

Teeme koos EESTI
MEDITSIINI TUNTUKS!

Medicine Estonia klaster on aktiivsete, meditsiiniteenuseid pakkuvate ettevõtete koostööplatvorm, mille üks eesmärke on Eesti kui ravituruimisi sihtkoha ja tervishoiuteenuste rahusvahelistumise edendamine. Meil on olemas tervishoiuvaldkonnad ja -teenused, milles ollakse tehnoloogilises mõttes kaasaegse meditsiini esirinnas ning teenuse osutamise hinnatase on konkurentsivoimeline.

Teenuste valdkonnad, mida
MEDICINE ESTONIA KLASTRI
partnerid pakuvad:

STOMATOLOOGIA

STOMATOLOGY

ESTEETIKA

AESTHETICS

Services offered by
MEDICINE ESTONIA CLUSTER
partners:

**SÜNNITUSABI,
VILJATUSRAVI**

**OBSTETRICS, INFERTILITY
TREATMENT**

**ÜLDKIRURGIA
GENERAL SURGERY**

Let's work together to make
ESTONIAN MEDICINE KNOWN!

The Medicine Estonia cluster is a collaboration platform of active medical corporations, one of the aims of which is to promote Estonia as a health tourism destination, and the second aim is to promote the internationalization of health services. We work in the health care sectors and have services in which we are at the forefront of modern medicine in terms of technology, and the service price is very competitive.

On 9th March 2011, the European Parliament and Council Directive 2011/24/EU "Patients' rights in cross-border healthcare" to enable patients to use all the health care services, that would be provided in their own country, in another member state, went into effect.

It is worth coming to Estonia for treatment.
View more at www.medicineestonia.eu

Medicine
Estonia

www.medicineestonia.eu



www.estonia.ee

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Estonia

9. märtsil 2011 jõustus Euroopa Parlamendi ja Nõukogu direktiiv 2011/24/EL „Patsiendiõiguste kohaldamise kohta piiriüleses tervishoius”, et võimaldada patsientidel kasutada teises liikmesriigis kõiki tervishoiuteenuseid, mida neile osutatakse ka oma kodumaal.

Eestisse tasub ravile tulla.

Vaata täpsemalt www.medicineestonia.eu

NORDIC HAMBAKLIINIK – hinnatud nii
Eesti kui ka välispatsientide seas

Tallinna südalinnas hambaravi täisteenust pakuvas Nordic Hambakliinikus saab abi köikide hamba- jmt probleemide korral, alates klassikalisest hambaravist kuni implantoloogia ja esteetiliste protseduurideeni. Hambakliinik on Tartu Ülikooli residentuuri baasasutus, kus toimub arst-residentide kliiniline õpe.

Kliiniku meeskond koosneb ligi 40 oma ala spetsialistist, olles üks suuremaid hambakliinikuid Eestis. Nordic Hambakliiniku peastr on dr Kristo Ivanov, kes töötab ka SA Tartu Ülikooli Kliinikumis arst-õppjöuna.

Välispatsientide seas on Nordic Hambakliinik väga populaarne – ainuüksi 2016. aastal külastas kliinikut



ligi 500 patsienti väljastpoolt Eestit. Välispatsientide osas teeme koostööd nii rahusvaheliste kindlustusettevõtete, meditsiiniturismi arendajate kui ka kruisiifirmadega.

Kogenud ja mainekad erialaspetsialistid, kaasaegseimad seadmed, hubane miljöö ning sõbralik teenindus loovad sünergia, mille tulemuseks on meeldiv hambaravikogemus.

Olete oodatud! www.nhk.ee



NORDIC DENTAL CLINIC – valued by
both Estonian and foreign patients

Nordic Dental Clinic, which is situated in downtown Tallinn, offers all-inclusive help with all dental problems, from classic dental care, to implantology and aesthetic treatments. The dental clinic is a residency institution for the University of Tartu, where the physician residents conduct their clinical studies.

The team consists of nearly 40 specialists, and is one of the largest dental clinics in Estonia. The chief physician of Nordic Dental Clinic, Dr. Kristo Ivanov, also works at the University of Tartu Hospital as a doctor and a teacher.



Nordic Dental Clinic is very popular amongst foreign patients – in 2016 alone, nearly 500 patients from outside Estonia visited the clinic. We cooperate with international insurance companies, medical tourism developers and cruise companies.

Experienced and reputable professionals, the latest modern equipment, a cozy atmosphere and friendly service creates a synergy, which results in a pleasant dental experience.

You are welcome to come and visit us!

www.nhk.ee

Estonia - a
medical tourism
destination

Treatment in Estonia -
efficiant medical assistance
and great service

Doctors with
golden hands!

Tallinna Tervishoiu Kõrgkool on rahvusvaheliselt tunnustatud riiklik rakenduskõrgkool, mis pakub koolitust tervise ja heaolu valdkonnas.

70 TÄIENDKOOLITUST JA 1200 KOOLITATAVAT AASTAS

Siiu korraldatakse aastas enam kui 70 täiendkoolitust, mida viivad läbi koolitajad nii kõrgkoolist endast kui mujalt. Teemadering on lai: tervishoid, ergonoomika, erialane keeleõpe jpm. Koolituste korraldamisel tehakse koostööd tervishoiusutuste ja erialalitude, Eesti Töötukassa, Haigekassa, Innove ja välispartneritega.



MAAILMASEMEL SIMULATSIOONIKESKUS ÕPETAB PÄRSELUS ÕIGESTI REAGEERIMA

Õppides maailma parimatelt simulatsioonikeskustelt rajas kõrgkool mõned aastad tagasi oma imiteerimiskeskonna, kus harjutatakse kutsealale vajalikke



KORRALDAGE OMA SÜNDMUS TALLINNA MOODSAIMAS KONVERENTSIKESKUSES!

Kuni 200 inimest mahutavat konverentsikeskust saab kasutada suure saalina, aga jagada ka kaheks väiksemaks helikindlaks auditooriumiks. Kogu keskuse juurde kuuluv tehnika on täisautomaatne. Samuti on olemas eraldi tölgiruum sünkroontölk jaoks.

Innovative TALLINN HEALTH CARE COLLEGE

Tallinn Health Care College is internationally recognized as a national college of applied sciences, which offers training in health care and welfare.

MORE THAN 70 TRAINING COURSES AND 1200 TRAINEES ANNUALLY

More than 70 training courses are held here every year by competent trainers from the college itself as well as from elsewhere. The range of topics is wide: general health, ergonomics, language training etc. All this is done in cooperation with health institutions and professional associations.

WORLD-CLASS SIMULATION CENTRE TEACHES HOW TO PROPERLY ACT IN REAL LIFE SITUATIONS

By learning from the best simulation centres in the

world, the college founded its own simulation centre a few years ago. This centre provides a place to practise necessary skills in a safe environment. Both the students and teaching staff have given the centre very positive feedback, as they are provided with a variety of environments, in which they are able to practise childbirth, to respond to pathological and emergency situations etc.

ORGANIZE YOUR EVENT IN TALLINN'S MOST MODERN CONFERENCE CENTRE!

The centre accommodates up to 200 people and can be used as one large auditorium, but can also be divided into two smaller soundproof rooms. The entire centre is fully automated and there is also a separate room for simultaneous translation.

Aeg lendab, aga MILLAL ON ÕIGE AEG LAPSI SAADA?

Tänapäeva kiires elutempos seatakse endale kõrgeid eesmärke – lõpetada õpingud, teha edukat karjääri ja reisida –, mille tulemusel lükkub pereplaneerimine paratamatult tulevikku. Kuni jõuab käte aeg, kui perre igatsetakse beebeit, kuid...

Täna on esmasünnitaja vanus Euroopas 29 eluaastat, ehkki bioloogiliselt loetakse naise jaoks parimaks sünnitamiseks kahekümnenaid. Hinnanguliselt võib igal kuuendal paaril esineda probleeme loomulikul teel lapseootole jäämisega ning maailmas võib olla üle 70 miljonit lastetu paari. Nende aitamiseks on välja töötatud kunstliku viljastamise meetodid nagu IVF (*in vitro fertilization*), mille puhul toimub viljastumine kehaväliselt, embrüote esimesi arengupäevi jälgitakse laboritingimustes ning emakasse viakse kõige parema kvaliteediga embrüo.

Nova Vita on esimene ISO 15189 kvaliteedisertifikaadi tunnustatud IVF-kliinik Eestis. Meeskonnal on üle 20 aasta kogemusi viljatusravis ja uue elu algust jälgitakse embrüst kuni terve beeblini. Tihedat koos-



n today's fast-paced life, ambitious goals are set – to finish studies, to make a successful career and travel – and as a result, family planning is inevitably set aside for the future. People decide to wait until the right time to have a baby, but ...

In Europe, the average age at which women have their first baby is 29, even though, biologically the best childbearing age for a woman is her early-twenties. It is estimated that every sixth couple could have problems conceiving naturally and there could currently be about 70 million infertile couples in the world. Nowadays in vitro fertilization (IVF) methods provide solutions to overcome infertility. In case of IVF, fertilization takes place outside the body, developing embryos are monitored under laboratory conditions during the first



tööd tehakse Soome kliinikuga Ovumia ning kahe kliiniku abiga on sündinud juba üle 9000 lapse. Nova Vita kliinikul on oma munaraku- ja spermapank, kus on võimalik säilitada oma sugurakke. Lisaks säilitatakse pangas doonorunarakke ja -seemnerakke, et aidata kiirelt neid paare, kellel ei önenstu oma rakkudega lapsi saada.

Uue elu algus Nova Vitas! www.novavita.ee

Time flies but WHEN IS THE RIGHT TIME TO HAVE A BABY?

few days and the best quality embryo is transferred into the uterus.

Nova Vita is the first IVF clinic in Estonia that is recognized with ISO 15189 quality certificate. Our team has over 20 years of experience in the treatment of infertility and the creation of a new life is monitored from the embryo to healthy baby. We work closely with the Finnish IVF Clinic Ovumia, and with the help of two clinics working together more than 9000 children are born. Nova Vita clinic has own egg and sperm bank where people can preserve their fertility by freezing their eggs or sperm. In addition, donor eggs and sperm are stored in bank, to help quickly those couples who have problems having children with their own cells.

New life begins at Vita Nova! www.novavita.ee



Põhja-Eesti Regionaalhaigla (PERH) on Eesti juhtiv meditsiinikeskus ja tervishoiuinnovatsiooni eestvedaja, pakkudes sarnaselt Euroopa ülikoolihaiglatega raviteenust köigil arstikel erialadel, v.a silmakiirurgia ja sünnitusabi. Haigla moodsas keskkonnas töötab patsientide heaks üle 3900 kogenud spetsialisti.

Meie arstid on korduvalt pälvinud patsientide valitava maineka aasta arsti tiitli. Näiteks 2012. aastal sai tunnustuse bariaatrilistele ehk maovähendusoperatsioonidele spetsialiseerunud kirurg dr Ilmar Kaur, 2015. aastal erakorralise kirurgia keskuse juht prof Peep Talving.

Oleme Eesti suurim traumakeskus, kus päevas saab abi enam kui 220 patsienti. Lisaks on haigla vähiravi tunnustatud kompetentsikeskus, mille inter-

PERH - Estonia's leading medical centre

The North Estonian Regional Hospital (PERH) is Estonia's leading medical centre and leader in healthcare innovation, offering treatments in all medical disciplines, with the exception of eye surgery and obstetrics. Over 3 900 experienced professionals treat patients in a modern hospital environment.

Our doctors have repeatedly won the prestigious doctor of the year title. For example in 2012, Dr. Ilmar Kaur, who specializes in bariatric or gastric reduction surgery won this title, and in 2015 it was Prof. Peep Talving, chief of the urgent surgery centre, to whom it was awarded.

We are Estonia's largest trauma centre, where we help more than 220 patients every day. In addition, the

distsiplinaarsed suure kogemusega ravimeeskonnad pakuvad patsientidele personalset ravi. Kõrgelt hinnatud nukleaarmeditsiini osakonnas pakutakse kõrgel tasemel vähiravi ja diagnostikat igas vanuses patsientidele. Põhja-Eesti suurimas südamekeskuses on kasutusel südamehaiguste diagnoosimise ja ravi kõige tänapäevasemad meetodid ning üks moodsaid operatsiooniplokke Läänemeremaades.

Peame oluliseks personalset lähenemist igale patsiendile, alustame põhjalikust terviseandmete analüüsist ning raviplaani koostamisest, kuulates alati ära ka patsiendi eelistused ja soovid. www.perh.ee

centre has a recognized cancer treatment competence centre, where interdisciplinary treatment teams provide personalized treatment for patients. A highly-rated nuclear medicine department offers high-level cancer treatment and diagnostics for patients of all ages. In the biggest heart disease treatment centre of North Estonia the most modern methods for treatment and diagnostics are used, and we also have one of the most modern surgical units in the Baltic countries.

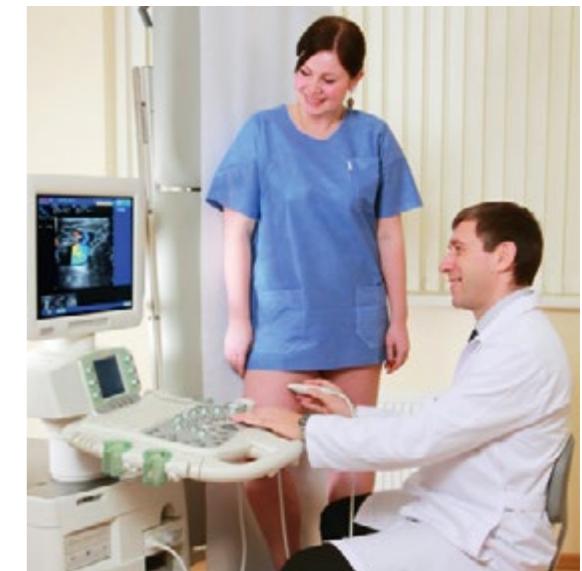
We value a personal approach to each patient, starting with a thorough analysis of medical records and creating a treatment plan, taking into account the patient's preferences and desires.

www.perh.ee

Eesti Veeniravi Kliiniku (Estonian Vein Clinic) tipp-tasemel tehnoloogia ja professionaalsed arstid lahendavad veenilaiendite probleemid laser- ja radiosagedusoperatsiooni või liimimeetodi abil. Kõik protseduurid on valutud, lühikese taastumisajaga ning ei jäta arme.

Laseroperatsiooni ajal sisestatakse veeni pisikeste torkehaava kaudu spetsiaalne lasersond, mille kuumuse abil suletakse järk-järgult kogu puudulik veen. Samalaadne on raadiosageduslik veenioperatsioon, mille ajal viiakse veeni teistsuguste omadustega kateeter. Seejärel peab patsient kandma 8 nädalat iga päev kompressioonsukkasid. Kõige moodsam ravimeetod on Venaseal liim, mis kleebib veresoonte seinad hetkega ega nõua taastumisel sukkade kandmist. Liimiprotseduur viiakse läbi anesteesiata ja on valuvaba.

Operatsiooni vajalikkus või veenilaiendite probleemi raskusaste tehakse kindlaks ultraheli diagnos-



tikaga. Konsultatsioonil kontrollitakse nii pindmisi kui ka süvaveene ning vajaduse korral koostatakse iga patsiendi jaoks individuaalne raviplaan.

Veeniravi Kliinik teeb koostööd erinevate kindlustusfirmadega ning finantsasutusega MediCredit, mis pakub meditsiiniteenuste finantseerimiseks madala intressiga laene.



A NEW LEVEL OF VEIN SURGERY that is painless and with short recovery time

The Estonian Vein Clinic's cutting-edge technology and professional physicians are able to solve the problems of varicose veins with laser and radiofrequency surgery or the bonding method. All procedures are painless, have a short recovery time, and do not leave scars.

During surgery a laser probe is inserted into a vein through a small puncture wound, which bonds the vein with heat. Radiofrequency vein surgery, during which a catheter with different characteristics is inserted into the vein, is similar to laser surgery. After surgery, the patient is required to wear compression stockings every day for 8 weeks. The most modern method of treatment uses Venaseal glue that bonds the walls

of blood vessels together in an instant and does not require stockings afterwards. The procedure is carried out without anaesthetic and is pain-free.

The need for surgery and the severity of varicose veins is diagnosed with ultrasound. During the consultation both superficial and deep veins are checked and, if necessary, an individual treatment plan is put together.

The Estonian Vein Clinic collaborates with various insurance companies, and the financial institution MediCredit, which offers low-interest loans to finance medical services.

Eesti Veeniravi Kliinik

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 **HAMBAMEDITSIINI 3D-SEADMED**
kiirendavad raviprotseduuri aega
näDALATELT TUNDIDENI



3D-tehnoloogia areng on jõudnud ka Eesti meditsiini – Kotka Tervisemajas tegutsevas Sakala Hambaravis on võimalik vaid ühe visiidiga valmistada kvaliteetseid täiskeraamilisi kroone ja täidiseid, viies hambaravi uuele ja patsiendi-sõbralikumale tasemele.

Uudne tehnoloogia vähendab oluliselt raviks kuluvat aega, arstivisiitide arvu ja seega ka kulutusi. Üht-



 **THE USE OF 3D MEDICAL DEVICES**
accelerates dental treatment time
from weeks to hours

New 3D technology has reached Estonian medicine. At Sakala Dental Care Centre in Kotka Health Care Centre it is possible to make high-quality all-ceramic dental crowns and fillings in just one visit, which brings dental care to a new and patient-friendly level.

Modern technology makes it possible to reduce the treatment time, number of visits, and ultimately, costs. It is also much more pleasant for the patient, because he or she can leave the dentist with a restored tooth after just two hours.

In addition, patients are showing more and more interest in dental care under general anaesthetic. It is used in larger surgical procedures in order to reduce

pain and reactions that occur during treatment. General anaesthesia is a solution for people who have a fear of dentists as a result of, for example, a low pain tolerance, or are afraid of tooth removal.

Sakala Dental Care also offers more traditional dental services such as gum treatment, orthodontics, root canal with microscope, implantology and oral surgery, tooth jewellery and whitening.

Sakala Hambaravi | Kotka 12, Tallinn
+372 5335 9966 | info@sakalahambaravi.ee
www.sakalahambaravi.ee
sakalahambaravi.ee/hambaraviapp



 **BALTIKUMI KAASAEGSEIM ERA-MEDITSIINIKESKUS** koondab erinevad kliinikud üheks tervisekeskuseks



Tallinna kesklinna lähistel asuv Kotka Tervisemaja on ainus Eesti tervisekeskus, kus on ühendatud perearstikeskus, eriarstiabi osutavad kliinikud, täisfunktionsaalne diagnostikakeskus ning erahaigla 2 operatsioonitoa ja palatikorpusega.

Tervisemaja koondab kaasaegsesse kvaliteesse ennetus- ja ravitöössse panustavaid erameditsiinikliinikuid, kus töötavad nii Eestis kui ka naaber-



 **THE MOST MODERN PRIVATE MEDICAL CENTRE** brings specialists together under one roof

located very close to the city centre of Tallinn, Kotka Health Centre is the only medical centre in Estonia that houses a centre for family physicians, medical specialists, a fully-functional diagnostic centre, and a private hospital with two operating rooms and patient rooms.

The health centre brings together private medical clinics that all contribute to modern high-quality preventive and treatment work, with highly-regarded specialists both in Estonia and in neighbouring countries. There is close cooperation between clinics, and doctors can conveniently book their patients into another clinic.

We provide answers to various health issues and health problems, and also take on those patients

riikides kõrgelt hinnatud spetsialistid. Kliinikud teenavad tihedalt koostööd, näiteks saavad arstid mugavalt patsiendile teise kliinikusse aja broneerida.

Kotka Tervisemaja aitab lahendada väga laia ampluaad terviseprobleeme, andes vastuse ka neile, kes soovivad ehk lihtsalt teise professionaali arvamust või kasutada delikaatseid esteetika- ja ilutreenuseid. Tänu tunnustatud plastikakirurgidele ja moodsa disainiga palatikorpusele ollakse populaarsed ka Skandinaavia ja Venemaa patsientide seas, kes on iluteenustest huvitatud.

Kotka Tervisemajas tegutsevad Rosenthali Perearstikeskus, Radioloogiakliinik Mammograaf, Niine Naha-kliinik, Sakala Hambaravi, Jalaravi Kliinik, Dr Kullamaa Plastikakirurgia, Kotka Erahaigla ja BENU Aptee.

who simply want to get a second professional opinion, or use our aesthetic and beauty services. Thanks to renowned plastic surgeons and a modern hospital rooms, we are also popular among Scandinavian and Russian customers.

Kotka Tervisemaja houses Rosenthal Family Health Centre, a radiology clinic, a mammography clinic, Niine Skin Clinic, Sakala Dental Care Centre, a foot clinic, Dr Kullamaa Plastic Surgery, Kotka Private Hospital and BENU pharmacy.

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