

Know Your Doctor



Dr. Tünde Györgyi

Compassion in Hard Times

Compassion is at the center of FirstMed's thinking about healthcare, and I would like to share a moment of your time to illustrate what exactly FirstMed means when we write about compassion for our patients and the wider community.

Health Focus



Diabetes

First, we believe that looking after the health of our patients goes further than just providing a medical service. Our motto: "Your Health Comes First!" talks about *your health*, which is only partly in FirstMed's care. To a large extent, your health is in your own hands: sensible eating habits, regular exercise, normal stress levels, a good social life and personal fulfillment both at work and at home. ***In short, your health comes from a balanced state of Mind, Body and Spirit!*** It's clear that much of this is not medical! So many of us (including Yours Truly) have shortcomings when it comes to a balanced lifestyle, and we all know how difficult it is to break free of our bad habits. For this reason, FirstMed is planning to launch a new program called "In Balance" that will address these very issues. Long term, this could have huge health benefits for you, your family and your friends. More about this program later!

Charity



Supporting SOTE II

The second element of compassion is our long-term partnerships with sport and health organizations. Our sponsorship of clubs (like the Buda Juniors) that foster healthy life-long habits in children and young adults is just one of the ways FirstMed gives back to the community and helps to ensure a better future for all.

The third and final element is FirstMed's charity work. FirstMed regularly supports charities that have been endorsed by the Chambers of Commerce, Women's Associations, the Csodalámpa Foundation, the Budapest Zoo and various hospital foundations. Recently, we were extremely proud to support Harry Harron and Simon Saunders on the Marathon des Sables, a 250-kilometer, five-day run in the deserts of North Africa to raise EUR 50,000 for Semmelweis Children's Hospital. An amazing feat for a most worthy cause that you can read about on page 4. If you're interested in contributing, it's not too late.

Clinic News



New Services

Showing compassion in hard economic times can be a real test of one's core values. At FirstMed, we are committed to continuing our efforts. If you are interested in what we do at FirstMed or wish to help, please don't hesitate to contact me.

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Natalie's Page



Motherhood



International Women's Club
Budapest
Join us in this women's world



www.iwc.org.hu



Kids' Page



What's My Name?





PHOTO BY PATRICIA VERBÓCI

“You shouldn’t neglect yourself, or those around you. Find a way to live your life consciously – address your emotions, mind and spirit – and your body will be fine. Avoid extremes, find your balance, and don’t forget that changing lifestyle is difficult; allow yourself time to adjust.”



As a successful doctor and a busy mother of two teenage children, Dr. Györgyi still finds time to read, bake the odd cake, and run with her kids’ dog.

An Internist for Adults

Dr. Tünde Györgyi

Dr. Györgyi greeted me with a reassuring smile and directed me into her examination room in a straightforward manner. There’s suddenly no need to feel anxious about several sensitive adult health issues that require her attention.

Hailing from a large family active in sciences, and prompted by her father’s debilitating illness, Dr. Györgyi knew that she was going to be a doctor during her high school years. After graduating summa cum laude at Semmelweis University in 1984, she accepted a research position at an endocrinology laboratory at Yale in the United States. Of her time there, she said, “It was a good training to learn about hard work and to improve my English language skills.”

By 1989, Dr. Györgyi was ready to fulfill her original dream to become an internist, and went on to do a three-year residency at University of Chicago Hospitals. “I had three valuable years there. We had lots of practical experience, excellent teaching and the most important: I learned to be humble and compassionate toward my patients.” she said. By 1992, she was at the University of Indiana’s Department of General Medicine practicing ambulatory care and enjoying a stimulating, fun and challenging environment in Indianapolis. She returned to Hungary in the mid 1990s, taking time to start a family, and continuing her education intermittently in the United States until she joined FirstMed in 1999. Dr. Györgyi has been a prominent member of its medical staff ever since. As an internist, her focus is general adult medicine, which requires a deep knowledge about all the health issues that affect adults.

Of her role at FirstMed, she said, “I’m one of the doctors at FirstMed who will perform your health maintenance exam, which I recommend to everyone. We look at the whole person: discuss issues like past and present medical problems, family history, immunization, good and bad habits, and give a thorough physical examination and some basic tests. I don’t believe in putting my patients through tests they don’t need, nor to expose them to unnecessary X-rays. My job is not to frighten patients but provide a realistic picture of their state of health.”

FirstMed’s new service, the Diabetes Clinic is also led by her and run in cooperation with Dr. Andrea Luczay, our pediatric endocrinologist, who treats children suffering from this condition. (Read more about this topic on the following page.)

If you would like to contact Dr. Györgyi, please write her to gyorgyi@firstmedcenters.com





Diabetes

Diabetes mellitus has become a major public health epidemic throughout the world. In 2000, 171 million people were known to have diabetes mellitus. This number is estimated to double by 2030! Approximately 90–95 percent of diabetics have type-2 diabetes, which is the type most often diagnosed in adults. Alarming, though, in recent years this condition has been diagnosed with increasing frequency in older children and adolescence.

Risk Factors

GENETIC: The lifetime risk of developing type-2 diabetes is five to ten times higher in first-degree relatives (sister, brother, son, daughter) of a person with diabetes compared to a person with no family history of diabetes. The likelihood of developing type-2 diabetes is greater in certain ethnic groups, such as people of Hispanic, African, and Asian descent.

HABITS: People who eat lots of sweets, “white” carbohydrates (anything made from white flour) and also who drink lots of sugary drinks (soft drinks, juices, too much sugar in coffee, tea) are at higher risk for diabetes.

OBESITY: This factor is closely related to habits. If a person eats more calories than he/she needs, it will lead to weight gain and eventually increase the risk of diabetes. However, it is important to note that obesity can be a result of hormonal imbalance and requires medical evaluation.

PREGNANCY: Less than five percent of pregnant women may also develop gestational diabetes. Gestational diabetes generally resolves after a woman delivers her baby. Women who have gestational diabetes are at slightly increased risk of developing diabetes later in life.

Diagnosis

The diagnosis of diabetes is based upon symptoms and the results of blood tests.

SYMPTOMS: Often people with type-2 diabetes have no symptoms at all. In those who do have symptoms, the most common include:

- Needing to go to the bathroom to urinate frequently
- Feeling thirsty
- Blurred vision
- Unintended weight loss

TREATMENT: Type-2 diabetes is treated with special diet, exercise and for most people medication(s), in some cases insulin. The goal is to achieve close to normal glucose levels to prevent/postpone the appearance of complications. If people with diabetes strictly control blood sugar levels, complications are less likely to develop. Therefore, it is essential to monitor blood sugar at home and to see the doctor every quarter year even if the blood sugar seems to be well controlled. Testing for and treating high blood pressure and cholesterol levels is important too, because this can prevent some of the complications of diabetes. In addition, the yearly monitoring of heart, kidney function, feet and eyes is very important.

MEDICAL CARE FOR CHILDREN WITH DIABETES is an evolving field of medicine. To get the best medical care, patients and their parents are strongly recommended to work with one of the centers of excellence in Budapest. There are specialist centers at Semmelweis University and Pál Heim Children’s Hospital for children with diabetes. All of these centers offer similar treatment possibilities with Multiple Daily Injections (MDI) of human recombinant and analog insulins using the standard range of injection devices. Special pumps are also available.

Optimal diabetic care requires a long-term relationship between patient and doctor/diabetic center. Motivated patients who follow the recommendations regarding treatment and monitoring will have a much better long-term outlook than those that neglect this.

Diabetic Care at FirstMed

Being diagnosed with diabetes can be a frightening and overwhelming experience. Most people have many questions about why it developed, what it means for long-term health, and how it will affect everyday life.

At FirstMed, our goal is to help patients better control their diabetes, to understand the nature of their illness and to educate them about what kind of lifestyle changes are needed and why they are important. We also want to ease the stress of making those lifestyle changes. Furthermore, we recognize that the rapid pace and mobility of daily life make it difficult for some patients to get the regular care they need.

For this reason we are offering a new Diabetic Clinic to adult patients run by **Dr. Tünde Györgyi**, an internal medicine specialist with a broad experience in treating adult diabetic patients and in preventative medicine. After a consultation, patients will be examined, given dietary information, guidance on exercise, self-monitoring blood sugar levels and blood pressure. There will also be a discussion regarding possible drug therapy and an opportunity to get answers to any questions the patient may have. Laboratory tests will be done the same day. Dietician and eye exams will be arranged as required. We will teach you to monitor your blood sugars at home if needed and schedule you into a regular program of checks to ensure that you stay on track with your diabetes. This includes getting a reminder when your next check up is due.

Children with diabetes can be seen at FirstMed by **Dr. Andrea Luczay**, who specializes in pediatric endocrinology. She also heads the Pediatric Diabetic Center at SOTE II.

To schedule an appointment, please call 224–9090 or email: doctor@firstmedcenters.com if you have further questions.

FirstMed supports a number of charities and organizations set up to generously help those in need. The International Women’s Association, the Budapest Zoo Foundation, and the Csodalámpa (Wonderlamp) Foundation, to mention just a few who have benefited from our long-term support. In this issue we feature the Second Department of Pediatrics at SOTE that has lately been in focus on more than one occasion.

Marathon Effort for SOTE II



Harry and Simon made the extra effort to finish in the top 50 percent of this physically-demanding race

Two Budapest expats, Harry Harron, from Ireland, and Simon Saunders, from Britain completed the grueling 254-kilometer Marathon des Sables, six days of long-distance races held across the mountains and deserts of Morocco in early April. This outstanding example of persistence that included an exhilarating night run guided by lasers along the desert course, was part of a fundraising campaign by Harry and Simon to support the expansion of mother and child distance trauma suites at the Second Department of Pediatrics at Budapest’s Semmelweis University Hospital (SOTE II). The suites will allow parents and their critically-ill children from rural areas to stay together in Budapest, an important aid in recovery.

Continuing its tradition of recognizing and rewarding outstanding and worthy charities in Hungary, FirstMed has contributed HUF 100,000 to Harry and Simon’s campaign that has so far generated pledges of over EUR 25,000 for SOTE II’s new pediatric suites (see above).



FirstMed would like to ask you to also consider making a donation towards their final fundraising goal of EUR 50,000. All donations can be securely made through the Robert Burns International Foundation (www.rbif.org). For more details, please see: <http://harryandsimon.wordpress.com/donations/>

Royal Visit to SOTE II

HRH Prince Charles and Camilla, Duchess of Cornwall, visited Budapest in March for three days as part of a larger tour of Central Europe. During their trip here, Camilla took time from her busy schedule to visit the Department of Immunology and Rheumatology as part of her tour of Semmelweis University. Dr. Beáta Dérfalvi, FirstMed’s pediatrician and head of the department, had the honor of meeting



Dr. Dérfalvi (far right) assisting at the visit of HRH Camilla, Duchess of Cornwall at SOTE II

Her Royal Highness during her visit to the pediatric hospital, where, according to Dr. Dérfalvi, “Camilla expressed her special interest in osteoporosis. She was so kind to everyone that she met, especially the youngest patients. Soft-spoken and gentle,

she brought smiles to their faces as she shared her thoughts with them at their bedsides. The nurses and doctors also were delighted by her attentiveness and empathy. It was a wonderful Friday morning!”

Dietician



Our new dietician, **Izabella Henter**, brings a wealth of professional experience in consulting on dietary issues such as diabetes, hypercholesterolemia, irritable bowel syndrome, food allergies and obesity. She has already begun working at the clinic and we are confident that she will be a great asset to our medical staff.

FOR FURTHER INFORMATION ON THESE SERVICES, PLEASE INQUIRE AT info@firstmedcenters.com, OR CALL (+36-1) 224-9090.

Ophthalmology on-site



Having worked with **Dr. Péter Gyöngyösi** for many years, we are delighted to welcome him at FirstMed as the head of our own Ophthalmology unit. Starting in early June, he will be available initially for 2 days each week providing routine ophthalmological care. He also offers a very convenient contact lens service to his patients.

Occupational Health



Dr. Katalin Móczár is a Family Doctor and specialist in Occupational Health Medicine. Supported by Monika Pokorny, one of our nurses, she can provide compulsory annual occupational health examinations. This can take place either at the clinic or off-site at your company's office. **Gabriella Richman**, our sales executive (sales@firstmedcenters.com), can provide further information regarding group examinations and packages.

Chaplaincy Service

You may be in a difficult situation or simply need another person to share your problems or concerns. We are pleased to announce a new Chaplaincy service, in cooperation with **Mr. Alvin Doyle**, Pastoral Associate. This is a free-of-charge service provided irrespective of denomination or religious background. We believe that the spiritual well-being of our patients is beneficial for the state of health of the mind and body.

To find out more or to arrange an appointment, please email: chaplain@firstmedcenters.com

All enquiries are treated on a strictly confidential basis.





PHOTO BY PATRÍCIA VERBÓCI

Motherhood as I Experience It

Dylan Racsek arrived on February 22 at 5:48 in the evening. He was born in Szent István Kórház (St. Stephen's Hospital), and although not quite the same as having a baby at home in England, the nurses and doctors were extremely professional and helpful. I'd really like to thank Dr. Babinsky, who was a great doctor during my pregnancy and labor.

I can now completely sympathize with expatriate mothers who are having a baby in a foreign country. Although I am one myself, I have the support of my partners family and, of course, great colleagues at the clinic, especially the pediatricians who are forever answering my many questions (and supposedly I'm the experienced one!).

This being my first pregnancy, I was extremely excited. From 12 weeks onwards I regularly exercised, attending FirstMed's prenatal class with Angela Bencsik. As a Hypnobirthing™ practitioner, I regularly practiced relaxation techniques and hypnosis. I believe all of this played a part in having a really enjoyable pregnancy, and I remained very healthy and positive throughout.

The last two and a half months since Dylan's birth seem to have flown by in whirl of nappy changes, feeds and sleep deprivation – whoever said motherhood was easy! But there is nothing better than seeing your baby smile for the first time.

I am currently on maternity leave; however, I am still available to answer any questions regarding pregnancy, labor and feeding. If you would like to take a prenatal education course or need a breastfeeding counselor, please contact me by email.



If you have a small baby or you know a mummy who does, I hold a BABY CLUB every Tuesday from 2 to 4 pm at FirstMed, which is open to everyone. BABY CLUB is an opportunity for mums to meet each other, have their baby weighed, discuss any issues regarding feeding, as well as enjoy the new play area in the clinic. If you would like to come along, please contact me for more information.



Natalie's contact details:

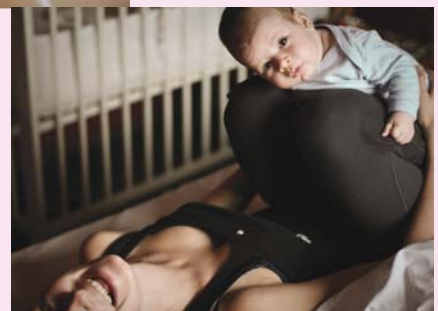
natalie@firstmedcenters.com • +36-30-432-2324



I also would like to say a huge thank you to my partner Tamas and my doula Reka Morvay, who both supported me immensely throughout my labor.

TOP TEN TIPS FOR LABOR:

1. Remain as active as possible
2. Remain as upright as possible
3. Change position regularly
4. Be informed before labor
5. Keep hydrated
6. Eat little snacks
7. Try to relax, take some music with you
8. If you have the opportunity, use a birthing pool or take a warm shower
9. Have your partner learn some massage techniques prior to the birth
10. Let go and follow your body's lead, if you want to shout... SHOUT!



Science fun facts – the eye

Complete the sentences; choose from the options below:

- a: lens
- b: retina
- c: cornea
- d: cone cells
- e: iris
- f: rod cells
- g: pupil

- The light-sensitive tissue lining the inner surface of your eye is known as the 1, acting in a similar way to film in a traditional camera.
- 2 in the retina detect color while 3 detect low light contrasts.
- The part of the eye that allows us to focus on different things in known as the 4, it changes shapes so we can focus on objects at various distances.
- The 5 is the transparent covering of the iris and pupil, along with the lens it refracts light so it can be projected onto the retina.
- The central opening of your eye is known as the 6, it changes size depending on the amount of light.
- The colored area around the pupil is called the 7, it controls the size of the pupil and can be colored brown, blue, green or other colors and shades depending on the person.



Find the answers at www.firstmedcenters.com/newsletter

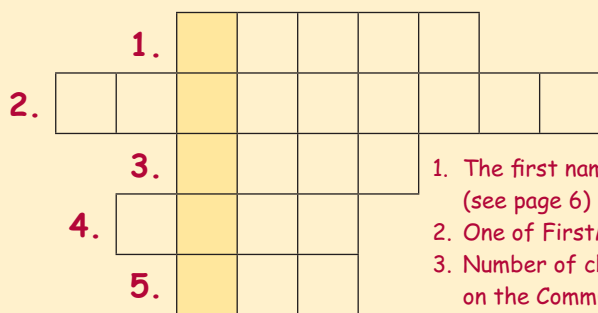


FirstMedve

What's the name of our new bear?

Our first bear, Noe, had to leave the Zoo for the Bear Park in Veresegyháza. To replace him, the Budapest Zoo got a small brown bear, who is now our new little FirstMedve, which, of course is not how they call him at the Zoo. Find out his real name from the puzzle below.

Corner



1. The first name of Natalie's new baby (see page 6)
2. One of FirstMed's new services (see page 5)
3. Number of charity organizations linked on the Community page of our website
4. Acronym of the hospital featured on page 4
5. Ophthalmologists treat this part of the body (see page 7)



SOLUTION

The first three people who email the bear's real name to marketing@firstmedcenters.com will each receive **two free entrance tickets to the Zoo** to visit FirstMedve and his friends.




Bat and Ball
Junior Cricket Club

Junior Cricket Club — NEW

Andrew Leckonby is well known by many expatriate parents in Budapest; he's a prominent figure in preschool education and football coaching. His latest project is Bat'n'Ball Cricket Club for children of 7–16 years.

For more info, please contact Andrew on: 06-70 702-2360 or andrew@baggyblues.com

FirstMed provides an Emergency Accident Service for the club.

Marathon Training

It's time to start training for the upcoming Budapest Marathon (Sept. 26) and Half Marathon (Sept. 5). Two professional personal trainers have teamed up to offer you a comprehensive training package that leads you straight to the FINISH line.

TEAM-IN TRAINING specializes in support, development and motivation of beginners, and also welcomes any runners who are interested.

For more information, please contact

Simon Saunders • saunders.simon@gmail.com
Lucas Leite • lucas.outdoorfitness@gmail.com



Simon Saunders (left) and Lucas Leite (right)

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