



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 VARSHETS

The natural landmarks of the municipality of Varshets – clean natural environment and mineral water are the resort's main characteristics. The climate is moderate continental with submountain influence. The mineral water is low-mineralized, hydrocarbon-sulfate-sodium-containing, with pleasant taste to drink, 38°C warm at the spring. The proportions of the main trace elements in it and their active ionic content are making this water extremely good and efficient for any use by patients with cardiovascular diseases.

The Varshets branch is specialized in the treatment of patients with various forms of ischaemic heart disease, arterial hypertension, chronic arterial insufficiency of the limbs and the consequences of ischaemic and haemorrhagic stroke. Along with the mineral water and the modern physical therapy facilities the resort provides outstanding conditions for physical prevention.

Methods:

The methods applied include classical balneotherapy, physical therapy and kinesiotherapy procedures.

Subject to examination of the functional status of the cardiovascular system and establishing the rehabilitation potential of the patient, an individual rehabilitation program is developed, including:

- Special diet
- Drug therapy
- Underwater massage bathtubs, pearl bathtubs, circular massage shower
- Cross-country walks on paths with the appropriate marking and instructions
- Partial hydrogalvanic bath, impulse magnetic field, electrosleep therapy

Required documentation:

- Medical report or interim medical report

