Daniel Borer

«Doing nothing is not an option»
JAN PETER VAN DER REE
MONTECRISTO PETIT EDMUNDO’S
HIKING IN ATZMÄNNIG WITH SPARKY AND BEERTJE
FRESH MILLEFEUILLES
A RELAXED ROUND OF GOLF
FOUR O’CLOCK TEA TIME
DEAR FRIENDS!

In your hands you are holding the new issue of Swiss Health magazine. Switzerland is a country of traditions, and one of its basic principles is sustainable development. Here you can find the most precise watches, the most reliable banks, and the most innovative health industry. Modern methods of treatment are a must in package deals offered by local clinics, virtually every university conducts scientific research, and Switzerland is the world leader in the number of scientific studies per capita.

However, none of these things can substitute for tradition. Rather, they amplify it, accumulating experience, and preserving and developing the best there is in the industry. Swiss tradition has become a brand that symbolizes something unwavering, eternal, unalterable… the quality just as high as it was a hundred, two hundred, and many hundreds of years ago.

But at the same time it is something progressive and flexible: life never stands still here. One of the essential aspects of undergoing treatment in Switzerland is confidentiality, despite the fact that it has become nearly impossible to ensure privacy even in your own home! The world is moving towards complete openness, but Switzerland remains one of the few countries where you can still enjoy some privacy. Doctors in this country can be characterized by a number of qualities that one would call conservative. They are humble, for example. You will not find any flashy branded accessories on a Swiss doctor. Reputation is what really matters here. Specialists will make every effort to solve a problem, then consider all the possible options and pick the best one, communicating with the patient all the while. And that, among other things, is a nod to the practice.

Here they don’t only offer treatment; they do their best to prevent the condition. Preventive medicine is evolving. Doctors proceed from the causes of the condition, trying to identify the slightest changes in the body to eliminate the problem before it even occurs.

That is why we cover various disparate topics in the magazine. Heart surgery, childhood diseases, age-related male problems and much more – everything that can and should be discussed. The pages of this new issue will tell you about preventative possibilities, diagnostics, and treatment of these diseases.

The cover star is a representative of business and medicine, one of the most famous people in Switzerland, a member of the family that built the Rolex empire: Daniel Borer.

Best regards,

MARIA-ANNA LÄMMLI,
Publisher and Editor-in-Chief of Swiss Health magazine.
1 Editor’s letter

4 SWISS DOCTORS

6 Cardiology. Professor Franz Wolfgang Amann, Cardiovascular Centre at Hirslanden Klinik Im Park. WHOM TO ENTRUST THE HEART TO?

12 Pediatry. Professor Mathias R. Baumgartner, head of the Division of Metabolism at Kinderspital Zurich. RARE CASE

16 Angiology. Professor Beatrice Amann-Vesti, the head of the Clinic of Angiology at the University Hospital Zurich. DANGEROUS BOTTLE NECKS

20 Orthopedics. Associate Professor Sandro Fucentese, the head of the Department of Knee Joint Surgery of the Balgrist University Hospital. GETTING ON YOUR KNEES

24 Physical Therapy. Simon Heinis, the head of the physical therapy department at the Merian Iselin Clinic. RULES OF MOVEMENT

28 Dentistry. Dr Michael Meier, Swiss Dental Clinic. BARRIER AGAINST INFECTION

32 Daniel Borer: «DOING NOTHING IS NOT AN OPTION»

38 Addiction. Dr Claudia M. Elsig, the head of the Calda Clinic. THE HAPPINESS DOCTOR
42 Cosmetology. Dr Brigitte Bollinger, specialist of Department for Dermatology and Plastic Surgery at Grand Resort Bad Ragaz Medical Center.

LASER SHOW

48 Somnology. Dr Olivier Staneczek, sleep specialist at Clinique La Prairie. DREAMCATCHERS

52 Anti-aging. Dr Rainer Arendt, leading consultant physician of the Swiss Prevention Clinic. REGAIN YOUR APPETITE FOR LIFE

56 Sports Medicine. Dr Patrik Noack, specialist in the field of general medicine, sports medicine, and manual therapy. SUPPLEMENT YOUR STRENGTH

60 Psychotherapy. Dr Claus Aichmuller, the leading addiction treatment specialist in Privatklinik Meiringen.

STRUGGLE FOR INDEPENDENCE

64 SWISS HEALTHY LIFE

66 Magic gardens. Giardino Group Hotels

70 A Treasure in the Mountains. Belvedere Hotel

76 Ahead of time. The Gotthard Base Tunnel

82 Voyage to Beau-Rivage!

90 News
OUR HEROES

Professor Beatrice Amann-Vesti (University Hospital Zurich); Dr Olivier Stanecek (Clinique La Pratricia); Dr Patrik Noack (Medbase Zentrum für Medizin und Sport beim Hotel Säntispark); Associate Professor Sandro Fucentoe (Balgrist University Hospital); Dr Michael Meier (Swiss Dental Clinic); Dr Brigitte Bollinger (Grand Resort Bad Ragaz Medical Center); Professor Franz Wolfgang Amann (Hirslanden Klinik Im Park); Simon Heinis (Merian Iselin); Dr Rainer Arendt (Swiss Prevention Clinic); Professor Mathias R. Baumgartner (Kinderklinik Zürich); Dr Claudia M. Elsig (Calda Clinic); Dr Claus Aichmuller (Privatklinik Meiringen)
WHOM TO ENTRUST THE HEART TO?

We breathe, love, hate, and feel tenderness or anger because our hearts beat. We are alive, as long as they beat. But sometimes our hearts fail – due to degenerative changes or calcium deposits on the edges of the aortic valve – and we feel the well-known symptoms: angina, dizziness, fainting, heartbeat, shortness of breath... pills are not enough, and drastic measures are called for.

TEXT Maria-Anna Lämmli

Franz Wolfgang Amann
Prof. Dr. med., Cardiovascular Centre at Hirslanden Klinik Im Park. He graduated from the University of Innsbruck, Faculty of Medicine (now Innsbruck Medical University) in 1972. Until 1991, worked at leading medical institutions in Switzerland and the US, in departments of cardiology and general internal medicine. 1991-2002: Cardiologist at the University Hospital of Zurich. 2002 until present: Cardiovascular Centre Zurich at Klinik Im Park. The author of several scientific publications, he is a fellow of the Swiss Society of Cardiology (Schweizerische Gesellschaft für Kardiologie; SGK), the European Society of Cardiology (ESC), and the International Society of Vascular Surgery (ISVS).

For years, serious heart disorders were prompts for open heart surgery. This method of treatment was dangerous, but it was the only option. A few years ago, however, there was a revolution of sorts in this field of medicine: new, less radical, methods were introduced that allow for operations on vulnerable and elderly patients. The risk is lower and the outcome is better.

Prof. Dr. med. Franz Wolfgang Amann, Cardiovascular Center of Hirslanden Clinic im Park, the world-renowned specialist in the field of interventional cardiology, performs interventions almost every day to extend and improve the quality of human life. Several decades of practical experience and intuition have convinced him that in the next 10–20 years the distinction between cardiologists and cardiac surgeons will become obsolete: a doctor will have knowledge and skills in both fields.

– Professor Amann, Switzerland is the recognized leader in innovation. Local doctors’ approaches are
based on the latest international breakthroughs, and also on their own breakthroughs. What can you offer to your patients today that could not have been offered even 10 years ago?

– The most important thing is that many issues can now be resolved in less radical ways. In the field of coronary heart disease, stenting is an alternative to open heart surgery. Aortic stenosis can be treated with TAVI (Transarterial Aortic Valve Implantation), a modern and minimally invasive method to replace the aortic valve.

This new direction in cardiology is developing quite rapidly. The advantage of the method is the fact that the surgery is performed under a local anesthetic and it takes about an hour to complete; the patient is discharged after 3–5 days. In addition, there is no need for extracorporeal circulation.

Our team is a leader in performing aortic valve replacements. At our clinic, cardiologists and surgeons work together to offer a patient the best possible treatment. However, the final decision on which method to use is made only after a discussion with the patient.

Of course, there are many other common diseases for us to treat, such as coronary artery blockage and different forms of congenital heart disease using the catheter technique.

– Let’s focus on TAVI. How was this method invented? And what country can be called the leader in its use?

– It was invented in France, where the first such operation was performed in 2002. We started to use it in early 2008. In the United States, the process took much longer; it was only approved in 2011.

Today the method is primarily used in economically developed countries: in the USA, Western Europe, Australia, and Canada. The treatment is expensive: the valve alone costs approximately 30,000 CHF. Therefore, classic surgery remains more affordable. The valves required for classical surgery are much cheaper (3,000–4,000 CHF) and available in any country. But am convinced that with time the new method will spread across the world. Something new is always expensive at first, but the price falls once it becomes popular.

– TAVI is often used in the treatment of older patients, as it is a less invasive and less risky procedure. Is there any scientific basis for this?

– Yes, it is true. Two months ago a study was conducted in Denmark to compare it with classical surgery in elderly patients. The new method demonstrated greater efficiency, with decreased mortality and increased quality of life after the implant. The latter is particularly important: for people approaching 80 years of age, it is very important to remain independent. The populations of European countries are aging rapidly, and one of the consequences of this is an increase in val-
vular heart diseases. That is why TAVI is becoming more common. The method is truly minimally invasive, which is especially important for elderly patients.

To date, this method has been used on more than 500,000 patients worldwide. Currently, 70–80 implants are performed in Switzerland each month. Each year one or two new valves are developed and introduced onto the market. The number of manufacturers is growing. For example, the newest type of valve has been developed and has started to be produced in Switzerland.

– I understand that each case is individual, but nevertheless are there any statistics on how TAVI can extend human lifespan?

– It is still too early to tell; not enough time has passed since we started to use this technique. I performed my first implant in 2008 and I can say that this valve has been functioning perfectly so far.

However, bio-prosthesis usually has a lifetime of 10–12 years. It doesn’t matter how they were implanted, by classical open heart surgery or by TAVI. When a bio-prosthesis fails, we replace the worn valve with a new one using the less invasive method of implantation (valve-in-valve procedure).

– What is a prosthetic valve?

– It is a tricuspid valve manufactured of bovine or porcine pericardial tissue, embedded in a metal frame (stent). The folded delivery system is inserted into the femoral artery using a catheter and delivered to the lumen of the affected aortic valve where it expands like an umbrella, pushing the old valve’s leaves out of the way. The principle is similar to Russian nesting dolls. The delivery system is removed, and the new valve begins to function.

– These surgeries seem to be a miracle: an hour in the operating room in the hands of experienced specialists can significantly extend a patient’s active life! Are all your patients eligible for the minimally invasive treatment or are there contraindications?

– If we talk about stenting, the suitability of the patient’s anatomy is important. In each pa-
Genetics determines the aging of heart vessels, and why they wear out so quickly

patient you have to assess which method would be best. It should be discussed with the patient. In some cases, we immediately say that open surgery is not an option, and sometimes, on the contrary, we consider it to be the only option. So, everything is case-based. But in degenerative aortic stenosis, TAVI can be offered to the majority of patients.

If we are talking about TAVI, today we use it even with younger people.

- Can you please explain from your experience why heart vessels work just fine in some people, but cause a lot of problems in others?
  - Naturally, genetics plays the crucial role. It determines the aging of heart vessels, and why they wear out so quickly. Other known factors are smoking, high blood pressure, diabetes, cholesterol, stress... atherosclerosis can start earlier in some people, and later in others. Sometimes the blood vessels can be in perfect working order even in a 90-year-old person, whereas familial high cholesterol can lead to myocardial infarction at the age of only 10.

- Can new treatments prevent an infarction?
  - This is exactly what we do during the examination. For example, if a patient has high cholesterol, we try to optimize risk factors by medication. We conduct stress tests, stress ultrasound, and magnetic resonance imaging of the heart to detect possible scarring and circulation disorders. If a person can be treated by non-surgical methods, we provide advice on the normalization of blood pressure and motivate the patient to take up sports. Physical activity is a great way to prevent vascular disease. I can confidently say that the prognosis improves with the elimination of the cause of the disease. Therefore, it is important to have regular check-ups and to manage the risk factors.

- You mentioned stress as a risk factor for the heart. What can you suggest to prevent the effects of stress on people working in business?
  - A busy schedule does not mean that a patient is harming his health. A lot depends on how he or she copes with stressful situations. The stress in their line of work can be positive or negative, and can provoke different reactions. It is bad to eat and drink well into the night in smoke-filled rooms on a regular basis, but it is good to take a run for an hour between two business meetings.

  Some people do not notice stress. Some can easily get rid of it, while others cannot. In any case, we provide advice and recommendations. For example, we recommend that those who are constantly on the road take time for jogging, swimming or fitness. Patients often come to me with this problem and I advise them to set aside more time to take care of their health. 30 to 60 minutes a day is enough. Beyond physical activities, proper nutrition and quitting smoking is also very important.

- What symptoms indicate that it is time to visit a doctor?
  - In coronary artery disease, angina pectoris and shortness of breath are the leading symptoms. In aortic valve stenosis, the symptoms are very similar. In the physical examination, the main sign of aortic stenosis is a heart murmur. If a murmur is found, it is necessary to conduct an ultrasound examination to visualize the valve and to determine its function. If there is a significant valve dysfunction, an additional invasive examination (heart catheterization and coronary angiography) is performed before making a decision regarding the treatment: classic open heart valve replacement or TAVI.

- How long does this examination take?
  - For symptomatic patients, as a rule it takes no more than 1–2 days. It is not necessary to spend
Background

Klinik Im Park was founded on a picturesque stretch of the shores of Lake Zürich in 1986. Four years later, the institution was incorporated into the Hirslanden Private Hospital Group. In 2002, the Cardiology and Vascular Centre started operating. Today, the clinic consists of 30 centers, where more than 280 experienced physicians work.

Areas of Specialization

The main directions of work in the centers and institutes included in the Hirslanden Klinik Im Park are cardiology and cardiovascular surgery, oncology, gastroenterology, gynecology and obstetrics, urology, respiratory medicine, orthopedics, and sports medicine. The Cardiovascular Centre at Klinik Im Park is among the largest in Switzerland. Physicians at the clinic specialize in the diagnosis and treatment of cardiovascular diseases, including coronary artery disease, heart valve disease, arrhythmias, heart muscle disease (cardiomyopathy), heart failure, arterial hypertension, and congenital heart defects.

Contact Details

Klinik Im Park
Seestrasse 220
8027 Zürich, Switzerland
Tel.: +41 (0)44 209 21 11
Fax: +41 (0)44 209 20 11
klinik-impark@hirslanden.ch
www.hirslanden.ch

Currently, 70–80 implants are performed in Switzerland each month

In our team we have already noticed a change: surgeons are using non-invasive treatments that were previously used only by cardiologists, and cardiologists are involved in surgical interventions that have hitherto always been the realm of surgeons. Today, we talk with a patient together, make decisions together and stand at the operating table together.
A total of about 7,000 rare diseases are known worldwide, and upon each diagnosis rests the fate of many children. When no one knows where to look for help, which medicine to give a child, where can anyone find a specialist that is engaged in researching such little-known diseases? These diseases are often inherited and should be treated in early childhood.

TEXT Mark Stevens
We discuss this in an interview with the medical doctor Professor Mathias R. Baumgartner, a specialist in rare diseases who has made significant progress in this area, chairing a joint project between the University of Zurich, the Children’s Hospital Zurich and University Hospital Zurich: radiz, the Rare Disease Initiative Zürich, aimed at the serious study and, of course, the treatment of rare diseases.

- **Professor Baumgartner, what is a rare disease?**

  Rare diseases are clearly defined in the European Union and in Switzerland as those with a prevalence of one case per two thousand people worldwide. However, most occur even less frequently, with a ratio of 1:100,000 or even 1:500,000, and today a total of about seven thousand of these diseases are known. They are extremely rare and most are inherited. People often become ill in their early childhood and remain disabled for their entire lives. These diseases are as yet poorly understood and, as such, possibilities for their treatment are limited.

- **What else besides heredity can cause rare diseases?**

  The reasons are diverse; e.g. there are rare infectious diseases. As an example of a hereditary disease, let me cite my own research. I study the process of the transformation of vitamin B12 in cells that occurs in several steps, leading to only two active cofactors essential for two enzyme proteins catalyzing vital functions in the cells. If only a single one fails, then the person becomes ill. These diseases are associated with the accumulation of specific metabolites and therefore they are called methylmalonic aciduria (Methylmalonazidurie) and homocystinuria (Homozystinurie), and sometimes they develop together. Our diagnostic laboratory serves the whole of Europe (and to an extent the whole world) in diagnosing these disorders.

  The disease can also develop due to a simple nutritional lack of vitamin B12. Treatment is not difficult in these cases: the patient receives B12 and the problem is resolved. But this can be done only when the disease is diagnosed in time, and the treatment is started in time; otherwise, complications can develop. If the disease is caused by a defect in the cells, the prognosis is much more serious.

  Another example is osteogenesis imperfecta, or "brittle bone disease", which develops in mild, moderate and severe forms. It is quite common among rare diseases, there being about one case per 15,000 people. Usually, it is hereditary. Babies suffering from the severe form of osteogenesis imperfecta die before birth in the womb, or during childbirth. However, patients with mild forms of osteogenesis imperfecta can live completely normally.

  - **What symptoms indicate that a child is ill?**
    - In severe cases, the bones are already bent at birth, so when a child is born with such signs, they are often referred to us for consultation. Milder cases may result in frequent fractures without any apparent cause.
Today, we know how to manage "brittle bone disease". It is important to start early in order to prevent complications as much as possible. Therefore, if there is even the slightest suspicion, it is necessary to consult a specialist and make a diagnosis.

– And which of the rare diseases is most prevalent? What diagnosis do you make most often?
– Cystic Fibrosis. It is associated with a metabolic disorder but also affects the lungs. The mild form of the disease does not manifest itself until adulthood, even though people are affected from birth. In Switzerland, cystic fibrosis is part of the Newborn Screening program performed at the Children’s Hospital Zürich. Early detection eliminates the diagnostic "odyssey", reduces the number of hospitalizations and improves the odds of survival.

– How difficult is it to provide the correct diagnosis?
– Without newborn screening it can be complex. For example, thyroid hypofunction, the so-called hypothyroidism, is a congenital disease, but at first, it is ‘invisible’, and the baby looks normal. When the first symptoms appear, it may be too late to treat the disease.

Of course, there are other examples. Every child undergoes the so-called Guthrie test at birth (it has been performed in Switzerland since 1965): blood is obtained from the heels for certain markers. Analyses are performed to detect nine different rare diseases.

– For example?
– For example, phenylketonuria (PKU), another metabolic disorder. The problem is in the metabolism of amino acids. If amino acids cannot be broken down properly, the body cannot function normally. Like hypothyroidism, the disease cannot not always be detected in time without newborn screening.

Untreated, the disease leads to lesions of the central nervous system and child sufferers often grow up mentally retarded. However, with a low-protein diet to reduce phenylalanine intake and with a timely start to the treatment, you can cope with it. The child will lead a completely normal life, will grow up, will go to school... But, of course, with certain restrictions.

– And if the parents are from another country and want to perform a screening test in your laboratory for their child, what should they do?
– As a diagnostic reference laboratory we regularly receive samples from specialists from other countries. There is absolutely no need to come to us.

– Professor Baumgartner, tell us how you came to this area of research?
– In fact, my clinical interest and research area is congenital metabolic diseases. In addressing them, I gradually began to notice that there are many other similar rare diseases that do not fit the general framework. There are many problems common to them all. With whom should one talk about this? Where can one find the right specialist? How does one get help from official institutions? Which documents are needed?

And so the day came when the University of Zurich, in cooperation with the Children’s Hospital Zurich, announced the launch of the ‘radiz’ project – ‘Rare Disease Research Initiative Zurich’ – aimed at the study of rare diseases.

– What is the objective of the project?
– To combine all the available studies on this topic with the latest scientific developments and to try to arrange joint activities with other medical institutions dealing with the problem. To combine data obtained through clinical treatment of patients at the Children’s Hospital Zurich with those of adult patients treated at the University Hospital Zurich and with the research at the University. Sick children will become adults and will continue to get treatment and support from us, so we need specialists in both pediatric and adult medicine. They are rare.

– And there are so many rare diseases...
– Nobody knows the exact numbers and all calculations are approximate. In
addition, I would like to improve the scope of care for such patients, which is possible. “Radiz” will combine competences in the area of rare diseases from the research and clinical practice of individual clinics in Zurich, the Children’s Hospital Zurich, the University of Zurich, and of the University Hospital Zurich.

The project consists of several initiatives. One of them is the "Helpline" hotline (www.kispi.uzh.ch/helpline-selten), a free Information Center for parents and children, accessible by phone or email for any questions about rare diseases in German. Here people are given more information: for example, where to find a medical organization or a specialist who will examine the toddler with a rare disease and offer advice, or to get support for health insurance, or to find special suggestions for treatment.

It should be understood that the parents and children that we work with are very vulnerable. They don’t have anybody they can talk to about their problems! They need a special approach.

– Who answers the phone?
– Experts specially trained for this work. They have information at hand about available help in certain cases, provided by foundations, specialists, and hospitals. We maintain an up-to-date database.

– Can patients from abroad seek your help?
– We can diagnose and treat those who come from other countries but rare diseases tend to have a chronic course, and so they will have to visit us periodically. It is impossible to get rid of the disease in a few days or weeks. The patient should be in constant communication with the doctor, and under close supervision for a long period of time.

If we talk about the primary examination, it typically takes no more than two weeks; some diagnostic test may take longer. During this time, samples are collected and analyzed. The child should not necessarily spend all their time in the hospital: he/she might well be observed as an outpatient and live together with his/her parents in a hotel.

– What should the parents do if the child suffers from a rare disease?
– No general recommendations can be provided, as every disease is different, but they should always act quickly. The main thing is to establish the correct diagnosis, and to try and find as much information as possible. These are the only possible general recommendations. I think parents know their child better than anyone and will notice if he/she feels unwell. They will be able to describe the symptoms accurately. Today, in the age of the Internet, one can find everything on the web, and even ask experts questions on a particular disease online. And also, they can seek help on the Helpline.

– How does one get a consultation with you?
– Our abilities are limited. Therefore, we look at how rare the disease is that the patient suffer from and whether it fits the profile. That is because we are specialists predominantly in only one field. For all other cases, the “Center Without Diagnosis” is being developed, which is a place to provide consultations for patients without a diagnosis.

What does a person faced with a rare disease usually do? He visits his doctor. But the doctor can not always make an accurate diagnosis because it is impossible to know all 7,000 rare diseases and the patient may show only nonspecific symptoms. Our “Center Without Diagnosis” will provide a thorough review of the patient’s history and suggest further steps.

– And if the diagnosis has already been established, can one ask you for a "second opinion"?
– Of course, if parents suspect the presence of a rare disease or the diagnosis has been established by a doctor in their country. It is best to seek information on how to obtain treatment in our clinic via the Helpline.

HISTORY
The Children’s Hospital Zürich (Kinderspital Zürich) was founded in 1874. Today it is the largest and most reputable Swiss children’s hospital, belonging to the largest pediatric center in Europe. In addition, the clinic has the status of a scientific research center for children, the only one of its kind in Switzerland.

AREAS OF SPECIALIZATION
The Children’s Hospital Zürich provides a full range of services related to pediatrics and pediatric surgery. The main areas in which the clinic is considered to be a world leader are cardiology and cardiac surgery; neonatal surgery and surgery of congenital anomalies; neurology and neurosurgery (including neuro-rehabilitation); oncology, hematology and immunology (including surgical oncology and bone marrow transplantation); endocrinology and metabolism (including screening of newborns); and burn and reconstructive plastic surgery. The clinic includes departments of occupational therapy, audiology, speech therapy, physiotherapy, nutrition, and psychotherapy, as well as a large rehabilitation center for children, which is unique in Switzerland.

A total of 30 well-equipped departments and centers in the Children’s Hospital Zurich employ about 2,300 specialists who allow the clinic to serve almost 100,000 patients annually and take about 35,000 emergency patients a year.

HELPLINE FOR RARE DISEASES
Within the framework of the joint project of the Children’s Hospital Zurich and the University Hospital Zurich, a free independent service is available for children and adults called “Rare diseases Helpline”. Please email selten@kispi.uzh.ch or call +41 44 266 35 35.

CONTACT DETAILS
Kinderspital Zürich – Eleonorenstiftung Steinwiesstrasse 75 CH-8032 Zürich
Tel.: +41 (0)44 266 71 11
Fax: +41 (0)44 266 71 71
info@kispi.uzh.ch
www.kispi.uzh.ch
www.radiz.uzh.ch
Almost one in five people over the age of 65 has problems with their blood vessels, which can cause severe complications. More than 40 years ago in the Clinic for Angiology of the University Hospital of Zurich, scientists developed a unique method to restore blood flow in occluded arteries (balloon angioplasty), which has been used successfully throughout the world.

TEXT Maria-Anna Lämmli
Todays the doctors at the clinic are continuing their pioneering work, using the most modern methods to diagnose and treat vascular problems. This was the topic of the interview between Swiss Health magazine and the Head of the Clinic, Professor Beatrice Amann-Vesti, one of the best-known experts in the field of angiology in Switzerland and Europe.

- It is known that the arteries, veins and lymph vessels perform vital functions in our body; therefore functional disorders in the vascular system can have serious consequences. In your clinic you cure disorders of any and all vascular vessels. Can you tell us about the most common ones?
- The majority of our patients suffer from occlusive peripheral arterial disease, which is characterized by the calcification of blood vessels, resulting in reduced blood supply to the affected limb or organ. Arterial problems of the legs cause severe pain in walking (also called claudication) or even loss of tissue due to lack of blood (gangrene), leading to amputation. This severe complication can often be avoided if the patient presents themselves to a specialist early enough and revascularization of the artery can be performed. Surely age is not the only risk factor. Vascular problems may start long before retirement age, especially for people at risk, such as smokers (there is even a term, “smoker’s legs” – doctors use it to refer to limbs with severely damaged, clogged blood vessels), people with diabetes, high blood pressure or high cholesterol levels.

- What diagnostic tests for this disease are available in your clinic?
- Almost all blood vessels in the body can be examined by duplex ultrasound and the localization of the occlusion but also the amount of calcification of the vessel wall can be determined. Other non-invasive techniques like measurement of oxygen in the tissue are of course also available. The smallest vessels in the body, the capillaries, can be visualized with a special microscope. Other techniques like Computer Tomography (CT) and Magnet Resonance Angiography (MRI) are of course also available at our hospital.

- Pain in the legs – is this the main symptom which indicates problems with blood vessels?
- Yes, the most common complaint of our patients is pain in the calves and thighs when walking. We call it “window shopper
disease”, since because of the severe pain caused by shortage of blood in the extremities, people are forced to stop on the street and others often think that they are just looking at something in the shop window. Another important indicator is non-healing wounds, leg ulcers. These may suggest that the blood supply to the skin is insufficient. If the patient ignores these symptoms, tissue necrosis can develop.

– What diagnostic methods do you use in your work today?
– Of course, the primary method is ultrasound, so in our clinic we perform over ten thousand Duplex ultrasounds annually. There are other very specific methods for studying the morphology and function of the blood vessels. We are, for example, the only clinic in Switzerland which performs micro-lymphography. Lymph vessels of the skin, not normally visible under a microscope, are injected with fluorescent dye, allowing even the smallest vessels to be seen. In total, we provide about twelve thousand consultations per year.

– That is a very impressive number! However, in addition to the most modern diagnostics here at the University Hospital of Zurich, you were the first to develop and to use a unique method still used today for the treatment of vascular diseases worldwide. Please tell us about it!
– This is a technique to open occluded arteries using a balloon catheter. This technique was developed by Dr. Andreas Grüntzig more than 40 years ago here at the University Hospital. He constructed the balloon together with an engineer. The first intervention with this ballon technique worldwide was performed in our hospital in 1974 on a patient suffering from claudication because of an occlusion of his leg artery. Three years later, Andreas Grüntzig was able to use the same balloon technique to restore blood flow in an artery of the heart.

Since then, the technical improvements have been enormous. We now have balloons and stents covered with drugs to improve the result but also many different catheters and techniques for opening occluded arteries.

In addition, our clinic holds weekly interdisciplinary conferences on vascular therapy, where doctors discuss patients with complex diseases and work out the optimal therapy for them. We work with vascular surgeons and with the Balgrist clinic, for example, in the treatment of diabetic foot syndrome. For patients with chronic non-healing wounds, which may indicate vascular disease, the clinic organizes interdisciplinary outpatient appointments in a unique coordination center where not only angiologists, but also dermatologists, vascular and plastic surgeons, and orthopedists jointly develop the treatment concepts.

– What methods of prevention are the most effective when it comes to cardiovascular disease?
– The most important risk factors for cardiovascular diseases are smoking, high blood pressure, high cholesterol and diabetes. One of the most important things is certainly regular physical exercise. A 30-minute brisk daily walk will not only help to reduce body weight, but will also improve blood sugar and lower blood pressure. If the patient already suffers from “intermittent claudication” (caused by narrowed blood vessels), we recommend an outpatient program of regular exercise combined with walking, which allows us to mitigate against the symptoms and helps to build up new blood vessels. Such
a program was developed in our clinic by doctors together with physiotherapists and it has already established itself as a very effective therapy.

Another very common disease is varicose veins and venous thrombosis. Today we have the ability to cure varicose veins using catheters. A very thin catheter is introduced into the varicose vein, either with a laser beam or a radiofrequency, and the vein can be occluded from the inside, but very new “clue-like” substances are also used to occlude varicose veins. Phlebectomy or “stripping”, a surgical method needed to remove the vein, is only necessary in very rare cases.

The most dangerous venous disease is deep venous thrombosis because it can be complicated by a pulmonary embolism, a life-threatening condition. Therefore, it is essential to diagnose it early, and begin immediate treatment. Thrombosis is treated with anticoagulant drugs, and in some cases also by using a catheter to remove the blood clot.

– We know that you have received a grant from the Union of Swiss Societies for Vascular Medicine (USGG) for research in the field of vascular malformations. What is your most important goal today?
– Educating young doctors is one of our most important tasks, and one which personally brings me great joy every day. I will say it straight: to have the opportunity to work in such a fantastic clinic together with such wonderful people is a great privilege!

AREAS OF SPECIALIZATION
The Clinic for Angiology found in the University Hospital of Zürich, is Switzerland’s largest vascular center, which uses the most advanced methods for the diagnosis and treatment of vascular diseases like peripheral artery disease of the upper and lower extremities, critical and acute ischemia, diabetic foot, aneurysms, aortic dissection, vascular diseases of the brain (carotid arteries), disease of the mesenteric and renal arteries, vasculitis, venous disease, Raynaud’s disease, vascular malformations and lymphedema.

CHECK UP
You can sign up for diagnostics to identify possible diseases of the arteries, veins and lymphatic vessels. The clinic considers color duplex sonography to be the most effective method of primary diagnosis. This allows patients to avoid additional, invasive examinations (angiography) and radiation in most cases. The duration of the test, depending on the size of the diagnosed part of the circulatory system, varies between 30 to 60 minutes.

CONTACT DETAILS
University Hospital Zürich
International Office
Rämistrasse 100
8091 Zürich
Tel. +41 (0)44 255 54 54
Fax. +41 (0)44 255 10 44
E-mail: International@usz.ch
www.ru.usz.ch
Kneel before your bride, have your baby sit on your lap, rise from your knees ... The knee joint plays a tremendous role in human life and is involved in its most important moments. And it is precisely because the knee bears such a huge burden that it often fails. Patients from around the world who want to regain the joy of movement, go receive knee joint treatment from Sandro Fucentese, associate professor and head of knee surgery of The Balgrist, the famous private Swiss Orthopaedic University Hospital.

TEXT Vita Mach
Swiss doctors
Balgrist University Hospital

In spite of all the experience and achievements, we have not managed to outperform nature

Dr. Fucentese, am I right in saying that the knee is the most complicated joint in the human body?

– The knee has specific and very complex biomechanics, and it often gets out of order because of the large load it has to bear.

It is a very important joint. A damaged knee severely limits one’s motor activity. If you injure your elbow, you simply stop using it. And if a knee is injured, you stop walking, and it definitely affects the quality of your life.

– I guess the most traumatic season for the knee is winter, when many people are skiing or skating. Does the number of injuries go down in the summer?

– It’s true. We have a lot of patients in the winter. But the summer is a “hot season” too, when we admit one football player after another. Football, handball and basketball are the most traumatic sports for the knee joint. Athletes come to us to treat their injured knees with different damaged structures, and in each case we have to decide if it is possible to cure the injury conservatively, or if it requires reconstruction and surgery.

– Are most of your patients athletes?

– Some of the patients are professional athletes, members of the Olympic team, but many are also amateurs and ordinary people. I treat knees and it does not matter whose knees they are. The age ranges from children to aged patients. We treat damaged meniscus, ligament rupture and cartilage damage, but also the osteoarthritic knee. In some cases, when it is possible, we manage to do without surgical intervention – in others, if advisable, we go with joint preserving (arthroplasty). Therefore, I use a patient-specific approach or a computer navigated system to achieve a perfect alignment.

– It is believed that injury to the meniscus is one of the most common injuries. Is it true?

– Yes, probably the most common diagnosis is the rupture and other injuries of the meniscus. And is probably the most often reason for surgery. Interestingly, surgery is not always necessary.

About 40% of patients older than 65 years have a torn meniscus, which is asymptomatic and hurts little, so they may not pay attention to that. We do an MRI and make a diagnosis. Our strategy is to continue with conservative treatment for as long as possible, using injections (including cortisol) and physical therapy to strengthen the muscles. And only if the pain persists after at least three months we discuss the next steps, such as an arthroscopic meniscus surgery.

The reason for the defensive approach is the fact that elderly patients after meniscus surgery still complain about pain; and sometimes even worse.

Of course, often we perform surgery on the meniscus. The approach is arthroscopical. We perform resection of the damaged part of the meniscus with the goal to preserve as much as possible of the meniscus. If the tissue shows a good quality, then suturing of the meniscus will be performed. The difference between the two modalities is the postoperative rehabilitation: while after the resection a full weight bearing is allowed, it is only a partial weight bearing allowed after suturing. But to preserve the meniscus reveals a longer surviving of the joint, because the function of the meniscus is very important. This very special tissue between the cartilage layers of the femur and the tibia acts as a shock absorber and stabilizer of the knee and softens the load. If the meniscus is removed,
the function is lost and the cartilage layers are exposed to a higher load which ends in an earlier osteoarthrosis. That's why we must do our best to keep the meniscus safe for as long as possible.

Nowadays, replacement of the meniscus is an option. There exist two methods: one with an artificial substitute tissue and the other with a donor meniscus, which is natural and not rejected by the body.

– However, many people think that joint replacement can solve all problems. Is it true?
– Unfortunately, it is not that simple and joint problems might be associated not only with mechanical processes. And, in spite of all the experience and achievements, the results are still far from ideal – we have not managed to outperform nature. Although the knowledge increases, the expectations on the patient’s side increase as well. Unfortunately, surgery is not as good as nature. This is why prevention is so important, especially for young people who do extreme sports. When you feel tired, you must stop practicing because you are at risk of injury and it may take a lot of effort later to regain your previous fitness level.

– What can you say regarding patella instability?
– Typically, patients come to us when they have already been injured or when they have problems with the patella, when its position is unstable. This is mostly the result of trauma or improper joint structure, which does not allow the whole system to function in the most efficient way. We know that the anatomical shapes of the joint between femur and patella with an instability ends in earlier arthritis. Therefore, my algorithm is to treat the first dislocation conservatively. In case of recurrence an exact analysis of the joint must be done and I often propose surgery. Depending on the degree of surgery, a young body copes with it well. An operation makes it possible to lead an active life in the future, having solved the problem fundamentally.

– What is the main problem that middle-aged patients have? Is it worn out cartilage?
– Yes, definitely. The decline of cartilage begins at about the age of 25. The moment that one starts to feel the consequences depend on your genes: some people have good cartilage, while for others it is worse in terms of its innate characteristics. It remains unknown why this is the case. The quality of the cartilage depends on nutrition and exposition to stress due to heavy physical work.

The axes of the legs are important: if your legs are straight, the load is distributed evenly, but in the case of bow legs the joints are overloaded and the cartilage is destroyed faster, so degeneration occurs earlier.

One of the important factors is excessive weight. The number of obese people in the world is growing, but our joints are not designed to endure such a load. These patients suffer from early osteoarthritis. Even a total knee replacement is unlikely to make an obese person’s life absolutely happy. Therefore, we provide these people with a nutritionist consultancy session, and they are given advice on weight loss. After all, the task is not simply to replace the affected joint with an implant: our goal is to ensure that the person can use and control the joint as they did before.

– How important is it for the health of your knees that the muscles and ligaments of the legs are strong?
– Not only in the legs, but in the lumbar region, the pelvis, thighs... Since all the muscles are linked into one system, they have to be strong, flexible, and they should not accumulate stress. You should not forget about muscle stretching exercises.

– Doctors advise those who have knee problems to avoid certain types of sport. For example, jogging or step aerobics. What are your thoughts on this?
– They are absolutely correct. We are currently witnessing a sort of a fitness mania, as many people believe that it is necessary to run as much as possible, take part in competitions, marathons ... But if a person does not have the right running technique, it can be bad for the joints. Just like step aerobics, which involves movements that are not entirely natural, in biological terms. If the basic technique is not perfect and pain intensifies the wrong movement, then they have to stop.

I can probably say that swimming and cycling are the only sports safe for joints. But you should not pedal with too much force – it is better to choose a mode in which it is easier for you to move.

My patients often ask me whether doing yoga is good for the knees. I even went to a class myself, to have some first-hand experience to develop my own opinion on the subject. I must admit that the class was challenging for me. One shouldn’t perform complicated exercises without proper preparation, as the correct technique is important. Yoga practice includes some very intricate postures and twisting, which our bones may not be designed for. Often patients come to us after they were unlucky during practice...

You should also avoid extreme sports and activities if you are not sure that...
your knee joints can endure the load. All this can be dangerous. Jumping, pivoting, and stop-and-go sports put you much more at risk than cycling or swimming. Sports with contact between players augment the risk.

However, I prefer active people. Sport is important, especially today with very sedentary jobs. But people must be informed of the risk. A good basic sport condition, a correct technique, and the courage to stop when pain or tiredness occurred, reduce the risk for injury significantly.

- What can you say about squats?
- Much depends on the way you do these sports. If you do squats trying to transfer the center of gravity backwards, the load on the knees decreases significantly. It is necessary to know this and keep it in mind. Patients often complain about pain or say that the training does not help, but then it is found that they have been doing exercises in the wrong way. So we also teach people to do this.

- Can diet, vitamins or food supplements help to restore cartilage?
- There are a number of drugs with chondroitin and glucosamine, which are usually taken for several months. It is possible to start with these. But the main thing is to have a balanced diet. The leading role played by Vitamin D – especially for women, who have higher risk of osteoporosis. It needs to be replenished so that the bone content is in proper condition for as long as possible.

- What about vegetarianism? Is this type of diet harmful for the joints?
- Ironically, vegans, that is, strict vegetarians who do not eat even eggs or dairy products, often have quite decent joints, but only if their diet is balanced, and if they get enough protein. Perhaps it is the fact that they have less acid in their bodies which reduces bone mass: the environment is predominantly alkaline,
A single wrong turn, sharp pain and we are definitely taken out of our familiar daily routine. How are our thin muscles, ligament complex, nerves and vertebrae interconnected? What strings are affected or even broken when we suddenly feel the sharp pain? The average person has no idea. But there are unique specialists who know how to bring us back to normal life: they will press somewhere, switch on some machine... And, after a series of almost magical acts, we finally feel the long awaited relief.

TEXT Maria Hautman
Simon Heinis, head of the physical therapy department at the Merian Iselin Clinic, can be called a "tamer of pain": in his arsenal he boasts experience of treating a variety of professional athletes, for whom pain is almost normal. He was entrusted with the health of the Swiss fencing team members.

– Would you agree with the statement that modern physiotherapy plays a bigger role in the overall course of treatment than it did 5 or 10 years ago?
– Yes, many things have changed over the past couple of years in this area – there are innovations in technical means of treatment, and specialists now get a higher education and come to work with a much more extensive knowledge base versus earlier years. Today, we use physical therapy not only after surgery or during treatment, but also in preparation for surgery. The interaction between different areas of medicine has become closer.

– Your patients are mostly athletes?
– Our clinic provides a complete set of services for various groups of patients: professional athletes, outdoor activities fans and ordinary people that want to stay fit. For instance, one senior lady has set a goal – to be able to work in her garden without pain and extra effort. There are young patients too from the ages of 12 to 19.

– Your experience can be called unique – you work a lot with professional fencing athletes. What specific issues do they have?
– Fencing is a very active sport, despite being contactless. Often they have serious muscle sprains, even asymmetric ones, because one part of their body is always under more strain than the other. Of course, there are more issues with shoulder joints and lower back. Athletes are very sensitive to all changes in their bodies, and as soon as they feel something is wrong they come to us. We apply manual treatment techniques, massages, and adjust their athletic load. Physical therapy helps them to heal quickly and get great results again.

– How long does it take an athlete to go back to professional sport after the surgery?
– It depends on the trauma. We cannot speed up the regeneration time or the time required for the wound to heal. In this case the human body sets its own pace. But in the case of professional athletes, we can take a certain risk and begin serious training a bit earlier, since they are already in a good physical shape. With ordinary people we have to be more careful.

– What diagnosis is the most common among your patients?
– Of course, the majority of our patients are those recovering from surgery as a result of trauma. Not all of them are professional athletes, they are often ordinary people that have completely ruined their joints over the course of their life – to the extent that we can only replace them with artificial joints. They all want to go back to their normal life – travel, ski, etc.

– Let’s imagine you have a new patient – a man of 40–50 years of age, healthy but with bad genetics. What can you offer him?
– We have a training center, Physio Plus (Trainings-center PhysioPlus) with a physical therapist always overseeing the training process. The disease often begins to develop unnoticed, when nothing worries the patient – well, sometimes the joint aches, but then it passes... A specialist can detect the problem at an early stage and develop a set of preventive measures. There are patients who come several times a year, learn their exercises under expert supervision, and then exercise at home.

– Do you recall any cases in your practice when physical therapy measures helped to avoid surgery?

Simon Heinis

is a specialist in the area of sport physical therapy, manual and fascial distortion therapy. He has led the physical therapy department of Merian Iselin Clinic since 2000. From 2003 until 2010 was a physiotherapist with the Swiss bobsleigh team and was a part of medical service of the national team during the Vancouver Olympic Games.

Was the chief physical therapist of Swiss Fencing Federation since 2004. Since 2008, he has been the chief physical therapist of the Swiss International Circus Art Festival called Young Stage. He is a member of the Board of Directors and Co-founder of Swiss working group on rehabilitation training (SART). He has been actively teaching since 1996.
– At what age would you recommend beginning the physical therapy programs?
– The earlier, the better. The borderline age is 40. By the age of forty most are heavily involved in their work and their family business, and have almost no time left for themselves. And this is when the first issues arise and the problems of first-world civilisation start to pile up, the main one being a lack of movement. People spend 8–10 hours in the office, then drive home in their car and spend the rest of the day relaxing on the sofa.

We try to find a suitable physical activity for each patient and calculate the right load. The training can be combined with such physical therapy methods as massage and always remembering to eat healthily.

– If your youngest patients are 12, it is obvious that it’s not easy to work with them – it is more difficult than with grownups. What are the specifics of such work?
– The specificity with them is that their adolescent body is still growing and it means we can’t automatically apply the same measures to them that were developed for adults. Depending on age, the exercise load can be adjusted every year, increasing gradually. The growing body changes very fast, and you have to know a lot in order to correctly influence this process – for instance, to calculate the pause between school classes and sports training.

– Today’s children start to engage in sport activities very early, starting tennis at the age of 5, fencing at 8… Do you also offer then training under the supervision of a physical therapist?
– Certainly – at this age children need the best specialists that can supervise them. And everything matters with them, the quantity as well as quality of exercise. Sometimes, a child is successful in sports but at the age of 18 he starts to experience trauma after trauma. This is the result of an incorrect training program.

With the little ones, we have to make sure that training varies and it does not become routine; we have to monitor its quantity. We have to make sure that the exercises are done correctly and try different ones. We cannot make small adults out of children. The best result is achieved when the child engages in the activity together with parents, trainers and physical therapists or doctors who supervise the load intensity.

– What is the ideal sport for those over the age of 40?
– You can choose any type of sport activity – medical science doesn’t prohibit any. But you have to understand which muscles you can put strain on and which to lay off from.
back problems swimming would be a very good choice at the start of the therapy course, but for those with arm and shoulder joint problems it would not be the best choice. It is also important to make sure you enjoy the chosen sport, otherwise it is better to choose something else.

There should be variety: for example, one day you should go jogging and the next day opt for a bike ride. But if the overall process is chaotic, it will not yield any results. You can’t just say to a person, “Go for a bike ride”, you have to develop a program for him, because if he has excess weight, problems with overload may arise. This is why supervision and control over training are so important. Physical therapist can also provide the correct motivation for a patient.

– **It is said that the optimal load for a person is to walk 10 000 steps in one day. Is it true?**
– It would be great because not everyone is fit enough for very active sport activities. And in a routine day, 10 000 steps would be a good workout. Generally, you should strive to “take” every next step. Don’t drive a car when you only need to walk 500 m. It is good to do a small set of exercises in the morning. Those that were disciplined about this rule will, at the age of 80–85, feel much better than their lazier peers. You can always tell if someone is a big car lover and if someone rides his bike a lot.

– **Many experts advise engaging in the popular Scandinavian walking workout, claiming that it is easier and safer. Do you agree with this?**
– Of course, it is easier to just walk with support poles. But training is something else entirely and you had better tell your instructor about it, because you will have to learn to use the poles correctly and to understand the limits of your exercise load... It is for this reason that you shouldn’t choose group training at the beginning, since there will always be someone for whom the load will be too much, and someone who handles it effortlessly. It is enough to take 4–5 lessons with a specialist and then you can do the walking on your own. You can start with 20 minutes and gradually increase the training time to one hour.

– **You have a wide selection of physical therapy treatments, several dozen. What treatments do you consider to be the most efficient from this list?**
– For me, considering my 20-year work experience, the most interesting ones are manual therapy and manual joint mobilization techniques, as well as working with the fascia, which include parts of the muscle bundles and ligaments. There are lots of options: for example, we use a model of fascial disorders – FDM (Fascial distortion model), a progressive and highly effective form of treatment of the fascial system. Manual techniques can be very painful, but the result can be felt immediately. They help patients with chronic back pain, joint pains. This method isn’t very well known around the world.

– **Does physical therapy help with arthrosis and arthritis?**
– Yes, sure. If a person experiences some random discomfort, the issue can be solved with manual techniques and exercise aimed at stabilizing joints. But in the case of strong pain we have to apply technical means, for instance, electrical therapy, cryotherapy or high-temperature therapy. We can help the patient at any stage of his illness. But we cannot renew the cartilage.

– **Which illnesses benefit the most from physical therapy?**
– Certainly, back-related illnesses. Nowadays, such problems are very common, due to a number of reasons: excess weight, lack of physical activities, traumas. About 80 percent of people have experienced back pain at least once in their life. We have extensive experience dealing with such problems, we do a lot of biomechanical analysis, and we view the individual as a whole system, trying to involve all of his structures in the healing process.

**HISTORY**
Merian Iselin is a private clinic located in the Basel suburbs. In 2004 it was certified as a medical facility of the Swiss Olympic Medical Center. ISO 9001:2008 certified.

**AREAS OF SPECIALIZATION**
The Merian Iselin Clinic specializes in orthopedic problems, primarily joint problems. Local doctors perform surgeries of any level of difficulty, using minimally invasive surgical methods. The physical therapy department of Merian Iselin is considered to be one of the best sport physical therapy and therapeutic physical activity centers in the country. Highly qualified specialists provide such therapeutic and prophylactic treatments as manual therapy, manual lymphatic drainage, myofacial therapy, classic massage, temporomandibular lower jaw therapy, taping, ultrasound and laser therapy, treatment by oil-dispersion baths, magnetic therapy, heat therapy, and others. Training and rehabilitation sessions with patients are held in the excellently equipped physical therapy training centre, Physio Plus, according to individually designed programs. The facility operates a modern radiology department and own laboratory.

**CHECK UP**
The physiotherapy department offers some comprehensive fitness testing. It takes 90 minutes and includes a thorough examination by the doctor-physiotherapist, a compilation of medical history and tests for strength, coordination, agility and endurance.

**CONTACT DETAILS**
Merian Iselin Clinic
Föhrenstrasse 2
4009 Basel
Tel.: +41 61 305 11 11
Fax: +41 61 305 18 66
E-mail: medicaIservices@merianiselin.ch
www.merianiselin.ch
Dental flossing – what can be more boring? But we do it every day, and we believe ourselves to have done enough to prevent caries. However, the significance of this routine becomes much clearer when you learn that bleeding gums, or untreated periodontitis, can lead to many more serious issues.

TEXT Eva Velme
It is difficult to clean in such places with floss. In addition, if you use floss improperly you can dig too deep into the gum and cause damage. In this sense, the interdental brush is more reliable, as it reaches well into the gap between the teeth and cleans them thoroughly. It is also important to treat the space around the crown or implant, as the distance between them and the other teeth keeps changing. It is better to get advice beforehand from a dentist who will help you choose a suitable brush and show you the right brushing technique.

Electric toothbrushes are very efficient, with vibrating head moving (appr 40’000 vibration per minute) and also pulsating simultaneously (from 20,000 to 40,000 pulsations per minute). Pulsations allow the bristles to better penetrate the interdental spaces, as well as to loosen plaque. If the brush has a sound (or ultrasound) effect in addition to the mechanical function, it significantly increases its efficiency.

– If we see blood whilst brushing, does it mean that the gums are unhealthy?
– Yes, it is a sign that they are unhealthy and that you need to visit the dentist: your toothbrush may not be suitable for your teeth, and you may need to buy another, or there may be an inflammation somewhere.

The teeth that are hard to reach can form so-called "pockets": they accumulate bacteria, causing inflammation. This could have far-reaching consequences, since an unhealthy oral cavity is a direct path for bacteria to get into the blood. To date, there have been serious scientific studies that confirm that oral diseases increase the risk of myocardial infarction and strokes. Harmful bacteria that multiply in the mouth are quite aggressive: they cause chronic inflammations and move on through the blood vessels to other bodily organs, including the heart. Over the last 10 years the attitude to oral health has become much more serious – it has a big effect on one's general bodily condition.

– It sounds scary. Can you describe these studies in more detail?
– They have been carried out in different countries. For example, the National Health and Nutrition Examination Survey I (NHANES I) organization has established a clear link between poor oral health and chronic lung disease. Oral health indicators were poor in people who had lung problems (the gum conditions and dental plaque were estimated, considering such factors as age, sex, smoking, etc). According to these studies, people with a low oral health index have a 4.5 times higher risk of developing lung disease.
These findings have been confirmed by Chinese researchers, who have established a link between lung disease and chronic periodontitis. They postulate that expert periodontal therapy improves the condition of the lungs and reduces the frequency of exacerbations of the disease.

Several studies have shown a relation between diabetes and oral lesions. In the United States, with 25.8 million diabetics (8.3 percent of the population), the causes and the methods of treatment are being seriously studied. One third of patients younger than 30 who visited the dentist and whose teeth were treated have dysglycemia (a pre-diabetic change in blood sugar levels).

The President of the Swiss Society of Periodontics, Anton Skulean, has published official data that indicates that oral bacterial infection, as well as periodontitis, is one of the causes of infarction.

The list of diseases that are associated with oral infections is constantly being updated, and many specialists also include Alzheimer’s disease, impotence, cancer, and other diseases on the list. This has been the subject of many studies and many assumptions have now been confirmed. So we cannot neglect periodic visits to the dentist.

– Can your clinic perform analyses on the presence of bacteria that cause these diseases?

– It is not necessary, as a clinical examination allows for an immediate diagnosis. An exam by an experienced dentist is all that is needed. He will check the oral cavity for the presence of so-called pockets, will identify early warning signs and will take the necessary measures.

– Sometimes the teeth seem to be healthy, but they react to hot or cold substances with an unpleasant sensation.

– This increased sensitivity can be explained by over-vigorous brushing of the teeth. Today, we have a variety of tools that allow you to deal with this problem. But in this case the dentist will most likely recommend that you change from a manual toothbrush to an electric one, which cleans more gently but more effectively.

– We have discussed toothbrushes, but how does one choose the right toothpaste?

– Of course, it is best to follow the recommendations of a hygienist who will help you to make the right choice depending on the condition of your teeth and on your food habits, as the paste should be strong enough, but not too aggressive. The Relative Dentin Abrasivity (RDA) level should be no higher than 50. There are also whitening toothpastes, which efficiently remove plaque. But if you have sensitive teeth, you should choose a different product, as there is now a wide range available from different manufacturers.

– The debate is ongoing about whether toothpastes with calcium are beneficial or harmful. Some experts believe that we are already getting more than enough calcium – do you agree?

– A lack or excess of fluorine is much more important. This trace mineral, along with calcium, potassium, magnesium, and others, is involved in the physiological processes of the body. The greatest amount of fluorine is stored in the teeth and bone tissue. A lack of fluorine leads to caries and an excess to the development of so-called fluorosis. Together, fluorine, phosphorus, and calcium strengthen the surface of the teeth, with the active participation of saliva, so more attention should be paid to fluorine – that’s why many toothpastes and dental care products contain this element.

Fluorine enters the body mainly by way of water, which is why they saturated drinking water with it in earlier decades. But now we know about the negative influences of it and the possibility of overdosing, and the level of fluorine in water is now monitored.

As for calcium, it is better to get it in several ways. If it has entered your stomach, it does not mean that the right amount will reach your teeth. It is particularly important to monitor micronutrients in children, as a sufficient amount in the body will later influence the formation of the teeth.

– That is to say, a cup of milk before bedtime is a good habit to get into?

– Yes, but if the child has a habit of drinking milk before bed and is not accustomed to brushing his teeth afterwards, the risk of oral diseases is increased. Milk contains lactose, which is retained in the mouth and which creates favorable conditions for bacteria. Also important is the excessive consumption of carbonated drinks, which are very high in sugar.
Smile — the best way to your success

ALTERNATIVE DENTAL HEALTH AND PROPHYLAXIS
Conservative dentistry, periodontal and restorative treatment

INTERDISCIPLINARY DENTAL HEALTH
Allergological investigations, phytotherapy, nutrition advice, tooth abscess diagnosis and treatment, investigations of problem areas

IMPLANTOLOGY
Ceramic and titanium implants, bone augmentation and bridges

AESTHETIC DENTISTRY
Correction of colour, shape and positioning of teeth (ceramic fillings and veneers, Lumineers and bleaching)

SNORING REMEDIES
Investigation, analysis and treatment

Grand Resort Bad Ragaz
7310 Bad Ragaz
Tel. +41 (0)81 303 38 38
Fax +41 (0)81 303 38 39
medizin@resortragaz.ch
www.healthragaz.ch

Swissparc AG
Zürich, Steinentischstrasse 5
8002 Zürich
Tel. 044 533 29 19, 044 533 29 18
welcome@swissparc.ch
www.swissparc.ch
Daniel Borer:

**"DOING NOTHING IS NOT AN OPTION"**

He may be a successful businessman, the owner of a chain of five-star hotels with a unique concept, and a member of the Swiss family that founded the Rolex empire, but Daniel Borer is still a practicing doctor. This role runs through everything he does – his attitude to health, his proactive attitude to life, and even his smile, so open and welcoming. As a businessman, he is interested in projects related to wellness and, as a doctor, he ensures that his hotels offer a healthy menu. People like him are fascinating to talk to on the subject of health, since their knowledge comes not only from books, but also from practice and experience.

TEXT Maria-Anna Lämmli

---

Mr. Borer, the world has changed dramatically. It is becoming tougher, more ruthless and increasingly pressurized. Many people break down and give up. Being part of big business, you are certainly well aware of this problem firsthand. How can we protect ourselves from these adverse external effects?

— Yes, you are quite right. The reason for these developments lies with our misplaced focus, whereupon our job always comes first. This may bring about tragic consequences: people lose their jobs, their families, and nothing matters to them anymore, be that their friends or their children. Today, this condition is called "occupational burnout". Depriving ourselves of positive emotions, we try to compensate for them with physical workouts, but fail to recover our lost balance.

I think every person in business should understand what kind of outside pressures they are able to stand. To do that, you have to know yourself first. Very few people are able to re-balance the situation once they
have crossed the line. Most of us choose to follow the flow of events, but at the same time we are unwilling or unable to admit evident problems. We need to take a break to recover and set new priorities. Everybody independently chooses their own way to do this.

Here is one example: people often complain of psychosomatic disorders. When such a patient comes to see a doctor and is told that he or she is actually quite well, they prefer to go to another doctor, because they still feel unwell. It is a total mistake. It is counterproductive to rush from one doctor to the other. It will get you nowhere. It is much better just to sit down and think: What is happening to me? Am I too strained and is this stress is trying to find a way out? In this instance I would recommend changes to your lifestyle – this is the key to your problems.

It is important to find more time for yourself and never think of this as a weakness. You should have a chance to reflect on what really matters by saying to yourself: Stop! Am I going the right way? I think many top managers would thus gain a different view of what’s going on with them, if they were to do this.

I know an executive in a large corporation who once answered this question and turned the situation around – he left big business to become a gardener. Today, he is very happy with his gardening.

Unfortunately, people often get such things wrong and make fun of those who step back from a high-ranking post and choose to live in harmony with themselves.

- This is a mistake. Today’s society is a pyramid, and too many people rush to get on top without knowing that, once there, they will have no time left for themselves. They will not be able to feel free. An urge for personal freedom seems to be the driver pushing the businessman to grow roses and make drastic changes to his life.

- But society urges him to be a person whom he does not want to be and to wear the mask of being a “successful man”... we have to adjust.

- This is the way it is. Freedom is inside all of us, but it is only given to those who have a strong personality. If you are able to maintain your person-
Daniel Borer loves to fly helicopters – he is a wing commander. On the one hand, you enjoy every minute of flying, and on the other hand, Switzerland is so beautiful from the air. In spite of everything, you will never lose your freedom, but it is too challenging to do so at the top of the pyramid, where different laws come into play. Therefore, the only possible survival strategy for most people is to drastically change their lives. Find yourself a comfortable place lower down on the ladder, rather than climbing up all the time. The space is so cramped up there on top, you can hardly move; and there is a lot of space available lower down. However, few people have enough guts and courage to take this step.

– Can we develop such personal qualities in ourselves or are they inherited? How was it in your family: does your interest in a healthy lifestyle come from your parents?
– Of course, I have inherited my main priorities from my parents. I grew up in a simple environment, rather than in luxury. My sister and I were happy as children. A large garden with fruit and vegetables provided a healthy diet for the whole family. We used to get together at the table every day. Nobody had snacks on the run or a rushed breakfast: we always gave sufficient time to our meals. Mother and father taught us to know what we were eating and to take care that our meals were healthy.

My father went for a walk at four thirty in the morning every day and took me with him. We spent two hours in the woods and dropped by the bakery on our way back to bring fresh bread home. It was so tasty and crispy, the whole family shared it for breakfast... It's good when such an attitude to meals is passed on from generation to generation.

– Do you still keep up this tradition? Do you still wake up early and go for a walk?
– Yes, I do. Like my father, I try to do something for my family every day, spend some time together.
I grew up in a simple environment, rather than in luxury. My sister and I were happy as children.

TRADITION
Like his father, Daniel Borer tries to do something for his family every day: spend some time together outdoors, prepare their breakfast together and get together at the table.

outdoors. However, I prefer afternoons for this, although I still get up early. I have no time for it in the morning. Our daily rhythm has changed: some of us go to school, others to work... However, we still prepare our breakfast together and get together at the table.

- Unfortunately, most people have a different attitude to their meals. They prefer to have a snack on the run... Both students and business people have their sandwiches on the run. Mass media also discourages us from choosing the right diet.

- Yes, information flows in such amounts that it is impossible to remain objective. Television, billboards and the press keep explaining to us what we have to eat, and we believe every word of what they are saying. Some ten years ago, artificial sweeteners were very popular. Diabetics were happy to have the opportunity of eating sweet things. But suddenly it was revealed that the human body has no idea of what to do with these substances. Today, I believe the most important thing is to get rid of unnatural products and stop listening to advertising. Don't believe what the ads are saying.

- As president and owner of Giardino, a hotel chain widely known for its healthy lifestyle concept, do you see any changes for the better in people's choices?

- Yes, I do. Many people are becoming more aware of what they eat. They want to know what products are used in the meals offered on the menu. Many come to the restaurant to enjoy taste and quality, rather than just to eat their fill.

The cuisine in all Giardino hotels relies on the principles of a healthy diet: as few preservatives or artificial items as possible. This does not mean you will leave hungry. We offer a menu which is most beneficial to your health.

- As far as I know, you are planning a new project related to medicine. Would you tell us a few words about it?

- It involves advisory services related to matters of metabolism. Medical experts involved in the project will identify the clients' problems and discuss possible treatment, using traditional and alternative medicines to develop a healthy diet: for example, to make a diabetic patient aware of the lifestyle issues which may solve their problems. Wellness starts from our diet.

- The Giardino chain plans to introduce Ayurvedic programs and treatment sessions...

- Daniela Frutiger is the mastermind and founder of the Ayurvedic project. This is the first time this concept has been introduced in a Swiss five-star hotel. It is not purely a treatment, as much as it is a prevention system, with healthy nutrition and a particular philosophy. The Ayurvedic practice consists of two main parts: phytotherapy and nutrition science. The word translates as "life-knowledge".

- You are well-known as an ecological activist. I feel this is very important. You participated in your sister's project related to bees.

- Yes, I did. Initially, we were made fun of. People said, "Do you have nothing better to do?" They thought there were much more important and relevant problems, and there was no need to spend time on this kind of nonsense. However, this turned out to be far from nonsense. We are becoming aware that all of the elements of our ecosystem are interrelated: there is no pollination without bees, and this issue is becoming increasingly relevant. There is a department dedicated to research in this area – the bee department.

- You are doing business, but your friends certainly ask you for medical advice. Do you meet
with them as a traditional doctor or do you rely on Ayurvedic knowledge as well?

– My approach and advice depend on each individual case. Sometimes I go for both options. If a condition is serious, I treat it as a traditional doctor. However, sometimes it is evident that a person has to change their attitudes and take a different approach to their lifestyle or just take a break.

I think Ayurveda is great for prevention, as it helps to identify and remedy problems that are not immediately obvious. You see, the Ayurvedic treatment is more beneficial to people’s state of mind. Nobody is happy to gobble packs of pills; it is a different matter when you just have to sit down and think of your problems and the way to remedy them. Besides this, I also take into account the things that a person is willing to do.

– How do you spend your free time? Do you read books or browse the Internet?

– I love to read books, both on paper and electronically. However, I prefer paper books: I love to take them in my hands. I browse the Internet for information, as it is very convenient.

– Do you have a hobby?

– I love to fly helicopters, of all things. I have even obtained my pilot’s license! This is really terrific – such a great feeling. On the one hand, you enjoy every minute of flying, and on the other hand, Switzerland is so beautiful from the air.

– Flying a helicopter, you are exposed to risks. Are you not afraid? Today, many people are exposed to fears.

– It is no more dangerous than a ride in a car. No, I am not afraid. Moreover, flying is close to meditation for me. It is an adventure full of great sensations. Sure, there is some level of risk, but you take risks whenever you drive a car. You need to trust yourself and overcome your fears.

– Do you often travel with your family?

– Here we have so many great places to visit. There is a forest a mere 10-minute ride from my house. We often go there. We go on holidays and for a longer time, say, for a week, we take our Volkswagen California and travel across Europe, visiting, for example, France. Such adventures we remember for a long time, especially the kids: they still discuss things that happened to them during their trips.

– Do your children want to follow in your footsteps?

– My elder son is studying medicine, and this was his choice. Younger kids have different life goals now. They are free to do what they like, while they are growing up. This is one more principle that I inherited from my father. He used to say, “You may do whatever you like. The only thing you are not allowed to do is nothing”.

Daniel Borer
PhD (Medicine), general therapy.
Born September 25th, 1965, he has a wife and three children. Borer graduated from the University of Bern, Medical Faculty, in 1991 and received his doctorate a year later. In 2002, he became a medical professional in general therapy. He completed his studies at business schools in Bern and St. Gallen. Since 1997, he has held management positions in the health, hospitality and investment banking sectors. In 1999-2002, Daniel Borer was a member of the Board of Directors at Manufacture Des Montres Rolex SA. He is fluent in English, French and Spanish. His hobbies include water sports, vintage cars and flying helicopters (he is a wing commander).

PHILOSOPHY
Every person in business should take a break to recover and set new priorities. Everybody independently chooses their own way to do this.
Getting an appointment with Dr. Claudia Elsig, the head of the Calda Clinic, is not easy – she has everything scheduled far, far ahead. That is because she only works with one patient at a time from four weeks to two months and sometimes up to six months, depending on the severity of the conditions in question, including depression, psychological trauma, and food, alcohol, and drug addictions.

TEXT Vita Macb
He hardly ever gets a spare minute to give an interview. At the same time, she has a life: three sons and hobbies such as design, art, music, and horse riding. What better ways could there be to recover after months of maintaining the life of a star, an icon for millions of people, conscious that their lives are in your hands all the time?

- **Doctor Elsig**, many of your patients are women – successful, famous, and extremely rich women – from leaders of big businesses to royal family members. What kind of problems do they face?
- Modern women are just as strong as men. They are equally successful at business, and they hold important positions in governing bodies. However, on the inside they remain emotional and sensitive. Despite the exterior well-being and success, complications in personal relationships and problems with their children may break them. Sometimes a woman fails to recognize the severity of an emotional trauma that is destroying her from the inside.

- **Is there a specific age range in which the fairer sex feels at their most vulnerable in the face of difficulties?**
- Women aged 35–55 are particularly susceptible to feelings of loneliness. They often fail to find understanding, face problems in their families and unfaithfulness from their husbands. These factors cause sleeping disorders, along with lower levels of concentration and attention. They do not manage to perform so many tasks as before and tend to suffer from self-doubt and self-criticism: “I am not good enough, I have to be better.” At the same they start experiencing fears that trigger negative physical sensations: a woman may feel pressure in her chest, leading to it becoming hard for her to breathe. Emotional channels overflow and the brain is not capable of processing the information properly, so it cannot concentrate on basic daily processes. It’s impossible to plan anything, and her head becomes a mess. On top of that, she may find herself depressed. If we are talking about a trauma, everything I mentioned above is also accompanied by sudden flashbacks and hyperarousal or sometimes dissociative symptoms. She, however, has no idea what is happening to her.

- **What is a trauma?**
- I define trauma as going very far back. That is, when a woman suffered a trauma many years ago, for example, rape, and it begins to take its toll years later. She gets sudden flashbacks: for a few seconds she...
Now she is extremely rich and feels in harmony with herself

is immersed in the past event, reliving the same feelings again, sometimes even physical pain. Flashbacks usually occur suddenly. For example, when you see a man who looks like the offender, or somebody's voice is similar to his. At these moments the woman feels especially insecure and weak.

– Can the loss of loved ones cause trauma?
– Yes, the death of someone you love, a car accident, a difficult medical operation or a serious diagnosis – basically, but not exclusively, any situation in which a person has to face death. An abusive father, an alcoholic in the family, violence – all of that may cause a trauma and only qualified psychological therapy can help to overcome it.

– But if a woman is rich and successful, you would think she has already overcome all of her psychological problems, wouldn’t you?
– Far from it. For example, one of my patients, Jane (that’s not her real name, of course, as we sign a confidentiality agreement) lives in Miami and holds a high position in the government; she also runs a business and has a son and a husband. However, as a child she went through a lot. Her father often cheated on her mother, and the relationships in the family just weren’t working out. Jane herself was a chubby girl and was often laughed at, which lowered her self-esteem. The troubled atmosphere in the family also had its effect on her: her parents were always fighting during family meals. That led to eating disorders.

Besides, as a child she suffered sexual violence. So, after her son was born and her husband, a successful businessman, cheated on her with his secretary, Jane became depressed and tried to drown her sorrows in excessive amounts of champagne. She started getting sudden flashbacks to her past traumas and started gaining weight. At some point she realized she had lost control over herself, which threatened both her marriage and her job. She and her husband have undergone treatment at my clinic together and now everything in that family is fine.

Another example is a woman from Russia. She had taken care of her father until his last days, when he died of cancer. Her first marriage failed, her daughter was born with a disability, and her second husband cheated on her. Then she met the love of her life, a husband. However, as a child she suffered sexual violence. So, after her son was born and her husband, a successful businessman, cheated on her with his secretary, Jane became depressed and tried to drown her sorrows in excessive amounts of champagne. She started getting sudden flashbacks to her past traumas and started gaining weight. At some point she realized she had lost control over herself, which threatened both her marriage and her job. She and her husband have undergone treatment at my clinic together and now everything in that family is fine.

Our task is to bring a person back to their natural mental and physiological balance as soon as possible. I call this process a transfer back to normal life. However, for artistic people, singers and actors, their big question is, “How do I find inspiration?”

Sometimes I use hypnosis to work on subconscious issues. We cannot change anything unless we tackle the issues hidden deep inside our brains. That requires special techniques. However, it’s important for the patient to be proactive. If someone comes to me and says, “Hypnotize me so that all of my problems go away”, I will answer, “No, that’s not the way it works!” Miracles do not happen with these kinds of diagnoses: it takes time and effort to get rid of the problems for good.

– How do you work with the spouse and other family members?
– If a woman comes with her family, we chat with them as well. Generally these people are already motivated to undergo therapy.

The main area of the clinic is orthomolecular psychiatry. It combines psychotherapy with compensating for the shortage of the necessary vitamins, minerals, and other elements in the patient’s system. This combination makes psychotherapy very effective, as positive changes occur in the brain structure. We conduct a detailed analysis to identify what elements are lacking. Some elements may be prescribed immediately, and once the genetic analysis results are ready (they take the most time, about two weeks) we can add other supplements.

Our task is to bring a person back to their natural mental and physiological balance as soon as possible. I call this process a transfer back to normal life. However, for artistic people, singers and actors, their big question is, “How do I find inspiration?”

Sometimes I use hypnosis to work on subconscious issues. We cannot change anything unless we tackle the issues hidden deep inside our brains. That requires special techniques. However, it’s important for the patient to be proactive. If someone comes to me and says, “Hypnotize me so that all of my problems go away”, I will answer, “No, that’s not the way it works!” Miracles do not happen with these kinds of diagnoses: it takes time and effort to get rid of the problems for good.

– How do you work with the spouse and other family members?
– If a woman comes with her family, we chat with them as well. Generally these people are already motivated to undergo

– Yes, particularly women; they tend to bear all the burdens themselves, often ignoring their own needs. Some time ago a married couple with an archetypal issue came to see me: their 18-year-old son had a drink problem. The husband had been in business for many years, managing real estate, but still demanded all of his wife’s attention – she had no time to take care of their son. Such kids often grow up in private boarding schools, where they have an unlimited amount of money to spend, although they do not appreciate it – it’s easy for them to order champagne for 20,000 euro, and get prostitutes as a gift. In one of the boarding schools, for example, teachers smoked weed together with their students. When a young man leads this kind of life, it is generally difficult later on to teach him to set life goals and pursue them. Often such kids do not even know how to dream, because all their wishes come true with no effort on their part: they want a Ferrari – they get a Ferrari. Once the wish is fulfilled, the excitement is gone. They are insatiable. So in this situation, what’s a mother to do, when she’s on the edge herself? As a rule, in these cases I work both with the parents and the child.

– Where do you start the work with your patients?
– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Children’s problems certainly affect their parents too, don’t they?

– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Yes, particularly women; they tend to bear all the burdens themselves, often ignoring their own needs. Some time ago a married couple with an archetypal issue came to see me: their 18-year-old son had a drink problem. The husband had been in business for many years, managing real estate, but still demanded all of his wife’s attention – she had no time to take care of their son. Such kids often grow up in private boarding schools, where they have an unlimited amount of money to spend, although they do not appreciate it – it’s easy for them to order champagne for 20,000 euro, and get prostitutes as a gift. In one of the boarding schools, for example, teachers smoked weed together with their students. When a young man leads this kind of life, it is generally difficult later on to teach him to set life goals and pursue them. Often such kids do not even know how to dream, because all their wishes come true with no effort on their part: they want a Ferrari – they get a Ferrari. Once the wish is fulfilled, the excitement is gone. They are insatiable. So in this situation, what’s a mother to do, when she’s on the edge herself? As a rule, in these cases I work both with the parents and the child.

– Where do you start the work with your patients?
– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Children’s problems certainly affect their parents too, don’t they?

– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Yes, particularly women; they tend to bear all the burdens themselves, often ignoring their own needs. Some time ago a married couple with an archetypal issue came to see me: their 18-year-old son had a drink problem. The husband had been in business for many years, managing real estate, but still demanded all of his wife’s attention – she had no time to take care of their son. Such kids often grow up in private boarding schools, where they have an unlimited amount of money to spend, although they do not appreciate it – it’s easy for them to order champagne for 20,000 euro, and get prostitutes as a gift. In one of the boarding schools, for example, teachers smoked weed together with their students. When a young man leads this kind of life, it is generally difficult later on to teach him to set life goals and pursue them. Often such kids do not even know how to dream, because all their wishes come true with no effort on their part: they want a Ferrari – they get a Ferrari. Once the wish is fulfilled, the excitement is gone. They are insatiable. So in this situation, what’s a mother to do, when she’s on the edge herself? As a rule, in these cases I work both with the parents and the child.

– Where do you start the work with your patients?
– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Children’s problems certainly affect their parents too, don’t they?

– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Yes, particularly women; they tend to bear all the burdens themselves, often ignoring their own needs. Some time ago a married couple with an archetypal issue came to see me: their 18-year-old son had a drink problem. The husband had been in business for many years, managing real estate, but still demanded all of his wife’s attention – she had no time to take care of their son. Such kids often grow up in private boarding schools, where they have an unlimited amount of money to spend, although they do not appreciate it – it’s easy for them to order champagne for 20,000 euro, and get prostitutes as a gift. In one of the boarding schools, for example, teachers smoked weed together with their students. When a young man leads this kind of life, it is generally difficult later on to teach him to set life goals and pursue them. Often such kids do not even know how to dream, because all their wishes come true with no effort on their part: they want a Ferrari – they get a Ferrari. Once the wish is fulfilled, the excitement is gone. They are insatiable. So in this situation, what’s a mother to do, when she’s on the edge herself? As a rule, in these cases I work both with the parents and the child.

– Where do you start the work with your patients?
– The first step is to diagnose: I have to really understand the person. Then I perform detailed lab tests and assign

– Children’s problems certainly affect their parents too, don’t they?
treatment. The treatment strategy is always discussed with the patients. For example, I have to explain to them that addiction is a brain disease or to warn them that they might suffer a relapse. It takes time to recognize this but they shouldn’t be scared and need to react accordingly. The same applies to depressions. During treatment a person learns a lot and can then react appropriately to emotional swings.

- If a woman is scared of leaving her family and business for a long time, what can be done?
  - If you really want to get rid of your problems, you have to make time for this. Get a month-long vacation, come back happy – that’s the way to look at it. It’s important to make time for yourself!
  - Sometimes when problems occur doctors prescribe antidepressants, and they seem to work.
  - We know that some people who have been taking antidepressants for many years have a low level of serotonin, although these medications are in fact supposed to make it higher. Patients often say that antidepressants work like this: they do not feel sad anymore, but not necessarily happy either. Their life is like a blur, like there’s fluff in their head. That cannot be the aim of treatment. A person should feel like him or herself. We recreate the natural serotonin levels, through amino acids, for example, and define the exact dosage.
  - For many successful and seemingly strong women, menopause can be very painful or make them fall into despair as they are not ready to age.

- For a woman during menopause, we develop a detailed treatment plan. Provided there is no increased risk of oncological diseases in their medical history, we can prescribe hormonal and substitutive therapy. Besides, some wonderful herbal remedies are available now. Herbal medicine is effective.

Also, it’s certainly important to take care of yourself – it can help a lot in preventing age-related changes. As for psychological problems, the same principle applies: the sooner we start working, the more effective the result. The human brain is very flexible, and it keeps changing throughout our whole life, fortunately. But we have to train it. The worst case scenario is when a person doesn’t do anything.

- What are some of the advantages to treatment in your clinic? Why do American celebrities prefer your clinic to the ones back home?
  - First of all, Switzerland does offer the best treatment. There are many famous clinics in the US. For example, Eric Clapton has his own private addiction clinic in Antigua. However, there patients undergo treatment in groups whereas we offer exclusive treatment. Secondly, Switzerland has the highest standards of medical quality. Thirdly, we strictly observe confidentiality. The celebrity can remain unrecognized if they decide to take a walk wearing sunglasses and a baseball cap. They won’t be chased by paparazzi. Our country preserves political neutrality and observes confidentiality, which is important.
Nevertheless, rapidly developing medical treatment can offer us a progressive way of rejuvenation without side effects. One laser procedure is enough to get a refreshed and rejuvenated appearance. But for this we need to go to a professional who has the most modern laser equipment and knows exactly how to use it.

One leading dermatologist-allergist holding this knowledge, Dr. med. Brigitte Bollinger, works at the Grand Resort Bad Ragaz Medical Center. She has more than 20 years of experience in her profession and keeps up with all innovations in this field (these innovations come out almost semi-annually). In her Laser Center she has five modern lasers at her disposal. Switzerland only has two centers today with such equipment.

– Dr. Bollinger, how do you achieve such an amazing skin rejuvenation effect?
– The procedure is called 4D-lifting: the laser treatment takes place on both the skin surface and

**Brigitte Bollinger**

MD, doctor of the Swiss Medical Association – Specialist of Department for Dermatology and Plastic Surgery, Grand Resort Bad Ragaz Medical Center. She graduated from the Medical Faculty of the University of Münster in Münster, Westphalia (University of Münster) and received a medical practice license in 1992. In 1996 she became a specialist in the field of Dermatology and Venereology. She received additional qualification in allergology (1997) and phlebology (1998). From 1998 to 2014 she worked at the University Hospital of Münster as a dermatologist who specializes in laser therapy and outpatient operations. In 2015–2016 she was in private practice in the field of dermatological surgery at Vorberg Beauty Clinics in Münster.
The laser helps to get rid of cellulite, since it is possible to influence the deeper layers of skin on its deeper layers. We can reach, for example, the deepest tissues of the nasolabial folds, also from the oral cavity side. We operate as if in several dimensions: through the mucosal surface, penetrating deep into the flesh inside, and with an easy peeling outside.

Thus, it is possible to remove the wrinkles around the lips and the nasolabial folds. The contour of the mouth becomes clearer and smoother. The procedure is absolutely painless, the patient can get up and go about their business afterwards. We can also do the eye lift with the help of the laser surgery; the effect is the same as after blepharoplasty.

– Are your patients mainly women?
– During recent years, the number of male patients has been increasing. But they usually want the changes to be not so dramatic and the improvement in appearance to occur gradually. They do not want to admit that they were doing something with their faces. In this case, laser therapy is a good option.

– What is another advantage of this method?
– After the procedure, there is no need to hide at home, you can immediately return to normal life – the very next day. No stitch tracks, perhaps except for a slight redness. But the skin renewal process continues for about three months that means that the positive effect will increase gradually. The fact is that with the help of the laser we do minor injuries to the skin tissue, and this causes them to work harder: regenerative processes are started, new cells and collagen are produced. Due to this, rejuvenation occurs.

In addition, after the primary therapy we do laser peeling. This is a gentle procedure that does not have any side effects. Except that right after the session the face is a bit red and the skin is slightly dry. But it’s only for a few hours. In a day at the latest you can safely attend a public event, for example at the theater. Or even go for a vacation in hot countries, what is usually not recommended after many other anti-aging cosmetic procedure. In general, there are no restrictions.

– That means that the laser rejuvenation is an effective alternative to plastic surgery?
– Absolutely right. I deal with the deeper layers of the skin to reduce wrinkles and folds. Thus, it is possible to obtain a remarkable result which can be seen immediately. At the same time, this procedure is painless and does not cause other unpleasant sensations.

– It turns out that one can come to you for a few days, take a dip in the thermal waters of Bad Ragaz, relax and at the same time correct, let’s say, one’s eyelids?
– Yes, you just need to allow one day for treatment. And if you repeat the procedure, for example, in a year, the result will be even better. Of course, it depends on the type of skin, age and other conditions. To achieve the best effect we combine
laser and surgical blepharoplasty, in this case the healing process will be much faster.

– Apparently laser correction does not require anesthesia, is it true?

– Yes, anesthesia is not necessary, but in the case of a patient that has sensitive skin then we use a cream or drops with anesthesia effect. However, most people do not need it; we have a gentle technique and the patient feels relaxed during the procedure. If we do blepharoplasty surgery, of course, we use anesthesia.

– It is no secret that age adds not only wrinkles but also skin defects such as birthmarks and liver spots.

– Certainly. But what is a birthmark? This is excessive production of pigment in skin tissues. Usually they are simply removed, taking care not to leave scars. But there are those that cannot be affected with the laser as it is likely to provoke the development of cancer. Since during the procedure skin injury takes place and the cell growth is stimulated, malignant cells if it is the case, respectively, also grow. Therefore, suspicious birthmarks first of all are carefully investigated, and only then do we make a decision about what to do with them.

As for pigment spots, there is no problem with light spots, we will remove them completely. Dark spots require a more detailed study. Of course, experience allows me to conclude by visual inspection whether it is benign or not, but since the number of patients with melanoma from the sun and environmental exposure is constantly growing, we conduct detailed studies to minimize the risks.

– In addition to birthmarks, there are other unpleasant skin problems. For example, eczema or acne, do you work with these ailments?

– As for eczema, first of all I have to find out the cause of its appearance. I always dig to get to the root of the problem, by looking at blood test results and examining other organs. RF needeling (fractional radiolifting) is good at treating acne, since the process occurs in the deep layers of the skin. In most patients the inflammation stops after the treatment.

– Can the anti-aging treatment with the help of laser therapy be done only on the face?

– Not only. We work with the neckline area, the effect is wonderful. Moreover, the laser helps to get rid of cellulite, since it is possible to influence the deeper layers of skin. Results will be seen after the first treatment but in order to reinforce it, you will need 3 to 5 sessions.

– Are there any contra-indications to laser procedures?

– We prefer not to carry them out on pregnant women and patients with cancer. Furthermore, a contra-indication may be taking antibiotics or antidepressants – any medicines that make the skin more sensitive.

– We know that here at the Medical Center you use the most modern, even unique equipment.

– Yes, there are only two places in Switzerland where you can undergo such procedures, as only we and one other physician in Zurich have this equipment. These are apparatuses, which provide

After the procedure you can immediately return to normal life – the very next day
This is a gentle procedure that does not have any side effects.

No restrictions
In a day at the latest you can safely attend a public event, for example at the theater. Or even go for a vacation in hot countries.

Many opportunities for the skin, both inside and outside. In total we have five innovative devices with a wide range of activities: diagnosis and treatment of skin cancer; laser hair removal, removal of spider veins, tattoos and growths on the skin; treatment of rosacea, acne and scarring; Smoothlift (non-surgical lifting); 3D and 4D-Facelift – noninvasive volumetric reconstruction of the facial skin. And for each of these procedures we need to choose the correct light frequency and focus the laser properly.

– Do you offer some other treatment methods, besides laser therapy?
– We combine different approaches. For example, plasmolifting (subcutaneous injection of the patient’s own plasma) in combination with other treatments, such as high-frequency therapy, the impact of high frequency currents to a depth of 0.5 mm to 2 mm. We also use all known modern aesthetic medical means – from mesotherapy (the administration of microdoses of active agents) to PDO-therapy (facelift via subcutaneous synthetic fibers), Botox injections. It all depends on the patient’s wishes. And, of course, the final stage of these procedures is laser skin treatment that reinforces the positive effect.

Background
Exactly 300 years ago in Bad Ragaz the first thermal spa was opened in Switzerland that later became a balneotherapeutic health resort and has earned a worldwide reputation.
Bad Ragaz Medical Center specializing in diagnosis, treatment, postoperative rehabilitation and preventive medicine, was founded in 1957.
In September 2014, Grand Resort Hotel opened the Bad Ragaz Clinic with 17 modern rooms for inpatient rehabilitation.

Areas of specialization
The main areas of specialization of the Grand Resort Bad Ragaz medical center are: rheumatology and orthopedics, dermatology, dentistry, ophthalmology, gynecology, aesthetic and plastic surgery, nutrition, naturopathy, mental health and sports medicine. In addition, local specialists offer their services in areas such as cardiology, gastroenterology, otolaryngology, radiology, neurology, urology, venereology, vascular therapy, manual therapy, physical therapy, Chinese medicine, and others. The dermatology department has a center of laser medicine in which innovative laser technologies are used. The specialists have many years of experience in laser therapy and use the latest equipment for the diagnosis and treatment of dermatological diseases, as well as identify and fight the signs of skin aging.

Check Up
The Medical Center offers a number of integrated programs of medical examination in different areas: general health check program (from 3–4 nights in the Grand Resort Bad Ragaz), aging diagnostics program (5 nights), sports program (4–5 nights), special programs for men (3–4 nights) and women (4 nights), for patients with diabetes (4 nights) and insomnia (2 nights).

Contact Details
Grand Resort Bad Ragaz Medical Center
7310 Bad Ragaz
Tel. +41 (0)81 303 38 38
E-mail: medizin@resortragaz.ch
www.resortragaz.ch/medizinisches-zentrum
Check-in, Check-up: get and stay healthy at Grand Resort Bad Ragaz

The Grand Resort Bad Ragaz was named “best for serious health issues” and has been awarded the ‘Medical Master’ award in 2016 by the prestigious Tatler Spa Guide. The resorts own healing body-temperature thermal waters dated back to 1242 are a unique source of health and are the basis for Europe’s Leading Wellbeing & Medical Health Resort.

Complementing the spa facilities of the ‘Resort Spa of the Year: Western Europe & Scandinavia’ (World Spa and Wellness Awards, 2016) is the internationally renowned Medical Health Center with its first-class medical infrastructure and outstanding medical expertise of more than 70 doctors in disciplines from Aesthetic and Plastic Surgery to Dentistry and Rehabilitation.

The Medical Health Center offers different check-ups and programmes which involve reliable diagnostics with the most cutting-edge medical procedures to create personal health files and proposing appropriate therapies or optimum preventive measures.

The range of health programmes catering for everybody’s needs includes:

- Health Check-up
- Ladies Check-up
- Men Check-up
- Sleep diagnostics
- Ragazer Weightloss
- Ragazer Detox

Ragazer Detox

Regenerate your body, mind and soul through holistic cleansing and detoxification. You will strengthen your immune system, physical and mental balance by activating new power, energy and vitality.

The Ragazer Detox includes:

- Thorough medical history
- Analysis by our specialist detox laboratory (internal and external toxins)
- Body composition (measurement of body fat and muscle mass)
- Liver ultrasound
- Cleansing of the digestive tract
- Initial consultation and review with our dietician
- Planning of your personal detox diet and detox wellbeing-treatments
- 3 detox infusions as required (individually tailored)
- Concluding medical consultation with doctor and nutritionist
- Personal health dossier
- Personal guidance during the programme

The programme starts on Mondays and requires a stay of at least seven nights at the Grand Resort Bad Ragaz (arriving on Sunday).

For further information and reservation please contact us by telephone +41 (0) 81 303 38 38 or by email medizin@resortragaz.ch.
It was like being born again, grateful patients said to Dr. Olivier Staneczek, sleep specialist at Clinique La Prairie, located in the picturesque Montreux area. This “rebirth” is the result of a collective work by a team of professionals who put the pieces together, analyzing the patient’s sleep, detecting and then eliminating the elements that were detrimental to it.

– Dr. Staneczek, how did you come up with the idea of a program to improve sleep?

About 30% of people in our country suffer from sleep disorders. In China, for example, the problem affects 41% of the population. In Russia too, many people have sleep-related problems. As I am qualified not only as a pulmonologist but also as an expert in sleep medicine, I have seen a lot of patients on this issue. This program emerged based on my 15 years of experience in this field.

– What are the things that prevent a person from sleeping?

– There are 15 to 20 common reasons. Most often, insomnia is caused by psychological problems: changes in social life, death of a loved one, anxiety because of the relationship with one’s partner... This is the reason why we have a psychiatrist on our team.

– How does the treatment begin?

– First, the patient fills out our questionnaire, then the first sleep study is done – a kind of screening test. We give the patient a device that allows us to...
monitor their sleep remotely. The next day, we already have a clear idea that can be used as the basis for our preliminary conclusions. We also check whether the patient’s metabolism is in order, since many sleep disorders are associated with thyroid gland dysfunctions or anemia due to iron deficiency or vitamin deficiency in the body. Other problems can affect sleep as well, such as urological disorders, for instance...

We have to pay attention to all factors that can hinder healthy sleep. We know that many people have the harmful habit of looking at their Smart-Phone screens before bedtime or even in bed. This is a serious problem, because Smart-Phones emit ultraviolet light which gives our brain the signal: «It’s morning», even though just a moment before the brain received the information that, on the contrary, it is night. The brain gets confused and it is unable to sleep any more. This is especially damaging for children. We really shouldn’t check things on our smartphone after eight in the evening. It is much better to read a book! They may seem trivial, but these things are often the root of the problem. For this reason, we can’t neglect any detail and we analyze all the circumstances that may affect the patient, as this is the only way to achieve success.

Two days after the start of the survey, I get the opinions of our neurologist, otolaryngologist and other specialists. And only after that huge amount of preliminary work has been done, can we prescribe a treatment. I personally read the entire night polysomnography produced by the computer, each of the 5-minute cycles.

– What else leads to sleep disorders?
– We often diagnose a respiratory problem that leads to sleep disorders, and this is snoring. At first, the person snores in their sleep, and then the snoring turns into an intermittent «khhhh» sound, and then to less frequent «kh, kh, kh» ... This is called «sleep apnea» and it often affects people who are overweight. Breathing becomes intermittent and they can suffocate because the airway is closed. Sleep apnea syndrome is the most typical sleep disorder. This problem becomes evident in the very first night of our study. We then find out if snoring is the only problem or if the patient is also short of breath.

Quite a common syndrome is periodic limb movements during sleep (when people move their legs every 6–10 seconds). This is also one of the things that hinder a person from entering a deep sleep. When a few brain cells work and send impulses, the brain and other cells cannot fully relax. But this syndrome should not be confused with restless leg-syndrome which occur during waking hours.

In the case of somnambulism, the person affected can leave their bed and move in the apartment – all this without waking up. These people are very surprised when told about it. This is why we always try to communicate with the patient’s family members, as we can learn a lot of interesting things from them.

– What methods are used to monitor patients in their sleep?
– We use a special device. The sensors are mounted on the belt and on the chest and another, the oxygen sensor, is on the patient’s finger (it monitors breathing). An additional sensor and a microphone are set up near the mouth. So if the patient has a stuffy nose, and he or she breathes through the mouth, I will know about it. I will also know whether he or she
wakes up at night, and whether their blood pressure rises when they are asleep...

- **What may cause blood pressure to rise at night?**
  - For example, if a patient has sleep apnea and he or she feels suffocated, it can increase their blood pressure, and not only at night. The body is experiencing incredible stress, which is a huge burden for the blood vessels. One scientific study done more than 10 years ago revealed, after 12 years of follow-up, that the risk of heart attacks and strokes in an elderly population was 4–5%, while among people suffering from sleep apnea it was about 30% – a much higher risk, you'll agree. Sleep apnea also contributes to the development of diabetes. Did you know that the blood sugar of diabetics surges when they are stressed? Those who spend all night being stressed are more often affected by diabetes than others.

- **What are other problems related to sleep disorders?**
  - One problem is driving. The reaction time of a person who doesn't sleep well at night is considerably slower. A very interesting scientific study done in Lyon showed that the reaction time among the general population is 0.9 seconds, whilst among those suffering from sleep apnea it is 1.5–1.8 seconds. This can be the cause of road accidents. In England, for example, someone involved in an accident has to undergo tests to check the quality of their sleep, so that doctors can confirm whether he or she suffers from slow reactions.
  
  In addition to respiratory causes of sleep disorders, our complete analysis often reveals hidden depression that prevents people from sleeping. They typically fall asleep quickly but at 3 or 4 o'clock in the morning they wake up and start thinking about something, and from this moment onward they are unable to get back to sleep.

- **Yes, we all know people beset by such problems...**
  - A hidden depression is most probably present in such cases. A psychiatrist will give their recommendations and may prescribe medication. The decision is made jointly with the patient and other specialists. They all communicate with each other to put the pieces of the puzzle together. For me, this is a very interesting process. Some people suffer from sleep disorders for many years and have seen many specialists. But if we don't have the complete picture, no solution can be found.

- **When these patients come to you, they are probably exhausted from their condition?**
  - That's true, and they are also disappointed and frustrated because no one has been able to help them so far. I recently had a patient from the US, a very educated and intelligent person. He said: «The best doctors in New York City only spent 8–10 minutes examining me, no one has ever paid as much time to my insomnia as you.» We dedicated a lot of time to this patient and we found a solution. After two months of therapy he stopped taking his cocktail of sleeping pills, and the only medication he's taking is a drug to combat hidden depression. He sleeps very well now and he doesn't have those constant memory lapses that are a typical side effect of sleeping pills. He is on top of the world, as if he were born again.

- **During treatment, your patients spend time doing various interesting things, such as cooking. Do you pay special attention to leisure activities?**
  - Of course, because our philosophy is that we need to teach people to discover new aspects of life. So we
offer cooking classes, host a variety of workshops, for instance, in massage or aesthetics.

- Is it possible to overcome the disease completely, so that there is no need for a second visit to the clinic?
- It is possible in case of respiratory problems, such as sleep apnea. Not so long ago, we had exactly that type of patient. We asked her to choose whether she wanted to sleep with a special mask, or if she’d rather have a jaw splint installed. She chose the latter option, and in less than 48 hours she had a jaw splint to take home. The jaw splint was made by the dental technician who comes to our clinic to consult patients.

- Do you use medication in your program?
- Yes, but please keep in mind that each case of sleep disorder requires an individual approach. The program includes two relaxation sessions with a psychotherapist. We work on all spheres of human life, from nutrition to the way the patient deals with stress. If a patient has a mental problem, we can even try hypnosis. We find the right buttons and push them.

- What is the lengthiest case of insomnia that you recall from your practice?
- One of my patients had been suffering from sleep disorders for over 20 years. He had read many books, and many things he had been doing were right. What was wrong was the combination of methods used. We corrected that. The result was stunning, the kind of success that motivates me to do my job.

- Who are your youngest patients?
- One of them is a girl aged 18, who is treated as an outpatient, and there is also a young man from the United Arab Emirates who comes to us with his parents, he is 19.

- How many hours does a person need for a healthy sleep? Some people say women need 8–10 hours, while five hours is enough for men.
- There are no clear rules or differences between men and women. Some people need more sleep, others need less. We must listen to our bodies. For me personally, 6.5 hours is enough. Whatever you do, you cannot change your genetic predisposition. It is believed that with age people sleep less and less. But this is not the case. The fact is that some retired people have a nap in the afternoon, so their night sleep is reduced. But the total time spent sleeping remains the same.

- What about getting up early and going to bed not too late? Does this have a positive effect in terms of healthy sleep?
- It also depends on one’s genes. There are people who feel great with this routine. For others, though, it is better to go to bed late and wake up late.

- Many people consume alcohol before bedtime to sleep better. What do you think about it?
- It’s alright to have, say, a glass of wine at 7 pm. But if you drink whiskey at 11 pm, it is not good for the body. Alcohol is one of the worst hypnotic drugs you can imagine. Three and a half hours after drinking, it begins to act as a stimulant. The person wakes up and cannot go to sleep again. Alcohol increases sleep apnea. So drinking before going to sleep is counterproductive. A very different thing is phytotherapy. I use a lot of phyto-therapeutic products that are very effective.
Dr. Rainer Arendt, an anti-aging therapy specialist, is himself an example of a man in his prime, full of energy and life. As a professional, he has mastered the most modern methods of rejuvenation and revitalization which help restore health and vigor in the aging male body. At the Swiss Prevention Clinic, nothing is impossible: Dr. Arendt loves challenges and trying to overcome them in the shortest possible time.

– Doctor Arendt, why do so many men nowadays, even in the full bloom of their youth, feel a lack of energy and a sense of fatigue, acquiring age-related diseases somehow too early?

– This is caused by distress, a lack of physical activity, a diet which is too rich, an unhealthy lifestyle and other environmental factors. However, new therapies have become available: new methods for rejuvenation that can help men with their health issues. The most important thing here is to intervene early, in a natural way, employing biological and lifestyle changes.

In our center we specialize in the prevention of health problems and the resolution of any impairments before they become permanent. We revive our patients’ desire to live life to the full. In doing so, we use biological therapies that reap impressive results: they empower a person to become younger, feel fine, become more active, rediscover the desire to travel, play sports and find love.

– By the way, about love: does erectile dysfunction mean that one should expect heart problems in the near future?

– Yes indeed. The blood supply to both the heart and genitals is regulated in a similar fashion. Heart problems are usually accompanied by erectile dysfunction. Therefore, at the first signs of deterioration one should undergo a complete cardiac examination. Decreased libido can now be seen quite often, due to environmental pollution, unhealthy lifestyles, numerous stresses, psychosomatic effects, and so on.

– How do you obtain the effect of "fullness of life"?

– Men’s health requires an integrated approach. Of course, we first perform a check-up to reveal any insidious diseases. Primary among these are cardiac diseases. A hidden threat can lurk here: 50 percent of myocardial infarction patients never note chest pains or any symptoms that would encouraged them to consult a doctor. Infarction develops suddenly, so the first thing we do is an examination of cardiac activity. On top of this, we check the organ systems all over, if necessary – together with other specialists.

– What else is included in the check-up?

– There is a very detailed complete blood count. Among other things, we look at traces of environmental pollution and their effects on the on the microbiome: all the beneficial bacteria that live in the body. It depends on where the person lives, the water he drinks, and what he eats. We determine whether there is a shortage of trace elements and vitamins. The level of hormones is measured as well. When the full picture is obtained, we prescribe therapy. In my opinion, hormone replacement therapy is not
ENERGY FOR LIFE
We revive our patients' desire to live life to the full
productive. If a man constantly obtains testosterone from outside of himself, he becomes addicted to it because it stops the formation of his own testosterone. We offer another kind of therapy, the so-called revitalization of microbiome (intestinal microflora) and young human plasma that boosts organ function and the sex drive.

This therapy is truly revolutionary, and I am sure that it is the future. Men are really transformed after such therapy and regain their appetite for life. Why should an active life have to end at the age of 50, 60 or 70? Now there is no reason for that to happen.

- Can you revive the reproductive function in this way?
- Yes. There is a sort of update for the genes. I have had patients over 60 with very low testosterone, which returned to high/normal levels after the treatment. This makes it even more likely that they will father a child, even at an advanced age.

Men tend to avoid problems and when they feel that their sexual function are beginning to fade away, they look for workarounds, such as having younger sexual partners – they are hoping to revive the old passions, but these only give a short-term effect. However, with the help of the therapy, one can achieve long-term results. The body initiates the formation of testosterone as if it restarts. The reality is that we can now do so much for men.

- Please describe the therapy in more detail.
- In anti-aging and regenerative medicine, there are four therapeutic strategies that are presently being pursued and which appear promising. The first is stem cell therapy, still in its infancy and with limitations due to unpredictable results and our lack of knowledge in re-programming stem cells and homing them in on the sites of damage. The second is the replacement/transplantation of the skin, lungs, gut, and placental microbiome with beneficial bacteria in epigenetic control of gene regulation and activation. The third is young human blood/plasma transferring growth factors for organ repair and rejuvenation. The fourth is the sirtuins, which are endogenous repair mechanism inside our cells, which can be stimulated and over-expressed by novel medicines, foodstuffs and lifestyle changes (especially regular fasting cures).

This is the individual microbiological treatment of the microbiome. It helps if you carry out monitoring of epigenetic control (monitoring of gene activity and changes). That means the selection and activation of a set of healthy genes, controlling real biological vital functions, and the hibernation and inactivation of genes with a hidden disease.

Only five years ago, we believed that genes determine everything but now we know that’s not the case. That is: genes are not fate, they are a choice, since each cell contains many other hidden possibilities. Despite the considerable current knowledge that modern science has accumulated about DNA, we can’t fully use it, because only 6 percent of genes are involved in making the human body function, and 94 percent are dormant. The environment is extremely significant in choosing which genes get activated, but no less important is that man is a social creature who leads a diverse life and can choose what to do with his life. This largely determines the condition of his health, and it is always a subject of influence. Even if a person has cancer genes, this does not mean that cancer will necessarily develop.

The main factors that affect health are genetic predispositions, environment, and lifestyle. The environment is predetermined to some extent, as it’s hard to alter. However, lifestyle is our choice, and everybody can change their level of physical activity and diet.

The microbiome is very dependent upon your diet. If it is meager, the bacterial assortment in the intestine will be limited; however, this is the basis of immunity. The microbiome determines how much a person is at risk of professional burnout, illnesses or inflammations. Incidentally, aging is also an inflammation process, like atherosclerosis and cancer. The gut microflora of young people is diverse, but with age the variability of microbes begins to decrease. As yet we don’t know why this happens. The quantity remains the same, but the variety is diminished.

However, if the microbiome is ‘updated’, it will affect the whole body: the internal organs along with one’s appearance, with a reduction of wrinkles and an improvement of the skin condition. I’m sure the microbiome is the key to immune disease and inflammation. For this reason, the research conducted by the Russian scientist Ilya Mechnikov has recently assumed new significance. A positive impact on the microbiome causes the body to be updated, and the body reacts to it. Moreover, the
bacteria produce neurotransmitters that reach the brain and change the processes happening in it.

– You have mentioned plasma treatment. Plasmalifting has long been applied in cosmetics. Are we talking about something like that?

– The beneficial properties of plasma are well known in science and cosmetology, and the patient’s own plasma has been used for many years. With the new method, a stronger effect can be achieved by young donor plasma. Animal experiments have shown that the introduction of young plasma induces a powerful rejuvenating effect, and the body, including the brain cells, starts an active update.

– What other recovery methods can you offer?

– They involve making adjustments to develop a healthy diet and enabling the formation of appropriate dietary habits. I don’t mean a fasting diet or dietary restrictions; I am sure that one can successfully lose weight while still enjoying delicious meals with pleasurable drinks, including wine if desired.

We have developed an individual 15-minute routine consisting of weight training for muscle formation, respiratory gymnastics from Pilates and other practices, and rejuvenating treatments. It is recommended that it be performed every other day, to make it manageable for everyone. The pharmacological therapy that is included affects the prostate gland and prevents disease. There are also nutritional supplements and vitamins that we select individually.

As our patients see initial improvements to their health, they seek to look better, and we therefore suggest to them a collection of cosmetic measures – for example, therapies to improve the condition and increase the number of hair follicles.

As a man feels better, he becomes more relaxed and self-confident. We teach our patients relaxation techniques to find harmony, to resist and neutralize stress, and to prevent their peace of mind being disturbed.

This is the 360 degree approach, a set of measures that includes many aspects.

– How much time does one need to spend in your clinic to obtain results?

– If a patient comes to us for one day, we will be able to perform something: a check-up, a blood test, and a stress test with physical activity. Having shown him the capabilities of a man of his age and weight, we compare this with the actual result and thereby motivate him to change. If there are 2-3 days available, we will start the other processes. It’s not that a certain period of treatment is needed, but we will always find something to offer them in the time available. Suppose a man wants to lose weight – we can bring in nutritionists, fitness trainers, life coaches. If hospitalization is required, we provide a ward. We cooperate with many clinics and health centers, and if a specific specialist is needed, anything can be arranged.

Our task is to find the weak spots and to help formulate a possible plan, for instance, to shape the body, improve heart function, or just acquire a more youthful appearance. Of course, the 50-year-old man will not look like he’s 25, but he can look like a healthy and well-groomed man of about 40, and the 60-year-old like one of about 50. Recent scientific evidence suggests that life expectancy can be increased by 15 years, which is significant.

However, we seek not only to extend life but also to improve its quality. The key words here are vitality and cheerfulness. If you live, work and exercise with pleasure, you are appreciated by your family and by society; it also motivates you to continue an active lifestyle. The worst thing that can happen in the second half of life is for you to stop working, give up and lose interest in what is happening around you. That is a direct road to death. Nowadays there are so many technologies and opportunities to live a pleasurable life that it is essential that we take advantage of them.

**BACKGROUND**

The Swiss Prevention Clinic was founded in 2016, continuing the services of another prominent institution that had been dedicated to making the best of Swiss Health Care available to the world. The Swiss Prevention Clinic provides medical examinations and treatments of patients in the areas of internal medicine and cardiology, as well as preventive check-ups and anti-aging treatments, and has done so for the last eight years.

**AREAS OF SPECIALIZATION**

The Swiss Prevention Clinic focuses on preventing disease by identifying risk factors for the major chronic diseases and leading killers, such as diabetes, stroke, cancer, and heart and lung disease. Specialists from the clinic, using high-tech diagnostics, genetic and biochemical testing, perform sophisticated and early diagnoses and uncover hidden diseases before any harm is done. They also use complementary or alternative treatments if standard treatments are harmful or ineffective.

**CONTACT DETAILS**

Swiss Prevention Clinic AG
PD Dr. med. Rainer Arendt
Haus zur Pyramide
Klausstrasse 10
8008 Zürich,
Switzerland
Tel.: +41 (0)43 336 72 60
Fax: +41 (0)43 336 72 61
contact@swisspreventionclinic.ch
www.swisspreventionclinic.ch

**DR. M ED G ERI CATHOMAS, CHAIRMAN OF THE BOARD OF DIRECTORS, PARTNER OF SWISS PREVENTION CLINIC:**

«In our work, we combine modern methods of treatment, the experience we have gained, and a flexible approach to our clients. From my point of view, Dr. Rainer Arendt is one of the best doctors, with great knowledge and experience. Any patient making the long journey from London, Moscow, Dubai or another world city can be sure that the Swiss Prevention Clinic will devote enough time and attention to him. Patients can come on vacation or as part of a business trip, but during their time here, our team will ensure they provide everyone with a recovery and rejuvenation program that is appropriate to their bodily condition». 
Switzerland’s famous Olympic Medical Center is located in the village of Abtwil, in the canton of St. Gallen. This place sees top athletes and future champions walk through its doors every day. Doctor Patrik Noack successfully combines his medical practice and his executive position in the Medical Center. He supervises cross country skiers and triathlon athletes. As a permanent member of the Swiss Olympic team’s medical staff, he attended the Olympic games in Vancouver, London and Sochi, and knows exactly what an athlete needs to make their body work like a Swiss watch – care must be paid to precision, accuracy, maximum efficiency, and results. Sport nutrition is only one of Doctor Noack’s areas of expertise; however, this is the area we decided to discuss with him.

TEXT Beate Kehrli
Doctor Noack, mineral nutrients and vitamin complexes are considered to be a crucial part of a sporting diet. Why do athletes need them so much?

– The point is that a normal person can maintain an optimal balance of nutrients merely by following healthy diet principles: the so called “food pyramid” created by nutritionists. The exception to this is when there is a deficiency, such as in iron or vitamin B. Sometimes this may be caused by a lack of the necessary substance due to the nature of the person’s diet (vegetarian, lactose-free, citrus-free, etc.). In such cases, nutritional correction by the use of mineral nutrients may actually be necessary.

The nutritional needs of a professional athlete differ from those of a normal person. That is why the Swiss Sports Nutrition Society has developed a special “food pyramid” that matches their needs. All athletes periodically undergo medical examinations and have blood samples taken, so that any nutrient deficiency can be rapidly detected, thus positive changes may be made by selecting and prescribing the correct nutritional supplements. When it is necessary to increase the intensity of training, but the diet is not balanced enough and does not replenish lost energy, then we prescribe microelement complexes.

– Do they really affect the efficiency of training?
– Very much so, especially when a mineral nutrient is promptly prescribed or its prescription is cancelled. It is well known that physical activity speeds up oxygen metabolism, resulting in the production of oxidizing elements or free radicals. They attack the molecules of the human body, partially destroying them and encouraging so called oxidative stress. Therefore, in order to protect an athlete’s body we prescribe antioxidants: vitamins C and D. However, there is a flipside to such a prescription: if overdosing occurs, these vitamins impair the efficiency of training. That is why in some cases we stop antioxidant treatment and maximize oxidative stress.

– Does this mean that prescribing nutritional supplements requires an individualized approach?
– Yes, certainly. I cannot just tell an athlete under my care, “Take these pills and you’ll be fine!” Each human body is unique. One patient may complain about their joints, another may have digestive problems…. For example, if a person is prone to infections, I recommend taking zinc and selenium-enriched complexes, and vitamin C, of course, and for those who have troubles with their gastrointestinal tract, it is good to take turmeric or green tea extract.

– And which nutrients and micronutrients are suitable when preparing intensively for competitions and during competition periods?
– Regarding nutrients, I recommend carbohydrate-based sport drinks. The more carbohydrates are contained in such a drink, the more of them are absorbed by an athlete’s gastrointestinal tract, hence the athlete receives more energy. Also, I help them to regain a glycogenic balance by using supplements that should be taken a day before a competition. As well as this, I may prescribe caffeine to be taken before and during competitions in order to boost an athlete’s endurance. Caffeine is permitted and is not recognized as a ‘doping’ drug.

Regarding micronutrients: of course, the requirements of athletes during intensive training and also during competition periods differ from their needs during “normal” training periods. Specialized doctors can compose a targeted supplement in the form of an individual mixture for these special situations. Such kinds of mixtures are to be used for defined periods and can focus on issues such as optimal regeneration, the support of the immune system or stress adaptation.

– What tests do you usually make before prescribing certain mineral nutrients?
– The most important things to be checked are the levels of iron, B vitamins, vitamin D, magnesium, and zinc. Then I check the athlete’s liver and kidneys, and analyze the urea and uric acid content in the blood; however, it all depends on the situation. Some people may come to me with the results of blood tests or other tests, and then I study the data, question the patient and I may ask for some additional tests to be undertaken. Usually we make such tests in the Swiss Olympic Committee’s sports laboratory.

– May a person take micronutrients without consulting a medical specialist?

The consumption of any medications, including nutritional supplements, should always be discussed with a doctor.

Patrik Noack
worked as a physician for the Swiss national team at the Vancouver, London and Sochi Olympics.
COMPLEXES of microelements and vitamins are prescribed when it is necessary to increase the intensity of training.

- The consumption of any medications, including nutritional supplements, should always be discussed with a doctor. Ideally, an athlete should be supervised not only by their trainer, but also by a medical specialist, whom they may consult whenever necessary.

- Let us suppose that a doctor prescribed a supplement to me. Can I buy it on the Internet? How can I make sure that it is of a high quality?
  - I work only with Swiss companies. The nutritional supplements industry in our country is as high-level as in England, France or the Netherlands. Swiss manufacturers (such as the Company Burgerstein, for example) are notable for their accuracy and thoroughness; they set product pureness as their primary goal. I would not recommend buying supplements on the Internet from unknown manufacturers. If the manufacturing process was not properly controlled, the product may be contaminated by viral or bacterial agents (because it contains biomaterials). Unfortunately, this is a problem with many supplements on today's market.

- Are there any limitations as to the duration of the administration of such complexes? How long can a person take them for?
  - We give clear recommendations for each product. If some test results of an athlete were abnormal, we would also monitor the influence of a particular substance on the abnormal values.
  - And when does such a person need to undergo a follow-up examination or control tests?
  - Sometimes this must be done in a week, sometimes in four weeks. It depends on the supplement complex prescribed.

- Which supplements are recommended for those who are going to face an excessive training schedule that they are unaccustomed to?
  - I cannot tell you about that without referring to a particular situation. If we talk about athletes who train at high altitudes, they usually need more iron. Even if the level of iron is normal, I always prescribe an iron-based product to such athletes, as this element facilitates blood cell production.
  - There may be another result: some athletes suffer from muscle cramps during intense training. When their body reacts in such a way, I recommend sports drinks that are high in salts and magnesium. Also, if an athlete is prone to infections, I give him or her vitamin C and Zinc, elderflower extract, and Echinacea.

- If we were talking about normal people, rather than athletes, those who are not physically active, like office workers, what would you recommend for them?
  - There are special complexes for raising office employees’ stress tolerance, and they are mostly plant extracts enriched with B vitamins and magnesium. They are commonly used for the treatment of burnout syndrome.

BURGERSTEIN MICROCARE®
Burgerstein microcare®, a unique innovative concept, was developed by Antistress AG, better known as the manufacturer of Burgerstein micronutrients, a Swiss-based family enterprise run by its third generation.

Products from the company, which builds on over 40 years of experience, meet the highest quality standards and are guaranteed to be free of illegal performance-enhancing substances (doping). They are manufactured from premium quality raw materials and developed using the latest scientific findings. The company is the leading manufacturer of micronutrients. Its standard portfolio includes over 75 products distributed through Swiss pharmacies and drugstores.

Burgerstein has been involved in the sports scene in Switzerland for years. In close collaboration with sports physicians and federations, Burgerstein supplements are the products of choice for – and are trusted by – many athletes, including Swiss skiers and Swiss triathletes.

Burgerstein microcare® consists of a selection of highly bioavailable granules which can be used to formulate a well-balanced blend of micronutrients and plant extracts. The combination can be formulated individually, based on particular personal needs.

In the field of sports supplements for training or competitions, the situation is fundamentally different. With Burgerstein microcare® the sports physician can create an optimal formulation for each phase. Depending on the situation, the individually created blends can focus on needs such as performance enhancement, regeneration, the immune system, mental strength or fast recovery.
Everyone is different. That is why there is now the correct, individually and precisely dosed blend of micronutrients for each person. Burgerstein microcare is ideal for maintaining well-being, supplying an increased need or supporting orthodox or complementary treatment. www.microcare.ch
Where is the line between enjoying a glass of wine at dinner and being an alcoholic? Why are some people able to enjoy the best wines all their lives while others hit rock bottom in just a few years? A close friend, someone you know so well, turns into a stranger, perhaps a passive, aggressive one.

TEXT Eva Velme

**Claus Aichmüller**
MD, addiction treatment specialist, received his education at the universities of Aachen, Regensburg and Munich. In 1994–2000, he completed an internship in the psychiatric clinic of Ludwig Maximilian University of Munich, focusing on addictive medicines, schizophrenia, fears, depressions, outpatient treatment and consultations. For one year, he worked for Marianne-Strauss-Klinik in Starnberger See in the neurology department. After that he spent one year working as an assistant doctor in the closed psychiatry department at the psychiatric clinic of Ludwig Maximilian University of Munich (regional Haar clinic). In 2002, he became a medical specialist in psychiatry and psychotherapy. In 2003–2009, he was appointed the chief of the department at Hard Psychiatric Center in Embrach, focusing on conditions at severe stages. In 2006–2016, he received additional education in sexual medicine, pain medicine and management training. Since October 2009, he has been the leading addiction treatment specialist in Privatklinik Meiringen.
ne should not despair, however: Swiss medicine has been continuously looking for more and more new ways to overcome this problem once and for all. Dr. Claus Aichmüller, the leading addiction specialist at Privatklinik Meiringen, has been helping people to overcome their alcohol addiction for many years.

– Dr. Aichmüller, have any new methods of treating alcoholism appeared recently?

– Today, medicine relies widely on the bio-psycho-social model to explain alcoholism. Biological factors include the individual ability of the body to metabolize alcohol (one person can do this faster than another) and genetic factors. Psychological factors define the patient’s vulnerability to alcohol addiction. People subject to frustrations are susceptible and vulnerable, because they take conflicts hard and thus are at risk. The third factor is the social environment: the method looks at external reasons (the “microcosmos”) that may cause alcohol dependency, such as unemployment, family conflicts, or crises. Modern alcohol treatments are based on this model and include psychotherapy, socio-therapy, stress management and the use of drugs. Additionally, alcoholism is common with anxiety disorders and depressive disorders.

– At what age are you at the maximum risk of becoming addicted?

– We assume that alcoholism is a chronic disease, which is impossible to “shut off”. It will aggravate if left unattended.

As a rule, it starts at 18–25, when young people start visiting night spots and regularly return home drunk. Then they receive their professional education, begin to work, get married, and have children. Less and less time is left over for fun. By the age of 30–35, they store up their problems, have conflicts at work and in their family, and allow themselves to drink a jug of beer in the evening ever more frequently... There seems to be no reason for worrying at first. In a few years though, usually after the age of 40, it turns out you have developed an alcohol dependence. Often you can keep it from your family and peers for a long time, but you are sure to lose control one day.

Our patients come to our clinic already burdened with family or job conflicts, or after a traffic accident, or when health problems have occurred... when they have become aware that alcohol has grown into too big a problem, one that it is impossible to keep secret any longer.

– It has been argued that unlike men, alcoholism in women is incurable. Has this attitude changed today?

– I would not agree with this. Treatment results are the same for men and women, but it must be noted that many addicted women are not included in statistical reports, because they keep drinking on the sly in order to keep it secret. Society is much more tolerant of men’s drinking as they are sometimes allowed to get drunk, and it is no big deal, but everybody throws stones at women drinking. In general, however, there are many more males addicted than females.

– Do you offer any successful treatments for this dependence?

– Efficient new methods have been developed recently, and the clinic applies most of them. The standard treatment plan includes in-patient therapy and further outpatient treatment. A special focus of the treatment is personally tailored psychotherapy with individual and group therapy. But modern biological therapies are also used. Working patients will need a psychiatrist’s help and home care assistance. Sometimes they need medical advice by telephone or via the Internet, if a patient lives far away from the clinic.

– How do you handle language issues: for example, if a patient speaks no English or German?

– Group therapies are only in German. But in the private department we offer foreign patients an individual therapy program, partly with the help of interpreters.
Can you give any examples of today’s treatment methods?

My department focuses on patients with psychiatric comorbidity. This means that their dependence is accompanied by some other psychiatric conditions, for example, depression, anxiety disorder, personality disorder or post-traumatic stress disorder. When two conditions develop simultaneously, they aggravate each other. If a patient suffers from depression, they often start using alcohol or drugs to overcome it. In such cases, both conditions need treatment, although this is really challenging.

We have a wide range of services available: individual treatment and group therapy, both verbal and non-verbal. Non-verbal therapy helps people who have difficulties in expressing themselves verbally, but can express their feelings with their hands or drawings. There are groups of patients suffering from anxiety disorders, post-traumatic stress disorder or depression. Since alcohol destroys the nervous system and weakens brain capacity, some patients have no capacity for self-reflection, so they need additional cognitive brain training.

How soon can the brain recover its normal functionality?

It’s a complicated issue. It is very individual. It depends on how much a patient drinks every day and on how long it has been going on. Alcohol is a poison to the cells and neurons. It affects most of the body’s organs – the brain, liver, pancreas... A combination of alcohol and nicotine may cause multiple carcinomas in the mouth and digestive system. Moreover, every person has an individual weak spot vulnerable to negative factors. For some it is the brain, and the stomach or lungs for others.

Is it possible to rehabilitate the brain?

Yes to some extent, but – unfortunately – every organ has a point of no return.

Can your patients feel confident in themselves and their future after your treatment and be sure that their addiction is gone for good?

Alcohol dependence is usually a chronic or recurrent disease, and it has, therefore, features in common with other chronic diseases. The disease can not be made to just disappear. The risk of recidivism exists in life, but it is possible, by the interplay of medical advice and a patient’s active efforts, to achieve abstinence or at least alleviate the problems. In some instances, patients had no alcohol for a decade, and then started drinking again, say, just one drink a day and felt quite well. In just a few days, they were having two drinks a day, and they developed an addiction again in a few weeks. You should take care of such conditions and consult your doctor as soon as possible without waiting for the condition to aggravate. Still, recovery is possible even in the worst cases.

Could you give some examples?

We had a 28-year-old patient. He was very timid and shy, but at the same time very intelligent, and had trained as an engineer. He started drinking back in university, as he felt lonely and suffered from depression. He failed to find a job in his field after graduation due to his alcohol addiction. We managed to get him cured with antidepressants and with group and individual therapy. Also, he received additional therapy to teach him how to establish social contacts. It was two years ago. He has been abstinent since then.

Can you use psychological treatment to suppress alcohol addiction?
Background

Thermal springs were discovered in Meiringen in the 15th century. In 1681, the Williger-Oder Reichenbachbad company obtained a licence to open a small bathhouse with four baths. Since then, Meiringen has become a popular European thermal resort. After World War I, the Des Alpes and Reichenbach hotels, located close to the well-known Reichenbach Waterfall, went bankrupt and were taken over by the Bank of Bern Canton. In 1916, Fritz Michel-Moser, the clinic’s founder, approached the bank with a suggestion to renovate these hotels and set up a psychiatric clinic. The new medical institution saw its first patient in January 1919. In 1946, the clinic was privatized, its co-owners the Michel family and Heinz brothers, who co-founded a family joint stock company.

Areas of specialization

Privatklinik Meiringen focuses on the medical inspection, treatment and rehabilitation of adult patients suffering from mental disorders. Its core areas include the treatment of depression, emotional distress and personality disorders; chronic fatigue syndrome, burnout syndrome, drug and alcohol dependence; dependence on medical drugs; and mental diseases in elderly people.

Local medical specialists rely on the latest scientific developments, practical clinical research and creative methods of therapy and alternative medicine that have proven efficient.

The clinic boasts advanced infrastructure, including thermal baths, a fitness studio, tennis courts, a library and an outdoor summer swimming pool. Patients are regularly taken on tours and participate in various cultural events.

Contact Details

Privatklinik
Meiringen Willigen
3860 Meiringen, Switzerland
Tel.: +41 (0)33 972 81 11
Fax: +41 (0)33 972 82 20
info@privatklinik-meiringen.ch
www.privatklinik-meiringen.ch

- Many scientists are constantly looking for effective treatment methods. It is already known, and has been proven in most studies, that cognitive behavioral methods have positive effects on recovery. So-called motivational interviewing has also very positive effects on patients. There are a lot of other methods available as well, such as social competence training to help social adaptation or stress management.

- Have any new drugs appeared in this area?

- We have the so-called "anti-addiction medications", such as acamprosate and naltrexone, which suppress the urge to drink and drive away such desires. Or antabuse, which has long been known. If a patient mixes antabuse with alcohol, the drug causes a chemical reaction, and a patient feels really bad. Now there are also a few new medicines, such as Nalmefene, that are intended to help patients to better control themselves.

- Is there any hope that a "magic pill" will appear in the near future to help people forget about their alcohol dependence?

- No. It would be really great, but we have to be realistic. Alcoholism has multiple bio-psycho-social causes, which should be addressed in each case. However, science is making rapid progress. Some 25 years ago, doctors could only rely on psychotherapy, and it was believed the addiction had to be driven out of the patient’s mind. When the first medicine appeared, many medical professionals objected to its use. Now we understand that treatment should use all available methods. These includes psychotherapy, socio-therapy and drug therapy.
PERSONALITIES AND TOPICS
Beau-Rivage Palace Hotel;
Belvedere Hotel
Giardino Group Hotels
Swiss Air Lines and Swiss Travel System – our reliable partners on the path to a healthy lifestyle
«Giardino» means «garden» in Italian. Every one of their hotels is like a fantastic flower, an exotic plant. It's up to you to choose which of them is to your taste...

ATLANTIS BY GIARDINO: DARING DESIGN
A legendary hotel, the walls of which could tell tales of private performances by Freddie Mercury in the bar, the later days of Muhammad Ali and other amazing episodes, has undergone a complete renovation and is welcoming guests again. The authors have carefully preserved the spirit of the 70s. Old photos on the walls take us back in time to the days of fast and furious rock ‘n’ roll, rock ‘n’ roll that defied boredom and mediocrity.

Once in Suite Hublot 107 (which will please decisive men), you will be able to travel back in time, as the images of clocks on the walls allude to eras past. The space in the hotel is organized in such a way that you can hold a business conference, an engagement party and a meeting of old friends at the same time without any one of them bothering the others. Away from prying eyes, there is a spa area with a waterfall and an alpine slide, where time seems to slow down, the heart starts beating more calmly and the breath becomes smoother...

It could be said that Atlantis by Giardino has combined two worlds: one of developed, trained intelligence and the other one of carefree relaxed chic. The view contributes to this impression: on one side there is a panorama of Zurich, while on the other side there are mountains and green lawns. The convenient location makes it possible to combine the luxury of a country holiday with the need to be in the thick of things in the heart of Europe.

Dolzschweg 234 – 8055 Zürich
Tel +41 44 456 55 55. Fax +41 44 456 55 97
hc.onidraigybsitnalta@emoclew
www.atlantisbygiardino.ch
GIARDINO LAGO: THE MIRROR OF THE SOUL
The hotel is situated on the shore of Lago Maggiore and is reflected in its sun-dappled surface. Being by the water helps you quickly regain inner peace.

This boutique hotel has 14 rooms (each individually designed) and suites created for you to forget about the outside world. The cuisine matches the free spirit of the hotel: the Lago restaurant offers brunches in a carefree Mediterranean style, long lunches and romantic dinners with a view of the sunset reflected in the smooth, azure surface of the water. If you wish, you can visit the Jazz Ascona festival, the Locarno film festival, or classical music concerts.

Via alla Riva 83a – CH-6648 Minusio
Tel: + 41 (0) 91 786 95 95
Tel (reservations) +41 (0) 800 333 314
welcome@giardino-lago.ch www.giardino-lago.ch
GIARDINO ASCONA: ELEGANT RELAXATION
A breath of carefree life among mountains, green lawns and azure waters... every detail of the design delights the eye: arches and columns covered with entwined greenery, sparkling fountains, serene statues, lotus flowers on the mirrored surface of a pond, curving lemon trees with juicy yellow fruits hidden among the leaves... This is the spirit of the realm of Ticino, the Italian part of Switzerland. Gastronomic pleasure is guaranteed in Aphrodite, a restaurant with high-quality Mediterranean cuisine. Starting off your day with a brunch at the Sunny Delight means setting the mood as you mean it to remain until the very end of the evening. Indian Sunset is a fitting end to the day in the lounge area of the hotel and the promise of a beautiful new morning. As for gourmets, they are welcome in Ecco Ascona, a restaurant with two Michelin stars and exquisite cuisine full of unexpected combinations of pure flavors and aromas.

In the summer of 2016, Giardino Ascona became the first five-star hotel to offer its guests the Ayurvedic wellness program, as delivered by Umesh Tezhasvi, a well-known Indian master and author of the book My Ayurveda. His programme is an echo of the Himalayas in the Alps. Perfecting your body and calming your spirit in the comfort of a five star hotel in Switzerland is a special treat that will be appreciated by the most sophisticated guests.

In July Giardino Ascona celebrated its 30th anniversary. There was an individually tailored program for each guest and a gala dinner for everyone.

GIARDINO MOUNTAIN: TRUE ALPINE LUXURY
This five-star hotel is located in the Engadine Mountains in St. Moritz and strives for the highest standards. The hotel is an example of the typical Alpine style, with design elements giving it special chic. It is a mistake to think that mountains are worth visiting only in winter, solely for skiing. A truly aristocratic holiday is impossible to imagine without golf, so if you are coming to Giardino Mountain, do bring your clubs along. Yoga lovers can dedicate their time to their hobby. Mountains give you energy, and if you are looking for a way to spend it, you can go cycling or hiking in the mountains. An active lifestyle means an increased appetite, and the three Giardino Mountain restaurants will please the most demanding gourmet: regional Engadine cuisine, a Mediterranean menu or Asian-style dishes – all visitors are sure to find something to please them.

In the summer of 2016, Giardino Ascona became the first five-star hotel to offer its guests the Ayurvedic wellness program, as delivered by Umesh Tezhasvi, a well-known Indian master and author of the book My Ayurveda. His programme is an echo of the Himalayas in the Alps. Perfecting your body and calming your spirit in the comfort of a five star hotel in Switzerland is a special treat that will be appreciated by the most sophisticated guests.

In July Giardino Ascona celebrated its 30th anniversary. There was an individually tailored program for each guest and a gala dinner for everyone.
Everyone needs some rejuvenation from time to time, and we start searching for a place where we can go to refresh our souls. From time immemorial, springs in the Lower Engadine have been releasing unique mineral water from under the rocks, and, as securely as the Swiss Guards protect the Vatican, this water revitalizes everyone who rests here.

In the vicinity of Scuol, there are 20 mineral springs, and the Belvedere Hotel is located close to them. Dressed in your bathrobe, you can walk down a corridor with panoramic views of the mountains and the green forests, directly to the Engadine Bad Scuol water complex (with an area of 13 thousand square meters), which includes a sauna, along with indoor and outdoor swimming pools all supplied by the mineral water. The hotel has its own springs with a spa zone Spa Vita Nova: belizza aplina with a steam room and jacuzzi, as well as a sports complex with swimming pools and a recreation area in the open air. All of these add exquisite pleasure to the recovery process.
VALUABLE MINERALS

The water from each of the different springs is not identical: there are four types, with different compositions and different healing powers:

- **Lucius**: calcium-chloride-sulfate, strong sulfur springs. These springs are unique within the entire Alpine region. This water is used in the treatment of vegetative and psychosomatic disorders, and diseases of the gastrointestinal tract;
- **Sfondratz**: calcium-sodium-hydrocarbonate-chloride-acid sulphate. This spring has one of the highest concentrations of calcium in Europe. The water of this composition is used for the treatment of calcium deficiency and helps to combat osteoporosis;
- **Boniface**: calcium-sodium-hydrocarbonate-oxidized ferruginous springs. The water from this spring protects against infections and assists in the treatment of bladder diseases and osteoporosis. It is widely used as a sports drink;
- **Lishan springs** have sodium hydrogen carbonate and magnesium sulfate. The water contains a lot of magnesium, which largely determines the metabolism and functioning of the nervous system.
The Belvedere combines traditions hotel features with modern design and comfort.

It is recommended for the treatment of vegetative regulatory system disorders and stress-related diseases.

**DRINKING REGIME**

The rich Scuol spa experience helps to energize a tired body, while the surrounding picturesque views will restore the peace of mind which may have been damaged by life’s stresses. If you wish, you can undergo medical examinations in the Belvedere. Based on the results, experts will develop a personalized remedial program which will include physical therapy, massage and mineral water treatment. Dr. Christian Casanova will consult you about the timetable for drinking the spring water and the spa treatments, to tailor your program to your individual health conditions. If necessary, you will be scheduled for a more detailed study of the gastrointestinal tract, lungs and other organs.

**THE TRADITIONS AND THE PRESENT DAY**

The Belvedere Hotel was founded in 1876, and several years ago it was renovated, so that now it combines traditional hotel features with modern design and comfort. In 2007, another wing was built, near the original building. Opposite this wing, a new building was opened in 2011, with nine exclusive...
suites. The old part is connected with modernity via an underground passage. There are a total of 81 rooms, including 10 suites, 59 double rooms and 12 single rooms. The hotel’s interior design and fittings were supervised by architect Renato Maurizio from Maloja, who also designed the lounge bar with its fireplace and wine cellar, as well as the spa complex.

FITNESS ACTIVITIES IN THE MOUNTAINS
The owners of the Belvedere lead an active lifestyle and encourage any of their guests who share their love for outdoor activities. In each room, guests will find a backpack where they can put their windproof jacket and a bottle of water. They can also enjoy farmhouse cheese and ham bought in one of the shops on their way from a walk. Once a week, bicycle tours in the mountains are held here; a regular participant on these cycling trips is Kurt Baumgartner, the owner of the hotel. Twice a week, there are hikes in the mountains with a guide. Of course, there is also Nordic walking, with a coach who will teach you and calculate the optimal exercise load for you. Andor Fitness Centre offers sports, along with classes such as aquagym, aerobics and other types of activities.

MOVEMENT IS LIFE
Travel enthusiasts definitely won’t be bored in the Belvedere. You can set off on a trip around the area at any time: for example, you can take a train on the Rhaetian Railway to the glamorous St. Moritz, or to the authentic Romansh towns of Guarda or Saint, or even cross the border and visit the Austrian town of Nauders or the Italian Mals... Or go to the mountains via ski lifts Motta Naluns and Ftan, which operate from the beginning of June until mid-October.

The guests of the hotel are entitled to a 50 percent discount when using the lifts in the Upper Engadine and Samnaun. The hotel offers a free shuttle service for each guest to the train station and back.

BELVEDERE HOTEL CH-7550 Scuol
Tel.: +41 81 861 06 06. Fax: +41 81 861 06 00
info@belvedere-scuol.ch | www.belvedere-scuol.ch

HOMELINESS
The owners of Belvedere hotel, the couple Julia and Kurt Baumgartner (shown below right with their children), have created a very comfortable atmosphere.
Vacation Begins With Swiss

The largest airline in Switzerland operates daily flights from Moscow and St. Petersburg to Zurich and Geneva, and from there, they fly all over the planet. SWISS has prepared new routes, new aircraft and new lounges for the coming season.

According to the new schedule
With SWISS, searching for a convenient flight to the right destination will no longer be a headache. The company has carefully developed an upgraded schedule which includes flights to 100 cities in 48 countries. Every week, the airline makes 28 flights from Zurich to Hamburg, three to Alicante and one to Krakow. Flights to Boston have also become more frequent as the high season approaches. There are also additional flights to Brindisi, Bari, Bilbao, Naples, Palermo and Thessaloniki. Once a week in July and August passengers can fly from Geneva to the Italian Lamezia Terme. You can use one of four daily SWISS flights to Munich.

ERA OF THE FIRST
You can be one of the first to fly on the ultramodern liner Bombardier CS100, if your flight is scheduled after the 15th of July. SWISS is the first airline that will make low and medium range flights with these new planes. The debut commercial flight will take passengers from Zurich to Paris Charles de Gaulle, then there will be flights to Manchester, Prague and Budapest. In August, the destinations of the new Bombardier C Series will include Warsaw and Brussels, then Nice, Stuttgart, Hanover, Milan, Florence and Bucharest in September.

Mix Business with Pleasure
For SWISS passengers, waiting for a flight is not a waste of precious minutes, but rather a pleasant and even useful way to pass the time. For instance, the airline has developed a significantly new level of luxury lounges in Terminal E of Zürich Airport. The new lounges occupy an area of over 3300 square meters and are conveniently located near the departure gates for long haul SWISS flights. The distinguishing feature of the lounges is a radically new concept of space zoning that provides comfort and convenience to the airline’s privileged passengers. Here you can address pressing issue in the business space equipped with separate working places, or spend time in a luxurious break room, sitting with a cup of delicious coffee in a chair, specially designed for full relaxation.

Buying a SWISS ticket ensures nothing will stop your flight from being memorable, fantastic and spiritual.
ZURICH AIRPORT VIP SERVICE
FOR ULTRA-DISCERNING REQUIREMENTS

Choose a unique and individual way to travel – have a VIP agent accompany you to the aircraft, quickly and comfortably. This exclusive service is available to people from the fields of politics, business, the aristocracy and private individuals who wish to treat themselves to something very special.

The support provided by the VIP team is professional, discreet, saves time and is tailored to the guest’s needs.

Your personal VIP agent will receive you when you arrive at the airport. After checking in and passing through the priority security and boarding pass control points you will go to the exclusive lounge at the Zurich Airport. Relax over a light snack or three course meal in the bistro area. Or enjoy a refreshing cosmetic treatment in the new La Prairie Lounge. You’ll then be driven directly to the aircraft in the limousine by your personal VIP agent.

The VIP team at Zurich Airport will be happy to look after you and fulfill your individual wishes.

- Tranquility, comfort and culinary highlights at the exclusive VIP lounge
- Luxury limousine transfer service to and from the aircraft
- Pick-up service from your hotel, home or office to the airport
- Priority at security and passport control

More information
Zurich Airport VIP Service
+ 41 43 816 21 42
www.zurich-airport.com/vip
vip@zurich-airport.com
We are often unsatisfied with the march of time. Sometimes we want time to pass quickly and sometimes for it to freeze, so that we might enjoy the moment for a little longer. We are becoming more mobile, we are making more trips and every year the transport system in Switzerland is improving, thus enabling us to save more time during our journeys. Residents of this country know how to use their time. You just have to know the Swiss Travel System (STS) to convince yourself.

TEXT Vladislav Pokoyev, Vita Mach
In June 2016, a new transport artery appeared in the heart of Europe: the longest and deepest railway tunnel in the world opened in Switzerland. The Gotthard Base Tunnel significantly reduced the distance between European cities. Now it enables passengers to travel at high speed, not only from the German part of the country to the Italian part, but from one European state to another. The fact that it takes only 20 minutes to cross the Alps fires the imagination...

Let’s assume that you are in a hurry for a meeting with business partners, or for a conference. You had a working conference in Zurich in the morning, and only a couple of hours later you are already in Milan, having managed to look through the documents and have a coffee in the train taking you to your destination at a speed of 250 km/h. After the commissioning of the tunnel under the St Gotthard Pass, and especially after the opening of the Ceneri tunnel in 2020, the economic capital city of Switzerland and the main city of the Italian region of Lombardy will be much closer to each other: if the journey from Zurich to Milan currently takes 4 hours and 3 minutes, in 2020 it will take only 2 hours and 50 minutes.

EVERYTHING FOR THE SAKE OF NATURE
Work on the Gotthard Tunnel has taken more than 10 years, and during this time the project, which began with a 15 km section of railway, has grown into a masterpiece of transport construction.

The construction project, which has cost almost EUR 12 billion, was paid for by the Swiss taxpayer as a large-scale infrastructure project aimed at increasing the efficiency of cargo and passenger transportation. The main goal is to transfer cargo traffic from the roads to the railway, and thus to
THE SAFEST IN THE WORLD
Railway traffic in the tunnel will be provided by two parallel viaducts, thus any frontal collisions are absolutely impossible. Branch tunnels every 325 meters are connected with cross galleries enabling the operators to evacuate passengers quickly in the event of an emergency. Swiss Railways, the national transport concern, guarantees that the basic railway tunnel will be one of the safest in the world and will be able to provide the highest possible level of safety, in the fields of both passenger and cargo transportation.

The most complex computer systems will be used to plan the railway timetable, in order to organize the traffic of railroad trains in the optimum way and to respond in due time to any possible emergency situation. Trains which do not comply with the strictest safety norms will simply not be allowed to use the tunnel. In order to neutralize or repair damaged trains or rail wagons, two technical railroad terminals have been built: one in the area of Sedrun city and the second in the area of Faido city.

NEW TRAINS FOR A NEW TUNNEL
EC 250 trains will appear on the St Gotthard line between Zurich and Milan in 2019. The Giruno high speed train, which is 400 meters long, is designed with 806 seats. The carriages are equipped with a low step for passengers in wheelchairs. The trains are equipped with 3G/4G signal amplifiers providing high quality communications during the journey. There is also a plug socket near every seat and the carriages have spacious compartments for luggage and separate WCs for men and women. A total of 29 wagons are planned to be purchased. 26 will be named after Swiss cantons and the rest after the tunnels – St Gotthard, Simplon, and Ceneri.

No matter why you take the train – for business, medical tests, the education of your child or just for traveling – your journey will fly past. You can work on this train or just take a rest in the comfortable seats while observing the constantly changing view out of the window. Socialise over lunch with a glass of wine in the restaurant or drink a cup of coffee with a croissant reading a book... if, for example, a passenger is recuperating from serious surgery or in the process of rehabilitation and has to travel to another European city and a plane flight is too heavy-duty, the train is a perfect solution. The
journey will pass without any pressure differences and with no take-off or landing, and you can enjoy your journey.

THE NEW AND THE OLD
The current railway connection via Gotthard remains. The alpine branch railway with its multiple bridges, tunnels and junctions will still operate. Passengers will be able to choose whether to travel by the old railway route or by the new Gotthard Base Tunnel.

Moreover, by using the timetable at www.sbb.ch it is easy to select any route by indicating all your transfers. If you purchase a Swiss Travel Pass, you can forget about worrying about the tickets because you can use any type of transport in Switzerland. You can’t go wrong with Swiss trains. They will deliver you to your destination point with minute-level accuracy.

**The maximum speed inside the tunnel is 250 km/h**
The travel time from Basel to Ticino will be reduced by 30 minutes in 2017–2018, 40 minutes in 2019, and 60 minutes in 2020.

From Lucerne to Ticino, by 40 minutes in 2017–2018, 40 minutes in 2019, and 60 minutes in 2020.

From the German part of Switzerland to Milan (Italy), by 30 minutes in 2017–2018, 30 minutes in 2019, and 60 minutes in 2020.

LONGER, FURTHER, AND FASTER
The total length of the tunnel and the system is 151,840 km.
The length of the Northern portal, Erstfeld, is 57,104 km, and the Southern portal, Bodio, is 57,017 km.
The maximum speed inside the tunnel is 250 km/h.
The maximum speed outside the tunnel is 250 km/h.
The estimated journey time in the tunnel is 20 minutes.

Further information:
www.swisstravelsystem.com
Here, every guest can find their own path to a wonderful break: enjoy a record number of romantic walks along the lakeside of Ouchy or enter a realm of bliss and relaxation, a world of carefree entertainment with your kids.

**OLYMPIC FLAME**

The Beau-Rivage Palace, located in the center of the Olympic capital, Lausanne, is full of sporting spirit. The hotel offers an Olympic package which includes one night’s stay with breakfast (along with fruit and water in the room), a complimentary “Rio Olympic Games” cocktail at the bar, and a reception visit, for one person, to the Olympic center and the “Destination – Rio” exhibition. The Brazilian program, which runs at the Olympic Museum until September 25th, 2016, will add excitement to your stay. Here you can visit various events and embrace the energy of Brazilian culture. This package also includes free access to the Cinq Mondes spa (a 1,500 square meter area with indoor and outdoor pools, sauna and hammam, a modern gym with views of the lake and 8 rooms for massage and treatment), fitness center and tennis courts. You also get a Travelcard that enables you to use public transport in Lausanne for free. The cost of the package is CHF 475 for two people.

**TOTAL RELAXATION**

Modern life requires us to be tough and stress-resistant, and so short breaks are essential for catching our breath and relaxing. Our “Total Relaxation” package will help you regain your strength. It includes: two nights in a double room with a lake view, a 10% discount on treatments at the Cinq Mondes spa, a complimentary “Rio Olympic Games” cocktail at the bar, access to the gym and tennis courts, and a Travelcard for public transport in Lausanne. The cost of the package is CHF 380 for two people.

That’s right, it’s time to pack your suitcase and embark on a journey. The Beau-Rivage Palace is located on the shore of Lake Geneva. It is a real palace, built in 1861, and retains its own unique, refined atmosphere.
It is a real palace, built in 1861, and retains its own unique, refined atmosphere.

«Total Relaxation» is a package of two nights in a double room with a lake view.
ACTIVITIES AND RELAX

The hotel offers various free activities. You can do plenty of activities right within the hotel grounds – the 4-hectare garden is at your disposal. Before going to sleep, you can have a relaxing tea made up for you and be offered a comfortable pillow. When your cheek touches it, you will smell an Egyptian aroma of Cinq Mondes that will deliver you straight into the arms of Morpheus...
view, plus a great breakfast as well as fruit, flowers and detox drinks. To intensify the benefits of the program, a session in the Cinq Mondes spa for one person is included: a relaxing massage (20 minutes) followed by facial Ko-bi-do treatment and massage (80 minutes), and 1 hour of yoga with a professional trainer. Price – CHF 1930 for two.

The return from bliss to an active life should be gradual. The hotel offers various free activities: lake tours in a small private boat, cycling, tennis and Nordic walking. You can do plenty of activities right within the hotel grounds – the 4-hectare garden is at your disposal. Before going to sleep, you can have a relaxing tea made up for you (there are several kinds to choose from) and be offered a comfortable pillow (you can choose from several options). When your cheek touches it, you will smell an Egyptian aroma of Cinq Mondes that will deliver you straight into the arms of Morpheus...

CHILDREN’S WORLD

Playgrounds, entertainment programs, special dishes and menus – they are standard things in many palace hotels. However, here at Beau-Rivage Palace we have decided to excite and genuinely surprise our young guests. For example, kids can participate in the “Be our concierge” workshop: a child is dressed in the uniform and given an opportunity to help the hotel’s concierge, who will talk about all their profession entails. Those who have a passion for cooking will certainly enjoy the chef’s dessert workshop. Beginner gourmets can not only show off in a chef’s hat, but will also learn how to cook delicious sweets and desserts to surprise their parents. Many will be delighted by tips from a florist, during the special workshop aimed at mastering the secrets of creating beautiful bouquets. But that’s not all: a professional bartender is ready to reveal the secrets of mixing Bori, a traditional Beau-Rivage Palace non-alcoholic cocktail, and other beverages, meaning that children and teenagers will be able to mix them on their own.

Adults will have a chance to feel like children again in the Charlie Chaplin museum, a temple for movie lovers and admirers of the great comedian. The 3,000 square meter interactive space will take you into Chaplin’s world of comedy and poignancy.

GOURMET’S PARADISE

Beau-Rivage Palace is the place where Anne-Sophie Pic, the only woman in Switzerland to be awarded three Michelin stars, creates her incredible masterpieces. Throughout the year, her restaurant holds fascinating gastronomic events – themed evenings, wine tasting and guest appearances from other famous chefs. You can spend a memorable romantic evening on board a small cruise ship, the same one that sailed here 100 years ago. During the three-hour dinner, prepared under the guidance of Anne-Sophie, guests will enjoy stunning views, a delicious menu and the special atmosphere of the Belle Epoque (gastronomic cruises take place on Tuesdays and Saturdays, from 18:45 to 22:30). The perfect venue for simpler dinners and relaxed meetings is Café Beau-Rivage (you should definitely try the tartar, perhaps the best in the city).

Anne-Sophie devotes some days to a special menu with wine: for example, on September 8th, 2016, the dishes will be designed to match a selection of fine wines from Chateau Leoville Barton in Bordeaux. The menu will cost CHF 480 per person, including wine. For reservations please call 021 613 33 39 or email asp@brp.ch

CONTACT DETAILS

Beau-Rivage Palace
Place Du Port 17-19
CH-1000 Lausanne
Tel: +41 21 613 33 33
www.brp.ch

FOR KIDS

Playgrounds, entertainment programs, special dishes and menus – they are standard things in many palace hotels. However, here at Beau-Rivage Palace we have decided to excite and genuinely surprise our young guests.
The song «(Get Your Kicks On) Route 66», which was written in 1946 and covered by such performers as Chuck Berry, The Rolling Stones, Depeche Mode and many others at different times, has inspired generations to cross the United States of America from west to east on that very Route 66.

The Grand Tour of Switzerland is half the length of its trans-Atlantic prototype and does not yet have its own anthem, but it definitely has the potential to go down in history as a prime tourist experience in this country.

The Swiss have created a unique route – even though almost 60% of their country is covered by the Alps – considering the size of the country and the number of cultural, architectural, and natural sites per hectare. Using one of Europe’s best railway and road systems, the Grand Tour of Switzerland passes through four regions in which a number of different languages are spoken and five mountain passes, 22 lakes located in the vicinity of 11 UNESCO World Heritage Sites, and two stunning biosphere reserves.
may be witnessed. In total, the route traverses 1,643 kilometers at altitudes of between 193 and 2,429 meters above sea level.

LAKES
Can you imagine that tiny little Switzerland has 1,484 lakes?! The Grand Tour route takes in just two dozen of them, but these are some of the most beautiful! Lake Geneva, Lake Neuchâtel and Lake Thun, Lake Zurich and Lake Lucerne, Lake Maggiore and Lake Lugano... these are not just the largest bodies of fresh water in Switzerland but are, moreover, unique natural ecosystems set among picturesque landscapes. It is a true cultural phenomenon to immerse oneself in the way of life of coastal towns and villages. Take a walk along the coast or take a boat ride, go fishing, go sunbathing, or have a snack in the shade. You can take a swim while on the road – do not deprive yourself of this pleasure!

MOUNTAIN PASSES
Mountain passes in Switzerland in summer are an obvious fetish in the motorcycle community and also among owners of convertibles and simpler cars from all over Europe. It is considered mandatory for all respectable biker and car clubs in Alpine countries to make two or three passes per day with an obligatory stop for lunch at the highest point. They can even spend a night at a historic hotel or shelter near one of them. An exhibition of vintage racing cars and motorcycles at which you can find the owners nibbling on some snacks and discussing the whole history of the global automotive industry with friends over a glass of wine or beer is much better and more authentic than the Geneva Motor Show!

CITIES
City walks are one of the key elements of the Swiss tourism industry. Cherished relics and artifacts,
museums, rare and ambitious exhibitions... centuries of architectural heritage, art and entertainment, gastronomy, and even shopping! You get to decide what to do with your time, but we strongly recommend turning Zurich, Lausanne, Bern, Lucerne, and Lugano into something more than just an ideal place for a comfortable overnight stay on your way. You can get plenty of impressions during just a few hours or, better still, a couple of days with the help of any tourist office. You can even do it yourself online by visiting www.myswitzerland.com.

LANDMARKS
There are many iconic landmarks in Switzerland which are unique natural and artificial creations. Some are located far away from big cities and highways. For example, the Matterhorn is Switzerland’s most famous mountain. Many tourists like taking pictures there. There is also the highest railway station in Europe located close to the summits of the Eiger, Jungfrau and Mönch mountains (3,454 m). Others landmarks can be found in the heart of Swiss cities: for example, the historical center of Bern or the famous library of the Abbey of Saint Gall, which is one of the main Benedictine abbeys in Europe. Do not forget that the Grand Tour also includes The Rhine Falls near Zurich, the Lavaux vineyards set high above Lake Geneva, Chateau de Chillon located near Montreux, and many more.

GRAND TRAIN TOUR
The Swiss would not be the Swiss if they did not provide an alternative way to discover all these wonders and travel the Grand Tour route in comfort and with minimum effort. For those who do not have a driver’s license or don’t feel like driving on the (excellent) Swiss roads, there is a special Grand Train Tour. We are talking about a colorful journey...
through Switzerland by train, as offered by the Swiss Travel System. All you have to do is get off the luxury train and visit one of the many points of interest along the route. Some people are satisfied with less: they enjoy the view from the panoramic train windows going through places inaccessible by road. You can take unique pictures and make up an entire album of wonderful photos on this journey. The windows, by the way, are easy to open, and your shot won’t be ruined by spots and random sun glares.

MEMO TO DRIVERS

In Switzerland there are practically no motels near the road, unlike Austria or Germany, where it is possible to drive along any given road and find a place to stay. So, plan your overnight stops in advance.

There are not so many gas stations along the highways far from the cities, so it is advisable to keep the gas tank at least half full at all times. This is especially important when it comes to mountain passes, since fuel consumption increases markedly there.

The cost of gas on the highway is higher than in small towns and villages, but big gas stations are also a place to buy food and useful household/travel items.

In Switzerland there are no toll roads, but you need a special sticker, which costs 40 francs and can be purchase at virtually any gas station and post office, to drive across the country.

On weekdays, all bypass roads and many highways to such major cities as Geneva, Zurich, Lucerne, Bern, and Basel, if not completely jammed, will be moving very slowly from about 4 pm to 7 pm. Keep this in mind!

Parking spaces in Switzerland, as a rule, are paid. To avoid confusion, do not neglect to use parking meters in big cities, and even in resorts. Pay attention to signs: parking spaces are often free of charge from 7 pm to 7 am.
GOOD HEALTH BEATS WEALTH

According to experts, the market in bio products is currently growing in Switzerland. The Swiss themselves credit the label “bio” with the following characteristics: these are natural, environmentally friendly products (87%), healthy foods (78%), and products without chemicals (74%). Last year they spent as much as 2.323 billion francs, on the purchase of goods labeled “bio”, an increase of 100 million francs on the year before. Almost every second inhabitant of the Confederation buys bio products several times a week, and 7 out of 10 Swiss purchase them several times a month. The most popular “representatives” of organic farming are considered to be eggs, fresh bread, and vegetables by the residents of Switzerland.

The past year has seen not only an increase in the number of health nutrition fans who prefer environmentally friendly products but also an increase in the number of manufacturers, as well as the area of land devoted to organic agriculture.

ADAPTATION TO STRESS

A group of Swiss, German, British, and Canadian scientists, headed by Dr. Gunther Meinschmidt, Professor of the Faculty of Psychology of the University of Basel, studied 100 mothers with babies during pregnancy and after delivery, coming to unexpected results.

The feelings and depression during pregnancy were shown to bring the unborn baby not only harm but also some benefit: the oxytocin receptor gene responsible for social behavior and adaptation to stress is activated more easily in this case, promoting the development and strengthening of the ability to cope with challenges and problems.

However, these findings certainly do not mean that pregnant women should look for trouble and worry. The scientists obtained only an initial indication that an unfavorable environment could trigger the defense mechanisms. Further research is needed.

Health Tourism: New Opportunities

The recent geopolitical situation and innovations in technology have changed marketing approaches, as well as media and client attraction techniques, which is also true for Russians. Today, it is necessary to pin one’s hopes not only and not so much on the inflow of tourists, but also actively involve the Russian-speaking Community which is the third largest in the world*. These are active, thoughtful and trustworthy people. How can we take their interests into consideration? Where can we get the most effective contacts? What should we do today so that we not only preserve our target audience, but also increase the company’s income?

In October 2016 the first international conference, “The Russian-speaking Community: Potential, Loyalty, and Paths to Success”, will take place and its participants will try to answer these and other questions. Among the speakers are representatives from media business, top-management of medical clinics, communication and tourist agencies, as well as celebrity brand ambassadors and potential customers.

The conference will be held by Swiss Health Media Network. All the details and the program will be posted at www.swissimacc.ch shortly.

BLOCKERS OF HARMFUL CELLS

Scientists at the University of Zurich, led by Professor Andreas Plückthun from the Department of Biochemistry, have discovered a new way to treat breast cancer that kills cancer cells’ resistance to antibodies. The antibodies used today to treat severe forms of breast cancer are, in fact, not sufficiently effective, as they don’t kill the tumor cells but put them into a sleep-like condition that can end in reawakening at any moment.

Through their research, the specialists have managed to find a solution by blocking all the signaling system of the harmful cells to force them to die if there is no other “guidance”. Special proteins were created that affect the membrane protein which is important in the pathogenesis and progression of certain types of breast cancer. Experiments on mice showed that the use of these proteins starts the processes leading cancer cells to a natural death. Healthy cells remain unharmed.

* There are over 60 million Russian-speakers living outside of Russia, who speak Russian, watch Russian TV and read the Russian press.
It is no secret that a person's psychological state often impacts on their wellbeing during a visit to a health care facility. The cause could be the memories of their very first visit to a doctor. Scientists call this effect the “white coat syndrome”. There are various methods of dealing with it. One has been successfully practiced in the Hôpital des Nounours de Genève, for more than a decade.

Here children from 4 to 7 years are taught, using in the form of a game, to not be afraid of doctors and hospitals. Kids become cardiologists, physicians or surgeons for a few hours. In this play hospital, they bring their favorite toys for treatment, having previously invented them a disease. Then they treat them (under the guidance of a healthcare worker), while getting rid of future fears.

Fascinated by this game, the young child progressively realizes that the hospital is “not terrible, but a friendly place where they try to alleviate the suffering of everyone there”; that is the belief of the Hôpital des Nounours.

Imagination to help you

More than 30% of stroke survivors suffer from a two-fold reduction in their field of view, referred to as “spatial neglect” by doctors. This disorder has extremely unpleasant consequences, causing problems with orientation in space, moving and maintaining balance, as well as difficulty in the comprehension of everyday tasks. For example, such patients only eat the food on one side of the plate or shave one side of his face.

The main idea of a new method, offered by scientists from Geneva and Lausanne, is to make the patients themselves the “creator” of their recovery and rehabilitation of cognitive functions. The patients are asked to imagine a scene in the far side of their field of vision, where they can no longer perceive space. Simultaneously they can watch their brain activity in real time with the use of MRI.

Having tested the new approaches on several patients, the Swiss researchers obtained promising results. Now their success will be confirmed on a larger scale.

www.nashagazeta.ch
The Oriental Charm

in

Genova

Unparalleled service and luxury by the River Rhône
SWITZERLAND – CHECK-UP AT THE HIGHEST MEDICAL AND TECHNICAL LEVEL

A comprehensive check-up may take up to three days. However, patients do not have to spend the whole time in hospital. The tests may cover an individual area of research or several such areas at the same time. The doctors draw up a personal program covering either a check-up of individual organs (including any corresponding analyses) or a complete body examination, especially for foreign patients. If you need to examine only one particular area, you can visit the hospital for only one day, consult with the doctors (including leading worldwide specialists, such as Thomas Luscher, Cardiology Department Director at the University Hospital Zurich, or Daniel Fink, one of the top European gynecologists), have the tests and return home on the same day.

SWITZERLAND – THE LEADER IN MEDICAL CARE

The most advanced technologies used by the doctors enable them to identify negative health factors that doctors elsewhere might easily miss. For instance, Swiss doctors can see if your blood contains heavy metals such as lead, mercury or cadmium, found in exhaust fumes, cigarette smoke and household chemicals. These elements might be found in the air that you breathe and they can have an extremely detrimental impact on your whole body.
Zurich unites creative urban life, idyllic scenery and high quality of life within the smallest of areas. Thanks to its central location in the heart of Switzerland, from Zurich you can go on fantastic day trips in the region around Lake Zurich, or to the Alps and the perpetual ice.
The same sun beams at more than 100 destinations around the world. And so will you.

To over 100 destinations around the world. Learn more on swiss.com

Fly nonstop to the heart of Europe and beyond. SWISS.COM

Our sign is a promise.