



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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CARDIOVASCULAR DISEASES PROGRAM

Complex rehabilitation of patients with cardiovascular diseases

Place of implementation - SHR-NC, branch in BANKYA

The mild climate defines Bankya as a balneal climate resort with all-year-round use for both rehabilitation and treatment of a number of conditions, and general prevention and strengthening of the body.

The climate is moderate continental with small mountain influence, with significant annual sunshine level.

The mountain breeze rich in negative air ions and phonocides is typical of the resort.

Specialization of the branch:

The complex assessment of the climate resort factors in Bankya and the many-year experience and medical researches have defined the therapeutic profile of the resort as mainly appropriate for the treatment of cardiovascular diseases and functional disorders of the nervous system.

Target groups:

- **Primary prevention – Risk groups:**
 - Family history of early (under the age of 50) appearance of cardiovascular disease (ischaemic heart disease) or cerebrovascular disease and/or diabetes mellitus with microalbuminuria;
 - Combination of risk factors – smoking, high blood pressure, dyslipidemia, high blood sugar levels, body mass index, sedentary lifestyle;
 - Metabolic syndrome;

- **Secondary prevention**
 - Hypertonic disease
 - Ischaemic heart disease
 - After cardiac surgery

Methods:

Applying hydrotherapy, physical therapy, kinesiotherapy:

- Climate therapy





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- Manual and apparatus-assisted massage
- Field therapy
- Developing and individual complex of exercises appropriate to be practiced at home
- Laser therapy (after cardiac surgery)
- Ultraviolet radiation in suberythemal doses and other preformed physical factors

Required documents:

- Medical report of hospitalization (if any) or interim medical report by the family practitioner on the disease outcome and the treatments administered by the moment

