

Federal state budgetary institution
**NATIONAL MEDICAL RESEARCH CENTER FOR THERAPY
AND PREVENTIVE MEDICINE**

of the Ministry of Health of the Russian Federation



HOSPITAL

more than 6,000 patients
about 3,000 operations

Federal State Budgetary Institution National Medical Research Center for Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation

(FSBI "NMRC TPM" of the Ministry of Health of the Russian Federation)

Since 2019 participates in the implementation of the federal project "Development of the export of medical services."

Leading specialists in the field of preventive medicine - Corresponding Member of the Russian Academy of Sciences, professors, doctors and candidates of medical sciences work in the Center.



KEY AREAS

- **Cardiology**
- **Complex cardiac rhythm and conduction disorders**
- **Emergency cardiology with resuscitation unit**
- **Neurology**
- **Therapy**
- **Department of X-ray surgical methods of diagnosis and treatment**
- **Surgery** (in a day hospital - small surgical interventions in gynecology, urology, proctology, phlebology)
- **Ophthalmology**
- **Medical rehabilitation**





FSBI “NMRC TPM” of the Ministry of Health of the Russian Federation is:



The use of **translational medicine principles**, an effective system of introducing scientific results into clinical practice



Development and introduction of **the latest technologies and methods of treatment**, medicinal products, medical devices into practice



Second medical opinion on prescribed drug therapy and treatment tactics for patients of therapeutic, cardiological and neurological profiles



Extensive experience in the treatment of comorbid patients with proven efficacy



Remote medical support after discharge from the hospital and remote video consultations with the participation of professors, doctors of sciences, researchers and clinical specialists of various specialties



PREDICTIVE AND INTEGRATIVE MEDICINE CLINIC

- Diagnosis and treatment of diseases of various etiologies
- Predicting disease risks
- Improving quality of life
- Weight correction and the development of an individual nutrition and physical activity program
- Relieving symptoms and eliminating the effects of stress and overwork
- Preservation of beauty and youth with correction of internal factors
- Aesthetic correction of deficiencies
- Correction of sleep disorders
- Remote patient follow-up at all stages of diagnosis and treatment





PREDICTIVE AND INTEGRATIVE MEDICINE CLINIC

The main thing is the patient

At the heart of the work of the clinic's specialists is a sincere desire to help each patient.

Personalisation

All diagnostic, therapeutic and preventive measures are developed taking into account the individual characteristics of the patient.

Comfort and privacy

Most studies and manipulations that do not require special equipment are carried out in a comfortable room. The isolated passage to the ward contributes to the preservation of a confidential stay in the clinic.

Saving time

Thanks to the well-coordinated highly professional work of specialists, the patient receives maximum information about his health in minimal time.

Collaboration with a doctor

Each study and its results are discussed with the patient. There are no incomprehensible studies and frightening terms.

Clarity and planning

As a result of each visit, a clear action plan is issued to the patient. Managing your health fits into the patient's routine and does not cause discomfort.

REVISION OF DIAGNOSIS

How does this approach differ from the usual Check-Up?

- In Interdisciplinary approach
- Use of innovative diagnostic and treatment methods proven to be safe and effective
- Individual approach to each patient

And the main thing is a **quality guarantee** - Federal State Budgetary Institution National Medical Research Center for Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation is a federal state medical center, the leading institution of the Ministry of Health of Russia in the field of prevention of chronic non-infectious diseases (cardiovascular, bronchopulmonary, oncological diseases, diabetes mellitus).





DIAGNOSIS AND TREATMENT OF PATIENTS WITH DISEASES OF:

Cardiovascular system

Digestive tract

Nervous system

Endocrine system

Musculoskeletal system

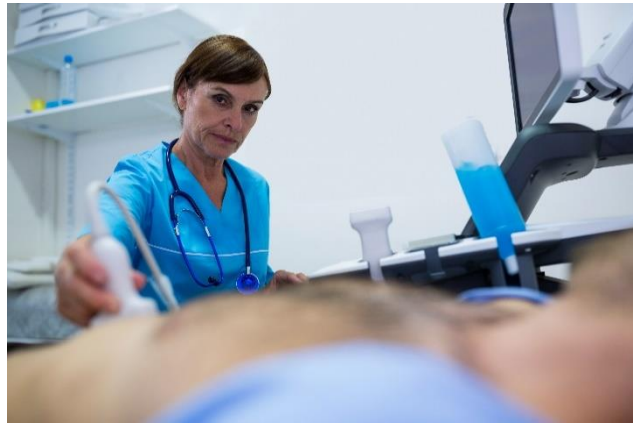




CHECK-UP PROGRAMS FOR FOREIGN PATIENTS:



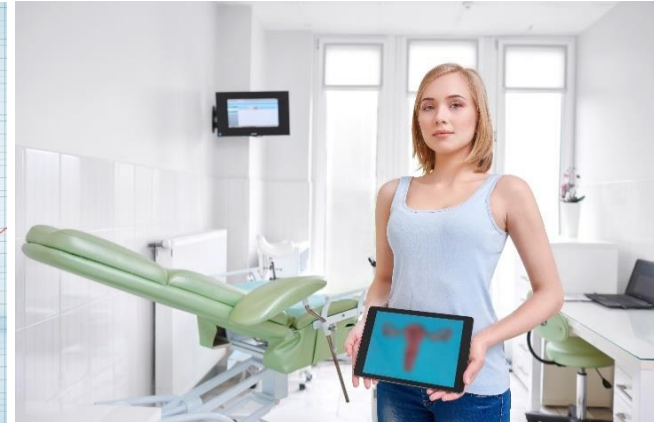
Cardiology



Gastroenterology



Surgery



Gynecology



Traumatology



Urology



Neurology



Endocrinology



CARDIOLOGY

Hypertension - all stages

Diagnosis of causes of **symptomatic arterial hypertension**

Coronary heart disease (myocardial infarction at all stages of the disease, including post-infarction atherosclerosis, unstable and stable angina), including those requiring surgery - stenting of coronary vessels of any complexity.

Cardiac rhythm disorders, including those requiring surgical intervention - EXS and ablation of additional conductive pathways, ectopic focus of arrhythmia.

Patients with **circulatory insufficiency due to coronary heart disease**, heart defects and cardiomyopathies of various genes, lipid metabolism disorders/





DEPARTMENT OF SURGICAL TREATMENT OF COMPLEX HEART RHYTHM DISORDERS AND ELECTROCARDIOSTIMULATION

- More than 1,200 complex surgeries per year
- Implantation of modern heart rate normalization devices
- Use of all current arrhythmia management techniques
- Unique heart rate normalization protocols
- Medical and electrical cardioversions



THERAPEUTIC DEPARTMENT



- Treatment of patients with an unclear diagnosis or with a combined pathology, when at the prehospital stage it is difficult to determine the diagnosis and choose a multi-component treatment, considering the comorbidity of the patient.
- Diagnosis and treatment of diseases of internal organs.
- Development of an individual examination and treatment plan taking into account all the features of the somatic pathology of this patient.
- Much attention is paid to various diseases of the gastrointestinal tract, the diagnosis and treatment of anemia, multifactorial prevention of cardiovascular pathology, as well as the diagnosis and treatment of various syndromes of patients after coronavirus infection.
- The department has accumulated extensive experience in the treatment of patients of any age, including the elderly, rehabilitation of patients after a coronavirus infection, severe operations, when concomitant chronic diseases are aggravated.

THERAPEUTIC DEPARTMENT



DIAGNOSIS AND TREATMENT OF PATIENTS WITH:

- Diseases of the cardiovascular system,
- Gastrointestinal pathology,
- Diseases of the urinary system,
- Chronic diseases of the respiratory tract, chronic diseases of the ENT organs,
- Endocrine pathology,
- Diagnosis of neoplasms

AND ALSO FOR:

- Preparation for and early rehabilitation of patients after interventions,
- Rehabilitation, recovery treatment after a new coronavirus infection
- Preparation for operative treatment and rehabilitation of patients after operations,
- Conducting a comprehensive examination before examination at the IEC and other medical commissions

DIAGNOSIS AND TREATMENT OF PATIENTS WITH:

- Vascular diseases of the brain (atherosclerotic lesion of the brachiocephalic arteries, hypertensive angiopathy, dyscirculatory encephalopathy)
- Symptomatic (more than 50% according to the USDG or duplex study) and asymptomatic (more than 70%) stenoses of carotid arteries for additional examination and, if confirmed, carotid stenting in order to prevent acute cerebrovascular accident
- Cognitive impairment in cerebral vascular lesions
- Various pain syndromes (headaches, neuropathic pain, etc.)
- Sleep disorders (insomnia, obstructive sleep apnea syndrome, etc.)
- Dorsopathies due to osteochondrosis of the spine, spondyloarthrosis (herniated discs, stenosis, etc.), accompanied by neurological symptoms
- Extraparamidal diseases of the central nervous system (parkinsonism, dystonic syndromes, etc.)
- Together with the rehabilitation department, vestibular disorders are corrected using stabiloplatfrom in combination with non-invasive translingual neurostimulation (BrainPort simulator)





OPHTHALMOLOGY

- Cataract removal using micro-cuts (seamless surgery);
- Glaucoma surgery using various models of shunts, drains, valves;
- Implantation of premium intraocular lenses (multifocal, thoric) in cataract surgery;
- Refractive lens surgery;
- Neuroprotective treatment of retinal and optic pathology (AMD) (glaucoma);
- Treatment of wet AMD





GASTROENTEROLOGY

COMPREHENSIVE PROGRAMS FOR DIAGNOSING GASTROINTESTINAL DISEASES

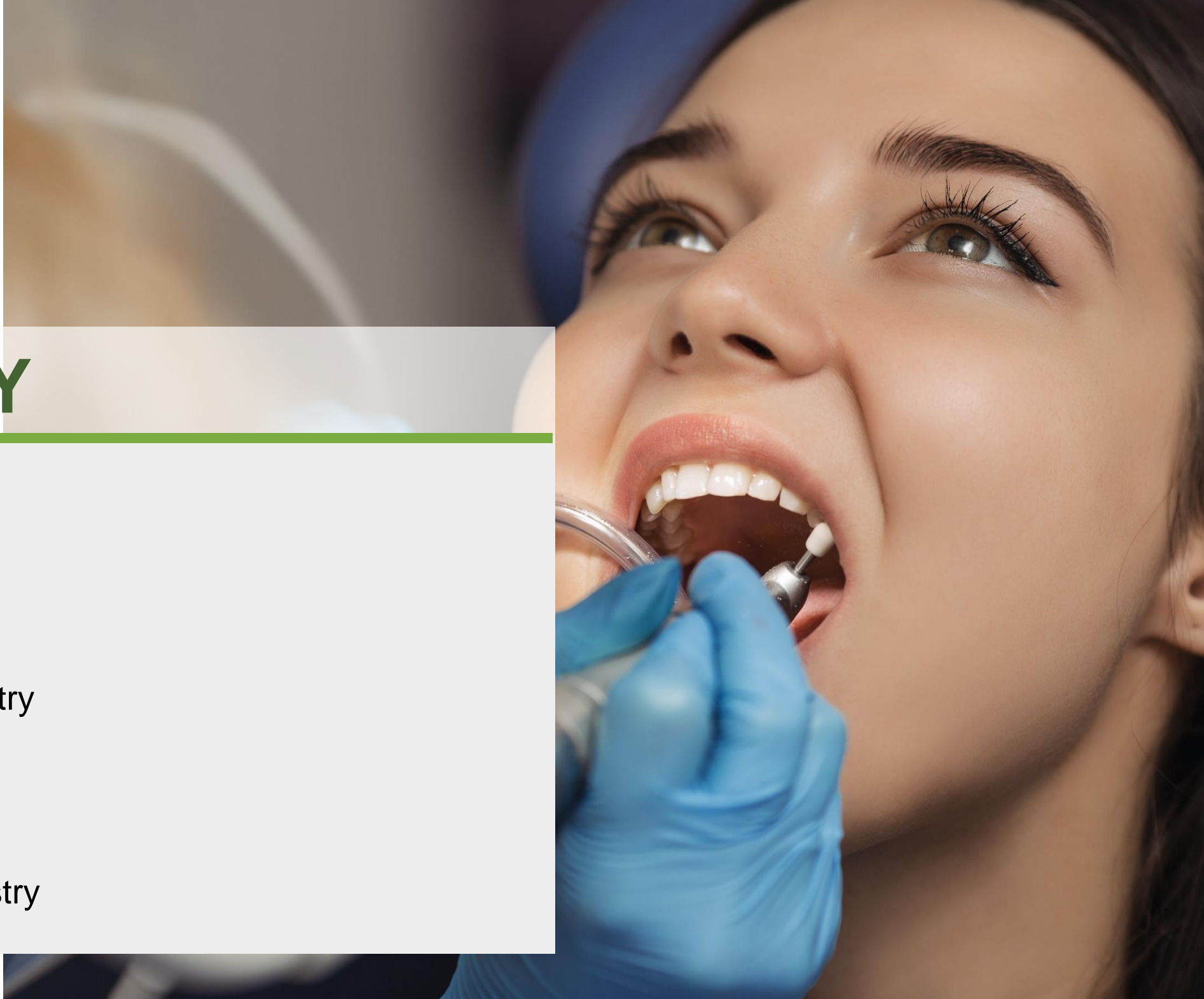
- Set of studies to assess liver function and structure
- Complex of studies for the diagnosis of diseases of the stomach, esophagus, duodenum
- Complex of studies for the diagnosis of intestinal diseases (45 years +)
- Complex of studies for the diagnosis of intestinal diseases (up to 45 years)
- Complex of studies for the diagnosis of pancreatic diseases
- Set of studies for symptoms of dyspepsia





DENTISTRY

- Implantology
- Periodontology
- Orthodontology
- Therapeutic dentistry
- Aesthetic dentistry
- Surgical dentistry
- Orthopaedic dentistry





MEDICAL REHABILITATION

- Personalized rehabilitation after the new coronavirus infection COVID-19
- Cardiorehabilitation
- Rehabilitation for shoulder injuries
- Rehabilitation for cervical-lumbar spinal injuries





WEIGHT AND SLEEP CLINIC

■ Diagnostics:

- General therapy examination, assessment of the degree and type of obesity;
- Calorimetry
- Bioimpedansometry (body composition assessment)
- Study of dietary preferences, identification of behavioral risk factors, study of secondary causes of obesity
- Cardiovascular assessment (measurement of blood pressure, ECG, detection of carbohydrate and lipid metabolism disorders)
- Examination to rule out non-alcoholic fatty liver disease
- Detection of respiratory disorders and obstructive sleep apnea syndrome

■ **Correction of
overweight, obesity**

■ **Treatment of associated diseases
(coronary heart disease, arterial
hypertension, type 2 diabetes
mellitus, etc.)**



DIAGNOSIS AND TREATMENT OF SLEEP DISORDERS

CHECK-UP "Diagnosis and treatment of sleep disorders":

- Mandatory examinations (PCR test, HIV tests, antibodies, hepatitis C, hepatitis B, complete blood count, general urine test, electrocardiographic examination, lung X-ray)
- 3 consultations of the somnologist - primary + two during the program
- Sleep study - polysomnography with decoding and issuance of an expert opinion on the study
- 3 sessions of HIPAP - therapy
- Consultation with endocrinologist/cardiologist
- Consultation with a dietitian

AGALTSOV Mikhail Viktorovich

Specialization: sleep medicine, functional diagnostics, cardiology

Professional interests: clinical aspects of sleep medicine
Senior Research Fellow, Division of Basic and Applied Aspects of Obesity

Work experience 27 years

Member of the European Sleep Society

Internships and training abroad: Sweden (2009), Germany (2012, 2016), Finland (2018)

Fluency in foreign languages: English





DIAGNOSIS AND TREATMENT OF OVERWEIGHT AND OBESITY

The program is based on the principles of evidence-based medicine (only the necessary examinations) and allows:

- Identify endocrine diseases that provoke weight gain
- Select treatment for correction of identified disorders followed by normalization of body weight
- Make recommendations for further monitoring and maintenance of the achieved body weight.

LAVRENOVA Evgenia Alexandrovna

Specialization: endocrinology, dietetics

Professional interests: diagnosis, treatment and prevention of diabetes mellitus, obesity, thyroid pathology, adrenal glands, disorders of phosphorus-calcium metabolism, as well as more rare endocrine diseases, in accordance with modern clinical recommendations. An individual approach when choosing the tactics of treating obesity, taking into account concomitant diseases, teaching patients the basic principles of a healthy eating system, accompanying and correcting the diet at the training stage.

Endocrinologist-nutritionist of the Clinical and Diagnostic Department

Work experience 15 years

Member of the Russian Association of Endocrinologists

Fluency in foreign languages: English





CENTER FOR THE PREVENTION AND CONTROL OF TOBACCO CONSUMPTION

CHECK-UP «Help to quit smoking»:

- Mandatory examinations (PCR test, HIV tests, antibodies, hepatitis C, hepatitis B, complete blood count, general urine test, electrocardiographic examination, lung X-ray)
- Consultation with a psychologist at the Center for the Prevention and Control of Tobacco Consumption
- 2 consultations of a specialist doctor at the Center for the Prevention and Control of Tobacco Consumption, Ph.D.
- 2 millimeter wave therapy sessions with consultation
- 8 mm wave therapy without consultation
- Tailor-made smoking cessation plan

GAMBARYAN Marine Henrievna

Head of the Center for the Prevention and Control of Tobacco Consumption, Candidate of Medical Sciences





OSTEOPOROSIS CLINIC

- Comprehensive risk assessment of osteoporosis-related fractures based on clinical risk factors and X-ray densitometry.
- X-ray densitometry of three parts of the skeleton: spine, femoral neck, radial bone, an additional program for detecting and assessing hidden vertebral fractures with minimal radial load (IVA), skeleton scanning according to the all-body program.
- Evaluation of calcium-phosphorus metabolism and biochemical markers of bone metabolism (osteocalcin, C-terminal telopeptide collagen type I).
- The choice of treatment tactics for osteoporosis, taking into account individual risk factors and concomitant diseases in the patient.
- Conducting educational schools for patients with osteoporosis and high risk of fractures



DIAGNOSIS AND TREATMENT OF OSTEOPOROSIS

- Mandatory examinations (PCR test, HIV tests, antibodies, hepatitis C, hepatitis B, complete blood count, general urine test, electrocardiographic examination, lung X-ray)
- Consultation with an obstetrician-gynecologist
- Consultation with endocrinologist
- Consultation of Candidate of Medical Sciences
- Blood Total Protein Test
- Blood creatinine study
- Blood Total Calcium Test
- Examination of the level of inorganic phosphorus in the blood
- Blood aspartate transaminase (AsAT)
- Blood Alanine Transaminase (ALA)
- Blood alkaline phosphatase test
- Blood Ionized Calcium Test
- Serum Thyrotropin (TSH) Test
- Blood parathyroid hormone test (parathormone)
- Determination of vitamin D 25-OH in the blood (25-OH vitamin D)
- Bone Matrix Marker P1NP (N-Terminal Propeptidprocollagen Type 1)
- Blood Bone Resorption Marker β -Crosslaps (Type 1 Collagen Degradation Products, Type 1 C-Terminal Collagen Telopeptides)
- Chest MSCT
- Magnetic resonance imaging of the spine (one part) (cervical and gr.)
- Radiodensitometry of the lumbar spine and femoral neck
- Radiodensitometry of radial bone

SKRYPNIKOVA Irina Anatolyevna

Specialization: Rheumatology

Professional interests: osteoporosis and comorbid conditions, osteoarthritis

Head of Osteoporosis Clinic, MD, Osteoporosis Specialist

Fluency in foreign languages: English





LIPID CLINIC

- Prevention of cardiovascular disease through the safe and effective treatment of lipid metabolism disorders.
- Assessment and correction of risk factors for coronary heart disease, stroke and other manifestations of atherosclerosis.
- Specialized laboratory equipment for in-depth examination of lipid spectrum indicators.
- Personalized programs for the correction of dyslipidemia - increases in blood levels of cholesterol, triglycerides or decreases in high-density lipoprotein cholesterol.

ERSHOVA Alexandra Igorevna

Specialization: cardiology, therapy, functional diagnostics, lipidology

Professional interests: atherosclerosis, lipid metabolism disorders, genetics

Head of Clinomics Laboratory, Cardiologist

Work experience 14 years

Member of the Russian Heart Society, European Atherosclerosis Society, European Society of Cardiology
Internships and training abroad: International Atherosclerosis Research School (iARs) 2010 (Hamburg, Germany)

Fluency in foreign languages: English





FOREIGN CITIZEN CONVERSION ALGORITHM FOR MEDICAL CARE AT FSBI “NMRC TPM” of the Ministry of Health of the Russian Federation

Address

Send the following list of documents to
medtour@gnicpm.ru:

- a copy of the identity document;
- patient treatment period
- consent to the processing of personal data;
- extracts, results of performed laboratory and diagnostic studies, doctor's conclusions and other medical documents;
- Power of attorney for the provision of the patient's interests (if there is a representative).

Receipt of confirmation

Document review and decision as soon as possible (2-3 days)

Assistance in arrival

Assistance in issuing an invitation to enter Russia and registering for migration.

Help in choosing a transfer and place of residence.

At the moment our Center can invite foreign patients for treatment only with an open visa or citizens of visa-free countries with Russia.



HOW TO GET TO OUR CENTER:

From Sheremetyevo Airport:

Aeroexpress: Domodedovo Airport - Moscow Belorussky railway station

Then the metro to the Kitay-Gorod station, then on foot 10 minutes.

From Domodedovo Airport:

Aeroexpress: Domodedovo Airport - Moscow Paveletsky railway station

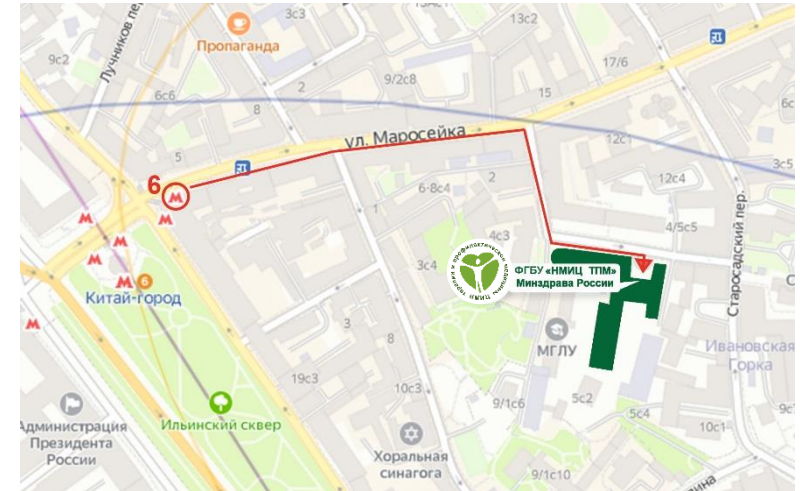
Then the metro to the Kitay-Gorod station, then on foot 10 minutes.

From Vnukovo Airport:

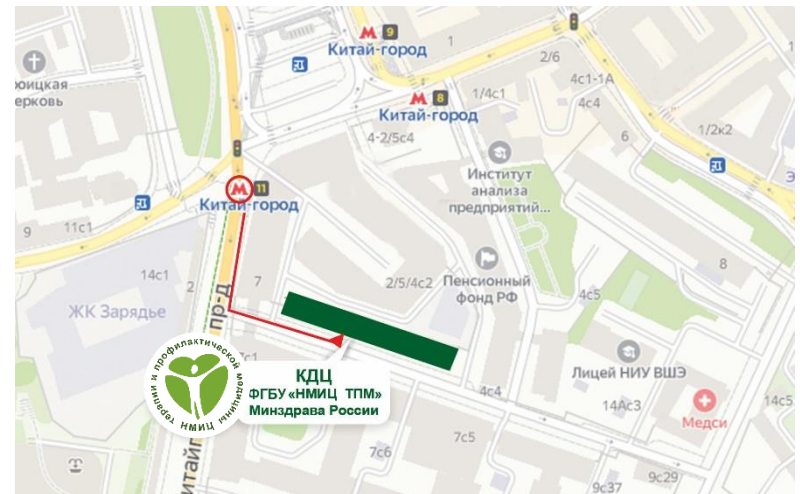
Aeroexpress: Domodedovo Airport - Moscow Kyiv railway station

Then the metro to the Kitay-Gorod station, then on foot 10 minutes.

Petroverigsky per., 10, building 3
Metro station «Kitay-Gorod," exit No. 6



Kitaygorodsky passage, 7
Metro station "Kitay-Gorod," exit No. 12



[Moscow Metro Diagram](#) - click to open the site

[Aeroexpress Schedule](#) - Click to open the site



Keeping healthy prolong life!



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