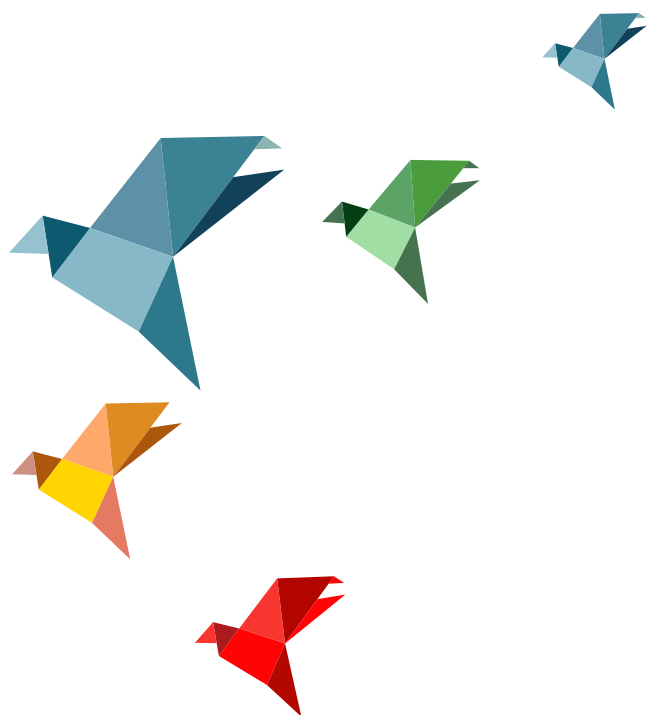


HELENA
MEDICAL
GROUP



The best healthcare from Finland

The benefits of receiving medical treatment in Finland:

- The professional expertise of the doctors and other medical personnel: in Finland there are world-class specialists in a wide variety of medical fields
 - Only evidence-based medical practice is acceptable in support of the high Finnish standard of treatment, in order to minimize risks and to ensure the effectiveness of the treatment provided
 - The rationality and justifiability of all diagnostic procedures
 - According to the statistics, of all European countries Finland has:
 - the lowest rate of postoperative complications caused by infection (0,03%)
 - the lowest rate of maternal mortality
 - one of the best outcome rates for cancer treatment in the world, especially in the treatment of breast cancer (2nd place) and cervical cancer (3rd place)
 - a leading position in the treatment of myocardial infarction and ischaemic stroke
 - high efficiency in orthopaedic treatment, especially in replacement arthroplasty surgery
- (Statistical data from the OECD report Health at a Glance, 2016)



The Helena Medical Group can provide medical services in Finland for patients from around the world

The Helena Medical Group has developed from the original Clinic Helena as a support-centre for international patients. The Clinic Helena itself remains a respected Finnish private medical company that has been working since 1999, accumulating its extensive experience in medical practice.

Our staff includes highly-qualified professionals in medicine, healthcare management and marketing. We have also set up a council of experts specialising in a wide variety of branches of medicine who are able to respond to the fullest range of patient requirements. Our doctors endeavour to draw up the most appropriate proposals for diagnostics and treatment. We also provide comprehensive offers for treatment, medicine, rehabilitation, and also travel, accommodation and other assistance in a single package.

We are able to communicate in a number of different languages and can arrange numerous supportive services for our patients.

Our clientele can telephone our English-speaking medical consultant at any time of day or night.

We provide our patients with detailed reports on the treatment they have received in order to ensure the complete portability of their treatment between us and their doctors in their home locations.

ONCOLOGY



Clinical and scientific cancer research has been conducted for many years at an advanced level in Finland. The outcome of such research has been a steady improvement in the survival rates for several types of common cancers, including breast cancer, pulmonary carcinoma, and tumours in the gastrointestinal tract. In addition, Finland has also been at the forefront in the development of new and improved methods for early cancer detection, cancer surgery, radiotherapy, and the molecular diagnostics of cancer.

In consequence, the expertise of the Finnish oncological centres has gained international recognition, while the country's treatment outcomes are rated amongst the best in the world.

DIAGNOSTICS



Present-day diagnostics is based on the multi-disciplinary approaches used by specialists in the many different branches of medicine: clinical physicians and surgeons, radiologists, pathologists, molecular biologists, and experts in genetics.

Current treatment, especially in the field of oncology, requires precise, and even personalized, diagnosis so that optimum results can be achieved.

All of the latest state-of-art diagnostic methods and research techniques are available to patients treated by the Helena Medical Group:

- MRI, CT, X-ray, US, PET, and other radioisotope imaging
- Comprehensive and advanced endoscopic examinations
- All types of navigation-guided biopsies
- Laboratory tests
- Pathology studies, including a wide range of histological and immuno histochemical staining, cellular molecular genetic testing, etc.
- In demanding diagnostic cases, the frequent use of second opinions provided by experts, including pathologists' and radiologists' consultations.

To optimise the start of treatment and outcomes, the early diagnosis of oncological diseases is of the utmost importance. Oncological screening programmes help to make this life-saving task possible. The successful experience in Finland of conducting nationwide screening for breast cancer, cervical carcinoma, and colorectal tumours has been recognised by the World Health Organization.





**DR ESA MÄNNISTÖ,
OF THE HELENA
MEDICAL GROUP**

is one of the leading oncologists in Finland. His professional experience derives from 30 years of treating oncological patients in Finland and other European countries. Esa Männistö has specialised primarily in the use of chemotherapy and radiotherapy in the treatment of breast cancer, gastrointestinal tumours, and melanoma. In the past, Dr Männistö has led oncological units in a number of Finnish hospitals, and in 2005, in recognition of his outstanding contribution to Finnish Oncology, he was named Oncologist of the Year by the Cancer Society of Finland.

Global healthcare statistics reveal that the range of oncological diseases is expanding, demanding new and improved treatments, and it is our endeavour to provide our patients with the most advanced and radical methods of treatment.

Surgery is the principal initial radical treatment in the majority of cases of non-metastasised tumours such as breast, gastric, and prostate cancers and other oncological diseases.

The professional expertise of the surgeons in the Helena Medical Group facilitates the radical resection of tumours with minimum damage to the patient's organism and with high expectation of continued quality of life. Chemotherapy and radiotherapy are increasingly focused on the treatment of cancer cells with a minimum of side-effects on surrounding tissue. In addition, the latest generation of cytostatic medication, target drugs, and hormonal therapy, as practised by the Helena Medical Group oncologists, are being applied to achieve the most effective adjuvant treatment possible.

Modern conformal radio therapeutic units designed to focus radiation beams with maximum precision on the sites of tumours help to protect surrounding tissue and organs from radiation damage. Our patients are thus able to take advantage of a wide range of recommended radiotherapeutic methods, including RapidArc, TrueBeam, and CyberKnife. Most recently, Boron Neutron Capture therapy has also become available in Finland for patients from around the world.

Innovative methods in radioisotope therapy are also proving beneficial and contribute significantly to the treatment of oncohaematologic conditions, and endocrine and neuroendocrine tumours. At the intersection of several disciplines, radiopharmaceutical aids such as Alpharadin therapy have emerged and can be undertaken for patients with metastatic prostate cancer.

CLINIC HELENA



CLINIC HELENA is a women's health clinic that has become well-known in Finland, Europe, Russia, and further afield. Dr Helena Puonti founded the private clinic in 1999 as a clinic specializing in breast cancer treatment and breast reconstructive surgery. Since then,

the Clinic Helena has expanded its expertise to all aspects of women's health, providing medical services ranging from primary diagnostics to the most advanced and even unique methods of treatment. The medical professionals at the Clinic Helena pursue high standards of care and provide patients with a comprehensive range of support. The Clinic Helena team has brought together specialists from almost all branches of medicine.

BREAST CANCER



Breast cancer is the most common type of cancer in women, with one in nine women developing the condition. Finland has achieved considerable success in the early diagnosis of breast cancer and has become one of the top three countries in the treatment of breast cancer, with a 5-year survival rate of 92 per cent.

DIAGNOSTICS OF BREAST CANCER



The diagnostics of breast cancer at the Clinic Helena is based on neoplasm histological verification and on precise detection of a tumour's size and lesion site. Complex diagnosis begins with examination by a mammologist, involving a basic mammography and breast ultrasound, followed by an ultrasound-guided or stereotactic biopsy using all of the histological, immunohistochemical, and genetic methods normally deployed in tumour determination. If necessary, optional diagnostics may also include MRI, PET CT, lymphoscintigraphy and other types of examination.

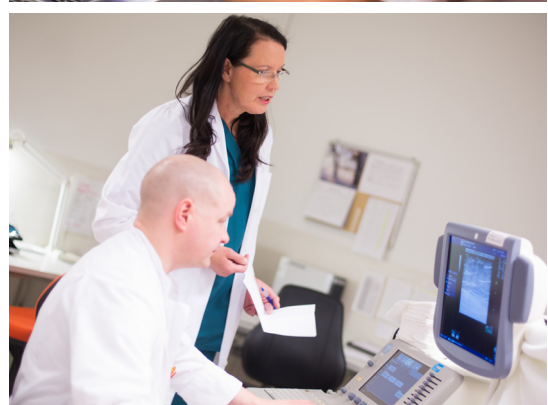
BREAST CANCER TREATMENT



The surgical treatment of breast cancer is the main approach used in radical treatment. It has been found that breast-conserving and -remodelling surgery can be implemented in 75 per cent of new breast cancer cases amongst Finnish patients.

The sentinel node procedure for saving healthy lympho-nodes in the armpit is an important advantage of the surgery treatment undertaken at the Clinic Helena. This is an intraoperative radioisotope method that detects the first "guardian" lymph nodes of the lymph-path from the area of a breast tumour to the armpit and also permits study of their histology. A sentinel node biopsy will also prevent postoperative complications such as pain and upper limb lymphedema. The neoplastic surgical approach is a notable advantage in the removal of breast tumours

at the Clinic Helena. Helena Puonti, who is still head physician at the Clinic Helena, is a talented plastic surgeon who plans and performs breast surgery, achieving results that are both medically excellent and also aesthetically satisfying. In the case of radical surgery treatment requiring a mastectomy, breast reconstruction can be performed either in the course of a single operation or as reconstruction after the completion of adjuvant therapy. Adjuvant chemotherapy and also radiotherapy are available at the Clinic Helena under the supervision of highly-qualified doctors. Chemotherapy is performed according to European standards and current Finnish oncology practice, using recognized cytostatic and target drugs. Radiotherapy is provided using conformal radiation units.





DR HELENA PUONTI, OF THE CLINIC HELENA

is a recognised international expert in breast cancer treatment and reconstructive microsurgery with over 30 years of experience. She has performed thousands of breast cancer operations, and more than 1500 breast reconstruction operations, including some 500 microneurovascular transplants. In recognition of her professional success, Helena Puonti was named the Best Oncologist of 2002 by the Finnish Society for Oncology, and in recognition of her distinction as a microsurgeon she has received an award from the Savonlinna City Council.

BREAST RECONSTRUCTION MICROSURGERY

An acceptable aesthetic result following breast cancer surgery is very important for every woman so that there can be a complete recovery from the disease and a return to the previous quality of life. This can be achieved with modern oncoplastic and reconstructive surgery techniques. Single-stage breast reconstructions and delayed reconstructions are performed at the Clinic Helena every year, enabling hundreds of women to subsequently live their lives to the full.

Most delayed reconstructions are carried out as free-flap microsurgery transplants, which means breast reconstruction using the patient's own tissues. Dr Puonti has developed an highly effective method of microneurovascular surgery that has the additional benefit of returning skin sensitivity to the reconstructed breast.

LYMPHEDEMA TREATMENT

Secondary lymphedema of the upper limb is a frequent problematic complication in breast cancer treatment after radical lymph node dissection and radiation. Secondary lymphedema can also occur in a lower limb after radical inguinal lymph node dissection and/or radiation. According to the World Health Organization, in excess of 15 million people suffer from cancer-related lymphedema annually. Lymphedema has been poorly understood, and the principal mode of care has been physiotherapy combined with manual therapy and compression bandaging.

When conservative lymphotherapy proves to be insufficiently effective, Clinic Helena may propose surgical treatment of the lymphedema. Aqua-jet liposuction can also be very useful since it diminishes the swollen tissue in a limb, while in some instances microsurgical correction of lymph efflux with special free flaps or lymph nodes themselves may be the procedure method selected. Putting innovative methods of lymphedema treatment into practice is one of Dr Puonti's constant concerns.



GYNAECOLOGY



The diagnostics and treatments appropriate in contemporary gynaecology help the patients of the Helena Medical Group to return to good health effectively, safely and promptly.

DIAGNOSTICS IN GYNAECOLOGY



The outstanding success of Finnish gynaecologists reflects above all their global leadership in the field of cervical cancer diagnostics and treatment. Cervical cancer is the second most frequent oncological disease experienced by women. The initial presentation of cervical cancer at cellular level is asymptomatic and can be revealed only by means of screening. At the same time, cervical cancer can be completely prevented when early diagnostics and precancerous cellular changes treatment are used.

Accurate diagnostics and early treatment are basic factors in the prevention of gynae-oncological diseases. In Finland, cytological and histological diagnostic studies are conducted at a high professional level. Highly qualified specialists experienced in the diagnosis of cervical precancerous and cancerous lesions perform case studies, and in cases suspected of involving deeper malignant lesions the diagnostics will include further advanced investigative methods such as colposcopy and loop-biopsy.

DR PEKKA NIEMINEN, a leading specialist in cervical cancer diagnostics and treatment, is in charge of the Finnish national programme of early diagnostics in gynaecology.





NON-INVASIVE SURGERY IN GYNAECOLOGY



Special mention can be made of the benefits gained from the use within the Helena Medical Group of endovideoscopic methods in operative gynaecology.

- Minimal surgical injury
- Lower risk of bleeding and infectious complications
- Good cosmetic effect
- Postoperative recovery within a few days can all be achieved by means of laparoscopic surgery.



Another of our doctors, **PÄIVI PAKARINEN, MD, PhD**, specializes in the treatment of gynaecological diseases. Dr Pakarinen is an experienced surgeon who performs all types of non-invasive laparoscopic surgery and also robot-assisted operations. She is also highly skilled in the treatment of a wide range of benign and malignant gynaecological tumors.

GYNAE-ONCOLOGY



Our gynaecological oncologists are skilled in treating gynaecological malignancies using surgical procedures involving minimally invasive techniques such as endoscopic laparoscopy and robotic laparoscopy, as well as fertility-conserving surgery.

The complex application of remote radiotherapy and brachytherapy delivers concentrated radiation therapy to tumours at the same time as reducing treatment-related side-effects.

Our specialists select chemotherapy that will suit each patient individually, to suit the patient's specific tumour, following guidelines based on the most effective types of treatment for a particular cancer.



FERTILITY TREATMENT



The Clinic Helena offers diagnostics and medical treatment for the full range of fertility problems, including insemination, IVF, IVM and ICSI.

The fertility treatment offered by our experienced fertility experts helps to solve infertility problems with a precisely-timed examination and follow-up. It has been shown that in Finnish fertility clinics eight out of ten couples who have faced fertility problems have subsequently become parents after treatment. Clinic Helena experts have developed special fertility programmes for oncological patients who may wish to have the opportunity to become parents after cancer treatment. An expert team of oncology and reproduction specialists map out an individual treatment plan which culminates in the freezing of fertilized eggs. Once a patient has recovered fully from cancer and has received an oncologist's approval, her previously fertilized eggs can be used to achieve pregnancy.

Our reproduction experts are also constantly developing their skills and medical technologies to enable couples with HIV and hepatitis C to experience a safe pregnancy.



A senior doctor at the Fertility Clinic, **Anne-Maria Suikkari MD, PhD**, a member of the European Society of Human Reproduction and Embryology, is one of the most experienced experts in reproductive technologies in Finland.

PREGNANCY



Our experts in the field of perinatal diagnostics use the most sensitive methods to enable them to recognize foetal developmental disorders (NIPT test, 4D ultrasound examinations etc.) and also to use their expert knowledge in prenatal care and in the management of complicated pregnancies.

GIVING BIRTH



In 2014 the Save the Children State of the World's Mothers foundation recognized Finland as the best country in the world in which to give birth to a baby. Giving birth in Finland is a good choice for women who wish to be sure that childbirth is carefully overseen by the most skilled of personnel: they can rely on highly professional healthcare personnel, modern equipment, individual attention given to each woman in childbirth, and a clean, natural environment.



HYKSin is the foremost maternity unit in Finland, performing 18 000 deliveries per year. HYKSin is the only maternity hospital in Finland that provides women from around the world with medical maternity care.

In addition, the Helena Medical Group (HMG) is a partner of HYKSin and provides overseas patients with the full range of HYKSin childbirth services.





AESTHETIC PLASTIC SURGERY



Aesthetic and plastic surgery represents professional confrontation with all kinds of deformities and signs of ageing in an individual's appearance.

Dr Helena Puonti of the Clinic Helena is a highly-skilled plastic surgeon with major experience in aesthetic surgery. In addition, the Clinic Helena offers non-surgical methods of rejuvenation, PRP-therapy, fat transplantation, artificial fillers, and Botox injections. A patient's own cells provide safer and more natural ways of making the human face look younger. In particular, the injection of Platelet Rich Plasma (PRP) is prepared from the patient's own blood, since the plasma is rich in growth factors and cytokines that restore the skin.

Facelifts performed using the SMAS (Superficial Muscular Aponeurotic System) technique represent the best choice for the most obvious facial changes caused by ageing, guaranteeing lasting results in the production of a natural and youthful appearance. A SMAS facelift is highly demanding plastic surgery. The lifting of tissue is performed in the deep, supporting skin layers, providing good, long-term results. Plastic surgical techniques of this kind require expertise, experience and accuracy. "In my clinic, I prefer to perform the best plastic

surgery methods to achieve the best results" – affirms Helena Puonti – "we discuss the desired result with the patient in every detail, since it is often a combination of different methods that produces an excellent outcome."

The Clinic Helena offers a particularly high quality of mammoplasty procedures. Helena Puonti performs all types of breast correction: breast augmentation, breast reduction, asymmetry correction and breast lifting. In the case of breast augmentations and frontal lifting, an endoscopic technique is used that leaves minimal scarring.

Abdominoplasty, water-jet liposuction, scar treatment and all kinds of body corrections are provided for Clinic Helena patients.

Protruding ears, nose deformities and functional nose breathing problems can also be corrected by means of rhinoplasty at the Clinic Helena, and Dr Kaarlo Ståhlberg, a consultant employed by the Helena Medical Group, has extensive experience in achieving excellent results in both aesthetic and functional rhinoplasty.



ORTHOPAEDICS

Orthopaedic problems represent the most common groups of diseases in the world, leading to physical disability and dysfunction in everyday life. We offer complex treatment of joints and of the spine, and also of post-traumatic injuries requiring effective post-surgical rehabilitation in Finland.

The achievements of Finnish orthopaedists are known throughout the world. World-famous footballers such as David Beckham and Didier Dshamps, and also many other International sportsmen, have chosen to become the patients of Finnish orthopaedists. One of the operations performed in modern arthroscopy permits the diagnosis and surgical treatment of joint abnormalities and of changes caused by trauma. The post-operative recovery period is short, and the patient can be active within a matter of a few days.

Finnish orthopaedists have obtained unique results in spine surgery. Because of the high risk of serious complications, spine surgery requires pinpoint accuracy, and a computer-navigation surgical system

helps to reduce the risk of complications from such operations to close to zero.

Paediatric orthopaedists are highly experienced in the conservative and surgical correction of congenital disorders, including demanding cases involving severe congenital malformations and developmental disorders, severe birth injuries to the brachial plexus, malignant tumours and demanding limb-lengthening and/or osteotomy. Finnish paediatric orthopaedists are also skilled in the complex treatment of spinal muscular atrophy.

Finland occupies one of the topmost positions in joint replacement in Europe, thanks to the development of the safest surgical techniques and the use of advanced prostheses.

Ninety-nine per cent of orthopaedic patients in Finland have returned to active life without any restriction of their mobility when they continue to engage in sport.

ORTON

The Helena Medical Group is a long-term partner and representative of the

leading Finnish clinic ORTON in the international market. By choosing to receive treatment at the Clinic Orton, there is a real opportunity to experience medical assistance at the hands of the best specialists, who are able to take the fullest advantage of modern surgical equipment and innovations. Before leaving the hospital, each patient also undergoes rehabilitation under the guidance of skilled specialists.

The principle lines of orthopaedic treatment:

- Joint replacement (coxafemoral, knee, phalangeal, ankle joints)
- Arthroscopy (coxa, knee, ankle, shoulder)
- Spine surgery, including demanding CAOS operations
- Sport traumas
- Hand, shoulder, elbow and foot surgery
- Rheumatology injuries
- Paediatric orthopaedy, including scoliosis surgery
- Pain management



NEUROSURGERY



Neurosurgery is one of the most rapidly developing medical fields. New therapeutic methods are constantly providing better results. The major advances in neurosurgery in recent decades have occurred in the field of microsurgery, and include significant developments in medical imaging and improvements in intensive care.

In Finland demanding neurosurgery is performed at university hospitals with high-quality equipment, and doctors have the possibility to collaborate with colleagues working in other medical units (neuroanaesthesia, neuroradiology, neuropathology, neurology, child neurology, neurophysiology, neuro-ophthalmology).

The most frequent types of disease encountered in neurosurgery are:

- Tumours within the skull
- Brain injuries
- Cerebral vascular diseases
- Tumours and compressions of the vertebral canal
- Interference in brain circulation
- Severe pain conditions
- Movement disorders
- Epilepsy

Research conducted by Finnish neurosurgeons has focused in particular on brain tumours, brain injuries and deep brain stimulation (DBS). Patients suffering from epilepsy, Parkinson's disease, essential tremor, and even severe obsessive-compulsive disorder have been helped with the aid of neurosurgery in which electrodes are placed on the surface of the brain in order to affect a particular area. This treatment has reduced brain-related symptoms and significantly improved the functional capacity of patients. In many cases, epileptic seizures and the tremor experienced in Parkinson's disease have been radically decreased.

As a partner of **Helsinki University Hospital**, the Helena Medical Group includes a neurosurgery clinic that is internationally renowned for its superior expertise in all areas of neurosurgery. The clinic is considered to be one of Europe's leading centres for the treatment of cerebrovascular diseases and severe brain tumours. The unit performs cerebral bypass surgery for the whole of Finland and for patients from abroad. It is also noteworthy that every year 100-200 neurosurgeons from overseas visit HUS to learn about the latest surgical methods in microneurosurgery.

One of the important branches of neurosurgery is that of cervical and lumbar diseases, the most common of which are intervertebral disc problems and nerve cramps. Using an endoscopic technique, operations are conducted within a framework of one-day surgery.

One of the consultants employed by the Helena Medical Group is the neurosurgeon **Yuri Kivelev**. As a specialist in microneurosurgery, Dr Kivelev possesses a doctoral degree in Neurosurgery, and provides spinal and cerebral tumour surgery and cerebral bypass surgery.





REHABILITATION

Attention is paid in modern medicine not only to the surgical treatment of a patient but also to the complete restoration of health, thus supporting a high quality of life and the re-attainment of previous levels of activity. Hence, in Finland integrated rehabilitation includes a variety of individual and group programmes – physical, psychological and esthetic – which are provided immediately after the conclusion of the main course of treatment.

Patients receive special rehabilitation services appropriate to their specific disorders. Specialized methods and complex rehabilitation programmes are developed for neurological, orthopaedic, cardiovascular, respiratory and oncological patients. Rehabilitation requires special skills, and hence physiotherapy is regarded as a branch of medicine in Finland. Physiotherapists specialize in a complex of treatment methods, such as manual therapy, massage, lymphotherapy, physical training, reflexotherapy, ergotherapy, kinesiotherapy, and aquatherapy.

The Helena Medical Group works together with the most reliable rehabilitation centres in Finland. One of these is the Kruunupuisto Rehabilitation Centre, located in the unparalleled setting provided by the pure lakes and picturesque landscapes of the Punkaharju Ridge, in Eastern Finland. For patients from overseas, rehabilitation programmes are offered in a wide variety of fields such as oncology, neurology, and cardiology. A professional team is at the patients' disposal, including rehabilitation therapists, dieticians, exercise physiologists, and psychologists. Together, they are able to develop an individual rehabilitation and recreation programme for each patient and their companions, including wellness treatments, SPA services, and even cultural activities.





REHABILITATION

Kunnonpaikka is a rehabilitation and wellness centre located in Kuopio amidst the beautiful scenery of the Finland Lakeland. Kunnonpaikka offers versatile rehabilitation and therapeutic services based on extensive experience and advanced professional skills. The implementation of rehabilitation involves professionals such as general practitioners, physiotherapists, occupational therapists and other health and wellness experts in the field, all of whom can contribute to promoting the physical, psychological and social well-being of their patients. By using a variety of different types of exercise, gym and pool therapies, and outdoor and adventure activities, Kruunupuisto ensures that rehabilitation is always carried out in the most appropriate environments.

The Orton Clinic in Helsinki specializes in treatment and subsequent rehabilitation related to musculoskeletal pain and dysfunction. Physiotherapy is an integral part of the prevention, treatment and rehabilitation of musculoskeletal disabilities. Physiotherapy permits improvement in the mobility of the backbone and joints. Orton's experienced physiotherapists are highly familiar with this area of treatment and in the control of pain conditions.



PAEDIATRICS

Finnish paediatric units and hospitals provide the widest range of specialized healthcare for children and adolescents. Paediatric surgery, child neurology, advanced medical investigations, and the diagnosis and management of rare diseases are all performed by experienced paediatricians. They search for solutions for the most demanding paediatric diseases, such as neuro-orthopaedic disorders, rare congenital diseases, tumours, epilepsy, and severe rheumatic conditions.

Paediatric surgeons perform advanced surgical operations in complicated cases such as paediatric heart surgery, the surgical correction of congenital malformations, and multilevel surgery to treat orthopaedic disorders. The paediatric surgical units are equipped with sophisticated technical facilities that facilitate the most accurate and safest interventions. In general, these kinds of surgery require a complex approach that integrates the skills of specialists from different spheres of surgery into a single team.

A further branch of paediatric medicine requiring professional excellence is paediatric oncology. Paediatric oncology departments bring together doctors possessing extraordinary skills and experience. The majority are world-renowned oncologists who head their respective professional associations. Major importance is attached to the histological verification of a tumour's origin. Only the most experienced pathologists are involved in the diagnostics of paediatric oncology. The normal treatment of oncological disease is a multilevel process, including surgery and radio- and chemotherapy. Finnish oncologists adhere to the latest European standards and recommendations in the administration of chemotherapy. As a result of the expertise of the staff and their use of the latest treatment methods, the statistics for good prognoses and recovery improve year by year so that, for example, 97 per cent of child patients are now cured of leukaemia.

Finnish paediatric neurologists are renowned for their results in the treatment of neurogenetic disease and epilepsy. MEG (Magnetoencephalography) has emerged as a breakthrough method in the diagnosis of brain disorders. Thus, for example, MEG-mapping has developed into the most precise diagnostic approach in epilepsy prior to corrective intervention.

Finnish paediatrics has achieved world-class success, with the result that the treatment of cancer, the survival of preterm babies and cardiac surgery are all rated as among the best 10 per cent in the world.





OPHTHALMOLOGY

Finnish ophthalmology is well-known for its scientific reliability and its excellent recovery record. Great importance is attached to modern equipment and the continuous enhancement of the skills of its medical personnel. Finnish ophthalmologists use advanced diagnostic methods to identify eye diseases in their initial stages and to determine their exact causes.

Laser eye surgery has proved to be a safe method of improving vision impairment with sustainable results. Once laser surgery has been undertaken, the patient will no longer need to use glasses or contact lenses – except, at a later age, glasses for reading. FemtoLasic, SMILE, ASA or other advanced laser techniques can be selected in order to restore the pleasure of sight.

Almost 20,000 laser eye surgical operations are performed each year in Finland. Our experienced ophthalmologists have conducted thousands of such operations, and in the process they have gained a thorough mastery of the latest techniques. For this reason alone, in Finnish clinics the patient can rely on receiving painless, coherent and relaxing treatment during surgery, whether it be for the correction of regular near-sightedness or some more demanding treatment, such as retinal transplantation or an eye-saving tumour resection.

The ophthalmology departments at the universities and university hospitals bring together clinicians and researchers working in the field of optical diseases. The main areas of research focus on age-related macular degeneration, glaucoma and diabetic retinopathy. The high levels of research and practice are used in the development of innovative types of treatment for rare and threatening diseases of the eye.

OTORHINOLARYNGOLOGY

Even insignificant disorders involving the ear, nose or throat organs are liable to make life unpleasant. The treatment of a majority of otorhinolaryngologic diseases needs to be undertaken with extreme accuracy and professional experience, and Finnish otorhinolaryngologists have developed extensive expertise in their multidisciplinary treatment of ENT diseases.

Achieving significant results in their treatment of common conditions such as hearing loss, maxillary sinusitis, chronic rhinitis, and middle ear cholesteatoma, specialists also perform the most demanding surgery to remedy such cases as tumours in the head and neck. These conditions require complex treatment by specialists in otorhinolaryngology, in particular for cases requiring maxillofacial, plastic and neurosurgery. Finnish specialists are at the forefront of this field, with experience of unique surgery including complete face transplantation for patients with facial tumours.





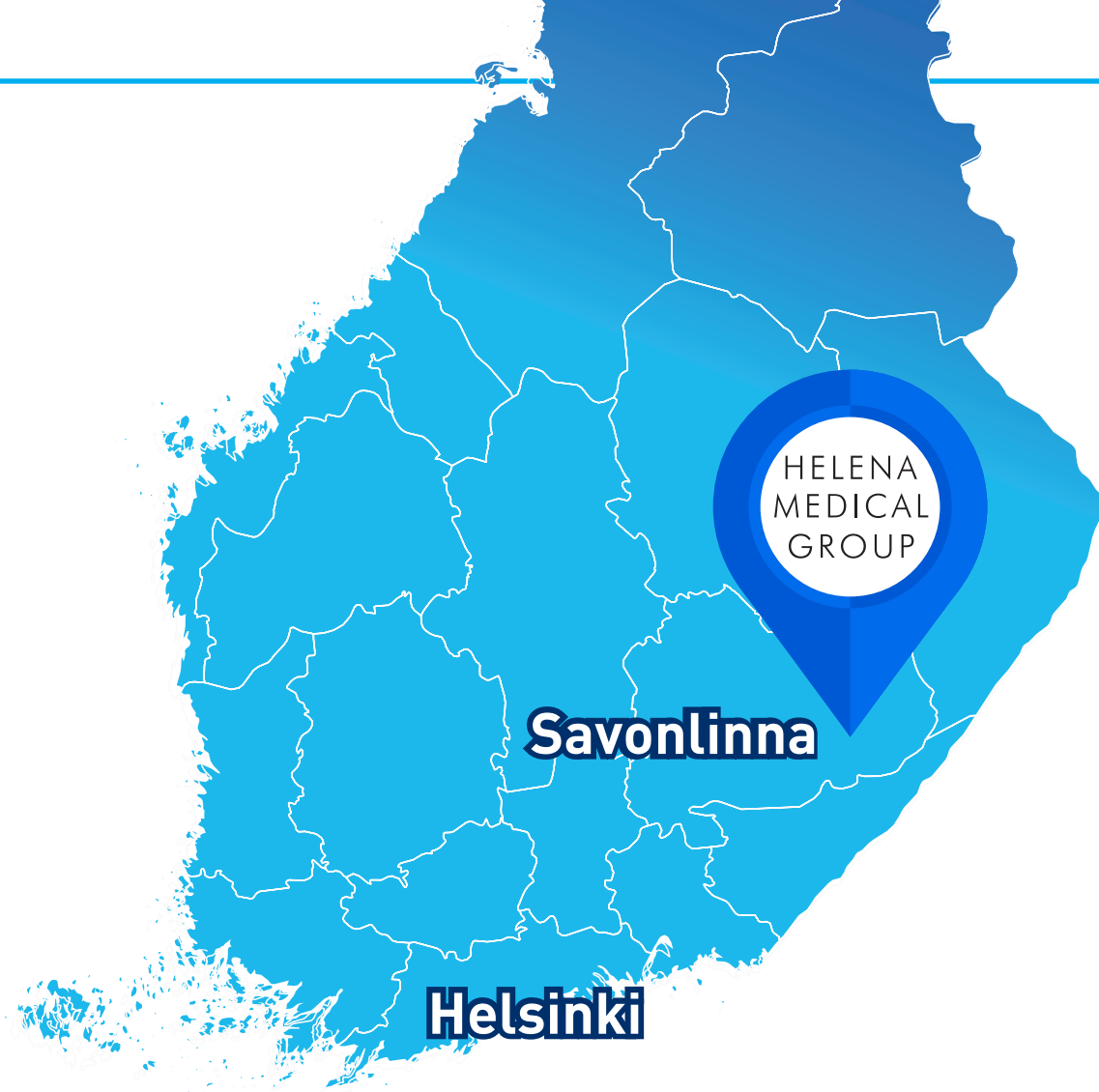
MEDICAL ASSISTANCE

Finland attracts almost 5 million tourists annually, from all over the world. Its pristine nature, long summer nights, crystal-clear lakes and harsh Lappish winters attract tourists from abroad, but their enjoyment may sometimes also be accompanied by an unexpected need for medical care.

Although Finland is considered to be safe for travellers, unplanned health-related situations may still occur. Since there is always a small risk of injury, accident, or the development of an acute condition or exacerbation of a chronic condition, tourists may need to resort to their travellers' medical insurance to obtain treatment. The Helena Medical Group works in cooperation with the insurance companies to arrange appropriate medical assistance within the country. With the help of our partnership network, we are in an excellent position to provide well-qualified and prompt medical care for tourists in any area of the country.

Enjoy Finland and travel safely!





WE ARE EASY TO REACH

The Helena Medical Group has a vast partnership network throughout Finland.

We are easy to reach: Helsinki Airport is a large international hub that provides connections with all capitals and large cities around the world. Located on the shortest route between Europe and Asia, Helsinki Airport now has 15 direct connections with countries in Asia.

Finland is also a country with a sophisticated transport infrastructure, with regular air and railway connections to all of its major cities.

The Clinic Helena and the head office of the Helena Medical group are located in Eastern Finland in the city of Savonlinna, which is 335 km from Helsinki. It takes less than an hour to reach Savonlinna by plane, while it is also possible to travel from Helsinki to Savonlinna by rail.

We are, of course, also ready to help with the arrangement of tickets, accommodation, leisure activities and babysitting services for our patients and their families.



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