

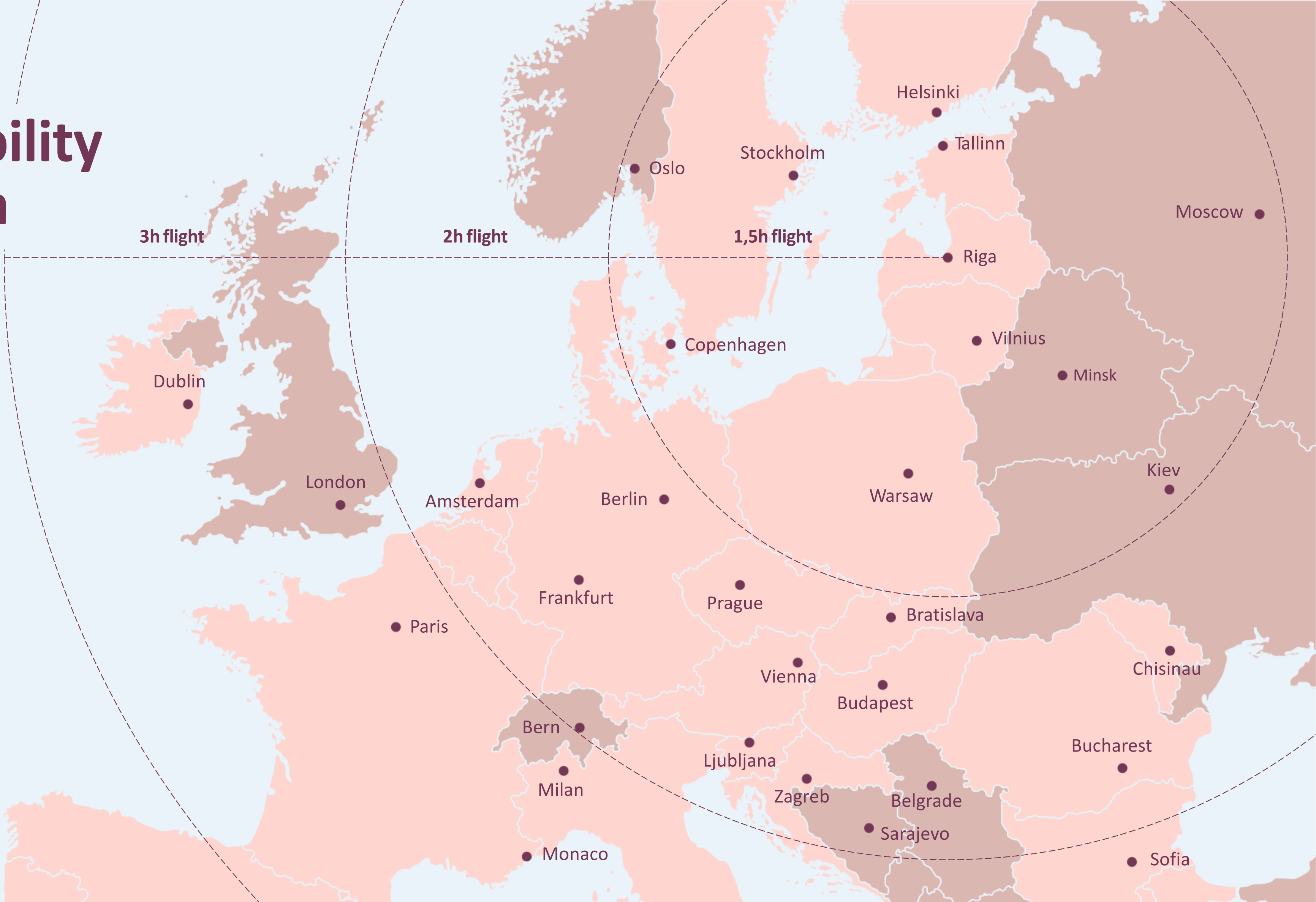


MAGNETIC
LATVIA

HEALTH TOURISM IN LATVIA



Accessibility of Latvia



Riga - home of airBaltic

Air traffic hub for Baltics

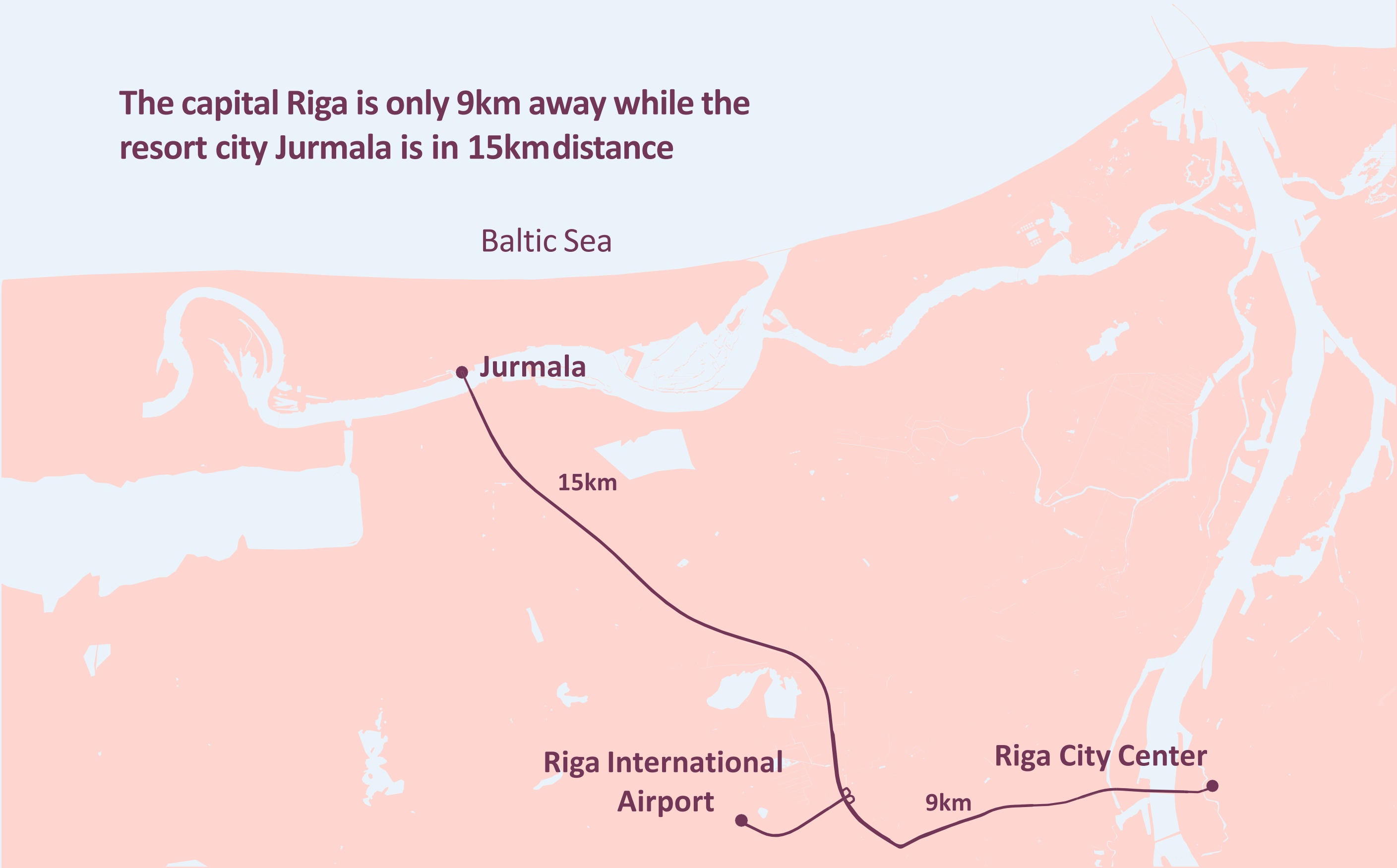
More than 100 direct flights

airBaltic codeshare partners:



Closest destinations from Riga International Airport

The capital Riga is only 9km away while the resort city Jurmala is in 15kmdistance



Ferry lines

Ferries operate to and from 3 port cities in Latvia – Riga, Liepaja and Ventspils. A cruise trip connecting Riga and Stockholm is only 18 hours long and is available up to 7 times a week.

The ferry between Liepaja and Travemunde in Germany operates up to 5 times a week with sailing duration from 26 hours.

Seasonal ferry between Riga and Helsinki.

TALLINK | SILJA LINE

 **Stena Line**



The top reasons why you should choose Latvia for medical treatment

Latvia's health clinics and hospitals can offer patients quality diagnostic and healthcare services, combining the experience of doctors with the latest technologies and high standards



Quality and personal care

The healthcare available in Latvia corresponds to the highest level offered by the world's leading clinics.

“

The very best
opportunity for each
patient



Availability

The date of consultations and operations can usually be arranged within the next two weeks, sometimes earlier. Examinations are available with no waiting lists in accordance with a carefully planned schedule.

“

Our doctors are ready to meet patients on weekends, if arranged



Professional knowledge

The education of Latvia's specialists corresponds to the highest international standards and the country's top medical practitioners regularly continue their further education, thus mastering the latest healthcare practices.

“

Expertise, as well as the newest treatment methods





Safety and EU quality standards

The infrastructure, environment and work organisation at Latvia's clinics correspond to Europe's best patient care standards. The country's state-of-the-art healthcare institutions conduct sterilised procedures according to the highest EU quality standards. These clinics have received ISO quality certificates.

“

International
quality standards

Privacy

Professional ethics and patient safety are the cornerstones of our professionalism. We guarantee absolute confidentiality, meeting EU requirements in relation to personal data protection.

“

We guarantee absolute confidentiality



Savings

Latvia’s clinics typically offer patients a sensible pricing policy with no hidden charges.

Service prices are competitive within the Baltic Sea region and lower than in Western European and Scandinavian countries.

Patients make cost savings of 50-70% comparing with Western European and Scandinavian countries

Source: compiled by the authors, the prices are collated from the information provided online by various medicine tourism service providers and intermediaries.

Note: the prices are approximate estimates. They do not include flight costs or accommodation costs for the patient or their companion. The actual price of the treatment will also vary domestically and will depend on many factors, including the quality and reputation of the hospital, the doctor’s experience, the exact procedure specification and other factors.

Certus Policy Think Tank. ISBN 978-9934-577-06-2. Medical Service Exports, Certus Policy Overview 5/2018. V.Dobrovskis, U.Spuriņš, D.Auers, Riga, June 2018.

Prices for medical procedures in various countries in 2017, EUR

	Dental implant	Stomach circumvention (shunting) operation	Stomach resection operation	Eye laser surgery (Lasik) (both eyes)	Cataract operation (one eye)	Hip replacement	CyberKnife radiosurgery	IVF (In Vitro Fertilization) procedure	Rhinoplasty
Latvia	650	6 500	6 500	1 200	730	5 600	7 500	2 000	2 400
Lithuania	650	6 500	6 500	1 000	800	5 200	-	1 800	2 000
Estonia	700	6 500	6 000	1 500	1 200	4 500	-	2 000	2 500
Ukraine	650	-	-	1 000	700	4 500	6 000	2 200	1 700
Poland	800	6 500	6 500	1 600	1 100	5 800	8 000	2 000	1 600
Hungary	700	8 000	7 500	1 400	950	4 400	-	1 700	1 800
Thailand	1 500	15 000	10 000	2 100	1 600	15 400	7 000	3 000	2 800
India	800	6 500	6 000	900	1 200	6 500	8 500	2 300	2 200
Israel	1 100	22 000	18 000	3 200	3 000	32 000	14 500	3 000	3 500
Turkey	800	12 000	11 500	1 500	1 400	9 000	10 000	2 800	2 800
Norway	1 500	13 000	12 500	3 000	2 700	12 000	-	3 500	3 000
Germany	1 800	8 000	8 000	3 000	2 200	16 000	10 000	3 500	3 200
United Kingdom	2 000	12 000	12 000	3 500	3 000	13 000	15 000	4 500	4 500
USA	2 250	22 600	15 000	3 600	3 200	36 000	70 000	11 000	5 900



Technology

Latvia's clinics are continually introducing cutting edge technologies that are widely acclaimed within the international medical community. Latvia's clinics offer innovative treatment methods, which guarantee the most effective results possible.

“

Cutting edge
technologies

No language barriers

Latvia's specialists communicate fluently in several foreign languages including English, Russian, French and German.

“

Latvian specialists are vastly experienced in working with foreign patients



A close-up photograph showing a doctor with a beard, wearing a white lab coat, examining the back of an elderly patient. The patient has white hair and is wearing a blue and white plaid shirt. The doctor's hands are resting on the patient's shoulder and upper back. The word "TREATMENTS" is overlaid in white capital letters in the center of the image.

TREATMENTS

Diagnostics

Latvia's clinics offer medical imaging, endoscopies, functional and invasive diagnostics, tests and check-up packages. Some screening programmes consisting of two to four procedures can be completed within just a few hours. Patients receive European quality at affordable rates.



Dentistry

Visits to a hygienist, dentist, surgeon, implantologist and prosthodontologist can be arranged within a short time of one another. The highly qualified specialists have interned at German, Swiss and American clinics and regularly participate in international congresses, conferences and seminars to enhance their knowledge.



<https://healthtravellatvia.lv/en/service/dentistry/>



IVF and fertility

Latvia's clinics have a success rate of well over 50%. In patients up to 30 years of age, fertilisation is successful in over 70% of cases, which is one of the best results in Europe. Latvia is home to the only reproductive genetics laboratory in Northern Europe where tests can be conducted at the embryonic stage, allowing to identify genetic illnesses.





Oncology

Latvia has over 70 years of experience in the research and treatment of oncological diseases, which ensures specialists are very thoroughly trained. Thanks to their level of expertise, access to modern equipment and methods, Latvian oncology specialists are some of the best in Europe.



<https://healthtravellatvia.lv/en/service/cancer/>

Ophthalmology

The state-of-the-art equipment in Latvia's clinics and experienced staff comply with European and American quality standards. Latvia's ophthalmologists regularly attend international training and experience exchange programmes in the USA, the UK, Austria, India, Germany, Denmark, Sweden and other countries to be able to apply the most progressive treatments.



Reconstructive surgery

Latvia's leading plastic surgeons are internationally acclaimed and their reconstructive work has been showcased at global congresses. They give lectures abroad and belong to leading industry associations including the International Confederation for Plastic Reconstructive and Aesthetic Surgery (IPRAS), the American Society for Aesthetic Plastic Surgery (ASAPS) and European Society for Laser Aesthetic Surgery (ESLAS).



Plastic surgery

Latvia's surgeons have attained their education and internships at the best Western medical universities and clinics. Personal responsibility and uncompromising standards of excellence. Clinics provide unique operating and recovery conditions that guarantee maximum aesthetic outcome and absolute confidentiality.



<https://healthtravellatvia.lv/en/service/plastic-surgery/>





Phlebology and proctology

In Latvia we are offering worldwide- recognised treatment using all the modern methods that are currently in use around the world along with combinations of these methods to achieve the best results. Clinics are equipped with state-of-the-art equipment.



<https://healthtravellatvia.lv/en/service/vein-treatment/>

Paediatrics

Most doctors working with childrens consider their work to be not just a service, but a mission. Doctors are educated and do internships abroad and in some sectors, such as cardio surgery, conduct complex world-class operations, in collaboration with foreign doctors.





Dermatology

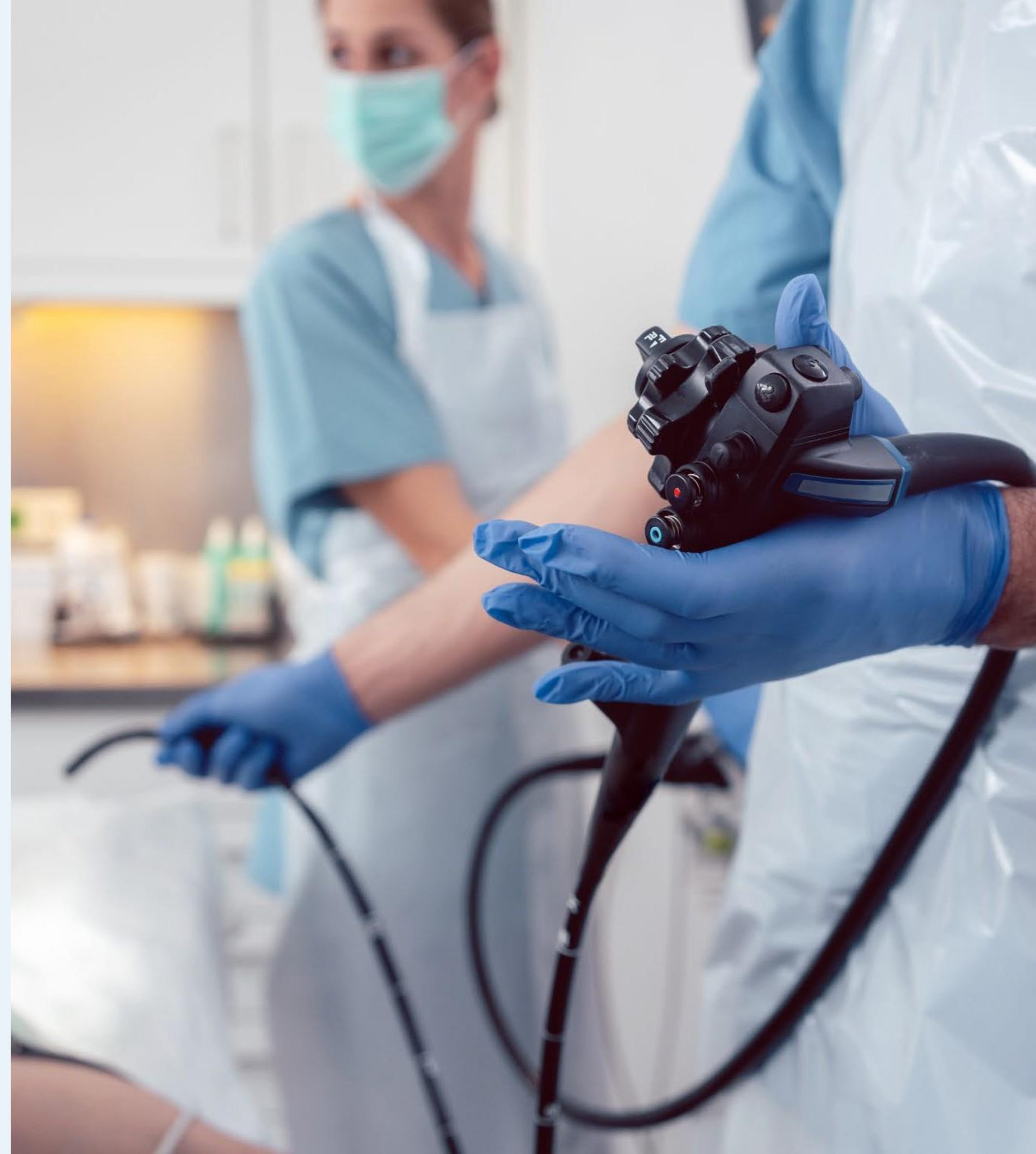
Latvia's dermatologists are experienced professionals with an international education and focus on development. Many are members of key industry associations in Latvia and Europe. Dermatologists can help treat acute and chronic skin diseases, skin growths, fungal skin and nail infections, acne and dermatitis, septic and viral skin conditions such as furunculosis and herpes, scabies, pediculosis, demodicosis, skin psoriasis and more.



<https://healthtravellatvia.lv/en/service/dermatology/>

Gastroenterology

Advanced diagnostic equipment and technologies significantly reduce examination times and improve precision. The variety of treatment options available helps doctors find the right course of action for each individual patient. Latvia's gastroenterologists can help get to the root cause of digestive problems, reflux disease, stomach aches, vomiting, irregular and painful bowel movements, and unexplained weight loss.



<https://healthtravellatvia.lv/en/service/gastroenterology/>



Orthopaedics

Latvia's doctors are highly sought after by professional athletes, including ice hockey and basketball players, as well as ballet dancers. Doctors have practiced at several American and European clinics and are members of the European Society of Sports traumatology, Knee surgery and Arthroscopy (ESSKA), International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine (ISAKOS) and other associations.



<https://healthtravellatvia.lv/en/service/orthopedic/>

Aesthetic medicine

Aesthetic medicine is available at short notice and at competitive rates. Latvia's clinics are equipped with world class equipment to help resolve numerous skin conditions and carry out unique skin rejuvenation procedures. Less invasive methods are becoming more common as technology advances.



https://healthtravellatvia.lv/en/service/aesthetic_medicine/



Otorhinolaryngology

Since ear, nose and throat conditions are often connected with other illnesses, patients may also be seen by otoneurologists, allergologists, gastroenterologists, audiologists, children's neurologists, paediatricians, children's infectologists and hearing aid technicians to determine the best course of action. Contemporary technology and methods can lessen patients' discomfort.





Gynaecology and urology

Doctors use the latest approaches and equipment to carry out accurate diagnostic procedures and surgery. Doctors have gained international experience at Europe's leading university hospitals in France, the UK, Italy and elsewhere. Both doctors and clinics are members of major international associations of gynaecologists and obstetricians such as the ISUOG and ISPD.



<https://healthtravellatvia.lv/en/service/gynaecology-and-urology/>

Psychiatry

A group of specialists including psychiatrists, psychotherapists, narcologists, physiotherapists and art therapists apply the latest research-based methodology to produce personalised treatment plans to improve patients' physical and emotional wellbeing.



<https://healthtravellatvia.lv/en/service/psychiatry/>





Medical rehabilitation

Patients receive treatments to encourage recovery after operations, injuries or periods of illness, as well as tackle chronic illness and boost the immune system as a preventative measure. The centres' psychotherapeutic approach also enhances patients' emotional wellbeing.



<https://healthtravellatvia.lv/en/service/rehabilitation/>

Spa & wellness

The services of Latvia's clinics are being increasingly appreciated by foreign clients receiving high-class treatment corresponding to international standards for low prices. The range of services includes a full care package.





Childbirth

Latvia's clinics are high level medical institutions which provide quality obstetrics services to latvian residents, but also to a significant number of foreign patients. Patients arrive here to receive medical care from countries including norway, sweden, the united kingdom, ireland, russia and other countries.

A modern laboratory setting with several scientists in white lab coats and safety glasses. In the foreground, a woman with blonde hair and safety glasses is operating a large, complex medical device with a screen and keyboard. To her left, another woman with blonde hair in a ponytail is working at a different piece of equipment. In the background, two men in lab coats are looking at a tablet. The lab is filled with various scientific instruments and equipment, creating a professional and high-tech atmosphere.

ADVANCED MEDICAL PRODUCTS

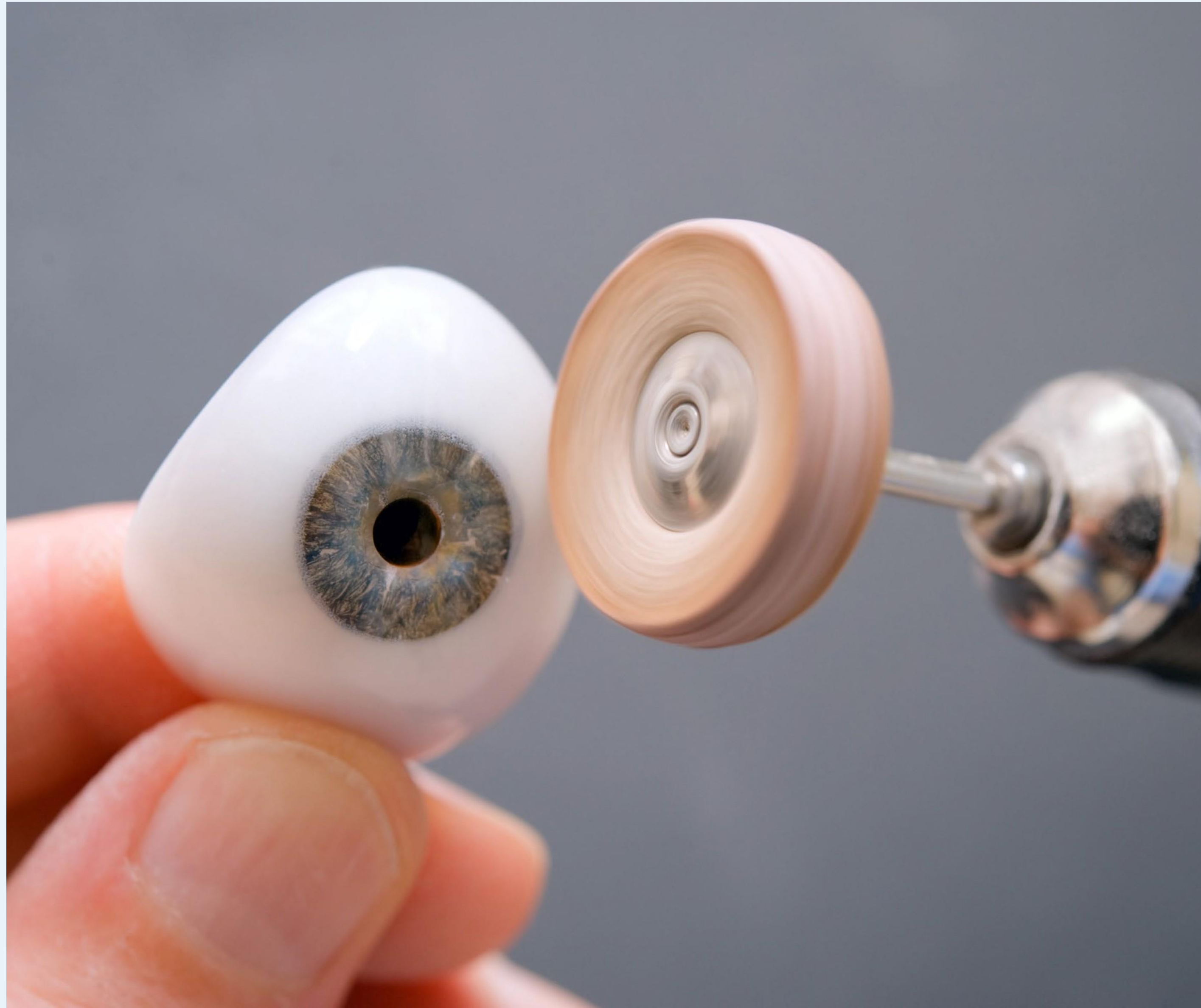
Eye prosthesis

Product:

eye prostheses made from various materials to fill in the eye cavity.

Indications:

for people who have lost one or both eyes due to an accident or illness, as well as in cases when the pupil of the eye has become blind, has contracted or become dull.





Oncolytic virotherapy

Service:
virotherapy virus.

Indications:
for oncological patients, a particularly valuable method for treating tumours that do not respond to radiotherapy or chemotherapy, e.G. Melanomas.

Cyberknife® m6

Service:

radiotherapy robot cyberknife® m6.

Indications:

patients with cancer, benign tumours
and other illnesses that can be treated
using radiosurgery or radiotherapy.



Tricopigmen- tation

Service:

tricopigmentation procedure HIM.

Indications:

hair loss in men; brief or complete loss of hair in men and women due to illness, to increase hair thickness after a hair transplant; scar camouflage; and to create density in the beard and moustache area.





Andrology centre

Service:

microsurgical spermatozoid extraction or removal (m-tese – microsurgical testicular sperm extraction).

Indications:

men whose sperm does not contain spermatozoa. Useful for a patient, who has undergone a standard biopsy in which spermatozoa were not found, or in the event that before any spermatozoid search procedure, the doctor suspects that the chances of finding them are negligible.

Genetic analyses

Service:

doctor-geneticist's consultations, genetic diagnostics and dna tests.

Indications:

couples in situations in which there have been cases in the family or relatives' families of children being born with mental and/or physical retardation, parents diagnosed with genetic diseases or chromosomal anomalies, cases involving one or more spontaneous abortions or structural foetal anomalies discovered during the course of pregnancy.



A photograph of a medical CT scanner in a clinical setting. The scanner is a large, white, circular machine with a patient bed extending from the center. The word "TECHNOLOGIES" is overlaid in white, bold, sans-serif capital letters across the center of the image. To the right of the scanner, there is a medical stand with two IV bags hanging from it and a control panel mounted on a boom arm. The background is a plain, light-colored wall.

TECHNOLOGIES

The New Word in the Treatment of Infertility

EmbryoScope

iVF Riga offers a new method of cultivation of embryos in the unique incubator EmbryoScope, which provides continuous monitoring of the embryo development and recording it on video.

Indications for infertility treatment using EmbryoScope:

- For patients with failed implantation in previous IVF cycles;
- For patients with poor egg or semen quality;
- For patients over 35 years old;
- For patients after missed abortions





Radiosurgery with M6

An effective and noninvasive treatment method for primary, recurrent and oligometastatic cancer

Therapy with the robotic radiosurgery CyberKnife M6 is:

- innovative approach of treatment contrary to the traditional paradigm – surgery,
- conventional radiotherapy or hormonal therapy (ADT);
- very precise, fast, effective and safe;
- do not affect daily life.

The main goals of the therapy are:

- to find tumour lesions in patient's body and inactivate them;
- to prolong symptom-free and overall survival;
- to preserve the existing quality of life.

Vein closure using bioglue - (VenaSeal™ Closure System)

This is the newest, the most advanced and the safest endovenous surgery technique. A vein is glued up from the inside using special bioglue.

VenaSeal™ Closure System as a treatment method was introduced to the world only in 2012, and Latvia is the fifth country in the world to use it.





Facial skin diagnostics using VISIA®

The new VISIA® skin condition analysis system of the seventh generation provides currently the most accurate and fastest professional facial analysis.

VISIA® system analyses the following factors:

- pigment spots,
- wrinkles,
- differences in the skin tone,
- pores,
- damage caused by the sun (hyperpigmentation, lentigo),
- pigmentation of the upper layer of the skin,
- condition of the facial blood vessels (couperosis, rosacea),
- presence of porphyrin bacteria.

GE Voluson E10 for particularly complicated cases

Ultrasound machine Voluson E10 for gynaecologists and obstetricians

It is a highly valued expert class ultrasound machine used in gynaecology, reproductive medicine and perinatal diagnostics all over the world. Innovations in image quality, use of applications, and analysis of image quality ensure excellent performance of this equipment and precision in diagnostics. Along with standard examinations, this machine can also perform important additional examinations in gynaecology and obstetrics.





Center of Andrology

Patients can receive consultations about men's fertility issues, erectile problems, and STDs.

Experts perform ultrasound and dopplerography examinations of men's genitals (including prostate, testicles and penis) and urinary tract, as well as minimally-invasive urological surgeries, surgical treatment of men's infertility – TESE, PESA, micro TESE, MESA, recanalization of the ejaculatory duct after vasectomy, and vaso-epididymal anastomosis. The surgical treatment of male infertility uses the latest generation SOM62 surgery microscope SOM62 - German-quality

Dentistry,

The digital X-ray device «Carestream CS 8100 3D»

The digital X-ray device «Carestream CS 8100 3D»
From traditional panoramic exams to endodontics, implant planning and oral surgery applications, the CS 8100 3D is capable of far more than the average 3D unit. It allows to view areas of interest from every angle with one-to-one accuracy.



Philips Vereos PET/CT digital imaging system

The new imaging system, the only one of its kind in Central and Eastern Europe, enables medical specialists to perform high-quality examinations in patients with oncologic, haematologic disorders, certain neurological, cardiologic disorders as well as other disorders in improved ways.

The digital PET/CT imaging system represents one of the most advanced medical imaging systems in the world, enabling a detailed examination of patients with oncologic disorders in a combination of PET (positron - emission tomography) and CT (computer tomography) imaging techniques. 'A PET/CT examination is one of the most precise methods in cancer diagnostics, merging PET and CT images into a single scan and thus enabling a quick and precise appraisal of the spread of the morbid process.





Extracorporeal Shockwave Lithotripsy

Equipment for kidney stone fragmentation (distance lithotripsy). It has started using the latest generation Premium class lithotripsy equipment Gemini from the leading German urological equipment manufacturer Dornier MedTech.

Advantages of Gemini Dornier MedTech:

- performs most accurate and effective kidney stone fragmentation procedures in an outpatient setting;
- patients are free to go home after the procedure;
- the procedure is adjustable for children;
- kidney stone fragmentation is also suitable for larger patients – up to 200 kg;
- extensive image documentation and comparison options that allow the results of previous lithotripsy procedures to be evaluated.

Unique 3t Mri Exams In Gynaecology And Urology

It is assumed in the world, including Europe and North America, that a 1.5T MRI system is completely sufficient to perform these exams. However, where it is possible to use both systems and to compare the image quality, one must admit that images obtained in a 3T MRI scan have a much higher resolution which facilitates diagnostics greatly.

An MRI scan is completely harmless for health because no ionising radiation is used. Tissue resolution is very good, therefore administration of an intravenous contrast agent is required in rare cases only.



Armeo Arm Rehabilitation System

This robotic process is used as a rehabilitation method with which to exercise arms after injuries and diseases. The therapy requires a high degree of engagement on the part of the patient; the exercises are performed repeatedly and independently. The device is suitable for both adults and children and is easily adaptable for individual patients. The device can be used by patients suffering from various types of neurological ailments (post-stroke, Parkinson's disease, multiple sclerosis, geriatric patients, etc.).



EksoGt Walking Robot

This unique robotic device helps patients with spinal cord damage to move vertically and to train their legs. The support of the robot allows the patient to move his muscles and stretch his legs. The device makes it easier for the patient to undergo initial mobility training, which is intended to help the patient get around better.

The device makes training sessions smarter, because the robot records data, as a result of which it is subsequently possible to analyse how much the patient has moved and how much work has been done by the device. The EksoGT rehabilitation device is used to aid the recovery of patients after spinal cord injuries, multiple sclerosis patients, as well as other patients with mobility problems caused by paralysis. The robot can only be operated with the help of specialists.





Erigo Verticalization Device

Suitable for patients recovering from serious injuries and diseases. Technology simulates active leg movements, which makes it possible to ensure early muscular mobilization. Robotic movements enable patients who have been bedridden for a long time to gradually learn to walk again. The device can also be used by patients who are completely paralysed.

Andago Robotics

Andago is a robotic device that provides safety during gait training. It is a robot that provides stability while walking, at the same time preserving the quality of the patient's quality, and liberating the patient from the fear of falling.

Andago is one of the safest robotic devices, which is intended for intensive gait and balance training, and is particularly recommended for use by patients after a stroke or with a gait deficit caused by various neurological, orthopaedic or cardiovascular illnesses.





Mirerehab Virtual Reality

Mirarehab is used in rehabilitation for children, orthopaedic, psychiatric, geriatric and neurological patients. With a virtual reality device it is possible to improve active and passive mobility, active stability, movement coordination, balance, weight transfer, stereotypical gait, muscular strength, mood, motivation and cognitive abilities.

Virtual reality boosts the desire of patients to become more involved in the rehabilitation process. Mirarehab therapy is administered by a certified therapist, who assesses the patient and his abilities to perform the therapy offered by the software, prepares an individual plan and monitors each therapy session.

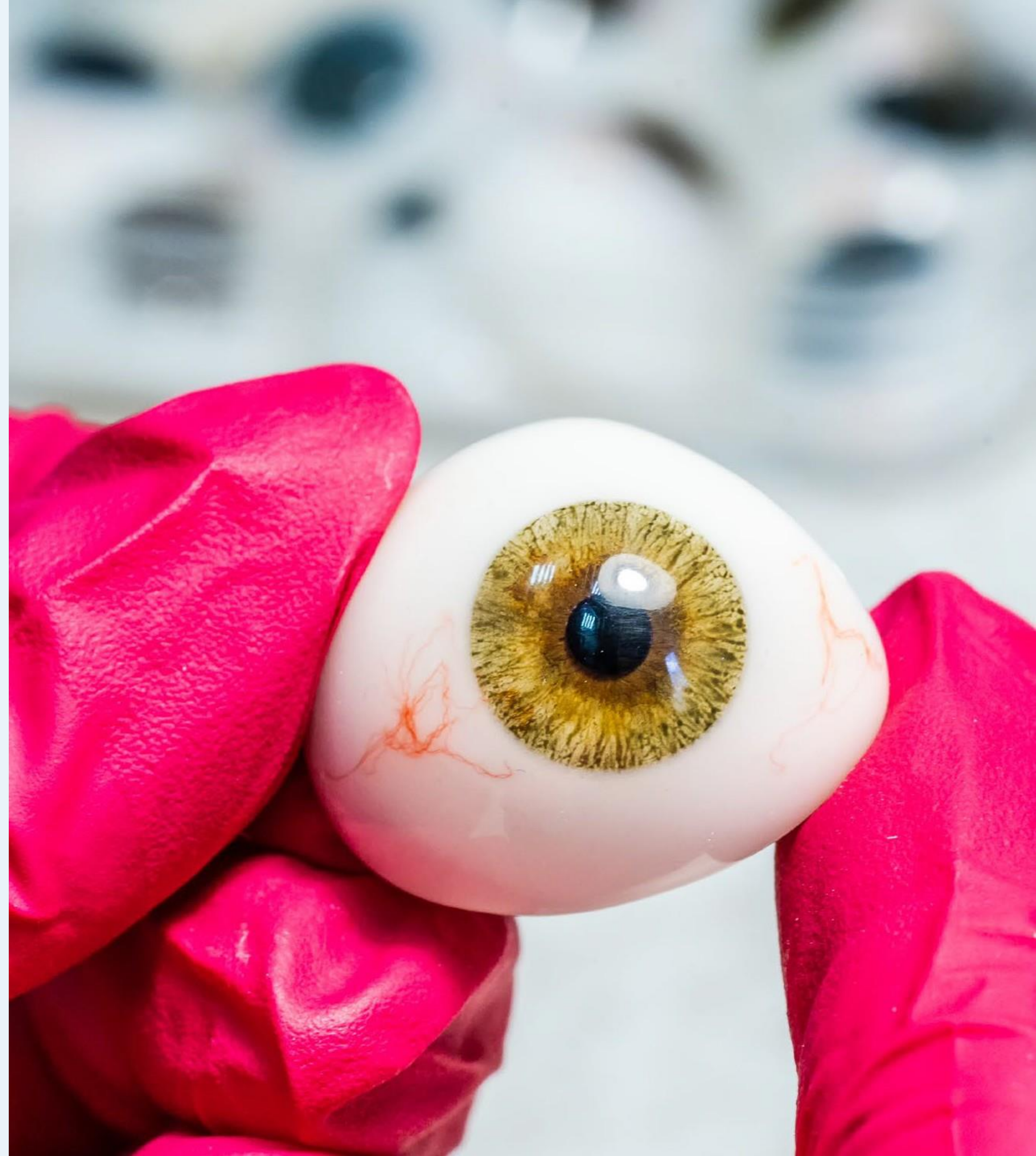


<https://healthtravellatvia.lv/en/service/rehabilitation/#4>

Ocular Prosthetics

The latest technologies and modern instruments ensure fast production of prosthesis and outstanding durability; depending on the selected material, ocular prosthesis can be made in Valters' Prosthetic Laboratory within 1-3 days.

Each prosthesis is unique handwork; it proves the craftsmanship of the specialist and can be compared with an inimitable work of art.




Medical education in Latvia


Riga Stradins University (RSU)

Rīga Stradiņš University (RSU) is a public university located in the city of Riga, Latvia and Faculty of Medicine is highly valued in Latvia and worldwide. It has been the academic destination of international students for almost 30 years.

RSU has enrolled 1,611 international students from more than 40 countries: Austria, Azerbaijan, Canada, China, Finland, France, Germany, Italy, Israel, India, Ireland, Norway, Poland, Portugal, Russia, Spain, Sri Lanka, Sweden, Switzerland, United Kingdom, the Netherlands, Turkey, etc. The majority of the international students represent Germany, Sweden and Norway.

 <https://www.rsu.lv/en/international-student-department>

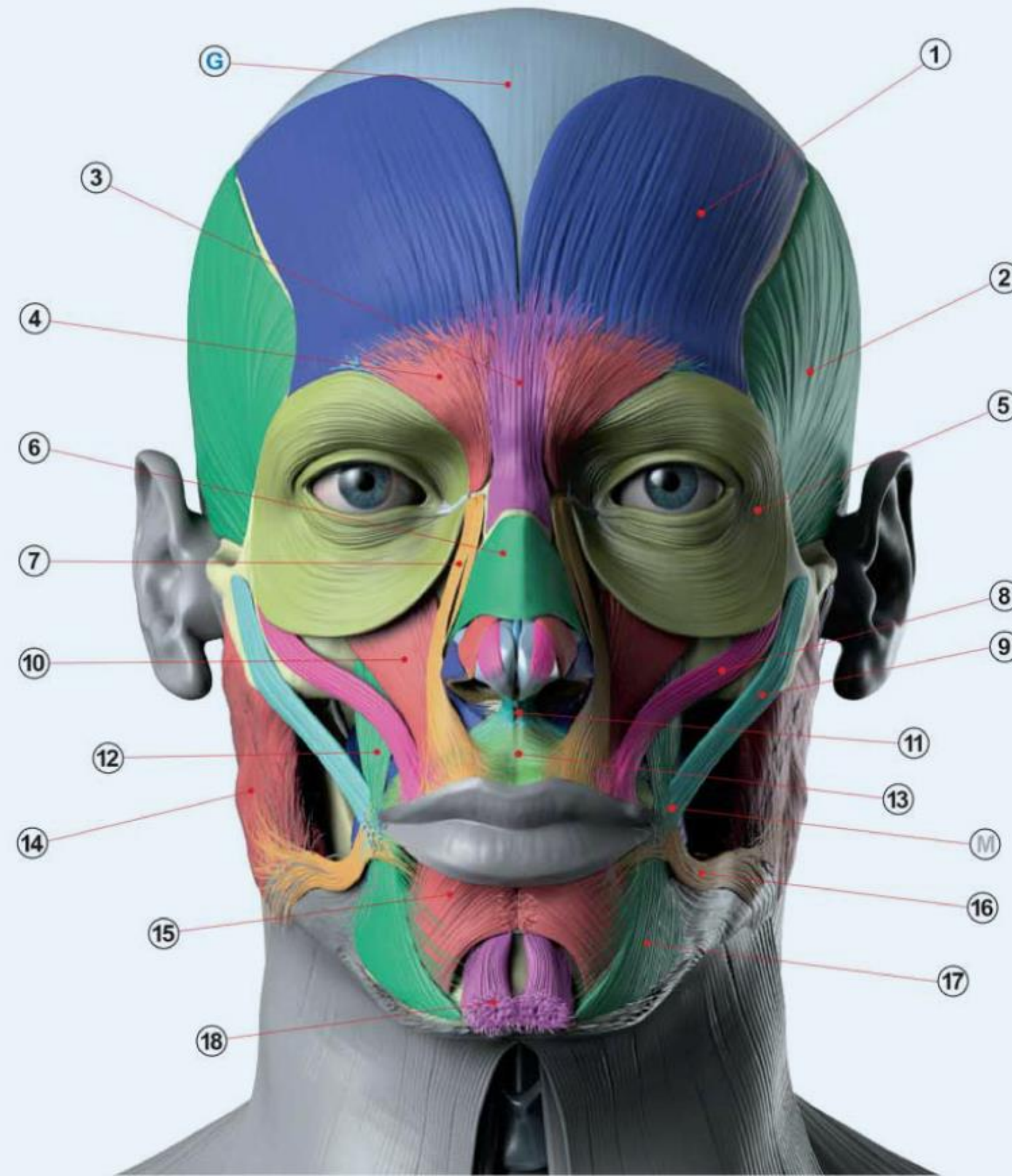




STARTUPS IN MEDICINE IN LATVIA

Anatomy next

3D human atlas which
boosts learning among the
medical students.



Castprint

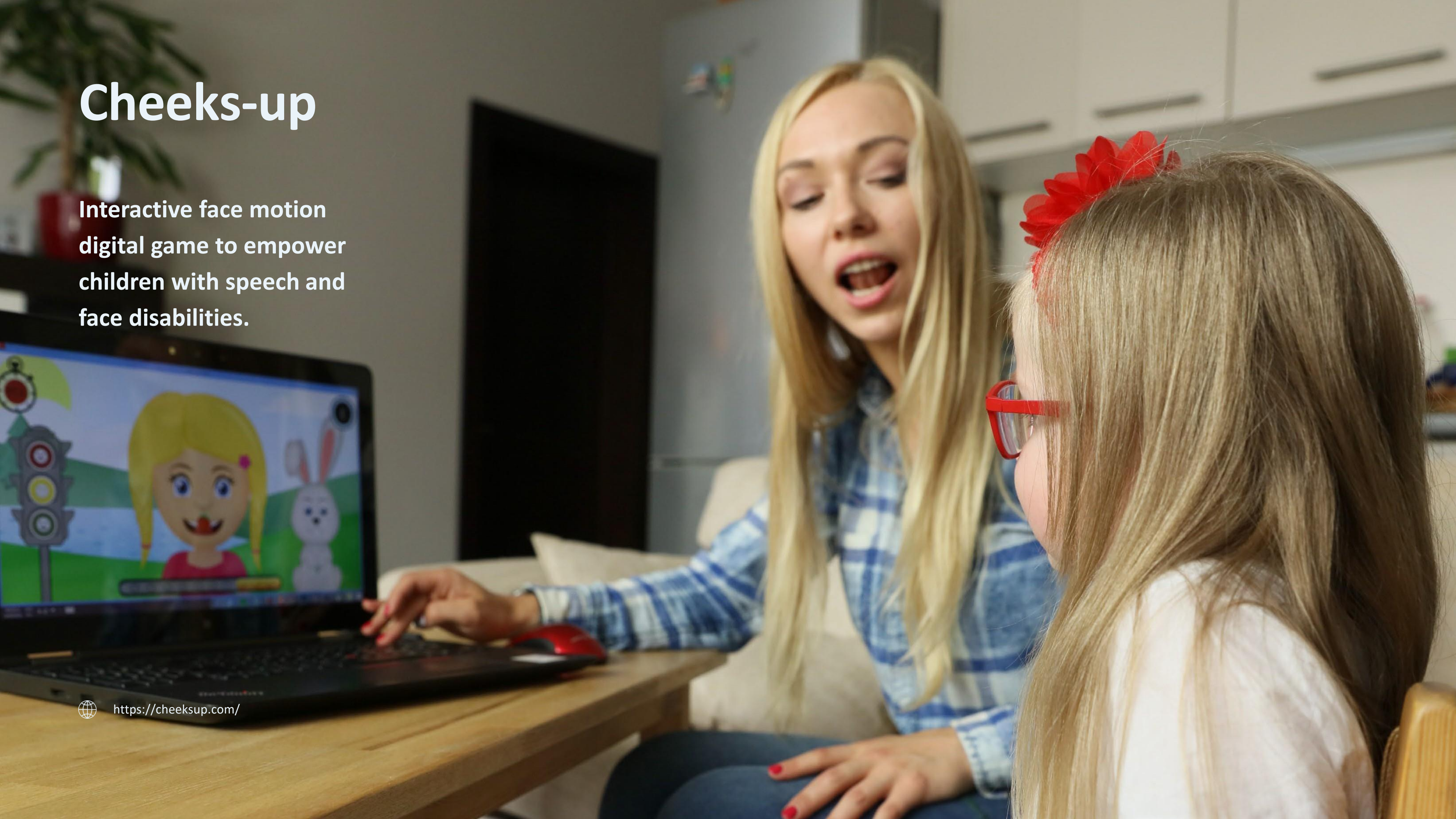
CastPrint® is 3D printed casts for various types of fracture injuries. 3D printed casts are a lightweight, ventilated and waterproof. Casts made from biodegradable plastic which is environmentally friendly material. Anti-allergenic and safe for skin contact.



<https://www.castprint.co/>

Cheeks-up

Interactive face motion
digital game to empower
children with speech and
face disabilities.



<https://cheeksup.com/>

Dorothy

Dorothy AR is the first assistant for people with memory problems. It reminds them about daily tasks, guides around the house using Augmented Reality and keeps them connected with their caregiver.



<https://dorothy.app/>



Vigo

Vigo is the first software based stroke rehabilitation therapy using years of research in stroke treatment, psychotherapy, and neuroscience.

KUSTĪBU KOORDINĀCIJA

3
minūtes

AUGSTA
intensitāte

2
vingrojumi



<https://vigo.health/>

Medcub

Inovative company that provide radiology services via internet to hospitals and doctors.



<https://www.medcub.com/>

DERMA

**Mobile Skin Screening Device
Intended for people to follow their own skin condition.
A device that comes with the phone and comes with applications for both the patient and the professionals.**

Wide

Software for digital customization of orthoses and prosthesis.



<https://wide.tech/>

More about Latvian Health tourism cluster

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MAGNETIC
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HEALTH TOURISM IN LATVIA

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