

### your geriatric treatment in the hotel dvořák

There are countless theories concerning the ageing process. Scientists have examined telomerase, melatonin, subcaloric nutrition, cellular damage, erosion, mitochondrial theories and many other explanations of the effects of ageing.

But the truth is that with increasing age, many processes in the organism change - they slow down or stop completely. At the same time, during a lifetime, one suffers from many illnesses and infections, experiences alimentary deficiencies and is exposed to various effects of the environment. Reduction of performance and muscle tone result from these factors but also from the natural process of ageing. To be able to influence these phenomena as much as possible, the spa manager promotes the well-proven therapy through using Gerovital and Ginkgo biloba preparations. They slow down the process of ageing, promote circulation in the brain and inner organs and improve memory in general.

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- On admission for spa treatment, you will be examined by our spa doctor. On the basis of your ECG, he/she will check your heart condition. The laboratory will assess the fat level in your blood (cholesterol, triglycerids, glycaemia, uric acid). The doctor will establish the diagnoses and devise an optimum form of therapy.
- GEROVITAL H3 injections (12 vials) and Ginkgo biloba are administered.
- Conventional, underwater and reflex massages promote circulation in tissues and improve the metabolism.
- Remedial gymnastics and exercises, hydrotherapy, carbonated and bubble baths stimulate agreeable vasodilation.
- Physical exercises in the gymnasium and additional swimming will augment the therapeutic effects.
- You can improve your therapeutic stay by combining the geriatric spa treatment with multi-stage oxygen therapy.

The precise number and type of treatment procedures are prescribed by the doctor according to the condition of the patient's health.

a statement of  
quality and  
service





#### geriatric treatment

#### Health Indications

As demonstrated by studies, geriatric spa treatment is favourable for conditions listed below:

- Angina pectoris
- Arteriosclerosis
- Circulation disorders of the coronary arteries
- Conditions following myocardial infarction
- Improvement of oxygen supply for diseases of the lungs and bronchi (bronchial asthma)
- Fatigue
- Hypertension
- Blood circulation disorders
- Diminished blood supply
- Signs of ageing
- Memory impairment
- Vision disorders
- Immunity system attenuation
- Exhaustion
- Locomotor system pain syndromes
- Age-caused sight and hearing dysfunction
- Nervousness