



**ARITHERA**  
SPECIALTY HOSPITAL

**Arithera Specialty Hospital**

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# ARITHERA SPECIALTY HOSPITAL

Specialty Hospital Arithera is result of 20 years of work and experience gained by continuous improvement and monitoring of high professional medical standards.

Offering services from specialty of **Physical Medicine and Rehabilitation, Orthopaedics and Spine treatment**, Specialty Hospital Arithera provides complete services for prevention and treatment of diseases of the musculoskeletal system, all in one place.

We are unavoidable place for professional athletes and amateurs, offering fast recovery from injuries, through customized treatment programs and individualized medical rehabilitation.

New orthopedic surgery rooms, rehabilitation pool, hall with robotic equipment and other programs of physical therapy all give an extra perception of medical service in Zagreb and the rest of Croatia.

Equipment of superior technology, exclusive interior ambience, wide range of health and wellness procedures make Specialty Hospital Arithera an ultimate choice for solving health problems.

Following global trends and recognizing the importance of the expertise of its medical staff, a Specialty Hospital Arithera holds leading position in the fields other specialties:

**SPINAL DISEASES AND INJURIES, RECONSTRUCTIVE SPINE SURGERY, ORTHOPEDICS, PHYSICAL MEDICINE AND REHABILITATION, ROBOTIC NEUROREHABILITATION, VENOUS DISEASES, PHLEBOLOGY, PLASTIC, RECONSTRUCTIVE AND ESTHETIC SURGERY, ABDOMINAL SURGERY, DERMATOLOGY AND INTERNAL MEDICINE.**



## PHYSICAL THERAPY - PHYSICAL MEDICINE AND ROBOTIC NEUROREHABILITATION

Modern appliances of eminent manufacturers, highly trained physiotherapy team and top doctors physiatrists in collaboration with a team of medical specialists (orthopedists, surgeons, neurosurgeons, vertebrologists) make a unique center for physiotherapy and rehabilitation in the treatment of diseases and injuries of the musculoskeletal system.

### **Special features of the Center for Physical Therapy and Rehabilitation at Specialty Hospital Arithera:**

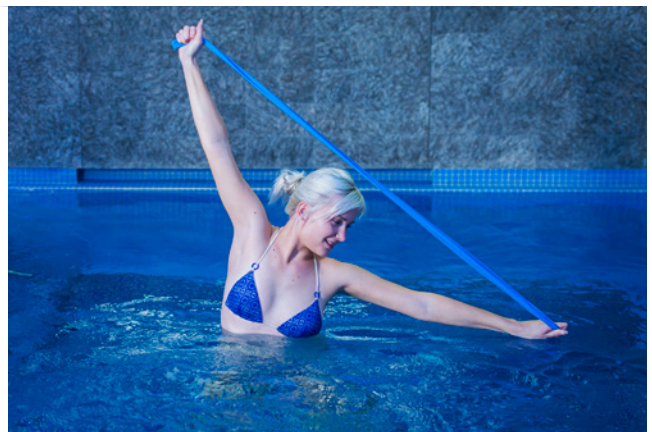
- 20 years of experience and superior treatment results make us a leading medical facility for Physical Medicine and Rehabilitation in Zagreb region
- individual rehabilitation programs
- treatments provided by excellent medical team of specialists (spec. physiatrists, orthopedists, surgeons, neurosurgeons, vertebrologists)
- accommodation in our hospital accommodation
- exclusive interior and state of the art medical equipment, especially in the field of robotic neurorehabilitation
- only overflow pool in Croatia with automatic cleaning according to EU standards

Our Center for Physical Medicine and Rehabilitation follows the latest trends providing high quality facilities in terms of medical equipment and new methodologies. We are committed to our patients to ensure complete and efficient service in the prevention and treatment of disorders of the locomotive system to the latest international standards:

- electrotherapy
- kinesiotherapy
- robotic neurorehabilitation
- hydrokinesiotherapy in the pool
- massages and manipulations

**Programs of Physical therapy and Rehabilitation:**

- preoperative rehabilitation
- postoperative rehabilitation
- rehabilitation of chronic degenerative disorders and pain syndromes
- physical therapy in acute painful conditions
- physical therapy for neurological conditions and damage to peripheral nerves
- rehanilitation after the strokes and other neurological diseases





# ROBOTIC NEURPREHABILITATION

Neurorehabilitation is an integral part of the treatment and care of patients with various neurological and orthopedics diseases. Robotic neurorehabilitation in combination with coventional physiotherapy offers much faster and more efficient recovery possibility to patients who have weakened or completely disabled lower and upper extremities, due to various accidents or diseases.

With a wide range of robots and compiuter divices lable Perpedes and Tyromotion we became the reference center for robotics neuro-rehabilitation in Southeast Europe.

Rehabilitation packages have been created with individual approach to each patient based on their medical condition and diagnosis. Our specialists determine the optimal number of therapies, with combination of robot-assisted and conventional therapy, in order to achieve faster and more effective recovery of the patient.

During neurorehabilitation our common goal is to maintain or learn again the skills that a person had before the neurological disease occurrence. Exercising during rehabilitation patients learn new ways of performing actions that they are no longer able to make.

Thanks to their revolutionary mode Tyromotion and Perpedes devices have a great effect on patient by stimulating neuroplasticity of the brain. By this method patient is rehabilitated and recovered in an easier and more effective way.



# ORTHOPAEDICS - CENTER FOR ORTHOPAEDICS ARITHERA

Center for Orthopaedics at Specialty Hospital Arithera provides:

- examinations
- surgical procedures – arthroscopy (knee, ankle, foot, shoulder, elbow surgeries)
- surgical procedures of installing dentures (partial or complete dentures knee and hip)
- non-surgical treatment
- physical medicine and rehabilitation under the supervision of specialists
- top quality medical equipment and operating rooms in Zagreb
- all in one place (the examination, surgery and rehabilitation)

Specialty Hospital Arithera is a multidisciplinary specialized center for the prevention and treatment of diseases and injuries of bones and muscular system (bones, joints, ligaments, tendons, muscles, nerves).

Hospital offers the world's leading orthopedic solutions, for people of all ages and lifestyle.

Bearing in mind that the expertise and experience are one of the main components of any clinic, in Arithera we have assembled some of the most renowned names in the Croatian orthopedics, Professor Saša Janković, PhD, MD, orthopaedic specialist, Davor Duvančić, MD, orthopaedic and trauma specialist, Tomislav Vlahović, MD, surgery specialist, primarius Nikica Daraboš PhD, MD, orthopaedic and trauma specialist and Orthokin therapist, Hrvoje Mokrović, MD orthopaedic specialist and one of the most perspective young orthopedist in Croatia, Ivan Karlak, MD, orthopaedic and trauma specialist.

In our orthopedic department you can contact us for all questions regarding various diseases of the musculoskeletal system, and patient, after examination, can continue with surgical or nonsurgical treatment, depending on the diagnosis.

In our newly remodeled operating rooms we perform minimally-invasive orthopedic procedures (arthroscopic knee surgery of foot, knee, elbow, shoulder and hand), and installation of dentures (partial or complete dentures of knee and hip). After surgery we recommend postoperative rehabilitation programs in our Center of Physical therapy and Rehabilitation.



# SPINE - CENTER FOR DISEASES AND INJURIES

If you have back pain, neck pain, sciatica, or have a problem with some other diseases or injuries of the spine, you are at the right address. Team of experts, led by world-renowned experts for spine, Professor Vladimir Kovač, MD, PhD, orthopaedic surgery specialist and Dražen Kvesić, MD, surgery specialist, vertebrologist, with ultimate experience in the diagnosis and treatment of degenerative diseases and injuries of the spine (over tens of thousands of patients treated during a professional career in the Department of Traumatology, Zagreb), will undoubtedly find a solution to your problems. With minimally invasive spine surgery and nonsurgical methods and programs in physical medicine and rehabilitation, we use the most modern methods - **Spine Pain Management - SPM** for treating pain in spine. After accurate diagnosis, we can find the exact cause of your pain.

Modern technology has enabled the interventional spine procedures to alleviate or eliminate the pain and thus improve the quality of life of patients and delay or completely eliminate the need for spine surgery.

## SPINE PAIN MENAGEMENT

Specialty Hospital Arithera is applying the latest world achievements in the field of minimally invasive Spine Pain Management interventions in combination with advanced physical medicine and rehabilitation. It established a unique center for the treatment of spinal pain in the southeastern part of Europe. In addition to accurate diagnosis, treatment and rehabilitation of patients in the Clinic Arithera everyone can get very competent second opinion about how to treat spine. Minimally-invasive surgical methods and new non-surgical procedures methods (Spine Pain Management) will provide rapid elimination of pain and the best treatment results.

### SPM benefits:

- procedures are painless, performed under local anesthesia
- performed ambulatory (without staying overnight or in the clinic)
- imidiately alleviating and eliminating pain in 93% of treated patients
- approximately after 1 hour, patient can return to daily activities
- interventions do not undermine the stability and function of the spine, imidiately increase mobility, facilitating the process of rehabilitation
- eliminate the need for conventional surgery in 60% of cases
- procedures are performed by dr. Dražen Kvesić, the most experienced doctor for SPINE PAIN MANAGEMENT in Croatia
- global clinical studies indicate that the SPM is currently the most common and most effective method of treating spinal pain

SPM interventions include around 15 different diagnostic and therapeutic interventions on spine. They are an innovative, minimally invasive procedures that are highly effective in the treatment of spinal pain. The basis of these procedures is needle, that is controlled by X-ray equipment precisely inject on the right spot. Then, depending on the diagnosis, patients get a cure or a special type of needle can be used as an electrode for disabling nerves which transmit the pain from a particular part of the spine. All interventional procedures are performed under local anesthesia, ambulatory and without the need for a longer rehabilitation. The most interesting is the fact that patients can go home an hour after the intervention.

### In the Specialty Hospital Arithera we treat:

- Spine injuries
- Pain syndromes
- Muscle tension in the spine



- Deformity of the spine
- Degenerative diseases of the spine
- Diskus hernia
- Stenosis of the spinal canal

**We apply the following types of health care services:**

- The specialized examinations
- Precise diagnostics
- Minimally invasive SPM (Spine Pain Management) procedures on the spine
- Minimally invasive surgery on the spine
- Physical therapy and rehabilitation
- Spinal decompression treatments
- “Second” opinion
- Radiotherapy (in collaboration with one of our participating institutions)



## SPINE SURGERY

In case that conservative treatment and SPM procedures on the spine are not your treatment options and if the operation is the first choice in the treatment, you will be recommended surgery on the spine. Spinal surgeons in the Arithera are greatly experienced in the surgical treatment of spinal disorders. The surgery will be recommended only if we are sure that this is the best option for you.

**At Arithera we do minimally invasive procedures and classical surgeries of the lumbar spine:**

- Lumbar microdiscectomy
- Decompression of spinal lumbar canals
- Rear fusion of lumbar spine (instrumental, non-instrumental)
- Rear fusion with interbody fusion (PLIF, TLIF)
- Combined surgery decompression and fusion of lumbar spine
- Installation of interspinous stabilizer
- Vertebroplasty
- Revision of lumbar spine surgery

Interventions on the already operated part of the spine are particularly demanding. Professional team of Specialty Hospital Arithera has extensive experience in doing such operation. All implants used in spinal implants that are the best on the market today.

After spinal surgery, it is necessary from one to several days to spend in our hospital, depending on the type of surgery. In addition to early postoperative rehabilitation that involves outpatient physical therapy and rehabilitation, we implement a prolonged inpatient rehabilitation which can replace going to the spa. Detailed instructions will be provided by your surgeon.

## SPINAL DEFORMITY

We also offer **RECONSTRUCTIVE SPINE SURGERY** treatments which include Anterior and Posterior Spine Deformities Surgery and Lumbar and Cervical Spinal Arthroplasty. We treat all kind of deformities such as the hardest cases of scoliosis. Anterior scoliosis surgery, performed by Vladimir Kovač, DSc, results in correcting deformity to about 90% in severe deformities with distortion of up to 140 degrees.



## VENOUS DISEASES

You can avoid long and hard hospitalization, total anesthesia and surgical procedures. We treat varicose veins by UGFS method (Ultrasound Guided Foam Sclerotherapy) – the most successful and completely painless method of removing varicose veins with foam.

Since 2008 we have been treating varicose veins with UGFS method and achieving exceptional results.

From this year, the Specialty Hospital Arithera applies improved UGFS foam method of treatment with innovation in its preparation and application technology by the standards of The British Vein Institute – the world's leading institutions in the field of treatment of varicose veins.

### Special features of UGFS methods at Arithera:

- declared as the method of choice by the world's greatest expert and president of the British Vein Institute Dr. Coleridge Smith
- we are the only ones in Croatia applying improved UGFS method (09/2012) using the unique composition of the foam and innovate preparation and application technology



- Dr. Zlatko Čačić is Croatian expert for the application of this new, modernized method, licensed by the British Institute of veins, the world's leading institutions in the field of Phlebology
- we remove varicose veins with minimal possibility of recurrence
- possible complications that are common to the classical procedure are highly unlikely
- this is completely painless treatment without cuts, bruises or skin damage
- patients can continue with their daily activities immediately after the procedure
- this procedures can be done during the hole year and summer months
- continuous monitoring and contact with the doctor after treatment
- constant collaboration with The British Vein Institute for further improvement of methods
- 10 years of experience make a remarkable number of satisfied patiens



UGFS-how is this treatment given

UGFS method is performed in the consulting room with the help of an injection of local anaesthetic. The aim is to inject and destroy the main surface vein which is causing the varicose veins. The long saphenous vein is injected just above the knee in the thigh and the short saphenous on the back of the calf. A needle is placed within the vein with the help of ultrasound imaging. The leg being treated is elevated to empty all the surface veins. The foam is prepared and injected into the vein.

The foam rapidly spreads along the vein and is followed using the ultrasound machine. Injection of foam continues as the foam spreads into the varicose veins. Usually two or three injections of foam are needed altogether.

Must be emphasized that UGFS method can be implemented for small saphenous veins which diameter of confluence is 10 mm and for large veins from 12 mm to 14 mm.

Beyond these parameters UGFS method is less effective, therefore we recommend the classic surgical method that is also performed in our hospital.

## **PROCTOLOGY - PERMANENT AND PAINLESS REMOVAL OF HEMORRHOIDS**

Hemorrhoidal problems are the most common disorder of the end of the colon. More than 50% of middle and elderly aged people have occasional or frequent problems caused by an enlarged hemorrhoids. Interference caused by this disease significantly affects quality of life, and in some cases can seriously endanger the health of patients. Hygienic-dietary measures, regulation of the stool and use of antihemoroidalnih drugs can relieve symptoms but do not cure permanently enlarged hemorrhoids. The only treatment that permanently solves the hemorrhoidal disease is surgery.

**At Specialty Hospital Arithera we apply improved methods of treating hemorrhoidal disease:**

- minimally invasive surgical methods of treating hemorrhoids – no cuts and tissue damage
- minimally uncomfortable painful of all procedures used to treat hemorrhoids
- methods are permanently effective in 95% of patients
- fast recovery – return to everyday activities within a few days
- safety – complications are extremely rare
- worldwide results indicate that the DG-HAL+RAR is currently the most effective methods of treating hemorrhoidal disease

**DG-HAL+RAR procedure**

DG-HAL+RAR is a new method of surgical treatment of hemorrhoids permanently effective in approximately 95% of patients. This is the least invasive surgery and the most comfortable method for treating hemorrhoidal disease. It is designed to solve the problem of increased hemorrhoidal node. Sutures are placed transanal and arteries are tied under the sick part of hemorrhoidal node. This is achieved by color doppler ultrasound which accurately locates the terminal branches of hemorrhoidal artery. Stitches are placed in the part of intestine that has no sensory nerves and minimal pain or discomfort occurs during surgery only at extremely small number of patients. Since there is no cutting in the tissue, damage is minimal and function of the hemorrhoidal node remains almost intact. The procedure lasts between 30 and 40 minutes depending on the number of arteries that need to be ligated. To further reduce discomfort of surgical procedure it is usually performed under local anesthesia. General anesthesia is not necessary. After a short postoperative monitoring, which takes 30 minutes to 1 hour, patients are discharged and can go home. After a day or two, most patients can go back to their daily activities. Complete rehabilitation of sick hemorrhoids takes 6-8 weeks. If for any reason the procedure did not result in a satisfactory way, it can be repeated. The postoperative complications are extremely rare. A minor bleeding can occur from the node on the place where it has been tied under, so we prescribe analgetics to be taken orally. Successfully treated thousands of patients around the world and many comparative surgical studies suggest that the DG-HAL+RAR is currently the most effective solution in the treatment of hemorrhoidal disease.

## **ABDOMINAL SURGERY**

**In top quality equipped operating rooms we perform following types of surgeries:**

- Cholecystectomy – surgical removal of the gallbladder
- Traditional and laparoscopically surgeries of hernia and abdomen
- Laparoscopic and abdominal lymph node biopsy

We give consultations and second opinion for abdominal and gastrointestinal tract diseases (stomach, liver, pancreas, small intestine and colon) diseases.

**Advantages of laparoscopic surgery:**

- postoperative pain is less intensive
- fast recovery after surgery, patients can return to everyday activities
- scars are small and eventually become almost invisible

# CENTER FOR ESTHETIC SURGERY AND MEDICINE

Center for Esthetic Surgery and Medicine at Clinic Arithera, led by highly trained medical team headed by Professor Rado Žic, PhD, MD, plastic, reconstructive and esthetic surgery specialist, in a modern and highly functional operating room with the use of the most sophisticated medical technology, will enable for you top results of esthetic surgery.

Among a variety of methods and procedures that are now used in esthetic surgery, professional team of Arithera will choose for you adequate operational method customized to the patient needs and diagnosis. In coordination with our Centre of Physical Medicine and Rehabilitation your esthetic procedures will be less painful and better, completed with fast recovery and excellent results.

Esthetic Medicine improves quality of life for correction of skin conditions and body acquired by birth and changes in life. Treat yourself with health and beauty with the help of top doctors and surgeons, friendly and trained staff in modern Center for Esthetic Surgery and Medicine at Specialty Hospital Arithera.

## **Special features of the Center for Esthetic Surgery and Medicine:**

- licensed specialist medical team
- modern operating room equipped with the latest international standards
- individual approach to each patient with the maximum respect for the wishes and possibilities
- exclusive interior ambience
- absolute discretion and operations in accordance with the principles of medical ethics
- patient care through continuous monitoring by our specialists
- preoperative preparation with professional therapists
- postoperative rehabilitation for better and faster recovery
- cosmetology sophisticated methods in order to prepare patients for cosmetic surgeries and rapid recovery after cosmetic surgery

Our Center for Cosmetic Surgery and Esthetic Medicine follows the latest trends in the world in terms of quality space, medical equipment, new methodologies and continuous training of our doctors.

For our patients, we provide a complete, high-quality and unique service in the field of cosmetic medicine and surgery according to modern international standards.





## **Procedures:**

### **Interventions on the face**

- Rhinoplasty – nose correction
- Blepharoplasty – Eyelid surgery
- Face lifting
- Otoplasty – correction of ears
- Correction of chin
- Liposuction of chin and neck lipofiling
- Lipofiling – rejuvenating facial skin with own fat cells
- Botox treatments
- Fillers treatments
- PRP rejuvenation own stem cells
- Hyaluronic acid lip augmentation
- Removing the skin changes

### **Body interventions**

- Liposuction
- Abdominoplasty
- Skin tightening
- Hand Surgery
- Hernia surgery

### **Interventions on breast**

- Breast Augmentation
- Reductive mastoplastic – breast reduction
- Nipple reconstruction and correction of the breast
- Oncologic and reconstructive breast surgery
- Gynecomastia – enlarged male breasts

### **Procedures on the skin**

- Removing the skin changes
- Correction of scars
- Treatment of melanoma
- Hair and eyebrow transplants

### **Interventions on intimate body parts**

- Lengthening the penis and increase the volume – penis elongation and augmentation
- Narrowing of the vagina and vaginal lips- labioplasty and vaginal rejuvenation

## Operating room

### Special features of the operating room at the Center for Cosmetic Surgery Arithera:

- equipment to the latest international medical standards
- absolute compliance with the Regulations of the Ministry of Health in terms of space, staff, and medical-technical equipment for the performance of surgical health care which provides a legal possibility of introducing patients to general anesthesia
- perfect hygienic conditions



## DERMATOLOGY

### Dermatology and Venereal Center at Specialty Hospital Arithera

In Arithera's Center for Dermatology we provide proper diagnostics and treatments of skin, hair and nails, including treatment for acne, psoriasis, skin allergies and eczema for patients of all ages. We provide procedures which keeps your skin healthy and properly nourished, shiny and beautiful. Professional team of dermatologist will evaluate your skin condition and carryout treatment based on the latest researches and proven technology and treatments in areas of dermatology and venereal diseases.

#### We provide:

- Fast and professional service
- Making appointments without waiting list
- Diagnosis of diseases and conditions of the skin
- Dermatological treatment of skin, hair and nails
- Appropriate treatment for venereal diseases
- IPL treatments

The skin is one of the largest organs of the human body. It serves as a protection against microorganisms, regulates body temperature, is a sensory organ, plays an active role in the immune system and protecting against disease. Healthy skin is very important in Arithera's Center for Dermatology. We will provide complete care to each patient in the treatment of dermatological diseases.

#### We offer a wide range of services in the areas of dermatological diseases:

- Skin examinations of children and adults
- Treatment of viral skin diseases: viral warts, molluscum, herpes
- Treat fungal skin diseases

- Irritations and allergic skin reactions
- Treatment of skin changes that have occurred as a result of excessive exposure to UV rays
- Treatment of inflammatory, bacterial, parasitic skin diseases
- Removal of varicose veins on the face and body sclerotherapy
- Remove skin pigmentation: lentigo, melasma, actinic lesions on the face
- Treatment of skin diseases caused by disorders of cornification
- Nail disorders
- Removal of benign skin growths
- Treatment of acne
- Diagnosis and monitoring of moles dermatoscopy with photo documentation
- Diagnosis and treatment planning of skin cancer: Radiosurgery, excoheation, cryotherapy
- Mycological treatment: native microscopic preparation and review of fluorescence (Wood's) light
- Allergy testing: standard patch (patch) test
- Diagnosis and treatment of chronic venous insufficiency, ulcers and dermatitis
- Diseases and conditions of the scalp
- Chemical peelings

All our cosmetic procedures and treatments are carried out under the supervision of a dermatologist. Their medical knowledge about the skin increases the safety and efficacy of cosmetic surgery, and the outcome is a beautiful, radiant complexion and rejuvenated appearance.

We are committed to provide safe and effective solutions for all of your cosmetic problems and needs.



## MEDICAL COSMETOLOGY

In relaxed and friendly atmosphere Specialty Hospital Arithera offers the latest techniques and therapies to rejuvenate and maintain the beauty of your skin. Whether you want to restore the youthful appearance of the skin or to remove unwanted hair, capillaries, tattoos or birthmarks, in our Center for Cosmetology, we offer you the best treatment options and maintaining the beauty of the face and body. Our services are personalized, and the result is radiant and revitalized skin.

### Factors that make us special:

- our treatments are customized to the individual needs of each person
- cosmetic procedures and treatments are performed under the supervision of a dermatologist
- we are continuously monitoring and implementing innovations in cosmetology
- we guarantee safety and efficacy of cosmetic surgeries



# HOSPITAL

Specialty Hospital Arithera, guided by the idea of excellence and maximum dedication to patients' needs, is offering a hospital with extended healthcare.

## The users of Arithera's hospital accomodation are:

- post-operative care and rehabilitation after orthopedic injuries and diseases
- post-operative care and rehabilitation after spine surgery
- post-operative care after abdominal surgery
- post-operative care after aesthetic surgery
- patients who need post-operative care and rehabilitation after trauma injury and illness
- patients with neurologic deficit (stroke) – it is important to start process of recovery immediately, in the first weeks after the incident, because the application of intensive medical care, physical rehabilitation with robotic neurorehabilitation

Inpatient care is provided 24 hours a day by highly professional staff – nurses and physical therapists.



## Health spa in the city center

We are able to organize hidrokinézithérapie treatment that depends on the diagnosis and recommendation of medical specialists – physiatrists, orthopedists and internists. It is carried out individually in the pool under the supervision of a physical therapist. Power of water helps to relax and create a very pleasant atmosphere during rehabilitation. During exercising the patient feels the ease of movement and relaxation of the entire body. In acute painful conditions, by relaxing the muscle structure using hydro therapy, we are preparing patients for inclusion in kinesiology and rehabilitation program.



## Nurses monitoring

24-hour health care is adapted to each patient individually, whether he/she is mobile or non mobile, in order to improve the patient's condition as soon as possible.

### In accordance with the condition of the patients, our health care may include:

- complete care of partial mobile or non mobile patient
- prevention of complications due to prolonged lying down (decubitus, thrombosis, contractures...)
- disposal of chronic wounds (ulcus cruris, pressure ulcers, burns...)
- toileting and maintenance of stoma (cannula, anus preter, uro and cistostome)
- application of enema cleaning
- bladder catheterization
- application of local and oral therapy (baths, ointments, drops...)
- application of parenteral therapy (infusion) under the supervision of a physician
- measurement and registration of vital functions
- control of blood sugar and urine
- laboratory tests (blood, urine, stool, swabs...)
- physical therapy and rehabilitation
- intensive health care (one nurse caring for a maximum of 2 patients)



## BIOGRAPHIES OF OUR MEDICAL STAFF

In Specialty Hospital Arithera we collaborate with a large number of doctors with interesting biographies, so we shall enumerate just a few among them:

### **mr. sc. Dražen Kvesić, dr. med, surgery specialist, vertebrologist**

Leader of the Arithera Centar for injuries and diseases of the spine

He uses SPM (Spine Pain Management) treatment methods of the spine which fastly eliminates pain and assures great results in combination with advanced physical therapy.

He was born in Slavonski Brod in 1961.

He is employed at the Medical Center of Slavonski Brod until 1994.

He was a volunteer of the Croatian war of Independence.

From 1994 he works at the Clinic for traumatology in Zagreb in the Department for spine surgery (afterwards it became the reference center of spine surgery for the Ministry of health and social care)

During and after his specialization he attended education courses on spine surgery in several European clinics (Bad Wildungen-Njemačka, Bordeaux-Francuska, Innsbruck-Austrija), and many lectures about spine surgery: Davos, Barcelona, Leuven, Brussels, Nancy.

He was a host lecturer during national orthopaedic spine surgery congresses in Macedonia (2002), Bulgaria (2005) and Hungary (2006). He also worked as a lecturer presenting studies on many world, European and national congresses.

Since 2008 he becomes interested in interventional procedures in treating painful spine conditions. His education on this topic starts in Budapest in 2008, and continues in the following years in Dallas (USA), Phoenix (USA), Munster (Germany) and Colerain.

He worked in the Reference Center for spine surgery of the Traumatology clinic in Zagreb from 01.10.2009, when he opens the Limbago Clinic, first private clinic in Croatia specialized in treating painful conditions of the spine with interventional measures or the so called "pain management" of the spine. In 2013 Clinic Arithera takes over the Lumbago Clinic and with the combination of classic surgery, SPM methods and physical rehabilitation and therapy creates a unique center for treating spine diseases in South-eastern Europe.

### **Professor Vladimir Kovač, MD, PhD, orthopaedic surgery specialist**

Born 17th December 1951. in Zagreb. He completed primary and secondary education in Zagreb, the University of Zagreb Medical School enrolled in 1970 and ended in 1975.

Memberships: Croatian Medical Society, President of Yugoslav spine deformity society, Croatian Orthopaedic society, European Spine deformity society, Spine Society of Europe, Croatian Pediatric orthopaedic society

Scientific Work:

Miljenko Franić, Vladimir Kovač, Anterior Instrumentation for correction of Adolescent Thoracic Idiopathic Scoliosis: Historic Prospective Study, Croat Med J. 2006; 47:239-45

Smiljanić I., Kovač V., Čimić M., Changes in Pulmonary Functional Parameters after Surgical Treatment of Idiopathic Scoliosis. Collegium Antropologicum 33 (Suppl. 2):145-151, 2009.

Čimić M., Kovač V., Smiljanić I., Kovač I., Čimić A., Smoljanović T., Relationship between Clinical Contourometric Measurements and Vertebral Rotation in Adolescent Idiopathic Scoliosis., Collegium Antropologicum. 33 (suppl. 2):127-133, 2009

V.Kovac, What is Objective in Anterior Versus Posterior Instrumentation for AIS? A 25 years experience, Abstract Book, Spineweek 2008, Geneva, May 26-31.2008.; 188.

Vladimir Kovač: Total disc replacement (TDR) in degenerative spine disease. Preliminary results with Maverick and Flexicore implants, Proceedings, 10th Stryker Spine International symposium, Nice, 2007,58-60.



## **dr. med. Zlatko Čačić, radiology specialist, intervention radiology sub-specialist**

Leader of the Arithera Center for varicose veins treatment

Born in Zagreb in 1959. Graduated from School of Medicine, Faculty of Zagreb in 1983. Until 1983 he worked in the Dubrava medical center in charge of general and family medicine. In 1996 he accomplished the specialization in radiology. In the period from 1996-2008 he works in the Rebro Clinical center as a radiologist mostly in the Department of vascular and interventional radiology.

In 2006 he finishes his sub-specialization in intervention radiology becoming a radiologist, specialist in intervention radiology. From 2008-2012 he works in Medicol, focused on the program of vascular and diagnostic radiology- Ultrasound, doppler, MSCT angio and angiography.

From 2012 he works in the Arithera Clinic where he coordinates the Center for varicose veins treatment using the UGFS method in treating varicose veins with foam therapy considered the best method by the world's leading institutions in the field of treatment of varicose veins.

He attended many conferences of intervention radiology: Prague, Vienna, Venice, Maastricht, Lucern, Athens, Hamburg. He trained at the Philips educational center MSCT cardiology (Johannesburg 2008) and at The British Vein Institut in London- UGFS foam method of treatment with innovation in its preparation and application technology.

Awards and credits:

- 2011. Poster presentation; V. Milavec-Puretić, J. Radoš, V. Lamer A case of lichen planus pigmentosus with a good response to tacrolimus ointment; 4th Congress of Croatian Dermatovenereologists with international participation
- 2010. Poster presentation; Rados J., Milavec Puretic V., Lamer V., Loncaric D., Lipozencic J. Eosinophilic fasciitis - a case report
- 1. Lamer V, Lipozencić J, Turčić P. Adverse cutaneous reactions to psychopharmaceuticals. Acta Dermatovenerol Croat. 2010;18(1):56-67

## **prim. dr. sc. Davorin Velnić, MD, abdominal surgery specialist**

Leader of the Arithera proctology center

Education:

- Advanced training course SAGB and laparoscopic Y-Roux gastric-bypass, Salzburg Obesity Academy Foundation, Salzburg/Hallein, Austria 2006.
- Surgical workshop and symposium for gastric surgery, Klinički Centar Ljubljana, Slovenija 2004.
- Postgraduate course: Procedure for prolapse and haemorrhoids, University Medical Centre, Ljubljana, Slovenia 1999.
- Workshop for advance laparoscopic surgery, Lahey Clinic, Burlington, Ma, USA 1997.
- International workshop for laparoscopic herniorraphy, Univ. Klinik u. Poliklinik f. Allgemeinchirurgie, Gottingen, Germany 1994.
- Plastic and reconstructive surgery course, KBC Rebro, Medical University of Zagreb
- Post-graduate study in general surgery, School of Medicine, Faculty of Zagreb 1988. - 1989.
- Specialization in general surgery, surgical clinic "Sveti Duh", Zagreb and surgery clinic "Sestre Milosrdnice", Zagreb 1985. - 1989.
- School of Medicine, Faculty of Zagreb 1974. - 1980.
- High school 1970. - 1974.

Member of the following organizations:

- Croatian Medical Association

- Croatian society of surgery
- Croatian society for Endoscopic surgery ( member of the executive board)
- Croatian society for Digestive surgery (member of the executive board)
- Croatian society for Colon-rectal surgery (member of the executive board)
- European Association for Endoscopic Surgery
- European Federation for Colorectal Cancer

Awards and credits:

- Letter of thanks of the Croatian Medical Association, for the work and achievement in the Association and the improvement of the medical profession as for the health and humanitarian activity in 2005.

### **Professor Rado Žic, PhD, MD, plastic, reconstructive and esthetic surgery specialist**

Present Appointment: Chief of Unit for Hand and Reconstructive Surgery department of Plastic, Reconstructive, and Aesthetic Surgery University Hospital “Dubrava” and leader of the Arithera Specialty Hospital Esthetic Surgery Center

2014 Secretary General of ESPRAS (European Society of Plastic, Reconstructive and Aesthetic Surgery)

2014 Reelected Chairmen of Accreditation committee of EBOPRAS (European Board of Plastic, Reconstructive and Aesthetic Surgery)

#### **CERTIFICATES:**

1989 Medical Doctor Diploma (MD)

1990 Croatian Medical License

1993 Diving Physician License

1996 Certification in General Surgery

1999 IELTS 8.5 (8,9,8,9)

2003 Certificate in Plastic, Reconstructive and Aesthetic Surgery Title: Specialist of Plastic, Reconstructive and Aesthetic Surgery

2003 EBOPRAS (European Board of Plastic, Reconstructive and Aesthetic Surgery Certification) -Title Fellow of EBOPRAS

#### **POSTGRADUATE STUDIES AND DEGREES:**

1989-1992 Biomedicine, School of medicine, University of Zagreb

1995 Ph.D. in medical sciences

2002 Scientific title: Science fellow

2005 Scientific title: Science advisor (highest possible scientific title in Croatia)

2001 Academic title: Senior assistant School of Medicine University of Zagreb

2005 Academic title: Associate Professor School of Medicine University of Zagreb

2012 Academic title Professor School of Medicine University of Zagreb

#### **PRIZES AND AWARDS:**

1988 Deans award for the best student scientific paper for the school year 1987/88

1989 Deans award for the best student scientific paper for the school year 1988/89

1989 Award of the Foundation for the best student scientific paper in basic sciences

1989 Medical School Deans award for academic achievements and extracurricular activities

1989 University of Zagreb award for the best medical student in the school year 1988/89

2003 Annual award of University Hospital “Dubrava” for outstanding professional results

## PUBLICATIONS:

- 1) Papers in cited journals: 41
- 2) Textbooks or text in textbooks: 8
- 3) Presentations in meetings and congresses: 143 (26 as faculty or invited speaker)

### **prof. dr. sc. Saša Janković, PhD, orthopaedic specialist**

Leader of the Arithera Center for orthopaedics

In 2009 in the hospital Sv. Duh he becomes in charge of the orthopaedic institute. In the meantime he obtains a PhD and MD at the School of Medicine, Faculty of Zagreb, and works as a professor at the Faculty of Kinesiology in Zagreb.

He works in the organization and work of the diagnostic center of the Faculty of Kinesiology and in the laboratory for health and functional diagnostic, tests and analyzes the health and functional status of sportsmen and amateurs of all age.

He collaborates with many research programs and publishes 28 scientific works and a series of articles. He specializes further more on several european universities and works as a lecturer on the topic of arthroscopic courses in Napels, Rotterdam, Venice, Ljubljana and Las Vegas.

#### Education:

- After ending his studies at the School of Medicine, Faculty of Zagreb, he specializes orthopaedics and gets employed at the Institute for orthopaedics of the Clinical hospital Sveti Duh.

Member of the following organizations:

- Leader of the medical team of the Dinamo Football club
- Member of the medical team of the Croatian National football team
- Member of the Health Commission of the Croatian Olympic Committee
- Participation in three football world championships: in 1998, 2002. and 2006.

### **Dr. Davor Duvančić, Orthopaedic and trauma surgery specialist, spine surgeon**

Leader of the Arithera clinic orthopaedic center

#### Education:

- University of Belgrade, School of Medicine
- Internship at the Military Medical Academy in Belgrade
- Traineeship at the Center for pilot education on super sonic planes-worked as a professor of air medical services and doctor for pilots, teachers and those attendind the classes
- Specialization in orthopaedic surgery and traumatology, post-graduate study at the Military medical Academy in Blegrade
- Clinical work at the Military medical Academy in Blegrade
- Sub-specialization in surgery for diseases and injuries at the Military medical Academy in Blegrade and Special orthopaedic surgical clinic Banjica in Blegrade and in the Clinic for traumatology in Zagreb
- Independent work in the field of spine surgery at the Military medical Academy in Blegrade
- Employed at the Tayside Health Bord, Dundee General Hospital Unit and Medical School, Dundee, Scotland, Great Britain
- Employed at the Traumatology Clinic in Zagreb
- Counselor at the Clinic for medical diagnostic Nemetova, Zagreb



- Orthopaedic clinic of the University of Zagreb, School of Medicine, Department for spine surgery, as leader
- Clinic “Nemetova”, vice-director and president of the CEO
- Special hospital for orthopaedics and traumatology Akromion, Krapinske Toplice
- Clinic Arithera Comfort Medical

During his career he spent several time in foreign spine and surgical centres for knowledge improvement and keeping up to date with the latest medical innovations strategic for professional growth (Germany, Switzerland, Great Britain).

Member of Executive Boards and organizations:

- President of the executive board in Orthopaedic clinic Lovran
- Member of the board of the Special hospital for children's care when affected by neurological and motoric disorders Goljak, Zagreb
- Member of the board of the Clinical hospital “Sestre milosrdnice”, Zagreb

Member of the Croatian medical association for:

- Orthopaedic surgery
- Pediatric orthopaedics
- traumatology
- vertebrology
- expert team member for court audice
- permanent court audice since 1995 promoted by the Court of the County of Zagreb
- member of the health commission of the Ministry of Internal Affairs of Croatia
- member of the medical staff of the Croatian Basketball Federation
- Lion's club Zagreb Kaptol member
- Member of the Croatian Hunters Association

Activity:

- Several years of work in developing the quality of diagnostic and treatment of the locomotor system Clinic Nemetova, Zagreb
- Attended the activities of the society for cervical spine – Cervical Research Society London 2000, Spine Expert Group, Geneva 2002. ; Argospine Paris 2009. ; Scoliosis Research Society Sarajevo 2103, South Eastern Spine Society
- Regular participation in european conferences on spine treatments and innovative methods
- Counselor for construction of hospitals for general and specific aim, collaboration with local and foreign investors. Takes part in project of coconstruction and reconstruction of clinical structures and in sport structures also.

### **Tomislav Vlahović, hand surgery specialist, plastic and reconstructive surgery specialist**

- Finished University Medical school in Zagreb
- General surgery specialist since 2003
- Plastic and reconstructive surgery specialist since 2006
- Working for 15 years on hand surgery department university hospital for traumatology Zagreb International AO trauma faculty for hand and wrist surgery since 2009
- Board Member of the Croatian Trauma Society of the Croatian Medical Association

- Member of the Croatian Society of Plastic, Reconstructive and Aesthetic Surgery of the Croatian Medical Association
- Croatia national football team doctor

**The other valuable and expert members of our team:**

- Ivan Karlak, MD, orthopaedic and trauma specialist
- primarijus Nikica Daraboš, MD, surgery specialist, orthopedic and trauma specialist
- Hrvoje Mokrović, MD, ortopedic specialist
- Predrag Pavić, MD, general surgery specialist, vascular surgery sub-specialist
- Nevenka Horvat, MD, internal medicine specialist, cardiology sub-specialist
- Jadranka Bošković Katalinić, MD, internal medicine specialist, cardiology sub-specialist
- Krešimir Martić, MD, plastic, reconstructive and esthetic surgery specialist
- Velimir Torbica, MD, anaesthesiology and intensive care medicine specialist
- Željka Šverer, PhD, physical medicine and rehabilitation specialist
- Anđelka Hajvaz, MD, physical medicine and rehabilitation specialist
- Jane Basarovski, MD, dermatology specialist
- Ines Lakoš - Jukić, MD, dermatology specialist