

Treatment-recreational centre Severnyi is level 1 accredited.

Medical-treatment facilities and spa services of the sanatorium Severnyi include:

Spa treatment departments (children / adult swimming pool, baths, hydro massage room, shower department); mud department: (mud applications, electric mud treatment); physio-therapeutic department, inhalatorium; massage rooms; weight room; dentist room (dental treatment, gums hydromassage, gums mud applications); urological room (rectal tampons, prostate massage), electrocardiography room; gynecological room (mud tampons, mineral water irrigation), herbal therapy.

Treatment-recreational centre Severnyi offers services of special doctors: general practitioner, paediatrician, neuropathologist, physiotherapist, dentist, functional diagnostics specialist, ENT specialist, gynaecologist and urologist. Sanatorium has contracts with many special doctor practitioners, working at local clinical hospital, so patients receive any kind of special medical help.

All vacationers of sanatorium Severnyi receive guaranteed medical assistance. Special feature of the sanatorium Severnyi is a great variety of spa services including baths, pearl (whirlpool) baths, swimming in the pool, gums hydro-massage. Highly mineralized chloride – sodium water, rich in bromine has unique properties with sedative (soothing) effect, positive for central and peripheral nervous system; relieves pain syndrome of various aetiology; normalizes metabolic balance; produces anti-inflammatory and desensitizing effect.

#### **Indications for treatment at the sanatorium Severnyi:**

##### **1. Respiratory organs diseases:**

- sinusitis, pharyngitis, chronic tonsillitis;
- chronic bronchitis, chronic pneumonia, not in the stage of exacerbation with breath deficiency of less than 1<sup>st</sup> stage;

##### **2. Cardio-vascular diseases:**

- vegetative-vascular dystonia;
- hypertonic disease of I-II stage;

##### **3. Central and peripheral nervous system diseases:**

- neuropathy, neuralgia, polyneuropathy;
- neurotic manifestations of osteochondrosis;
- neurasthenia;

##### **4. Locomotive diseases:**

- generative-dystrophic diseases of joints
- inflammatory non-specific joint diseases, without acute conditions;
- post-traumatic arthrosis;
- stance defects, scoliosis of I – II degree;

##### **5. Endocrine diseases:**

- obesity I-II degree;

##### **6. Skin diseases:**

- neurodermatitis, without acute conditions;
- psoriasis, without acute conditions.

#### **Contradictions:**

1. Infective disease;
2. Somatic acute conditions or patient's decompensating;
3. Breath deficiency of II-II stage and cardio-vascular deficiency of II-III stage;
4. Post-effects after injuries of central or peripheral nervous system, movement limitation, deficiency of pelvic organs function;
5. Tuberculosis of various localization, infectious skin diseases;
6. Psychological diseases, episyndrome;
7. Oncological disease;
8. Cardio-vascular diseases with heart rhythm and conductivity defects (II-III stage of blockades)

A treatment course, its inclusions and number of procedures for each indicated disease depends on the duration of your stay:

- health improving – duration of stay is up to 10 days;
- reduced treatment course – up to 14 days.;
- full treatment course – 18 days and longer;

Treatment of urological and gynaecological diseases is offered at extra cost.

The following documents are required for undergoing a treatment course:

For adult: sanatorium-resort record and recommendation of your special doctor of the disease which you are going to be treated; as appropriate: urologist (men); gynaecologist and gynaecologic smear (for females); permission of dermatologist for visiting of the swimming pool.

For children (aged of 4 y.o. and upwards): sanatorium-resort record; vaccination certificate, disease-free environment certificate; permission of dermatologist for visiting of the swimming pool.

