Health Resort / Sanatorium `Solnechnoye Zakarpattia`

Western Ukraine (Transcarpathian Region, Svalyavsky Region, vill. Polyana)

Situated in a spectacular spot of Svalyava Cavin, next to the former Count’s hunting mansion, Sanatorium Solnechnoye Zakarpattia (Sunny Transcarpathians) is 340 meters above sea level. The sanatorium is set within the territory of Ukrainian SPA resort Solnechnoye Zakarpattia in 1,5 km distance from the village and Ukrainian popular SPA Polyana.

The sanatorium is surrounded by woodlands. A landscape recreational park of 156 hectares is located near by. A mountain river separates the sanatorium from the highway Polyana - Perchin and mineral water plant Polyana Kvasova. Distance to Solnechnoye Zakarpatsiye from the town of Svalyava is 11 km, from the city of Mukachevo is 35 km, and from the city of Uzhgorod is 75 km.

Accommodation
Sanatorium Sunny Zakarpattia offers 3 buildings for accommodation. Buildings are located within the distance of 100 meters from each other.

Single Room (1-roomed, total square is 22 sq. m)
Room amenities: bathroom unit (shower, washbasin, toilet), a double bed, wardrobe, dinner table with chairs, bedside cabinets, TV set, refrigerator, electric kettle, iron, clothes drying rack. Room capacity: 1 main bed.

Twin Room (1-roomed, total square is 28 sq. m)
Room amenities: bathroom unit (shower, washbasin, toilet), two single beds, wardrobe, dinner table with chairs, bedside cabinets, TV set, refrigerator, electric kettle, iron, clothes drying rack. Room capacity: 2 main beds.

Single / Double Suite of I- II rating (rating of the room depended on the refurbishing and total room square – 40 – 55 sq.m.)
Room amenities: bathroom unit (shower / bath, washbasin, toilet; bath in the rooms of I and II category), a bedroom, a lounge, a double bed, sliding-door wardrobe, chest of drawers, clothes rack, upholstered sofa and two arm chairs, dinner set, TV set, refrigerator, electric kettle, iron and ironing board, clothes drying rack, a balcony. Room capacity: 2 main beds and 1 extra bed.

Catering
Three meals a day. Balancing dietary dishes are on menu. Meals are served in the cafeteria.
According to the doctor’s prescription our guests can order any of 7 dietary variants (No 1, 4, 5, 5”, 8, 9, 15).
Meals in the restaurant are offered at extra cost.
Café and bars on the territory of the sanatorium offer a wide selection of dishes to suite any taste.

Water supply
Cold and hot water is available 24-hour.

Treatment
Sanatorium Solnechnoye Zakarpatsiye is specialized in treatment of:
Metabolic diseases
Digestive diseases
Liver and biliary tract diseases
Insulin-independent diabetes mellitus
Blood circulation diseases

Indications for treatment:
Various forms of reflux esofagitis from mild and moderate stages, without exacerbations;
**Chronic gastritis** with secretory insufficiency and with normal or high secretion without exacerbations;

**Chronic gastroduodenitis** with stomach infringement of secretory and motor-evacuative function;

**Functional stomach disorders** with infringements of secretion or motor activity ("non-ulcer dyspepsia");

**Stomach and duodenal ulcer** in remission or falling exacerbation without motor insufficiency of the stomach, without an inclinations to bleeding, penetration or suspicion of malignant tumors;

**Postoperative stomach diseases** in case of gastric ulcer and duodenal ulcer with the presence of dumping syndrome, mild or moderate hypoglycemic syndrome; cult gastritis, pancreatitis, hepatitis, cholecystitis, enterocolitis, colitis, in two months after the operation, when postoperative scar knitted well, in case of satisfactory general condition;

**Mild and moderate forms of chronic enterocolitis / colitis** of different etiology, excluding: stenosing, ulcers, tuberculosis, bacterial and parasitic forms, without exacerbations;

**Dyskinesia with symptoms of diarrhea or intestinal condition**, without exacerbations “irritable bowel syndrome”;

**Chronic liver and biliary tract diseases** of different etiology: hepatitis, cholecystitis, angioholitis (not active phase), without frequent exacerbations, with no effects of jaundice and normal ESR; residual symptoms after acute viral hepatitis in the inactive phase or in case of dying exacerbation; biliary bladder and biliary tract dyskinesia; spasm of Oddy’s sphincter;

**Gall-stone disease** without infections, without exacerbations, which does not require surgery;

**Postoperative conditions** after 3-4 months after a biliary tract operation;

**Chronic and recurrent pancreatitis** (except tuberculosis) without frequent exacerbations;

**Diabetes mellitus** compensated from mild to moderate;

**Uric diathesis** - oxalate and uratral;

**General health improvement.**

**Services**

Within the territory of the the sanatorium there is a mineral water pump room, secured car park, health paths, bar, café, post office, telegraph, vendor stalls – market, beauty parlour, concert hall, library, indoor swimming pool, artificial lake. Wide selection of sightseeing tours to the Carpathians is offered year-round.

**Sport and Entertainment**

Outdoor swimming pools for volleyball, tennis and table tennis, football field; in winter season to your services is offered: skating ring, ski, skaters and winter equipment hire.

**Medical services**

Treatment is carried out using mildly mineralized sodium carbonate hydrocarbonate water Polyana Kvasova which contains boron and fluorine, in composition and curative it is similar to mineral water Borjomi.

**General medical services:** pre-medical and medical examination, 24-hour medical supervision, attenuating sanatorium-resort treatment, therapeutic diet, medication, emergency medical care.

**Internal balneotherapy:** mildly mineralized sodium carbonate hydrocarbonate water containing boron and fluorine: special drinking recipe: drinking of native water heated to 30 - 45 º C with addition of fresh boiled water and magnesium sulphate on graduation method; rinsing out the larynx, washing out the nasal sinuses, stomach lavage, irrigation and underwater intestinal lavage, microcysters, trans-duodenal and orthograde lavage, vaginal irrigation, hydro-gum, inhalation.

**External balneotherapy:** mineral carbonates, conifers, whirlpool baths, circular, ascending, jet showers, underwater massage shower.

**Thermotherapy:** paraffin-ozone cerite procedures.

**Physical therapy treatment:** galvanization and medical electrophoresis (including intragastric), diadynamic diadenomophoresis, ampulpuse and amplitulpusophoresis, medical interference therapy, electrical stimulation, surface and cavernous ultrasonic therapy, surface and cavernous d’ arsonvalisation, franklinization, magnetic low-frequency therapy, pulse and magneto-massage, inductothermy, ultrahigh frequency therapy, microwave therapy, and abdominal surface, EHF-therapy, solux; general, local and nasopharynx UFO; PILAR-therapy lamp "BIOPTRON", surface and cavernous ultrasonic therapy, high-and low-frequency, medical phonophoresis, infita-therapy, laser and magnetic laser therapy of the red and infrared: local, point and cavernous, vacuum therapy, electroanalgesia, electric dream, aeroionotherapy, vibro-acoustic therapy.

**Climatotherapy and exercise therapy:** sun and air baths, swimming pool, sailing on catamaran or a boat, active sports, walking path, walking in the area (including sightseeing tours), hiking in the area, gymnastics, cycling and mechanich therapy, massage, manual therapy of the spine and abdomen, dry spinal tractions.

**Additional treatment methods:** salt atmatrics (artificial microclimate of salt mines in the village Solotvino), aromatherapy, fphone-relaxation, photo-chromate therapy, psychotherapy, acupuncture, herbal medicine, homeopathic treatment, cosmetic services, dental services, hirudotherapy etc.

**Laboratory examination:** blood, clinical, biochemical and immunological, urinalysis, clinical biochemical tests, clinical tests and biochemistry of feces (scatoscopy), gastric secretion examination and clinical analysis of gastric juice, duodenal intubation, bile clinical and biochemical tests, prostate and vaginal clinical tests.

**Instrumental examination:** roentgenoscopy and roentgenography, ultrasonic scanning, gastroduodenoscopy, sigmoidoscopy, colonoscopy, electrocardiography, rheography, spiography.

**Doctor’s consultation:** gastroenterology, nutrition, therapy, paediatrics, endocrinology, gynaecology, urology and nephrology, dentistry, physiotherapy, physiotherapy, homeopathy, dermatology.