACQUIRED HYPOPLASIA OF THE JAW BONES, AS WELL AS COMPLEX SURGICAL-ORTHODONTIC TREATMENT OF COMBINED DENTOFACIAL ANOMALIES.
- TREATMENT OF CHILDREN WITH DEVELOPMENTAL ANOMALIES OF THE AURICLES, POST-TRAUMATIC CICATRICIAL DEFORMITIES OF THE FACE AND NECK, BENIGN TUMORS (TOGETHER WITH PEDIATRIC ONCOLOGISTS), TUMOR-LIKE DISEASES (CONGENITAL FISTULAS, CYSTS OF THE FACE AND NECK, ETC.) AND DYSPLASIA OF THE JAW BONES (FIBROUS DYSPLASIA, ETC.)

MAIN ADVANTAGES

Henry Tournier National Medical Research Center for Children's Orthopedics and Trauma Surgery is one of the largest state clinical institutions in Russia, a medical diagnostic and research center capable of solving any problems in the field of pediatric traumatology and orthopedics.

Service prices are lower here than in many other countries. They adequately withstand competition, including due to a balanced value for money.

ABOUT THE INSTITUTION

The center was founded in 1932 on the basis of a shelter for crippled children that had existed since 1890. Today the institution occupies a leading position in the field of pediatric traumatology and orthopedics in the Russian Federation. In 2020, it was awarded the status of a "national medical research center".

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

On the basis of the center, there is the Chair of Pediatric Traumatology and Orthopedics of the Mechnikov North-Western State Medical University, as well as the Association of Pediatric Orthopedic Traumatologists of St. Petersburg.

Leading foreign experts, world-renowned professors and scientists in the field of pediatric orthopedics and reconstructive surgery from the USA, Austria, Germany, Italy, Switzerland, France, the Netherlands and others



countries visit the Center with master classes, lectures and seminars, which bring together listeners from all regions of Russia and neighboring countries. Scientific achievements of the center were widely presented at scientific events in the USA, Great Britain, Italy, Germany, Austria, Spain.

Sergey Belyanchikov,
Head of the Department of Spinal Pathology and Neurosurgery, PhD:

I will give a case history. In our department, a 12-year-old patient from Transnistria was operated on with severe decompensated deformity of the spine and such concomitant diseases as chronic respiratory failure and protein-energy malnutrition.

During the first stage of treatment, the ventral spine was mobilized and skeletal traction was applied. The second stage was the correction of the spinal deformity with a posterior multi-support metal structure, with the formation of a posterior bone block. The little patient was put on her feet on the fifth day after the operation, and ten days later her stitches were removed.

FOREIGN PATIENTS

2019 – **631** people
2020 – **151** people
2021 (first half) – **230** people

From Abkhazia, Australia, Azerbaijan, Angola, Armenia, Belarus, Belgium, Bulgaria, Brazil, Great Britain, Germany, Greece, Georgia, Zambia, Israel, Jordan, Iraq, Spain, Italy, Yemen, Kazakhstan, Cameroon, Canada, Cyprus, Kyrgyzstan, China, Congo, Cote d'Ivoire, Kuwait, Latvia, Lithuania, Malta, Morocco, Mexico, Moldova, Nigeria, Norway, UAE, Peru, Poland, Republic of Korea, Serbia, Syria, Slovenia, USA, Tajikistan, Turkmenistan, Turkey, Uzbekistan, Ukraine, Finland, France, Czech Republic, Switzerland, Sweden, Estonia, Japan.

LOCATION

Pushkinsky district is one of the most environmentally friendly areas of St. Petersburg, and the city of Pushkin is located near St. Petersburg and therefore combines all the advantages of a metropolis and a small town. The imperial parks are of exceptional interest for tourists arriving here from all over the world - Ekaterininsky, Alexandrovsky and others, as well as the Tsarskoye Selo Lyceum, where the great Russian poet Alexander Pushkin studied.

Due to the lack of body weight against the background of a malnutrition and extremely severe spine and chest deformity, in order to consolidate the achieved result, the patient underwent rehabilitation treatment with the development of a special diet. The total length of stay of the child in the hospital was 49 bed-days.



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A. M. GRANOV RUSSIAN RESEARCH CENTRE FOR RADIOLOGY AND SURGICAL TECHNOLOGIES

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- MEDICAL IMAGING
- RADIO THERAPY (POSITRON EMISSION TOMOGRAPHY – PET)
- RADIO THERAPY
- GAMMA KNIFE
- ABDOMINAL SURGERY
- LIVER SURGERY, LIVER TRANSPLANTATION
- X-RAY ENDOVASCULAR SURGERY ANGIOGRAPHY
- UROLOGIC ONCOLOGY
- GYNECOLOGIC ONCOLOGY

ABOUT THE INSTITUTION

The world's first specialized institution of X-ray and radiological profile was created shortly after the 1917 revolution. By 1920, the activities of the new institute were recognized by foreign scientists: Wilhelm Roentgen himself highly appreciated its creation. Twice Nobel Prize laureate Maria Skłodowska-Curie personally signed certificates of radium preparations sent to the institute for use in medical and scientific purposes.

The foundations of domestic radiology were laid at the institute from the first years of its existence. When the move to the Pesochny settlement took place in 1971, new buildings,

modernization of equipment, replenishment of specialists of various profiles created the conditions for the transformation of the institute into a modern multidisciplinary center. Many years of experience in the field of liver surgery and interventional radiology made it possible, since 1998, to develop a liver transplant program at the institute with results that meet world standards. To date, about 250 liver transplants have been performed.

The 2000s were marked by a real technological breakthrough in the development of radiation diagnostics, which was associated with the introduction of new high-tech imaging methods: high-field

magnetic resonance imaging, magnetic resonance spectroscopy, spiral and multislice computed tomography, modern methods of diagnostic radiology of diseases of various etiologies. The organization of one of the first positron emission tomography (PET) centers in Russia dates back to this time.

Thanks to the introduction of modern technology, radiation treatment at the Center has reached a whole new level, allowing for all types of conformal radiation therapy, applying methods of precision pre-radiation preparation of patients, monitoring results using advanced technologies of diagnostic radiology and complete clinical laboratory examination of patients.



Vladimir Borovik,
chief physician, PhD (medicine):

— I will start with diagnostics. The A. M. Granov Russian Research Center for Radiology and Surgical Technologies (RRCRST) has a modern and powerful diagnostic base. Throughout the country, in addition to our institution, such a concentration of diagnostic equipment is presented only in a few clinics.

Besides, it is a great honor to work with specialists of the highest level who conduct diagnostic tests according to modern protocols. We receive the most accurate and complete information that makes it possible to offer patients the optimal capacity of care in the shortest time. This applies to both oncological patients and patients with other pathologies.

A lot of diagnostic procedures are performed for outpatients. Here we should dwell on the positron emission tomography (PET) department. By the way, the very first PET studies of the whole body in Russia were carried out in the 1990s right in this department, and, of course, it has the greatest experience in this area. It is also very important that ten radiopharmaceuticals are routinely synthesized in our cyclotron and radiochemistry facility, and today their widest range in the country is used at the RRCRST. As for the treatment itself,

I would also like to note several important points at once that characterize our institution from the best side. The radiation therapy stock consists of six linear accelerators, brachytherapy equipment and a Gamma Knife unit. At the latter, up to three hundred sessions of radiosurgery are carried out a year, about 2–2,5 thousand patients receive

treatment on linear accelerators annually. This is a very significant number, and the treatment protocols are the most modern.

The staff of specialists in radio therapeutic profile are real professionals, for the most part trained within the walls of our institution. They know the specifics of work and modern treatment protocols. Moreover, a personalized approach is applied to each patient. As a result, the rates of relapse-free period, long-term overall survival following the results of our treatment are higher than the average.

Turning to the conversation about the surgical suite, I cannot fail to note the fact that our institution has the greatest experience in the region in performing orthotopic liver transplants. The first transplant was performed at the Russian Scientific Center for Radiology and Surgical Technologies on June 14, 1998. The patient is still alive and has successfully undergone a number of other operations not related to the transplanted organ.

At the moment, almost 250 transplantations have been performed with results that are comparable to those of the best European clinics. Among other cutting-edge surgical advances include the treatment of locally advanced tumors of the pancreas and liver. We are pioneers in the treatment of this pathology in the Russian Federation, and the results of medical care in this area are higher than in the general population.

The department of angiography should be especially noted as the most experienced in matters of regional treatment of neoplasms of the pancreas and liver. Since the 1990s, about one and a half thousand procedures have been performed annually in our institution.



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ALMAZOV NATIONAL MEDICAL RESEARCH CENTRE

PROFILE IN THE EXPORT OF MEDICAL SERVICES

- PROGRAM CHECK-UP (EXAMINATION WITHIN 12 DAYS) IN FULL-TIME OR DAY HOSPITAL, INCLUDING CHILDREN
- UROLOGICAL ROBOTIC OPERATION, INCLUDING CANCER OPERATION
- SURGICAL TREATMENT OF GYNECOLOGICAL DISEASES
- EXAMINATION AND TREATMENT OF INFERTILITY USING ASSISTED REPRODUCTIVE TECHNOLOGY
- TREATMENT OF OBESITY, INCLUDING OPERATION (BARIATRIC SURGERY)
- GENERAL SURGERY (ABDOMINAL, RADIOFREQUENCY PHLEBECTOMY, ENDOCRINE SURGERY AND OTHER)
- IMAGING, RADIOLOGICAL AND FUNCTIONAL DIAGNOSIS IN A WIDE RANGE OF DISEASES
- EXAMINATION FOR SELECTION OF TREATMENT OF ENDOCRINE DISEASES (THYROID, PANCREAS, ADRENAL GLANDS) IN HOSPITAL OR DAY HOSPITAL IN 3-5 DAYS
- MINIMALLY INVASIVE SURGERY FOR LARGE VESSELS OCCLUSIONS OF THE LOWER LIMBS
- MINIMALLY INVASIVE SURGERY FOR ANEURISM AND MALFORMATION OF THE BRAIN
- WIDE RANGE OF NEUROSURGICAL OPERATIONS FOR ADULTS AND CHILDREN
- EXAMINATION AND REHABILITATION OF PATIENTS AFTER CARDIAC SURGERY
- DIAGNOSTICS AND TREATMENT OF GYNECOLOGICAL DISEASES AND DISORDERS OF THE REPRODUCTION SYSTEM IN GIRLS (UNDER 18 YEARS OLD)
- PEDIATRIC RHEUMATOLOGY, ENDOCRINOLOGY, REHABILITATION
- MOTHER AND CHILD CLINIC WITH THE PROVISION OF MULTIDISCIPLINE SPECIALIZED, INCLUDING HIGH-TECH MEDICAL CARE

MAIN ADVANTAGES

Almazov Center is a leading multidisciplinary research, clinical and educational medical center of the Russian Federation, which has

exceptional diagnostic and treatment resource and materiel, human resources of the clinic and academic staff.

The specialness of the Center lies in the harmonious integration of the multidisciplinary

principle of providing multidisciplinary specialized, including high-tech medical care to the population with fundamental and applied research in the basic areas of medicine (cardiology and cardiovascular surgery,



FOREIGN PATIENTS
2019-2021 – **1,117** people

From Abkhazia, Azerbaijan, Algeria, Armenia, Afghanistan, Bahrain, Belarus, Bulgaria, Bosnia and Herzegovina, Brazil, Hungary, Vietnam, Germany, Georgia, Egypt, Israel, Indonesia, Iran, Iceland, Italy, Kazakhstan, Kyrgyzstan, China, Cuba, Latvia, Lithuania, Moldova, Pakistan, Palestine, Serbia, USA, Tajikistan, Thailand, Turkmenistan, Turkey, Uzbekistan, Ukraine, Finland, France, Sweden, Estonia.

hematology, rheumatology, endocrinology, pediatrics, neurology, neurosurgery, molecular biology of genetics, cell and information technologies, nanotechnology), as well as in the training of scientific, medical personnel and nurses of the highest level, in organizational and methodological support and analytical activities of medical institutions in the framework of work with 40 supervised constituent entities of the Russian Federation in the continuous implementation of innovations.

ABOUT THE INSTITUTION

The Almazov Center was founded in 1980 to control the growth of morbidity, disability and mortality from the circulatory system diseases. The initiative for its creation belonged to the head of the Chair of Intermediate Level Therapy of the Pavlov First Leningrad Medical Institute, professor Vladimir Almazov.

Today, the Almazov Center is a pioneer of robotic surgery in the Northwest region of the Russian Federation. Since 2009, more than 800 urological robotic-assisted surgeries have been performed alone. The treatment results are not inferior to the leading European clinics. In the field of gynecology, fetal interventions, a wide range of endoscopic, laparoscopic and robot-assisted operations are performed.

The institution has deployed a regional vascular center, which provides care to patients with acute cerebrovascular accidents. Emergency intravascular neurosurgical interventions, X-ray endovascular operations for pathology of the brain and spinal cord are performed.

The Institute of Endocrinology of the Almazov Center occupies a leading position in the provision of specialized care for patients

with diseases of the endocrine system, primarily neuroendocrine disorders.

With regard to the direction of "export of medical services", then every year the possibilities of providing medical care to foreign citizens are expanding. Thus, the clinic's cardiac surgeons for the first time in Russia performed heart autotransplantation, as well as a series of heart transplantation in children. Innovative methods are constantly being introduced, in particular for the treatment of atrial fibrillation.


Head of the the Almazov Center General Director is Academician of the Russian Academy of Sciences Evgeny Shlyakhta.



COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

Almazov Center became the anchor institution of the medical research and educational cluster "Translational Medicine". Its strategic goal is to create a segment of medicine based on a set of breakthrough technologies defining the possibility of the emergence of new markets for high-tech products and services, as well as the spread of advanced technologies in the medical and pharmaceutical industries.

The Almazov Center maintains ties with foreign medical organizations, universities. About 30 partners of the Center are located in Europe, and in addition, there are in the USA, China, CIS countries. A special place is occupied by cooperation with the International Chronic Myeloid Leukemia Foundation (UK) within the Clinical mentoring, partnership and support program for developing regions of RECAP (Research for Community Access Partnership).



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SAINT PETERSBURG STATE PEDIATRIC MEDICAL UNIVERSITY

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

TODAY, THE UNIVERSITY IS THE LARGEST MULTIDISCIPLINARY CHILDREN'S CLINICAL HOSPITAL, WHICH INCLUDES

- 20 SPECIALIZED INPATIENT DEPARTMENTS
- PERINATAL CENTER
- CONSULTATIVE AND DIAGNOSTIC CENTER
- DEPARTMENT OF REPRODUCTIVE TECHNOLOGIES AND TELEMEDICINE CENTER.

THE MOST ADVANCED CARDIO AND NEUROSURGICAL OPERATIONS ARE PERFORMED FOR CHILDREN OF ALL AGES, INCLUDING NEWBORNS.

ABOUT THE INSTITUTION

In 1925, on the basis of the City Children's Hospital on the Vyborg side, built in 1905, the Leningrad Research and Practice Institute for the Care of Motherhood and Infancy was opened. In 1994, the institution received the status of an academy, and in 2012 – a university.

The clinic of the Pediatric Medical University has 900 medical and surgical beds. And specialized beds on endocrinology, neuropsychiatry, microsurgery, intensive care unit of newborns and nursing of premature babies.

Vitaly Reznik,
Chief Physician of the Clinic:

→ The Pediatric University Clinic is a federal medical institution with a huge research base and centuries-old traditions of the Leningrad school of pediatricians, one of the largest children's hospitals in Russia. Here they examine and care children with pathology of the thyroid gland, adrenal glands, with traumatic damage to the spleen, correct congenital malformations of the colon and anorectal region, provide emergency, round-the-clock, vascular microsurgery to children and much more. Every year we admit more

than 100 thousand children, including the most difficult patients, from all regions of Russia and countries of the near and far abroad.

In addition, the university clinic specializes in helping newborns with various diseases, including children with congenital anomalies and malformations. New technologies are applied to nursing deeply premature babies born with extremely low and very low body weight. If necessary, related specialists of the university are involved in the treatment of the patient: pediatric surgeons, neurologists, ophthalmologists, neurosurgeons.

The clinic is equipped with modern diagnostic equipment that allows you to perform the entire range of necessary examinations: multislice computed tomography, MRI, ultrasound scanners of an expert class, an installation for X-ray surgery, modern radioisotope, clinical and biochemical, bacteriological, virological laboratories. Modern equipment of the clinic's operating units allows performing surgical interventions of any complexity. Endoscopic equipment provides minimally invasive surgery on various organs and tissues, which significantly reduces the terms of stay of small patients in the hospital.

The structure of the clinic, in addition to the children's hospital, includes a number of centers.

A Perinatal Center that has no analogues in Russia. With the use of the latest technologies in obstetric care and nursing, pregnant women with severe obstetric pathology are observed here, childbirth is taken, care for premature babies with extremely low body weight and newborns are operated on. One of the priority areas is

Telemedicine center. Through video communication, the clinic's specialists conduct consultations, including urgent ones. As a result, the attending physician receives recommendations on the tactics of further treatment and on possible hospitalization in the University Clinic. Every year we conduct more than 300 telemedicine consultations with local doctors from all over Russia.

Consultative and diagnostic center accepting patients on an outpatient basis. Consultations of highly professional specialists, all necessary examinations, the possibility of comprehensive assistance to children – these are the main features of these units.

For more than a century of history, our doctors have earned the recognition and respect of their colleagues. Every year, the experts of the University Clinic visit more than forty regions, where they conduct an audit of patient histories, as well as clinical analysis of the most difficult cases, and organize master classes for colleagues. Every year our specialists travel to different parts of Russia: they examine residents of the Far North zone of the Republic of

FOREIGN PATIENTS

2019 – **2,400** people
2020 – **2,968** people
2021 (first half) – **784** people

From Ukraine, Belarus, Uzbekistan, Kazakhstan, Moldova, Tajikistan, Kyrgyzstan, Azerbaijan, Armenia, Morocco, Turkmenistan, Estonia, Abkhazia, Afghanistan, Bolivia, Ghana, Germany, Georgia, Israel, India, Iran, China, Colombia, Cuba, Latvia, Lithuania, Serbia, USA, Turkey, Finland, France, Czech Republic, Sri Lanka.



the center is to care women with infertility and habitual miscarriage, threatening premature birth, multiple pregnancy, placental insufficiency in combination with fetal growth retardation, the presence of uterine fibroids, and pregnant women with extragenital diseases. The most modern assisted reproductive technologies are being successfully applied. In 2020, the percentage of effectiveness of IVF procedures in the Perinatal Center of the University increased to 45%, becoming one of the highest in St. Petersburg.

Sakha (Yakutia), get acquainted with the work of obstetric care institutions in the Far East and Siberia, organize conferences and receptions of the local population in the villages of North-West Russia, open new departments and hospitals in the regions of the North Caucasus. Besides, our doctors perform surgical interventions on the most severe patients on the spot. This allows not only to help a child suffering from a disease, but also to share unique experience with regional surgeons.

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SAINT
PETERS
BURG



I. I. MECHNIKOV NORTH-WESTERN STATE MEDICAL UNIVERSITY

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

OPHTHALMOLOGY

- REFRACTIVE OPERATIONS USING LASIK AND FAREK TECHNOLOGIES
- CORNEA COLLAGEN CROSSLINKING TO STABILIZE KERATOCONUS
- SURGERY
 - cataracts
 - glaucoma
 - strabismus
 - progressive myopia

LASER MICROSURGERY

- with diabetic retinopathy
- glaucoma
- peripheral dystrophies

MYCOLOGY

- treatment of invasive mycoses
- superficial candidiasis
- chronic candidiasis of the skin and mucous membranes
- differential diagnosis of mycotic diseases

CARDIOVASCULAR SURGERY

- coronary angiography
- optical coherence tomography
- transcatheter aortic valve implantation (TAVI)
- internal carotid artery stenting
- endovascular coronary intervention

ARITHMOLOGY AND CARDIAC SURGERY

- PROSTHETICS OF THE HEART VALVES IN THE CONDITIONS OF ARTIFICIAL CIRCULATION
- CORONARY ARTERY BYPASS SURGERY, COMBINED WITH VALVULOPLASTY
- SURGERY FOR HEART TUMORS
- TREATMENT OF HEART ARRHYTHMIAS
 - implantation of stimulants
 - ablation of additional pathways

PURULENT TRAUMATOLOGY AND ORTHOPEDICS

- treatment of all forms of chronic osteomyelitis
- false joints
- bone defects and limb shortening
- treatment of diseases of the spine and spinal cord
- rehabilitation treatment of the consequences of injuries and locomotor system diseases

ENDOCRINOLOGY

- Steroid Profiling by gas chromatography-mass spectrometry for the diagnosis of adrenal diseases (adrenal cancer, adrenal cortex disorders, etc.)

NEUROLOGY

- complex treatment of chronic forms of cerebrovascular disease
- rehabilitation treatment of patients after strokes and traumatic brain injuries
- complex treatment of diseases of the peripheral nervous system
- differential diagnosis and treatment of demyelinating diseases of the nervous system

MAIN ADVANTAGES

Coordination of educational, clinical and research activities. I.I. Mechnikov North-Western State Medical University is more than a medical university. It is a place where students from many countries of the world study, specialists are engaged in research, and medical professionals are engaged in medical activities.

ABOUT THE INSTITUTION

I.I. Mechnikov North-Western State Medical University was established in 2011 as a merger of the St. Petersburg Medical Academy of Postgraduate Education and the St. Petersburg State Medical Academy named after I.I. I. I. Mechnikov, becoming the successor of the rich history and traditions of two of the country's oldest medical institutes at once.

Clinical subdivisions of the University annually provide highly qualified medical care to 30 thousand inpatients and 230 thousand outpatients. In recent years, new departments of clinics have been opened: hematology, chemotherapy, transfusion department, cardiac

USA, Israel, Italy, Latvia, Belarus, Armenia, Kazakhstan, Uzbekistan, Kyrgyzstan, Bulgaria, Belgium, Hungary, Macedonia, Serbia, Slovakia, Slovenia, Croatia, Turkey, Korea, Japan.

Vyacheslav Kravchuk,
Head of the Department
of Cardiovascular Surgery, MD:

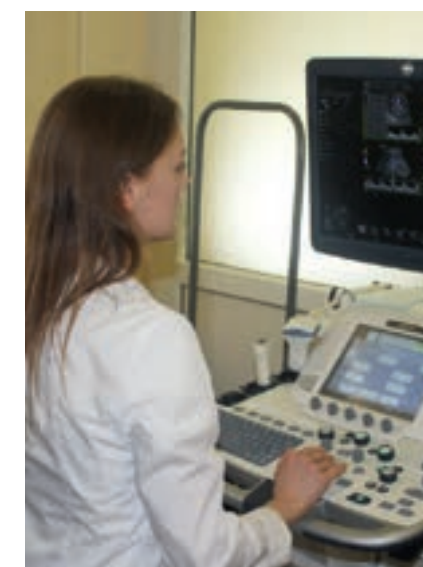
– Cardiac surgery is one of the strongest medical areas of the I.I. Mechnikov North-Western State Medical University. Patients with heart failure, low ejection fraction of the left ventricle, severe obesity, diabetes mellitus, renal failure, including those on programmed hemodialysis, undergo surgical treatment. With an uncomplicated course of the postoperative period, patients are discharged for 9-10 days. The results of surgical treatment correspond to those of the world's leading clinics.

In practice, advanced technologies are widely used: the direction of minimally invasive surgical interventions on the heart is developing using the latest technologies (myocardial revascularization, treatment of valvular heart disease, etc.). This direction

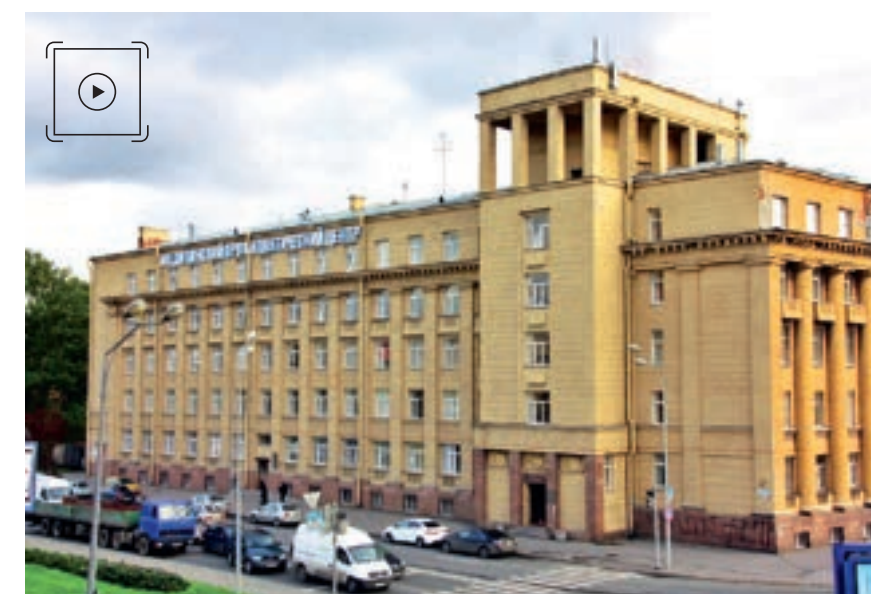
FOREIGN PATIENTS

2019 – **260** people
2020 – **419** people
2021 (first half) – **118** people

From Azerbaijan, Georgia, Belarus, Tajikistan, Turkmenistan, Uzbekistan, Kazakhstan, Moldova, Ukraine.



Since 2015, the department has been working closely with doctors from the Yale University School of Medicine. American surgeons, cardiologists and anesthesiologists conduct trainings with us twice a year, give lectures and take part in operations. In turn, the doctors of the I.I. Mechnikov North-Western State Medical University undergo an internship at the Yale University Medical Center.



surgery, oncology department of antitumor drug therapy, as well as a department of clinical pharmacology.

COOPERATION WITH FOREIGN CLINICS

The University cooperates with more than 50 foreign partner universities, on the basis of which multidisciplinary medical clinics and centers operate, in Germany, Finland, China, Norway, Switzerland, Sweden, Estonia,

is one of the most promising in the world. The introduction of minimally invasive technologies into widespread clinical practice makes it possible to reduce surgical trauma, accelerate the process of rehabilitation and return the patient to the usual way of life. Operations on the mitral valve from a mini-thoracotomy access with a peripheral connection of a heart-lung machine, minimally invasive bypass grafting of coronary arteries from a mini-thoracotomy approach are also performed.

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ELIZABETHAN HOSPITAL (CITY HOSPITAL OF ST. VENERABLE MARTYR ELIZABETH)

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- TRAUMATOLOGY AND ORTHOPEDICS
- VASCULAR AND ENDOVASCULAR SURGERY
- CARDIOLOGY
- ENDOVIDEOSURGERY
- GENERAL SURGERY
- OTORHINOLARYNGOLOGY
- SURGERY OF COMBINED INJURIES
- UROLOGY
- GYNECOLOGY
- NEUROSURGERY
- GASTROENTEROLOGY
- PATIENTS

MAIN ADVANTAGES

Elizabethan Hospital is the largest hospital that receives more than 100 thousand patients a year and ranks first in St. Petersburg in terms of incoming patient flow. Specialists provide emergency, planned and outpatient medical care daily and around the clock.

The hospital bed capacity is designed for 1066 beds. The staff exceeds 2 thousand people, of which 600 are doctors. The whole range of laboratory and instrumental diagnostics. Complex surgical interventions. Unique high-tech medical care: prosthetics and laparoscopy, stenting and coronary angiography, clipping and thrombolysis, CT and



MRI studies, hemodialysis and scintigraphy. All this is the daily work of professionals.

ABOUT THE INSTITUTION

City Hospital No. 3, which has existed since August 1982, in 1993 was named after the Holy Martyr Elizabeth (Grand Duchess Elizabeth Feodorovna, executed by the Bolsheviks in 1918).

To this day, diagnostic services and treatment processes are being improved daily; offices become full-fledged departments, premises are reconstructed, the latest equipment is purchased, specialists of the institution are trained on advanced courses.



COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

On the basis of the hospital, there are clinical bases of the I.I. Mechnikov North-Western State Medical University, S.M. Kirov Military Medical Academy, Pavlov First St. Petersburg State Medical University, St. Petersburg State Pediatric Medical University.

**Sergey Petrov,
Chief Physician, MD:**

Our surgeons are capable of performing the most complex and sometimes unique operations. For example, Elizabethan Hospital is the only city hospital in St. Petersburg where surgical interventions for compression stenosis of the celiac trunk are performed by a laparoscopic operation.

There are four trauma departments in the Elizabethan hospital, where more than 8 thousand operations are performed per year. Complex reconstructive and restorative surgical interventions on bones and joints using modern implants for osteosynthesis, endoprosthesis of large joints, minimally invasive surgical operations under the control of an image converter are carried out, the electret stimulators developed on the basis of film technologies and have no analogues in world practice.

One of the most significant achievements of the traumatology department No. 2 is the development of a modified posterolateral approach for hip arthroplasty for fractures of the femoral neck. The developed technique of surgical intervention allows avoiding any restrictions in the patient's activity the next day after the operation.

The traumatology department No. 3 of the Elizabethan hospital specializes in arthroscopic operations, the advantages of which are early restoration of the function of large joints, a decrease in the period of rehabilitation after surgery, as well as a good cosmetic result. Early diagnosis using nuclear magnetic resonance allows a short time to determine the indications for arthroscopic surgery or to apply conservative methods of treatment.

The surgical department for patients with concomitant trauma is one of the specialized centers of the first level in St. Petersburg to care victims with severe concomitant and multiple high-energy trauma, injuries to all areas of the body, which is especially important in the face of an increasing number of road accidents.

The Regional Vascular Center of the Elizabethan Hospital performs the largest number of thromboextractions in the country



FOREIGN PATIENTS

2019 – **4834** people
2020 – **3481** people
2021 (first half) – **537** people

From Abkhazia, Australia, Azerbaijan, Albania, Algeria, Angola, Armenia, Afghanistan, Bangladesh, Belarus, Bulgaria, Bosnia and Herzegovina, Botswana, Brazil, Burundi, Great Britain, Virgin Islands, Vietnam, Gabon, Gambia, Guatemala, Guinea, Germany, Greece, Georgia, Denmark, Djibouti, Egypt, Israel, India, Indonesia, Jordan, Iraq, Iran, Iceland, Spain, Italy, Yemen, Kazakhstan, Cameroon, Canada, Cyprus, Kyrgyzstan, China, Colombia, Congo, DPRK, South Korea, Cote d'Ivoire, Cuba, Latvia, Lebanon, Lithuania, Morocco, Mexico, Mozambique, Moldova, Mongolia, Nigeria, Netherlands, Nicaragua, New Zealand, Oman, Pakistan, Palestine, Paraguay, Peru, Poland, North Macedonia, Romania, Saudi Arabia, Serbia, Syria, Slovakia, USA, Sudan, Sierra Leone, Tajikistan, Thailand, Tanzania, Tunisia, Turkmenistan, Turkey, Uganda, Uzbekistan, Ukraine, Finland, France, Czech Republic, Sweden, Sri Lanka, Ecuador, Equatorial Guinea, Estonia, South Africa, Jamaica, Japan.

The share of export of medical services in the budget of the institution is up to **30%.**

for patients with strokes and heart attacks. In March 2021, the doctors of the center performed for the first time a successful operation on linear prosthetics of the ascending part and the aortic arch.

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CITY CLINICAL HOSPITAL No. 31

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- GYNECOLOGY
 - SURGERY
 - CARDIOLOGY/CARDIO SURGERY (TREATMENT OF ARRHYTHMIAS)
- TRAUMATOLOGY
 - GASTROENTEROLOGY
 - UROLOGY
 - MEDICAL REHABILITATION OF PATIENTS WITH DISEASES OF THE NERVOUS AND LOCOMOTOR SYSTEMS

MAIN ADVANTAGES

The hospital has created comfortable conditions for the stay and treatment of patients: all wards: 1-, 2-, 3-bed – are equipped with toilets and showers.

For those who prefer not to interrupt their work during hospitalization, two-room luxury wards are provided: in one room the patient receives treatment, in the other he can hold meetings. Comfortable conditions for eating: if you wish, you can order food delivery from the hospital cafe to the ward.

ABOUT THE INSTITUTION

The history of the hospital dates back to the 80s of the 19th century. Since 1921, the Hospital of the Community of St. Evgenia began to bear the name of Y.M. Sverdlov.



Until the 90s of the last century, the so-called "Sverdlovka" served the party, Soviet and economic leaders of Leningrad and the region. The largest scientists and leading specialists of the city worked here. In 1990, a new concept for the development of the hospital was implemented, as a result of which Sverdlovka was transformed into St. Petersburg Hospital No. 31.

Today, this state health care institution includes a hospital with 400 beds, two polyclinic departments and five specialized city centers providing patients with a multidisciplinary medical care, including high-tech.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The hospital is an active clinical base for the departments of the Pavlov First St. Petersburg State Medical University, I.I. Mechnikov Northwestern State Medical University and St. Petersburg State University.

The Department of Medical Rehabilitation of the hospital develops cooperation with renowned world training centers, clinics: Hasselt University (Belgium), Aristotle University of Thessaloniki (Greece), Neurology



FOREIGN PATIENTS

2019 – **227** people
2020 – **161** people
2021 (first half) – **109** people

From Azerbaijan, Armenia, Belarus, Germany, Georgia, Egypt, Iran, Spain, Italy, Yemen, Kazakhstan, Kyrgyzstan, China, Colombia, Congo, Korea, Latvia, Lithuania, Moldova, Mongolia, Poland, USA, Tajikistan, Turkmenistan, Turkey, Uzbekistan, Ukraine, Philippines, Finland, France, Estonia.

LOCATION

The hospital is located on Krestovskiy Island in a picturesque park area with a walking area on the Krestovka river embankment.

Center in Masku (Finland), Valenz Clinic in Bad Ragaz (Switzerland).

Anatoly Ryvkin,
Chief Physician of the hospital, MD,
Honored Doctor of the Russian Federation:

Our hospital has more than a century of history and strives to preserve the traditions of high-quality medical care. Today, the structure of the hospital has a multidisciplinary hospital with 400 beds, a powerful diagnostic base, represented by clinical diagnostic, biochemical, immunological, bacteriological and molecular genetic laboratories, an endoscopic department, departments of functional, radiation radioisotope diagnostics. The structure of the hospital successfully operates city centers for hematology oncology, treatment of multiple sclerosis and other demyelinating diseases, chronic inflammatory bowel diseases, coloproctology and modern surgical technologies, as well as treatment of complex heart rhythm and conduction disorders.

The gynecological department of our hospital is the educational and scientific base of the Chair of Obstetrics and Gynecology No. 2 of the I.I. Mechnikov North-Western State Medical University. All major types of abdominal, laparoscopic and vaginal surgical interventions are performed here. With regard to surgery, the hospital performs a wide range of operations of varying degrees of complexity for diseases of the gastrointestinal tract and hepatobiliary system, including reconstructive and restorative operations. Specialists of the surgical department use modern endovideosurgical technologies in the surgical treatment of patients with such

common surgical diseases as cholelithiasis, urolithiasis, complicated forms of gastric ulcer and duodenal ulcer, acute pancreatitis and others.

The Department of Surgery is known for its specialization in the treatment of inflammatory bowel diseases (complicated forms of ulcerative colitis and Crohn's disease).

Integrated, intelligent operating theaters with state-of-the-art equipment enable the use of the latest medical technologies and improve the efficiency and safety of surgical procedures.

The modern diagnostic methods used (Holter monitoring, electrophysiological heart test, transvenous endomyocardial biopsy, coronary angiography) make it possible to establish a diagnosis in the shortest possible time and consider the individual characteristics of each patient with cardiac arrhythmias in order to carefully select the most effective methods of treatment.

The hospital performs high-tech, most sparing endovascular surgeries (implantation of a pacemaker, radiofrequency ablation).



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CITY HOSPITAL No. 40

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- | | | |
|------------------|------------------|--------------------------|
| ● GYNECOLOGY | ● REHABILITATION | ● CARDIOLOGY |
| ● COLOPROCTOLOGY | ● TRAUMATOLOGY | ● ONCOLOGY |
| ● UROLOGY | ● OPHTHALMOLOGY | ● CARDIOVASCULAR SURGERY |
| ● NEUROLOGY | ● THERAPY | ● ABDOMINAL SURGERY |

ABOUT THE INSTITUTION

St. Petersburg State Budgetary Healthcare Institution "City Hospital No.40 of Kurortny District" is a multidisciplinary medical institution where patients are provided with comprehensive highly qualified care from outpatient and emergency to high-tech inpatient, if necessary, completed with restorative treatment using modern medical technologies. Medical care in the hospital can be obtained in more than 30 directions, both in inpatient and outpatient mode.

City Hospital No.40 is one of the leaders in the provision of high-tech medical care in St. Petersburg. Currently, the institution performs operations in 11 profiles, using more than 150 treatment methods. A significant part of operations is carried out using robotic surgical systems: Da Vinci Si and Da Vinci Xxi (the latest generation apparatus).

One of the main directions of the hospital's activities traditionally remains rehabilitation treatment and rehabilitation. The institution

has been a leader in this area for many years. For more than 40 years, the Center for Restorative Medicine and Rehabilitation has been operating, where more than 250 thousand patients have received treatment.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

City Hospital No.40 is a clinical base of the chairs of St. Petersburg State University, S. M.

Kirov Military Medical Academy, I. I. Mechnikov North-Western State Medical University, St. Petersburg State Pediatric Medical University. In 2019, a cooperation agreement was signed with Kyungpook National University Chilgok Hospital (Korea).

Dmitry Gladyshev,
*Deputy Chief Physician for Surgery,
City Hospital No.40, Chief Oncologist
of the Health Committee of St. Petersburg:*



FOREIGN PATIENTS

In the first half of 2021, **1,184** patients from 34 countries (including the USA, France, Azerbaijan, Switzerland, Armenia, Finland) received outpatient care, **91** patients from 11 countries (Ukraine, Switzerland, Chile, Kazakhstan, Moldova and etc.).

LOCATION

City Hospital No. 40 is located in the center of the ecologically clean Kurortny (Resort) District of St. Petersburg. Not far from the hospital is the coast of the Gulf of Finland with golden beaches, which are called so for their soft, silky sand, as well as a vast green area.

– Hospital No. 40 is one of the first hospitals in St. Petersburg, where a unique apparatus was installed – the da Vinci Si HD robotic surgical complex. Robot-assisted surgeries are ideal for performing surgeries in so-called "narrow spaces", where the traditional endovideosurgical technique shows all its disadvantages. In addition, the technology provides a high degree of precision – the accuracy of the performed manipulations.

We have accumulated unique experience in performing robotic operations in a number of fields: gynecology, urology, oncology, abdominal surgery, cardiac surgery, oncology. At the end of 2020, the hospital's surgical service received one more robot – a new generation Da Vinci Xxi surgical complex. This is the first apparatus of this type in Russia, which provides the surgeon with even more convenient access to the operating field and provides even wider possibilities.

– City Hospital No. 40 occupies a leading position in the field of rehabilitation treatment and rehabilitation in St. Petersburg and the Russian Federation. Rehabilitation departments of the hospital are equipped with modern equipment, including the latest robotic systems. In the practice of the center for restorative medicine and rehabilitation, the latest developments in the field of restorative medicine are constantly being introduced and used. There are several specialized departments: Rehabilitation of patients with dysfunction of the peripheral nervous system and musculoskeletal system, with dysfunction of the central nervous system; department of medical rehabilitation of patients with somatic diseases, as well as department of rehabilitation of children with dysfunction of the central and peripheral nervous system and locomotor system.



Artem Pavin,
*Head of the Cardiac Surgery Department
of City Hospital No. 40, Professor, MD:*

– More than 95% of coronary artery bypass grafting operations are performed in our department on a beating heart, which significantly reduces the risks associated with artificial circulation and cardiac arrest, and also contributes to more rapid recovery of the patient after surgery. Operations on the mitral valve in our hospital are also performed using unique techniques: we use a mini-access – a small intercostal incision, which also allows patients to quickly return to normal life.

Stanislav Makarenko,
*Chief Rehabilitation Physician of the Health
Committee of St. Petersburg:*



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CHILDREN'S CITY HOSPITAL No. 2 OF ST. MARY MAGDALENE

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- CHILDREN'S GASTROENTEROLOGY
- CHILD ALLERGOLOGY
- PEDIATRIC SURGERY
- PEDIATRIC NEPHROLOGY AND UROLOGY
- PEDIATRIC CARDIO-RHEUMATOLOGY
- PEDIATRIC NEUROSURGERY
- PEDIATRIC DENTISTRY UNDER GENERAL ANESTHESIA

MAIN ADVANTAGES

The oldest hospital in the city. Multidisciplinary hospital: the team of doctors includes the city's leading specialists in allergology, nephrology, urology, rheumatology, cardiology, surgery, gastroenterology, neurosurgery. Convenient location.

ABOUT THE INSTITUTION

St. Mary Magdalene is one of the oldest hospitals in Russia: it opened in October 1829. Shortly before the opening, a small church was equipped in the hospital, consecrated in the name of St. Mary Magdalene, Equal of the Apostles. From 1874 to the 1917 revolution, a private charitable society operated at the hospital to help the poor who were treated in the hospital and after discharge, helping them with the distribution of benefits, clothing, in

the acquisition of prostheses and train tickets to return to their place of residence.

Over the years, the hospital has been a permanent clinical base of the Pavlov Medical Institute, Henry Turner Institute of Traumatology and Orthopedics, Academy of Postgraduate Education and the Institute of Public Health.

In 2016, the Children's City Outpatient Center for Surgery and Traumatology was opened in the hospital, and later the department of imaging was reequipped. In 2021, a new building with 160 beds will be commissioned, where the nephrology, allergology and cardio-rheumatology departments will operate.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

Children's City Hospital No. 2 is a clinical base of the St. Petersburg State Pediatric Medical University, cooperates with the

Almazov National Medical Research Center, Pavlov First Saint Petersburg State Medical University. I.I. Mechnikov North-Western Medical University.

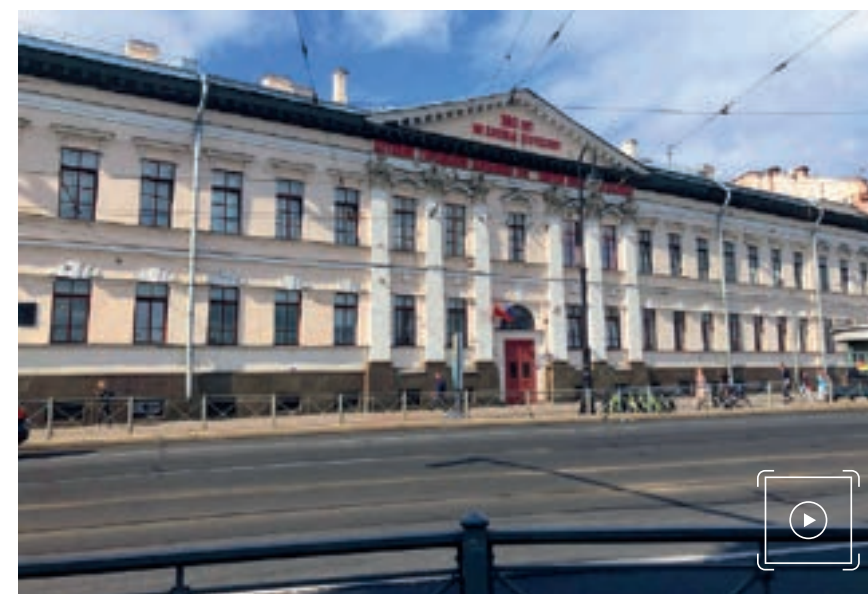
Avtandil Mikava,
Chief Physician:

— Today, like almost two hundred years ago, our hospital has been and remains a good example of the traditions of Russian mercy.

How to explain to today's residents of our city and guests what kind of traditions these are?

Firstly, it is a benevolent, hospitable, respectful and exuding love for neighbor atmosphere, which is so necessary for a sick person, especially a child.

Secondly, these are the most modern advanced achievements in medicine, based on the historically formed traits of the character of our people: compassion, patience,



willingness to help at the first call, the ability to listen and hear, and finally, just to be there in difficult moments of life.

We perfectly understand how difficult it can be for a parent when his beloved child gets sick, gets injured. We can say with full responsibility that in the departments of the hospital: surgery, nephrology and urology, allergology, gastroenterology, cardio-rheumatology, our specialists will provide the child with first-class medical care, including thanks to the

latest techniques and technologies, and modern hospital equipment.

Finally, the work of doctors itself, a noble mission is magnificent, and helping children is doubly wonderful. We have borne this sacred duty and will continue to do so with honor.

Come to us. Feel free to ask for help, ask questions, and we will be happy to help you. We will apply all our knowledge, skills, spiritual qualities to ensure that our children are healthy, grow into worthy adults!



FOREIGN PATIENTS

2019 – **429** people
2020 – **143** people
2021 (first half) – **145** people

LOCATION

St. Mary Magdalene is located in the very heart of St. Petersburg. Near the hospital, foreign patients and their representatives will be able to find hotels of different comfort: Park Inn by Radisson, Astoria, Solo Sokos Hotel, Azimut Hotel, Four Seasons Lion, Angleterre, Lotte Hotel and others. A two-minute walk from the hospital is the Sportivnaya metro station. There are several beautiful parks and recreational areas for the whole family nearby.

Princess Obolenskaya donated unique surgical instruments to the St. Mary Magdalene Hospital in St. Petersburg

The St. Mary Magdalene Children's Hospital No. 2 was visited by unusual guests – French benefactors, representatives of the St. Vladimir Association. The institution on Vasilievsky Island has a long-term strong friendship with her.

Founded in 1988 in Paris, the association has been actively supporting Russian orphanages, schools, kindergartens and hospitals for thirty years. The relationship between the hospital and the association dates back to the nineties of the last century. During this time, French philanthropists have repeatedly helped with the purchase of tools, equipment, medicines, consumables, toys.

Another extremely important and necessary gift was several dozen sets of surgical instruments designed for minimally invasive interventions with minimal damage to the skin and muscles. They can perform complex operations even on newborns. Before in St. Petersburg, only the surgeons of the clinic of the Pediatric University had such equipment.

As in all previous years, Princess Vera Obolenskaya, head of the representative office of the Association of St. Vladimir in St. Petersburg, arrived at the hospital with the delegation. During the visit, she visited the hospital buildings and talked with the head physician.

Based on materials from <https://www.spb.kp.ru/>

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K. A. RAUHFUS CHILDREN'S MUNICIPAL MULTI-SPECIALTY CLINICAL CENTER OF HIGH MEDICAL TECHNOLOGIES

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- MAXILLOFACIAL SURGERY
- TRAUMATOLOGY
- ENDOCRINOLOGY
- OPHTHALMOLOGY
- NEUROSURGERY
- SURGERY
- PULMONOLOGY
- OTORHINOLARYNGOLOGY

ABOUT THE INSTITUTION

K.A.Rauchfus Children's city multi-specialty clinical center of high medical technologies is one of the oldest children's medical institutions in St. Petersburg (created in 1869). Initially, the institution bore the name of Prince Peter of Oldenburg (1812–1881), the grandson of Emperor Paul I, a Russian

military statesman, at whose expense and under whose care it was built. The institution was intended for the treatment of children of the "predominantly poor population". The construction was supervised by a talented young doctor Karl Rauchfus. At the International Exhibition in Paris in 1878, the hospital was awarded the highest award – the Great Gold Medal. In terms of layout

and interior arrangement, the hospital was recognized as the best in the world.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The Children's Clinical Center of High Medical Technologies closely cooperates with the St. Petersburg State Pediatric Medical



University, Pavlov First St. Petersburg State Medical University, I.I. Mechnikov North-Western State Medical University, S. M. Kirov Military Medical Academy, Almazov National Medical Research Center.

Vyacheslav Detkov,
Chief Physician, Honored Doctor
of the Russian Federation, MD:

– Today the capacity of the institution is 500 beds of various profiles. Rauchfus Center provides daily round-the-clock emergency and planned medical care in the following areas: maxillofacial surgery, traumatology and orthopedics, pediatric endocrinology, pediatrics, ophthalmology, infectious diseases, neurosurgery, pediatric neurology, pediatric surgery, thoracic surgery, pediatric urology-andrology, abdominal surgery, pulmonology, allergology, otorhinolaryngology, medical rehabilitation, cardiology, gastroenterology, anesthesiology, resuscitation. The presence of specialized departments suggests ample opportunities for complex combined emergency surgical interventions with the participation

departments, an anesthesiology-intensive care unit, an operating unit that includes nine operating rooms – two dozen operations are performed daily at the Center.

The opening of a medical rehabilitation department in 2017 made it possible to bring the quality of specialized medical care to a new level and provide an integrated approach to rehabilitation. To help children with endocrine system pathologies and their parents, the Center has an endocrinology department, a children's city endocrinology center, as well as diabetes schools. Considering the fact that the Rauchfus Center is a multidisciplinary hospital, endocrinological patients can undergo a comprehensive examination. The institution is equipped with the most modern high-tech medical equipment that allows solving complex medical problems, for example, unique image guided neuro- and ENT-surgical systems. The use of such equipment in the structure of a multidisciplinary hospital meets the standards of world innovative technologies.

The diagnostic departments of the Center have a wide range of modern equipment.



of a team of surgeons, neurosurgeons, ophthalmologists, maxillofacial surgeons, otorhinolaryngologists, and traumatologists.

Rauchfus Center is a leading institution providing multidisciplinary specialized medical care for emergency indications for children with severe concomitant injuries, including car and fall injuries. To solve such problems in the hospital, a multidisciplinary approach to treatment has been implemented. For this, there is a shock operating room, an intensive care room, dressing and treatment rooms in the structure of specialized

X-ray equipment, CT, MRI allow converting the image obtained during the study of the patient before the operation, and using the original software to display it on the screen of the imaging table in various 3D projections, as well as to quickly transmit images not only through the internal network of the hospital, but also for its limits, for example, on mobile devices of specialists.

To develop and improve the quality of medical services provided and exchange experience, the Center is actively working with representatives of the international

FOREIGN PATIENTS

2019 – **440** people
2020 – **358** people
2021 (first half) – **162** people

From Azerbaijan, Armenia, Afghanistan, Belarus, Bosnia and Herzegovina, Germany, Georgia, Israel, Spain, Kazakhstan, Kyrgyzstan, China, DPRK, Latvia, Lithuania, Moldova, Nigeria, Syria, USA, Tajikistan, Turkmenistan, Uzbekistan, Ukraine, Finland, Estonia, Japan.

LOCATION

The institution is located in the city center, within walking distance from the Moscow railway station, Ploschad Vosstaniya metro station, Oktyabrskaya, Nox hotels, etc.

medical community. Representatives from various countries who come to St. Petersburg and are interested in healthcare always visit the Center to learn about its best practices and technologies. So, in recent years at the Rauchfus Center was visited by representatives of Germany, France, Sweden, Switzerland, Austria, Finland, Israel, Bahrain, China, Latvia, Lithuania, Estonia and other countries.



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MATERNITY HOSPITAL No. 9

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- PREGNANCY PLANNING
- MANAGEMENT OF PREGNANCY AND CHILDBIRTH
- POSTNATAL RECOVERY
- MAINTENANCE OF WOMEN'S HEALTH.
- DEPARTMENT "FAMILY DELIVERY" WITH SINGLE CHAMBER
- CONSULTATIONS OF A PRENATAL PSYCHOLOGIST
- BIRTH WITH AN INDIVIDUALLY CHOSEN OBSTETRICIAN-GYNECOLOGIST DOCTOR, MIDWIFE AND NEONATOLOGIST
- DIAGNOSTICS AND TREATMENT OF INFERTILITY

MAIN ADVANTAGES

Highly qualified staff. The maternity hospital employs high-class professionals: a doctor of medical sciences, six candidates of medical sciences, 45 doctors have the highest qualification category.

Comfort – individual delivery rooms. All postnatal wards are designed for the joint stay of the mother and child. There are rooms of increased comfort, sanitary and shower rooms.

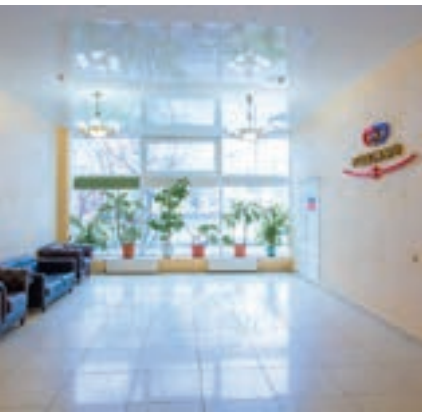
Modern equipment. The maternity hospital is equipped with the latest obstetric technology. There is an intensive care unit for newborns.

Natural childbirth and breastfeeding. We support natural childbirth and breastfeeding by educating expectant mothers accordingly. Respect for patients and psychological support. Help of a clinical psychologist in difficult situations, psychological support by assistants in childbirth (doulas), a favorable atmosphere.

Department "Family childbirth". Maximum comfort in one of the most important moments

in life. Individual delivery rooms, postnatal wards with home furnishings, double beds and the possibility of a permanent stay for the husband.

All consultations in one place. Women's consultation, own laboratory, consultative and diagnostic center, treatment and prophylactic complex with a swimming pool.



Psycho and physio prophylactic complex with a swimming pool. Swimming, water aerobics, fitness for pregnant women. School for expectant mothers.

ABOUT THE INSTITUTION

The history of the hospital goes back to the beginning of the last century. In 1938, a maternity hospital was opened in the Moscow district, serving the entire population of the southern part of Leningrad. During the Second World War, it was used as a military hospital. The employees of the maternity hospital are rightfully proud of the fact that over 200 thousand Leningraders-Petersburgers were born within its walls, and this is the population of a large city.

The maternity hospital has been in its current building for over 40 years. In 2020, a new building was put into operation and the technical re-equipment of the institution with medical equipment and equipment took place.



COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The maternity hospital has chairs of the following universities: First St. Petersburg State Medical University, S. M. Kirov Military Medical Academy, D.O. Ott Research Institute of Obstetrics and Gynecology.

Vyacheslav Bolotskikh,
chief physician, MD:

– Maternity hospital number 9 is the largest in the North-West region of Russia. With the opening of the new building, we received a new maternity ward for fifteen delivery rooms, an anesthesiology and resuscitation department (postoperative department), five new operating rooms, one of which is a gynecological one, a new neonatal resuscitation and intensive care unit, a medical and prophylactic complex with a swimming pool. The women's consultation and the emergency room have moved to new spacious offices.

The maternity hospital is equipped with the most modern equipment of an expert class, provided with all the conditions for the provision of planned and emergency care for pregnant women, women in labor and newborns. These are incubators for newborns, ultrasound systems, open resuscitation systems, artificial lung ventilators to support spontaneous breathing, gynecological transformer chairs.

The latest equipment and high professionalism of the staff ensure the modern management of pregnancy, early diagnosis of possible complications, treatment and careful delivery. For us, not

only a high degree of training of specialists and modern medical equipment are important, but also an increase in the level of service and comfort for patients. Comfortable conditions, individual care for the child's mother, the possibility of their staying together and early breastfeeding make it possible to complement the atmosphere of a joyful event in life.

Maternity hospital No. 9 successfully combines classical methods in obstetrics and gynecology and modern developments of leading domestic and foreign scientists. Individual and family childbirth departments, a comfortable postnatal department, women's consultation – everything is aimed at affordable and high-quality medical care. In 2020, more than 7,5 thousand children were born in the maternity No. 9. All doctors of the maternity studied at the best medical universities in Russia. Many received knowledge and clinical experience from the leading obstetricians and gynecologists of St. Petersburg. The main goal of the entire team of the maternity hospital is the birth of healthy babies, the acquisition of the happiness of motherhood, the preservation of the female health of our patients. In difficult life situations, we provide them with qualified psychological assistance. We want them to keep only the best memories of childbirth. Our goal is to consolidate our reputation as one of the best maternities in the city, which means we strive to ensure that women come to give birth to us again.

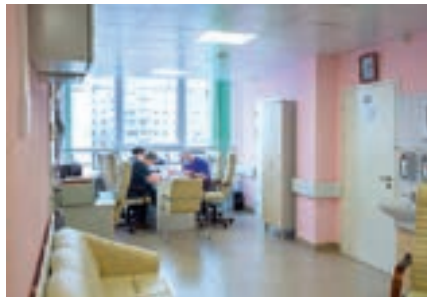
We regularly hold educational open days, meetings-seminars with future parents, where we invite obstetricians-gynecologists, neonatologists, anesthesiologists and midwives.

FOREIGN PATIENTS

2020 – **437** people
2021 (first half) – **185** people

LOCATION

Maternity hospital No. 9 is located in 11 km from Pulkovo international airport, 11.2 km from Moskovsky railway station, 1.4 km from Zvezdnaya metro station.



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MATERNITY HOSPITAL No. 10

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- EARLY PREGNANCY MANAGEMENT
 - FULL RANGE OF CLINICAL LABORATORY DIAGNOSTICS
 - RENDERING SPECIALIZED OBSTETRIC HEALTH CARE (MANAGEMENT OF CHILDBIRTH) AND GYNECOLOGY
 - NEONATOLOGY SPECIALIST
- CONSULTATIONS OF
 - OBSTETRICIAN-GYNECOLOGIST
 - NEONATOLOGIST
 - ONCOLOGIST
 - THERAPIST
 - DIETOLOGIST
 - ENDOCRINOLOGIST
 - PSYCHOLOGIST
 - PHYSIOTHERAPY
 - GYNECOLOGIST-ENDOCRINOLOGIST
 - DOCTOR OF MEDICAL EXERCISE
 - OTORHINOLARYNGOLOGIST

MAIN ADVANTAGES

Maternity No. 10 has a unique recognizable visual image. The logo, developed by European designers, adorns the entrance to the maternity hospital from the street, and inside adds a juicy note to modern interiors.

ABOUT THE INSTITUTION

Today Maternity Hospital No. 10 is one of the largest obstetric hospitals in the northern capital. More than 6, 5 thousand Petersburgers are born in it annually. It also accepts pregnant women with various obstetric pathologies.

The prenatal department is designed in a design style, with "personalized" chambers: "Coco Chanel", "Margarita", "Assol", etc. The department has an art lounge for art therapy.



In the maternity ward, all maternity rooms are single. It is fully equipped with the most modern equipment according to European standards.

Service at the VIP-department "Family childbirth" is close to the level of a 4-star hotel. In all departments, wards for women with disabilities are allocated and equipped.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

Maternity hospital No. 10 is the educational base of the Pavlov First St. Petersburg State Medical University, I.I. Mechnikov North-Western State Medical University, Obstetric College. The teaching staff of medical universities is included in clinical work.

The institution cooperates with a number of foreign clinics: The University of Tampere



(Finland), the Belarusian Republican Scientific and Practical Center "Mother and Child", etc.

Lada Ivanova,
Chief Physician of the Maternity hospital No. 10,
Ph.D (medicine), associate professor of the Chair
of Health Management of I.I. Mechnikov
North-Western State Medical University:

– Maternity hospital No. 10 is one of the four largest specialized medical institutions in St. Petersburg in terms of area, capacity, staff, as well as material and technical base, that is, equipping with modern medical equipment to help mother and newborn. We have a full range of medical examination and treatment in the field of obstetrics. Walking distance to the largest in St. Petersburg Children's City Multidisciplinary Clinical Specialized Center of High Medical Technologies (Children's City Hospital No. 1) allows transportation of newborns in emergency situations within a matter of minutes.

Our institution is a recognized leader in the northern capital in terms of services built on the basis of the best European and American systems (I note that the doctors of Maternity Hospital No. 10 speak foreign languages). We have "personalized" antenatal wards with the most comfortable equipment for patients; wards for post-natal stay with individual design solutions, adapted for family living together; children's room, allowing for a certain period of time to leave a newborn under the supervision of medical personnel; catering system for paying patients: breakfast – buffet, lunch / dinner – order from the menu via QR-code; free WiFi on the premises of

the institution; the presence of its own cafe, available seven days a week; own library; equipped lounges for rest in the departments; gym for medical gymnastics; soft rubber tracks on the street for sport walking; we organize leisure evening events for pregnant women (training, relaxation, entertainment) in the equipped art living rooms.

The administration system, by analogy with the network of American clinics "Mayo", provides an administrator, including a personal one, who is responsible for all services and household services in each department.

The stage of abilitation (prenatal preparation) includes therapeutic exercises (football, Pilates, yoga).

Over the past several years, the institution has been offering popular programs for non-classical management of childbirth: "Soft childbirth", "Musical childbirth", "Soft cesarean section". The personnel employed in them were trained in Europe. The staff of the maternity hospital received special training – doulas (assistants in childbirth). They have a higher psychological education. Throughout all stages of pregnancy, a staff psychologist works with patients.



FOREIGN PATIENTS

2019 – **24** patients
2020 – **26** patients

From Italy, Brazil, Belarus, Ukraine, Kazakhstan, Egypt, Azerbaijan, Uzbekistan, Moldova, Armenia, Tajikistan.

The share of export of medical services in the budget of the institution is **3.5%.**

LOCATION

Maternity hospital No. 10 is located in the South-Western part of St. Petersburg, in a quiet park area with clean air. The most famous historical suburbs are within a 10-15 minute drive: Peterhof with its famous fountains and palace ensembles, Strelna with the Konstantinovsky Palace – the modern residence of the President of Russia. Nearby is the modern hotel "New Peterhof", a partner of the maternity hospital in the field of tourism and service: we have experience in jointly organizing accommodation and excursion programs for our patients and their families. It is also important that Maternity Hospital No. 10 is located 20 minutes' drive from Pulkovo International Airport.



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SAINT PETERSBURG CLINICAL SCIENTIFIC AND PRACTICAL CENTER FOR SPECIALIZED TYPES OF MEDICAL CARE (ONCOLOGICAL)

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

FULL RANGE OF SERVICES BY PROFILE "ONCOLOGY"

- RADIATION DIAGNOSTICS
 - INCLUDING PET-CT
 - SCYNTIGRAPHY
- ULTRASOUND DIAGNOSTICS
- FUNCTIONAL DIAGNOSTICS
- ENDOSCOPY
- IN-HOUSE PATHOMORPHOLOGICAL LABORATORY
PERFORMING A FULL RANGE
OF IMMUNOHISTOCHEMICAL AND
MOLECULAR-GENETIC STUDIES

ALL KINDS OF TREATMENT IN ONCOLOGY

- SURGICAL, INCLUDING HIGH-TECH
- CONFORMAL RADIOTHERAPY AND RADIOSURGERY
- DRUG TREATMENT
 - CHEMOTHERAPY
 - HORMONOTHERAPY
 - IMMUNOTHERAPY
 - TARGET THERAPY

MAIN ADVANTAGES

St. Petersburg Oncology Center is the most modern, high-tech specialized oncological institution in St. Petersburg for the diagnosis and treatment of adults and children. It has the ability to provide medical care both on an outpatient basis and in a day and round-the-clock hospital.



The cost of treatment, in comparison with European countries, is 20-30% lower.

ABOUT THE INSTITUTION

The first stage of the St. Petersburg Oncology Center in the village of Pesochny began to receive patients in 2008.

Now in nine surgical specialized oncological

departments, three chemotherapy departments, a radiotherapy department with beds for day and round-the-clock stay, there are about 1400 employees. The total capacity of the institution is 577 beds. More than 30 thousand patients receive treatment at the center annually.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

On the basis of the St. Petersburg Cancer Center, there are two departments of the private educational institution of higher education "St. Petersburg Medical and Social Institute". The Chair of Oncology is headed by the Director of the St. Petersburg Oncology Center, MD Vladimir Moiseenko, the Chair of Pathological Anatomy is headed by the Head of the Department of Pathological Anatomy of the St. Petersburg Cancer Center, MD Ksenia Shelekhova.

The St. Petersburg Oncology Center also actively cooperates with leading foreign specialized institutions: Yale University Hospital (USA), University Medical Center

(oncological) – one of the largest and youngest clinics in the North-West of Russia.

The main direction of the center is chemotherapy treatment, which 30,00 patients undergo annually. Our specialists cooperate with the world's leading clinics, participate in clinical trials of the latest drugs. Doctors have accumulated vast clinical experience in the use of chemotherapy drugs. We offer our patients the most advanced treatment and the latest chemotherapy, including targeted and immunotherapy. All work is carried out in accordance with international protocols.

The Nuclear Medicine Center of the St. Petersburg Cancer Center is one of the most equipped in the North-West of Russia. Halcyon's latest high precision radiation therapy system uses Intensity Modulated Radiotherapy (IMRT) technology, where high doses of radiation are redirected directly to cancer cells, protecting the surrounding healthy tissue and thereby reducing dangerous side effects. Halcyon's innovative technology is used to treat prostate, breast, head and neck cancers and other cancers.



in Beer Sheva (Israel), Italian institutes of oncology "Regina Elena" and "Giovanni Paolo II", oncological hospitals in Beijing, Chengdu and other Chinese cities, Sapporo Medical University and Hokkaido University Hospital (Japan) and others.

Anna Medvedeva,
Advisor to the Chief Physician
for Information Policy:

– St. Petersburg Cancer Center – St. Petersburg Clinical Scientific and Practical Center for Specialized Types of Medical Care

Radiosurgical treatment using the True Beam system is offered to patients with contraindications to traditional surgical treatment, as well as to patients with deep-seated tumors. Unlike other technologies, 3D conformal radiation therapy with True Beam delivers a higher dose of radiation in the shortest possible time – up to 2-4 minutes.

One of the newest methods of treatment of metastatic prostate cancer, used by the Center for Nuclear Medicine of the St. Petersburg Cancer Center, is the use of injections of the drug containing the isotope of radium-223. Our center is one of the few who can offer

FOREIGN PATIENTS

2019 – **844** people
2020 – **380** people
2021 (first half) – **230** people

From Abkhazia, Azerbaijan, Algeria, Armenia, Belarus, Bulgaria, Bosnia Herzegovina, Georgia, Israel, Spain, Kazakhstan, Kyrgyzstan, China, Latvia, Lithuania, Moldova, Serbia, Tajikistan, Thailand, Turkmenistan, Uzbekistan, Ukraine, Finland, Montenegro, Czech Republic, Sweden, Estonia, British Virgin Islands.

LOCATION

The center is located in the resort area of St. Petersburg, not far from the Ring Road and the Western High-Speed Diameter, due to which the arrival time from Pulkovo Airport is no more than an hour.

this type of treatment with a drug that was registered in Russia just two years ago. The special pride of the St. Petersburg Oncology Center is high-tech microsurgical interventions using an operating microscope, stereotactic biopsy, intraoperative navigation, as well as reconstructive interventions.

About 13 thousand surgeries are performed in the center annually. At the same time, the share of minimally invasive interventions is more than 60%, and in some departments, it reaches 95%.



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NIKIFOROV ALL-RUSSIAN CENTER FOR EMERGENCY MEDICINE AND RADIATION MEDICINE

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- FULL COMPLEX OF MEDICAL REHABILITATION OF PATIENTS OF ALL DEGREES OF SEVERITY
- NEUROSURGICAL INTERVENTIONS USING FRAMELESS NEURONAVIGATION, INTRAOPERATIVE ULTRASONIC NAVIGATION AND NEUROPHYSIOLOGICAL MONITORING
- ALL KINDS OF OPERATIONS FOR TRAUMATOLOGICAL PROFILE, THE FULL LIST OF ORTHOPEDIC SURGERY, INCLUDING ENDOPROTHETICS OF LARGE AND SMALL JOINTS, INCLUDING ONCOPROTHETICS
- RECONSTRUCTIVE, REPAIR AND PLASTIC SURGERY USING DIFFICULT TISSUE COMPLEXES AND ENDOPROTHESIS, UNIQUE IMPLANT "ARTIFICIAL SKIN"
- ENDOVASCULAR AND OPEN INTERVENTIONS ON LARGE VESSELS
- ALL KINDS OF UROLOGICAL PROFILE OPERATIONS (ONCUROLOGY, REPRODUCTIVE AND RECONSTRUCTIVE UROLOGY)
- DIAGNOSTICS AND TREATMENT OF DISEASES OF VISUAL ORGAN (CATARACT, GLAUCOMA, RETINAL DETACHMENT, KERATOCONUS, SQUEEZE)
- DIAGNOSTICS AND TREATMENT OF DISEASES OF GYNECOLOGICAL PROFILE
- HOSPITALIZATION FOR DIAGNOSTIC PURPOSES IN DIFFICULT CASES

MAIN ADVANTAGES

Multidisciplinary clinic allows to provide medical care in case of detection of any diseases and concomitant pathology. A full range of subsequent medical rehabilitation. Maintaining an electronic medical history of a patient with the integration of all research

methods with the subsequent issuance of results and recommendations through the patient's personal account.

Accessible environment for people with disabilities. Comfortable accommodation in European-level wards. Possibility of accommodating persons accompanying the patient in the hotel complex of the clinic.

ABOUT THE INSTITUTION

The history of the Nikiforov All-Russian Center for Emergency and Radiation Medicine of the Ministry of Emergencies of Russia dates back to 1991, when the All-Russian Center for Environmental Medicine was formed at the S.M. Kirov Military Medical Academy –



the leading organization for the provision of medical care participants in the liquidation of the consequences of the accident at the Chernobyl nuclear power plant.

In 2002, clinic No. 1 was put into operation (therapeutic and radiological profiles), and in 2011 – clinic No. 2 (high medical technologies, mainly of a surgical profile).

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

- S.M. Kirov Military Medical Academy;
- State Research Center of the Russian Federation – A.I. Burnazyan Federal Medical Biophysical Center;
- P.V. Ramzaev St. Petersburg Research Institute of Radiation Hygiene;
- A.F. Tsyba Medical Radiological Research Center;
- Ural Research and Practical Center for Radiation Medicine.

Yulia Lobanova,
Assistant Director, PhD (medicine):

– Our clinic has accumulated a wealth of experience in providing medical care to citizens of foreign countries.

Over the past three years, we have treated patients from more than 25 countries. Medical rehabilitation is one of the most popular destinations for foreign citizens. We help patients with severe pathology, we carry out rehabilitation that is impossible in other clinics, including foreign ones. For example, quite recently the second course of rehabilitation was carried out for an Estonian citizen who was admitted to us with a post-hypoxic condition after drowning: the patient

was actively engaged in diving. For a number of reasons, Estonian medical institutions were unable to help a patient. The family did not give up, continuing to look for a clinic with the necessary experience, and the choice fell on us.

The clinic's specialists have developed an effective course of intensive rehabilitation after COVID-19. Thus, a British citizen who had an extremely serious illness chose to undergo a recovery program in the Russian Federation, at the Nikiforov Center.

One of the most popular areas for foreign patients is joint replacement surgery, including endoprosthesis. It is believed that the leaders in this area are clinics in Germany, Switzerland, Israel. But today we are ready to argue with this statement. Our specialists have received recognition for their knowledge and skills in well-known foreign clinics. For example, the International Association of Orthopedic Traumatologists AO Trauma made us a resident, its representative in the Russian Federation, a reference center for this direction. An important criterion for a foreigner to choose a country and a medical institution is the cost and quality of treatment. If we talk about the difference in the cost of operations in Europe and Russia, then it is significantly lower in our country. Thus, the cost of treatment was an important factor in the choice of a medical institution by a patient from the Netherlands who underwent hip replacement of both hip joints the Nikiforov Center.

Foreign patients also come to us for neurosurgical interventions, plastic surgeries, urological surgeries and others.

I wish you all good health, and if necessary, we are ready to help patients from all over the world!

FOREIGN PATIENTS

2019 – **357** people
2020 – **153** people
2021 (first half) – **70** people

Ukraine, Sweden, Estonia, Kazakhstan, Republic of Korea, Latvia, Moldova, Tajikistan, Thailand, Turkey, Philippines, Austria, Azerbaijan, Belarus, Denmark, Italy, Kyrgyzstan, the Netherlands, Turkmenistan, Germany, Lithuania, Finland.

LOCATION

The clinic is located in an ecologically favorable area of St. Petersburg, in close proximity to the sightseeing routes of the city. Netherlands, who underwent endoprosthesis of both hip joints at VCERM.



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ST. PETERSBURG CLINICAL HOSPITAL "RUSSIAN RAILWAYS – MEDICINE"

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- | | | |
|--------------------------------|--------------------|--------------------------|
| ● TRAUMATOLOGY AND ORTHOPEDICS | ● PLASTIC SURGERY | ● PULMONOLOGY |
| ● MAXILLOFACIAL SURGERY | ● OPHTHALMOLOGY | ● FUNCTIONAL DIAGNOSTICS |
| ● OTORHINOLARYNGOLOGY | ● GYNECOLOGY | ● GENERAL SURGERY |
| ● CARDIOLOGY | ● UROLOGY | ● PANCREATOLOGY |
| ● VASCULAR SURGERY | ● GASTROENTEROLOGY | ● MEDICAL IMAGING |
| ● NEUROSURGERY | ● NEUROLOGY | ● ONCOLOGY |

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

On the basis of the hospital there are scientific chairs of the largest medical universities in St. Petersburg. The institution itself employs the best specialists in various fields, more than 1,500 people in total, with extensive experience in surgical conservative treatment. More than three hundred doctors have the highest qualification category, twenty five have the degree of candidate of medical

sciences, four have the scientific degree of doctor of medical sciences.

In July 2021, doctors at the Russian Railways-Medicine hospital received a gratitude from the President of Russia for measures to combat coronavirus infection.

Pyotr Gromov, Chief Physician:

– The Clinical Hospital "Russian Railways-Medicine" in St. Petersburg, founded in 1914, originally functioned as a hospital for

employees and employees of the railway, but today it is a multidisciplinary medical institution that serves everyone. On its basis, a full range of therapeutic measures is carried out, starting with the diagnosis of the disease and the diagnosis of the patient, ending with rehabilitation after the treatment.

The institution uses only advanced diagnostic and treatment methods. The hospital received a huge impetus for development after reconstruction in 2014,



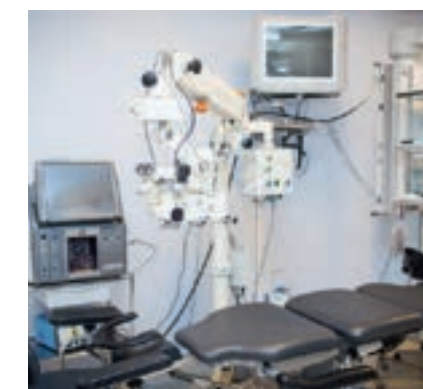
when technical re-equipment was carried out, new medical equipment was installed. These measures made it possible to turn the hospital into a center for the provision of high-tech medical care not only in St. Petersburg and the Leningrad region, but also in the North-West region of Russia as a whole.

The hospital has become, in fact, universal. There is the possibility of providing outpatient, inpatient, specialized, high-tech, emergency medical care and rehabilitation measures.

Two modern scanners – MRI and spiral CT, diagnostic laboratory, expert-level ultrasound scanners with the ability to perform diagnostic puncture with subsequent cytological and histological examination. Such a powerful diagnostic complex allows to make difficult diagnosis. The reconstruction completely rebuilt work of the operating unit. The most

mini-approach. This approach is widely used in gynecology, the treatment of diseases of the gastrointestinal tract, is low-traumatic, comfortable for the patient and reduces the time spent in the hospital. During the reconstruction, the wards for the treatment of patients were re-equipped. Now these are mainly double rooms with a high level of comfort.

The hospital attaches great importance to the observance of standards and procedures for the provision of medical care. The activities carried out have one goal – to preserve the health of everyone who turned to us for help. New equipment and highly qualified personnel make it possible to introduce into practice a wide range of innovative technologies in the field of diagnostics and treatment of various diseases, allowing the hospital to



modern technologies were used to equip it. New endoscopic stands, electrosurgical instruments, consoles, sets of surgical instruments, anesthetic equipment, air conditioning system. All this allows to perform minimally invasive modern operations from a

maintain a high status in providing medical care to all residents of not only St. Petersburg and the North-West region, but also to all Russians. and to citizens of other countries in accordance with its main principle: "We are open to everyone."

FOREIGN PATIENTS

2019 – **1334** people
2020 – **1274** people
2021 (first half) – **777** people

From Abkhazia, Australia, Azerbaijan, Albania, Algeria, Argentina, Armenia, Afghanistan, Belarus, Belgium, Benin, Bulgaria, Bolivia, Bosnia and Herzegovina, Brazil, British Virgin Islands, Burkina Faso, Vietnam, Guatemala, Equatorial Guinea, Guinea - Bissau, Germany, Honduras, Greece, Georgia, Denmark, Egypt, Zambia, Zimbabwe, Israel, India, Indonesia, Iraq, Ireland, Italy, Spain, Yemen, Kazakhstan, Kenya, Kyrgyzstan, China, Colombia, Comoros, Congo, Korea, Laos, Latvia, Lithuania, Madagascar, Morocco, Mexico, Mozambique, Moldova, Mongolia, New Zealand, Paraguay, Poland, Romania, Samoa, Sao Tome Principe, USA, Saudi Arabia, North Macedonia, Syria, Slovenia, Sudan, Tajikistan, Tunisia, Turkmenistan, Uzbekistan, Ukraine, Philippines, Finland, France, Croatia, Switzerland, Sweden, Sri Lanka, Eritrea, Estonia, Japan.

LOCATION

The Clinical Hospital "RZD-Medicine" in the city of St. Petersburg is known for the beauty of the adjacent territories. On the territory of the hospital, there is a park with an area of almost 20 hectares, which is an architectural monument: a century ago, it was part of the famous architectural ensemble of the Petrograd railway hospital. Fresh clean air is saturated with phytoncides and floral aromas. Thanks to favorable natural factors, treatment, recovery, supportive and rehabilitation therapy within the hospital are even more effective. On the territory of the hospital there is also the Church of the Holy Equal-to-the-Apostles Princess Olga, which was consecrated in 1916.



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INDUSTRIAL HOSPITAL No. 70, BRANCH OF THE ST. PETERSBURG PASSAZHIRAVTOTRANS COMPANY

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

INPATIENT TREATMENT IN THE FOLLOWING DIRECTIONS

UROLOGY

- SURGICAL TREATMENT OF URETHRAL STRUCTURES (INCLUDING VIDEO TECHNIQUE)
- NON-SPECIFIC INFLAMMATORY DISEASES OF THE UPPER AND LOWER URINARY TRACT, EXTERNAL GENITAL ORGANS (SURGICAL AND CONSERVATIVE TREATMENT)
- BENIGN PROSTATIC HYPERPLASIA (INCLUDING VIDEO TECHNIQUE): TRANSURETHRAL RESECTION AND ENUCLEATION OF PROSTATE AND OTHER
- UROLITHIASIS (INCLUDING VIDEO EQUIPMENT): LITHOTRIPSY WITH LITHOEXTRACTION, LITHOTOMY AND OTHER
- SURGICAL TREATMENT OF DISEASES OF THE EXTERNAL GENITAL ORGANS: VARICOCELE, SPERMOCELE, HYDROCELE, PHIMOSIS, PARAPHIMOSIS, PEYRONY'S DISEASE, CONGENITAL CHORDEE AND OTHER
- SURGICAL AND CONSERVATIVE TREATMENT OF STRESS URINARY INCONTINENCE (SLING PROCEDURES, PELVIC FLOOR REPAIR)
- SURGICAL TREATMENT OF BLADDER NEOPLASMS, URETEROCELE (INCLUDING VIDEO TECHNIQUE): TRANSURETHRAL RESECTION AND OTHER
- NEPHROPEXIA

SURGERY

- ABDOMINAL SURGERY
- GYNECOLOGY
- PHLEBOLOGY
- SURGICAL TREATMENT OF ENT DISEASES USING ENDOVIDEO TECHNOLOGY
- LASER TREATMENT OF SKIN AND SOFT TISSUE NEOPLASMS

THERAPY

- DISEASES OF THE CIRCULATORY ORGANS
- BREATH
- DIGESTION
- HEMOPOIESIS
- ENDOCRINE AND OSTEOARTICULAR SYSTEMS

NEUROLOGY

- SPINE AND INTERVERTEBRAL DISK RELATED DISEASES
- CEREBRAL ATHEROSCLEROSIS
- CEREBROVASCULAR DISEASES
- OUTCOME OF ISCHEMIC STROKE



FOREIGN PATIENTS

2019 – **400** people
2020 – **362** people
2021 (first half) – **175** people

LOCATION

The medical and sanitary unit is located in the very center of the city, near the Finlyandsky railway station and the Neva. Walking distance to Nevsky, Liteiny prospect and significant architectural monuments of St. Petersburg.

surgical operations are used for diseases of the gallbladder, including cholelithiasis, hiatal hernia, kidney cysts, etc.

An equally progressive technique is used in the treatment of varicose veins of the lower extremities: we are talking about endovenous laser obliteration (EVLO) under local anesthesia and sclerobliteration of varicose inflows with a sclerosant foam solution according to the Farm-Form technique. Such an intervention is performed under constant ultrasound, this allows you to minimize the surgical trauma, exclude damage to the surrounding tissues and significantly reduce the pain symptom. The use of ultrasound control techniques significantly reduces the period of postoperative rehabilitation of patients. At the same time, the risk of recurrence of the disease is noticeably reduced.

Industrial hospital No. 70 also provides inpatient care for almost all types of gynecological pathology. The priority directions are complex treatment of infertility, surgical treatment of benign diseases of the uterus and appendages using minimally invasive approaches (laparoscopic, hysteroscopic), intrauterine endoscopic surgery. The widespread use of organ-saving and reconstructive plastic techniques excludes the removal of the uterus and preserves the woman's fertility.



MAIN ADVANTAGES

In the hospital departments, comfortable conditions have been created for the stay of patients, close to home ones, there are higher-class wards with all the amenities. Our patients receive high-quality diagnostics and comprehensive treatment at affordable prices.

ABOUT THE INSTITUTION

The clinic is located in a historical building, a monument of regional significance, which externally and internally has preserved the unique atmosphere of St. Petersburg of the past centuries. At the end of the 19th century, the leaders of the St. Petersburg Union of the Struggle for the Liberation of the Working Class met in one of the apartments of the former tenement building. During the Soviet period, it housed various institutions, but for the past 60 years the building has served the purpose of health care. In 2016, the restoration of the facade was completed, thanks to which the building sparkled with historical colors.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

For many years, the medical unit No. 70 has been the clinical base of the I.I. Mechnikov North-Western State Medical University, S.M. Kirov Military Medical Academy, Pediatric University, Almazov Institute of Medical Education. Reaviz University – a private university with a 25-year history of training doctors.

In the field of advanced training and additional vocational education for secondary and junior medical personnel, Industrial Hospital No. 70 cooperates with the S.M.

Kirov, Military Medical Academy, St. Petersburg Academy of Postgraduate Education, Center for Continuous Professional Medical Development of the Leningrad Region.

The employees of the institution conduct scientific and practical exchanges with clinics in Germany, Austria and the United States, regularly participate in international congresses and conferences.

Vadim Zubarev,
chief physician of the medical and sanitary unit, candidate of medical sciences:

— I will dwell on the achievements of the surgical department of the Industrial Hospital No. 70, where most of the operations are performed using laparoscopic and endo video surgical technologies. Laparoscopic operations are performed on modern equipment of the German company Karl Storz. Their main advantage is minimal trauma, since the operated organ is accessed through small punctures with a diameter of 2 to 10 mm. Through them, special instruments are introduced into the abdominal cavity, which allow performing the necessary manipulations for the treatment of surgical pathology. The duration of the operation in most cases does not exceed one and a half hours.

As for the endovideoscopic technique, it allows minimizing surgical trauma and significantly shortens the rehabilitation period for patients. This eliminates the complications associated with the presence of incisions of the anterior abdominal wall (as in traditional surgery), incisional hernia, suppuration, keloid scars, etc. The average time of postoperative inpatient treatment is only 1-3 days. Endo video



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MEDICAL INSTITUTE NAMED AFTER BEREZIN SERGEY (MIBS)

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- PROTON RAY THERAPY
- RADIO THERAPY
(CYBERKNIFE, TRUEBEAM STX AND CLINAC LINEAR ACCELERATORS)
- NEURORADIOLOGY
(GAMMA KNIFE / LEKSELL GAMMA KNIFE)
- NUCLEAR MEDICINE (PET-CT)

MAIN ADVANTAGES

The Proton Therapy Center and the MIBS Oncology Clinic are equipped with diagnostic medical equipment from the world's best manufacturers (Variantt, Elekta, Accuray, Siemens, Philips). In terms of completeness of equipment, the clinic and center often surpass foreign oncological clinics.

MIBS doctors have undergone serious training in the best specialized clinics in Europe and the United States, are active members of the European and North American medical communities and rely on their standards in their work.

The cost of treatment at MIBS is significantly lower than in similar medical centers in the USA and Europe. While maintaining a high level of clinical efficiency, service and comfort for the patient, the cost of a course of proton therapy, which in foreign clinics reaches \$ 150,000, is several times lower at MIBS.

ABOUT THE INSTITUTION

Medical Institute named after Sergey Berezina (MIBS) traces its history back to 2003, when the first non-state MRI center in Russia was opened in St. Petersburg. Today, the federal network of MIBS includes more than 80 centers for radiation diagnostics in 63 cities of the Russian Federation, Armenia



and Belarus, as well as five nuclear medicine centers equipped with PET-CT devices.

Since 2008, when the Oncological Clinic was opened in the village of Pesochny, MIBS has been actively developing the treatment direction in the "oncology" profile. The MIBS Oncology Clinic is the undisputed leader in its industry in terms of knowledge, experience and professional training of medical personnel, as well as in a set of diagnostic, radiosurgical radiotherapy equipment. The clinic's arsenal includes the "gold standard" in radiosurgery for intracranial pathologies Gamma Knife, a robotic radio-surgical unit Cyberknife, as well as a Variantt TrueBeam STx linear accelerator – an instrument for conformal radiation, breath-synchronized, or radiosurgical treatment without the use of an invasive frame.

In the fall of 2017, the MIBS Proton Therapy Center began operating – the first clinical proton therapy center in the Russian Federation and throughout the CIS with two treatment rooms with a henry rotary system.

The center is equipped with a unit from the leading manufacturer of proton therapy equipment Variantt (USA). Since 2020, the center has reached full capacity and treats almost 900 patients a year. In 2017, the MIBS oncology clinic passed an international audit by the MD Anderson Cancer Center from Houston (USA), and the work of the radiation therapy departments was highly appreciated by colleagues. The MIBS clinic has implemented all the recommendations of international auditors to improve the processes in the organization of treatment.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The MIBS Oncology Clinic and the MIBS Proton Therapy Center are a practical base for all leading medical universities in St. Petersburg.

At the same time, MIBS implements its own advanced training program within the framework of additional professional education in the specialty "Radiology".

MIBS employees have undergone long-term internships in the radiological departments

to the target, while simultaneously reducing the radiation load on the surrounding tissues. Today, this technology provides the best answer to the main question facing a radio therapist: how to kill cancer without harming the patient?

High accuracy and rapid dose reduction beyond the tumor borders make it possible to increase the dose delivered to the target and destroy the DNA of cancer cells more efficiently than traditional methods of radiation therapy - electron photon beams. And at the same time, do not exceed the tolerant (safely permissible) doses for normal tissues, even if the target is close to critical structures of the body, for example, to the heart, liver, optic nerves.

For three and a half years, about 2 thousand patients have been treated at the MIBS Proton Therapy Center, most of whom are under 18 years of age. Only a few proton centers in the world are focused primarily on the treatment of pediatric cancer patients, but MIBS initially chose this path for itself. To ensure the safe treatment of young children, our Center has assembled a highly qualified team of anesthesiologists.



FOREIGN PATIENTS

2019 – **492** people
2020 – **299** people
2021 (first half of the year) – **218** people

From Canada, Abkhazia, Palestine, Kuwait, Australia, Israel, Vietnam, Greece, Bosnia and Herzegovina, Serbia, Bulgaria, Kazakhstan, Tajikistan, Kyrgyzstan, Turkmenistan, Armenia, Uzbekistan, Belarus, Ukraine, Estonia, Moldova, Lithuania, Latvia, Azerbaijan, Georgia, Burkina Faso.

LOCATION

MIBS proton therapy center MIBS oncology clinic is located in quiet green areas on the outskirts of St. Petersburg. The road from the airport by car takes 30-40 minutes



of proton centers in the United States (Yale University, Maryland Proton Therapy Center, Cincinnati Medical Center) and Europe (Paul Scherrer Institute, Switzerland; Krefeld Center, Germany; Karolinska University in Stockholm, etc.).

Nikolay Vorobyov, Head of the Department of Proton Radiation Therapy, PhD (medicine):

– Proton therapy is the most advanced of the currently used methods of radiation therapy, which gave doctors the opportunity to increase the dose of radiation delivered



MIBS proton therapy center

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Oncology clinic MIBS

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SCANDINAVIA AND SCANDINAVIA AVA-PETER CLINIC NETWORK

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- ASSISTED REPRODUCTIVE TECHNOLOGIES (IN RT)
- SURGERY
- TRAUMATOLOGY AND ORTHOPEDICS
- PEDIATRICS
- DENTISTRY
- PLASTIC SURGERY AND COSMETOLOGY
- OBSTETRICS AND GYNECOLOGY (INCLUDING MATERNITY HOSPITAL SERVICE)
- UROLOGY
- NEUROLOGY
- OTOLARYNGOLOGY
- IN-PATIENT CLINIC
- LABORATORY (INCLUDING GENETIC) TESTS

MAIN ADVANTAGES

The clinic has been operating in the private medicine market since 1996 and is the largest medical company in the North-West of Russia. The overwhelming majority of foreign patients come for fertility treatment services. The comparative cost of the cycle, according to an estimate in open sources: "Scandinavia AVA-PETER" – \$ 4 thousand, China – \$ 4, 7 thousand, Japan – \$ 4, 1 thousand, USA – \$ 12, 3 thousand, Thailand – \$ 12 thousand. The pregnancy rate after IVF is 55.2%, one of the best in Russia and worldwide. Own bank of donor materials (sperm and eggs). The catalog contains more than 300 donor questionnaires.



The clinic has coordinators with knowledge of English and Chinese languages, who help patients with the transfer, placement and subsequent legal processing of documents.

ABOUT THE INSTITUTION

The first clinic of the network was opened in St. Petersburg in 1996, and to date, "Scandinavia" has become the largest private clinic in Russia, dealing with the treatment of infertility using methods of assisted reproductive technologies. Clinic specialists carry out up to 7 thousand IVF (in vitro fertilization) cycles per year. As a result of IVF performed in the clinic "Scandinavia AVA-PETER", over 20 thousand children were born.



FOREIGN PATIENTS

2019 – 5 thousand people
2020 – 3.5 thousand people
2021 (first half) – 2.5 thousand people

From Sweden, Germany, France, Estonia, Norway, Denmark, Finland, Italy, the Netherlands, China.

LOCATION

The clinic's departments are located in the central part of the city. Inside the clinic there are navigational signs for patients with translation into English and Chinese.

COOPERATION WITH TRAINING AND SCIENTIFIC INSTITUTIONS

The specialists of the Scandinavia and Scandinavia AVA-PETER network of clinics undergo training and exchange experience with the Assuta Rishon (Israel), IVI-Valencia (Spain), and Memorial (Turkey) clinics.

Olga Komysheva,
Commercial Director of the clinic:

– Why do people come to Scandinavia from all over the world?

Our most popular directions are assisted reproductive technologies (in the Republic of Tatarstan), including IVF. Scandinavia AVA-PETER was the first in Russia to launch the study of embryos by the method of comparative genomic hybridization based on microchips (aCGH). The clinic's own genetic laboratory is capable of carrying out genetic testing of embryos, which allows detecting chromosomal abnormalities even before they are transferred to the uterine cavity.

Clinic "Scandinavia AVA-PETER" is the only clinic in Russia in the Republic of Tatarstan, where the direction of preserving fertility in cancer patients is being actively pursued. The oncofertility program has existed since 2005.

It is known that the treatment of cancer often has negative side effects on health, including fertility. Thus, 75% of men seeking treatment for malignant oncological diseases in their reproductive age would like to have children in the future, but only 20-50% of those who have undergone anticancer treatment have spermatogenesis indicators in two to three years restored to the limits sufficient for conception. Often, patients experience

blockage of spermatogenesis and develop azoospermia. In women, chemoradiation treatment affects the decrease in ovarian function.

The clinic "Scandinavia AVA-PETER" is actively working on the preservation of reproductive function in cancer patients. Together with oncologists, specialists involved in human reproduction select methods of assisted reproduction that allow obtaining and cryopreservation of sperm, testicular tissue, oocytes, embryos and ovarian tissue before chemotherapy and radiation therapy. All this helps to preserve the reproductive potential of cancer patients. In 2015, our doctors helped give birth to a healthy baby to a patient after treatment for Hodgkin's lymphoma. This is the first child in Russia who was born after ovarian tissue transplantation.

However, foreign citizens go to "Scandinavia" and "Scandinavia AVA-PETER" not only to become parents. Here you can receive chemotherapy treatment with original drugs, perform joint replacement surgery and other planned surgical interventions, including ophthalmic ones. And all this in a comfortable environment at a reasonable cost.

In traumatology, operations are performed for foreign patients related to joint replacement. Hip and knee replacement, microsurgery of the foot and hand, and spinal surgery are especially in demand.

We also receive inquiries about ophthalmic surgeries, including corneal transplants. Keratoplasty is an operation to remove all or part of a damaged cornea and replace it with healthy donor tissue. A corneal transplant can restore vision, reduce pain and improve the appearance of a damaged or diseased cornea.

The undoubted advantage of treatment with us is an affordable pricing policy that provides the best price-quality ratio. Reviews of foreign patients show that they are satisfied not only with the treatment, but also with the service – an important component of medical services.



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NGC (NEXT GENERATION CLINIC)

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- INFERTILITY TREATMENT BY ART METHODS (ASSISTED REPRODUCTIVE TECHNOLOGIES)
- PRE-IMPLANTATION GENETIC TESTING (PGT-A) OF EMBRYOS
- PROGRAMS WITH DONOR EGGS, SPERM, EMBRYOS
- TESTING FOR CARRIAGE OF MONOGENIC DISEASES (NEXTGEN21)
- DELAYED MOTHERHOOD (EGG VITRIFICATION)

MAIN ADVANTAGES

Donor cryobank, the largest donor base in Russia.

In-house laboratory NGC Research Lab with two Illumine Muse sequencers (PGT-Embryos using NGS method).

Proprietary development NextGen21 is a test for the carriage of hereditary monogenic diseases.

Male infertility treatment. Sperm collection methods: PEAS, MESA, TESSA, TESE, Micro-TESE.

Genetics. Diverse genetic profiles, preimplantation genetic screening (GPS), preimplantation genetic diagnosis (PGD), prenatal non-invasive genetic test (NIPT), karyotyping, medical genetic counseling on the basis of our own laboratory.

RI Witness patient's biomaterial movement control system. Time Lapse 24/7 embryo culture monitoring system.

Affordable prices for any segment of patients. Thus, an ART program similar in quality and services in the United States may cost 10 times more, in European countries at

least twice, and in China it will correspond to a program without genetic diagnostics.

International department: accompanying foreign patients in English and Chinese

COOPERATION WITH FOREIGN CLINICS

Employees of NGC are trained and maintain scientific contacts with clinics in Tampere (Finland), Ivy-Valencia (Spain), at the University of Cambridge, the Institute of Reproductive Genetics of Chicago.



ABOUT THE INSTITUTION

The history of the Next Generation Clinic brand began with the idea of creating an intelligent clinic specializing in assisted reproductive technologies, which would successfully combine advanced technology, experience and individuality. In March 2015, these ideas were brought to life in one of the most beautiful cities in Russia – St. Petersburg – with the opening of the first private specialized institution.

Diana Kobzeva, Fertility Specialist:

— We understand that in our modern age, time flies especially fast and it is always short. Therefore, we optimized the process as much as possible for the most efficient delivery of medical services by combining the experience of our employees, the latest equipment and modern technologies in embryology, endocrinology and genetics.

NGC has created the largest bank of donor biological material, which is constantly updated and replenished, including from international banks. A convenient online directory allows patients to choose a donor material. The bank's managers and logisticians organize the legal registration of the entire IVF (in vitro fertilization) procedure.

The RI Witness system (control over the movement of biomaterial) was introduced by our clinic for the first time throughout Russia. Today the risk of human error when working with biomaterial is zero.

We were also the first in Russia to introduce an innovative technology in the field of preimplantation genetic diagnostics, namely, testing by the latest highly sensitive method

of genetic screening NGS, which makes it possible to identify many chromosomal defects in the development of the embryo with an accuracy of 99.9% of the anterior transfer, which allows significantly improve the effectiveness of programs.

Thanks to the use of innovative technologies, NGC specialists have developed a unique NextGen21 test. This is a comprehensive gene study that includes 17 genes associated with the most common and severe diseases leading to early death or significant deterioration in the quality of life.

The 24-hour Time Lapse embryo monitoring system has cameras built into the incubator, each of which takes a picture at regular intervals. They are then edited into a video that allows embryologists, without interrupting the process, to determine the stages of development of the embryo for its transfer.

NGC has managed to become a leading center for re-production and genetics, combining the most advanced technologies and world standards of modern reproductive medicine, the experience of Russian and foreign specialists, new and traditional approaches to the treatment of infertility.



FOREIGN PATIENTS

2019 – **1413** people
2020 – **693** patients
2021 (first half) – **394** people

From Abkhazia, Australia, Austria, Azerbaijan, Angola, Armenia, Afghanistan, Bangladesh, Belarus, Belgium, Bulgaria, Brazil, Great Britain, Hungary, Vietnam, Germany, Greece, Georgia, Denmark, Egypt, Zimbabwe, Israel, India, Indonesia, Jordan, Iran, Ireland, Spain, Italy, Yemen, Kazakhstan, Cambodia, Canada, Kenya, Cyprus, Kyrgyzstan, China, Congo, Korea, Cuba, Latvia, Lebanon, Lithuania, Mauritius, Malta, Mexico, Moldova, Netherlands, New Zealand, Norway, Pakistan, Peru, Poland, Romania, Saudi Arabia, North Macedonia, Serbia, Singapore, United Kingdom, USA, Tajikistan, Thailand, Taiwan, Tanzania, Turkmenistan, Turkey, Uzbekistan, Ukraine, Philippines, Finland, France, Croatia, Czech Republic, Chile, Switzerland, Sweden, Estonia, Japan.

LOCATION

Convenient location of the clinic in the center of St. Petersburg. Accommodation in an apartment 5-10 minutes of walk from the clinic.



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EUROMED CLINIC

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- MORE THAN 20 SUB-SPECIALIZATIONS
- IN-PATIENT CLINIC
- LABORATORY DIAGNOSTICS
- HOUSE CALL THERAPISTS AND PEDIATORS
- FUNCTIONAL DIAGNOSTICS
- SURGERY
- EMERGENCY ROOM
- DIAGNOSTICS AND TREATMENT OF COVID-19, VACCINATION AND TESTING
- SECOND OPINION

MAIN ADVANTAGES

- Medical assistance 24/7
- Free treatment of guests with a medical insurance policy
- English-speaking staff
- Electronic document management in Russian and English
- Own base of translators (European and Asian languages)
- Consular support
- Evacuation of patients abroad

ABOUT THE INSTITUTION

Euromed Clinic was founded in 1999 as a club-type medical facility: small, closed and expensive. Due to the fact that the clinic has relatively few patients, its staff has the opportunity to devote as much time and attention to them as necessary. We were one of the first in Russia in the Euromed clinic to begin to put into practice the standards of complex family medicine.



At Euromed Clinic, each patient is assigned a personal doctor. If the situation is beyond his competence, he attracts specialized doctors and personally monitors the effectiveness of the treatment. Often, the attending physician also monitors the patient's entire family. It is the family doctor who becomes for you and your loved ones not just a doctor, but a friend, a specialist who approaches any

problem, knowing your predispositions, habits and concerns. As a result of this interaction, a special relationship is established between the doctor and the patient, trust, interest in the result arises, which directly affects the quality of treatment.

Euromed is a western-style clinic. It serves most of the diplomatic missions of the European states in St. Petersburg, branches and representative offices of Western companies, major hotels, travel agencies, new shopping agencies. Compliance with international standards actually means two things: firstly, the general practice of patients is carried out by general practitioners, and secondly, Euromed Clinic strictly adheres to the principles of evidence-based medicine.

Our "medical concierge system", as we call it, is human-centered: 80% of problems are solved by the main team, but if external specialists are needed, this will be done immediately and as efficiently as possible.

In order to achieve the main goal of effective patient care, Euromed has at its



disposal not only doctors of the highest qualifications, but also the means to enable them to act as efficiently as possible. The **Euromed Express** division will deliver the patient to the clinic from anywhere in the world as soon as possible, regardless of what is required for this: an ambulance or an air flight.

If inpatient treatment is required, ten fully equipped wards are available to patients, including those with resuscitation equipment. To speed up the diagnosis, most analyzes are carried out in our own laboratory. Many of them are ready even before the doctor's appointment is over. Most of the medicines are available in our own pharmacy – patients do not have to look for them. Euromed Clinic is always ready to solve any problems of its clients promptly and efficiently.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

Euromed Clinic supervises resident students of the S.M. Kirov Military Medical Academy, within the framework of social activity, it supports the development of the Military Medical Museum on the Vvedensky Canal, holding joint events with it. In other universities, the clinic's specialists conduct trainings and education of students on the provision of first aid.

The doctors of the clinic are conducting a popular science project "318 seconds in medicine", which highlights current medical issues. Popular is the author's program of the cardiologist Artyom Shaidenko "Health and Longevity"; clinic doctors are often media experts.

PANDEMIC WORK

Euromed Clinic has been helping to fight coronavirus infection since its inception in Russia. We have 24/7 answers to important questions about COVID-19, vaccinations and revaccinations, testing to check and assess health status.

By mid-August 2021, there were already over 3 thousand vaccinated patients in our clinic.

SERVICES (COVER-19):

- vaccination against COVID-19 (vaccines of choice)
- rapid testing (PCR testing, antibody and antigen tests)
- outpatient COVID-19 treatment
- rehabilitation program after coronavirus
- issuance of a vaccination certificate / on the absence of COVID-19 for travel abroad (paper form, presence of a QR code, English version, international standards are observed)
- offsite events for testing or vaccination

FOREIGN PATIENTS

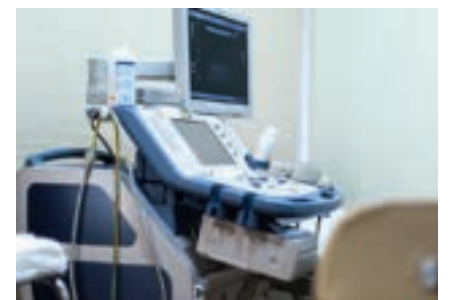
Since 2019, the clinic has received over **15,000** foreign patients from more than a hundred countries of the world. Many patients come from *China, USA, Finland, Sweden, India, Japan, France, Kazakhstan, Philippines* and other countries.

Euromed Clinic is a reliable partner for foreign insurance companies. The clinic is serviced annually **40,000** patients, **30%** of them – Foreign citizens.

The share of exports of medical services in budget of the institution is up to **40%**.

LOCATION

The multidisciplinary clinic Euromed is located in the very center of St. Petersburg, a minute's walk from the Smolny Cathedral, next to the Tauride Palace.



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EXPERT ONCOLOGY CLINIC EUROONCO

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- **TREATMENT OF PERITONEAL CARCINOMATOSIS**
 - HYPERTHERMIC INTRAPERITONEAL CHEMOTHERAPY (HIPEC)
 - PRESSURIZED INTRAPERITONEAL AEROSOL CHEMOTHERAPY (PIPAC)
- **TREATMENT OF TUMORS OF BILIOPANCREATODUODENAL ZONE**
- **ONCODIAGNOSTICS**
 - INSTRUMENTAL
 - FUNCTIONAL
 - LABORATORY
 - CANCER SCREENING PROGRAMS
- **ANTICANCER DRUG THERAPY**
 - CHEMOTHERAPY
 - IMMUNE
 - TARGET
- **SURGERY AND X-RAY SURGERY**
 - ALL KINDS OF BIOPSY
 - REMOVAL OF NEOPLASMS
 - ABDOMINAL SURGERY
 - IMPLANTATION OF PORT SYSTEMS
 - ENDOVASCULAR INTERVENTIONS
- **ENDOSCOPY AND ENDOSURGERY**
 - GASTROSCOPY
 - COLONOSCOPY
 - BRONCHOSCOPY
 - INSTALLATION OF STENTS
 - ENDO ULTRASOUND
- **PALLIATIVE AND SYMPTOMATIC THERAPY**
 - ARRESTING SYMPTOMS AND COMPLICATIONS OF ONCOLOGICAL AND COMBINED DISEASES
 - NUTRITIONAL STATUS CONTROL

MAIN ADVANTAGES

Clinic "Euroonco" specializes in the treatment of oncological diseases. They work here according to the current international protocols and recommendations of the authoritative world communities, helping

even severe patients in the late stages of cancer. Original drugs of the latest generation, innovative techniques and the latest achievements of world medicine are used. The clinic cooperates with leading foreign cancer centers.

ABOUT THE INSTITUTION

The opening of the Euroonco clinic in St. Petersburg took place in October 2020. The clinic is equipped with modern expert-class equipment to work according to the standards of the world's best cancer centers.



A polyclinic department, departments of chemotherapy, endoscopy, surgical treatment, palliative and symptomatic therapy operate on the basis of Euro Window. The structure of the clinic also includes breast cancer and melanoma treatment centers and a 24-hour hospital with 30 beds.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

Euroonco cooperates with a number of specialized research centers, as well as with the Russian Society of Clinical Oncology (RUSSCO), the Association of Russian Oncologists (AOR), and the Russian Society of Mammary Oncology.

Andrey Pylaev,
Chief Physician of the federal network of expert oncology clinics "Euroonco", Ph (medicine):

— Treatment of peritoneal carcinomatosis is one of the key activities of the clinic. We are talking about a malignant lesion of the peritoneum – a complication that occurs due to oncological diseases of the abdominal cavity and small pelvis and is characterized by the formation of numerous small metastatic foci in the abdominal cavity. Until recently, such a diagnosis was a verdict, since standard methods of anticancer therapy in such a situation are powerless.

Today, for the treatment of peritoneal carcinomatosis, the modern method of intraperitoneal chemotherapy (HIPEC) is used, which significantly prolongs the life of patients. The innovative procedure is carried out using expensive equipment and requires

special training of doctors, so the technology is not available everywhere. At Euroonco we have everything you need to conduct HIPEC.

The procedure is in demand Russian and foreign patients. So, at the end of 2020, a 56-year-old female patient S. from Kazakhstan with a diagnosis of ovarian cancer came to Euroonco. It was necessary to remove the uterus with appendages, to carry out a resection of the stomach and intestines, but the examination revealed a metastatic lesion of the peritoneum, which until recently was considered a contraindication to surgical interventions. However, thanks to the HIPEC procedure, we managed to operate on the patient and thereby significantly improve her prognosis.

Another common situation in cancer patients is problems with the cardiovascular system: concomitant diseases and complications, which are often caused by cardiotoxicity of anticancer drugs. The presence of cardiac pathologies complicates treatment and can be fatal. In many medical institutions, such patients are denied assistance, recognizing them as incurable.

In fact, it is possible to help cancer patients with heart and vascular problems, and this is the main goal of cardio-oncology – a relatively new and still underdeveloped medical direction. In our clinic, cardio-oncologists always work with patients, this allows not only to prevent many problems, to alleviate the condition of patients, but also often to make radical treatment possible again.

This happened to a 48-year-old patient O. from Minsk. The man was admitted in a very serious condition: bone metastases, multiple organ failure and poor blood counts. Thanks to the participation of a cardio-oncologist,

FOREIGN PATIENTS

A significant proportion of cancer patients from the CIS who travel abroad for treatment choose Euroonco.

LOCATION

The clinic is located in the Kirovsky district of St. Petersburg, a 15-minute drive from the Moskovsky railway station and 20 minutes from the Finlyandsky railway station.



it was possible to prepare the patient for radical treatment. Under the control of hemato- and cardiotoxicity, chemotherapy was carried out, which gave a positive trend: the tumor decreased. The patient was able to walk again and his quality of life improved significantly.

Among our patients there are also quite a lot of patients with advanced forms of near-rectal cancer, including from abroad, so we have extensive experience in the treatment of this disease.

Not so long ago a patient came to us from Estonia diagnosed with stage 4 colorectal cancer with massive metastatic liver disease. The man underwent a simultaneous operation, immediately removing both the primary tumor in the sigmoid colon and liver metastases (extended left-sided hemihepatectomy of the liver). This made it possible to avoid the risk of tumor enlargement between individual interventions and to facilitate the patient's postoperative recovery. Now the man is completely cured of cancer.

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MEDICAL HOLDING MEDICA

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

● CARDIOCENTERS

- EXPERT DIAGNOSTICS AND AMBULATORY TREATMENT OF CARDIOVASCULAR DISEASES
- EXAMINATIONS BEFORE HOSPITALIZATION:
 - ECG monitoring
 - blood pressure monitoring
 - bicycle ergometry
 - echocardiography
 - transesophageal echocardiography
 - stress echocardiography
 - dobutamine stress echocardiography
 - cardiorespiratory monitoring (diagnosis of apnea)

● PAIN TREATMENT CLINIC

- EXPERT TREATMENT FOR CHRONIC PAIN:
 - algology (pain management)
 - cephalgology (headache treatment)
 - neurology
 - neurosurgery
 - psychotherapy
 - anesthesiology

● FETAL MEDICINE CENTER

- EXPERT PRENATAL DIAGNOSTICS (DIAGNOSTICS OF PREGNANT WOMEN AND FETUS):
 - genetic diagnostics
 - invasive diagnostics
 - ultrasound of pregnant women and fetus at any time

● CENTER FOR REPRODUCTION AND FAMILY PLANNING

- EXPERT DIAGNOSTICS AND TREATMENT OF MALE AND FEMALE INFERTILITY:
 - operative gynecology
 - assisted reproductive technologies (IVF, ICSI, insemination, cryopreservation, surrogacy, etc.)

MAIN ADVANTAGES

Expert level for the provision of any type of medical care.

The clinic's specialists are practicing doctors of the highest category, regular participants in Russian and foreign congresses and conferences with many years of experience.

Doctors with the highest qualification category or scientific degree make up more



than 30% of the medical staff. Examination and treatment are carried out using the latest high-tech equipment.

ABOUT THE INSTITUTION

Medical holding MEDIKA is one of the 25 largest medical companies in Russia, which has been successfully operating for sixteen years. The holding has twenty divisions in



LOCATION

The holding's clinics are located in different parts of the city within walking distance of metro stations, which makes it easy to get to the historic center.

KEY COMPETENCES IN DIAGNOSTICS AND TREATMENT

- Treatment of chronic pain using modern highly effective methods (botulinum therapy for headache, radiofrequency ablation, denervation, vertebroplasty, PRP-therapy of joints, etc.) bubble-test) – a new technique for excluding a cardiac source of embolism in stroke, a unique 15-year experience in performing stress echocardiography – a technique for non-invasive diagnosis of coronary heart disease)

- Expert prenatal diagnosis (ultrasound during pregnancy, invasive diagnosis, non-invasive genetic diagnosis of the fetus)

- Diagnostics and treatment of infertility, including oncology (IVF, insemination, operative gynecology, oncofertility)

St. Petersburg and Moscow. For sixteen years of work in the medical services market, the holding has provided services to more than 2 million patients.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The main partners of the holding are

- D.O. Ott Research Institute of Obstetrics, Gynecology and Reproductology
- L.G. Sokolov St. Petersburg Research Clinical Center
- King's College Hospital (London, UK)
- Fetal Medicine & Genetic Center, Dubai Doctors of the holding's clinical departments underwent training at King's College Hospital, University College London Hospitals (UK); Department of Cardiology of University of Virginia, Chicago Institute of Reproductive Genetics (USA); Clinic Charité, Deutsches Herzzentrum Berlin (Germany); Hôpital Lapeyronie, Montpellier (France); the University hospitals of Helsinki and Turku (Finland); Endometriosis Center Malzoni Group (Italy) and others.

Marina Gevorkyan,
Medical Director of the MEDIKA holding:

– From the point of view of medical tourism and help. Separately, I would like to note the following areas:

The clinic's cardiac centers are a network of high-tech specialized cardiological medical centers of an expert level. The effectiveness and safety of treatment is monitored over time. For patients with coronary heart disease and heart defects, we carry out a full cycle of patient management – from

diagnosis, determination of indications for cardio surgical treatment and preparation for hospitalization in the leading cardiac surgery centers of St. Petersburg to management in the postoperative period.

Fetal Medicine Center, providing expert services in the field of modern prenatal diagnosis. He was honored with the prestigious IQS Gold award for his commitment to quality, innovation and cutting-edge technology at the International Quality Summit. Our Center owns the first clinical experience of using non-invasive prenatal diagnostics in Russia. For the combined calculation of the risk of fetal chromosomal pathology in the first trimester of pregnancy, a specialized program for calculating risks Astraia, which has international recognition, is used.

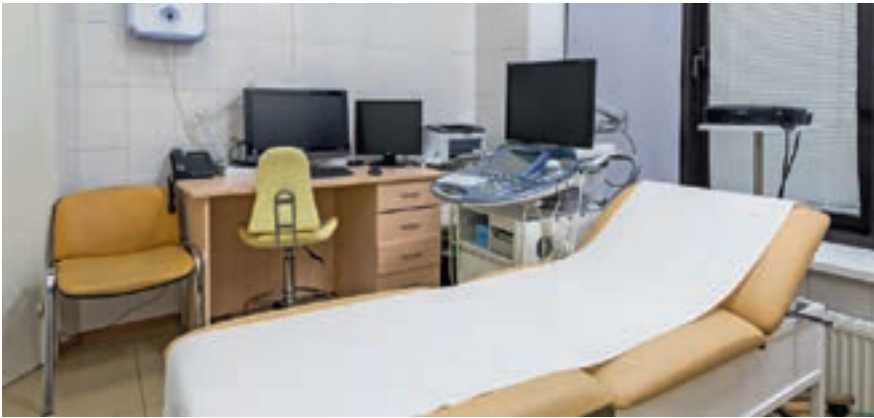
Pain Treatment Clinic, the latest methods of which cancel out the usual ideas about this phenomenon and allow you to successfully treat chronic headaches, pain in the back, joints, etc. All complex manipulations are carried out under the control of X-ray navigation. We work in cooperation with leading foreign

pain treatment clinics (Israel, Spain, USA) with the active participation of practicing foreign specialists.

Reproduction and family planning center.

Main areas of work: gynecology, andrology, reproductology, infertility treatment using assisted reproductive technologies (IVF, ICSI). In these areas, we have a confident advantage due to the widest range of specialized and support services, highly qualified specialists and high-tech equipment.

The most informative and safe examination methods are selected for each patient. We regularly monitor the cost of medical services, despite the high quality, we keep prices at an average level.



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GROUP OF MEDICAL CENTERS ICLINIC

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

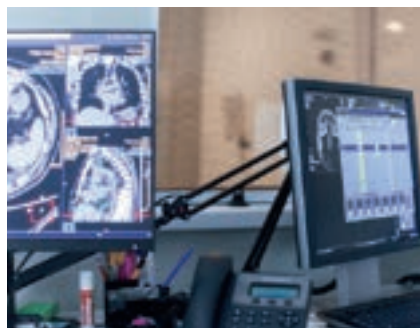
- COMPREHENSIVE MRI PROGRAMS (BRAIN, SPINE, ABDOMINAL CAVITY, RETROPERITONEAL SPACE AND SMALL PELVIS, JOINTS, SOFT TISSUE)
- COMPREHENSIVE CT PROGRAMS (HEAD, INTERNAL ORGANS, SOFT TISSUES, SPINE, BONES, JOINTS, VESSELS)
- VIRTUAL COLONOSCOPY
- GASTROSCOPY, COLONOSCOPY, INCLUDING GENERAL ANAESTHESIA
- ENDOSCOPIC RESECTION OF THE MUCOSA
- INSTALLATION OF GASTRIC CYLINDER FOR WEIGHT LOSS
- EXTRACORPORAL FERTILIZATION (IVF)
- OPERATIONAL UROLOGY
- APPOINTMENTS OF SPECIALISTS IN THE FIELD OF TREATMENT OF INFERTILITY, UROLOGY-ANDROLOGY

MAIN ADVANTAGES

Highly qualified medical personnel with many years of experience: doctors of the highest category, candidates and doctors of medical sciences.

Constantly updated medical equipment of the world's leading manufacturers Philips, Siemens, Bayer, etc.

Internal unified information system: electronic storage of examination results, the ability to transfer images, tests, doctor's conclusions to electronic media. Round-the-clock operation. A single round-the-clock call center: the ability to sign up for an examination or get advice on the work of medical centers at any time. Examination on the day of treatment. Permanent discount system.



ABOUT THE INSTITUTION

The ICLINIC group of medical centers was founded in 2015 by a team of professionals with many years of experience and successful

results in diagnosing the treatment of patients in the Northwestern Federal District, as well as in other regions of Russia, near and far abroad.

The structure of the institution includes

- CT medical centers
- MRI medical centers
- ICLINIC Reproduction Clinics
- ICLINIC Digestive System Diagnostic Center

Today ICLINIC is a recognized leader in effective treatment and diagnostics in several areas: magnetic resonance imaging and computed tomography, human reproduction, gynecology, urology, cancer prevention, endoscopy.

In the field of infertility treatment with the help of IVF, the ICLINIC Reproduction Clinic has been confidently occupying a leading position for many years. Delayed motherhood programs are being successfully implemented: when you can preserve your reproductive potential and conceive a child at a more convenient time of life. In this segment, CLINIC also works with cancer and HIV patients.

Valeriy Zakharov,
Chief Physician of ICLINIC CT/MRI
departments, PhD (medicine):

– The ideology of ICLINIC management is the placement of medical centers' subdivisions on the basis of medical institutions of the city. This makes it possible to bring diagnosticians closer to clinical specialists and to receive feedback as quickly as possible after conducting research. As a result, we have the opportunity to improve the descriptive picture and conclusion due to a

by Siemens and Philips). All MRI examinations are painless and safe, and CT examinations are performed with minimal radiation exposure (up to 80% less than with previous generations of equipment). The patient receives the test result within an hour after its completion.

All examinations and descriptions are carried out in accordance with European and American standards proposed by the ACR (American College of Radiology), and the obtained diagnostic data are stored in the ICLINIC electronic database to facilitate repeated referrals.

The ICLINIC group of companies has big plans: during 2021 and 2022, at least seven more medical centers in various districts of the city should be commissioned. The opening of new medical centers for patients is planned in the Kalininsky, Nevsky, Petrogradsky, Vasileostrovsky and Petrodvortsovy districts of St. Petersburg. The volume of planned investments required for the renovation of premises and equipping them with modern

FOREIGN PATIENTS

Patients from the CIS countries: *Ukraine, Belarus, etc.* are regularly examined and treated in the ICLINIC network of medical centers.

LOCATION

All our medical centers are located in places convenient for transport infrastructure, in the immediate vicinity of metro stations or public transport stops. Significant historical sights, cafes, shops, etc. are located nearby. The Peterhof palace and park ensemble is located within walking distance from the CT/MRI center in Peterhof. Not far from the CT/MRI center on Bolshoy Prospekt of Vasilyevsky Island there is the largest private museum of contemporary art in Russia – Erarta.



deeper knowledge of the clinical situation in a particular patient, and, if necessary, to facilitate the patient's admission to the hospital and the early start of treatment.

For foreign patients, the prompt passage of examinations is especially important. The most popular of these is MRI of the brain, lumbosacral spine, and large joints (knee and shoulder).

Against the background of the unfavorable global situation in connection with the coronavirus infection COVID-19, CT of the chest cavity organs (lungs) is added here. Foreign guests noted the high class of the new diagnostic equipment at ICLINIC (Philips CT machines for 128 slices, high complete MRI scans with a capacity of 1.5 Tesla manufactured

professional equipment will amount, according to the most conservative estimates, at least 600 million rubles. This will allow the company to ensure the quality of diagnostic procedures, as well as create convenient and comfortable conditions for each patient.



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SAINT
PETERS
BURG



MULTIDISCIPLINARY CLINIC BALTMED OZERKI

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- | | | |
|---|-------------------------------|-------------------------------------|
| ● IN-PATIENT AND DAY SURGICAL AND THERAPEUTIC HOSPITALS | ● EXPERT ULTRASOUND EQUIPMENT | ● DERMATOVENEROLOGY AND COSMETOLOGY |
| ● LOW INVASIVE SURGERY | ● ENDOSCOPY | ● THERAPY AND GENERAL PRACTICE |
| ● GENERAL SURGERY | ● FUNCTIONAL DIAGNOSTICS | ● CARDIOLOGY |
| ● PROCTOLOGY | ● RECOVERY TREATMENT | ● FUNCTIONAL DIAGNOSTICS |
| ● PHLEBOLOGY | ● MASSAGE | ● NEUROLOGY |
| ● PLASTIC SURGERY | ● EXERCISE THERAPY | ● GASTROENTEROLOGY |
| ● DIAGNOSTICS | ● PHYSIOTHERAPY | ● ONCOLOGY |
| ● CLINICAL DIAGNOSTIC LABORATORY | ● ACUPUNCTURE | ● OTORHINOLARYNGOLOGY |
| ● DEPARTMENT OF BEAM DIAGNOSTICS (CT) | ● ALL KINDS OF DENTISTRY | ● OPHTHALMOLOGY |
| ● MAMMOGRAPH | ● ALLERGOLOGY AND IMMUNOLOGY | ● PULMONOLOGY |
| ● DIGITAL X-RAY | ● PEDIATRICS | ● EMERGENCY |
| | ● OBSTETRICS AND GYNECOLOGY | ● TRAUMATOLOGY AND ORTHOPEDICS |
| | | ● UROLOGY |

MAIN ADVANTAGES

Consultations of doctors of all specialties.
A full range of diagnostic capabilities: CT, MRI, X-ray, mammography, ultrasound, echocardiography, treadmill test, ECG, fibrogastroduodenoscopy and fibrocolonoscopy, blood pressure and ECG monitoring, respiratory function study.



FOREIGN PATIENTS

2019 – 795 people
2020 – 1321 people
2021 – 818 people

From Sweden, UK, Philippines, Finland, Italy, Switzerland, Spain, Norway, Germany, Latvia, Turkey, Estonia.

LOCATION

The clinic is located in an ecologically clean area between the Suzdal Lakes, in the area of elite low-rise buildings. Excellent transport accessibility – near the exit to the Ring Road / Western High-Speed Diameter, two metro stations (Ozerki and Prospekt Prosvescheniya).

Own laboratory (most analyzes are ready within an hour). 24-hour hospital with the ability to undergo a full examination in a short time (2-3 days).

ABOUT THE INSTITUTION

The clinic was founded in 2003. During this time, it has grown into a multidisciplinary medical institution with a total area of 3,500 sq. meters in a new separate three-storey building. The clinic has 20 departments, about 40 rooms, a day hospital. The staff exceeds 300 people.

Maxim Bushara,
Chief Physician of the clinic:

– We carry out complex diagnostics and treatment within our own hospital. A hospital is a form of organization of medical institutions that makes it possible to provide medical care in a round-the-clock stay of patients under the supervision of specialists.

Patients of the BaltMed clinic are provided with comfortable single and double rooms of standard and luxury classes. They are equipped with a monitor of vital body functions and a source of pure medical oxygen. Each room has its own shower, bathroom, air conditioner, refrigerator. High-speed WiFi access allows our patients to deal with urgent business issues, if necessary, without stopping treatment.

The clinic has an intensive care and resuscitation unit that allows urgent surgical interventions. Intensive care wards are equipped with a full set of medical equipment designed for comprehensive monitoring of the patient's condition during treatment.

The clinic provides rehabilitation treatment for complications after radiation, targeted and chemotherapy. Several specialists are involved in the appointment and control of treatment at once: an oncologist, a cardiologist, a therapist. All specialists have experience in monitoring and treating cancer patients. If necessary, specialists from other areas can be involved in diagnostics and monitoring.

Pain relievers are treated with individually selected pain relievers to relieve pain and shortness of breath. Thus, corticosteroids can be used to reduce inflammation and facilitate breathing, and bisphosphonates can be used to reduce joint pain and prevent bone metastases.

It is no secret that the conditions of treatment have a significant impact on its quality. In addition to professional round-the-clock care and constant supervision of experienced specialists, patients receive good nutrition. It allows you to choose between a standard and an individual menu based on the patient's preferences and dietitian recommendations. In cases of digestive disorders and the need to compensate for the

loss of nutrients, especially proteins, parenteral nutrition is prescribed, which allows the patient to tolerate the procedures more easily and to have the strength to restore the body.

One of the demanded areas of our clinic is rehabilitation after COVID-19. We offer individual rehabilitation treatment (rehabilitation) programs for patients who have had inflammatory lung diseases of various etiologies, including pneumonia caused by COVID-19. The goal of the program is to treat the prevention of complications of diseases of the respiratory system, viral, including corona viral, pneumonia, a rehabilitative effect on the cardiovascular, respiratory, nervous and other systems of the body to increase their function and maintain overall physical performance, restoration of work capacity, treatment of asthenic syndrome (post-infectious asthenia).

Carrying out a rehabilitation course is possible both on an outpatient basis, as well as in a round-the-clock hospital. Thanks to the localization of our clinic within the city (in fact, in the resort part of St. Petersburg), close proximity to lakes and a pine forest, the recovery period is even more efficient.



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DENTAL CLINIC VIRU

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

● PREVENTION

- COMPREHENSIVE PROFESSIONAL HYGIENE ON SWISS DEVICE EMS AIRFLOW PROPHYLAXIS MASTER
- DENTAL PLAQUE INDICATION
- REMOVAL OF DENTAL DEPOSITS
- REMINERALIZATION OF TEETH
- WORK UNDER ZOOM

● ORTHODONTICS

- TREATMENT OF DIFFERENT KINDS OF BITE: DISTAL, MESIAL, OPEN, DIRECT
- FUNCTIONAL DIAGNOSTICS
- INTERNAL DENTAL SCANNING
- TREATMENT ON THE BRACKET SYSTEM, ON THE SYSTEM FLEXILIGNER LINERS (INCLUDING TREATMENT FOR CHILDREN)
- PREPARING PATIENTS FOR MAXILLOFACIAL SURGERY

● THERAPY

- WORKING UNDER THE MICROSCOPE
- ENDODONTIC CANAL TREATMENT
- CARIES TREATMENT
- AESTHETIC DENTAL RESTORATION
- SPOT FILM

● TEETH WHITENING

- WORKING ON THE ZOOM4 SYSTEM
- HOME BLEACHING IN INDIVIDUAL CAPS

● ORTHOPEDICS

- DIAGNOSTICS AND TREATMENT OF DISEASES OF THE TEMPERAMENTAL JOINT
- TOTAL REHABILITATION WITH ORTHOPEDIC CONSTRUCTIONS (CROWNS, ZIRCONIUM VENEERS AND EMAX),
- MANUFACTURE OF REMOVABLE PROSTHESES
- RESTORATION OF SEVERELY DECLINED TEETH WITH ONLINES AND CROWNS

● SURGERY

- REMOVAL OF TEETH OF ANY COMPLEXITY
- GUM PLASTIC
- CLOSING OF RECESSIONS
- IMPLANTATION OF ANY DIFFICULTY ON NOBEL BIO CARE, DENTIUM SYSTEMS, INCLUDING THE ALL-ON-4 METHOD (ALLOWS TO RESTORE THE TEETH OF ONE JAW ON FOUR IMPLANTS IN ONE DAY)

● PERIODONTOLOGY

- TREATMENT OF GUM DISEASES
- CURETAGE (SUBGINGIVAL CLEANING)
- CLOSING BONE POCKETS

● CHILDREN'S DENTISTRY

- THERAPEUTIC TEETH TREATMENT,
- REMOVAL OF TEETH,
- PROFESSIONAL HYGIENE, STRENGTHENING OF TEETH ENAMEL.

ABOUT THE INSTITUTION

The clinic has existed since 2018 and immediately received the latest equipment, stylish design and professional doctors. She has a large patient base, many of whom go through the entire cycle of complex rehabilitation. To date, the clinic has provided qualified dental care to thousands of patients from different cities and countries.

The clinic's specialists continuously improve their professional knowledge and practical skills, participate in international scientific conferences to improve the quality of treatment.

Ekaterina Voynilko,
Leading Orthodontist:

— The question of whom to entrust your teeth, especially when it comes to a significant amount of treatment, is very difficult for most patients. It is not hard to imagine that the "medical tourist" is also added to the time factor.

Our clinic is focused on an integrated approach, so we invite a number of specialists to create a beautiful and healthy smile. The dental hygienist is responsible for the overall health and cleanliness of your teeth. Comprehensive professional hygiene is carried out on the Swiss Airflow Prophylaxis Master by EMS, which allows you to comfortably and painlessly remove plaque and dental deposits. At the end of the procedure, the doctor strengthens the enamel – remineralization of the teeth.

An integral part of the initial examination of a patient is an appointment with a dentist-therapist. Each office of the clinic is equipped with a dental microscope, with its help it is possible to enlarge the examination site by 30 times and reveal non-obvious problems. Caries treatment, treatment of canals of any complexity, aesthetic restorations – our professionals are responsible for this! In addition, the therapist prepares the oral cavity for surgical, orthopedic and orthodontic treatments.

Orthopedists are involved in the restoration of missing and decayed teeth. The clinic presents ceramic structures such as veneers, crown onlays, bridges. In the complete absence of the dentition, an alternative to a removable prosthesis is the All in 4 system – a fixed prosthesis supported on four implants. The prosthesis is made on the day of the operation, thanks to this, patients get the opportunity to find a beautiful smile in one day.

The implant surgeon performs implantation starting with the creation of a surgical template. This is an auxiliary instrument created according to the individual data of each patient, or a guide for precise positioning of implants. Navigational implantation of Nobel and Dentium systems allows to carry out the procedure efficiently and reliably and obtain a positive result for many years.

Our doctors have won the trust of patients and respect in professional circles, becoming a reference point for many domestic and foreign colleagues. An important part of our clinic is comfort, hospitality and an individual approach



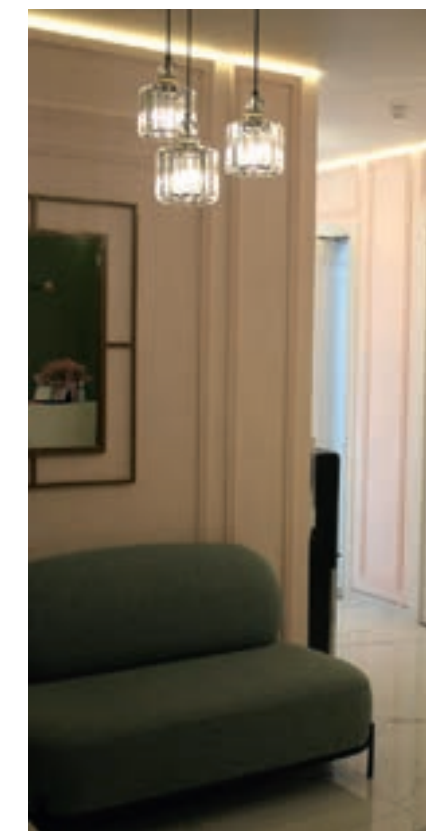
FOREIGN PATIENTS

From France, Germany, Estonia, Ukraine, Spain, USA and other countries.

LOCATION

The clinic is located in the western part of the Petrogradsky district. The territory is surrounded by all kinds of parks and squares. The largest Muslim mosque in Europe, the St. Petersburg TV tower, the huge Botanical Garden and many other famous places of the Northern capital are located nearby. The architectural ensemble of Bolshoy and Kamennostrovsky avenues can rightfully be considered one of the most beautiful in Europe. A whimsical combination of Baroque, Classicism, Neo-Romanesque and Stalinist Empire style creates an amazing atmosphere of austerity and luxury at the same time. Of course, the Peter and Paul Fortress and the cruiser-museum "Aurora", moored at the Petrovskaya embankment, are a must see in the Petrogradsky District.

to the patient. Our clinic will gladly provide you with assistance in the selection and booking of hotels in St. Petersburg, organize excursions, visits to unusual locations and fulfill any other requests.



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X-Clinic

X-CLINIC

MAIN MEDICAL DIRECTIONS AND SERVICES

- DETOXIFICATION PROGRAMS
- HEALTH IMPROVEMENT PROGRAMS
- NEUROBIOREGULATION
- APPLICATION OF TRADITIONAL MEDICINE METHODS (PHYTOTHERAPY, OSTEOPATHY, HIRUDOTHERAPY, ETC.)
- FACE AND BODY AESTHETICS
- MODERN METHODS IN THERAPEUTIC EXERCISE
- CHECK-UP (COMPREHENSIVE DIAGNOSTICS PROGRAMS CONDITIONS OF THE BODY)

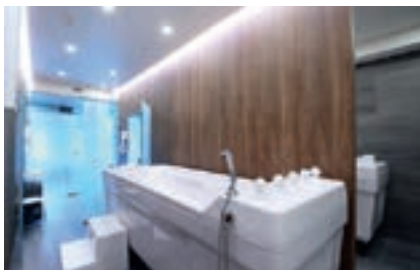
PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

X-CLINIC WORKS AS A HEALTH RESORT FACILITY AND A MULTIDISCIPLINE CLINIC.

- TREATMENT AND PREVENTION OF DISEASES OF
 - CARDIO-VASCULAR SYSTEM
 - LOCOMOTOR SYSTEM
 - NERVOUS SYSTEM
 - UROGENITAL SYSTEM
 - ENDOCRINE SYSTEM
 - DIGESTIVE ORGANS
 - RESPIRATORY ORGANS
 - VISION ORGANS
- MEDICAL REHABILITATION
- SERVICES OF
 - DIETOLOGIST
 - COSMETOLOGIST
 - DERMATOLOGIST
 - OBSTETRICIAN-GYNECOLOGIST
 - PSYCHOTHERAPIST

MAIN ADVANTAGES

Adaptive medicine. We consider human adaptation to rapidly changing living conditions in the broadest sense: physical and mental adaptation. Normalization of the body's neurohumoral connections. The clinic has a strong department of neurobioregulation: diagnostics and innovative methods of



correction, therapy of psychoemotional disorders. At the same time, an integrative approach is used, methods of traditional and anti-age medicine are used. At the X-Clinic, an instructor from India has been invited to help guests achieve a therapeutic effect through yoga and meditation practices. We have developed a multifunctional flexible nutrition that has a powerful therapeutic, preventive,



FOREIGN PATIENTS

2020: **3%** of total guests.

First half of 2021: **5%** of total guests.

From Azerbaijan, Belarus, Germany, Georgia, Israel, Italy, Kazakhstan, China, Korea, Latvia, Serbia, USA, Turkey, Ukraine, Estonia, Canada.

LOCATION

The first coastline of the Gulf of Finland. Fascinating views of the resort area: forest park zone, ionized healing air of a pine forest. 50 km from the cultural capital of Russia – St. Petersburg.

anti-aging effect. The meal options are based on years of experience in nutrition, dietetics, anti-age medicine and cooking.

ABOUT THE INSTITUTION

In October 2019, the X-Clinic clinic for adaptive medicine was opened in the resort area of St. Petersburg. The X-Clinic is attended by doctors of a wide range of medical specialties – about 35 directions in total.

Here, patients are helped to cope with the effects of the stress they experienced. The method is based on neurophysiology and complex treatment of the cardiovascular, digestive and nervous systems. All treatment and health programs are based on the results of scientific research in various fields and the combination of traditional methods with modern medical advances. Detox programs allow you to cleanse the body, considering individual characteristics, renew cells and tissues, activate the biological defense mechanisms of the body and, as a result, improve the performance, physical and emotional state of a person, allow you to get rid of many diseases and prolong life.

We keep up with the times, therefore new programs appear in our clinic that meet the needs of the day. "Recovery after COVID-19" is now the most demanded rehabilitation program.

The clinic has 75 comfortable rooms with a view of the coniferous forest or the Gulf of Finland. On the 8th floor there is a large luxury SPA-zone. Patients can enjoy a rooftop swimming pool, bird's eye yoga classes, Thai Baltic massages and much more. There is also a gym, a healthy food restaurant, a beauty salon, an eco market, and a children's room on the territory.

Oksana Melnik,
Head Physician of the X-Clinic,
a general practitioner, a cardiologist:

— We have collected the best that is available in modern medicine and the field of beauty, whether it is combined with high-tech equipment and an innovative approach to the health of a modern person, and received a unique medical project. Living rooms come to us only from Russia, but also from abroad.

The most popular among foreign guests are complex programs that include non-invasive methods of working with organs, as well as detoxification systems of the body, in conjunction with treatments aimed at increasing the adaptive capabilities of the body: diet therapy, local / systemic physiotherapy, balneological effects, mechanotherapy, inhalation with medical gases, biofeedback (BFB). Foreign patients also note an important component – an in-depth check-up during the course of the programs (various laboratory and instrumental diagnostic methods, including determining the composition of the microbiota, food intolerance, metabolic metabolism, vitamin and mineral composition,

monographic research, etc.) followed by an individual protocol of recommendations.

The second block of specialization is neurophysiological research methods and neurobioregulation techniques. Neurophysiological examination of the central nervous system provides a comprehensive assessment of the functioning of different parts of the brain, and if violations are detected, it allows you to draw up an individual recovery plan. With the help of a special auditory effect, light stimulation, training with biofeedback systems, it is possible even in a short course, consisting of three to five individually selected procedures, to restore the psycho-emotional background, improve cognitive abilities, memory, attention, and increase efficiency.

An integrative and personalized approach to research and recovery of both the physical and mental components of the body is highly appreciated by our patients. After completing the programs, the implemented telemedicine technologies allow the doctors of the clinic to provide long-term (up to several months) follow-up of patients, regardless of their location, which increases the ability to maintain a stable treatment result.



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SESTRORETSKIY KURORT HEALTH RESORT

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- | | | |
|---|---------------------------|---|
| ● TREATMENT AND PREVENTION OF DISEASES OF THE | ● BALNEOTHERAPY | ● DIETOTHERAPY |
| ● CARDIOVASCULAR SYSTEM | ● PELOPATHY | ● MASSAGE |
| ● LOCOMOTOR SYSTEM | ● APPARATUS PHYSIOTHERAPY | ● MINERAL WATER POOL |
| ● NERVOUS SYSTEM | ● EXERCISE THERAPY | ● DRINKING APPLICATION OF MINERAL WATER |
| ● UROGENITAL SYSTEM | ● OXYGENOBAROTHERAPY | ● LABORATORY DIAGNOSTICS |
| ● ENDOCRINE SYSTEM | ● SALT THERAPY | ● ULTRASOUND DIAGNOSTICS |
| ● DIGESTIVE ORGANS | ● CARBOXYTHERAPY | ● ECHOCARDIOGRAPHY |
| ● RESPIRATORY ORGANS | ● REFLEXOLOGY | ● HOLTER MONITORING |
| ● MEDICAL REHABILITATION | ● HIRUDOTHERAPY | |

ABOUT THE INSTITUTION

The Sestroretskiy Kurort was founded in 1898 by the decree of Emperor Nicholas II. For more than a century, despite difficult periods in the history of Russia, the health resort has remained the flagship of the health resort sector of St. Petersburg. The age-old traditions of treatment and recovery are carefully preserved here, based on the use of the healing properties of mineral water, curative mud and the seaside climate. The Sestroretsk resort also remains the center of cultural life. As in the beginning of the 20th century, classical music concerts are held here again.

In order for the services of the facility to meet the highest requirements, the Sestroretsk Kurort regularly reconstructs and modernizes



its material and technical base. Recently, such modern physiotherapeutic equipment has been acquired as an apparatus for extracorporeal electro-magnetic stimulation "Avantron", magnetic therapy devices "Polymag", "Almag", UHF-therapy apparatus "Amplipulse", short wave uviolizing of children, apparatus for conducting electropuncture, an audiovisual complex "Satan" and the device for ultrasound diagnostics.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The health resort facility cooperates with the Chair of Urology of the Pavlov First St. Petersburg state medical university, the Chair of Medical Rehabilitation and Sports Medicine



FOREIGN PATIENTS

2019 – 193 people
2020 – 65 people
First half of 2021 – 61 people

From the USA, Great Britain, France, Germany, Austria, Hungary, Israel, Finland, Greece, Cuba, Poland, Belarus, Moldova, Azerbaijan, Kazakhstan, Uzbekistan, Tajikistan, Turkmenistan, Estonia, Lithuania, Latvia, Ukraine, Norway, Turkey, China, Armenia, Kyrgyzstan, Egypt.

LOCATION

The sanatorium is located in a picturesque pine park on the shores of the Gulf of Finland, in 20-minute drive from St. Petersburg.

of the St. Petersburg State Pediatric Medical University, as well as the P.F. Lesgaft National State University of Physical Culture, Sports and Health.

Elena Lapshina,
Pulmonologist, PhD (medicine):

— The Sestroretsk Kurort is a multidisciplinary facility, and this alone implies a variety of medical services that we offer our guests. Many of them are well aware of our Hyperbaric Oxygenation Unit. In the pressure chamber, the human body is saturated with oxygen under increased pressure. One such procedure lasting 30 minutes in its effectiveness can be compared with three days of walking in a pine forest, and the oxygenation course improves overall well-being, relieves chronic fatigue, and restores strength after strenuous work.

It may seem strange, but not only oxygen has healing properties, but also its complete opposite – carbon dioxide. Back in the 18th century, the so-called mofettes (effervescent spring) began to be used in the balneological resorts of Hungary – cracks and holes in volcanic formations that constantly emit carbon dioxide. Travelers were attracted by bubbling springs, in which bubbles were released, which settled on the body when immersed in them. It was noticed that at certain temperatures carbon dioxide has a beneficial effect both on the entire body as a whole, as well as on its individual organs and systems. Today the procedure "Dry carbon dioxide baths" is an effect on the human body with a mixture of atmospheric air and

carbon dioxide. As a result, small arteries and capillaries expand, which improves blood circulation in various organs, including the myocardium, the main muscle of the heart, increasing endurance and exercise tolerance. The main effect of carbonic baths is to increase the oxygen content in arterial blood. The manifestations of tissue hypoxia are reduced. Against this background, metabolic processes in the body are activated, fats are burned.

In the medical building of the Sestroretsk Kurort there are also offices where hydrotherapy procedures are dispensed. These are both baths and showers. Here you can also undergo the procedure of underwater horizontal stretching of the spine. Its task is to increase the distance between individual vertebrae. The effect is achieved through traction – a stretching force acting on opposite sides of the spinal column. With gradual stretching of the spine, the distance between the vertebrae increases, and the pressure on the intervertebral discs decreases. The procedure for underwater traction of the spine is physiological and low stress, which makes it possible to use it for prevention and treatment in orthopedic neurological practice in order to reduce disc protrusion in discogenic pain syndromes, lumbosacral and cervicobrachial radiculitis caused by osteochondrosis of the spine, as well as in initial manifestations of ankylosing spondylitis, deforming spondylosis, curvature of the spine and some reflex disorders.

All types of treatment in our health resort facility are under the strict supervision of specialists. Visit the Sestroretsk Kurort – and be healthy!



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WHITE NIGHTS HEALTH RESORT OF SOGAZ MULTIDISCIPLINARY MEDICAL CENTER

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- PERIPHERAL NERVOUS SYSTEM
- LOCOMOTOR SYSTEM
- DIETOLOGY AND ANTI-AGING MEDICINE
- RESPIRATORY SYSTEM
- CARDIOVASCULAR SYSTEM
- AESTHETICS AND BEAUTY

MAIN ADVANTAGES

White Nights health resort creates all conditions for health-improving rest, ideal relaxation, psychological comfort and renewal of the body. All this is possible due to the high standards of service quality and the unique nature of the area in which the resort is located.

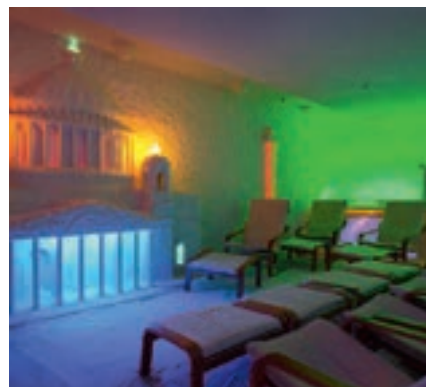
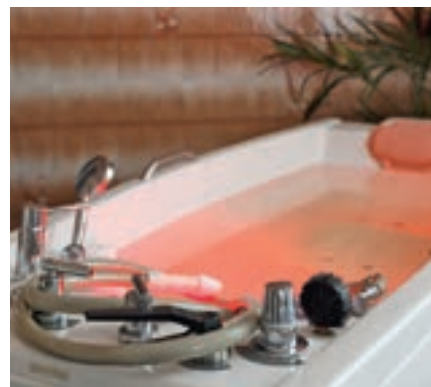
The facility has a strong material base, highly qualified personnel, a developed infrastructure, which allows the staff of the facility to provide high-quality and efficient spa services to vacationers, to provide a wide range of medical services in a comfortable living environment.

The health resort is surrounded by pine trees growing on sand dunes, which are a

unique natural monument. The territory of the park is spread over an area of 33,68 hectares.

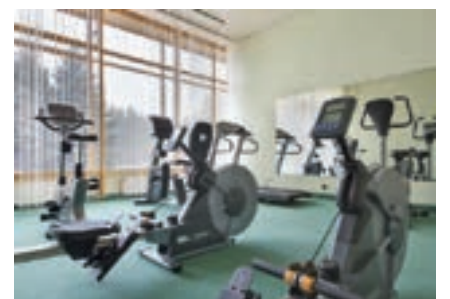
ABOUT THE INSTITUTION

The facility was opened in 1988 by order of the Fourth Main Directorate under the USSR Ministry of Health as a medical institution of a new type with a set of advanced



LOCATION

White Nights health resort is located in the Kurortny (Resort) district of St. Petersburg, the climatic natural features of which are widely known for their beneficial health effects on the body. A temperate climate, clean sea air filled with phytoncides of coniferous trees and a bay with a sandy beach – all this creates a special atmosphere and complements the healing process. In the park of the health resort there are aroma zones – specially thought out areas of the park with special medicinal properties. There is access to the coast of the Gulf of Finland with its own beach.



functionality and high service that meets all the requirements of advanced medicine and the emerging health-care industry.

In 2017, the White Nights health resort became a part of the SOGAZ MEDICINA Group of clinics, thanks to which the range of areas of its work was significantly expanded. Today it combines the best traditions of spa treatment and advanced techniques based on an individual approach to each guest.

COOPERATION WITH TRAINING AND EDUCATIONAL INSTITUTIONS

To provide medical services at a high professional level using the latest achievements of medical science, the sanatorium attracts leading doctors of the SOGAZ International Medical Center, scientists from I.I. Mechnikov North-Western State Medical University, Institute of Bioregulation and Gerontology, Pavlov First St. Petersburg state medical university.

A COMPREHENSIVE APPROACH TO RECOVERY, OR HOW TO INCREASE THE QUALITY OF LIFE

Pavel Guzalov,
Chief Physician of the White Nights health resort, MD:

— Let's talk about rehabilitation treatment – one of the main specializations of our facility.

Rehabilitation treatment is a separate area of medicine, in fact, a whole science,

which exists precisely because the body, unfortunately, does not always know how to fully recover on its own. Despite the fact that our tissue organs have some capacity for regeneration, this is not enough to quickly return to their previous state after an injury or surgery.

The main task of rehabilitation doctors is to restore the functions of damaged parts of the body and return a person to a full life. This process is no less important than the treatment itself, because no matter how brilliantly the surgery or treatment is performed, in the absence of full rehabilitation, the patient will not get the desired result.

I must say that rehabilitation is a long process, and not always a person has the opportunity to undergo the full range of necessary procedures on an outpatient basis, as well as to fully relax and gain strength at home. The health resort allows you to do both. It's a holistic approach to recovery that delivers noticeable results. Indeed, here the patient is under constant medical supervision, receives the maximum number of procedures, balanced nutrition, unique climate, etc.

The White Nights helps to improve the quality of life for patients with diseases of the respiratory, cardiovascular and peripheral nervous systems, musculoskeletal system, also offers unique programs for weight correction, cleansing and rejuvenation of the body.

Opportunities and technologies that we use in the White Nights have been making it possible to improve the quality of life of patients for more than 30 years.

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BLACK RIVER HEALTH RESORT

PROFILE WITHIN THE EXPORT OF MEDICAL SERVICES

- COMPREHENSIVE DIAGNOSTICS
- SPA TREATMENT
- INPATIENT TREATMENT WITH CARDIOVASCULAR DISEASES
- CARDIOLOGICAL REHABILITATION (AFTER MYOCARDIAL INFARCTION, SURGERY ON THE HEART AND MAJOR VESSELS)
- WEIGHT LOSS AID
- TREATMENT OF OSTEOCHONDROSIS AND BACK PAIN
- REHABILITATION AFTER COVID-19

MAIN ADVANTAGES

Experience in cardiac rehabilitation since 1978, 10 thousand cardiologists patients per year Hospital level of treatment in the field of cardiology, the presence of a full range of specialists: cardiologist, rehabilitation physician, neurologist, endocrinologist, nutritionist, psychotherapist, clinical psychologist, physiotherapist, functional and laboratory diagnostics doctor, physiotherapy exercises, etc. In-house laboratory facilities, expert class ultrasound equipment.

ABOUT THE INSTITUTION

Founded in 1958, the Black River (Chernaya Rechka) cardiology health resort has now become an authoritative specialized center with 400 beds. During the year, about 10 thousand people are treated in it. There is also a suburban hospital and a



department for the aftercare of pulmonary patients, a center for the treatment of lipid metabolism disorders. The programs "Weight loss and correction of metabolic syndrome", "Antistress", "Osteochondrosis", as well as the services of mud and hydrotherapy are

successfully used. Currently, more than 40 doctors work in the facility.

COOPERATION WITH EDUCATIONAL AND SCIENTIFIC INSTITUTIONS

The health resort is a clinical base for the scientific, clinical and educational center "Cardiology" of St. Petersburg State University, and also actively cooperates with the Almazov National Medical Research Center named after the Military Medical Academy and other leading medical universities of St. Petersburg.

Olga Misyura, Chief Physician:

— The Black River health resort is the largest and one of the oldest cardiological rehabilitation centers in Russia. treatment and rehabilitation (follow-up treatment) of patients, including those who, having a whole bunch of analyzes, never met "their" doctor.



FOREIGN PATIENTS

2019 – **75** people
2020 – **26** people
2021 (first half) – **12** people

LOCATION

The health resort is located in close proximity to the Gulf of Finland, adjacent to the Gladyshevsky nature reserve, a protected natural area. The shores of the Black River are picturesque, which, according to historical maps, was part of the Way of St. Brigitte. Along it, ancient navigators crossed the Karelian Isthmus to reach the Ladoga Isthmus, and then set off on the way from the Varangians to the Greeks, that is, from the Baltic Sea lake through Eastern Europe to Byzantium.

We have carefully studied and implemented the positive experience of the best diagnostic and recovery clinics in America and Europe (Mayo, Max Grundig, rehabilitation centers in Munich, Lahr, Bad Krozingen). Our experience is recognized as successful by the European Association of Preventive Cardiology (EAPC). Every year we help to return and maintain the health of 10 thousand patients through programs of sanatorium treatment, rehabilitation, comprehensive diagnostics, as well as weight reduction and cholesterol normalization. At the present time, we are successfully rehabilitating patients who have undergone coronavirus infection.

In what case is it necessary to go to the Black River health resort? If there are cardiovascular risk factors (high blood pressure, cholesterol levels, diabetes, overweight) or the cardiovascular system requires attention, and in the medical history – a previous heart attack or heart surgery, finally, you are simply tired, and there are questions about the state of health. We know what to do in such situations, and we will propose a suitable solution for your needs.

Heart treatment will be effective if several factors converge at one point: including those obtained earlier;

- complex cardiological diagnostics and all-clinical inspection on the equipment of an expert class, the analysis of all clinical data including received earlier;
- a team of classy specialists united by a single task and principles of clinical thinking: a cardiologist, a neurologist, a nutritionist and other specialists, a doctor of functional, ultrasound and laboratory diagnostics, specialists in the field of physiotherapy and physical therapy, mobile nurses;

- combination of clinical practice with scientific research work, continuous training of doctors, methodological guidance from leading St. Petersburg and Russian scientists and teachers;

- application of a modern approach to treatment in accordance with the current international and national medical recommendations;

- a combination of medicinal treatment with physiotherapy, exercise therapy, correction of risk factors;
- transition to rational therapeutic nutrition, physical activity, achievement of target levels of blood pressure, heart rate, glucose and cholesterol;

- help of nature and silence, pure sea air, rivers and transparent forest at any time of the year: our patients have at their disposal a large area with paths for dosed walking;
- friendly, calm atmosphere.

As for the rehabilitation program after COVID-19, it is aimed at restoring lung function, normalizing respiratory volumes, development of pulmonary fibrosis, as well as strengthening immunity and reducing the risk of recurrent diseases and complications.



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SAINT PETERSBURG
MEDICAL TOURISM
AGENCY



St. Petersburg Medical Tourism Agency JSC was established in 2018 on the initiative of the Government of St. Petersburg with the aim of developing medical and sanatorium and health tourism and to attract patients from the regions of Russia and from abroad.

MEDICAL TOURISM PORTAL

Med-Petersburg.ru

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