

## Know Your Doctor

Dr. Gabriella Bene



## Kids' Focus

Pediatrics



## Health Focus

Teenagers



## Clinic News

How to Avoid Flu  
Clinic Renovation



## Natalie's Page

Prenatal Care



## Activity

First Aid Quiz



# New in Budapest?

## Come in for a tour of our clinic

Read any survey about expatriate relocation and you'll inevitably find that health is near the top of the list of concerns along with housing, schooling and general safety.

Any experienced expatriate will be able to relate stories about healthcare abroad and to impart certain truths: always expect the unexpected and be informed about your options. Hungary has a high standard of medical care for most medical conditions, but it is difficult to navigate. The levels of customer service are varied and not always high.

For the past 11 years, FirstMed has been delivering a standard of medical care that would rival or exceed that in the home country. Our patients are giving us our highest scores yet for excellence in medical care – and service. We are proud of that.

A tour of FirstMed Centers Budapest can introduce you and your family to FirstMed healthcare. You will see our newly renovated, well-equipped facility; learn about our range of services, our insurance partners and clinic plans.

### Healthcare Abroad: What to Consider?

1. Find a medical facility that you can trust. Ask a friend or work colleague about the options, and take the time to visit. Look into the range and quality of services available. Do you have children? What is the standard of pediatric care available? Is the clinic "kid-friendly"?
2. Ask if your private health insurance or alternative health coverage is accepted by the medical facility. FirstMed has direct-billing arrangements with more than 50 insurance companies worldwide. If you don't have comprehensive medical cover, then one of FirstMed's many clinic plans will almost certainly suit your requirements.
3. From the start, be confident about the state of your and your family's health. Come in for a health maintenance exam and vaccination review. Ask about the specific risks of living in Central Europe and what precautions are necessary.
4. If you have a chronic condition or other special health requirement, you will want a clinic that ensures your access to the right medication and treatment. Ask about services through 3<sup>rd</sup> party providers or local equivalents of international medications.
5. Finally, in case of emergency, you have a choice: call the general emergency number (112) or call FirstMed's 24-hour hotline (+36-1-224-9090) with our English-speaking operator who can coordinate all your medical requirements.



PHOTO BY PATRICIA VERBÓCI

*“Teenagers need respect, openness, and a nonjudgmental, supportive attitude and that’s what I give them when discussing any of these sensitive issues, which I encourage them to do, especially kids who may have moved around the world so much with their parents.”*

You can contact Dr. Bene on [bene@firstmedcenters.com](mailto:bene@firstmedcenters.com)

## A Shoulder to Lean On

### Dr. Gabriella Bene, Pediatrician

*Radiating with integrity, kindness, and empathy, Dr. Bene smiles quickly and laughs easily, surely a sign that it’s not only the smallest patients who can trust in her ability to brighten their day.*

Born in Budapest, and raised around the country in the footsteps of her father’s medical career in the military, Dr. Bene is a board-certified pediatrician in Hungary, and the US and licensed to practice in California and Ohio. Since joining FirstMed last year, she has quickly made many fans due to her love of newborns and young children and her genuine ear for teenage problems.

Dr. Bene received her medical degree from the University of Pecs in 1986, practiced as a pediatrician until 1997, when she married an American citizen and relocated to the US. After doing clinical research at Stanford, California, Dr. Bene retrained as a pediatrician, completing her residency at the College of Medicine at the University of Toledo in Ohio. She went on to practice at a small town hospital near Cleveland, where she was increasingly confronted by the realities of Americans’ unhealthy lifestyles. “By being there for them and listening, I could do a lot for those kids and really help them. Luckily, American pediatrics is particularly strong for teenagers and the issues they face. But I was homesick in Ohio by 2006 and I felt it was time to come home.”

*Dr. Bene is a great addition to FirstMed’s team of pediatricians and family practitioners who provide a range of primary emergency and preventive care for newborns, young children, and teenagers.*

“We’re very lucky here at FirstMed to have one hour for a health supervision visit, not 20 minutes like in the US, to examine the child and discuss any questions with the parents. We always measure height, weight, head circumference, and also see if the baby reached the developmental milestones that are so vital to their health. I love babies, I really do. That first time they smile at me, is so cute.”

From age two, she suggests an annual physical exam focusing on general health and to screen for obesity or underdevelopment. “I always check the whole child – preventing illnesses is important. As easy as that is to chart and see, many of our kids grow up in a bi- or trilingual environment and that delays their speech acquisition. That needs a close follow-up.

Teenagers are a different issue and I try to shine a spotlight not only on their growth but on their psychological development, and screen them for any risk-seeking behavior like smoking, sex or drugs and alcohol, as well as depression and eating disorders. *I am not their parent, peer, or teacher, but their doctor who is also there to help.”*



# Pediatrics at FirstMed

GENERAL PEDIATRIC VISITS • 24-HOUR URGENT CARE • PEDIATRIC PHYSICAL THERAPY

Pediatrics is the treatment of children from birth to the age of 18, focusing on acute and preventative care.

Acute primary care refers to coughs and colds, fever, and the typical childhood accidents.

Preventative care begins with immunizations and developmental milestones for infants, and young children.

Teenagers should – but frequently don't – receive their annual physical. We screen for obesity, underdevelopment and other health-related and developmental issues.

Pediatricians are an excellent resource for any parental questions or concerns.

And, did you know that FirstMed provides:

## Vaccinations on the International Schedule

For international families in Hungary, our pediatric staff will review and implement the vaccination schedules for each child's respective home country, whether New Zealand, Nigeria or Saudi Arabia.

## Well Child Check

Height, weight, brain development, speech, hearing and vision – the Well Child Check is not just for peace of mind. It's important that your children achieve all the developmental milestones.

## School Physical Examinations

Each school has tailored requirements, and we follow their lead. Annual school physicals are important for extracurricular activities and general good health. Our pediatricians also look into any health-related issues that may impair your children's development or disturb good school attendance.

## House Calls 24/7

Pediatric illnesses: Fever, rash, earache, cough, abdominal pain, diarrhea, etc.

Minor trauma: Abrasions, superficial cuts, burns.

If lab tests, X-rays, stitches, casting, fluid replacement, etc. are necessary, we'd prefer to see our patients at the office.

Call us anytime, every time! Discuss the symptoms with our pediatricians on duty, and arrange a home visit with them.

## Dental Care

Ask your dentist about fluoride application. A professional dental cleaning plan establishes long term dental hygiene.

Bring in your one-year-old for an important and exciting first checkup, called: "Toothprint". It is a new technique we offer that maps the unique tooth characteristics, positions and jaw relationships early for easy restoration later in life.

## FirstMed Pediatric Care Staff

Dr. Bene is profiled in our "Know Your Doctor" section. The other members of our pediatric team are: Dr. Boros, Dr. Dérfalvi, Dr. Luczay, and Dr. Simonkovich. Our family practitioners are: Dr. McGladdery, Dr. Győri and Dr. Varjú.

For health issues such as **diabetes or allergies**, please ask for Dr. Luczay who is an endocrinologist, or Dr. Dérfalvi, an immunologist and allergy specialist. (Our website has more information about our staff.)

# Teenagers

## Culture Shock

Culture shock isn't a clinical term or medical condition. It's simply a common way to describe the confusing and nerve-racking feelings a person may have after leaving a familiar culture to live in a new and different one.

When you move to a new place, you're bound to face a lot of changes. That can be exciting and stimulating, but it can also be overwhelming. You may feel sad, anxious, frustrated, and want to go home.

When you go to a new country, you often enter a culture that is different from the one you left. Sometimes your culture and the new culture are similar, other times, they can be very different, and even completely opposite. It's natural to have difficulties adjusting to a new culture. People from other cultures may have grown up with values and beliefs that differ from yours. Because of these differences, the things they talk about, the ways they express themselves, and the importance of various ideas may be very different from what you are used to.

On the other hand, there are people who never wanted to move in the first place. Their frustration starts the day they realize that they have to move to a new place, when they're perfectly happy where they are. It continues as they find out just how unfamiliar their new home is.



Though people experience culture shock in different ways, these feelings are among the most common:

- not wanting to be around people who are different from you
- sadness
- loneliness
- anxiety
- trouble concentrating
- feeling left out or misunderstood
- developing negative and simplistic views of the new culture
- frustration
- extreme homesickness

These difficult feelings may tempt you to isolate yourself from your new surroundings and dismiss the new culture. It's best not to withdraw like this. If you stay calm, observe and learn, and keep things in perspective, you'll probably find that your difficulties will pass. But if you're feeling depressed and you aren't able to function normally even after the first few months in your new environment, you should talk to a parent or trusted adult about whether to seek help from a physician or mental health professional.

## Health Advice for Teenagers

You're bound to make mistakes, even if you follow the soundest of advice. That's part of growing up and becoming an adult—knowing that your actions have consequences, and also accepting that at the end of the day you shouldn't feel guilty for who you are. This is also a great time for self-expression, finding out what you're good at, and enjoying the first part of a long life during which you will be responsible for your own well-being. If you follow a few easy guidelines, you'll pass through the physical and emotional turmoil and be both healthy and smart.

- Eat healthily every day: 3 main meal and two snacks, plus plenty of milk products!
- Exercise should be part of your daily routine!
- Do not drink an excess of sugary drinks or gallons of soft drinks. Even too much juice is bad for your health. (This also applies to young children and infants!)
- Have your teeth professionally cleaned and checked by a dentist every six months!
- Know whom to call. If you are suffering from peer- or school-related stress, find an adult you trust (teacher, pastor, pediatrician) and don't be afraid to discuss with them what bothers you!
- Don't be afraid to call your pediatrician or family doctor about sensitive issues like sexuality, signs or symptoms of STDs, drugs or alcohol, or depression. Your doctor will not judge you!

# How to Avoid Flu This Year?

Maintaining a healthy immune system is your best bet for avoiding the flu. Ditch the tissue box this year by following these simple steps.

- Step 1:** Take the flu shot!
- Step 2:** Avoid sharing drinking and eating utensils with people who are sick.
- Step 3:** Wash your hands before eating. It really does help keep germs away.
- Step 4:** Increase your vitamin C intake which may boost your immune system by eating ample amounts of fresh fruits and vegetables. Oranges, tomatoes and broccoli are good choices.
- Step 5:** Drink at least eight glasses of water a day. Herbal teas and diluted fruit juices are good options for increasing your water intake.
- Step 6:** Get enough sleep. Most people need at least 7 to 8 hours a night for optimal rest.
- Step 7:** Manage your stress. Chronic stress can weaken the immune system.
- Step 8:** Take a multivitamin every day to make sure you are getting enough vitamins and minerals.
- Step 9:** Exercise regularly. It's been shown to reduce the occurrence of colds and flu.

Flu shot will be available at FirstMed from end-October—beginning of November. Please enquire about more details and contraindications before signing up!



## Update on the Clinic Renovation

We would hereby like to say thank you to all our customers for their patience during the renovations.

We are glad to announce that the renovation of our Old Wing has taken off and every week a new or rebuilt room emerges. Next to our new nurses station, we have a new triage room and NST room allowing greater comfort and privacy for patients at each stage of their visit. We have created more exam room space and improved our treatment room which is now adjacent to the laboratory. Our lab has become more spacious and better equipped with the addition of an Abbott AxSYM immuno-chemical analyzer (see picture on the left) which will enable us to perform even more tests efficiently on-site. The most impressive change took place at the reception with its complete makeover.





PHOTO BY PATRÍCIA VERBÓCI

Being pregnant can be a very exciting yet nerve wracking experience, especially if it is your first child. Your body is constantly changing, your emotions are heightened and being away from your home, family and friends only makes things harder. FirstMed's prenatal package looks to ensure you are taken care of throughout your pregnancy and beyond, bringing reassurance, comfort and a sense of security.

Natalie's contact details:

[natalie@firstmedcenters.com](mailto:natalie@firstmedcenters.com) • +36-30-432-2324

## Prenatal Care at FirstMed

We believe prenatal care is an essential part of a healthy pregnancy. The prenatal care package we provide will endure to care for you and your unborn baby beyond birth. To give you even further peace of mind all of our Obstetricians speak English and you will be seen in a newly refurbished, fully equipped clinic. Our aim is to remove any pressures you may feel so you can thoroughly enjoy the wonderful experience of pregnancy.

### If you are healthy and have no complications you will see your doctor:

- ◆ once each month during the first six months of your pregnancy
- ◆ every two weeks during the seventh and eighth month of pregnancy
- ◆ then weekly in the ninth and final month

### The tests you can expect will be:

- ◆ Urine tests – to check for sugar or protein
- ◆ Ultrasounds – to ensure the baby is growing properly and to detect any problems
- ◆ Genetic scans and blood tests – to ensure there are no genetic anomalies such as Down's Syndrome
- ◆ CTG (Cardio-toco-gram) or fetal non-stress test – towards the end of your pregnancy – to ensure the health of your baby

The purpose of these visits and tests is to detect any problems early so they can be treated or you can be sent to the appropriate specialist if necessary.

### Our package also includes:

- ◆ Your six-week gynecological check-up
- ◆ A breastfeeding counselor home visit on two occasions
- ◆ Free newborn check with our Pediatrician
- ◆ Discount on prenatal education and exercise
- ◆ A one-hour consultation with a physiotherapist, to ensure optimum physical health during your pregnancy and beyond

The complete package comes with a generous 60% discount off our regular prices. For more information contact our sales representative Gabriella Richman by phone or email ([richman@firstmedcenters.com](mailto:richman@firstmedcenters.com)).



**How up to date are you with First Aid? Would you know what to do if you found someone unconscious? Take our quiz below and find out!**

1. If you find an adult, who is unresponsive should you give 5 rescue breaths before starting chest compressions?
2. How many chest compressions to rescue breaths for an adult? 30-2, 15-2, 50-4
3. You are having dinner with a friend when they begin to seriously choke.
  - a) Do you panic and do nothing?
  - b) Do you call for help and hope there is a trained first aider in the room?
  - c) Do you calmly begin a series of 5 back blow followed by 5 chest thrusts?
4. You find an unconscious child, should you give 5 rescue breaths before starting chest compressions?
5. How many chest compressions to rescue breaths for a child? 30-2, 15-2, 50-4

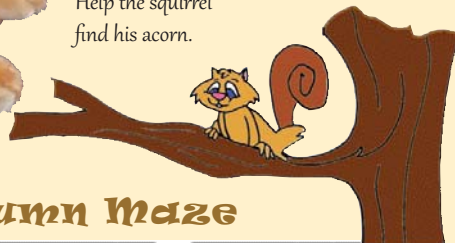


Please find the correct answers on the last page.

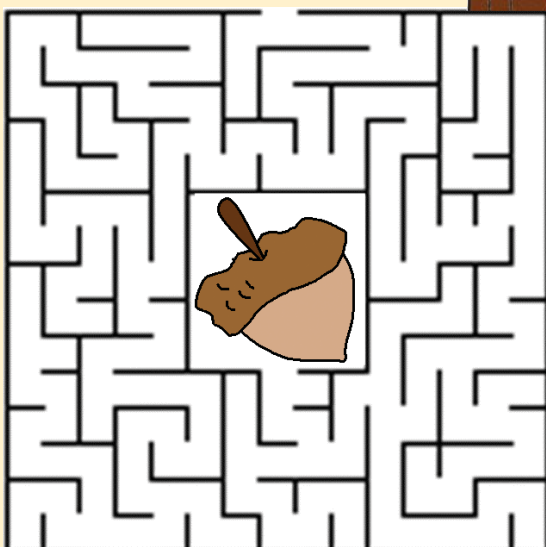
If you gave the wrong answer to any of the questions, it's time to update your skills and take a FirstMed First Aid Course.



Help the squirrel find his acorn.



### Autumn Maze



### Autumn Sudoku

|       |       |       |       |
|-------|-------|-------|-------|
|       |       | <br>4 |       |
| <br>4 | <br>1 |       | <br>3 |
|       | <br>2 |       |       |
| <br>3 |       | <br>1 | <br>2 |

Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



FirstMed ve  
Corner



# quiz

Which Bath is next to our hotel?

- a) Gellért Bath
- b) Király Bath
- c) Lukács Bath

Please send your answers to [marketing@firstmedcenters.com](mailto:marketing@firstmedcenters.com).

The sender of the 5<sup>th</sup> correct answer wins a two-night stay for two persons with breakfast in one of the spacious Suites at the newly built Hotel Regnum Residence\*\*\*\*.

[www.regnumresidence.hu](http://www.regnumresidence.hu)

## Solutions to the First Aid Quiz

- 1. No
- 2. 30-2
- 3. C
- 4. Yes
- 5. 30-2

Find FirstMed on

**facebook**

## Buda Juniors

International Football Club  
Looking for a fun, healthy activity for your children in Budapest?

Are your kids football crazy?



FREE TRIAL SESSION!

find out more at [www.budajuniors.hu](http://www.budajuniors.hu)



Every Day Starts This Way

### ROYAL SPA

at the Corinthia Grand Hotel Royal 1373 Budapest Erzsébet krt. 41.  
T: 361 479 4950 | F: 361 479 4853 | E-mail: [royalspa@corinthia.hu](mailto:royalspa@corinthia.hu)  
[www.corinthia.hu](http://www.corinthia.hu)

# Move One

[www.moveoneinc.com](http://www.moveoneinc.com)

keeping it simple

+36 1 266 0181  
[www.moveoneinc.com](http://www.moveoneinc.com)



Managing Editor: Andrea Zs.Tóth

Copy Editor: Tom Bass

Contributors:

Peter de Groot,  
Natalie Turner,  
Dr. Gabriella Bene,  
Dr. Sue McGladdery,  
Judy Finn

Design and layout:

Judit Kovács | Createch Kft.

**FirstMed Centers Kft.**

Hattyúház, Hattyú utca 14,  
H-1015 Budapest

Tel.: +36-1-224-9090

Fax: +36-1-224-9091

[info@firstmedcenters.com](mailto:info@firstmedcenters.com)

[www.firstmedcenters.com](http://www.firstmedcenters.com)



© Copyright FIRSTMED, 2010. All rights reserved.

You can find the pdf version of this and previous issues on our website: [www.firstmedcenters.com/newsletter](http://www.firstmedcenters.com/newsletter)  
If you would like to sign up for the printed or the pdf version to be sent to you, please contact the Managing Editor on [zstoth@firstmedcenters.com](mailto:zstoth@firstmedcenters.com)