Health Resort / Sanatorium `Syniak'

Western Ukraine (Transcarpathian Region, Mukatchevsky Region, vill. Sinyak)

Health resort / sanatorium Syniak is located in the area of balneological-climatic resort Syniak (in 5 kilometers from sett. Sinyak, 20 kilometers from the town of Mukachevo) at the foot of Carpathian volcanic mountain ridge, near by Sinyak mount (722 m). Sanatorium is located in vicinity of unique hydrogen sulphide water spring. Next to the sanatorium there is a ski rope lift.

Accommodation
- Double Standard Rooms (one-roomed, with amenities shared within a block (2x2))
  Room amenities: a bathroom unit with amenities shared within a block, TV set, single beds
- Twin Standard Rooms (one-roomed, 15 square meters)
  Room amenities: bathroom unit (toilet, shower, washbasin), two single beds, TV set, refrigerator
- Double Comfortable Rooms (one-roomed, 15 square meters)
  Room amenities: two single beds, bathroom unit (toilet, shower cubicule, washbasin). TV set, telephone, new furniture
- Double Superior Rooms (one-roomed, 18 square meters)
  Room amenities: single beds, bathroom unit (toilet, shower cubicule, washbasin), TV set, refrigerator, telephone, new furniture
- Single Rooms (2-roomed, 25 square meters)
  Room amenities: 2 rooms. a large bed, sofa, 2 armchairs, bathroom unit (toilet, shower cubicule, washbasin), refrigerator, TV set, 2nd person ia accommodated on the main place, there is extra bed for 3rd person in the room, rooms are separated by screen.
- Single Room (1-roomed)
  Room amenities: a single bed, bathroom unit (toilet, bath, washbasin). TV set, refrigerator, set of furniture
- Single, Double Suites (2-roomed, 3-roomed)
  Room amenities: bathroom unit (toilet, bath, washbasin). TV set, refrigerator, telephone, set of furniture

Catering
Three meals a day in the canteen, dietary menu included.

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

Treatment
Musculoskeletal system diseases: osteochondrosis, rheumatoid arthritis, Bechterew's disease, myopathy, osteomyelitis; nervous system diseases: radiculitis, polyneuritis, cardiovascular system diseases: rheumatic fever, hypertension, Raynaud's disease, obliterating endarteritis, metabolism, skin, gastrointestinal tract associated diseases, urinary system, chronic prostatitis, chronic gynaecological diseases.

Musculoskeletal diseases: osteochondrosis, rheumatoid arthritis, ankylosing spondylitis, myopathy, osteomyelitis, nervous system, radiculitis, polyneuritis,

Cardiovascular diseases: rheumatic fever, hypertension, Raynaud's disease, obliterative endarteritis.
Concomitant treatment: metabolic dieases, skin diseases, concomitant pathological diseases of the gastrointestinal tract, urinary diseases, chronic prostatitis, chronic gynaecological diseases.
Indications for treatment at the sanatorium Sinyak:

* Osteochondrosis, deforming osteoarthrosis;
* Rheumatoid arthritis I and II degree of activity, including hormone-dependent form;
* Scleroderma, systemic lupus erythematosus;
* Obliterative endarteritis of the lower extremities;
* Ankylosing spondylitis;
* Investigation of bone fractures with delayed union;
* Myositis, bursitis, myopathy;
* Dyupuitren's contracture;
* Chronic osteomyelitis (including fistulous form);
* Raynaud's disease, (12 stage)
* Reiter's disease;
* Rheumatism in the inactive phase with heart defects during blood circulation failure of 1st degree;
* Chronic thrombophlebitis *;
* Varic dilatation;
* Radiculitis and radiculoneuritis;
* Vibration disease;
* Plexitis, polyneuritis;
* Neuasthenia;
* Cardiopsychoneuropathy;
* Phantom pain;
* Chronic prostatitis;
* Chronic gynecological diseases (including infertility);
* Diabetes mellitus, insulin-dependent form of diabetic neuropathy, angiopathy;
* Gout;
* Skin diseases: atopic dermatitis, chronic dermatitis, eczema, ichthyosis, psoriasis, seborrhea, and allergic dermatitis.

Indications for drinking of mineral water:

* Digestive diseases (gastritis with low, normal and elevated secretory function, chronic cholecystitis, biliary dyskinesia of hypokinetic and hyperkinetic types, chronic pancreatitis);
* Occupational illnesses (heavy metal and salts intoxication);
* Allergic diseases with immune complex syndrome;
* Diseases of the genitourinary system (urine acid diathesis)
* Diseases of the endocrine system (diabetes).
* Hydrogen sulfide mineral water is also used for inhalation, intestinal and vaginal irrigation, rinsing the nasal passages and sinuses, gum irrigations.

The recommended duration of treatment and rehabilitation course in the sanatorium is 24, 18 and 12 days.

General contraindications against treatment in the sanatorium:

* Peripheral nervous system diseases;
* Degeneration of intervertebral discs in the cervical, thoracic and lumbar spine:
  * neurodystrophic, musculo-tonic, vegetative-vascular and radicular syndromes of reflex and compression origin;
  * shoulder-scapular periarthritis, sympatho-radicular, radicular shoulder-hand, with a moderate - or mild pains.
* Cancer;
* Infectious diseases;
* Fever;
* Aggravation of chronic diseases;
* Lumbodynia, lumbar ischialgia:
* Musculo-tonic, vegetative-vascular, neuro-dystrophic form with moderate or mild pain;
* Intervertebral disc shifts in thoracic and lumbar spine without myelopathy;
* Discogenic sciatica with mono-, bi- and poly radikulit syndrome with moderate and mild pain syndrome radikulointerhemii subject to an independent movement;
* Failure of the intervertebral disc with myelopathy, which do not require surgical intervention
* Status after laminectomy:
  * Sciatica, lumbodynia, sciatica with mono-, bi- and polyradiculitis syndrome with moderate and mild pain syndrome, radiculito-ishaemia, "a horse's tail" syndrome on condition of the patient's independent movement.
  * post operative conditions: post laminectomy condition; the anterior fusion;
Nerves and plexuses, peripheral nerves, shoulder girdle and upper extremities, pelvic girdle and lower extremities injuries / diseases.

Contraindications:
Disability of self-service and independent movement walking about the sanatorium;
Nervous system diseases (such as multiple sclerosis, leukoencephalitis, etc.);
Pelvic organs diseases and disorders;
General contraindications against treatment in the sanatorium.

Services
Phytobar, bar, café, sauna, beauty saloon, hairdresser’s babysitter services, secured car park, club with a cinema theatre, dancing hall, computer room, natural reserve with little animals.

Sport and Entertainment
Sports and playground rooms, tennis court, shooting gallery, library, billiards, sauna, workout gym, indoor swimming pool, two own rope tows (350 meters and 1200 meters), skiing equipment hire shop.

Medical services
The health resort was named due to hydrosulphuric waters which have bluish coloring. The chemical composition of the waters is sodium, calcium, magnesium, sulfate water, low in alkaline, sulfides, minerals.

Treatment resources:
Hydropathic (hydrosulphuric, coniferous baths), underwater shower-massage, circular shower, Charcot shower, ascending shower, swimming pool for a vertical vertebral traction in hydrosulphate waters;
Ozokerit treatment department;
Physiotherapeutic department;
Exercise department;
Manipulative therapy room;
Massage room;
Laser therapy room;
Psychotherapy room;
Acupuncture room;
Enema room;
Aromatherapy room;
Micro enema rooms;
Phytoterapy rooms;
Inhalatorium
Pump room with hydrosulphate and hydrcarbonate-sodium mineral waters “Polyana Kupel”; Computer analyzed room of functional diagnostics of cardio-vascular;
Clinical-biochemical laboratory;
X-ray room;
Dental room
Room for hydro-laser irrigation of gums.