



CYPRUS TOURISM ORGANISATION



Treasure your health in Cyprus





Cyprus

The past few years have seen Cyprus gain prominence for its excellent healthcare system that offers value for money and quality medical treatment for patients from all over the world.

Uniquely positioned at the crossroads between Europe, Asia, Africa and the Middle East, **Cyprus is easily accessible for all people whether coming from Europe or the rest of the world.**

Travellers have been coming to Cyprus since 9500 BC in order to be treated by Cypriot doctors. Apollodoros of Kition was famous for recommending radish seeds in water for poisoning. Synesis the Cypriot (4th BC) was also mentioned by Aristotle as a famous doctor and so was Apollonios of Kition (1st century BC), who was also known as the Cypriot Hippocrates.

Today Cyprus is a country of enviably high standards, a member of the European Union with a culture and civilisation that goes back to antiquity. Yet it has more to

offer than all year round sunshine, alluring beaches, vineyards, historical sites and open-hearted, warm and communicative people with a family orientated culture. The past few years have seen Cyprus gain prominence for its excellent healthcare system that offers value for money and quality medical treatment for patients from all over the world.

European and other patients stand to benefit much from the vast quality treatments that Cyprus offers. The strong Cyprus economy has helped state-of-the art hospitals and well-trained health care professionals to spring up, giving Cyprus everything that an up and coming destination for healthcare tourism needs. Currently, the Cyprus government is giving a lot of emphasis on promoting Cyprus

as a healthcare destination. The Cyprus health industry has an excellent reputation for essential post-operative care, while its Mediterranean climate, with dry summers and mild winters, is ideal for recuperating patients as well as for those accompanying them. Rehabilitation Centres around the island, whether located within hospitals or stand alone centres, are committed to the efficient and effective rehabilitation in order to prevent and treat injuries, as well as improve both performance and quality of life. Skilled and dedicated staff through an interdisciplinary team approach provide innovative, high-intensity, outcome-based rehabilitation programmes for children, adults and seniors within a safe and supportive environment.

There is more to it

1 | One of Cyprus' greatest assets, of which it can be justifiably proud, is the human capital. Most of the island's physicians have trained at world recognised Medical Schools, thus providing a valuable range of knowledge, experience and innovation, as well as outstanding reputation for their professionalism and dedication to the medical work they perform. High nursing standards are also recognised worldwide, as the majority are graduates of four year university courses, living up to the challenge of being amongst the most knowledgeable and reliable experts in their field.

2 | The island's hospitals and clinics accommodate advanced medical facilities featuring the latest high-tech equipment and the required staff to operate them. From Linear Accelerators to MRIs, CT Scans, Laser equipment and γ-cameras, many even have specific programmes carefully designed to appeal to healthcare tourism patients.

3 | Patient safety and security is high on the agenda of the Ministry of Health for all services provided on the island. It has the ultimate responsibility of ensuring that all relevant European Directives are introduced and incorporated in national legislation.

4 | English language is widely spoken throughout the island and the fact that many of its medical professionals have been trained in the UK and the US means that English-speaking patients will be able to understand medical terms. A large number of physicians also speak Russian, Arabic, German and French, thus providing a multilingual environment much to the benefit of patients and their relatives.



5 | Post treatment recuperation

is one of the great advantages for all patients being treated in Cyprus. The combination of leisure and treatment makes travelling for medical purposes more attractive. Cyprus with its worldwide reputation as a holiday destination that welcomes more than 2,500,000 visitors every year with a large proportion of long-stay visitors, offers patients and their families beautiful Mediterranean weather, first class infrastructure and above all, peace of mind.

6 | Price is an important factor

Price is an important factor when considering healthcare treatment overseas. Cyprus offers VALUE FOR MONEY with medical costs being cheaper than at home and no cost spared as regards safety and quality of services, allowing the island to offer the very best value in medical travel.

7 | Quality is our philosophy

Our organisations, aiming to improve the highest standard of service for patients, follow programmes that cover all aspects of healthcare. A number of our organisations are already in the process of organisational development and assessment, leading to International Accreditation Awards.

We proved we care

We proved we care - we can also cure. A vast range of medical treatments are available in Cyprus equal to the best in the world, from basic check-ups and diagnostic tests to cosmetic surgery, orthopaedics and kidney haemodialysis, or transplants and cardiothoracic surgery procedures.





Available treatments include:

1 | Elective Surgery:

There are as many different kinds of elective procedures available as there are bones in the body. They can include: fertility treatments, cardiovascular treatments, gynaecological surgery, musculoskeletal surgery and many more.

2 | Cardiology:

Renowned Cyprus hospitals are equipped to handle all phases of heart disease from the elementary to the latest clinical procedures, such as interventional cardiac catheterisation, coronary angiography, coronary angioplasty with stent implantation (PTCA), implantation of pacemakers, implantable defibrillators (ICD) and CRT/D and catheterization through radial artery as well as non-invasive interventions. Non-invasive intervention include stress echo, 3D echo, myocardial scintigraphy and Cardiac CT and Cardiac MRI.

3 | Orthopaedic surgery:

A number of orthopaedic procedures are available such as hip and knee replacement, bone transplantation, spine surgery and limb sparing surgery. All kinds of musculoskeletal problems ranging from arthritis to sports injuries, to complex broken bones, bone tumours and childhood conditions like scoliosis, can be treated most effectively.

4 | Dentistry:

State-of-the-art dental surgeries equipped with cutting edge technologies, fibre optic instruments, soft laser for the healing of the mucous membrane, panorama X-rays and conscious sedation equipment, offer the full range of services including aesthetic dentistry, orthodontics, paediatric, periodontology and implantology.

5 | Cosmetic and Plastic Surgery

The patient's motivation, to look and feel better, is directly related to their sense of self-esteem. Available treatments include laser peel or facelift, breast augmentation, external ultrasound lipolysis and hair replacement, to mention a few, all aimed at improving one's appearance and generating a new sense of confidence.

6 | Eye Surgery

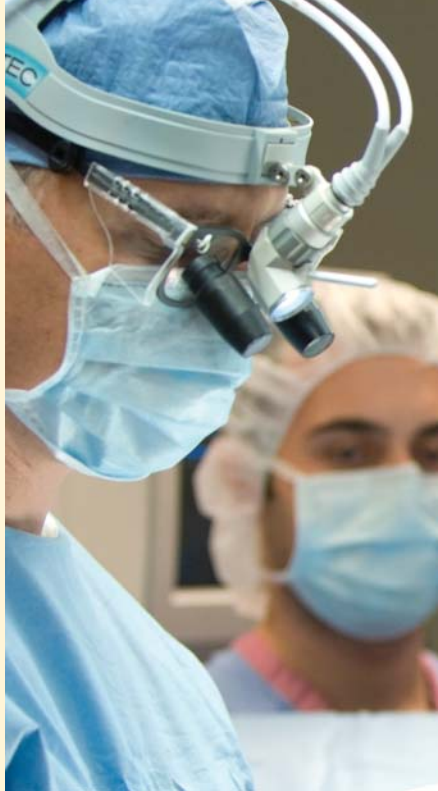
Specialist centres in Cyprus provide treatments for a wide range of eye disorders. Highly trained ophthalmic specialists deal with the full range of eye diseases including laser vision correction, cataract, glaucoma and cornea treatment.

7 | Advanced Reproductive Technology

Specialist clinics provide most up to date fertility techniques with high level of success. Treatments include conventional IVF treatments, pre-implantation genetic screening and egg donation.

8 | Climatotherapy Treatments

Scientifically positioned centres make full use of the advantages of the island's climate for therapeutic purposes. For example children's asthma is treated in centres whereby its dry climate, protected from northern winds, is considered ideal. The island of Aphrodite, with over 300 days of sunshine, proudly offers its bright climate to alleviate any symptoms resulting from lack of sunshine that people may experience in their home country.



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Wellness

Today, recuperating after surgery on a sandy beach while sipping local drinks and receiving full-body massages is an attractive and affordable option.

The custom of taking a holiday to rejuvenate body and soul is a long-standing tradition. Spa and wellness vacations are a terrific way to experience another side of European culture, a tradition that has existed since the early 18th and 19th centuries when royals and the aristocracy were the main customers and healing with water “Sanus per Aqua” (SPA) was as valued as any medical treatment.

Today, recuperating after surgery on a sandy beach while sipping local drinks and receiving a full-body massage is an attractive and affordable option. Sight-seeing, shopping and savouring the Cyprus cuisine, while enjoying the island's Mediterranean climate, geography and history, could certainly compliment any medical treatment. From time to time, in addition to your annual vacations, having an all-out medical vacation in a beautiful place

like Cyprus is not just an option, it is a **treat that will add value to your quality of life.**

In recent years, Cyprus has emerged as one of the leading spa destinations of the Mediterranean, thanks to the world-class spa facilities available at the island's resorts. Here, pampering has been raised to an art level, where spa services and rejuvenating treatments, either as part of a package or à la carte, add a wonderful dimension to any holiday.

Current facilities offer spa experiences that can last from a few hours at an urban day spa to a few weeks at a health resort where a whole range of treatments, exercise, and special diet are on the menu. Wellness holidays can take place at wonderfully preserved historical spas,

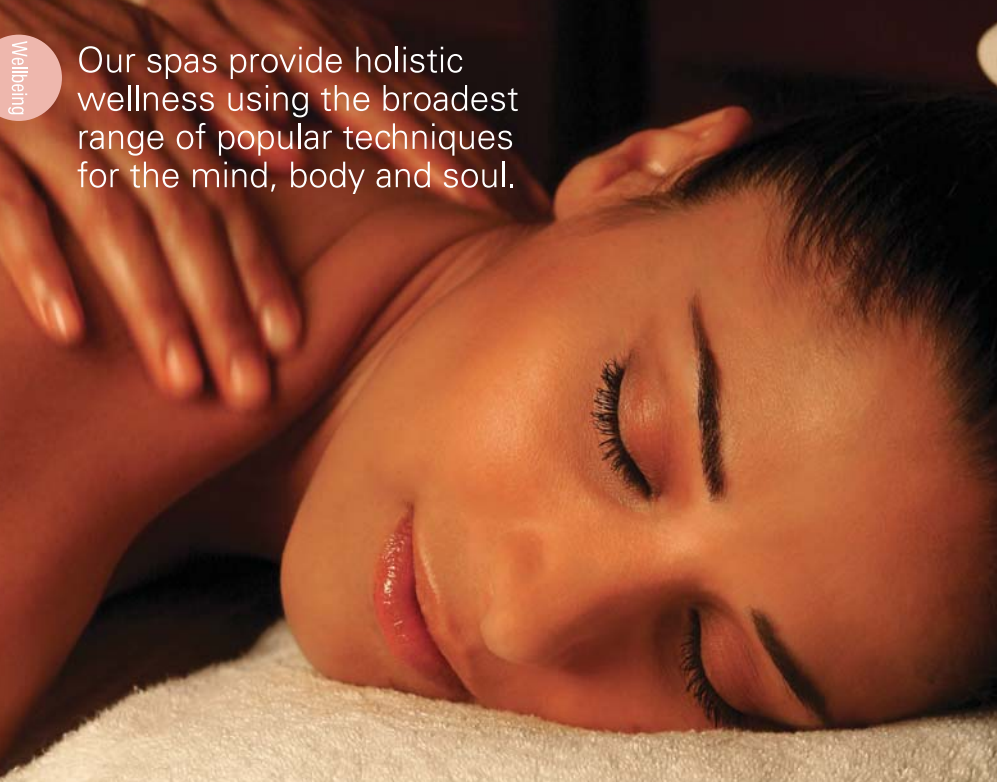
or at state-of-the-art well-being centres. Cyprus spas are concerned not just with polishing external appearances but in designing an overall healthy lifestyle.

Our spas provide holistic wellness using the broadest range of popular techniques for the mind, body and soul including mineral spas, which make use of the natural qualities of thermal springs with healing properties, as well as hydrotherapy centres where the properties of water are used for therapeutic purposes. The island also offers thalassotherapy centres, where use is made of the natural properties of sea water and its products (mud, seaweed).

A close-up, low-angle shot of a woman's face as she floats in water. Her eyes are closed, and her expression is peaceful. Her dark hair is wet and floating around her head. The water is a light, milky color. The lighting is soft and even, highlighting the contours of her face.

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Modern luxury hotels recognised worldwide with significant experience and international distinctions, such as the “Best Spa Resort of The World” and “Best European Spa”, offer a great variety of treatments including hot stone detoxifying massage, body treatments, facial treatments and many more techniques which aim to relax the muscles, stimulate the circulation, and condition body and spirit.

Hydrotherapy, known as the oldest form of medical treatment, uses water to soothe pains and treat

disease. Muscular pain and limited joint movement improve and swollen joints alleviated. Practical experience proves that healing waters are helpful in treating rheumatic diseases and chronic inflammations.

Thermal springs, as the more traditional form of wellness, preserves health and stimulates revitalisation and is available at beautiful resorts with natural mineral-rich spring waters, some of which date back to the 17th century. They offer soothing waters renowned for generations for their

healing qualities beneficial for joint or muscle discomfort and circulatory problems. The therapeutic effects of bathing in conjunction with the minerals are beneficial for body and mind and form the basis of bath therapy.

Thalassotherapy at award winning spas with sea water pools, each with a different salinity content and temperature, provide the unique curative effects of mineral-enriched seawater in a relaxing environment ideal for detoxification and sheer indulgence.

Corporate Pampering

Corporate Pampering is certainly an option for all executives. Whether it is a corporate spa gift for an employee to show your appreciation for a year's hard work or even a client for the continuous support, a relaxing spa treat is appreciated all the year round:

1

Pamper for Profits

Reduce the cost of absenteeism and improve morale to directly impact the bottom line.

2

Pamper for Productivity

Pampered and appreciated employees are more ready to work hard.

3

Pamper for Performance

Improved morale and team cohesion gets the very best out of everyone.

4

Pamper for Prevention of health problems

Stiffness from repeated desk work often leads to long term health problems which can be prevented with regular attention.

Important information

Travelling to Cyprus is easy.

Most airlines fly to Larnaka or Pafos airports, the only international airports on the island. The documentation required varies, depending on your nationality. A valid passport is required for a stay of up to 90 days for all bona fide tourists except for citizens of the European Union, Switzerland, Iceland, Liechtenstein and Norway, who may enter Cyprus with their national identity card provided it bears a photo. Some non-EU third country nationals require a visa.

Accommodation is available at reasonable prices to suit a wide variety of preferences and pockets in Cyprus, offering great value for money.

All important information regarding travelling, entry requirements and more can be found on the official website of the Cyprus Tourism Organisation: **www.visitcyprus.com**

Healthcare Tourism in Cyprus in a nutshell:

1. A wide variety of treatments using the latest medical developments
2. Well- trained and experienced medical professionals and staff
3. Excellent environment and dietary conditions for recuperating patients
4. Excellent facilities with state-of-the-art equipment providing quality assured services, in accordance with international standards.
5. English speaking professionals, multilingual environment and interpretation services
6. A family-orientated culture with a warm and communicative local population ideal for making patients and their families feel at home
7. Personalised and private service with the utmost discretion
8. Affordable prices offering value for money treatments

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