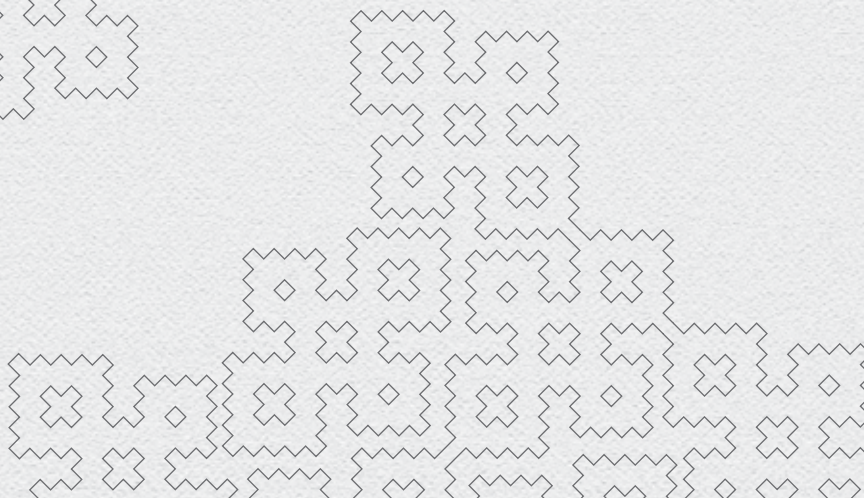
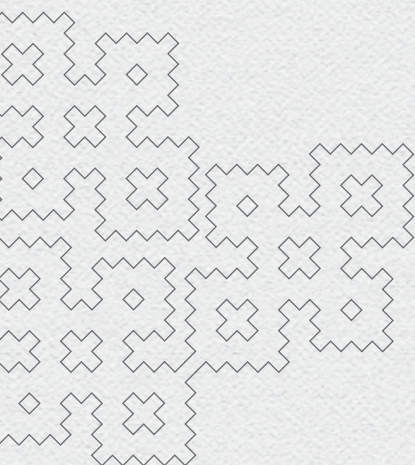


LitCare

Lithuanian Medical
Tourism Cluster



LITHUANIA

Lithuania is a Northern European country with a border along the Baltic Sea. The country abounds with well-preserved natural landscapes, woods, lakes and rivers as well as a unique seaside.

Lithuania offers many extraordinary sites, some of which are included in the UNESCO World Heritage list: Vilnius Historical Center – known as the Old Town, it is one of the largest and most beautiful old towns in Central and Eastern Europe; the Curonian Spit – Lithuania's sand dune paradise; Trakai – a historic city and lake resort which lies 28 kilometers west of the capital of Vilnius.

DISTANCES FROM VILNIUS TO NEIGHBORING CAPITALS:



→ Moscow – 791 km



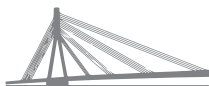
→ Warsaw – 393 km



→ Stockholm – 680 km



→ Minsk – 173 km



→ Riga – 262 km



→ Berlin – 830 km



SOME FACTS ABOUT LITHUANIA:



Lithuanian is the oldest living Indo-European language.



It takes eight hours to travel from eastern to western Lithuania (approx. 500 km) and six hours to travel from southern to northern Lithuania (approx. 350 km).



Lithuania is the geographical centre of Europe. The official center is located 26 km from the capital of Vilnius.



The Baltic Sea coastline stretches almost 100 km. Iodine-rich sea air cleanses and softens the respiratory tract and strengthens the immune system.



Lithuania is famous for its amber deposits. Amber is used to treat a variety of ailments: headaches and throat pain, insomnia and fatigue, mental imbalances and spiritual problems.



The air pollution levels in Lithuania are among the lowest in Europe. Forests that cover one-third of the Lithuanian territory ensure fresh air.



Lithuania is rich in therapeutic mud. White mud cleanses the skin and improves metabolism and blood circulation; peat mud increases oxygen intake and activates the endocrine glands.



Lithuania has vast resources of underground mineral water, which is rich in potassium, calcium, iodine, sodium, magnesium and other essential minerals for the body.



Lithuanian cuisine is characterized by dishes made from potatoes, flour, grains and meat. Authentic Lithuanian delicacies include rye bread, bacon (lašiniai), cold soup made from yogurt or sap ("šaltibarščiai"), cabbage rolls with meat ("balandėliai") and fried potato cakes with meat.

LITHUANIA: SAFE AND WELCOMING



Lithuania: Attractive. Lithuania – a member of the EU for more than a decade – has proven to be a safe and attractive country not only for its citizens, but also for guests from abroad. Numbers of tourists are continuously growing: over the last five years the number of arriving guests increased more than 30%. Lithuania also attracts Western investment and companies.



Lithuania: Welcoming. More than half of the country's population speaks English. Due to its geographic location, the country has always been multicultural and open to newcomers. Even today a large part of the population has relatives or friends abroad, while many people have professional relationships with foreigners. So it is easy for the foreigner visiting Lithuania to feel welcome and appreciated. Many visitors describe Lithuanians as helpful and friendly, hard working and focused on quality.



Lithuania: Cosy and Green. Not a single city in Lithuania is larger than one million people. Every place in the country is fairly quiet, calm and cosy. In addition, Lithuania is rich in meadows, forests, rivers, lakes and parks that rejuvenate both body and soul. Distances between major medical and health centres and tourist attractions are very short. The most remote corners of Lithuania are barely more than 300 km apart.



Lithuania: Safe. Lithuania has a very low risk of natural disasters and the crime rate is low. So it is safe not only to live here, but also to visit, recover and rest.



Lithuania: Moving Forward. Lithuania is constantly changing and growing. Thanks to rapid economic development and EU investment, every year new roads, modern hotels and restaurants are being built; urban parks, resorts and tourist attractions are being renovated and developed.



Lithuania - Open to Medical Tourists. Lithuania is a safe place to benefit from medical, rehabilitation and health services. This is demonstrated by the fact that about one-tenth of patients in Lithuania's health care institutions are currently from abroad. The numbers are only growing, due mainly to a favourable price-to-quality ratio in medical and health services.



SAFE HIGH QUALITY SERVICES



European Standards. Both national and EU law protects medical tourists in Lithuania. The qualifications of specialists and the quality and safety of services fully comply with EU standards.



Professional Doctors. Qualified medical personnel ensures high quality services. The cluster of institutions gathers experienced, highly-rated professional teams. About one-third of them are professors and habilitated doctors. The qualifications of specialists are guaranteed not only by extensive education, but also by periodic certification and licensing.



Advanced Technologies. Doctors in Lithuania use cutting-edge technology, some of which surprises even Western European specialists. This is achieved through the targeted use of European Union development funds. The country's medical personnel use highly advanced medical methods, some of which are among the most progressive in the world.



Patients' Rights. The National Civil Code and various laws, including the Law on the Rights of Patients and Compensation for Harm to Health, protect the rights of medical patients. To ensure the complete safety of the patient, treatment and health care institutions belonging to the cluster have civil liability insurance.



Safety Ensured. First medical aid is provided to visitors free of charge. All Lithuania's health care institutions have medical professional liability insurance. Additional protection against accidents is provided by travel insurance.



Focus on Service Quality. Institutions belonging to the cluster periodically implement various global and prestigious external evaluation, certification and accreditation processes: JCI Gold Seal of Approval (Joint Commission International), TEMOS (Trust. Effective Medicine. Optimized Services) "Excellence in Medical Tourism" and "Quality in International Patient Care", Treatment Abroad Accredited, ISO 9001:2008, ISO 15489, EuropeSpa and many others. They promote continuous improvement in management of the institutions, qualification of personnel and quality of service. Medical and health service professionals working for the institutions belonging to the cluster are fluent in Russian and, in many cases, also English.



Professional Service Coordination. High quality service is guaranteed by your relationship with the service managers of the institution providing services. They will not only ensure that there will be no misunderstandings regarding proper documentation, research, service selection and options to pay from your national health insurance fund, but will also advise on other issues.

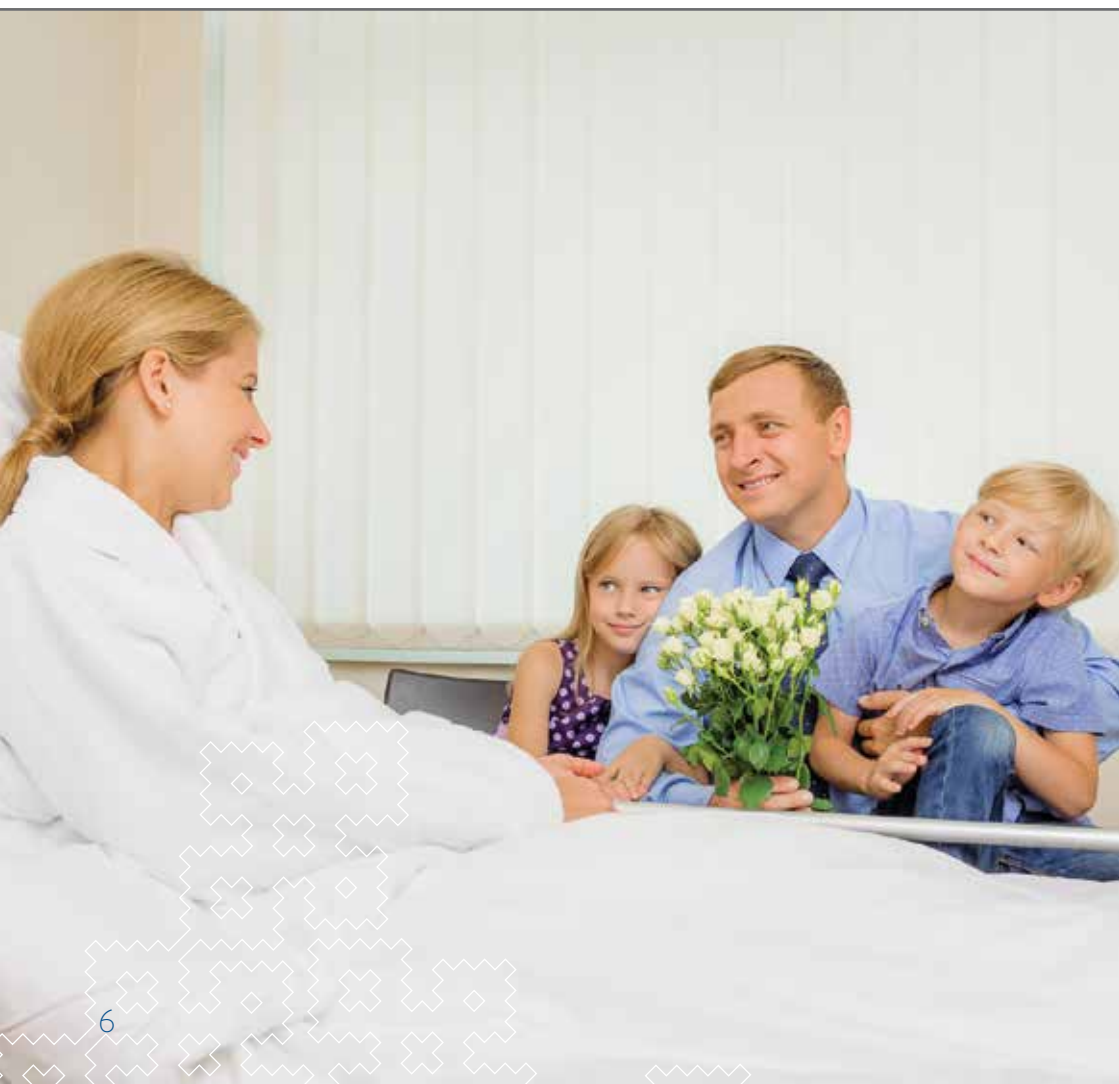


Quality Every Step of the Way. The medical tourism cluster is ready to provide you with a great experience in Lithuania. We want to and can take care of all the details of your stay, starting with travel, accommodation and access to medical, health, dental and rehabilitation services, and ending with good food, amusing leisure activities and sightseeing.

LITHUANIA - EUROPEAN QUALITY FOR A REASONABLE PRICE

Lithuania is famous not only for its wonderful nature, unique national dishes and hard-working people, but also for the high quality of its health services and professional doctors, the special attention paid to patients, and the wide range of recreational activities, which have recently experienced increased demand.

But the main factor in attracting medical tourists to Lithuania is the price of health and wellness services, goods, and well-developed tourist infrastructure.



SELECTED MEDICAL PROCEDURES COSTS COMPARISON:

Service	Country					
	Germany	Czech	Poland	Turkey	Israel	Lithuania
Breast augmentation	7 500 \$	4 312 \$	3 712 \$	3 586 \$	4 037 \$	3 224 \$
Liposuction	4 499 \$	3 054 \$	2 800 \$	2 207 \$	2 500 \$	1 400 \$
Cataract surgery	1 773 \$	921 \$	1 741 \$	1 673 \$	3 500 \$	1 232 \$
Knee joint arthroplasty	11 375 \$	-	8 348 \$	7 175 \$	-	5 691 \$
Knee joint arthroscopy	2 625 \$	-	912 \$	-	3 200 \$	1 200 \$
Hemorrhoids removal surgery	3 400 \$	2 888 \$	1 026 \$	1 925 \$	2 325 \$	1 200 \$
Varicose veins surgery	3 150 \$	3 588 \$	751 \$	2 100 \$	-	720 \$
Dental implantation	3 000 \$	1 950 \$	973 \$	970 \$	2 000 \$	800 \$

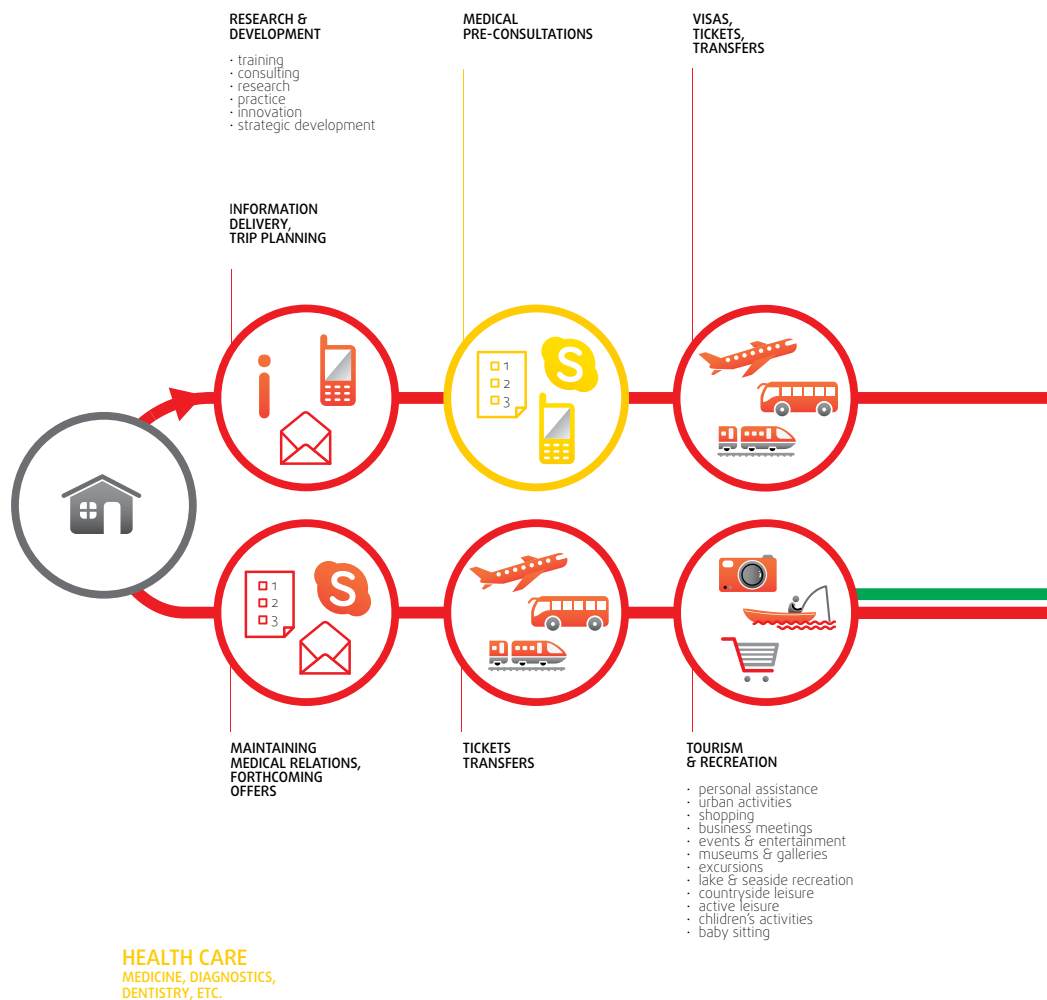
* Source: www.treatmentabroad.com

THE CHAIN OF SERVICES AND ADDED VALUES

The route of a medical tourist leads through multiple medical and non medical services. An integration of this variety of services creates the unique added value chain where every aspect of treatment and any need of a medical tourist has been already foreseen.

TREATMENT TO BECOME A VACATION

Besides treatment during the visit medical tourists may enjoy a unique Lithuanian cuisine, urban activities, shopping, business meetings, various culture events and entertainment, museums and galleries, excursions, lake or seaside recreation, countryside leisure, sports and active leisure, children's activities and many more our Tourism & Recreation services. Special services like interpreting, baby sitting and personal assistance can also be provided.



Medical tourist route

ACCOMMODATION LEISURE



SPA & BEAUTY

MEDICAL CONSULTATION, PREPARATION FOR DIAGNOSTICS AND TREATMENT



MEDICAL SPA

- medical spa treatment
- mineral water treatment
- mud baths & applications
- vertical baths
- classic medical massages
- underwater massages

GENERAL MEDICINE SERVICES

DIAGNOSTICS, THERAPEUTIC AND SURGICAL TREATMENT

- check-up programs
- gastroenterology
- ophthalmology
- gynecology
- urology
- fertility treatment
- otorhinolaryngology
- sports medicine
- dermatology
- traumatology
- orthopedics
- cardiology
- vascular surgery
- plastic & reconstructive surgery



MEDICAL MONITORING, CONSULTATIONS, RECOMMENDATIONS

DENTISTRY

- dental implants
- prosthodontics
- oral surgery
- orthodontics
- periodontal treatment
- endodontics
- laser dentistry
- cosmetic dentistry
- 3d radiology
- sedation dentistry
- children's dentistry
- general dental therapy



MEDICAL REHABILITATION

HEALTH IMPROVEMENT

REHABILITATION, MEDICAL SPA & WELLNESS



HEALTH CARE



Health check-up programs



Extensive diagnostics in fields of: internal medicine; endocrinology, gastroenterology, neurology, obstetrics-gynecology, orthopedics-traumatology; ophthalmology, and others

Preventive health check-ups for men, women and children, certain body organs, and system of organs



Therapeutic treatment



Consultations, therapy



Surgeries: orthopedic, gynecological, ophthalmologic etc. (more than 100 types)

Orthopaedic, traumatological, gynaecological, urological, proctologic surgeries, general surgery, and other types of surgeries by using such minimally invasive methods as arthroscopy, hysteroscopy, laparoscopy, laser, and radiosurgery



Rehabilitation and sports medicine



Kinesitherapy, physiotherapy



Local mineral water



Medical treatment



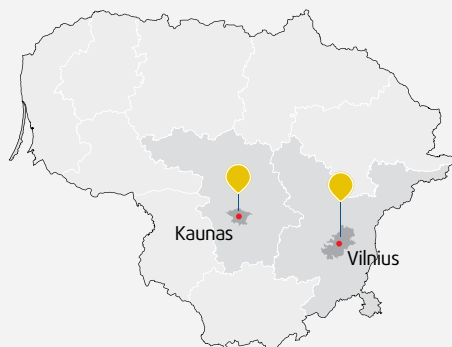
Psychotherapy



Hydrotherapeutic procedures



Reproductive Medicine is the most modern center for fertility treatment in Lithuania



Plastic and reconstructive surgery. Experienced plastic and reconstructive surgeons perform all types of face and body plastic and reconstructive surgeries



Laser, radiosurgical and classic treatment of varicose veins



Brain & head magnetic resonance imaging

Cerebral (circulation disorders, tumours, traumas etc.)



Spine magnetic resonance imaging

Spine (tumours, hernia of intervertebral disks, fractures, degenerative alterations)



Joints magnetic resonance imaging (knee, shoulder, wrist, elbow, etc.)



Bone density test (osteopenia, osteoporosis)



Limbs (fine multiple fractures etc.)



Temporomandibular joint (TMJ) magnetic resonance imaging



Otorhinolaryngology (neurinoma of acoustic nerve, diseases of paranasal sinuses, diseases of ear, etc.)



Thoracic organs (pulmonary artery embolism, tumours, cysts, emphysema, bronchiectasis etc.)



Breast magnetic resonance imaging



Urogenital system magnetic resonance imaging

Pelvic organs, pelvic bones (tumours and metastases, osteoporosis etc.)



Abdomen magnetic resonance imaging

Abdominal organs (tumours, purulent processes etc.)

DENTISTRY

pro implant
dental clinic

bmp
CLINIC | GENERAL
MEDICINE
PRACTICE



Professional oral hygiene and
teeth whitening



Laser dentistry



Therapeutic dental treatment



Orthodontic dental treatment



Aesthetic dental restoration and
cosmetic dentistry



Dental implantation
(dental implants of
2 world leading producers)



Endodontic dental treatment



Immediate implantation



One visit prosthodontics CAD/CAM



Bone reconstruction and other
oral surgery



Prosthetic dentistry (various
dental prostheses on all
structures and types of dental
implants)



Dental treatment under deep sedation

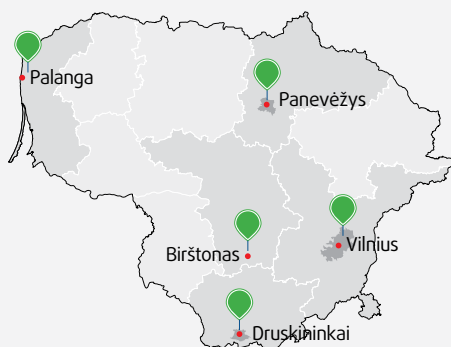


Periodontal dental treatment



Radiological examination

HEALTH IMPROVEMENT



Mineral water treatments



Individual diet menu



Massage



Unique author catering programmes



Physiotherapy and kinesotherapy treatments



Individual diagnostics, treatment and rehabilitation programmes



Swimming pools



SPA Hotel



Steam bath, Laconium, Classic Finnish sauna



Offer for Families



Curative sapropel mud



Nursing and Care



Body and Facial Treatment
CINQ MONDES



Orthopedic devices

CLUSTER MEMBERS: HEALTH CARE



Medical Diagnostic and Treatment Centre

V. Grybo str. 32A, Vilnius
Tel. +370 5 247 6369, +370 698 00 000
For partners +370 5 247 6368
E-mail medtour@medcentras.lt
www.medcentras.lt



General Medicine Practice Clinic

Savanorių ave. 421/23, Kaunas
Tel. +370 646 10600,
For partners +370 615 17778
E-mail administracija@daktaras.lt
www.daktaras.lt, www.groziopasaulis.lt



International Dental Clinic "Pro-implant"

K. Donelaičio str. 14-1, Kaunas
Tel. +370 634 09687
E-mail post@odontologas.lt
www.odontologas.lt



Flebology Clinic

Juozapavičiaus str. 9A, Vilnius
Tel. +370 5 219 5899
E-mail info@flebologijosklinika.lt
www.flebologijosklinika.lt

Certifications / accreditations:



JCI
"Hospital Standard"



Accreditation
"Excellence in Medical
Tourism"



Accreditation
"Quality in International
Patient Care"



Certificate
LST EN ISO 9001:2008



Certificate
LST EN 15224



Accreditation
"Partner of The
Diplomatic Council"



Accreditation
"Treatment Abroad
Code of Practice"

REHABILITATION, SPA & WELLNESS



Rehabilitation & Wellness Centres "Eglės sanatorija"

Eglės str. 1, Druskininkai
Algirdo str. 22, Birštonas
Tel. +370 313 60220, +370 313 60283
E-mail info@sanatorija.lt
www.medicalspa.lt



Rehabilitation Centre "UPA"

Sveikatos str. 36, Druskininkai
Tel. +370 313 59 188
E-mail booking@upa.lt
www.upa.lt



Hotel and Medical SPA Centre "Gradiali Palanga"

Vanagupes str. 15, Palanga
Tel. + 370 460 54037
E-mail palanga@gradiali.com
www.palanga.gradiali.com



Boutique Hotel and SPA Centre "Romantic"

Kranto g. 24, Panevėžys
Tel. +370 616 16170
E-mail hotel@romantic.lt
www.romantic.lt, www.etnospa.lt



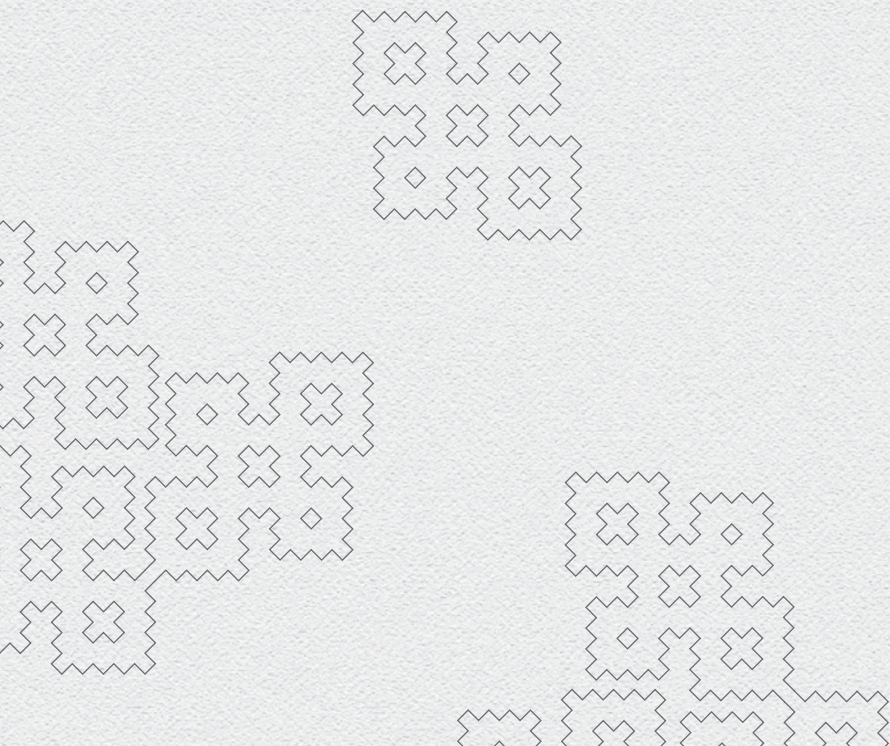
Rehabilitation and Nursing Centre "Gemma"

Bistryčios str. 13, Vilnius
Tel. +370 5 219 5905
E-mail info@gemma.lt
www.gemma.lt



Orthopedic Products & Rehabilitation "Pirmas žingsnis"

Raudondvario rd. 150, Kaunas
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E-mail info@pirmaszingsnis.lt
www.pirmaszingsnis.lt



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