



Thalassotherapia Opatija

Specialized hospital for
medical rehabilitation of cardiac,
pulmonary and rheumatic diseases

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REHABILITATION, TREATMENT AND
PREVENTION OF DISEASES OF THE
HEART AND BLOOD VESSELS





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Thalassotherapia Opatija, Specialized hospital for medical rehabilitation of cardiac pulmonary and rheumatic diseases is situated in Opatija - climate treatment centre well known since 1889. The hospital was founded in 1957, primarily for the purposes of diagnostics and treatment with the special emphasis on the prevention of the diseases of the heart and blood vessels. The facility consists of space and equipment arranged in six interconnected buildings. While having their medical examination the patients may use the parking lot in front of the facility, free of charge. The facility has 260 employees, 34 physicians – specialists in internal medicine/cardiology, 5 physician's specialists in physical medicine and rheumatology, 1 specialist in neurology, 1 specialist in dermatovenerology, 2 specialists in radiology, 1 professor of psychology and residents of all of the above mentioned specializations.



On the bases of its merits and the implementation of high professional standards, in **1998 Thalassotherapia became the Centre of Excellence for Health Tourism and Medically Programmed Vacation of the Ministry of Health of the Republic of Croatia** and acquired the status of the teaching base of the Faculty of Medicine in Rijeka and the Faculty of Medicine in Osijek. In 2006, it had become the Department for Rehabilitation and Sport medicine of Faculty of Medicine in Rijeka; later on it became the Department for Physical Medicine of Faculty of Health Studies in Rijeka and the teaching base of the Faculty of Medicine of Josip Juraj Strossmayer, University of Osijek.

All of the above mentioned contributed to the fact that in 2009 Thalassotherapia Opatija obtained the status of the **Clinic for Rehabilitation, Treatment and Prevention of Diseases of the Heart and Blood Vessels of the Faculty of Medicine, University of Rijeka. Centre of Excellence for Cardiac Rehabilitation of the Ministry of Health of the Republic of Croatia was established in 2012.** In the same year the facility obtained the license for scientific – research activities provided by Croatian Ministry of Science, Education and Sport. In 2015 Thalassotherapia became the educational centre of Croatian Facial Aesthetic Society of Croatian Medical Association for Aesthetic Medicine.



CLINIC FOR REHABILITATION, TREATMENT AND PREVENTION OF DISEASES OF THE HEART AND BLOOD VESSELS

Comprehensive approach to secondary prevention of cardiovascular diseases

The Functional Diagnostic Laboratory is one of the biggest in the Republic of Croatia; it has the capacity of 30 dynamic 24-hour electrocardiographic examinations (holter monitoring) and four echocardiography and four ergometry outpatient clinics per day. As one of the leading institutions in the Republic of Croatia, the laboratory is used in its daily work for diagnosis, treatment and prevention of heart and blood vessel diseases, magnetic resonance imaging and computerized tomography.

Modern cardiac rehabilitation highlights the need for precise stratification of patients' risk profile in early rehabilitation and Thalassotherapia Opatija has also begun to practice early cardiac rehabilitation from the first convincing professional indications of its significant clinical benefits.



The development of Thalassotherapia Opatija and its orientation towards diagnostics and treatment of myocardial and pericardial diseases, cardiac failure and congenital heart failure, also presents one of its fundamental values. In 2017, Thalassotherapia Opatija opened heart catheterization laboratory that occupies 50 square meters area. At this moment, Thalassotherapia Opatija is the only clinic in Croatia that provides invasive, noninvasive, preventative and rehabilitative cardiology.

REHABILITATION OF CARDIAC PATIENTS

- Thalassotherapia Opatija is the first health institution in Croatia that has introduced professional and modern rehabilitation of cardiac patients.
- It has 65 years long experience working with cardiac, rheumatic, physiatry and dermatological patients and it is one of the top institutions for treatment and rehabilitation.
- The complete harmony of the experience, professional education and training, the most advanced medical, diagnostics and therapy equipment and ideal climate characteristics define this hospital as the excellent place for vacation, health and pleasure. All therapy and rehabilitation programmes are under the constant supervision of the professional team of doctors.



- It provides natural resources (sea water, air and pleasant microclimate), broad range of services, personalized approach to treatment adjusted to the needs and expectations of the patients, as well as fusion of medicine and spa services in Thalasso Wellness Centre.
- Each visitor may enjoy the unique climate, the vicinity of walking route “Lungomare”, as well as other walking routes suitable for active cardiac rehabilitation.
- Thalassotherapy Opatija is easy to reach via airports in Krk, Zagreb or Pula.

*Broad range of cardiac rehabilitation services
Priceless experience and professional care
Perfect plate for the health of your heart*

CARDIAC REHABILITATION PROGRAMME

Each patient will be provided with tailored – made, individually adjusted cardiac rehabilitation programme based on the diagnostics and consultations in accordance with the standards and recommendations of the European Society of Cardiology (ESC).



The cardiac rehabilitation includes the following:

- NURSE, PHYSIOTHERAPIST AND DOCTOR EXAMINATION
- LABORATORY FINDINGS
- RESTING ELECTROCARDIOGRAM
- ANTHROPOMETRIC MEASUREMENTS (weight, height, BMI) X 2
- 6 MINUTE WALK TEST X 2
- ERGOMETRY or CPET (Cardiopulmonary Exercise Testing)- functional stress test
- NUTRITION WORKSHOP- Change of diet: consultations with the nutritionist/dietitian, culinary workshops
- PSYCHOLOGICAL COUNSELING- Changing of life habits and learning the stress relief techniques (relaxation techniques)
- complete estimation of the cardiac risk stratification in cardiac rehabilitation program
- Treatments according to doctors' opinion: up to 5 rehabilitation procedures per day, 6 days a week (group exercise in the pool, individual training with our physiotherapist or kinesiologist, organised field exercise/therapy – walking)
- According to doctors' opinions: Complex cardiac diagnostics (additional payment): ultrasound of your heart (echocardiogram), Holter ECG, Holter RR (ABPM), cardiac computed tomography (CT), cardiac magnetic resonance imaging (MRI) and invasive coronary angiography



PRICE OF THE PROGRAMME

- The price includes: Complete medical programme, accommodation in single bedroom, full board according to the nutritionist's diet plan (and according to the recommendations of the nutritionist).
- The prices of heart rehabilitation programme in Thalassotherapia Opatija start from 250 EUR per day.
- In order to achieve the best therapeutic results, we recommend the duration of such treatment for 3 weeks, minimum.
- From your first phone call to your return visit – we are fully devoted to provision of personalized care to our patients. We will be happy to combine your treatment and your stay in Opatija. Your personal coordinator will ensure to fulfil all your expectations throughout the whole procedure.





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