



## SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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### PROGRAM

*Complex rehabilitation for the treatment of children and adults with*

#### *RENAL DISEASES*

#### **Place of implementation - SHR-NC, branch in HISARYA**

The mineral water is characterized as hyperthermal, low-mineralized, alkaline, fluorine-containing and slightly radioactive. The content of hydrocarbon ions in the water results in the continuous alkalization of the urine which makes it appropriate for the treatment of renal calculi. Calcium as a competitor of sodium is pulling the water out of the cells and warding it off the tissues. It intensifies diuresis, improves the functioning of the glomerular apparatus which is the process of the so called calcium diuresis.

**The Hisarya division is specialized in the treatment of urinary and reproductive system:** urolithiasis, chronic pyelonephritis, chronic cystitis and urethritis, condition after extracorporeal lithotripsy, single kidney, chronic renal insufficiency – initial stage;

#### **Methods:**

The balneological, physiotherapeutic and kinesiotherapeutic procedures applied are:

- Regime and diet
- Oral water intake
- External balneotherapy – aromatic baths, pearl baths, whirlpool bathtubs
- Light therapy
- Ultrasound
- Electrotherapy
- Thermal therapy – lye, paraffin, sauna
- Swimming
- Tourism
- Social rehabilitation

#### **The anticipated results are:**

- Disappearance of the pain





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- Disappearance of the miction-disuric disorders
- Reduced anxiety
- Reinforced self-confidence
- Better quality of life

### **Required documentation:**

- Medical report
- Urine and uroculture test findings
- Abdominal echography
- Biochemistry – urea, creatinine, uric acid

