



Affordable Scandinavian quality



Medicine
Estonia

www.medicineestonia.eu





Estonian medicine means affordable Scandinavian quality

Medical assistance is a field of service where patients can make their own choices and where international borders are of ever decreasing importance. Cross-border medical services are supported by the law, particularly the European Union directive on patient rights.

The Nordic Estonia represents a smart choice for anyone looking for treatment abroad. Foreign patients are more and more trusting their health to Estonian doctors. Estonian medicine gives rapid access to Scandinavian quality at a fair price. This is made possible by the international experience of our doctors, the high standards of our medical institutions, our openness to innovative solutions, large-scale investments, and a transparent pricing policy.

Our forward-thinking approach has made Estonia one of the fastest developing member states of the EU, which stands as a leading example of organisation, accessibility and quality in medicine. Estonia is even considered as an example by Finland, our northern neighbour.

The best and best-known hospitals, clinics, laboratories, rehabilitation centres and other medical institutions that are ready to offer their services to foreign patients have come together in the Medicine Estonia cluster. Cluster members are renowned for their top-quality care, desire to provide successful treatment and attentive attitude to patients. These are service providers who understand the needs and expectations of patients from abroad and foreign partners.

This catalogue gives a good picture of treatment and partnership options in Estonia. It explains why Estonia is the right destination for treatment, who the service providers in the Medicine Estonia cluster are, and what they can offer to foreign patients.

Welcome to Estonia!

Medicine Estonia cluster
www.medicineestonia.eu

Medicine Estonia is a central information desk for partners and a guarantee of quality

Coming to Estonia for treatment – safe, convenient and simple

The Medicine Estonia cluster brings together Estonia's best and best-known medical service providers, with both multi-profile and specialised clinics, rehabilitation centres, laboratories and other medical institutions, all of which are renowned for their top-quality care, their desire to provide successful treatment and their attentive attitude to patients. The services provided by cluster members cover almost all fields of medicine at a top level of quality.

Cluster members are medical companies that are very much respected in Estonia by their loyal patients, and that have prepared specially to receive foreign patients too. Some of them have already been looking after patients from abroad for more than a decade.

Members are interested in working with medical institutions, intermediaries, medical financiers, tourism operators and other partners in the medical business. Information is distributed by the cluster and potential partners are introduced, and we are proud to promote treatment in Estonia.

For specific information about treatments, we would ask patients and agents to contact cluster members directly. Medical institutions in the cluster have personnel who speak fluent English and who can answer questions, explain their treatment options and conditions and introduce their doctors, give price quotations, and provide any other useful information.

5 steps

if you want treatment, a second opinion or a health check-up:

- See the website www.medicineestonia.eu or look in the catalogue
- Choose a medical service
- Choose a service provider that suits you
- Contact them directly
- Get a response to your request within two working days

3 steps

if you are interested in working with an Estonian service provider:

- See the website www.medicineestonia.eu
- Contact a member of staff of the cluster
- Come on a visit to cluster members

Contact:

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www.medicineestonia.eu



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An excellent and caring medical team

A good doctor needs a wise and experienced head, skilled hands and a warm heart

Estonian doctors and medical staff are considered to be among the best in Europe and in the world⁴ in many areas. Patients appreciate very much not only the wide range of knowledge and skills that the doctors have, but also their warmth, enthusiasm and personal attention.

The University of Tartu is ranked in the top 3% of universities in the world and has been teaching medicine at the highest levels for four centuries. The Estonian medical system requires its doctors to attend regular further training and qualification so that they can keep abreast of the latest research and the most complex treatments. Several of our surgeons have been chosen to practise in one of the best trauma hospitals in the world in Camp Bastion in Afghanistan.

Estonian doctors are involved in ground-breaking research and in creating innovative treatments and technology. This can be seen in Estonia's unique laboratory for stem cell cultivation, and in the achievement of the first skin regeneration and the tooth autotransplantation procedure. Tallinn has a world-class multiple sclerosis centre, where even the rarest neurological conditions can be treated.

Interdisciplinary solutions are used every day in Estonia in many areas and the close cooperation between specialists from different fields ensures that treatment solutions are more efficient and often more cost-effective as well. Great value is placed on establishing a direct and caring doctor-patient relationship.

⁴ Times Higher Education (THE) World University Rankings 2013-2014



A convenient location and excellent communication skills

A small and cosy Nordic country, which is accessible by sea, land and air

On the shores of the Baltic Sea in the north of Europe, just across the bay from Finland, the geographical location of Estonia gives the country good links by air, land or sea to the rest of Europe and the whole world. This means that patients with different needs can get here by whatever form of transport is most convenient for them.

Most members of Medicine Estonia are based in or around the capital Tallinn and only a short drive away from the airport, railway station, bus station and port. In a small country everything is close at hand, carefully thought through and feels just like home.

Estonian doctors and medical staff are renowned for their warm and caring attitude. They take account of patients' individual needs and take the time to communicate directly with the patient.

Estonians are particularly good at foreign languages and our doctors, nurses and other staff speak excellent English, Finnish and Russian. It is often possible to request diagnoses and treatment documentation in those languages in agreement with the service provider. Foreign languages are widely spoken in the streets, cafes and shops.

Patients often travel together with a family member or close friend accompanying them. The reasonable price level in Estonia for travel, accommodation and food as well as plentiful cultural and entertainment options make Estonia an attractive and available destination for medical tourism.





High standards of quality and an environment of efficiency

One of the leading European countries for quality and flexibility

The quality requirements of Estonian medical institutions are very high and the standards are strict. Every nuance is considered in great detail and is regulated by both the European Union and Estonia. Doctors in a small nation cannot afford to make the slightest mistake as every patient is important. But a small country can be flexible and can offer individual solutions that are tailored for the specific needs of each patient.

Surveys put Estonia among the leading nations of Europe for medicine, alongside Finland, Norway, Sweden and Iceland. This can be seen in Estonia's place in the top five in Europe for high post-operation survival rates in non-cardiac operations² and our place in the top ten in the world for high neonatal survival rates³. Estonian laboratories and diagnostic centres meet ISO standards and medical institutions have mostly gained excellent results in EU competitions for management quality.

Efficient systems keep waiting lists for treatment short and visits can be arranged relatively quickly, generally in a few days or weeks for most services and sometimes even the next day. Members of Medicine Estonia always respond to requests for information within two working days.

² European Surgical Outcomes Study (EuSOS) "Mortality after surgery in Europe: a 7 day cohort study"

³ EUROPERISTAT report "The European Perinatal Health Report 2010"



Modern technology and convenient e-solutions

Developing medical services through innovation and the latest technology

Top-quality infrastructure is a priority for healthcare in Estonia. The facilities, equipment and technology in medical centres and laboratories are world-class and more modern than in many other European countries. New technology makes treatment more comfortable and effective for the patient and makes communication with the medical service provider simpler and quicker.

Estonia has a unique e-health system that covers the whole country and allows results of diagnoses to reach all the specialists who need them securely, quickly and simultaneously. This permits interdisciplinary solutions to be used, of the sort that are much discussed but rarely seen around the world. Electronic messaging and e-consultation with doctors are routinely used and in 2013, 97% of prescriptions were issued digitally. The Estonian e-health system will also be adopted for use in Finland.

Estonia is the leading country among 30 European nations for the use of ICT in its healthcare system, ahead of Denmark, Sweden and Finland⁴. Skype, which was invented in Estonia, WiFi, webcams and other technical solutions are in everyday use and allow patients to communicate directly with medical staff or with their families. Patients can get their diagnostic and treatment data to take with them on a CD or a memory stick if they want.

⁴OECD survey "Benchmarking of Information and Communication Technologies (ICTs) in Health Systems"



MEDICAL SERVICES



Diagnosics and Laboratory Analyses

Over 2000 different possible tests

Estonia's use of the new generation of technology, our openness to innovation, and our highly skilled medical staff mean that we can offer here specific health tests, panel diagnostics and simpler checks, using techniques such as neurological angiograms and magnetic or tomography perfusion.

THE CHOICE OF SERVICES:

- Laboratory analyses including cancer tests
- Genetic analyses
- Radiology including CT, MRI and interventional radiology
- Nuclear medicine tests (SPECT and PET-CT)
- Functional diagnostic tests (ECG, EEG and similar)
- Endoscopic tests including capsule endoscopy
- Dermatoscopy

Sample prices*:

MRI scan of one area (not including contrast agents): 200 €
Hereditary breast cancer analysis: BRCA1 gene testing and BRCA2 gene testing: 500 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

➤ Guaranteed quality

Estonian laboratories are certified under the international standard ISO 15189 and use new generation technology which is generally less than five years old. The results of the tests are assessed by radiologists and specialists with experience of working in large hospitals and laboratories. Sensitive and significant diagnoses are done separately by two different experts and their results are combined for a joint opinion.

➤ Test results in English

The test results can be given in English by agreement. If treatment takes place in Estonia, the e-health system allows the diagnostic results of foreign patients to be sent quickly to the treating doctor.

➤ Personal medicine

One of the key innovations in diagnostics in Estonia is personal medicine. Gene tests can help in identifying possible health risks like susceptibility to various cancers, assessing the suitability of particular medical treatments, and providing personal dietary advice for healthy weight control. In cancer treatment, genetic analysis with expert interpretation lets the oncologists get a precise diagnosis of the illness, assess the treatment options and make forecasts for the illness. Differential diagnoses for neurological illnesses, including autoimmune diseases, are very advanced.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre
www.regionaalhaigla.ee
East-Tallinn Central Hospital
www.itk.ee
West-Tallinn Central Hospital
www.keskhaigla.ee
Dr. Niin Dermato-Oncology Clinic
www.nahakliinik.ee
Fertilitas Private Hospital
www.fertilitas.ee
Quattromed HTI Laboratories
www.quattromed.ee
Competence Centre for Cancer Research
www.igen.ee, www.vtak.ee



Comprehensive health check

Medical examinations for everyone, including children

A full medical exam gives a thorough review of the health of the body and helps identify health risks and illnesses in advance before they have developed. Anyone can come for a medical exam in Estonia whatever their health or their age, and that includes children too. Experts recommend that healthy people should also have regular health checks every few years.

➤ An individual and personal tailor-made approach

Medical tests in Estonia are personalised and the health audit is tailored specifically to each individual patient. The tests in the check-up programme depend on the client's age, sex, cardiac illnesses and genetic dispositions. Attention is also paid to personal risk factors like lifestyle choices, heart condition, diabetes and weight.

➤ An experienced and patient-focused team

Health checks are usually done by general practitioners or by specialists in internal medicine together with any other specialists who are needed. After the health check, the results are explained to the patient and recommendations made. Personal contact with the patient is considered to be very important in Estonia, with clear and caring communication.

➤ Quick and convenient service solutions

Health checks can be done smoothly and quickly in one single building with modern equipment, a wide and flexible range of services, comfortable conditions and small distances to travel. Health checks can easily be incorporated with a holiday or business trip or a day cruise. They equally give a good way to find out about the medical services offered in Estonia.

THE CHOICE OF TEST PACKAGES:

- Full medical examination, including consultation with a general practitioner and design of a testing programme
- One or two-day health audit
- Laboratory analyses/packages, including various genetic tests
- Examination focusing on women's or men's health issues
- Study of cardiovascular disease risk
- Study of susceptibility to various cancer risks
- Cardiological health audit
- Gene tests with nutrition advice
- Dental examination
- Medical examination for athletes
- Check of birthmarks

Sample prices*:

Health audit packages: 200-700 €

Cardiological audit: 350 €

Whole-body skin examination: 60 €

Full dental examination: 32 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:

East-Tallinn Central Hospital
www.itk.ee

West-Tallinn Central Hospital
www.keskhaigla.ee

Clinic 32 dental treatment centre
www.clinic32.eu

Dr. Niin Dermato-Oncology Clinic
www.nahakliinik.ee

Fertilitas Private Hospital
www.fertilitas.ee

Kreutzwald Eye Centre
silmaarst.eu

Quattromed HTI Laboratories
www.quattromed.ee



Bariatric Surgery

Bariatric surgery, gastric reduction surgery

Bariatric surgery is the only proven method of achieving significant and sustained weight loss for patients with a body mass index, BMI, of more than 35. Estonia has a great deal of experience of bariatric surgery and all the most up-to-date operating methods are used here. In Estonia, 99% of bariatric operations are done through laparoscopy, which makes the operating procedures much safer.

THE CHOICE OF SERVICES:

- Fitting of a gastric band
- Gastric bypass operation
- Vertical gastric resection (gastric sleeve)
- Laproscopic gastric Plication

Sample prices*:

Gastric bypass operation, depending on the package and the additional services such as consultation, accommodation and transfers: 5000-6500 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre

www.regionaalhaigla.ee

East-Tallinn Central Hospital

www.itk.ee

West-Tallinn Central Hospital

www.keskaigla.ee

Fertilitas Private Hospital

www.fertilitas.ee

Wide experience of bariatric surgery

Hundreds of bariatric operations are performed in Estonia each year, mostly in large centres. Good organisation and medical preparation have made it possible to minimise serious complications and perioperative mortality risk to the same low level as in Sweden.

A strong team

The Estonian bariatric surgery team contains a bariatric surgeon, an anaesthetist, a dietician and a psychologist. Patients are advised and consulted before and after operations. The rapidly evolving field of bariatric training is very good in Estonia, and bariatric doctors have earned national recognition, with Dr Ilmar Kaur, head of the Bariatric and Metabolic Surgery Department at the North Estonia Medical Centre being named Estonian Doctor of the Year in 2012.

Well located

Estonia is conveniently close for patients of high weight who prefer to travel by land or by sea. Foreign patients from Finland, Norway and elsewhere around Europe come here for treatment.



Cardiac Surgery

Aorto-coronary bypass surgery, heart valve surgery and cardiac tumour surgery

Heart surgeons in Estonia have access to one of the most modern operating centres in the Baltic region where all the latest operating facilities and surgical methods are used.

Top-ranked heart surgeons

Surgery is carried out by heart surgeons who have undergone the highest category of specialised training. Operating teams in Estonia contain cardiovascular surgeons, an anaesthesiologist, nurses, and rehabilitation specialists. A large proportion of operations are arterial bypass and beating-heart operations and the results of heart operations for adults in Estonia are mostly very good.

The most modern operating facilities in the region

Operating theatres are fully equipped with modern specialised equipment and have laminar ventilation systems, which create a curtain of clean air around the operating area that is used to filter the air in the operating theatre. They all have new LED operating lights and the choice of floor and wall coverings in the operating theatres is based on the strictest hospital hygiene standards.

THE CHOICE OF SERVICES:

- Surgical treatment of abdominal aortic aneurysms
- Aorto-coronary bypass surgery
- Traditional valve surgery (ablation therapy, plastic repair of mitral valves)
- Cardiac tumour surgery
- Operative treatment of congenital cardiac pathologies
- Treatment of cardiomyopathies

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre
www.regionaalhaigla.ee



Cardiology

Diagnosis, treatment and rehabilitation for heart disease, children's cardiology

Cardiologists in Estonia have long experience and have access to all of the most modern and highest quality research and treatment methods and top-level outpatient conditions in new wards.



THE CHOICE OF SERVICES:

- Treatment for heart rhythm disorders (pacemakers, defibrillators, cardiac resynchronisation implants, catheter ablation with magnet navigation system)
- Widening of the coronary arteries and stenting for chronic and acute ischemia.
- Non-invasive diagnostic techniques

Sample prices*:

Initial visit to the cardiologist: 25 €

Outpatient visit, planning of tests and treatment: 500-700 €

Installation of a pacemaker (price depends on the method used): 4100-26,500 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

➤ A team with thorough experience

Cardiology teams in Estonia contain a cardiologist, a cardiology nurse, and if necessary a cardiologist surgeon, rehabilitation doctor, a physiotherapist and many others. Estonian cardiology centres treat around 10,000 patients every year, giving a broad base of experience for handling even the most complicated cases. A large number of Estonian cardiologists also work part time in Finland.

➤ World leaders

Estonian doctors have many years of experience of invasive cardiology and were among the first in the world to use coronary angioplasty (percutaneous coronary intervention) in the treatment of ischemic coronary artery disease as early as 1982.

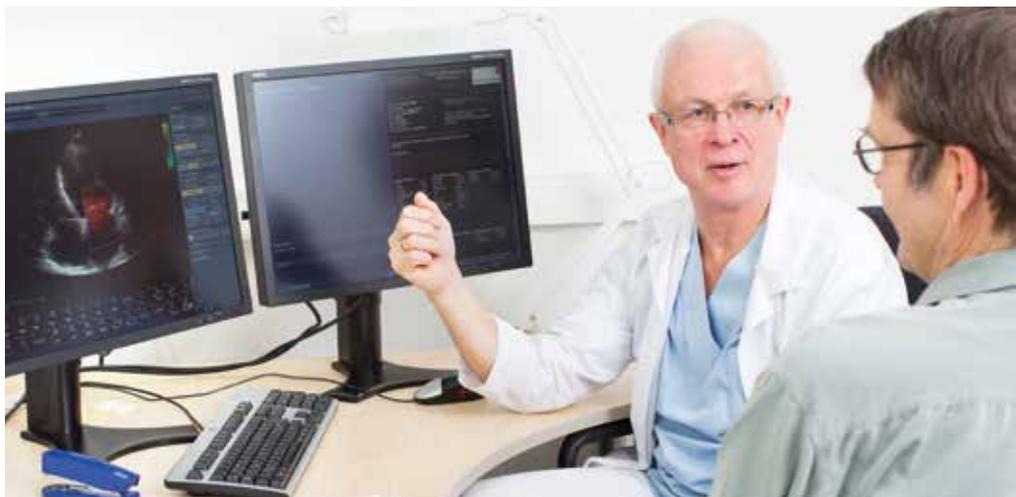
➤ Complex solutions

All the options for thorough cardiological tests are available in Estonia both for preventative care and after a health issue has become known. If needed a heart surgeon can be called on immediately on the spot for invasive intervention.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre
www.regionaalhaigla.ee
 East-Tallinn Central Hospital
www.itk.ee



Paediatrics

Hemato-oncology, surgery, orthopaedics, neuro-rehabilitation

Medical treatment for children is top-quality and family-centred in Estonia in all branches of paediatrics. High-quality family-focused district hospital services are provided for children from birth until they are 18 years old.



Family centred treatment services

Medical care for children in Estonia is based around the family. Each case is approached individually, and Estonia is a good place to get a second opinion for diagnoses so that parents can have full confidence in the treatment prescribed. Wards have small numbers of children and where possible family rooms are used so that parents can stay with their children during treatment. Prematurely born babies can stay with their mothers. All the interior decoration and fittings are planned with children in mind, with special menus, play areas, internet connections and video games.

The region's leading centre in many areas

Medical care for children is vertically integrated, meaning that all areas of paediatrics are covered at an equally high level. There is also a leading orthopaedic centre for children here, where treatment for children with scoliosis is the best in Europe and major breakthroughs have been made in treating spina bifida and hydrocephalus. Walking aids are used in the rehabilitation of children with chronic diseases, like the unique walking robot designed specifically for children and used in rehabilitation centres.

THE CHOICE OF SERVICES:

- Oncology and haematology
- Children's surgery
- Orthopaedic Surgery
- Otorhinolaryngology
- Neurology
- Endocrinology
- Allergy and pulmonology
- Gastroenterology
- Nephrology
- Rheumatology
- Cardiology
- Rehabilitation and other specialised fields

Sample prices*:

Cryptorchidism surgery: 750 €

Inguinal hernia surgery: 800 €

Chest deformity surgery: 7000 €

Rehabilitation for children with neurological damage using walking aids (10 days): 2200 €

Scoliosis surgery: 22,000 €

*Prices are given as a guideline only. The actual price will depend on the choice of services.



FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY: 

Tallinn Children's Hospital
www.lastehaigla.ee



Colorectal Surgery

Diagnosis and treatment of disease in the colon, rectum and anus area.

THE CHOICE OF SERVICES:

- Treatment of colorectal cancer
- Proctological, coloproctological and pelvic examinations and surgical treatment
- Laser treatment for haemorrhoids
- Haemorrhoidectomy
- Surgery for hernias
- Laser surgery for anal fissure and fistulas
- Perianal aesthetic surgery

Sample prices*:

Stage 1 of laser treatment for haemorrhoids: 650-700 €

Laser treatment for anal fistulas: from 300 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



West-Tallinn Central Hospital

www.keskhaigla.ee

Almeda Clinic

www.smartlipo.ee

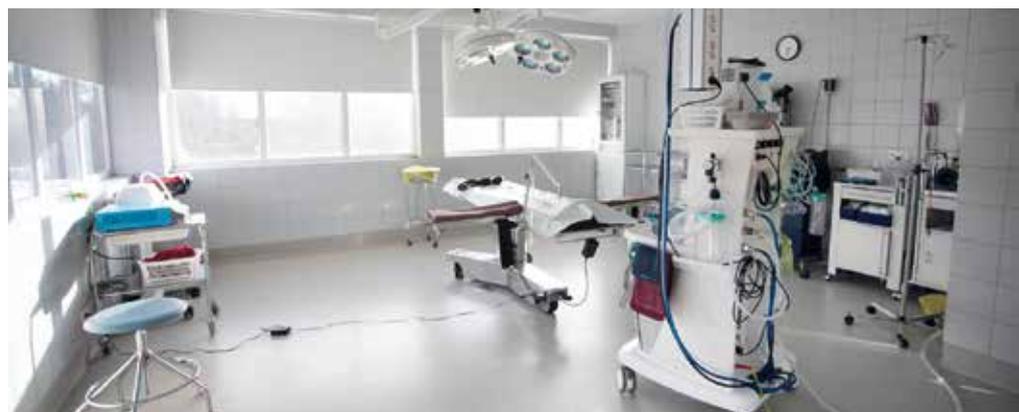
Modern treatment methods are used in proctology in Estonia and they have very successful results. The laser surgery used in proctology in Estonia allows minimally invasive treatment techniques to be used in operations, and drastically reduces post-operative recovery times.

Thorough diagnostic methods

The diagnostic methods used in Estonia are rectal examination, anoscopy, proctoscopy and anal manometry.

Effective laser therapy with rapid results

Advanced haemorrhoids are treated with laser coagulation, which ensures greater precision and rapid recovery. The fine laser beam vaporises or removes the haemorrhoid and at the same time closes the nerves and the small blood vessels surrounding it, resulting in less discomfort, less need for treatment and faster recovery. The patient is able to go home the same day. As well as haemorrhoids, laser surgery can be used to remove various other benign growths.



Neurology

Diagnosis and treatment for Multiple Sclerosis, Parkinson's disease, strokes and other neurological diseases

Tallinn has world-class centres offering diagnosis of chronic neurological diseases and flexible and comprehensive treatment.

➤ A world-class multiple sclerosis centre

The specialised multiple sclerosis centre at the West Tallinn Central Hospital is a world-leading reference centre where chronic neurological diseases can be diagnosed and treated, including some of the world's rarest such as neuromyotonia, which has only ever been diagnosed nine times in total, with one of those diagnoses being in Estonia. The centre works to advance medical knowledge in diagnostic and therapeutic techniques.

➤ Treatment capacity for severe strokes and neurodegenerative diseases

The neurology centre focuses particularly on stroke treatment and neurodegenerative illnesses that are caused by the ageing of the nervous system. The main focus of the centre is the early diagnosis and treatment of Parkinson's disease and other movement disorders.

➤ Estonian neurologists are consulted internationally

Neurologists working in Estonia are highly qualified and are regularly invited to speak at international conferences and have had articles published in key peer-reviewed scientific journals. They have earned the exceptional trust they are given through the comfortable and friendly atmosphere they create and their dedicated care for their patients and their families.

➤ Close interdisciplinary teamwork

Neurological treatment in Estonia is carried out by teams of specialists, with neurologists, nurses, physiotherapists, psychologists, social workers and rehabilitation doctors. Each one is a highly qualified specialist, and together they can ensure the highest quality. They work together to treat the patient and support and train the patient's family.

THE CHOICE OF SERVICES:

- Headache treatment
- Migraine treatment
- Epilepsy treatment
- Treatment of multiple sclerosis
- Treatment of autoimmune neurological diseases
- Treatment for Parkinson's disease
- Dementia care
- Post-stroke rehabilitation
- Treatments for rare diseases
- Tests
- Electroencephalography
- Computer tomography
- Magnetic tomography

Sample prices*:

Consultation with a neurologist: 150 €

Multiple sclerosis care packages:

1-week package: 4000 €

2-week package: 5500 €

Multiple sclerosis care packages include: diagnosis, inpatient stay, meals, treatment plan preparation, physiotherapy, and sessions with a speech therapist, psychologist and social worker. The packages do not include the cost of medicines.

Psychological consultation and analysis: 100 €

5-day physiotherapy treatment package: 175 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital neurology centre
www.itk.ee

West-Tallinn Central Hospital MS Centre
www.keskhaigla.ee



Nuclear Medicine

Radionuclide research and treatment, treatment of thyroid illnesses

Estonia has more than ten years of experience and great expertise in nuclear medicine. There is an internationally accredited PET/CT centre here (EARL Accredited PET/CT Centre of Excellence) and SPECT/CT and PET/CT hybrid equipment is used, which contains the very latest in cutting-edge modern technology.

THE CHOICE OF SERVICES:

- SPECT/CT and PET/CT studies
- Radionuclide tests
- Radioiodine therapy

Sample prices*:

Radioiodine therapy for thyroid cancer using endogenous TSH stimulation: 1900 €

Radioiodine therapy for thyroid cancer using Thyrogen: 3100 €

Diagnostic scintigraphy using I-131 and Thyrogen: 1700 € (to be done 6 months after radioiodine therapy)

Diagnostic scintigraphy using I-131: 400 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre

www.regionaalhaigla.ee

East-Tallinn Central Hospital

www.itk.ee

➤ Precise diagnoses

Nuclear medicine tests are able to identify medical conditions earlier than is possible with other radiology tests. This means that treatment for illnesses can start in their early stages and lets doctors assess and affect better the progress of the disease by identifying the exact type of tumour or inflammation, determining the stage of the disease and assessing the effect of treatment. The main tests done are oncological tests, but a large proportion of the tests are also done on the heart, brain, thyroid, lungs, kidneys and other organs.

➤ Effective treatment options

Radioisotope therapy is used for oncological diseases like thyroid cancer, neuroendocrine tumours, metastases, some types of lymphomas or bone metastases, and for benign thyroid diseases and joint diseases. Radioisotope therapy puts little strain on the patient and has very good treatment results.

➤ A comfortable environment for treatment

The treatment is carried out in wards that meet all the radiation safety requirements and resemble comfy hotel rooms with a functional bed, a television, an internet connection, telephone and shower. Patients are aware of the important point that although they can't leave during the treatment, the ward is not locked and a telephone and screen let them keep in constant touch with staff. Nuclear medicine is one of the most popular medical services used in Estonia by foreign patients.



Oncology

Oncotherapy, radiotherapy and surgical oncology

Estonian oncologists are highly professional and patient-focused and achieve excellent treatment results.

At the forefront in using new methods in oncology

All modern treatment methods of medicines, radiology and surgery are used in Estonia. Treatment uses all the modern medicines, with cytotoxic, hormonal and biological medicines, and treatment schedules derived from the best results of medicine trials. Cancer indicators in the blood, CT, MRI and PET-CT imaging, biopsies, endoscopic tests, molecular and genetic tests for prescribing treatment, and other diagnostic methods are used in diagnosing cancers and tumours. Diagnostic techniques for melanomas have been developed, including teledermatology.

Innovation and scientific development

Estonian oncologists work closely with the researchers developing cancer diagnostics and medicines. Doctors use genetic tests carried out in Estonia to decide on the course of treatment, and a new blood test for the early detection of breast cancer has been developed here. Treatment is open to innovation, and the first hematopoietic stem cell transplant in the whole Baltic region was performed in Estonia.

Interdisciplinary medical teams

Our oncology specialists have wide international experience, which they call on in their day to day work treating patients. Cancer is treated by teams containing an oncologist, an oncology surgeon, an anaesthesiologist, a radiologist, an oncology nurse, a rehabilitation doctor, and other highly trained specialists.

Among the best in Europe

In 2011 the European Surgical Outcomes Study (EuSOS) survey showed that post-operative survival rate for non-cardiac surgery in Estonia is in the top five in Europe alongside Finland, Iceland, Norway and Sweden.

THE CHOICE OF SERVICES:

- Treatment for skin melanomas
- Breast cancer treatment
- Cervical cancer treatment
- Ovarian cancer treatment
- Gastric cancer treatment
- Colorectal carcinoma treatment
- Prostate cancer treatment
- Bladder cancer treatment
- Lung cancer treatment
- Colorectal cancer treatment
- Treatment of haematological malignancies
- Bone marrow and blood stem cell transplantation
- Palliative care

Sample prices*:

Malignant skin tumour excision and histology tests: 250 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:

The North Estonia Medical Centre

www.regionaalhaigla.ee

Tallinn Children's Hospital

www.lastehaigla.ee

East-Tallinn Central Hospital

www.itk.ee

Dr. Niin Dermato-Oncology Clinic

www.nahakliinik.ee

Competence Centre for Cancer Research

igen.ee, www.vtak.ee/en



Ophthalmology

Diagnosis and treatment of eye disease for children and adults, eye surgery

Estonian eye doctors and eye surgeons have gained particular recognition from international experts and provide top-class treatment for adults, children and infants.

THE CHOICE OF SERVICES:

- Diagnosis and treatment of eye diseases, including tumours, and eye traumas
- Cataract treatment, including microincision cataract surgery with coaxial phacoemulsification
- Corneal transplants
- Treatment and surgery for glaucoma
- Eyelid surgery
- Laser and radiation therapy
- Retinal tests, treatment and surgery for children and premature babies
- Optometry

Sample prices*:

Initial visit to the consulting doctor: 35 €

Glaucoma operation: 550 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital

www.itk.ee

Kreutzwald Eye Centre

www.silmaarst.eu

Regional centre for treatment of eye disease and eye surgery

Treatments for all eye conditions are available in Estonia. Top-class diagnostic, treatment and rehabilitation options and all modern surgical techniques are used in treatment, allowing eye diseases to be treated with the best possible results and the lowest possible cost. Most cases of oncological diseases from across the region are also treated in Estonia.

Internationally recognised doctors

Patients can be treated in Estonia in a large hospital or a small private clinic, as they prefer. The eye clinic of East-Tallinn Central Hospital does an average of 40 operations a day and is accredited by the International Council of Ophthalmology for treating eye tumours, and it is one of the ten clinics in Europe with the right to train eye specialists. The small Kreutzwald Eye Center offers personal care and has top of the range diagnostic equipment, and three of the doctors who work there are licensed to practice in Finland and one in Sweden.

No long waits for appointments

Appointments can be made quickly with members of the Medicine Estonia cluster. Patients can generally be offered an appointment for the next day, depending on the clinic and the reason for the visit, or for the next week for larger operations. Many treatments and operations for eye diseases can be done for outpatients, making it even easier for patients coming from another country to visit a doctor.



Orthopaedic Surgery

Hip and knee replacements, arthroscopic procedures and similar

The high quality of orthopaedic treatment in Estonia is ensured by highly experienced specialists who have practised abroad, and by the rapid adoption of new methods. Estonia's trademark in orthopaedic surgery is reconstructive orthopaedia.

➤ A wide range of experience

Treatment teams in Estonia contain a surgeon specialising in orthopaedics and traumatology, an anaesthesiologist, a radiologist, nurses, rehabilitation specialists, and other specialists if necessary. All the most modern methods of diagnosis, treatment and rehabilitation for orthopaedic illnesses are used along with prostheses and implants made by leading US and Swiss manufacturers. Sport medicine is highly developed, so orthopaedic specialists have a lot of experience of treating sporting injuries and joint injuries of the type that can pose a major threat to elite athletes or to any other active person.

➤ Possible second opinions

Before any major joint operation goes ahead, the very experienced Estonian doctors can be asked for a second opinion. Our orthopaedic doctors can also help in cases where an initial operation in another country has not proven as successful as was hoped.

➤ A patient-centred environment

Orthopaedic operations can be carried out in several different centres around Estonia, and all the operation centres have hi-tech operating theatres equipped to provide level 3 critical care, intensive care departments, recovery rooms and visiting wards. Foreign patients from Finland, Sweden, Germany, the USA and Canada come to Estonia for orthopaedic care.

THE CHOICE OF SERVICES:

- Arthroscopy for knee, shoulder, hip, arm or leg
- Arthritis treatment
- Bunion surgery
- Treatments for spinal diseases
- Treatment for meniscus and tendon injuries
- Intra-articular injection of growth hormone
- Endoprosthesis of knee, hip and small joints (hands and feet)
- Minimally invasive hand and foot surgery
- Meniscus implants
- Plasma treatment (autologous conditioned plasma, or ACP)
- Hyaluronic acid treatment

Sample prices*:
Arthroscopic procedures: 800-1500 €
Hip replacement: 3700-5000 €
Knee replacement: 3800-5500 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre

www.regionaalhaigla.ee

Tallinn Children's Hospital

www.lastehaigla.ee

East-Tallinn Central Hospital

www.itk.ee

The Hospital of Orthopaedics

www.ortopeediaarstid.ee

Almeda Clinic (minimally invasive surgery)

www.smartlipo.ee



Otolaryngology

Diagnosis and treatment for children and adults, plastic surgery

Estonian ear-nose-and-throat specialists are known across Europe.

THE CHOICE OF SERVICES:

- Treatment for hearing problems
- Endoscopic ear tests
- Bone-anchored hearing aid (BAHA)
- Ear surgery
- Treatment for speech disorders
- Treatment of diseases of the throat and vocal cords
- Treatment of swallowing disorders
- Adenoidectomy or removal of adenoids
- Tonsillectomy or tonsil removal
- Surgery to stop snoring, uvulopalatopharyngoplasty
- Rinoplasty and otoplasty operations

Sample prices*:

Operations to remove tonsils and adenoids: 350-500 €

Plastic surgery operations on the nose: 2300 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

➤ A wide choice of procedures

Operations ranging from simple removal of adenoids and tonsils up to plastic surgery and hearing restoration can be carried out in Estonia. The most common operations include nasal septum surgery or septoplasty, and modern laser therapy, ultrasound, microscopic and endoscopic surgery are all used in Estonia.

➤ Very good results

The long experience of treatment in Estonia means that there are very few postoperative complications, and the number of days spent in hospital is low and the post-operation quality of life is high.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital

www.itk.ee

Fertilitas Private Hospital

www.fertilitas.ee

Almeda Clinic (selected services)

www.smartlipo.ee



Plastic surgery

Reconstructive and aesthetic surgery

Top Estonian surgeons have world-class plastic surgery skills, and a number of them have chosen to practise in active war zones. Minimally invasive methods are preferred in reconstructive surgery, and the best possible aesthetic results are sought.

➤ The contribution of reconstructive surgery to medical advances

All the most modern methods for plastic surgery are used, together with innovative regenerative medicine techniques. Estonian surgeons work closely with top specialists from the European Union and NATO to develop innovative new treatment techniques and technologies. This can be seen in Estonia's unique cell laboratory for growing stem cells, and in the completely new operating techniques using stem cells at the Hospital of Reconstructive Surgery, where autologous stem cells from the patient's own body are transplanted to the damaged areas, where they can repair tissues and organs.

➤ Outstanding international experience

Our surgeons are specialists with long international experience who have practised as visiting surgeons in the world's leading clinics, several of them in one of the best trauma hospitals in the world in Camp Bastion in Afghanistan. The medical teams caring for patients contain a surgeon, an anaesthetist, a nurse and other specialists, who have learned their skills in Finland, Sweden, Switzerland, England, Germany and the USA.

➤ A popular choice for plastic surgery

Estonian plastic surgeons carry out over 2000 operations a year for foreign patients, most of them from Finland. Demand is high because the doctors and the medical infrastructure are very good, and the post-surgery survival rate in Estonia is one of the best in Europe, ahead of even Finland and Sweden. Personal contact with the patient is considered to be very important in Estonia, with clear and caring communication.

THE CHOICE OF SERVICES:

Reconstructive and aesthetic surgery:

- Correction of defects and deformities following trauma
- Correction of various distortions and defects in the development of the hand
- Correction of lymphostasis of the upper and lower limbs
- Medically necessary body reduction surgery
- Surgical treatment of soft tissue tumours
- Breast reconstruction using various methods
- Aesthetic operations on face, body and neck
- Aesthetic operations on the body and limbs

Sample prices*:

Surgery for sagging breasts: 2800 €

Surgery for the anterior abdominal wall: 3000 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



Fertilitas Private Hospital

www.fertilitas.ee

Hospital of Reconstructive Surgery

www.kirurgiakliinik.ee



Sleep Medicine

Sleep medicine: diagnosis and treatment of sleep disorders

THE CHOICE OF SERVICES:

- Appointment with a doctor of sleep medicine
- Diagnosis of sleep disorders, with somnolence tests, limited and full polysomnographic studies, identification of the causes of sleep disorders through radiological (CT) studies, blood gas analysis, and spirometry and allergy studies
- Treatment for sleep disorders with CPAP and AUTO-PAP testing and administration of treatment, cognitive and behavioural therapy, and intraoral devices and surgery if required

Sample prices*:

Diagnostic package for sleep apnoea: 475 €

Treatment package for sleep apnoea: 450 €

A further 740-840 € is added to the treatment package for sleep apnoea if the patient continues with outpatient treatment using the CPAP equipment.

*Prices are given as a guideline only. The actual price will depend on the choice of services.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre
www.regionaalhaigla.ee

Sleep specialists put Estonia among the leading countries in the world for development work in sleep medicine, and in 2014 the pan-European conference on sleep medicine was held here.

➤ An individual and effective approach

On average 10% of the population are afflicted by sleep disorders, which can cause serious social, economic and health problems. Sleep medicine in Estonia is highly personalised and the causes of the problems can be addressed in many ways, from consultation and advice to sophisticated breathing apparatus and operations. Efficient diagnostic methods mean that sleep research in Estonia is quick and comes at a good price, saving both time and money for patients. Waiting lists are half as long as in many European countries, or even shorter.

➤ Easy to combine with a holiday

New therapies and convenient diagnostic methods mean that treatment can easily be combined with a tourist holiday. Sleep research can even be done during certain nights in the patient's own chosen hotel room if required.

➤ An experienced treatment team

The treatment team can include a somnologist, a pulmonologist, a neurologist, a psychiatrist, an ear, nose and throat doctor, other specialists, and sleep nurses and technicians. Estonian somnologists and sleep nurses have at least 15 years of experience of international scientific research in their field and the Estonian Sleep Medicine Association is a member of the Nordic Sleep Research Society and the European Sleep Research Society.



Spinal neurosurgery

Central nervous system surgical disorders and degenerative diseases of the spine

The neurosurgery centre at the medical centre is the largest in Estonia handling scheduled and emergency treatment for diseases needing neurosurgery.

⚡ All modern treatment options

The neurosurgery centre has modern equipment for every type of treatment and diagnosis of neurosurgery patients, with computer tomography and magnetic tomography, neurophysiological monitoring during operations, and neurophysiological studies. An intraoperative ultrasound examination is used for navigating during operations. Disorders of the central nervous system requiring surgery such as brain tumours, cerebrovascular disease, or traumatic head injury are treated here, as are degenerative diseases of the spine like herniation of the intervertebral discs causing neck and lumbar radicular pain, lumbar spinal stenosis, and peripheral nerve diseases and injuries.

⚡ An excellent interdisciplinary medical team

Since 2004, all the neurosurgeons working at the medical centre have taken training courses run by the European Association of Neurosurgical Societies. Working with specialists from other departments of the hospital, such as radiologists, critical care doctors, neurologists and oncologists, they are able to ensure maximum complex, high quality and rapid neurosurgical support. Treatment approaches for complicated cases are decided in consultation with specialists from the other departments at the weekly neurosurgical council.

⚡ A wide network of partners

The main partners of the neurosurgery centre are Tartu University Hospital and Karolinska Hospital in Stockholm, while the partners for children's neurosurgery are Tallinn Children's Hospital and foreign partners in the Berlin Charité Hospital Pediatric Neurosurgery Unit and the Oulu University Hospital. Neurosurgeons from the medical centre attend various training courses every year in Europe and elsewhere, and they also lecture in courses presenting the latest neurosurgery methods and positions in Estonia to their colleagues.

THE SERVICE PACKAGES AVAILABLE:

- Outpatient neurosurgery consultation with additional tests if needed
- Radicular neck pain treatment to release nerve roots
- Radicular neck pain and myelopathy treatment with intervertebral implants
- Surgery for radicular lumbar pain
- Radicular neck pain and myelopathy surgery with implants
- Surgical treatment of narrow lumbar spinal canal syndrome

Sample prices*:

Surgery for radicular neck and lumbar pain: 2330-6300 €

Surgical treatment of narrow lumbar spinal canal syndrome: 3060-3430 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre
www.regionaalhaigla.ee



Vascular Surgery

Reconstructive vascular surgery, treatment of varicose veins and venous insufficiency

The skills of Estonian vascular surgeons have been proven at the highest global level, and their arsenal includes all the most modern and technologically advanced equipment and methods of treatment, allowing the best possible functional and aesthetic results to be achieved.

THE CHOICE OF SERVICES:

- Reconstructive vascular surgery;
- Surgical and endovascular (intravenous) treatment for peripheral vascular disease
- Treatment of diabetic and ischemic ulcers
- Surgical treatment of abdominal aortic aneurysms
- Treatment of peripheral arterial aneurysms
- Carotid artery surgical treatment to prevent strokes
- Treatment of vascular tumours
- Treatment of varicose veins and venous insufficiency
- Varicose vein removal by various methods including surgery, laser treatments, endovascular treatment and sclerotherapy
- Treatment of venous ulcers
- Endarterectomy

Sample prices*:

Sclerotherapy: €75

Varicectomy and saphenectomy, removal of varicose veins without trunk removal: 525 €

Varicectomy and saphenectomy, removal of varicose veins with trunk removal: 625 €

Minimally invasive endovascular laser treatments: 800 €

Ultrasound examination of variegated sclerosing artery: 175 €

"Shave" surgery of varicose ulcers with skin surgery: 500 €

Perforated laser ablation: 275 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital

www.itk.ee

Hospital of Reconstructive Surgery

www.kirurgiakliinik.ee

Almeda Clinic (minimally invasive surgery)

www.smartlipo.ee

Medemis Aesthetic Medicine Clinic (minimally invasive surgery)

www.medemis.ee

✦ A world-class surgical team

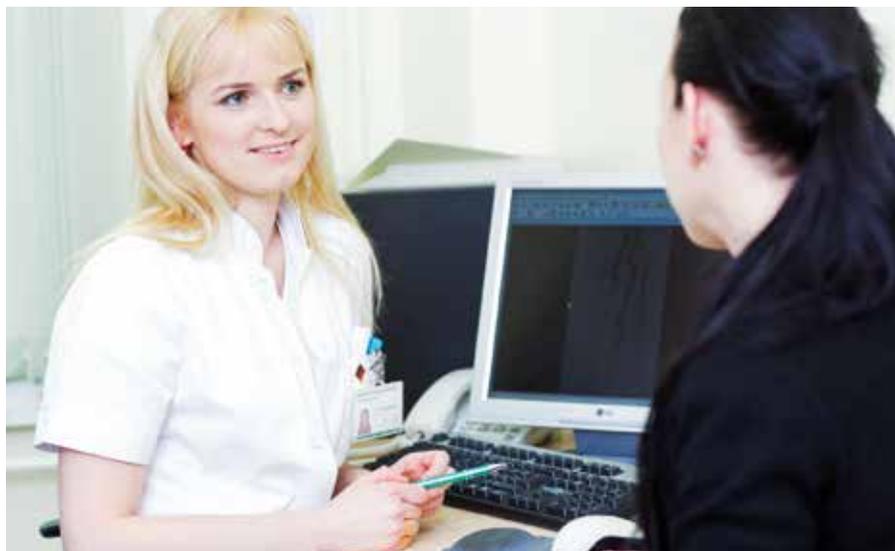
Estonia's vascular surgeons are specialists with long international experience, several of whom have practised in Camp Bastion hospital in the active war zone in Afghanistan, treating the most complex cases requiring operative intervention.

✦ Solutions that save

Both surgery and procedures within the blood vessels like extension and stenting are used to treat the abdominal aorta, and the lower and upper limb arteries and the carotid artery.

✦ European standards of instrumental studies

Many instrumental tests are done during the diagnosis of patients with vein and artery diseases that are the same as in other European centres of vascular surgery. The use of several types of test means that the best solution can be chosen for each individual patient.



Gynaecology

Diagnosis, treatment and surgery

Experienced Estonian gynaecologists and gynaecologic oncologists can give safe and reliable help to women of any age. All modern treatment techniques and technology are used, and a large part of the gynaecological operations performed in Estonia use minimally invasive endoscopic techniques.



Options for thorough diagnoses

Gynaecology centres have cutting edge technology that allows them to do a variety of diagnostic tests like identifying the morphology of a tumour, or the markers of a tumour and the sensitivity of receptors; or performing hormonal diagnostics, full body digital studies, MRI scans, a variety of ultrasound scans, and endoscopic studies like colposcopy, rectoscopy, cystoscopy, colonoscopy, or gastroscopy.

Solutions that save patients

Minimally invasive endoscopic techniques are predominantly used in gynaecology in Estonia to ensure quicker patient recovery and a better appearance – smaller scars. Endoscopic operations can make up as much as 90% of some treatments at some centres. Reconstructive pelvic surgery can be done using modern synthetic graft materials (meshes). In general, foreign patients can be scheduled to the operation plan within a week.

Valuable skills for second opinions

The wide experience of the doctors and the modern diagnostic options have given Estonia a very good reputation for second opinions among foreign patients in both diagnoses and treatments, particularly in gynaecologic oncology.

THE CHOICE OF SERVICES:

- Diagnosis and treatment of benign and malignant female genital tumours
- Surgical treatment for urinary incontinence
- Reconstructive surgery
- Laparoscopic surgery
- Hysteroscopy surgery
- Medical termination of pregnancy

Sample prices*:

Uterine laparoscopic surgery including hysterectomy: €400 €

Ovarian and tubal laparoscopic surgery: 800 €

Pelvic reconstructive plastic surgery: 650 €

Diagnostic hysteroscopy or laparoscopy including sterilisation: 500 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital
www.itk.ee

West-Tallinn Central Hospital
www.keskhaigla.ee

Fertilitas Private Hospital
www.fertilitas.ee



Obstetrics

Family-centred maternity support person, personal midwife, support from a doctor

Estonian maternity hospitals create the best possible conditions for childbirth to be as natural and pain-free as possible. Fathers or other support people are present at up to 80 percent of births.

THE CHOICE OF SERVICES:

- Health advice for women
- Antenatal ultrasound diagnosis
- Obstetrics
- Birth with a birthing partner
- Postpartum counselling
- Obstetrics for high-risk pregnant women

Sample prices*:

Childbirth package (includes obstetric care with a personal doctor and midwife with catering and family ward for three days): 2000 € (package with a personal doctor and midwife 2500 €)

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:

East-Tallinn Central Hospital

www.itk.ee

West-Tallinn Central Hospital

www.keskhaigla.ee



➤ Natural childbirth with a focus on experience

Under the guidance of an experienced midwife, the mother-to-be can control the whole process herself. A great deal of effort is put into reducing the pain of labour through equipment and techniques like a birth ball or fit-ball, wheeled chairs, relaxing music, an epidural, or mini spinal analgesia. Water births are very popular and staff are specially trained for this and many birthing rooms are equipped with a special bath.

➤ A team with wide experience

Highly trained midwives have helped deliver babies naturally in Estonia for decades. Anaesthesiologists, gynaecologists and paediatricians are on call round the clock and lactation consultants, psychologists, or crisis consultants are available if needed. It is also possible to request a personal doctor or midwife who works with only one client at a time.

➤ The safety of mother and baby is looked after to the maximum possible degree

Doctors and midwives can monitor the progress of the birth on the central computer system in real time. All modern diagnostic and treatment methods are used and operating theatres and intensive care departments are on standby to make sure that the health of mother and baby is looked after to the maximum possible degree. High-risk births, including those by mothers aged 39 and over, are regularly handled in Estonia, and there are facilities for mothers with HIV. The EUROPERISTAT report last year put Estonia among the ten best countries in Europe for neonatal survival rates, alongside Iceland, Sweden and Finland.

➤ A family-centred environment

Family members can be present during the birth, including during caesarean sections. After the birth the parents can stay together with the baby in a specially-equipped comfy ward that feels like a cosy hotel room. The popularity of Estonia's obstetrics service among families from abroad has risen sharply in recent times. Mothers coming from abroad can also get help with the paperwork and documents for their child.



Reproductive Medicine

Diagnosis and treatment of infertility in men and women

The accessibility and success of treatment for childlessness in Estonia are among the best in the world. Experienced senior specialists and treatment centres with the most up-to-date equipment mean that infertility treatments of the highest possible professional standards can be delivered.

➤ Gynaecologists, andrologists and embryologists working together

Reproductive medicine is handled by specialists in diagnosis and treatment of infertility in both men and women, and by embryologists. Estonia has a lot of experience of infertility treatment, and the first artificially conceived child anywhere in the Baltic region was conceived, observed and born in Estonia in 1995.

➤ Estonia's results are among the best in the world

Around 600 IVF children are born in Estonia each year, which is four percent of all births. This is one of the highest figures in Europe or the whole world, and shows how good and how accessible treatment is.

➤ A good reputation in the Nordic countries

Estonian specialists are known across the region and our clinics provide infertility treatment services for large numbers of patients from the Nordic countries and ever more patients are coming to Estonia from even further away. Infertility treatment, tests and procedures, the treatment methods and the medicines used, and the legal considerations are all explained straightforwardly and in depth.

THE CHOICE OF SERVICES:

- Diagnostics for infertility treatment
- Semen analysis
- Medicinal treatment
- Intrauterine insemination (IUI)
- Extracorporeal fertilisation (IVF)
- Intracytoplasmic sperm injection (ICSI)
- Frozen embryo transfer (FET)
- Sperm preservation

Sample prices*:
FET: 500-600 euroa
IVF: 1100-1500 euroa

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital

www.itk.ee

West-Tallinn Central Hospital

www.keskhaigla.ee



Aesthetic treatment

Minimally invasive laser and ultrasound treatments and filler injections with quick results

Highly trained doctors and nurses carry out the aesthetic treatments for skin and body in clinics in the Medicine Estonia cluster, and they regularly attend internationally renowned clinics and conferences for aesthetic treatments for further training.



THE CHOICE OF SERVICES:

- UltraPulse and Fractional CO2-laser treatment
- Botox, Restylane, Juvederm and Radiesse injections
- SmartLipoMPX laser lipolysis
- PAL body sculpting
- Aesthetic lipotransfer on face and body
- Nd Yag and Diode laser treatment and cavitation
- Treatment of varicose veins (EVLV, sclerotherapy and micro-surgery)
- Facial aesthetic surgery
- Treatment for excessive sweating

Sample prices*:

Juvederm Hydrate one ampoule: €99 €
 Juvederm Voluma 1ml injection: 429 €
 Radiesse 1.5ml injection: 550 €
 Lumenis Laser CO2 laser resurfacing: from 400 €
 SmartLipoMPX lipolysis body sculpture, one zone: 660 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

Effective and immediate results

Modern minimally invasive beauty treatment technology is used, which generally allows immediate results for anti-ageing treatments for the face and body, treatments for acne and stretch marks, cellulite and fat removal and other beauty treatments. Treatment can also be fitted in during a short visit to Estonia. Treatments and care are safe and tested and together with the equipment used, they have been passed by the American FDA (Food and Drug Administration) and the European Medicines Agency.

Top-quality equipment used for beauty treatments

Top-quality modern technology is used for beauty treatments, including the UltraPulse CO2-laser, which can help remove acne scarring or tighten and rejuvenate skin with similar results to plastic surgery and fat transfer (Fat Graft) for breast and buttock augmentation, the method can also be used to correct tissue defects on any part of the body. Estonia is the first Baltic state to use the popular SmartlipoMPX™ laserlipo, that can access fat deposits and achieve skin tightening even on delicate areas like neck, forearms and knees.

Cosmopolitan training of doctors

The highly qualified medical specialists who carry out the treatments attend courses and conferences in places like New York, Miami, Paris, Monaco and Switzerland to keep abreast of the latest developments in their field.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



Almeda Clinic
www.smartlipo.ee
 Medemis Clinic
www.medemis.ee



Dentistry

Dental treatment, root canal treatment, orthodontics, dentures, implants, oral surgery, dental care for children

Estonian dentists use the best technology available in the world and work together to find solutions for even the most complicated treatment cases. Great attention is paid to patient comfort and pain-free treatment wherever possible, and to personal communication between doctor and patient.

Interdisciplinary treatment solutions

Our dentists are well-known for their interdisciplinary treatment, with treatment plans and procedures being carried out by teams of specialists from various fields. The interdisciplinarity helps make sure that the treatment process is medically the most reasonable and effective for the patient, and generally better priced. Estonian doctors are experienced in dealing with complicated cases and an individual treatment plan is drawn up for each patient to meet their specific needs and interests.

World-class efficient and painless dental treatment

With patient safety and comfort in mind, we use all modern technologies, including 3D x-ray, root canal treatment microscopes, virtual treatment planning programmes, and needle-free anaesthesia. Operation and recovery rooms for dental treatment under anaesthesia have an integrated anaesthesia monitor of the type usually used for general surgery in large hospitals. The first dental auto-transplant was carried out in Estonia, in which a living tooth of a patient was moved to a different place in the mouth.

Top specialists with international experience

Our dentists keep themselves up to date at numerous professional conferences and further training courses around the world, as part of which they are members of the prestigious Spear Study Club and organise international professional conferences in Estonia. They have long experience of working with patients from Finland, Sweden and other European countries including Switzerland.

THE CHOICE OF SERVICES:

- Dental examination
- Tooth spa, thorough cleaning of the teeth
- Teeth whitening
- Dental anaesthesia
- Oral surgery
- Root canal treatment
- Orthodontics
- Implants
- Gum treatment
- Prosthetic dentistry

Sample prices*:

Tooth spa: 85 €

Ceramic crown: 425 €

Implant surgery first stage: 750 €

Implant crown: 775-1100 €

Set of braces from: 2500 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



Clinic 32 dental treatment centre

www.clinic32.eu

Simple dental work and emergency aid are also available at West Tallinn Central Hospital

www.keskhaignla.ee



Nursing Care



THE CHOICE OF SERVICES:

- Consultation with a specialist
- Physiotherapy
- Massage
- Various relaxation and therapeutic procedures
- Leisure time options

Sample prices*:

Round-the-clock nursing care: 100 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:

East-Tallinn Central Hospital

www.itk.ee

West-Tallinn Central Hospital

www.keskhaigla.ee

Benita Health Care Centre / Wasa Health Centre

www.benita.ee



Nursing help for everyday life following chronic illness

Top-class round-the-clock attentive and friendly nursing care is available in Estonia and helps patients maintain a stable level of health and functioning, and improve it where possible.

Personal solutions for professional support

Nursing care facilities look after patients in a stable condition over the long term, offering care and support through nursing by well-qualified and attested highly-trained specialist carers. Carers use the most modern treatment techniques and any necessary technical equipment.

A safe and homely environment

Estonian nursing services understand that patients need to be sure of dignified surroundings, cleanliness, tranquillity, privacy, a varied diet and personal care. Our care homes are ideal places for a short-term break or for long-term treatment. In both cases all treatments are supervised by doctors. Professional staff who can speak the patient's native language are available whenever needed to help with medical procedures and hygiene matters.

Patients' families are constantly kept up to date

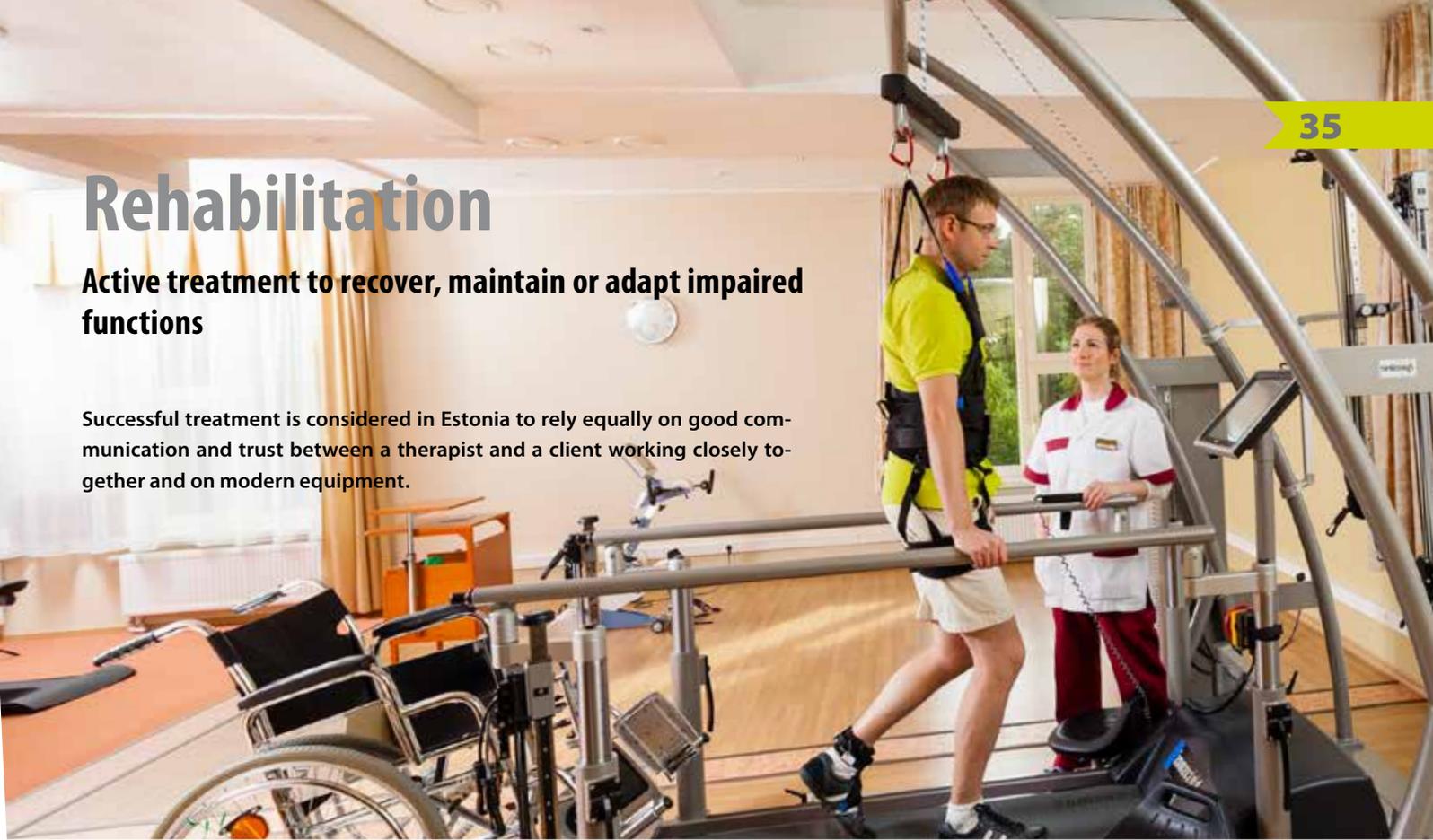
Electronic call out systems guarantee that patients' families can get full reports of the patient's status during treatment and of what the care facility is doing. Regular email reviews on the ongoing condition of the patient are also standard. Options such as skype or webcams can be used by relatives to monitor the progress of patients in care homes.



Rehabilitation

Active treatment to recover, maintain or adapt impaired functions

Successful treatment is considered in Estonia to rely equally on good communication and trust between a therapist and a client working closely together and on modern equipment.



Therapies teach independent living

Therapy is an important part of rehabilitation in Estonia, as this is when the patient learns to cope independently. Successful treatment increases the patient's capacity for work and shortens the illness and the time needed for a return to the life and work from before the trauma, even for patients who need a wheelchair for everyday mobility. For treatment to be effective, it is important that it is given in good time, with supportive care and in a calm environment to encourage recovery. This is very possible in Estonia, where there are both well-equipped hospital environments with private doctors available, and specially built rehabilitation centres.

A personal evidence-based approach

Patients are treated by a medical rehabilitation doctor, a physiotherapist, an occupational therapist, a psychologist, a speech therapist, a social worker, a massage therapist, support staff, and if necessary, a neurologist and other doctors and specialists. The team work together to assess the overall health of the patient; draw up a personal treatment plan; carry out all the necessary treatment; assess the patient's ability to cope and additional needs; suggest ways of adapting the home, work and study environments, and getting and using aids to movement; and give advice to the family.

A full range of specialised equipment

Estonian rehabilitation centres are well equipped with modern technology and fittings, like neuro-orthosis, functional electrical stimulators, walking tracks for workouts and a walking robot walking aid. Even more important than the modern technology are the long experience of the medical team and their excellent training.



THE CHOICE OF SERVICES:

- Rehabilitation planning
- Cardiological rehabilitation
- Neurological rehabilitation
- Oncological rehabilitation
- Orthopaedic rehabilitation
- Rheumatological rehabilitation
- Pulmonological rehabilitation

Sample prices*:

Rehabilitation: 120 € for 24 hrs.

Rehabilitation package (10 days stay in hospital with all necessary treatments and consultation, and accommodation in a two-bed ward): 1200 €

*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



East-Tallinn Central Hospital

www.itk.ee

Tallinn Children's Hospital

www.lastehaigla.ee

Keila Rehabilitation Centre

www.taastusravi.ee

Benita Health Care Centre / Wasa Health Centre

www.mmg.ee

Fertilitas Private Hospital

www.fertilitas.ee

Tallinn Children's Hospital

www.lastehaigla.ee



Special Care Services

Care for adults and children with special mental needs, care services for the elderly

THE CHOICE OF SERVICES:

- Round-the-clock care, including for clients with severe or profound disabilities or multiple disabilities
- Sheltered housing or housing in the community for clients with lesser needs
- Care for children with special needs
- Rehabilitation
- Care services for the elderly
- Support and counselling for people with special needs and their families

Sample prices*:

Basic round-the-clock service package with accommodation and four meals a day: from 60 €/day without extra services. Special care can be bought with flexible prices by the hour, day, month or year or as a scheduled service.

*Prices are given as a guideline only. The actual price will depend on the choice of services.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:

AS Hoolekandeteenused Mental Health Services
www.hoolekandeteenused.ee



Special care services work to improve the independence of people with special needs, increase their integration in society and make it easier for them to work or to find work. High quality modern care services are available in Estonia in a comfortable and supportive environment that lets clients feel they are a full member of society.

🔗 Patients with special needs

Special care services are provided in Estonia for both the long and short terms in a stable environment for both adults and children with special mental needs who have psychotic disorders, organic brain syndrome or mental disabilities like dementia, and also for the elderly who need support and guidance in organising their everyday lives and in participating in society and in work.

🔗 Flexible conditions

Services are provided at home, in the community, and in more than twenty homes across Estonia. To ensure the best possible quality of life for clients, the living conditions are adapted specially for them and flexible services are provided to suit their needs and desires. Clients can design the package that is best suited for the person needing care.

🔗 Temporary and short-term solutions

Care can be provided temporarily in a care home for patients in a safe and comfy environment if their primary carer is away travelling or otherwise unavailable.

🔗 An experienced and caring team

The staff providing these services are trained using the best expertise available and their experience, dedication and continual training mean they can offer the very best in high-quality modern care. Personal contact with the client and the client's family and loved ones is considered to be very important in Estonia, with clear and caring communication.







Wi Fi

SERVICE PROVIDERS



The North Estonia Medical Centre

Regional Medical Centre

Licence number L02528

Tallinn

www.perh.ee



Please contact:

+372 617 1139

patient@perh.ee

SERVICES PROVIDED:

- Cardiology and cardiac surgery
- Bariatric surgery
- Nuclear medicine
- Orthopaedic surgery
- Spinal neurosurgery
- Oncological surgery
- Oncology, including chemotherapy
- Sleep medicine
- Diagnostics
- Urology

Every patient has their own personal contact manager, who communicates with them by email and telephone, helps find accommodation and transport if needed, sends patient data to specialist doctors, meets the patient and looks after them throughout their stay in hospital, and remains as the contact person into the future.

The best class of medical centre, with competence centres for all fields of medicine, where the most complex medical cases can be treated:

- A large hospital with an interdisciplinary structure similar to those of European university hospitals
- The highest case-mix index in Estonia at 1.65
- Seven clinics, including the anaesthesiology, diagnostic, surgical, oncology and haematology, psychiatry and internal medicine clinics
- Over 500 doctors, and a total of over 3700 staff
- **1200** beds
- **36 000** inpatients, around 380,000 outpatient visits, over 2.5 million laboratory tests and over 310,000 radiological procedures and tests each year
- Investments of over €240,000,000 in the past seven years

Estonia's leading cancer treatment centre

The multidisciplinary cancer centre provides diagnoses and treatment for all forms of cancer. It is the only one in Estonia where specialisation is organ-based. Oncology cases are 25% of all the treatment cases in the hospital, and over 60% of the cancer operations in Estonia are done here, of which a majority are laparoscopic. The new operating wing is as modern as any in the Nordic region, and uses organ-conserving surgery and highly radical reconstructive surgery. Techniques used include hyperthermic intraperitoneal chemotherapy (HIPEC), radiofrequency ablation (RFA), cryoablation (Cryo) and brachytherapy. The chemotherapy centre can provide systemic anti-cancer therapy for any form of cancer, including rare tumours. The radiation therapy centre has passed the IAEA / QUATRO international audit and has the only IAEA certificate in Estonia.

A nuclear medicine department with European accreditation

The department was set up in 2002 and has a long history with a wide range of skills, including high-dose isotope therapy for liver tumours, which is not available even in Finland. The department has PET/CT and SPET/CT hybrid display devices, a "hot lab" and seven individual hospital rooms with all amenities and custom furnishings. The PET/CT at the centre has a European accreditation from EANM Research Ltd, EARL, and has successfully passed the audit by the International Atomic Energy Agency. Foreign patients make up 60% of the total in the department.



✦ Estonia's largest cardiac centre for heart surgery and invasive cardiology

The centre cares for 20,000 patients a year, 5000 of them as inpatients. The low mortality rates of operations here stand out internationally, as does the high percentage of arteries used as shunt stock, and our experience with beating heart surgery. The centre installed the first left ventricular assist device, or artificial heart, in Estonia. We eliminate extra electrical pathways that cause irregular heartbeats and multifocal atrial tachycardia foci with the most up-to-date treatment methods. We implant modern cardiac stimulators, including devices for heart failure and life-threatening rhythm dysfunctions. The North Estonia Medical Centre is an accredited European Hypertension Excellence Centre, and is used by the faculty of medicine of the University of Tartu for training.

✦ Doctors with 15 years of working with sleep medicine

Estonian doctors working in sleep medicine have at least 15 years of experience of work and international research in their subject. The treatment team can include a pulmonologist, a neurologist, a psychiatrist, an ear, nose and throat doctor, other specialists, and sleep nurses and technicians. Dr Erve Sõõru, President of the Estonian Sleep Medicine Association, works at the hospital and is a somnologist certified by the European Sleep Research Society.

✦ Bariatric surgery centre with outstanding results

The largest bariatric surgery centre in the region where more than 1000 overweight patients have been assisted in starting a new life. Of these bariatric operations, 99.5% were done through laparoscopy. We also have wide experience of bariatric surgery for high-risk patients. The incidence of postoperative complications is lower than, for example, in Swedish bariatric surgery centres¹. Post-operative mortality is 0%. Well-organised training, advice and post-operative observation of patients ensures good results from treatment and peace of mind for patients. Dr Ilmar Kaur, head of the Bariatric and Metabolic Surgery Department at the centre was named Estonian Doctor of the Year in 2012.

¹ <http://www.ncbi.nlm.nih.gov/pubmed/20309894>





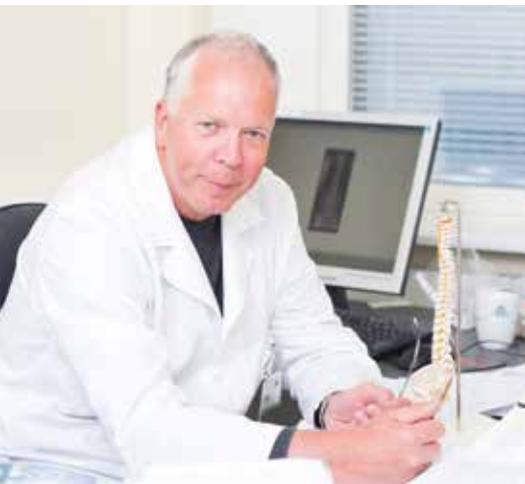
SA TALLINNA LASTEHAIGLA

Tallinn Children's Hospital

Regional Medical Centre

Licence number L02825

Tallinn

www.lastehaigla.ee

The only multi discipline top-level regional hospital for children in North Estonia, which focuses on diagnosing and treating children from birth to 18 years old:

- Treatment in all areas of paediatrics
- Intensive care department, children's surgery, and orthopaedics and oncology departments among others
- **120** doctors and a total of 737 staff
- Up to **170 000** outpatients and **11 000** inpatients
- **163** beds
- Partner hospital and training centre for the University of Tartu

Please contact:



Mari Aua

+372 588 49001

mari.aua@lastehaigla.ee

✦ The region's leading centre in many areas

Tallinn Children's Hospital is a leading orthopaedic centre for children, where treatment for children with scoliosis is among the best in Europe and major breakthroughs have been made in treating spina bifida and hydrocephalus. Walking aids are used in the rehabilitation of children with chronic diseases, like the unique walking robot designed specifically for children and used in rehabilitation centres.

✦ Vertically integrated children's medicine

All areas of paediatrics are covered at an equally high level at Tallinn Children's Hospital. Each case is approached individually, and Estonia is a good place to get a second opinion for diagnoses so that parents can have full confidence in the treatment prescribed.

✦ A family-focused and child-friendly environment

Wards have small numbers of children and where necessary family rooms are used so that parents can stay with their children during treatment. Prematurely born babies can stay with their mothers night and day. All the interior decoration and fittings are planned with children and their needs in mind, with special menus, play areas, internet connections and video games.

SERVICES PROVIDED:

- Oncology and haematology
- Children's surgery
- Orthopaedic Surgery
- Otorhinolaryngology
- Neurology
- Endocrinology
- Allergology and pulmonology
- Gastroenterology
- Nephrology
- Rheumatology
- Cardiology
- Rehabilitation and other specialised fields



East-Tallinn Central Hospital

A multidisciplinary central hospital

Licence number L02628
Tallinn
www.itk.ee

One of Estonia's largest central hospitals, with excellent competence centres and specialised units and a wide range of treatment services:

- Estonia's oldest hospital, founded in 1785
- 7 clinics: the diagnostics clinic, internal medicine clinic, eye clinic, women's clinic, surgery clinic, rehabilitation clinic and nursing clinic
- **379** doctors and a total of around 2360 staff
- **635** beds
- **476 735** treatment cases a year, 1.6 million individual procedures, 20,600 inpatient operations, and around 10,500 minor outpatient operations
- Specialised packages for foreign patients, including for childbirth

➤ Estonia's oldest nuclear medicine centre

The nuclear medicine centre has been in operation for more than 15 years and uses gamma camera computer tomography (SPECT-CT) and positron emission tomography (PET). The centre has three places for inpatients. Complex tumours are treated by Dr Eve Kelk, who has worked in the hospital since 1994 and is the only endocrinologist in Estonia who is also certified as a nuclear medicine specialist. Over 250 foreign patients come to the centre each year.

➤ Internationally accredited eye centre

The Baltic centre for treating eye tumours has been operating for 20 years and is where most cases of oncological eye diseases from across the region are treated. The treatment methods and technical equipment used allow sight-saving care to be provided for many diseases that were previously considered untreatable. The European Board of Ophthalmology gave the clinic its international accreditation in 2011, which also granted it the status of teaching clinic and the right to train European eye specialists. The clinic has five operating theatres where an average of 40 operations are done each day. In 2013, the clinic treated 1234 inpatients and 5589 outpatients, and the doctors of the clinic received 68,004 patient visits.

➤ A maternity hospital ready for anything

The hospital has the oldest maternity centre in Estonia, with traditions going back to 1804. Last year 3731 children were born here, one quarter of all the births in Estonia. The centre has nine birthing rooms and four baths for water births, and a level three intensive care ward for newborns, the highest level possible, where emergency and problematic births from across North and West Estonia are handled. The clinic has the only milk bank for breast milk in the Baltic states and was the first in Estonia to use kangaroo shirts for babies needing special care. The hospital is the only one in Estonia that has been declared baby-friendly by UNICEF.



Please contact:



Terje Bachmann
+372 620 7987
info@itk.ee

SERVICES PROVIDED:

- Health check-up
- Diagnostics
- Obstetrics
- Nuclear Medicine
- Ophthalmology
- Bariatric surgery
- Vascular surgery and angiography





West-Tallinn Central Hospital

A multidisciplinary central hospital

Licence numbers L02316 and L02846
Tallinn
www.keskaigla.ee

One of Estonia's largest central hospitals, offering high quality multilateral treatment in all areas:

- 11 clinics, including the internal medicine clinic, the women's clinic and maternity ward, the centre for reproductive medicine, the diagnostics clinic, the nerve disease clinic, the surgery clinic, the dental clinic and the nursing clinic
- **300** doctors and a total of some **1 700** staff
- Globally respected specialists
- Over **500** beds
- **25 000** 000 patients a year, 1.5 million diagnoses and 400,000 outpatient visits
- Specialised packages for foreign patients

Please contact:



Jana Band
+372 651 0061
doctor@hospital.ee

SERVICES PROVIDED:

- Neurology, including multiple sclerosis treatment
- Surgery, including proctology and bariatric surgery
- Obstetrics
- Gynaecology
- Reproductive medicine
- Health check-up
- Diagnostics
- Nursing care
- Essential dental care

➤ A world-class multiple sclerosis centre

At the highly respected multiple sclerosis centre, chronic neurological diseases can be diagnosed and treated, including some of the world's rarest such as neuromyotonia, which has only ever been diagnosed nine times in total, with one of those diagnoses being in Estonia. A new way of diagnosing neurological auto-immune disease has been found following work together with the diagnostics clinic, and a modern treatment exists for the disease. The MS centre works to advance medical knowledge in diagnostic and therapeutic techniques, and Dr Katrin Gross-Paju, its head, is a globally-renowned expert in neurology who has had articles published in peer-reviewed scientific journals. For more see: www.smk.ee

➤ Good conditions for natural childbirth

In 2013, 3341 babies were born here – one quarter of all the births in Estonia. The department has eight large birthing rooms, all of them equipped with a bath for water births. There are four intensive care places and a separate recovery ward for caesarean section patients. Family wards are spacious and cosy. The maternity department is happy to welcome high-risk mothers like women with diabetes. The choice of natural childbirth is considered important, and 40% of women who have already had a child with a caesarean section give birth to their next child here naturally. Head of the maternity clinic Dr Maike Parve was rewarded for her work with the title Woman of the Year 2012.



Almeda Clinic

Private clinic for aesthetic treatment

Licence number L02605
Tallinn, Sillamäe, Narva
www.smartlipo.ee

Outpatient and day surgery private clinic for aesthetic and other medical services:

- **20** years of experience
- Partnerships with most of the largest Estonian hospitals
- **20** doctors, **106** staff in total
- Over **6 400** patients and treatment cases
- Experience of treating foreign patients since 2008

➤ Minimally invasive aesthetic treatment

The modern minimally invasive technology means recovery times are short for most of the procedures done at the clinic and results are generally immediate. This means that treatment can also be fitted in during a short visit to Estonia.

➤ Top-quality modern equipment

Advanced haemorrhoids are treated with laser coagulation, which ensures greater precision and rapid recovery. One of the most practical procedures is minimally invasive improvement to deformities of the feet and toes with no major operation. Fractional CO₂-laser gives effective help for many dermatological problems such as scars, hyperpigmentation and new benign growths.

➤ Wide experience of working with foreign patients

A large share of Almeda's patients are from Finland, Sweden, Norway, Latvia and Russia. The clinic offers convenient transfers for foreign patients from Tallinn to the clinic in Narva and a new clinic has just been opened in Tallinn.



Please contact:

Almeda administrators
+372 392 9929
smartlipo@stk.ee

SERVICES:

- Aesthetic surgery
- SmartLipoMPX laser lipolysis and lipo sculpting
- Laser treatment for skin problems and skin ageing
- Minimally invasive treatment for varicose veins, including intravenous laser treatment
- Minimally invasive surgery for feet and wrists
- Minimally invasive proctological surgery
- ENT surgery
- General surgery and other services





Please contact:

Clinic 32 administrators
+358 9 2316 3205,
+372 632 32 32
info@kliinik32.ee
 Skype:kliinik32

SERVICES PROVIDED:

- Dental examination
- Diagnostics, including 3D x-rays
- Tooth spa oral hygiene services
- Teeth whitening
- Dental anaesthesia
- Oral surgery
- Root canal treatment
- Orthodontics
- Implants
- Gum treatment
- Prosthetic dentistry

Clinic 32 dental treatment centre

Private dental clinic

Licence number L02575
 Tallinn
www.clinic32.eu

An interdisciplinary dental centre where specialists in different fields work together to find solutions for even the most complex cases:

- A **45**-member team
- Top specialists from all fields of dentistry
- Founded in 2007, owned by the dentists
- Dentists with up to 20 years of experience of treating patients from abroad
- **5100** patients a year, of whom around 7% are from abroad
- Patients from Finland and Sweden, and from other European countries including Switzerland
- Member of the famous Spear Study Club
- Well located in the heart of Tallinn

➤ **European standards of treatment technology**

We use only the best treatments and the latest technologies, including 3D x-ray, root canal treatment microscopes, virtual treatment planning programmes, and needle-free anaesthesia. Operation and recovery rooms for dental treatment under anaesthesia have an integrated anaesthesia monitor of the type usually used for general surgery in large hospitals.

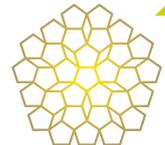
➤ **Aesthetic solutions that are gentle on the teeth**

The centre pays close attention to the aesthetic results of treatment. Alongside a range of conventional laminates for straightening teeth for example, we also have lumineers that allow the patient to achieve straight and aesthetically pleasing teeth without polishing or damaging the teeth, while the arsenal of the orthodontists also contains invisible braces. The clinic has its own laboratories that focus on producing various high quality and good-looking dentures.

➤ **Solutions for complex dental cases**

Top specialists from all fields of dentistry work together at the centre. Doctors regularly go for further training abroad and attend conferences, and contribute to the work of the international interdisciplinary Spear Study Club. Surgeon Dr Reet Pallase carried out a dental auto-transplant that is still a rare event globally, moving a living tooth of a patient to a different place in the mouth.





DR. NIINE
NAHAKLIINIK

Dr. Niin Dermato-Oncology Clinic

Private dermatology and oncology clinic

Licence number L02718

Tallinn

www.nahakliinik.ee

Multidisciplinary treatment of skin tumours in a recognised specialist private clinic that is focused on oncology but diagnoses and treats other skin diseases as well:

- Founded in 2009 as a specialised private clinic
- Owned by the head doctor, surgeon Dr Niin and her son, who manages the clinic work
- **13** doctors and a total of **18** staff
- Around **13,000** visits a year

➤ The head doctor is a surgeon and oncologist with a top reputation in Europe

The experienced doctors at the clinic offer multidisciplinary dermatological and oncological diagnosis and treatment from a dermatologist, a surgeon and an oncologist. The head of the clinic Dr Marianne Niin, after whom the clinic is named, is a doctor of medicine with 35 years of experience and is a surgeon and oncologist who is recognised across Europe as a specialist in treating melanomas. Dr Niin is part of the European Melanoma Taskforce working group and has co-authored several international research papers.

➤ Top quality treatment for skin tumours

Almost half of the cases of melanomas in Estonia have been identified by the Dr. Niin Dermato-Oncology Clinic. Alongside melanomas, other skin diseases are diagnosed and treated as well, and aesthetic procedures and beauty surgery can also be done. Most services are provided as outpatient or day treatments while diagnostics and inpatient care are done in close cooperation with East-Tallinn Central Hospital.

➤ The teledermoscopy service

Dermtest is a teledermoscopy service developed by the Dr. Niin Dermato-Oncology Clinic that uses a dermoscope (DermLite), internet-based software and diagnoses by famous Estonian doctors.

For more information see www.dermtest.com



Please contact:



Raul Niin

+372 615 4115

raul.niin@nahakliinik.ee

SERVICES PROVIDED:

- Aesthetic procedures for skin and plastic surgery
- Diagnosis of skin tumours including teledermoscopy
- Surgery for skin tumours with outpatient or inpatient care
- Second opinions for melanoma patients, oncological consultations
- Diagnosis and treatment of skin disease





Please contact:

Liina Raieste
+372 605 9603
fertilitas@fertilitas.ee

SERVICES PROVIDED:

- Health audit (personal health check)
- Observation and diagnostics for pregnancy (OSCAR test)
- Rehabilitation including cardiological rehabilitation
- Endoscopic gynaecological operations with short recovery time
- Ear, nose and throat treatment and surgery
- Orthopaedic surgery
- Plastic surgery
- Bariatric surgery
- Treatment for internal illnesses

Fertilitas Private Hospital

Private hospital

Licence numbers L02662, L02665 and L02828
Tallinn

www.fertilitas.ee

Estonia's largest multidisciplinary private hospital with both inpatients and outpatients departments and skills in more than 20 fields of medicine:

- Founded in 1993
- 2 affiliated clinics, 70 beds in a hospital building, 4 operating theatres
- **30** doctors and a total of **220** staff
- **40,000** outpatient visits, **3500** operations, **700** inpatient cases per year
- 20 years of experience of treating foreign patients

➤ **Long experience of rehabilitation treatment**

Patients are treated according to a personal plan by a medical rehabilitation doctor, a physiotherapist, an occupational therapist, a psychologist, a speech therapist, a social worker, a massage therapist, support staff, and if necessary, a neurologist and other doctors and specialists. The treatment recovers damaged functions after an operation or a traumatic accident and supports the patient's ability to act independently. It is important for family members to be involved and to be given all necessary information and updates.

➤ **Wide surgical experience**

The surgeons working at the hospital are experienced and well-known and work together with foreign specialists, like the experienced Finnish doctor Dr Jyri Hukki, who is a private surgeon working in corrective surgery for people born with facial malformations. The four operating theatres are used for 20-30 surgical operations each day.

➤ **A comfortable and cosy environment**

Wards are furnished to the standards of a three-star hotel. Comfort during recovery is provided by satellite television, a mini fridge, wifi and other everyday comforts. The hospital is small, so a doctor is always close at hand, giving patients an additional sense of security.



The Hospital of Orthopaedics



Private orthopaedic clinic

Licence number L02745
Tallinn
www.ortopeediaarstid.ee

The leading Estonian clinic founded by orthopaedic doctors, treating outpatients and providing surgical orthopaedic care:

- Founded in 2005
- **15** orthopaedists
- The clinic is majority owned by five orthopaedists
- **12,000** orthopaedic cases a year
- Around a quarter of the state funded day-surgery orthopaedic operations
- Long experience with foreign patients



Highly specialised and high quality

High treatment standards are ensured by top Estonian surgeons with a lot of experience, who work alongside doctors who also spend time working in Finland, Sweden and Holland. New methods are quickly adopted, making us a key importer and developer of innovative treatments. Equipment from top manufacturers like Stryker Corporation and Olympus is used, and only top class Swiss components are used in endoprosthesis. Proof of the quality of the service is the long experience of treating elite athletes, including Olympic medallists.

A patient-centred environment

Operations are performed in a clinic at a large hospital with five operating theatres with level three intensive care facilities, and an intensive care team, a recovery room and comfortable wards. Doctors value very much their personal communication with patients. In contrast to the case in many medical institutions in other countries, the doctor who makes the diagnosis at the Hospital of Orthopaedics is the same who performs the operation.

What we offer for foreign patients

Foreign patients are welcome for endoprosthetic replacements of joints; ligament operations for the arm, leg and meniscus; and plasma and shock wave therapy. Doctors can give a second opinion before any major joint operation is performed, and can also help in cases where an initial operation in another country has not proven as successful as was hoped.

Please contact:

**The Hospital of Orthopaedics
administrators**
+372 606 7747
orto@ortopeediaarstid.ee

ALL ORTHOPAEDIC SERVICES:

- Arthroscopy for knee, shoulder, hip, arm or leg
- Hand, wrist and spinal surgery
- Hyaluronic acid treatment
- Total Joint Replacement for hip, knee and shoulder
- Blood plasma treatment (ACP)
- Treatment for sporting injuries
- Physiotherapy
- Meniscus implants
- Plasma treatment (autologous conditioned plasma, or ACP)





Hospital of Reconstructive Surgery

Private clinic for reconstructive plastic surgery and vascular surgery

Licence number L02184
Tallinn
www.kirurgiakliinik.ee



Please contact:

Hospital of Reconstructive Surgery
administration
+372 679 0130
mail@kirurgiakliinik.ee

SERVICES PROVIDED:

- Reconstructive and aesthetic plastic surgery
- Vascular Surgery

Private clinic for reconstructive and aesthetic plastic surgery and vascular surgery, where internationally experienced top Estonian surgeons work:

- Founded in **1993**
- **12** doctors and a total of **78** staff
- **900** inpatients and **1500** outpatients each year
- A surgical ward with 28 beds, an operating block with 5 operating theatres and an intensive care unit with 11 beds
- 40% of all vascular operations in Estonia, 70% of which are non-scheduled
- The managers and majority owners the head surgeons, Dr Andrus Loog and Dr Tiit Meren
- Many patients are from Finland, Sweden and Norway

🔧 Experience in the world's best clinics

Our surgeons have long international experience and have practised as visiting surgeons in the world's leading clinics, including one of the best trauma hospitals in the world in Camp Bastion in Afghanistan. During more than twenty years of work, the Hospital of Reconstructive Surgery has carried out some 17,000 operations on 13,000 patients.

🔧 In the frontline of modern and innovative solutions

All the most modern methods for plastic surgery are used, together with the latest regenerative medicine techniques. Surgeons work closely with top specialists from the European Union and NATO to develop new treatment techniques and technologies. This can be seen in the completely new operating techniques using stem cells demonstrated recently at the clinic, where autologous stem cells from the patient's own body are transplanted to the damaged areas, where they can repair tissues and organs.

🔧 Outstanding and dedicated doctors

Patients frequently highlight how well the doctors communicate and explain their work and the medical diagnoses clearly to patients. Great value is placed on personal contact between doctor and patient.



Kreutzwald Eye Centre

Private ophthalmology clinic

Licence number L02811

Tallinn

www.silmaarstid.eu

An eye centre specialising in the early detection, diagnosis and treatment of eye disease, which is perfectly suited for patients who prefer a small and flexible clinic:

- **14** eye doctors, three of whom have the Valvira licence to practise in Finland, and one in Sweden
- Around **27,000** patients each year
- 5% of patients come from abroad, the majority are repeat visitors
- Operating since 2003, two clinics in Tallinn
- Clinic owned by Dr Krista Turman, who practises there
- Only place in Estonia using the new Heidelberg Spectralis technology
- Conveniently located in the centre of Tallinn
- Visits can be arranged for the same day or the next day if needed

⚡ A respected team

The doctors here have trained at Tartu University and studied further at universities around the world, including London Moorfields Eye Hospital and Tübingen University in Germany. Head doctor Dr Krista Turman has been a member of the American Academy of Ophthalmology since 2007. All the nurses and optometrists have higher education in medicine. The eye clinic's network of consultants contains many Estonian doctors, neurologists, rheumatologists and others, and also foreign consultants, including Prof. Zierhut of Tübingen University and Dr Elina Selega from Riga.

⚡ Top of the range technology

The technology used is among the latest available anywhere. A unique SPECTRAL coherence tomography scanner is used for diagnosis and allows the eye to be studied quickly and on multiple levels, so changes can be detected even at the micro level and cross-section pictures taken at different levels of the eye. The pupil does not need to be dilated, so the tests are comfortable, especially for children, the elderly and patients with glaucoma.

KREUTZWALDI

SILMAKESKUS EYE CENTER



Please contact:

Riina Vahtrik

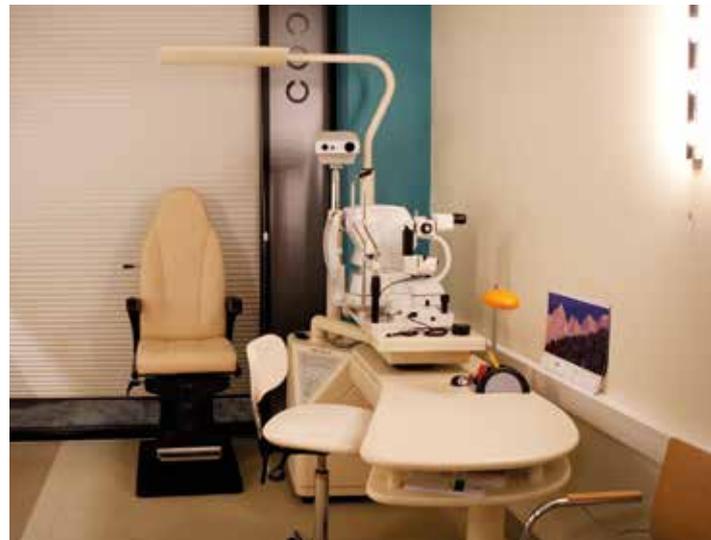
+372 662 3744

info@silmaarstid.ee

silmaarst@gmail.com

SERVICES PROVIDED:

- Diagnosis and treatment of eye disease
- Optometry
- Retinal examinations
- Angiography
- Heidelberg retinal tomography
- OCT-tests
- Corneal pachymetry
- Eyesight tests
- Retinal imaging and fundus photography
- Intraocular pressure measurement
- Scanning laser polarimetry
- Minor operations and intraocular injections
- Laser treatment





Medemis Aesthetic Medicine Clinic

Private clinic for aesthetic treatment

Licence number L03144

Tallinn

www.medemis.fi



Please contact:

Medemis administrators

+372 6 998 333

info@medemis.ee

SERVICES PROVIDED:

- Aesthetic dermatology
- Rejuvenating laser treatments, chemical peel, IPL
- Filler and beauty injections Botox, Restylane, Juvederm and Radiesse
- Laser and photo epilation
- Sclerotherapy and micro-surgery for varicose veins
- Micro-surgery for skin lesions
- Treatment for excessive sweating

Private clinic for aesthetic treatments with minimally invasive laser and ultrasound procedures and filler injections done by doctors and nurses with higher education in medicine:

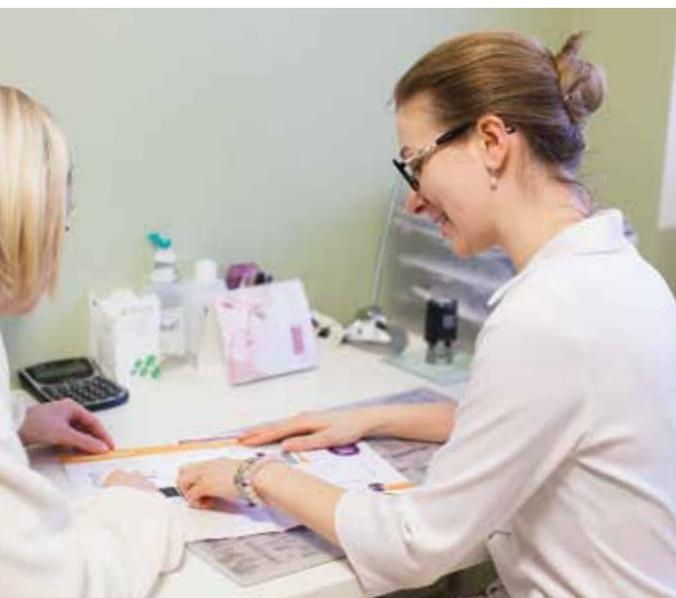
- Founded in 2006
- **12** employees
- Around **2000** clients and **3700** treatment cases a year
- Experience of treating foreign patients from the very beginning
- Well located in the heart of Tallinn
- A private and cosy environment

➤ Rapid recovery and immediate results

Most of the procedures available are non-surgical, meaning that recovery times are short. They can easily be incorporated with a holiday or business trip or with a day cruise, or even done during a lunch break. Modern minimally invasive beauty treatment technology generally allows immediate results for anti-ageing treatments for the face and body, treatments for acne and stretch marks, cellulite and fat removal and other beauty treatments.

➤ New and proven safe technology

The latest technology is used, like the Lumenis Ultrapulse Encore CO2 dermatological laser (2013), the Deka medical laser and IPL equipment. Treatments and care are safe and tested and together with the equipment used, they have been passed by the American FDA (Food and Drug Administration) and the European Medicines Agency.



AS Hoolekandeteenused Mental Health Services



Social welfare services to adults with special mental needs

Licence numbers 313, 339, 341 and 342
Estonia
www.hoolekandeteenused.ee

The largest provider in Estonia of special care services for adults and children with special mental needs and of care services for the elderly, caring for almost one third of people with special needs in the country:

- Founded in 2007
- **1000** staff, 85% of them working directly in looking after clients
- 43% of staff have been with the company for more than five years
- **22** service units across Estonia, three care homes certified by EQUASS Assurance
- **2500** clients a year
- Ready to serve foreign clients, care places available within ten days

➤ Modern homes in beautiful natural surroundings

The care homes are specially adapted for people with special needs and are located in peaceful natural surroundings across Estonia with access to high quality medical help nearby and a wide range of public services. Care facilities in more than 550 new private family houses were built in 2012-2013, providing a comprehensive modern care environment for people with special needs.

➤ The option of personal care packages

Clients can put together their own personal care packages with a choice of accommodation in family homes with 10-11 places or in larger homes in one or two-bed rooms; food, including special diets; nursing help; rehabilitation services; therapy; physical and mental development services; and more.

➤ A rich and active environment

A lot of attention is paid to supporting the mental and physical development of clients and to their activities and relationships. There are organised daily activities such as craftwork, cooking, hobby groups for singing, dancing and theatre, sporting activities like swimming, Nordic walking and aerobics, gardening, days out and excursions in summer and more. Everyday needs like hygiene, food and use of public services are directed and supported, as are work and studies, using methods specially developed to work with people with special mental needs like TEACCH and SABI method.



Please contact:



Mare Naaber
+372 502 8539

info@hoolekandeteenused.ee

Services provided:

- Round-the-clock care, including for clients with severe or profound disabilities or multiple disabilities
- Sheltered housing for clients with lesser needs
- Care for children with special mental needs
- Care services for the elderly
- Rehabilitation
- Support and counselling for people with special needs and their families





Benita Health Care Centre / Wasa Health Centre

Rehabilitation and nursing care

Licence numbers L02392, L01968 and L03063



Please contact:

Benita Health Care Centre:

Marilyn Vaksman

+372 507 1406, +372 674 4600

marilyn.vaksman@benita.ee

Wasa Health Centre:

Ivi Altmäe

+372 505 8557, +372 445 0790

ivi.altmae@wasa.ee

SERVICES PROVIDED BY BENITA:

- Supportive rehabilitation treatment for clients diagnosed with oncological, neurological or muscle diseases
- High-quality care hospital services for short and long-stay clients
- Accommodation

SERVICES PROVIDED BY WASA:

- Rehabilitation, especially for heart diseases
- Treatment of chronic joint disease and peripheral nervous system diseases
- Exercise tests for the heart
- Therapeutic and relaxation procedures
- Accommodation

Benita Health Care Centre Keila district, about 25 km or 20 minutes drive from the edge of Tallinn www.benita.ee

- Founded in 2008
- **42** members of staff
- 6200 nights of nursing care a year
- **80** rooms and **120** overnight places
- Experience of treating foreign patients from Canada, Finland and other countries

Wasa Health Centre Pärnu, www.wasa.ee

- Founded in 1938
- 50 members of staff
- 28,120 nights of nursing care a year
- 82 rooms and 160 overnight places
- Experience of treating foreign patients from Finland, Sweden, Norway and Latvia

👉 Individual treatment programmes

A personal action plan for complex rehabilitation treatment is put together for each guest, containing various therapies like physiotherapy, occupational therapy or exercise in the fresh air as appropriate. There are doctors, physiotherapists and occupational therapists at the centre.

Nurses and carers are on call round the clock at Benita.

👉 A place to recover for clients who appreciate comfort

Both centres are in private and peaceful natural surroundings: Benita is in the middle of a pine forest near the capital city, and Wasa is in the spa resort town of Pärnu between the sea and the town centre. The interiors of the centres are beautifully decorated and comfortable. The whole building and surrounding area at Benita are equipped for the disabled, with lifts, handrails, seated showers in bathrooms, hoists and other fittings. There are cosy shared rooms for leisure time, with a music room, library, kitchen corner, quiet room, sports hall and children's room at Benita. Clients can bring a support person with them during their treatment.

👉 An extensive world-class equipment park

The Benita Health Care Centre has a range of fitness equipment, with treadmills, balance boards, exercise machines and exercise bicycles.

Wasa Health Centre has exercise test machines equipped with the best cardiopulmonary oxygen analysers available internationally, which are equally good for heart patients or anyone else who wants to test the state of their health.



Keila Rehabilitation Centre

Rehabilitation centre

Licence number L02565
Keila (25 km from Tallinn)
www.taastusravi.ee

The Keila Rehabilitation Centre is one of the most important rehabilitation centres in Estonia, providing rehabilitation services in support of the largest hospital in Estonia, the North Estonia Medical Centre:

- Founded in 1994
- **75** employees
- **62** beds
- **1700** clients and **2050** treatment cases a year
- Currently only working with adult patients aged 14 and over
- Owned by the neurologist Dr Nurm and her son, who manages the clinic work
- A beautiful and private location near to Tallinn

Started modern rehabilitation treatment in Estonia

The centre handles all subclasses and special kinds of rehabilitation and has long and thorough experience in neurological rehabilitation for strokes, various neurodegenerative disorders, trauma etc. Only empirically proven methods and approaches are used. Keila was one of the first rehabilitation centres in Estonia to start using modern treatment methods based on teamwork. The hospital and staff keep in close contact with partner hospitals in Great Britain and Scandinavia and are members of the World Federation for NeuroRehabilitation (WFNR), and the centre has one of the best libraries on the subject in Estonia.

Focused on early rehabilitation services

Keila generally handles early-stage patients who were first afflicted by the stroke, trauma, operation or other incident within the preceding six months, and often within the previous 1-3 weeks. High quality treatment starts from intensive therapeutic work, with inpatients getting an average of three hours of active treatment a day, which is above the Estonian average of 1.7 hours.

Priority given to therapy

The key part of rehabilitation treatment is therapy, whether physiotherapy, occupational therapy, speech therapy, or psychological counselling. A treatment team and programme is designed individually for each client and headed by a rehabilitation doctor. The key to successful treatment is good communication and trust between a therapist and a client working closely together.



Please contact:

Maarika Nurm
+372 51 00 199

maarika.nurm@gmail.com

REHABILITATION SERVICES PROVIDED:

- Neurological rehabilitation for:
 - Strokes
 - Neurodegenerative disorders like Parkinson's and MS
 - Traumatic head and brain injury
 - Traumatic spinal and brain injury
 - Peripheral nervous system disorders
 - Polytraumas
- All the orthopaedic aids needed for rehabilitation
- Outpatient cardiac rehabilitation





Quattromed HTI Laboratories

Accredited medical laboratory

Licence number L02804
Tallinn and other towns across Estonia
www.quattromed.ee



Please contact:
Quattromed HTI Laboratories client
support
+372 640 8231
quattromed@quattromed.ee

SERVICES PROVIDED:

- Practically all areas of laboratory medicine are covered, from basic laboratory tests to very complex genetic studies.

Estonia's largest privately funded medical laboratory provides laboratory services to general practitioners, medical care providers for inpatients and outpatients, occupational healthcare centres, various public institutions and private individuals:

- 20 years of experience
- **150** employees
- **5 million** laboratory analyses a year
- ISO standard 15189 Medical laboratories – Particular requirements for quality and competence
- Member of Synlab, an international provider of laboratory services
- Long experience of exporting services

➤ Work with laboratories of the Synlab international group

A large share of the analyses are done on the spot in Quattromed HTI laboratories, but the main partner for specific and rarely-performed tests is the European laboratories of the international Synlab group. The results are given in English.

➤ Rapid results for private individuals too

Private people can also order tests whatever their health or their age. Results from tests performed on the spot are generally available the same day or the next day.



Competence Centre for Cancer Research

A scientific centre for cancer research

Licence number L02423
Tallinn
www.vtak.ee



COMPETENCE CENTRE FOR CANCER RESEARCH

The Competence Centre for Cancer Research is developing a new generation of anticancer drug candidates and technologies for the early diagnosis of cancerous tumours:

- The centre brings together scientists, university staff and doctors
- Over 100 scientific papers, 9 patents and 8 patent applications
- 12 development projects, 4 of them in diagnostics and 8 in drug development
- Research into five different types of cancer
- Certified medical laboratory iGen, which conducts onco-genetic tests and genetic tests to examine differences in metabolism

➤ **Molecular biological research into types of cancer**

The centre researches five cancer types: bowel cancer, breast cancer, skin cancer, blood cancer, and cervical cancer. Projects in diagnostics deal with biomarkers for brain tumours, personal therapy with molecular diagnostic analysis, and early detection of diseases through blood analysis. Drug development looks to produce candidate medicines that would kill only cancer cells and significantly reduce the toxicity of cancer therapy.

➤ **The certified medical laboratory iGen**

iGen handles onco-genetic research. Doctors discuss hereditary cancer with patients to determine which cases would benefit from genetic studies. iGen analyses the risks of hereditary cancers and diagnostic, prognostic, and predictive analysis of cancer markers. It also runs genetic tests for the general public to identify the specific characteristics of metabolism.

➤ **Special recognition for quality innovation**

The centre brings together scientists, university staff and doctors to improve the quality of cancer treatment around the globe. The centre won special mention at the quality innovation awards in Helsinki in 2011 for its onco-genetic testing and advice services.

Advice:

All initial questions:

Doris Rohu
+372 6204335
doris.rohu@vtak.ee

Questions about genetic analyses:

Aire Allikas
+372 6204347
aire@igen.ee
www.igen.ee; www.geenitestid.ee

Questions about research and development

Katre Paulman
+372 6204338
vtak@vtak.ee

SERVICES PROVIDED:

- Research and development in oncology
- Cancer tests, diagnostics
- Onco-genetic tests, genetic tests at iGen





Please contact:

Tanel Mätlik
+372 510 2705
tanel.matlik@abikeskused.ee

SERVICES:

- The basic software can be adapted to suit the particular needs of each caller
- The right technical solution to meet each specific need
- Education and training for telephone operators

Medical Counselling Center

Medical consultations, IT solutions and training

Licence number L01689
www.abikeskused.ee

The Medical Counselling Centre provides medical consultation in primary health care using information technology, including a medical helpline, and medical algorithms.

- Founded in 1998
- **66** employees
- Promotes telework and flexible innovative forms of work
- A successful advice helpline, used by one Estonian resident in five in 2013
- A model that has been exported to other countries

➤ A comprehensive solution

The nationwide family doctor advice telephone developed in Estonia provides professional health care advice round the clock. The advice is given by specially trained family doctors and nurses, who use dedicated software and algorithms. The advice line is also integrated into the system of the Emergency Centre, meaning that if a health problem is life threatening the call can immediately be redirected and the ambulance paramedics can start out at once.

➤ Kustannustehokas palvelu

A telephone-based advice service brings significant savings and means that existing resources can be used more rationally. The 'Health in Transition' study by the World Health Organisation found that advice line services are one third to one half of the cost of face-to-face advice, and as little as one seventh of the price of direct contact with a private doctor.

➤ Successful experience

The medical telephone advice service has been operating successfully in Estonia since 2005 and in 2012 almost 250,000 calls were received, meaning almost one in five Estonian residents called the service. Other countries have also expressed an interest in the service.



Clusters

➤ Estonian Cell Therapy Cluster

The Cluster brings together skills of public and private sector of regenerative medicine, novel technologies, hospitals, clinics, scientists and universities and a GMP laboratory in order to build up a new branch in healthcare as well as expand the cooperation within Estonian and international healthcare and scientific institutions.

Contact:

Mart Raik, Coordinator
+372 502 2628
mart@celltherapy.ee
www.celltherapy.ee



➤ Estonian Health Tourism Cluster

The Estonian Health Tourism Cluster brings together Estonian medical spa companies, health resorts and health tourism research and development institutions offering outpatient care. Cluster members have wide experience of working with foreign patients

Contact:

Aire Toffer,
 Project Manager
+ 372 50 84 020
aire.toffer@healthrepublic.ee
www.healthrepublic.ee



➤ Estonian HealthTech Cluster

The Estonian HealthTech cluster brings together medical, biotech and IT organisations to develop new health and medicine treatments in various fields of medicine.

Contact:

Liisa Parv,
 Marketing and Collaboration
+372 53 494 622
 Skype: liisa04
www.htcluster.eu



➤ Estonian Sports Medicine Cluster SportEST

The Estonian Sports Medicine Cluster SportEST brings together Estonian institutions offering core and support services for sports medicine in order to make amateur athletes more aware of what is available and to harmonise, consolidate and develop the services that contribute to injury prevention, treatment and rehabilitation.

Contact:

Gerly Kedelauk
 Project Manager
+372 524 4805
gerly@sport.ee
www.sport.ee



Universities

➤ Tallinn University

Tallinn University Institute of Health Sciences and Sports teaches undergraduate and master's degree courses for future physical education teachers, coaches, and recreation organisers. Renowned specialists work at the university, providing world-class functional diagnosis for top athletes, and athletes from 94 countries have been here for consultation.

Contact:

Kristjan Port, Director of the Institute of Health Sciences and Sports
+372 699 6596
tsi@tlu.ee
www.tlu.ee



➤ Tallinn University of Technology

The Institute of Clinical Medicine at Tallinn University of Technology handles the academic sides of medicine and technology. Start-ups, medical institutions and experts work together here. The main research is in indicators of healthy behaviour, the progress of illnesses caused by allergies, and the processes that can affect the operation of e-health services.

Contact:

Tea Varrak, Vice-Rector for Innovation and Internationalisation,
 Director of the Mektory Innovation and Business Centre.
+ 372 620 2030
tea.varrak@ttu.ee
www.ttu.ee



Selection of services provided by Medicine Estonia cluster members⁵

	Aesthetic treatment	Bariatric surgery	Cardiac surgery	Cardiology	Check-up	Colorectal surgery	Dentistry	Diagnostics and laboratory analyses	Gynaecology	Neurology	Nuclear medicine	Nursing care
REGIONAL HOSPITALS												
The North Estonia Medical Centre		*	*	*				*				*
Tallinn Children's Hospital												
CENTRAL HOSPITALS												
East-Tallinn Central Hospital		*		*	*			*	*	*	*	*
West-Tallinn Central Hospital		*		*	*	*	*	*	*	*	*	*
PRIVATE CLINICS AND HOSPITALS												
Almeda Clinic	*					*						
Clinic 32 Dental Treatment Centre					*		*					
Dr. Niin Dermatoonology Clinic					*		*	*				
Private Hospital Fertilitas		*			*		*	*	*			
Hospital of Orthopaedics												
Hospital of Reconstructive Surgery												
Kreutzwald Eye Centre					*							
Medemis Aesthetic Medicine Clinic	*											
REHABILITATION CENTRES												
Hoolekandeteenused Mental Health Services												
Keila Rehabilitation Hospital												
MMG Health Centres												*
LABORATORIES												
Quattromed HTI Laboratories					*			*				
SCIENTIFIC AND ADVICE CENTRES												
Competence Centre for Cancer Research								*				

5. Other medical services available by separate agreement.

* Selected services



Travel to Estonia

Coming to Estonia for treatment is simple and convenient for both EU and non-EU citizens

The recent EU directive on cross-border health care services makes it easier to choose a medical service provider from across the whole EU area. The directive gives patients the right to choose any medical service provider they like from anywhere in the European Union, and sets out the conditions for when domestic insurers pay for treatment abroad and travel costs.

Depending on the treatment, the payment may be covered under different EU and national laws and other conditions, and the amount covered may vary. For this reason, patients planning to come to Estonia for treatment should consult the website of the National Contact Point in cross border healthcare and also the national health service of their home country to make sure whether and how far the costs of the particular case will be covered and under what conditions.

Citizens of those few countries who need a visa to visit EU countries need not worry, as the visas are issued under the conditions of the Schengen area and the whole process is simple and quick.

See also the Estonian cross-border health services contact point www.kontaktpunkt.sm.ee

For the contact details of Estonian representations abroad and for visa conditions, see the website of the Estonian Ministry of Foreign Affairs www.vm.ee/en.

What makes visiting Estonia so special:

- Silence is essential. Wild beaches with white sand, more than 1,500 islands mostly untouched by human settlement, silent forests, quiet cities... Perfect for recovery.
- History really matters. When you visit Tallinn's medieval Old Town, on the UNESCO World Heritage list, you can enjoy the modern city life and many great cafes and restaurants.
- Culture is most exciting. You can easily find a concert taking place where the world-famous conductor Neeme Järvi leads a performance of works by the renowned composer Arvo Pärt.
- Relaxation is an experience. To learn what a pleasure it is to jump from a hot sauna directly into a cooling lake or a snowdrift, what a genuine smoke sauna smells like and how enjoyable it is to discuss world matters with a friend in a barrel sauna, you must try all this yourself. Tourism farms and spas offer these special experiences all over Estonia. An outstanding way of healing the body and mind.

www.visitestonia.com shows interesting routes and the best offers, images, videos and maps.

In the country known worldwide as a great leader in e-services, almost all of Estonia is covered with a wireless internet access network that is mostly free.

Please contact Medicine Estonia cluster members directly

REGIONAL HOSPITALS

North Estonia Medical Centre
+372 617 1139
patient@perh.ee
www.perh.ee

Tallinn Children's Hospital
Mari Aua
+372 588 49001
mari.aua@lastehaigla.ee
www.lastehaigla.ee

CENTRAL HOSPITALS

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Terje Bachmann
+372 620 7987
info@itk.ee
www.itk.ee

West-Tallinn Central Hospital
Jana Band
+372 651 0061
doctor@hospital.ee
www.keskhaigla.ee, www.rodivestonii.ru

PRIVATE CLINICS AND HOSPITALS

Almeda Clinic
+372 392 9929
smartlipo@stk.ee
www.smartlipo.ee

Clinic 32
+372 6 32 32 32
Skype: kliinik32
info@kliinik32.ee
www.clinic32.eu

Dr. Niin Dermato-Oncology Clinic
+372 615 4115
info@nahakliinik.ee
www.nahakliinik.ee

Kreutzwald Eye Centre
+372 662 3744
info@silmaarstid.ee
silmaarst@gmail.com
www.silmaarstid.eu

Hospital of Reconstructive Surgery
+372 679 0130
mail@kirurgiikliinik.ee
www.kirurgiikliinik.ee

Medemis Clinic
+372 6 998 333
info@medemis.ee
www.medemis.fi

Hospital of Orthopaedics
+372 606 7747
orto@ortopeediaarstid.ee
www.ortopeediaarstid.ee

Private Hospital Fertilitas
Liina Raieste
+372 605 9603
fertilitas@fertilitas.ee
www.fertilitas.ee

REHABILITATION CENTRES

Hoolekandeteenused Special Care Centre
+372 677 1250
info@hoolekandeteenused.ee
www.hoolekandeteenused.ee

Keila Rehabilitation Hospital
Maarika Nurm
+372 51 00 199
maarika.nurm@gmail.com
www.taastusravi.ee

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Wasa Health Centre**
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OTHER MEDICAL CLUSTERS

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+372 5084020
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Estonian Sports Medicine Cluster SportEST
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www.sport.ee

Estonian HealthTech Cluster
Liisa Parv
+372 53 494 622
Skype: liisa04
www.htcluster.eu

Cell Therapy Cluster
Mart Raik
+372 502 2628
mart@celltherapy.ee
www.celltherapy.ee





Estonian is a Finnic language, spoken natively by over one million people.

Hello! – Tere!

Thank you! – Tänan! or Aitäh!

I am going for medical treatment in Estonia. – Mina lähen Eestisse ravile.

I like my doctor. – Mulle meeldib minu arst.

Welcome! – Tere tulemast!



October 2014