HEALTH DESTINATION
MECKLENBURG-WESTERN POMERANIA
In cooperation with outstanding players from the cities of Greifswald, Rostock and Schwerin we are proud to offer you the health destination Mecklenburg-Western Pomerania which is one of Germany’s leading providers in medical tourism, thanks to exceptional medical services in the middle of untouched unique nature.

Health and medical tourism are among the fastest-growing tourism sectors. In future, Mecklenburg-Western Pomerania would like to present its services even more individually with innovative products and offers particularly for patients from abroad. Our health system enjoys an outstanding reputation thanks to its excellent medical infrastructure and specialized medical personnel. For Mecklenburg-Western Pomerania, the entire health sector has become a significant factor in the economy.

Our state is not only a prime location for its extraordinary wildlife and stunning beaches, but also offers optimal treatment possibilities for a wide variety of conditions. Popular among these treatment vacations are those among the Baltic sea. Patients from Germany and abroad are particularly attracted by medical services in such disciplines as diabetes therapy, liver dialysis and rehabilitation, which are also the core of articles by well-known experts in the brochure. Hundreds of physicians provide patients from home and abroad with quantitatively and qualitatively superior care, from diagnosis to treatment to rehabilitation.

This brochure is supported by the European Social Fund (ESF) and the chamber of commerce and industry of Schwerin. The “Health region Mecklenburg-Western Pomerania” project is the national and international publishing of medical excellence, which provides the basis for its growing attractiveness to international patients.

We want to open the eyes of those accompanying patients to the many and varied health tourist offers in Mecklenburg-Western Pomerania. This opens up great opportunities to invite all those who are looking for personal and individual treatment, off the beaten track but enjoying the refreshing sea air and unforgettable moments in Mecklenburg-Western Pomerania.
The University of Rostock was founded in 1419 and is the oldest University in Northern Europe. There are only a few older universities in Germany. The University of Rostock, located in Mecklenburg-Western Pomerania, operates a teaching and research hospital - the University Clinic of Rostock. The hospital is the largest medical facility in Mecklenburg-Western Pomerania and offers highly specialized treatments in a variety of medical disciplines such as the extracorporeal albumin dialysis.

**ECAD - EXTRACORPOREAL ALBUMIN DIALYSIS**

ECAD offered at the University Clinic of Rostock, is a blood purification method derived from kidney dialysis. As in kidney dialysis, blood is pumped from a vein and flows through a filtering system consisting of hollow fiber membranes made of polymers. The filtering system is surrounded by a cleansing solution containing albumin, which attracts toxins, such as urea and ammonia, through the pores leaving valuable proteins and blood cells.

During the studies, another surprising effect of albumin dialysis was discovered: It relieved patients who suffered from pruritus, the itching. Further research studies confirmed other harmful substances, which tend to stick themselves to healthy proteins, such as bile acids contribute to pruritus and have been successfully removed through ECAD.

Generally, in our bodies the protein albumin binds the toxins and transports them to the liver, where the toxins are neutralized and catabolized, in patients whose detoxification function is highly impaired, the toxins remain in the blood and will, in the long-term, damage the function of nervous and other important organs and systems. The water-insoluble toxins were previously not able to move through dialysis membranes. They stuck on proteins.

During albumin dialyses special transport proteins with free binding sites draw the toxins from the blood. The transport of toxins can be controlled by choosing the type and quantity of the "lock-protein".

While the treatment is in progress, the patient is directly connected to the albumin circuit via a venous catheter. After the toxins have been removed from the patient blood, the albumin molecules are purified and within the closed overall circuit, are returned to the hollow-fiber exchange membrane where they can again take up toxins from the patient blood.

**UNIVERSITY CLINIC OF ROSTOCK**

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The KLINIKUM KARLSBURG is a renowned facility for cardiovascular disorders and diabetes, as well as an important specialty hospital for diabetes patients with cardiovascular disorders and children and adolescents with diabetes. At the diabetes hospital, more than 2,000 patients of all ages are treated every year.

RECOGNISED SPECIALTY HOSPITAL

The KLINIKUM KARLSBURG has been recognised by the German diabetes society as a treatment facility for type 1 diabetes, type 2 diabetes and diabetes in children and adolescents. Moreover, the hospital has been certified as a foot care centre for patients with diabetes. These recognitions presuppose proof of a high standard of treatment.

Karlsburg offers optimal accommodation and care appropriate for children even outside of school holidays. Around the clock, a highly motivated team of paediatric diabetologists, diabetes counsellors, nutrition counsellors, psychologists and educators is available. In the paediatric hospital, approximately 200 children are treated as in-patients every year. Many more children and adolescents come regularly to the paediatric diabetology outpatient ward.

For this responsible purpose, the hospital has been recognised by the German diabetes society. A building of modern design is specially equipped to suit the needs and the care of children. This includes bright common areas and also a comfortable play room. Since parents of young children play an essential role in the treatment of diabetes, they can accompany their youngest ones to the specialty hospital. Accommodation in two-bed rooms is possible.

The treatment of diabetes in children and adolescents has a very long tradition in Karlsburg. Especially for the development and the later life of a child or adolescent suffering from diabetes, optimal metabolic control is crucial.

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ProMedTours Germany GmbH, based in Rostock, Germany, is dedicated to offering medical tourism options at German medical facilities. We work with country managers and insurance providers. We are set up by German physicians and tourism professionals to open a gateway to world-class surgery and aftercare in some of the best hospitals across Germany.

We will help you with all your travel plans to take the worry out of traveling and to make sure everything works on schedule. We strive for your complete satisfaction with the quality of your medical treatment in Germany and we also do our best to ensure that your treatment and our services are pleasant and provide you a sense of comfort and well-being. From your initial planning phase including your travel arrangements to coordination between your local doctors and medical professionals abroad, we will be with you every step of the way.

**CONTACT**
ProMedTours Germany GmbH
Office Rostock
Schillingallee 68
18057 Rostock
phone +49 (0) 381 – 494 7331 • +49 (0) 3841 – 758 2340
mobile +49 (0) 172 167 00 64 • +49 (0) 179 – 686 27 67
info@promedtours.com • www.promedtours.com

Adebar-Travel is a nationally and internationally operating full-service agency based in Mecklenburg-Western Pomerania. We plan, organize and implement your stay in Germany. We ensure moments with extraordinary and lasting experiences.

- Coordination of journey and entry
- Support with the formalities of entry
- Meeting at the airport/service
- Booking of hotels/events/services
- Wellness and treatments at a health resort, golf, shopping, sightseeing, medical attendance
- Interpreting in Arabic, English

**CONTACT**
Adebar-Travel
Friesenstrasse 5
D-19059 Schwerin
phone +49 (0) 170 - 29 52 518
info@adebar-travel.de
www.adebar-travel.de
There are places on earth which are out of this world. Imagine a place that has nearly everything – apart from deadlines, stress and the hectic pace of everyday life. This magical place really does exist – its name is Heiligendamm.

In 1793, Frederick Francis I, Grand Duke of Mecklenburg took the advice of his personal physician, Prof. Dr. Samuel Gottlieb Vogel, and bathed at the “Heiliger Damm” on the Baltic coast, thus marking the birth of the first German seaside health resort.

Today, six buildings in the classical style form a place in which luxury is not just a matter of glitter or show but one of peace and calm, leisure and time: the Grand Hotel Heiligendamm. It is no accident that Heiligendamm is called the White Town by the Sea. But it’s more than just that: it’s a world of its own. A world that is simply beyond compare.

Welcome to Heiligendamm

Refreshingly styled and luxuriously fitted, the first-class Radisson Blu Hotel in the heart of the Hanseatic city of Rostock is already considered to be a city landmark.

Location
Simply perfect – right in the heart of the city with breathtaking views of the harbour and the magnificent old town.

Rooms
251 rooms with a minimum area of 29 m² offering three attractive styles to choose from. Our four star-plus standard features ample desk space, WLAN, individual climate control, safe, minibar and tea and coffee facilities.

Gastronomy
OSTERIA restaurant offers light Italian cuisine for every taste and amber LOUNGE BAR offers snacks and cocktails.

Events & Banquets
12 air-conditioned rooms with 1.600 sqm total available space guarantee the success of your events.

Fitness and Spa Area
400sqm with sauna, sanarium, steam bath, roof-deck and state-of-the-art fitness equipment.

Service
Complimentary wireless Broadband Internet (WLAN, 100 MBIT SDSL).
A jewel of Mecklenburg

Guests will be whisked back in time from the moment they enter the small Mecklenburg village of Basthorst, near the state capital, Schwerin. Schloss Basthorst is an exclusive hotel for romantics, golfers and families. Guests are greeted by the hotel’s four impressive buildings – three historic, red-brick and, as a contrast, the newly constructed “Waldresidenz” (Forest Residence). The castle has a gently sloping 12 Hectare English-style garden. The adjacent wood is a lovely place for long walks and cycling trips.

The region around Schloss Basthorst offers the perfect conditions for a relaxing holiday, including the historic city of Schwerin, with its many cultural attractions and sophisticated shopping scene, the multi-award-winning 45-hole golf complex WINSTON-golf, a horse-riding centre and the beautiful Warnow, with a nearby canoe launch.

**Sleep in style**

150 rooms, suites and apartments

**Royal Dining**

À la carte restaurant “Wilhelmina-Helena”, Schloss Lounge (Castle Lounge)

**Infinite luxury**

1,300-square-metre spa with its spacious sauna area, swimming pool, solarium and fitness room

More information can be found at www.schloss-basthorst.de or +49 (0) 3863-5250.

In our house we welcome those in search of rest and recreation. The picturesque natural surroundings and views make our estate the perfect place for your special time off. In the castle you will find your own privacy in one of seven individually styled apartments.

These apartments provide TV, bathroom with shower or bathtub respectively, and a fitted kitchen. You will have access to the library, fitness studio, studio and clubroom, too. Furthermore, you are invited to join our meals in the dining room.

How to get here:

Travel to the Estate “Dreiwasser” by car easily from the motorways A20 and A14. The nearest airports are Hamburg (90 minutes), Lübeck (60 minutes), Berlin-Tegel (2 hours) and Rostock-Laage (50 minutes). We will be happy to pick you up from the airport with our shuttle service.

The city of Schwerin can be reached within 30 minutes by car; Rostock within 45 minutes.

We are looking forward to welcoming you!
Embedded in the soft, hilly landscape of the Mecklenburgische Schweiz country park and surrounded by a 120 hectare estate, one finds the Landhotel Schloss Teschow. The great park with its ancient trees, borders directly onto the Teterower Lake exuding harmony and peace. In the castle and adjoining wings there are 93 rooms and suites with modern standards such as Wi-Fi, TV, telephone and babysitter at your disposal.

You can dip into seven worlds of experience at the Landhotel Schloss Teschow – hotel, apartments, culinary, nature, relaxation, golf and country feeling. Submerge yourself into the experience of our world of relaxation and combine the facilities of the swimming bath with those of the sauna, steam bath and treatments for well-being of the body.

Our pampering treatments range from massage to beauty and health treatments. All in all, the experience is seen, without question, as an "oasis of the natural discovery" as well, with sunbathing lawns and bathing opportunities at the Teterower Lake. Switch off, draw strength and let yourself be pampered.

Amidst the Mecklenburgische Seenplatte you will find the Golf Hotel Serrahn, located at the Krakower lake surrounded by green grass lands, wide fields and forests. Besides 34 hotel rooms furnished in modern style. The restaurant offers traditional and international cooking, a cozy winter garden, the sun terrace with a great view as well as an idyllic barbecue place. The hotel owns a 18-hole golf court with its splendid position directly at the lake provides an extraordinary view while enjoying the game. Golf cannot be closer to nature and more relaxing. Golfers of all handicap categories as well as beginners or try-out golfers will savour the unique combination of sport and nature. In addition, the tennis court offers guests a great spare time activity. Walk through the wild-romantic Nebeltal nature trails, cycle around Krakower lake or go on board of the passenger ship "Fritz Reuter". The Golfhotel Serrahn is the ideal place to unwind, dangle your soul, have fun on the golf course and enjoy the most beautiful time of the year.

The Golfhotel Serrahn offers:
• 34 hotel rooms
• banqueting/convention rooms up to 80 persons
• à la carte restaurant
• sun terrace for 100 persons
• tennis court
• bicycles and walking trails amidst nature
• boat trips
• fishing trips
• own beach
• 40 parking areas at no charge

Living in our Golfhotel Serrahn

• The Van der Valk Golfhotel Serrahn offers 34 exclusively furnished and comfortable rooms.
• The non-smoking rooms are tastefully designed in country style with shower, WC, minibar, cosmetics mirror, telephon- e, Sat-TV and comfortable seating. The generous suites offer a residential area with a nice relaxing opportunity and open sleep area, bathroom with shower, WC, minibar, cosmetics mirror, telephone and Sat - TV.

LANDBOTEL SCHLOSS TESCOW

WELCOME TO VAN DE VALK GOLFHOTEL SERRAHN