



**juaneda**

JUANEDA, THE LEADING  
INTERNATIONAL  
HOSPITAL OF THE  
BALEARIC ISLANDS

ENJOY SUN&HEALTH **IN MALLORCA**



Introduction

4 **The Balearic Islands**  
A cosmopolitan Mediterranean gem

Introduction

8 **International Services**

Juaneda 2nd Opinion

10 **2nd Opinion**

Surgical procedures

12 **Hip replacement**

14 **Knee replacement**

Prostate treatments

16 **Prostate enlargement**

18 **Brachytherapy**

Preventive Medicine

20 **Heart check-up**

Reproductive Medicine

22 **In vitro fertilisation**

Plastic surgery  
and cosmetic medicine

24 **Abdominoplasty**

26 **Breast augmentation**

28 **Eyelid lift**

30 **Hair implants**

Ophthalmology

33 **Cataracts**

34 **Refractive surgery**

Dialysis

36 **Dialysis**

Rehabilitation

38 **Rehabilitation**

Ozone therapy

40 **Ozone therapy**

Coronary arteriography

42 **Coronary arteriography**

Electrophysiological study

44 **Electrophysiological study**

Coronary bypass

46 **Coronary bypass**

Valve surgery

48 **Valve surgery**

# BALEARIC ISLANDS

A COSMOPOLITAN MEDITERRANEAN GEM

The Balearic Islands are a region of Spain made up of the islands in the Balearic archipelago: Mallorca, Menorca, Ibiza, Formentera and Cabrera. They are located in the Mediterranean Sea just off Spain's east coast. The capital of the Balearic Islands is Palma de Mallorca.

Every year, the Balearic Islands welcome more than 10 million foreign tourists. Mallorca is Spain's leading tourist destination, plus it is the largest and most popular of the Balearic Islands. Its landscape varies from steep mountains in the north to pine-covered hills, to plains peppered with windmills in the south.



Despite its enormous popularity and development, it is still a surprising place with a sunny climate, amazing beaches and astonishing golf courses and seascapes that give the island its own unique hallmark.

However, the Balearic Islands are much more than just beaches and sea. Mallorca is one of the most prosperous regions in Spain. Citizens from all over Europe choose this island as their home so it has

become a cosmopolitan refuge with top-notch infrastructures. In addition to tourism, Mallorca also stands out for its world-class healthcare.

Vanguard hospitals with state-of-the-art technologies and benchmark professionals in European healthcare make Mallorca the perfect choice if you are seeking medical care outside your country.

## MALLORCA STANDS OUT FOR ITS OUTSTANDING QUALITY HEALTHCARE

# JUANEDA, THE LEADING INTERNATIONAL HOSPITAL OF THE BALEARIC ISLANDS

Founded in 1917, Juaneda is the leading private hospital network on the Balearic Islands. Today, it has a network of five hospitals; two in Palma de Mallorca (Clínica Juaneda and Policlínica Miramar) and three others in Muro, Ciutadella and Mahon. It also has more than 40 non-hospital healthcare centres in Mallorca and Menorca, in addition to an Assisted Reproduction Centre in Palma, along with Clínica Juaneda (Mallorca Fertility Center), which specialises exclusively in European health tourism.

## MORE THAN **50,000** GERMAN AND ENGLISH PATIENTS CARED FOR EACH YEAR

Juaneda is a benchmark company for both domestic and international clients. With first-rate hospitals where all the specialities are treated, its leadership is based on excellence in patient care, the quest for the top specialists and a commitment to the latest technology.

Hospitals like Clínica Juaneda, Hospital General de Muro and Clínica Menorca are accredited by the international ISO 9000:2008 norms.



# JUANEDA IN FIGURES

- 5 Hospitals
- 9 Polyclinic Centres
- 25 Medical Emergency Centres
- 13 Dental Clinics
- 3 Dialysis Centres
- 1 Assisted Reproduction Centre
- 1 Oncology Institute
- 414 Beds
- 32 Suites
- 27 Operating rooms
- 36 ICU Boxes
- 29 Emergency Boxes
- Sonograms
- Hyperbaric Chamber
- Mammograms
- 3-D Tomosynthesis Mammograms
- Conventional Radiology
- Magnetic Resonance
- CT scan
- Nuclear Medicine

**71.000** CLINICAL STAYS

**31.000** SURGICAL INTERVENTIONS

**900** BIRTHS

**180.000** EMERGENCIES

MORE THAN **50,000** ENGLISH AND GERMAN PATIENTS CARED

\* Figures from 2012



# INTERNATIONAL SERVICES

At Juaneda, we have an International Services department especially designed to meet the needs of international patients. This team is in charge of offering help on anything our clients might need.



## A CUSTOMISED SERVICE

### Caring for patients at home.

- Providing information and answering patients' most frequent questions.
- Drawing up estimates: To do this, we have set up a telephone line and email address where you can contact us and ask for any kind of information without obligation. You can also get in touch with us via our 2nd Opinion platform. If you want, we can use this tool to study your case.

### Trip management:

- We manage your stay in city hotels or beach resorts.
- We do all the flight bookings and trip planning.
- Once patients have been discharged, we organise their transport to hotels or airports.
- Additionally, at Juaneda we have agreements with the leading hotel chains and tour operators.

### PATIENT CARE:

- Picking up patients from the airport
- Daily care of patients and their relatives. Assistance with paperwork
- Transfers: hotel/apartments - CLINIC - hotel/apartments



# JUANEDA 2<sup>nd</sup> OPINION

**Juaneda 2nd Opinion** is the Telemedicine service whose goal is to eliminate geographical barriers between the doctor and the patient.

Thanks to innovative software developed for Juaneda, a patient from anywhere in the world can make a remote consultation from their home with the medical specialist of their choice and in their own language. Through an online patient portal, patients can access medical services for their first or second consultations or follow-up appointments without having to leave their home. The doctor can check the patient's medical record during the remote consultation. All the information and treatment decisions taken during the consultation are saved in the patient's medical record. The patient portal enables all medical activity to be stored online.

**Juaneda 2nd Opinion** allows for different kinds of remote consultation; live or delayed, urgent or scheduled in advance during an appointment. What is more, it allows for different kinds of communication: the consultations can be done synchronously via chat, by telephone or video conferencing, or at different times by sending messages and documents or personalised forms.

If you want to make an appointment with any of our medical specialists, or are considering the possibility of undergoing surgery at Juaneda, you may request an appointment with your specialist or advice from our Case Manager, who will attend to your needs via the Juaneda 2nd Opinion platform and advise you on what steps should be taken.

**Juaneda 2nd Opinion** guarantees a thorough privacy policy with secure connections at either end of the communication and identification. It also pays special attention to the data protection policies required in any action involving patients' personal data.

At **Juaneda 2nd Opinion** we offer our patients advice, and once the diagnosis has been made, we connect them with the top professionals. We make a full range of solutions and alternatives available to patients with physicians in the Red Asistencial Juaneda and other prestigious hospitals.

2nd OPINION consultation  
fee: Starting at 300 euros



# HIP REPLACEMENT

A prosthesis is the artificial replacement of a joint that has been injured or damaged due to worn joint cartilage.

Prostheses are made from different materials such as titanium, steel, polyethylene or ceramic depending on the component. Prostheses replace the cartilage that the bone needs to be able to slide and move easily.

Anyone whose life is clearly limited due to pain (difficulty sleeping because of pain, changes in everyday life habits, etc.), regardless of their age, is a candidate for a prosthesis.

This is a subjective perception, so the patient, together with the specialist, is the best person to judge whether the time has come to get prosthesis, or on the contrary, whether it is better to put off surgery.

The rehabilitation is personalised, and our rehabilitation and physiotherapy team will travel to the hotel to work with the patient daily.



**Hospitalisation:** 5 days

**Stay in Mallorca:** 5-7 days hospitalised plus 7 days in the hotel where the rehabilitation will be performed with a physiotherapist assigned by Juaneda.

**Price:** 14,300 euros

\* Flights and hotel stay not included

Reduccion de Juaneda

# KNEE REPLACEMENT

This is the last resort for a patient with incapacitating knee pain that will not improve with other treatments.

In knee replacement or arthroplasty, the surface of the cartilage of the femur, tibia and kneecap is replaced with prosthetics made from metal alloys (titanium) and plastic (high-density polyethylene). The results are outstanding.

Relief from pain is the norm, with a considerable improvement in activity level. The patient can walk, swim, ride a bicycle, play golf, drive, take walks, do ballroom dancing, go up and down stairs without problems, and participate in low-impact sports and much more.

After the surgery, the knee is immobilised with a light compressive bandage for the next two days. Then the bandage is removed and replaced with a lighter one: either a bandage or elastic stocking.

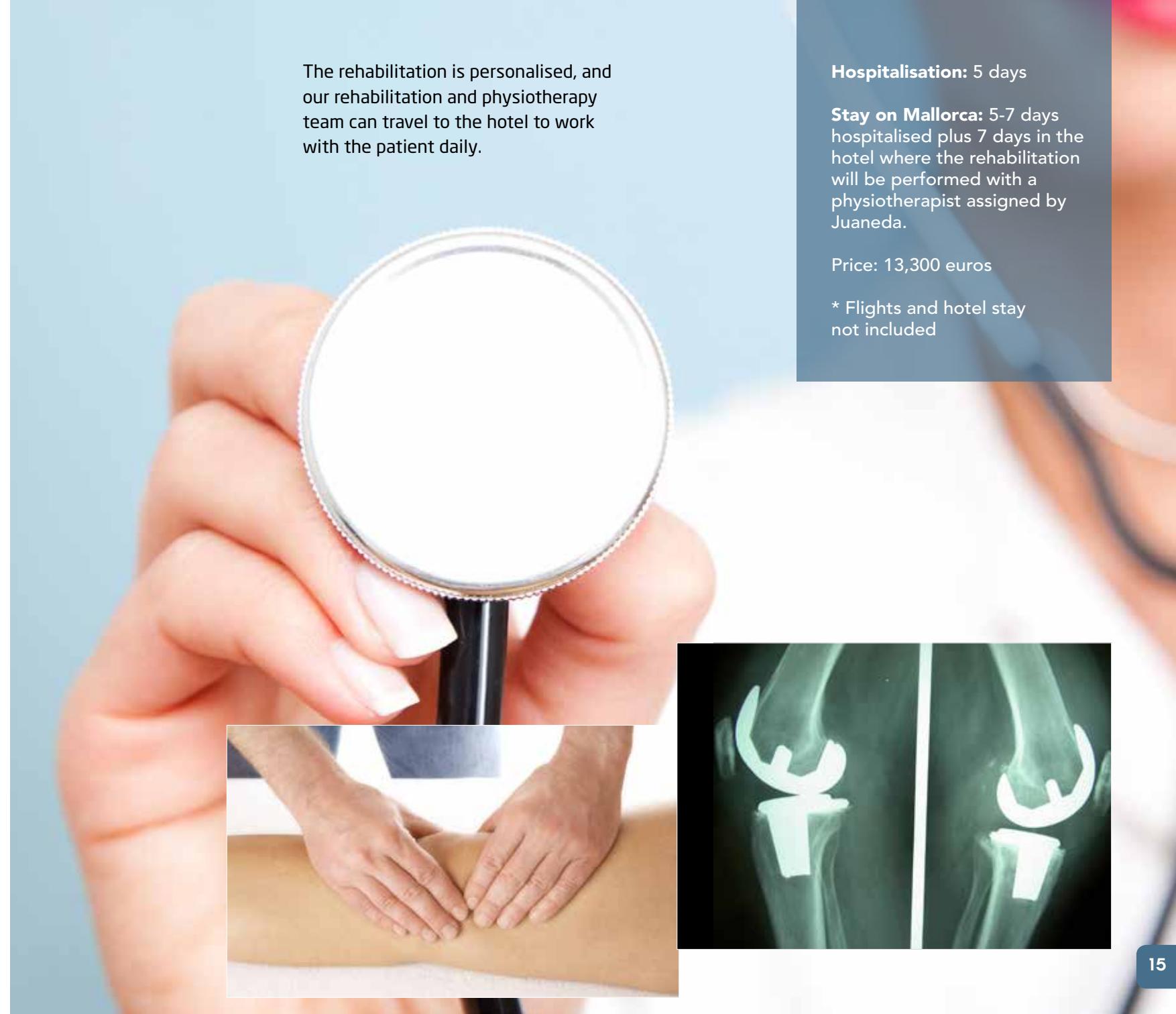
The rehabilitation is personalised, and our rehabilitation and physiotherapy team can travel to the hotel to work with the patient daily.

**Hospitalisation:** 5 days

**Stay on Mallorca:** 5-7 days hospitalised plus 7 days in the hotel where the rehabilitation will be performed with a physiotherapist assigned by Juaneda.

Price: 13,300 euros

\* Flights and hotel stay not included



# GREEN LIGHT LASER THERAPY

The prostate is a gland on the male reproductive apparatus which produces the fluid that accompanies the sperm in ejaculation; it surrounds the urethra and is the conduit connecting the bladder with the exterior.

The prostate tends to become enlarged with age, and when it does so it presses on the urethra, which makes emptying the bladder difficult, along with numerous other symptoms such as a drop in urination flow, a greater frequency of urination (pollakiuria), frequent night-time urination (nocturia) and other urinary problems.

An enlarged prostate is often called benign prostate hyperplasia (BPH) or hypertrophic or adenomatous prostate, and it has nothing to do with prostate cancer.

## Green laser

Laser vaporisation techniques on the prostate were developed in 1996 in the Mayo Clinic (USA). Clínica Juaneda has been very successfully performing this technique since 2008.

Laser surgery uses high-energy lasers to destroy the excess prostate tissue. The laser beam vaporises up to 2-3 grams of prostate tissue per minute, so it can usually handle extremely enlarged prostates.

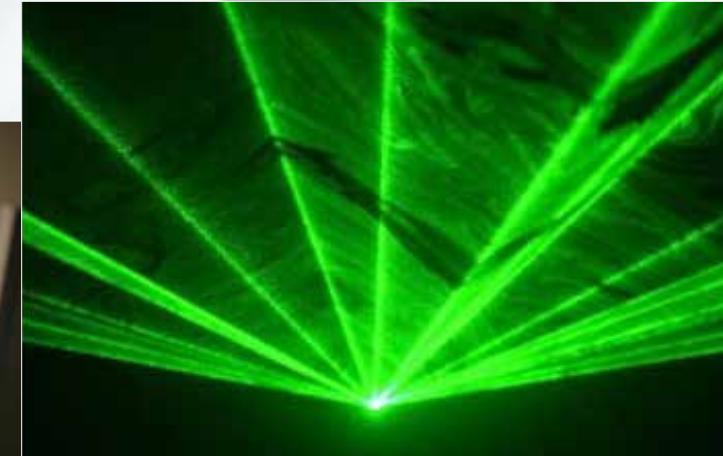
Prostate laser has a series of advantages over conventional surgery: the hospital admission time tends to be less than 24 hours, there are no blood transfusions, there are few irritating symptoms after surgery and the technique only takes a few hours. The patient can resume his normal activity a week later, there is no incontinence or impotence and it requires no further surgery.

**Hospitalisation:**  
24 hours

**Stay on Mallorca:**  
5 days

**Price:** 7,900 euros

\* Flights and hotel stay not included



# BRACHYTHERAPY

Prostate cancer is one of the most common health problems facing men. It is estimated that 3 out of every 10 men over the age of 50 will suffer from prostate cancer in their lifetime. The best weapons for combatting it are: early detection using specific tests, and multidisciplinary treatment at an outstanding medical centre.

Clínica Juaneda has internationally renowned specialists who will help you to diagnose your condition and tailor the best treatment. These professionals will advise you and pay particular attention to resolving your main concerns regarding the illness:

- Eliminating the tumour and cancer cells
- Retaining as much sexual potency as possible
- Preserving urinary continence

All of this is possible with less invasive treatments, which offer better results, as endorsed by medical research:

Prostate brachytherapy is a local treatment for prostate cancer whose goal is to destroy the tumour cells located in the prostate by using a permanent implant with radioactive seeds. This treatment is not a very invasive but is extraordinarily effective, with a high positive response rate and very low toxicity. As of today, this has become the best alternative to conventional techniques like external radiation therapy or laparoscopic surgery.

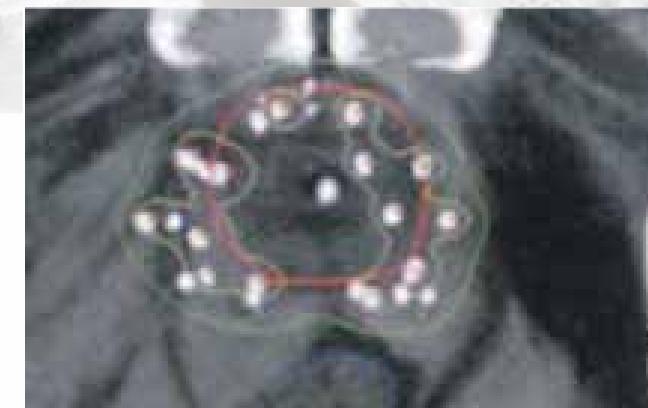
The hospital admission is no longer than 24 hours. As a procedure prior to surgery, the patient must send the clinic a complete blood test with the PSA indicators (assessment of tumour density), and an appointment with the medical specialist will be scheduled by video conference in order to prevent the patient from having to make another trip. Fifteen or 20 days after the operation another appointment or video conference with the specialist will be scheduled to monitor and follow up.

**Hospitalisation:**  
24 hours

**Stay on Mallorca:**  
4 days

**Price:** 18,200 euros

**\* Flights and hotel stay not included**



# HEART, ONCOLOGICAL AND COMPLETE WELLNESS

## CHECK-UP

The Clínica Juaneda wellness check-up programme is targeted at people who enjoy good health and have no symptoms; its goal is to evaluate their condition and prevent certain pathologies associated with their sex, age, habits and clinical history. In just a single day, without leaving the Clinic you can get a health check-up, and with all the necessary comforts for you and your relatives. Once the check-up is over, the patient will receive a detailed report of the definitive results of the examinations ,with recommendations.

Learn more about our programme of wellness check-ups especially designed for the needs of each patient, and take advantage of the Juaneda exclusivity.

### HEART CHECK-UP

- Complete blood and urine tests
- Chest X-ray
- Spirometry
- Comprehensive heart study
- Electrocardiogram
  - Heart ultrasound
  - Stress test
- Doppler TSA ultrasound

**Hospitalisation:**  
10 hours

**Stay on Mallorca:**  
24 hours

**Price:** 800 euros

\*Flights and hotel stay not included

### CANCER CHECK-UP

- Complete blood tests with markers
- Chest CT scan. Basic exam that enables us to make an in-depth study of the lungs
- Abdominal-pelvic CAT scan (contrast).
- Low-sedation colonoscopy
- ENT appointment
- Urologist visit / Gynaecologist appointment
- Dermatologist appointment
- Urine and sputum cytology (the latter for smokers)

**Hospitalisation:**  
10 hours

**Stay on Mallorca:**  
24 hours

**Price:** 2,100 euros

\* Flights and hotel stay not included

### COMPREHENSIVE CHECK-UP

- Medical history and coordination of the check-up by an internal medicine specialist.
- General blood and urine tests.
- PA and lateral chest X-ray.
- Abdominal-pelvic CT scan (contrast).
- Electrocardiogram.
- Echocardiogram.
- Stress test.
- Supra-aortic trunks Doppler ultrasound
- spirometry
- ENT check-up.
- Eye check-up
- Urologist appointment / Gynaecological check-up

**Hospitalisation:**  
10 hours

**Stay on Mallorca:**  
24 hours

**Price:** 2,100 euros

\* Flights and hotel stay not included



# IN VITRO FERTILISATION

The study of human fertility and its potential treatment in the different hindering circumstances is one of modern medicine's greatest accomplishments. The technological complexity applied to human reproduction requires teamwork and healthcare centres equipped with the latest advances, especially focused on the biomedicine of reproduction.

Clínica Juaneda's Assisted Reproduction Unit is a service that diagnoses and treats human sterility and infertility.

The Assisted Reproduction Unit is made up of a multidisciplinary team of gynaecologists, embryologists, andrologists, ultrasound technicians, sexologists and psychologists.

The complexity of sterility treatments depends on the cause.

The Assisted Reproduction Unit performs the following:

- In vitro fertilisation with the patient's own gametes
- In vitro fertilisation with donated eggs
- In vitro fertilisation with donated eggs and semen
- Fertility preservation
- Conjugal or donor insemination
- Transfer of frozen embryos

## IN VITRO FERTILISATION WITH THE PATIENT'S OWN GAMETES

In this case, the eggs and sperm come from the couple. The male only comes on the first appointment or at the time of treatment. If he only comes on the first visit, a semen sample will be frozen.

On the first appointment the specialist will explain how to follow the hormonal stimulation procedure in coordination with the patient's gynaecologist at home.

Your gynaecologist at home has to perform the subsequent ultrasounds and hormone follow-ups in your country. Fifteen to 30 days after the first visit, the patient has to return to Clínica Juaneda the day before ovulating. (This depends on the patient's menstruation cycle or on the kind of stimulation proposed by the gynaecologist.) Once in the clinic, the eggs are extracted, and three days later they are transferred to the uterus. This process does not require hospitalisation.

**Hospitalisation:** No  
**Minimum stay on Mallorca:**

The first visit. In less than one month a second visit lasting 3 to 5 days on the island is needed.

**Price:** 5,640 euros

\* Flights, hotel stay and medication not included

## IN VITRO FERTILISATION WITH DONATED EGGS

In this case, the eggs come from a donor, so neither ovarian puncture nor stimulation is needed. The length of the second visit to Mallorca is reduced to one day.

This process does not require hospitalisation.



**Hospitalisation:** No  
**Minimum stay on Mallorca:**

The first visit. In less than one month a second visit is needed with a one-day stay on the island.

**Price:** 6,650 euros

\* Flights, hotel stay and medication not included

# ABDOMINOPLASTY

The tummy tuck or abdominoplasty is a surgical procedure that consists of eliminating excess skin and abdominal fat and correcting muscular flaccidity.

Its main objective is to produce a flatter, firmer stomach and a smaller waistline.

The patient must visit Clínica Juaneda two days before the surgery. At this appointment, the plastic surgeon will conduct an analysis of excess skin, assess the alteration of the abdominal profile, which is usually protruding, especially under the navel, because of weakness, relaxation and separation of the abdominal muscles and will assess the accumulation of fat, as well as the existence of any previous abdominal scars.

The next day, the pre-op procedures will be performed, and if all the results are acceptable the patient will undergo surgery 24 hours later.

The patient will remain in the hospital for 48 hours and must later stay in Mallorca with bed rest between 15 and 20 days.

The patient must visit the specialist every 7 days.

**Hospitalisation:** 24-48 hrs.

**Stay on Mallorca:** 10 days  
(2 days – 1 night – prior to surgery; hospitalisation (1 night) the day of surgery; 7 days (6 nights) post-op.

**Price:** 6,000-12,500 euros

\* Flight and hotel stay not included



# BREAST AUGMENTATION

This surgical procedure is particularly recommended for improving the size and shape of a breast, either because of mammary hypoplasia (lack of breast development), a decrease in volume because a sudden drop in weight or to equalize breast asymmetry.

It is performed by introducing prosthesis into the breast. This prosthesis can be placed under the mammary gland (sub-glandular) or under the sub-pectoral muscle (sub-muscular). The placement in either location will depend upon the characteristics of the breast (shape, size, existence of minimum breast sagging...)

The operation is always performed in an operating room under general anaesthesia, and it usually requires a 24-hour hospital stay.

The patient must visit Clínica Juaneda two days before the surgery. At this appointment, the plastic surgeon will check the patient and agree upon the terms of the surgery. The next day, the pre-op procedures are performed, and if all the results are acceptable, the patient will be operated on 24 hours later. Seven days after the operation, the patient will go back to the clinic to see the specialist for follow-up and stitch removal.

**Hospitalisation:** 24 hrs.

**Stay on Mallorca:** 10 days  
(1 days – 1 night – prior to surgery; hospitalisation (1 night) the day of surgery; 7 days (6 nights) post-op).

**Price:** 6,500 euros

\* Flight and hotel stay not included

# EYELID LIFT

An eyelid lift consists of surgically modifying the eyelids, in which excess skin is removed along with excess fat deposits in both the upper and lower eyelids. An eyelid lift can be performed for both cosmetic reasons (to rejuvenate the face and eliminate a tired look) and functional reasons.

An eyelid lift corrects the presence of skin bags under the eyes, as well as situations in which the upper eyelids are drooping or collapsed, which at times can even hinder clear vision.

The patient has to visit Clínica Juaneda one day before the operation. At this appointment, the plastic surgeon will check the patient and the terms of the operation will be agreed upon. The next day the pre-op procedures will be performed, and if the results are acceptable the patient will be operated on. Seven days after surgery, the patient must come to the clinic again to see the specialist for monitoring and stitch removal.

**Hospitalisation:**  
24 hrs.

**Stay on Mallorca:**  
9 days (1 day prior to surgery;  
hospitalisation (1 night) the day of  
surgery; 7 days (6 nights) post-op).

- **Price of lower eyelids:**

2,600 euros

- **Price of upper eyelids:**

2,425 euros

- **Price of both:**

4,100 euros

\* Flight and hotel stay not included



# HAIR IMPLANTS

At Clínica Juaneda we perform all kinds of hair transplant procedures.

Since 2012 we have been successfully performing the latest technique imported from the United States: Follicular Unit Extraction (or FUE).

This innovative, high quality hair transplant system is unnoticeable and leaves no visible scars. It is the most advanced procedure around today, which gives a highly natural. It is a laborious technique that consists of individually extracting the hair units which contain 1, 2, 3 or 4 hairs. These units are extracted along with the perifollicular structures (veins, sebaceous glands, etc.). It is performed using micro-surgery tools which ensure that each follicular unit is extracted one by one so as not to damage the surrounding skin. This technique enables the surgeon to extract the best follicles needed for the area to be repopulated, while they can also choose the area of the body from which to extract them.

The major advantages of this system are its low aggressiveness, little post-operative discomfort, very quick recovery (48-72 hours) and the absence of linear scars. The FUE technique is also appropriate for people who need just a small transplant, such as to correct a facelift scar or for eyebrow transplants. The patient has to visit Clínica Juaneda two days before surgery.

At this appointment, the plastic surgeon will check the patient and the terms of the operation will be agreed upon.

The next day the pre-op procedures will be performed, and if the results are acceptable the patient will be operated on 24 hours later. Seven days after surgery, the must come to the clinic again to see the specialist for monitoring and stitch removal.

#### **Hospitalisation:**

24-48 hrs.

#### **Stay on Mallorca:**

10 days (2 days – 1 night prior to surgery; hospitalisation (1 night) the day of surgery; 7 days (6 nights) post-op).

**Price:** 7,000-13,000 euros

\* Flight and hotel stay not included

# CATARACTS SURGERY

The most common cause behind the formation of cataracts is related to the natural ageing of the eye. However, there are some factors that can precipitate or induce the formation of cataracts, such as genetic inheritance, some eye lesions and illnesses such as diabetes.

Surgery is the only way to eliminate cataracts. The right time to perform this operation depends on the symptoms they cause and the degree of hardness the cataract is displaying.

Before being able to operate, a series of tests and preparatory procedures are needed, both general and related to the eye itself, in order to avoid unforeseen situations that could lead to complications in the surgical results to the extent possible.

The patient only needs to stay in Mallorca for 3 days. The operation is performed as an out-patient intervention.

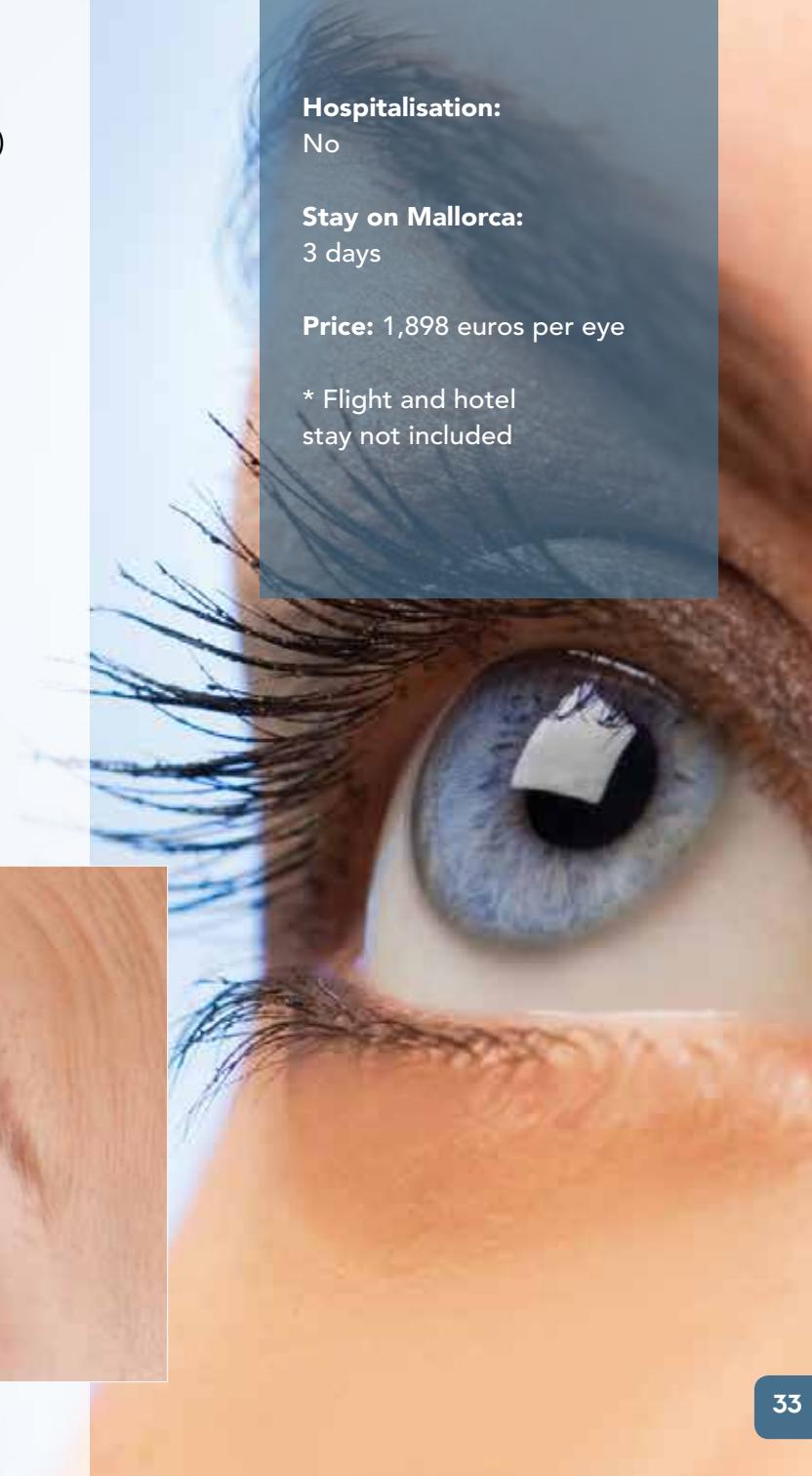
The first day, the pre-op procedures will be performed (blood tests and electro if needed) along with the calculation of the lens that will be implanted. If the patient is eligible for surgery, it will be performed the next day.

**Hospitalisation:**  
No

**Stay on Mallorca:**  
3 days

**Price:** 1,898 euros per eye

\* Flight and hotel stay not included



# REFRACTIVE SURGERY

Today, refractive flaws like myopia, hypermetropia, astigmatism and presbyopia (or far-sightedness) can be corrected via a variety of surgical techniques known collectively as refractive surgery. These techniques are safe and precise, requiring no hospital admission nor does the patient have to keep their eye covered after surgery. These operations are painless and are only performed with topical anaesthesia (drops); furthermore, vision is recovered almost immediately.

Today the Clínica Juaneda Ophthalmology Department offers the following kinds of refractive surgery:

LASIK (using the Excimer Laser)

IntraLASIK (using the Visumax Femtosecond Laser)

Presbylasik (using the Excimer Laser)

For any of the three procedures, the patient only needs to be in Mallorca for 3 days. The operation is performed as an out-patient intervention.

The first day, the pre-op procedures will be performed (blood tests and electro if needed) along with the calculation of the lens that will be implanted. If the patient is eligible for surgery, it will be performed the next day.

LASIK estimate (using the Excimer Laser)

**Hospitalisation:** No  
**Stay on Mallorca:** 3 days

**Price:** 1,300 euros

Presbylasik estimate (using the Excimer Laser)

**Hospitalisation:** No  
**Stay on Mallorca:** 3 days

**Price:** 1,800euros

\* Flight and hotel stay not included



# DIALYSIS

At Juaneda we are totally committed to providing renal care so that our patients can live as normal a daily life as possible and enjoy a complete vacation in Mallorca.

At Juaneda, we never lose sight of our commitment to meet the emotional and psychological needs of our patients and their families. As a patient requiring renal care, you may think that planning a vacation outside your city is overly complicated from both the medical and organisational standpoint. At Juaneda, we provide you with the help you need to plan your vacation so you can enjoy pleasant days without complications.

We have modern facilities in Alcúdia (one of the most exclusive areas on the island with the top hotel infrastructures on Mallorca's coast) which are fully set up to offer you quality service with guarantees.



Price: 350 euros per session

\* Flight and hotel stay not included

# REHABILITATION

Rehabilitation is the speciality that diagnoses, prevents and treats disability with the goal of facilitating, maintaining or restoring the highest possible degree of functional capacity and independence.

The medical care in this speciality strives to develop the functional and psychological capacities of the individual and activate their compensation mechanisms in order to allow the patient to live an independent, active life. The results are measured in functional parameters such as the restoration of mobility, personal care, manual skills and communication. The patient plays an active role in the treatment.

Juaneda has an extensive network of rehabilitation and physical therapy centres in the most important towns and tourist destinations of Mallorca. Juaneda has gyms led by rehabilitation physicians and physiotherapists where patients can undergo rehabilitation treatments, as well as having the presence of medical specialists in this discipline who can supervise their treatments. Rehabilitation centres with state-of-the-art technologies are set up all over the island, and, if you need us, we also provide personalised care in your hotel or apartment.



**Price:** 10-session pass, each session 45 minutes, 350 euros

\* Flight and hotel stay not included

# OZONETHERAPY

The World Health Organisation defines the term "health" as: "a state of complete physical, mental and social wellbeing, not just the absence of illness or pain". Pain is defined as an unpleasant sensorial and emotional experience associated with a lesion that is present or potential and described in terms of this lesion, and if it persists without any remedy to alter its cause of symptoms, it can be a disease itself.

Ozonotherapy is the application of ozone medicine, a gas made up of three oxygen atoms, also known as "enriched oxygen". It acts as a powerful anti-inflammatory and is capable of blocking the growth of viruses, bacteria and fungi. A herniated disk, post-operative fibrosis, facet syndromes and muscle pain are just some of the conditions that ozone improves and heals.

The Juaneda Ozone Therapy Unit offers intensive ozonotherapy treatment and orthomolecular treatment, particularly designed for vacation stays in Mallorca. A 12-day programme that combines 6 sessions lasting 45 minutes each of intravenous nutritional therapy, with another 10 sessions lasting 15 minutes each of ozonotherapy.

## Programme schedule:

**Week 1:** Monday, Tuesday and Wednesday, ozonotherapy treatment and intravenous nutritional therapy. Tuesday and Thursday, ozonotherapy treatment.

**Week 2:** Monday, Tuesday and Wednesday, ozonotherapy treatment and intravenous nutritional therapy. Tuesday and Thursday, ozonotherapy treatment.

Juaneda's ozonotherapy treatment is particularly recommended to combat the following pathologies:

- Helps in oncological treatments
- Cellulitis
- Depression
- Neurodegenerative diseases
- Metabolic stimulation in athletes
- Chronic fatigue
- Fibromyalgia
- Hepatitis: acute and chronic
- Herniated discs
- Simple herpes and shingles
- Cellulitis and eczema
- Gynaecological infections
- Arterial and venous insufficiency
- Cerebral ischaemia
- Lymphangitis
- Bedsores and gangrene
- Rheumatic pathologies
- Diabetic foot
- Post-op or post-heart attack recovery processes
- Vascular ulcerations
- Diabetic ulcers
- Post-thrombotic syndrome

**Hospitalisation:** Daily sessions from Monday to Friday for two weeks each lasting 15 to 60 minutes.

**Stay on Mallorca:** 12 days\*

**Price:** 3,600 euros

\* The patient must get a thyroid blood exam

and a G6-PDH blood exam in advance.

\* Flights and hotel stay not included

# CORONARY ARTERIOGRAPHY

Coronary arteriography is a technique used to detect alterations in the veins that feed the myocardia (cardiac muscle), which are called coronary arteries.

The procedure is performed in a haemodynamic room with X-ray equipment that enables us to analyse the veins in different projections by injecting contrast fluid into the coronary arteries via a catheter. Coronary arteriography is the most precise diagnostic study existing today to properly diagnose chest angina and myocardial infarction, both of which are known in medical terms as ischaemic cardiomyopathy. Thanks to this test, we can detect any narrowing caused by arteriosclerosis (fat and calcium deposits and clots at the level of the coronary arteries) and provide the right treatment to meet your needs.

Sometimes it is necessary to repair narrowed arteries mechanically, that is, by performing a technique that restores the inside of the vein to its normal size and thus allows the right amount of blood to reach the heart muscle so it can perform its job properly. This procedure is known as coronary angioplasty with a stent implant. It consists of taking an initial coronary arteriography to detect lesions in the coronary arteries and then treating the narrowed artery. A deflated "balloon" is inserted into the area where the artery has narrowed and, once inside; it is inflated and dilates the artery (opening it up again). To prevent it from closing up again, a stent (spring) is inserted which is adapted to fit the artery walls and keeps them open.

Coronary arteriography diagnosis. 24 hours of hospitalisation and release.

**Price:** 4,500 euros

Coronary arteriography diagnosis with stent (1 stent). 24 hours of hospitalisation and release.

**Price:** 14,950 euros

\* Flights and hotel stay not included



# ELECTROPHYSIOLOGICAL STUDY

An electrophysiological study is an invasive procedure that consists of inserting one or several catheters (plastic tubes) inside the heart with the aim of studying its electrical properties to see whether the patient is prone to arrhythmia. Even though this may be surprising, the heart operates on electricity: the order for the heart to beat is an electrical stimulus, so if there are any alterations in this stimulus, different kinds of arrhythmia may appear, either because of a defect with the consequent slowing down of the heart beat (bradycardia) or by excess, which speeds up the heart (tachycardia). An electrophysiological study enables all of these disorders to be studied, and it sometimes enables us to eliminate tachycardia by applying energy (ablation).

Ablation consists of eliminating the structure (substrate) that causes the tachycardia. It is performed by inserting a catheter that can warm (radio frequency) or cool (cryoablation) the tissue to eliminate the focal point causing the arrhythmia. The main advantage of ablation is that it enables tachycardia to be permanently eliminated in a high percentage of patients. For this reason, it is increasingly the first choice because it prevents patients from having to take medicine for the rest of their life (antiarrhythmics), thus avoiding their side effects. Therefore, the most common forms of tachycardia can be eliminated, such as Wolf-Parkinson-White syndrome, intranodal tachycardia (TPSV), auricular fibrillation or auricular flutter.

An electrophysiological study is recommended for people with tachycardia, which is poorly controlled with medication, when the heart is dilated or when it does not contract properly due to tachycardia, and when there is the risk of an episode of sudden death.

Electrophysiological study with ablation (or ablation of cardiac arrhythmia). 24 hours of hospitalisation and release.

**Price:** 4,875 euros

\* Flights and hotel stay not included



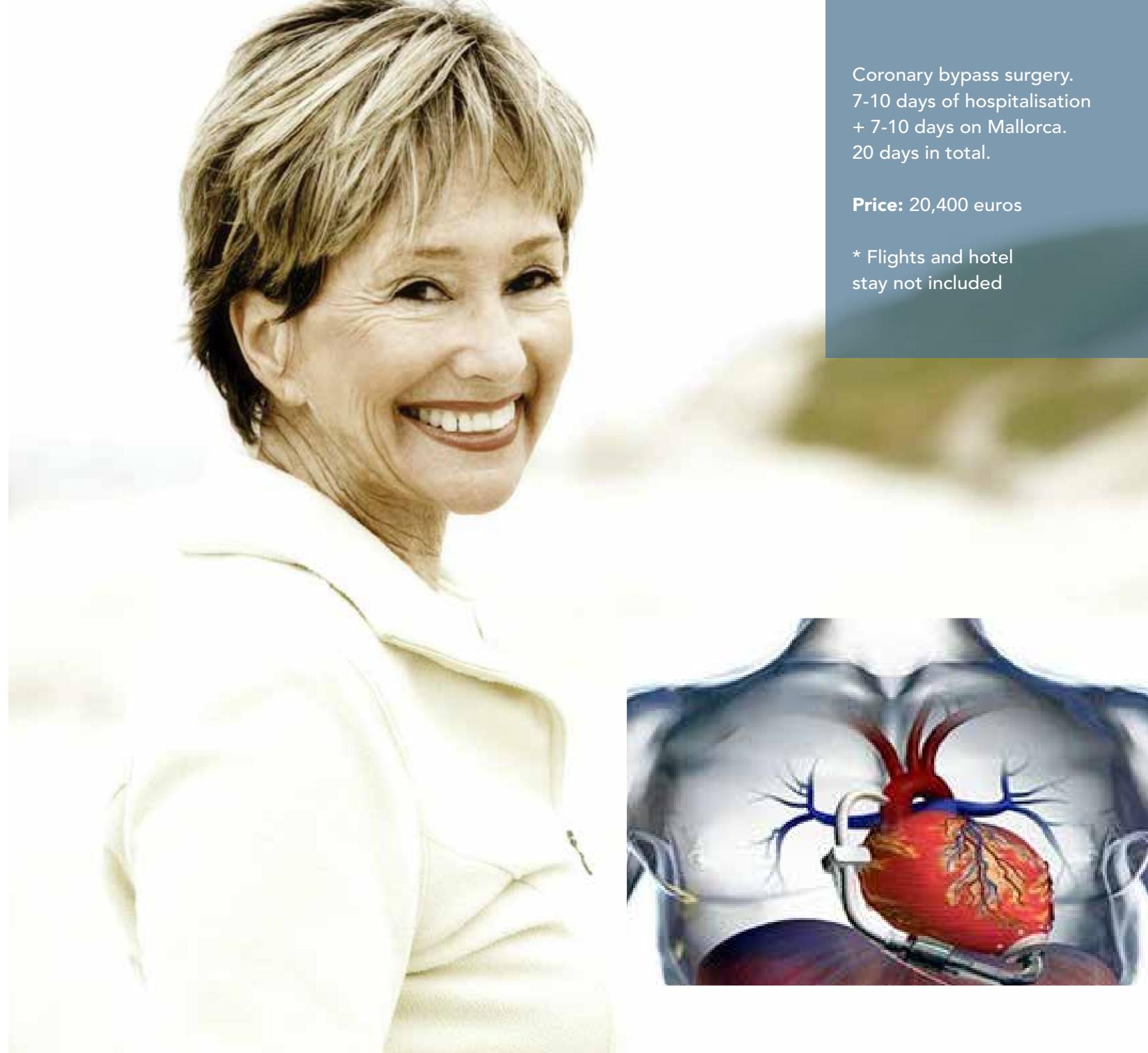
# CORONARY BYPASS SURGERY

Coronary bypass is the most common form of heart surgery.

Over time, the arteries may become obstructed by an accumulation of fat. Bypass surgery enables the blood flow to the heart to improve by creating a new route or derivation around an obstructed or damaged section of the artery.

This is a kind of open-heart surgery which consists of sewing in a section of a leg vein or chest artery or vessel from another part of the body in order to bypass the obstructed or damaged section of the coronary artery. The procedure creates a new route for the blood to flow so that the heart muscle can receive the oxygen-rich blood it needs to work properly.

Except in cases of emergency, when the operation is scheduled, a date will be chosen at the convenience of both the patient and the surgeon. The majority of patients are admitted into the hospital the day before the operation or, in some cases, the morning of the surgery. Expect a hospital stay of around one week, during which you will be in the intensive care unit for one to three days.



Coronary bypass surgery.  
7-10 days of hospitalisation  
+ 7-10 days on Mallorca.  
20 days in total.

**Price:** 20,400 euros

\* Flights and hotel  
stay not included

# VALVE

## SURGERY

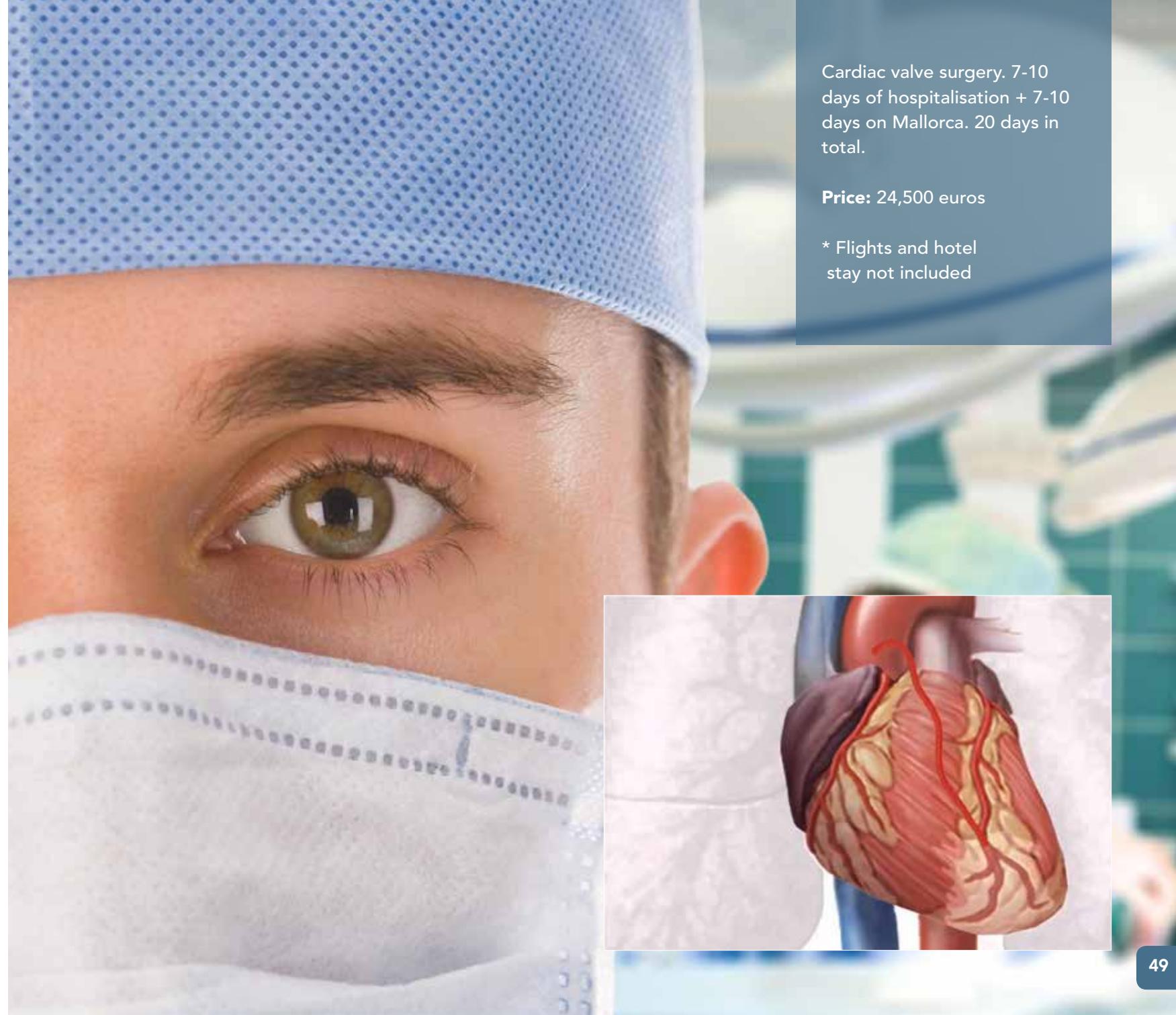
Valve surgery is the technique used to treat disorders of the heart valves: valve stenosis (narrowing or closure of the valve) and valve insufficiency, also called regurgitation (when the valve does not close properly). The heart has four valves - aortic, mitral, tricuspid and pulmonary - whose purpose is to control the direction of the blood flowing through this organ.

Valve surgery is open-heart surgery, that is, the heart cavities or vessels must be opened in order to reach the valves. It is performed under general anaesthesia through an incision in the sternum. It lasts between 3 and 4 hours, or even longer, depending on the number of valves that have to be repaired or replaced. Initially the goal is to try to repair the harmed valve, especially the mitral and the tricuspid. If this is not possible they are replaced by artificial ones.

Cardiac valve surgery. 7-10 days of hospitalisation + 7-10 days on Mallorca. 20 days in total.

**Price:** 24,500 euros

\* Flights and hotel stay not included





*Dr. Juan Alguersuari Bes*  
President



*Dr. Antonio Juan Más*  
Specialist in Rheumatology



*Dr. Miguel Xamena*  
Specialist in Anaesthesia-Resuscitation



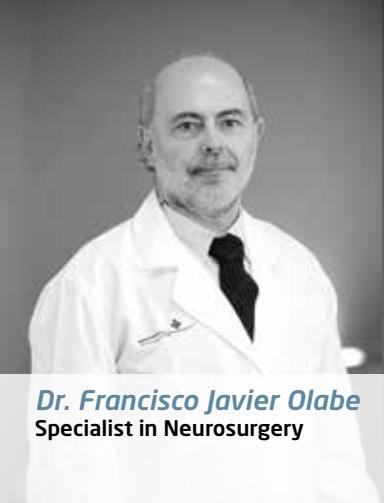
*Dr. Jon Olabe*  
Specialist in Neurosurgery



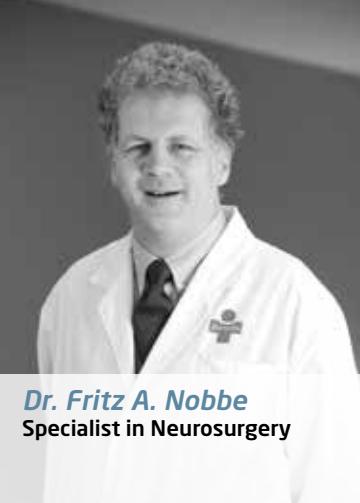
*Dr. Christian Gmelin*  
Specialist in Internal Medicine



*Dr. Jordi De Otero*  
Specialist in Internal Medicine



*Dr. Francisco Javier Olabe*  
Specialist in Neurosurgery



*Dr. Fritz A. Nobbe*  
Specialist in Neurosurgery



*Dr. Óscar Tendero*  
Specialist in Orthopaedic Surgery and Traumatology



*Dr. José Francisco Forteza*  
Specialist in Cardiology



*Dr. Andrés Camprodón*  
Specialist in Traumatology and Orthopaedic Surgery



*Dr. Joan Pallarés*  
Specialist in Plastic, Cosmetic and Reparative Surgery



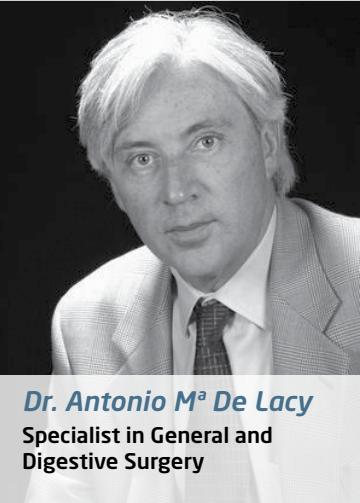
*Dr. Jörg Mathias*  
Specialist in Gynaecology and Obstetrics



*Dr. María Asensi*  
Specialist in Family Medicine, Cosmetic Medicine and expert in hair implants



*Dr. Juli Rifà*  
Specialist in Medical Oncology



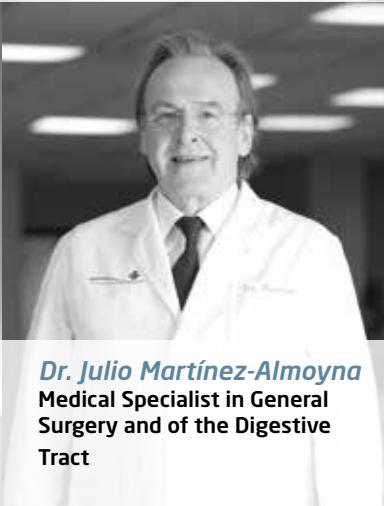
*Dr. Antonio Mª De Lacy*  
Specialist in General and Digestive Surgery



*Dr. Joan Alguersuari*  
Medical Specialist in Cardiology



*Dr. Gabriel Trobat*  
Medical Specialist in Family Medicine



*Dr. Julio Martínez-Almoyna*  
Medical Specialist in General Surgery and of the Digestive Tract



*Dr. Antonio Drusetta*  
Medical Specialist in Internal Medicine



*Dr. Manuel Tomás*  
Medical Specialist in ENT



*Dr. Adriana Landazábal*  
Specialist in Obstetrics and Gynaecology. Expert in Human Reproduction



*Dr. Carlos Magri*  
Medical Specialist in ENT and Cervical-Facial Pathology

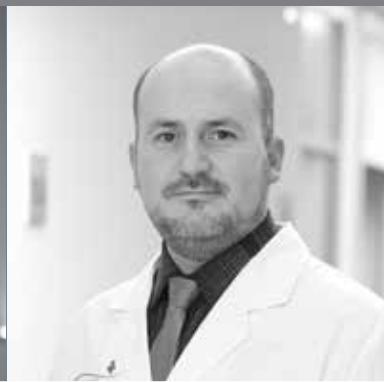


*Felipe Gallego*  
Director of the Fertility Laboratory Center Mallorca. Embryology Specialised in Human Reproduction

# SPECIALITIES



**Dr. Joan Benejam**  
Medical Specialist in Urology.  
Expert in treating Benign prostate hyperplasia (BPH) via Green Laser



**Dr. Enric Canales**  
Medical Specialist in Cardiology



**Dr. Cristóbal Pizá**  
Medical Specialist in Nephrology



**Dr. Juan Manuel Moreno**  
Medical Specialist in Orthopaedic Surgery and Traumatology.  
Expert In advanced arthroscopic surgery and growth factors



**Dr. Pablo Espinosa**  
Medical Specialist in Oral and Maxillofacial Surgery



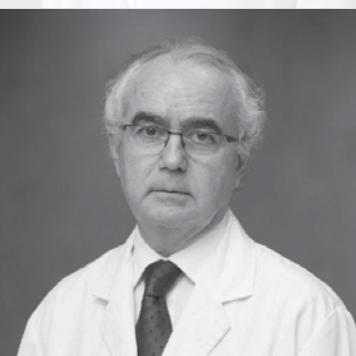
**Dr. José Ignacio Iriarte**  
Medical Specialist in Oral and Maxillofacial Surgery



**Dr. Federico Fiorentino**  
Medical Specialist in Pulmonology.  
Expert in Echobronchoscopy treatments



**Dr. Rosa Serra**  
Medical Specialist in Pulmonology.  
Study Unit of Sleep



**Dr. Carlos Dolç**  
Medical Specialist in digestive tract. Expert in treatments with Echoendoscopy



**Dr. Xavier Terrades**  
Medical Specialist in Orthopaedic Surgery and Traumatology.  
Expert in hand surgery



**Dr. Ivo Roca Luque**  
Medical Specialist in Cardiology and Electrophysiology



**Dr. Guillem Salvà**  
Medical Specialist in Orthopaedic Surgery and Traumatology.  
Expert in hand surgery

- Acupuncture
- Allergology
- Anatomical Pathology
- Anaesthesiology and resuscitation
- Angiology and vascular surgery
- Digestive tract or Gastroenterology
- COT
- Cardiology
- Electrophysiological cardiology
- ENT
- Interventionist cardiology (Haemodynamic)
- Cardiovascular
- Surgery General surgery and surgery of the digestive tract
- Oral and maxillofacial surgery
- Orthopaedic surgery and traumatology
- Paediatric surgery Plastic and cosmetic surgery and Reparative surgery
- Thoracic surgery
- Clonus: Neurology and Psychology
- Dermatology and venereology
- Tobacco cessation
- Diet and nutrition
- Endocrinology and nutrition
- Geriatrics
- Haematology and haemotherapy
- Homeopathy
- Speech pathology
- Green Laser (benign prostate hyperplasia)
- Midwife
- Nuclear Medicine
- Underwater and Hyperbaric Medicine
- Anti-ageing medicine and revitalisation (anti-ageing)
- Workplace medicine
- Sports medicine
- Family and community medicine
- Intensive medicine
- Internal medicine
- Psychosomatic medicine and psychotherapy
- Microbiology and parasitology
- Nephrology
- Pulmonology
- Paediatric pulmonology and allergies In children
- Neurosurgery
- Clinical Neurophysiology
- Neurology
- Neuro-paediatrics
- Neuropsychology
- Neuro-rehabilitation
- Obstetrics and gynaecology
- Dentistry
- Traveller Care Office
- Ophthalmedical
- Ophthalmology
- Medical oncology
- Oncological radiation therapy
- Oncological radiation therapy (prostate brachytherapy)
- Osteopathy
- Paediatrics
- Plastic and Cosmetic
- Podiatry
- Psychology of children, youth and adolescents
- Psychiatry
- Child-youth psychiatry
- Radiodiagnosis
- Interventionist radiology
- Rehabilitation
- Rheumatology
- Senology and breast pathology
- Manual spinal column therapy
- Couples sex therapy
- Sports Medicine Unit
- Sleep Unit
- Urology

† juaneda

† juaneda

## HOSPITALS

**MALLORCA**  
CLÍNICA JUANEDA  
POLICLÍNICA MIRAMAR  
HOSPITAL GENERAL DE MURO

**MENORCA**  
JUANEDA MENORCA  
POLICLÍNICA VIRGEN DE GRACIA

## MEDICAL CENTRES

**MALLORCA**  
ALCUDIA  
SA POBLA  
INCA  
JUANEDA SALVA  
PALMA CENTRE  
MANACOR  
SANTA PONSA  
LLUCMAJOR

**MENORCA**  
CIUTADELLA  
ES MERCADAL

## MEDICAL EMERGENCIES

**PLAYA DE PALMA**  
RIU CENTER  
LAS MARAVILLAS  
NEGRESCO  
ACAPULCO

**PALMA**  
CALA MAYOR

**PALMANOVA Y MAGALLUF**  
SON MATIAS  
MAGALLUF GALEÓN  
PALMANOVA DEL MAR  
FIESTA SAHARA  
BEACH HOUSE  
WAVE HOUSE

**SANTA PONSA**  
SANTA PONSA

**PAGUERA**  
PAGUERA

**CALA RATJADA**  
CALA AGULLA  
ALMENARA  
CANYAMEL  
FONT DE SA CALA

**PUERTO ALCUDIA**  
BELLEVUE  
ALCUDIA GARDEN  
ALCUDIA PINS  
LAS REINAS  
ALCUDIA MAC

**PUERTO DE POLLENSA**  
PUERTO DE POLLENSA

**PUERTO DE SOLLER**  
PUERTO DE SOLLER

**MENORCA**  
CALAN FORCAT  
CALA BLANCA  
CALA BOSCH  
SA CALETA  
CALA GALDANA  
SON PARC  
ARENAL D'EN CASTELL  
SON BOU  
CALAN PORTER  
FERRERÍES  
ES MERCADAL

**DIALYSIS**  
POLICLÍNICA MIRAMAR  
INCA  
PLAYA DE MURO

**PHYSICAL THERAPY**  
CLÍNICA SALVA  
SA POBLA  
MURO  
INCA  
PALMA CENTRE  
SANTA PONSA  
POLICLÍNICA MIRAMAR

**FERTILISATION**  
PALMA

**JUANEDA DENTAL**  
ALCUDIA  
CALAS DE MALLORCA  
INCA  
MAGALLUF (BEACH HOUSE)  
MANACOR  
MURO  
PAGUERA  
PALMA  
PALMA NOVA  
SA POBLA  
SANTA PONSA  
RIU CENTER

**PLASTIC SURGERY AND COSMETIC MEDICINE**  
MURO  
MANACOR  
INCA  
PALMA  
PALMA CENTRE  
SANTA PONSA

