

Health & Medical

Keeping Healthy Abroad

When traveling to a foreign country it is always wise to be aware of the health advisories pertaining to your destination. Luckily, the Czech Republic holds few real dangers for the outsider – and yes, you can drink the water. Pollution is a concern as it is in any big city; it can wreak havoc on those with allergies. Ticks are also a significant threat during the summertime; be particularly careful when walking your dog or taking a hike. (See 'Recommended Vaccinations', page 78.)

Aside from these minor concerns, the major question on any newcomer's mind is: *What do I do when I am sick?* The quality of care to be had in the Czech Republic is good. There are many health centers in Prague that staff friendly, English-speaking professionals and offer a multitude of medical services and treatments under one roof. Finding one of these clinics and getting acquainted with a doctor whom you trust and feel comfortable with should be one of your top priorities upon arrival. **Canadian Medical Care and Unicare** are outpatient clinics that cater to the expat community (70% of their patients are expats). Everything from dental work to major surgeries is performed via their specialists, and services are available for both adults and children. Here you'll find a more Western approach to medicine – one in which the patient controls the reins of his or her care. Both offer home visits, 24-hour emergency care, and transport for the disabled. A caveat, however: if you have basic Czech health insurance you might not be covered at private clinics, and you'll probably be asked to pay upfront.

Emergencies

One shortfall in the Czech system is the state of its emergency rooms. Instead of emergency rooms proper, hospitals usually designate one small section of the hospital for 'Urgent Care' – and the training of those staffing this ward isn't always of the highest standard. It's often best to contact your doctor's 24-hour emergency hotline instead. Your physician can then act as a mediator between you and the hospital personnel (who probably won't speak much English) in an emergency situation. **Polyclinic at Národní** is an emergency medical service center that specially caters to the US and British Embassies but opens its doors to everyone.

If you find yourself communicating with an emergency operator (see numbers below), the operators should be able to communicate in English or will immediately hand you over to someone who can. Don't be surprised, however, if you experience long waits. In non-emergency situations it may be more difficult to reach someone who speaks English well enough to assist you.

Note: See the emergency section on page 161 for more listings of doctors and hospitals.

EMERGENCY NUMBERS

EU Emergency: 112
Ambulance: 155
Fire: 150
Police: 158
City Police: 156

 More information: www.expats.cz/health 

In the event of a non-emergency situation, some Czech vocabulary can come in handy. Even if your grammar isn't perfect, if you know the names of body parts and symptoms in Czech, you will most probably get your point across. Be careful with pronunciation – some words can sound very similar. (See our language section on page 151 for pronunciation basics.) Below are some helpful phrases that express frequent pains and symptoms.

Helpful Phrases

Frequent Pains:	
Abdominal pain	bolest břicha (bolest brzhikhhah)
Chest pain	bolest na hrudi (bolest nah hroodyi)
Earache	bolest ucha (bolest ookha)
Headache	bolest hlavy (bolest hlavi)
Sore throat	bolest v krku (bolest v krkoo)
Stomach ache	žaludeční bolest (zhaloodechnyee bolest)

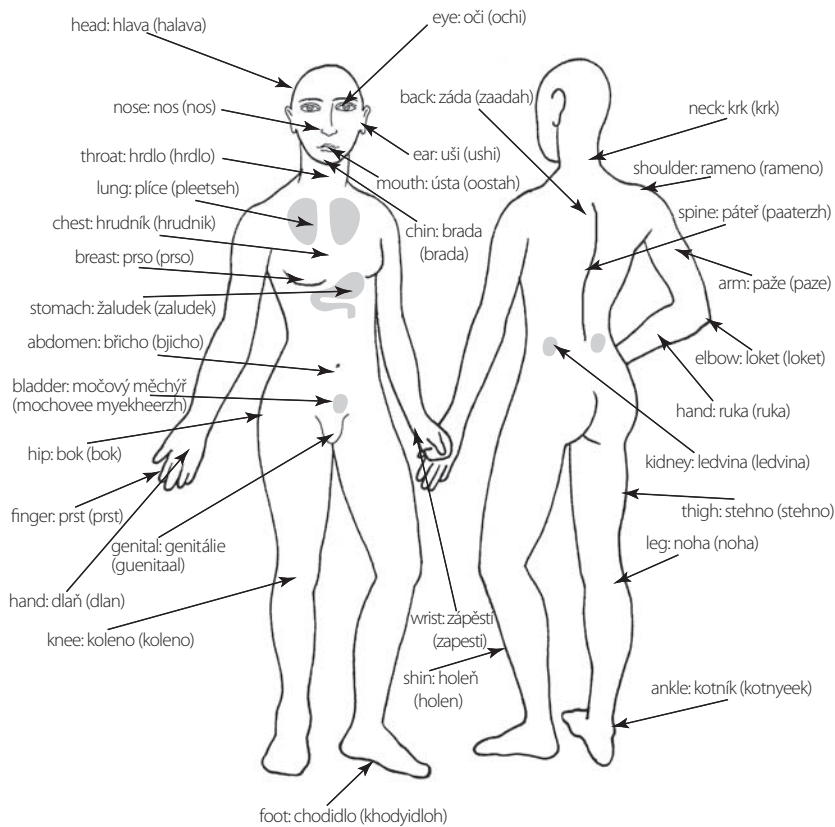
NOTE: You can combine the word for symptom and the word for the anatomy, for example:

Bleeding + nose = krvácení + nos
Broken + arm = zlomená + paže
Pain + chest = bolest + hrud

Frequent Symptoms:	
Ache/pain	bolest
Allergy	alergie
Arterial bleeding	tepenné krvácení
Bleeding	krvácení
Broken	zlomený
Burn	popálenina
Burning	pálivý
Constipation	zácpa
Cramps	křeče
Cough	kašel
Diarrhea	průjem
Dizzy	závrať
Faint	omdlet
Fever	horečka
Heat/sunstroke	úpal/úžeh
Injury	úraz
Nausea	nevolnost
Poisoning	otrava
Painful	bolestivý
Rash	vyrážka
Shock	šok
Sneezing	kýchání
Stabbing pain	bodavá bolest
Throbbing pain	pulzující bolest
Unconsciousness	bezvědomí
Vomiting	zvracení

See the chart on page 74 for anatomical names and symptoms in Czech.

Anatomical Terms



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NOTE: see the emergency section on page 161 for more listings of doctors and hospitals.

Health Insurance

Now that you've deciphered exactly how to get care, paying for it is the next step. Compared to many other countries, basic health insurance in the Czech Republic is extremely inexpensive - there's simply no



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excuse for not having it. Some people choose not to arrange coverage and 'hope for the best'; this may be feasible if you are extraordinarily healthy, but if you need emergency treatment such an approach is unwise, as you'll be expected to pay for care on the spot. Also keep in mind that those living in the Czech Republic are required to have some form of health insurance before entering the country.

As you shop for coverage you should take your employment status, residence status, and citizenship (the Czech Republic now complies with EU laws on healthcare) into account. Wherever you come from you should at least arrange coverage through the public healthcare system, depending on your status. Under Czech law you must be covered by it if you have permanent residence or are working for an employer that has a registered business address in the Czech Republic. People working here on a self-employed basis, whether EU citizens or not, have obligations, too. You should therefore make sure you know whether you are obliged to be part of a Czech public health insurance scheme. Private insurance is of course an option too, and many expats are members of private schemes.

Public Healthcare

Healthcare in the Czech Republic is paid for on the basis of contributions from your salary (if you work for a Czech employer), and they are paid to a public health insurance company. If you are self-employed you can choose which health insurance company you want to deal with. Many employers and individuals have an arrangement with **Všeobecná zdravotní pojišťovna České republiky** (General Health Insurance Company of the Czech Republic) or **VZP** (www.vzp.cz) as it's normally referred to. It's the largest health insurance company in the country, and is accustomed to dealing with foreigners. It has offices throughout the Czech Republic. The private firm **Hamilton Hudson** has recently signed a contract with VZP, whereby it will act as an exclusive agent selling VZP policies to foreigners.

Once you are registered in the system, either as an employee or on a self-employed basis, you will be issued a card by your insurance company. You should keep it with you at all times and produce it every time you go to hospital or see your doctor. Remember that public GPs have a contract with one of the health insurance companies, and when you sign up for a local doctor you may find that he or she does not have a contract with the same company. You should therefore check which insurance firm the doctor has an agreement with. If you have to visit a doctor who has a contract with a different healthcare company, then your provider will reimburse the doctor for any costs involved. However, this is the case only where 'essential' and 'urgent' treatment is required. You should also be aware that having public healthcare provision does not cover you if you visit private clinics or hospitals – which many expats opt to do.

If you are working on a freelance basis and have permanent residence then you will pay your contributions on an annual basis. If you are self-employed and have a long-term residence permit you should arrange contractual insurance individually with a public health insurance company. Premiums are paid upfront and the contract will apply for a certain period. You will need to undergo a medical examination and fill out a simple questionnaire. The policy can be extended if you are renewing your residence permit.

The situation for EU citizens changed when the Czech Republic became a member of the European Union. These days, even if you only have temporary residence (**přechodný pobyt**), which lasts five years; you enjoy similar rights as Czech citizens, based on the principle of common healthcare provision across the EU. This means that if you are working for an employer then the arrangements described above still apply. If you are working on a freelance basis, e.g. as a translator, then you still have to make monthly payments. Before, you had to take out contractual insurance (if you had long-term residence) but now you have to make an arrangement with a health insurance company yourself. It's also possible to set up insurance with a non-domestic healthcare company if you are an EU citizen, but this arrangement must comply with EU law on public healthcare, so you should obviously confirm that it does before purchasing coverage.

Private Healthcare

You may also choose to be part of a private healthcare scheme. If you are working independently, you can arrange for cover with a company from home. If you work for a large multi-national firm the situation is

often very straightforward: it may have set up private care for you. Many expats have arrangements with firms such as BUPA, through their employer, and they go to private clinics that accept these and other private policies. Depending on your situation, you may be obliged to make contributions to the Czech public healthcare system also (see above). This can be advantageous if you must go to a public hospital for emergency treatment. If you tell the hospital you have private care, it may mean paperwork, which can be rather unpleasant if you are in severe pain. But showing proof of coverage by the Czech public healthcare system should enable treatment straight away. If you arrange to pay for treatment with your private coverage you might be asked to pay upfront and be reimbursed by your provider later.

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Contraception and Abortion

Playing it Safe

Prague's famously liberal sexual mores and highly 'social' nightlife can set the scene for risk-taking. It goes without saying that protecting oneself against unwanted pregnancies and diseases is a must. Modern methods of birth control are in widespread use and can be easily obtained in the Czech Republic. The following forms of contraception are commonly available in the Czech Republic today:

Condoms (**kondomy, prezervativy**) are available just about everywhere: in grocery stores, gas stations, the metro, pubs, and some public toilets, as well as in pharmacies. The female condom (Femidom) is rarer, but can be ordered over the internet and is carried by some sex shops.

The contraceptive pill (**antikoncepční pilulky**) can be prescribed by a gynecologist. If you are unsure of what the local equivalent is to the pill you were taking at home, bring the empty pack with you to the doctor. Contraceptive hormone injections (**hormonální injekce**) such as Depo-Provera and hormonal implants (**hormonální implantáty**) are also available.

The emergency contraceptive pill ('morning-after' pill) is marketed under the brand name Postinor 2 and must be prescribed by a doctor.

Cervical caps (**poševní pesar**) and diaphragms (**diaphragma**) were on the market here for some time, but due to low interest are no longer obtainable anywhere in the Czech Republic. The nearest countries that provide them are Germany and Hungary.

Intrauterine devices (**nitroděložní tělísko**) are available and can be fitted by a gynecologist.

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Spermicides (*spermicidy*) can be purchased over-the-counter in pharmacies. A common brand name is Pharmatex.

The use of mifepristone (also known as RU-486 or the 'abortion pill') is not legal in the Czech Republic.

The Abortion Question

Abortion has been legal in the Czech Republic since 1958. The official Czech term for the procedure is either *interupce* (termination) or *umělé přerušení těhotenství* (artificial interruption of pregnancy). Unlike many of its more religiously inclined neighbors, the general Czech population has a tolerant attitude towards abortion. Given this fact, the Czech Republic sees a fair amount of so-called 'abortion tourists', women from countries such as largely-Catholic nearby Poland – where abortion has been categorically outlawed – who seek safe and legal access to the procedure. Foreigners who do not have legal status in the Czech Republic, however, may have difficulty in obtaining an abortion.

According to Czech law, an abortion can be performed on a healthy mother and fetus up until 12 weeks of pregnancy. If there are serious medical indications, the procedure can be carried out up to 24 weeks. An abortion may be carried out at any time during the pregnancy in case of grave problems with the fetus. Health insurance does not cover the cost of abortions unless the mother's life is in danger; the woman must pay for the procedure herself at a minimum of 3000 CZK, depending on the method used. Women up to the age of 16 must obtain signed permission from a guardian.

The most common method of abortion in the Czech Republic is *miniinterupce* (manual vacuum aspiration/mini-suction), which can only be used for fetuses of up to eight weeks (seven weeks if the woman has not previously given birth). Other procedures include *vakuumexhauce a kyretáž*, (electric vacuum aspiration/curettage, up to 12 weeks), *roztažení a vyprázdění/kyretáž* (dilation and evacuation/curettage, from 12 to 24 weeks), and, in later pregnancy, *císařský řez* (caesarian section).

Vaccinations

Like most developed countries, the Czech Republic has virtually eradicated diseases such as polio, diphtheria, tetanus, and whooping cough through nation-wide immunization. Keep yourself and your kids healthy, with this checklist of the most common vaccinations and the recommended timeline for their administration:

Standard Vaccinations

Diphtheria, Tetanus, Pertussis (Whooping Cough), Haemophilus Influenzae Type B (DTPePHib)

Children:

Initial vaccinations:

Dose 1	9-12 weeks old
Dose 2	4-5 months
Dose 3	5-6 months
Dose 4	18-20 months

DTPeP booster shot: 5 years old

Tetanus booster shots: 15 years old; further boosters recommended every 10-15 years

Adults not yet immunized:

Initial vaccinations:

Dose 1	
Dose 2	6 weeks after Dose 1
Dose 3	6 months after Dose 2
Booster shots	Recommended every 10-15 years

Measles, Mumps, Rubella (MMR)

Infants:

Initial vaccination	15 months old
Booster shot	6-10 months after initial vaccination

Adults and children aged 2 and older:

One or two doses, with an interval of 6-10 months.

Polio (Types 1, 2, 3)

A nation-wide polio immunization campaign is held every March and May; initial shots are given for babies born the previous year (or who are at least 2 months old), and boosters are provided for older children.

Initial vaccinations:

Dose 1	in March
Dose 2	in May

Booster shots:

Dose 1	in March (1 year after initial vaccinations)
Dose 2	in May
Dose 3	at age 14 in May

Tuberculosis (Bacillus Calmette-Guérin [BCG])

Initial vaccination:

Single dose	infants from 4 days to 6 weeks old.
Booster shot	11 years old

If the above immunization schedule is not met, children are to be vaccinated after being given the other standard childhood vaccinations. (DTPePHib, MMR, Polio, etc.)

Commonly Recommended Vaccinations

Chicken Pox

Children from 12 months to 12 years old:

Single dose

Adults: Two doses 4 to 8 weeks apart
Booster shots: Recommended every 5 to 10 years for both children and adults.

Hepatitis A

Adults:

Initial vaccination:

Dose 1	
Dose 2	6-12 months after Dose 1
Booster shot	5 years after last dose

Hepatitis B

Infants:

Initial vaccination:

Dose 1	9-12 weeks old
Dose 2	13-16 weeks old
Dose 3	9 months old

(Doses 1 and 2 usually administered at same time as DTPePHib)

Children not immunized as infants:

Initial vaccination:

Dose 1	
Dose 2	4-6 months after Dose 1

Adults not yet immunized:

Initial vaccination:

Dose 1	
Dose 2	1 month after Dose 1
Dose 3	6 months after Dose 2

Hepatitis A and B (combined)

Adults:

Initial vaccination:

Dose 1	
Dose 2	1 month after Dose 1
Dose 3	6 months after Dose 2

Influenza (Flu)

Flu shots are administered each autumn, and are best taken in September or early October, before flu season begins.

Children up to 12 years old: Two doses given 4-6 weeks apart

Adults and children over 12: Single dose each autumn



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Pneumococcal Disease (Pneumonia)

Recommended for adults aged 65 and older and those who are at risk for pneumonia due to a weakened immune system.

Adults and children: Single dose

Tick-Borne Encephalitis

Ticks are common in the Czech Republic, and while tick-borne encephalitis is quite rare, a tick shot is recommended, particularly if you'll be spending any time in the woods.

Adults and children:

Initial vaccination:

Dose 1

Dose 2 1-3 months after dose 1

Dose 3 9-12 months after dose 2

Booster shot 3-5 years after last dose

Common Czech Vaccination Terms

Booster shot	boosterující imunizace
Cervical cancer	cervikální rakovina
Chicken pox	plané neštovice
Diphtheria	záškrt
Dose	dávka
Genital warts	genitální bradavice
Haemophilus influenzae type B	hemofilové nákazy typu b
Hepatitis (A, B)	hepatitida (A, B)
Human papilloma virus (HPV)	lidský papilomavirus
Immunization	imunizace
Immunization agent	očkovací látka
Influenza	chřipka
Initial vaccination	primární imunizace
Measles	spalničky
Mumps	příušnice
Polio	dětská obrna
Pneumococcal disease	pneumokokové nákazy
Pneumonia	zápal plic
Rubella	zarděnky
Tick-borne encephalitis	klíšť'ová encefalitida
Tetanus	tetanus
Tuberculosis	tuberkulóza
Vaccination (against)	očkování (proti)
Vaccine	vakcína
Whooping cough	dávivý kašel

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Expat Blues**Culture Shock vs. Real Depression**

Culture shock is a very real and challenging process with distinct stages that can last from six months to over a year. So how do you differentiate between normal, healthy culture shock and a more serious condition like depression?

Depression is a prolonged illness that requires medical attention. Insomnia, lack of appetite, diminished sex drive – all are red flags for depression. If you struggled with depression in your home country it's crucial to continue therapy and medication here just as you would back there. There are many English-speaking mental health professionals available to help.

Treatment options are numerous, encompassing both therapy and medication. (Note that antidepressants and anti-psychotics are available; stimulants are available but rarely prescribed, and amphetamines aren't available at all). You may notice that tracking down a therapist who speaks English is easier than locating a physician who does.

Behar Center provides care for addictions, eating disorders, and everything in between in English, Czech, German and Hebrew – expats comprise the bulk of their clientele. **Terapie.info** is also popular among foreigners in Prague. Their team of psychiatrists and psychotherapists speak English, French, Spanish, Russian, and Czech.

The 4 Stages of Culture Shock

A brief bout with mild depression is typical of the adjustment process. These extreme emotions reflect what's going on inside your head as you attempt to absorb the strange beauty of the Czech Republic while remaining loyal to your own heritage.

Stage 1: ELATION

Postcard-pretty Prague Castle, the ancient, awe-inspiring Charles Bridge, Prague's exciting nightlife – all contribute to the sense of euphoria you will experience during your first few weeks in town. Eventually the honeymoon ends and its time to find work, an apartment, and traverse the mind-boggling bureaucracy of residence permits and visas.

Stage 2: RESISTANCE

Dealing with the above-mentioned realities can trigger animosity toward your new surroundings. The things that initially thrilled you have become full-blown annoyances—Prague seems polluted, the language and people abrasive.

Stage 3: TRANSFORMATION

Suddenly Prague's labyrinthine streets and the tricky Czech language are no longer so foreign. Your appreciation of the city now runs deeper than its old-world charm and dazzling nightlife. You will have learned to genuinely appreciate your unique and exciting lifestyle, travel opportunities, and the city's amazing cultural offerings.

Stage 4: INTEGRATION

Whether it's a job, a spouse or something else that has brought you to Prague for the long haul, integration is your ultimate goal. Everything comes together during this stage. The cultural abyss closes up, you learn to appreciate and embrace your own heritage and your new way of life. You've accepted the red-tape that accompanies life abroad, the cultural quirks, and the oft-gloomy weather. You are truly cross-cultured

Counselors**The City Practice s.r.o.**

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Dr. Belle McDonnell drbellarina@volny.cz
U Studánky 5, Prague 1 ☎ +420 731 327 190

Women's Health

Braving the Gynecologist

The standard gynecological examination you receive in Prague is very similar to what you'd encounter in the US or UK. You will be asked to give your name, age, marital status, and medical history. If you previously suffered a gynecological condition (an ovarian cyst, cancer, etc.) it's smart to bring your medical records to your first appointment. You will discuss any symptoms you are currently experiencing and your sexual history. The general examination includes a breast, abdomen, and pelvic exam (yes, you can expect to meet with the dreaded speculum). A pap smear is taken if a woman is sexually active and has not had one for a year or more.

Women from western countries have become accustomed to a certain level of sensitivity and specialized health care. But while you may find differences in the areas of privacy, disrobing, etc. - for example you might be asked to wear a paper shirt instead of a gown and some doctors will have you sit in a chair instead of lay down - Czech doctors can be more open-minded than their counterparts in the West when it comes to frank discussions about sexual health.

Common Problems, Prescriptions, Emergencies

Czech clinics are equipped to provide ultrasound examination of the pelvis, blood work, and specialized care for more serious types of gynecological illnesses like STDs. Unfortunately, there is no routine screening for cervical cancer, though a pap smear can detect abnormalities in the cervix. The USDA-approved vaccine Silgard was introduced to the Czech Republic in December 2006. Usually administered to women under 26 who aren't sexually active, the

vaccine is said to protect against the human papilloma virus, the germ responsible for 99.5% of cervical cancer cases. The vaccine does not, however, safeguard against all viruses that cause cervical cancer. If you are at risk discuss screening options with your doctor. Birth control pills must be prescribed by your doctor (see page 76 for more contraception information).

Breast Health

Every twelfth woman in the Czech Republic experiences breast cancer in her lifetime, which means that diagnostic techniques such as mammography, magnetic resonance imaging and positron emission tomography, a scanning method still rare in much of Europe, are available in the Czech Republic. To locate a radiologist's office or for more information about the treatment and prevention of breast cancer visit www.mammahelp.cz (this site converts to English) or www.mamo.cz (this site is in Czech only).

Prenatal and pregnancy care

First things first: if you suspect you are pregnant, your gynecologist can help confirm or deny your suspicions or you can purchase a pregnancy (*těhotenský*) test at any pharmacy (*lékárna*). Second, you may be pleasantly surprised to discover that the Czech Republic has a relatively low infant mortality rate, second only to Japan. Beyond the usual obstetric care that's common at any hospital, the **Prague Women's Health Center** offers prenatal classes and weekend seminars on childcare for expecting parents. The **Canadian Medical Center** also offers a breastfeeding consultant for first-time moms as well as prenatal classes. (For more information on prenatal care and obstetrics see page 84.)

Elder Care

A woman's risk of heart disease increases exponentially after menopause. Stroke rates also jump dramatically at this point in a woman's life. The **Prague Women's Health Center** also offers menopause and postmenopausal management for the mature patient.



Guarantee of Services: It's wise to find an office that guarantees fillings for one year and crowns for two or more years.

Gynecologists



Dr. Kateřina Bittmanová	kbittmanova@iol.cz
Máněsova 64, Prague 2	+420 222 724 592
Elena Figurová, M.D.	www.gynecology.cz
Vodickova 30, Prague 1	+420 224 220 037
Prague Women's Health Center	www.pwhc.cz
Kartouzská 6, Prague 5	+420 251 614 686

Dental Care

Globally, dentist offices can differ drastically by country. Here in Prague it is much the same with quality and types of services differing greatly from one office to the next. Admission to the EU does not currently mandate levels of education or performance standards for dentists. As you search try to find an office that upholds the following:

Infection control: Make sure that the doctor and staff wear new disposable gloves with each patient. Check to see that all metallic instruments are packed in their own plastic packages, including the dental drills. Only visit those places that autoclave all their instruments including the slow and high-speed drills that they use. Offices in compliance are more than happy to give you a tour of their sterilization area and explain how they handle the issue of infection control.

Communication: With something as delicate as dental work, you'll probably want to see a dentist who speaks English. American Dental Associates offer state-of-the-art technology, a highly trained, English-speaking staff, and 24-hour emergency service. The European Dental Center stays open late on weeknights and on weekends to accommodate clients and also offers emergency care.

Emergency Care: To be on the safe side, look for offices that advertise non-stop emergency service (see above).

Dentists



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V Celnici 4, Prague 1 - Namesti Republiky

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www.americandental.cz info@americandental.cz

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+420 774 414 908

www.avdental.cz info@avdental.cz

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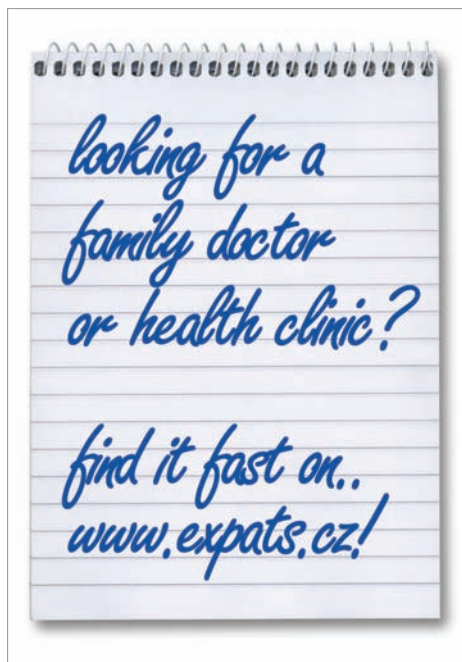
www.prague-dental.cz info@prague-dental.cz

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Esthesia Opletalova 59, Prague 1	☎ +420 284 680 530	🌐 www.esthesia.cz
Millenium Dental Care V Celnici 10, Prague 10	☎ +420 221 033 405	🌐 www.mdc.cz
MUDr. Ladislav Česnek Vinohradská 165, Prague 10	☎ +420 274 782 260	🌐 www.cesnekzubar.com
Sanident Na Výhonky 166/3, Praha-Jinonice	☎ +420 235 517 493	🌐 www.sanidnet.net
Zubní ordinace Estedent Pštrossova 10, Prague 1	☎ +420 222 514 192	🌐 www.estedent.cz
Asklepion Dentistry Londýnská 39, Prague 2	☎ +420 234 716 111	🌐 www.asklepion.cz
BriteSmile s.r.o. Na lysinách 7, Prague 4	☎ +420 724 122 988	🌐 www.britesmile.cz
Dent Medico Sokolovská 84-86, Prague 8	☎ +420 234 321 130	🌐 www.dentmedico.cz
ERPET MEDICAL CENTRUM Pštrossova 10, Prague 1	☎ +420 221 595 000	🌐 www.erpet.cz/medical
International Clinic of Prague Vodičkova 5/12, Prague 1	☎ +420 603 789 789	🌐 www.internationalclinic.cz

Prague Dental Clinic Klimentská 20, Prague 1	☎ +420 221 890 534	🌐 www.prague-dental.cz
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Alternative Medicine

What used to be considered "quack" science is becoming more and more accepted around the world. Whether you call it natural, holistic or alternative; acupuncture, Chinese medicine, hypnotherapy, Ayurveda and more can be found here in Prague. As with anything that has to do with your health; tread carefully. If you are meeting with a practitioner, ask for credentials and references. Discuss the procedure in detail before committing to anything. Ask what the expected results will be as well as any side effects. Here are some treatments available in Prague.

Traditional Chinese Medicine is the generic term for a variety of therapies including acupuncture, herbal remedies, massage, and nutrition advice. **The Center of Traditional Chinese Medicine** (Revoluční 20, www.tcm.cz) was developed by the **Czechoslovakian Sinobiological Society** as a consultation center for practitioners and patients. They have a variety of staff members who specialize in different ailments. In Prague 7, **Guo Li** (Milady Horákové 6, www.sweb.cz/guoli/) is a Chinese medicine practitioner.



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