



The Patients' Guide To Treatment Abroad

helping you make the right choice | www.treatmentabroad.com

WHY TREATMENT ABROAD COULD BE RIGHT FOR YOU

Will the NHS fund Treatment Abroad?

Working out the cost

Choosing a clinic or surgeon

What if something goes wrong?



FOCUS ON...

-  Fertility treatment abroad
-  Cosmetic surgery abroad
-  Dental treatment abroad
-  Destination Spain



Sit between two seas – the Mediterranean and the Mar Menor - The Region of Murcia is located in south east of Spain, between Andalucía and Alicante, and is a land that combines nature at its purest. From the sea, traditions and heritage to gastronomy and leisure, Murcia is the perfect place to combine medical treatment with a holiday and health treatments.

The privileged climate of the area, with an average temperature of 19°C and 300 days of sunshine a year, enables the streets and squares to be enjoyed in the warm winter sun of this Mediterranean land. As a health region for centuries, Murcia is also the perfect place to relax and heal body and mind.

Did you know?

Spain has the highest life expectancy of any European country and its health care system is 7th in the world in terms of quality. Its medical schools are of the highest quality in terms of training and innovation and Spain is one of the top three countries in the world offering Hydrology rehabilitation, using mineral, marine and drinking water for medical treatment.

Get back to full health in Murcia

Ancient Roman and Arab civilizations chose Murcia for the goodness of its waters and its climate, in a land where the sun and light are present for more than 2,800 hours a year. From its natural sea springs to the mud of Mar Menor, its healing properties are well-known.

The Region of Murcia is home to Costa Calida Cares, a private association of spas, thalassotherapy centers, hospitals and service companies. Its multi-

disciplinary and multi-lingual teams accompany patients before, during and after their stay. In addition, Imar Tours, its travel agency and Holiday & Health, its own full services medical company, both will advise and help solve any needs that patients may have, restoring confidence and ensuring their stay is stress-free.

The hospitals: Quality and innovation throughout

Hospital Mesa del Castillo (headquarters of the Urological Corporation multi-disciplinary Mediterranean team), Hospital de Molina (a top 20 Spanish hospital) and Virgin of Charity Medical Center (with professional international recognition in facial surgery rejuvenating and nose, functional and aesthetic rhinoplasty).

The three private hospitals are located in Murcia and Cartagena and are accredited by the Spanish health system. They have different European quality certifications (ISO 9001, ISO 14001 and UNE 179003) and the medical team is recognised by the Professional College of Physicians.

Each hospital has a wide range of specialties and medical treatment, with the most modern systems and the most advanced technical innovation. Replacement hip, knee, shoulder surgery, dental treatment, diagnostic tests, second opinion, general or specific checks, urology, breast unit and oncology, plastic surgery, fertility to name a few.

The Spas: Everything for wellbeing

There are a wide range of establishments depending on patient needs.

Hydrologists Medical establishments: Treatments by specialist physicians with mineral and marine waters, sludge applications.

Specialties: include orthopedic rehabilitation,

respiratory rehabilitation, rheumatism, arthritis, arthritis, skin problems, detox, stress, anxiety. - Balneario Archena: Hot Spring Water resort, two 4* hotels & one 3* located in Archena. - Hotel Thalsia 4* medical spa and thalassotherapy. Located on the coast, opposite the Regional Natural Park of the Salinas de San Pedro del Pinatar.

Establishments with medical staff:

- Centro Vital Aguas Salinas Apartments. Located on the seafront, facing Mar Menor. - Hotel Lodomar 4* Spa & Thalassotherapy - Facing the Regional Natural Park of the Salinas de San Pedro del Pinatar.

Spas:

- Hotel Puerto Juan Montiel 4* Spa & Marina, located on the coast in Aguilas with its own seaport. - Intercontinental 5* Mar Menor Golf Resort & Spa, located near the Costa del Mar Menor & **Nicklaus Golf Trail with sixgolf courses.** - The Manga Club 5* Resort Golf & Spa, located on the Mediterranean coast, with three golf courses.

Rehabilitation in the sunlight at a spa or hospital, the choice is yours

Patients can undergo their treatment in a Costa Calida Cares hospital before following a rehabilitation and recovery programme at one of its seven specialised health spas. Alternatively, many patients opt to combine their holiday with a specific rehabilitation treatment, tailored to their needs.

Costa Calida Cares offers a flexible platform for you to chose your health or medical treatments and accomodation, without waiting lists and with qualified professionals and at fantastic prices - we are here for you - contact us!

Visit www.costacalidacares.com for more details





DISCOVER THE REGION

Mar Menor Muds

Due to the particular weather conditions of the Mar Menor, which has a great number of hours of sun a year and high salinity levels, some muds suitable for therapeutical treatments have been stocked for centuries at the northern end of the lagoon. The latest studies by Universidad de Murcia show that these sediments have a high percentage of cations, calcium, magnesium, potassium and fluoride, as well as anions, chloride and sulphate in well over expected levels. If you suffer from bone and joint pains, go to the muds of Las Salinas in Lo Pagán and try the well-known 'Mar Menor muds'. Due to sedimentation, on the sand and at the bottom of this small sea there are some muds with a great power of absorption, mineralising action and healing effect. They make good skin treatments and can be therapeutic for cases of rheumatism, arthritis, gout and rehabilitation after bone fracture, as well as being used as an anti-inflammatory.

22 golf courses to choose

The Region of Murcia has become one of the favourite destinations for golf enthusiasts and professional golfers. In a working radius of 35 kilometres, you can find 22 quality golf courses designed by renowned international players.

Melting Pot

Ancient civilisations have passed through Cartagena, Murcia and Lorca, leaving a legacy of incalculable artistic and heritage value, including religious buildings, archaeological sites, monuments, museums. Far beyond the bigger cities, every village, every corner of the Region of Murcia hides traces of its history.

Caravaca is one of the five Holy Cities of the world; a goal for pilgrims and an old Templars place. It is difficult to find such a magnetic and welcoming atmosphere anywhere else.

Mediterranean Cuisine

The peculiar geography of the region enables visitors to try many specialities. The best vegetables of the huerta (garden) are part of the Mediterranean diet, which combines traditional dishes with avant-garde signature cuisine, all of which are full of flavour. Fruit candies, candied fruit and honey are where the most delicate aromas of these fields are noted.

Wine routes of Bullas, Jumilla and Yecla

The Region of Murcia is perfect for wine lovers, with three denominations of origin, Bullas, Jumilla and Yecla, where the Monastrell (or Mourvèdre) is the star. Visitors can immerse themselves in wineries, wonderful natural landscapes and historical monuments to make up an unforgettable experience.

Nature

Do you like nature? Then the Region of Murcia is for you, authentic without artifice, and as natural as you. As clear as the water, as solid as the earth and enveloping like the air. The sun illuminates its varied and beautiful landscapes, ranging from the high mountains in the north west to the coastal paths. Places where you can enjoy all kinds of leisure activities, as well as water sports throughout the year.

For more information visit www.murciaturistica.es

