



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

Bulgaria, Sofia 1142
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DIABETES MELLITUS

PROGRAM

Complex rehabilitation for the treatment of patients with diabetes mellitus

Place of implementation - SHR-NC, branch in NARECHEN

This balneological center has traditions in the treatment of metabolic disorders and diabetes mellitus in particular. The mineral water is hypothermal, hydrocarbon-sodium, radon and fluorine containing. This division is the first National Center for the treatment of diabetes patients.

NARECHEN is specialized in the treatment of:

- **Endocrine-metabolic diseases – diabetes mellitus, obesity**
- **Functional disorders of the nervous system**
- Cardiovascular diseases

Diabetes is a disease of increasing social concern worldwide. The early prevention applied ever since the phase of impaired carbohydrate tolerance or based on combined criteria like family history of overweight persons, sedentary lifestyle, stressful experiences etc. are giving fast and significant effect on the subjective complaints and the objective metabolic findings.

Methods:

The principal therapeutic method is focused on reducing the risk of long-term complications, medical and social rehabilitation and reintegration of the patients.

An individual program is made for each patient, including:

- Balneotherapy – mineral baths, treatment through oral intake
- Hydrotherapy – pearl baths, hydrogalvanic, whirlpool bathtubs, outdoor swimming pool
- Physiotherapeutic procedures
- Kinesiotherapy
- Antistress program – group hypnosis, individual psycho-therapeutic interventions, other relaxing techniques, aromatherapy etc.





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- Patient training
 - Dietary nutrition
 - Medication

Required documentation:

- Medical report or interim medical report
- Description of the laboratory and/or machine-assisted examinations (EMG etc.)

