

## Health Focus

Breast Cancer  
Mammography



## Partners

Levendula®  
Day Spa



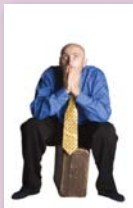
## Know Your Doctor

Dr. Susan  
McGladdery



## Activity

Stress Quiz



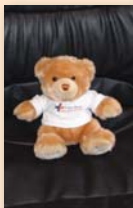
## Charity

FirstMedve



## Kids' Page

Halloween  
crossword puzzle



## News-bites

Physical therapy  
modalities  
Flu shots



PHOTO BY PATRÍCIA VERBÓCI



elcome  
to FirstMed's first edition  
of its re-launched  
newsletter. We hope that  
it will be an interesting  
and useful source of  
information regarding  
the most important  
thing in your life:  
**Your Health!**

FirstMed opened its doors for the first time in 1999 as The American Clinic. It was the first private clinic offering English-speaking international standard medical service combined with 24-hour year-round telephone support. Right from the start, the clinic boasted on-site laboratory and X-ray diagnostics which today has expanded to include 4D ultrasound, neurological diagnostics, stress and cardio-testing and mammography.

Many of the clinic's patients who have been with us from the beginning will remember the clinic's first motto: "Your Family, Your Health, Your Clinic!" This motto emphasized the family aspect of the clinic. When the company changed its name to FirstMed some four years ago, it was decided to broaden the message and so the motto changed to **"Your Health Comes First!"** to reflect the more diverse nature of its clientele.

For us at FirstMed you, the patient is what our business is all about. Your satisfaction is paramount. **Our mission is to provide the best healthcare available in Hungary.** In order to achieve this, we employ highly skilled medical staff who are able to communicate with you. Being able to have a dialogue with the patient rather than a monologue and spending the time to find the root cause of the symptoms are the two essential ingredients for a successful consultation.

We look forward to continuing our dialogue through this newsletter. In this and future editions you can learn a bit more about your doctor and what he or she does and thinks in the section "Know Your Doctor," for kids there is the Kids' Page with fun and healthy things for them to do, and we have also included a section about the various causes that FirstMed supports as part of its compassionate mission to give back to the community. We hope you will enjoy!

If you have any comments about what has been written or you'd like to see a topic added to the newsletter or, simply, to give your feedback on the service at the clinic, please do not hesitate to contact me ([peter@firstmedcenters.com](mailto:peter@firstmedcenters.com)) or fill out the patient satisfaction survey on our website.

Peter de Groot, Country Manager, FirstMed Centers Kft.



# Breast Cancer

## Are you aware? We are!

As many as one woman in every seven will get breast cancer at some time in her life. Breast cancer is the second most common cause of cancer deaths in women from developed countries. Although this is overwhelmingly a female disease, about one percent of cases do occur in men.

Among women, breast cancer becomes more common as age increases, with more than 80 percent of cases occurring in women over 50 years of age. Obesity and heavy drinking significantly increase the risk. Taking the contraceptive pill or hormone replacement therapy also increases the risk slightly.



If you attend FirstMed for mammography in October, the doctor's consultation will be free of charge as part of our breast cancer awareness program.



In addition, there is a chance to win one of three free special treatments from Levendula® Day Spa.

### REASONS TO SEE YOUR DOCTOR

**Breast Lump**

**Change in the size or shape of a breast**

**Dimpling of the breast skin**

**Changes/inversion of the nipple**

**Swelling or a lump in the armpit**

**Family history of breast cancer**

**Just worried and need to talk...**

Family history is important as well. Having close relatives (mother and/or sister) with breast cancer doubles or triples your risk of getting breast cancer, when compared to women with no cases in the family.

Fortunately, during the last 30 years, great progress has been made in early diagnosis and treatment of the disease and in reducing breast cancer deaths. In the past, a diagnosis of breast cancer usually meant radical surgery. Today, radical mastectomy is rarely performed. Instead, there are more and better treatment options, and many women are candidates for breast-sparing operations.

Most of us know someone with breast cancer and many of us worry whether we will be affected during our lifetime. What can we do to lessen our risk?

Early detection is very important in determining the outcome of breast cancer. Therefore, we recommend regular (every one to two years) screening mammograms for all women starting from age 40.

**If you are worried about Breast Cancer, do not delay seeking treatment and advice. Schedule an appointment with one of our family doctors or gynecologists as soon as possible.**



Levendula® customers can select from a broad range of treatments to suit their needs. The spa has several private face and body treatment rooms, a Rasul-bath, an Infra-cabin and a relaxation room. Massage treatments combine both traditional eastern and the latest western techniques. The most powerful facials, such as oxy-jet, the ultimate anti-age therapy, are available, too.

Spa manicure and pedicure are also a welcome treat, while the spa also

Levendula® goes to extraordinary lengths to get everything... perfect!

Levendula® makes every client's visit special, helping them to de-stress, detox or simply gain a more youthful appearance.

ensures its clients leave Levendula looking and feeling great by providing after treatment such as hair and make-up consultation.

Treatments and products are available from SHISEIDO, SOTHYS, ELEMIS and KÉRASTASE.

Levendula® also offers spa packages to ensure total rebirth in a few hours.

All the staff at Levendula® Day Spa are highly trained and committed. Levendula® hallmarks a luxury day

as they greet their clients entering the spa.

Levendula® Day Spa has become extremely popular with visitors to Budapest, local professionals and celebrities who want to experience a Budapest day spa of the highest standards and escape the stresses and strains of everyday life. The spa caters to both women and men, but above all those who appreciate quality and do not like to compromise. That is why they choose Levendula.

## Levendula® Day Spa

### Experience the Difference!

spa where the clients are assured the highest-quality services delivered by the most professional therapists in Hungary.

The therapists really do enjoy what they do and radiate customers with their positive energy and bright smiles. With individuals like this, the treatment experience begins as soon

Those customers who sign up for a FirstMed mammography screening in October will have a chance to win one of the listed Levendula® treatments.

- Sothys seasonal facial treatment
- Reflexology
- Deep Tissue back massage



For more information please, visit Levendula's website or call.

Levendula® Day Spa

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PHOTO BY PATRÍCIA VERBÓCI

**If there is  
a secret to  
a good life,  
what is it?**

**Stay healthy!  
Eat right,  
be active, enjoy  
living and  
strive to keep  
a good balance  
in your life.**

I am a British medical graduate from Oxford University with a Master’s Degree in Medical Sciences from Cambridge University. For over 15 years, I’ve lived outside the UK working in a variety of international settings as a family doctor and provider of urgent care. I joined FirstMed Centers in 2002 and was appointed Regional Medical Director in January 2003.

## Dr. Susan McGladdery

There’s a very strong medical tradition in my family. I’m the youngest of three children. My sister is a family doctor in Cardiff, Wales, and my brother is a veterinarian specializing in equine medicine in Newmarket, England. Even as a young child, I remember that my family was always very medical. My grandfather who came from Northern Ireland was a local family doctor in England. Four of his brothers and his only sister also became doctors but they all chose to work overseas in faraway places – Jamaica, Malaysia, Australia and South Africa. My favorite uncle was a surgeon who worked for many years with the British colonial service in Malaysia and in Singapore. **He always had fascinating stories to tell about the places he’d been and the people he met.** My father, who’s also a doctor, had planned to specialize in tropical medicine and travel. Instead, he was sent to Germany as part of his National Service duty. The best thing about this was that he met my mother there and together they returned to the UK where he followed a career in family practice, working with my grandfather for many years. Next year my parents will be celebrating their 50<sup>th</sup> wedding anniversary.

I met my husband, Peter de Groot, who is Dutch, while we were both studying at university in Cambridge. Peter always has led a very international life (growing up in Jamaica, Angola and Brazil), so not surprisingly we’ve travelled extensively together (in South America, Europe and Asia). Before settling in Budapest, we spent seven years living in Jakarta, Indonesia, followed by three years in Moscow, Russia.

Away from my work, family life is very important to me. Peter and I have three children. Caroline (13) and Paul (11) are in Middle School at the American International School Budapest. Sophie (4) goes to a Hungarian kindergarten and a Dutch preschool and is our trilingual baby! At the weekends, we like to play tennis and go hiking or biking in the forests of Buda.

**I always regretted that I didn’t speak German at home with my mother.** For this reason I’m very pleased that Peter and the children use Dutch as their language of communication. I would like to spend more time improving my language skills, especially Hungarian, but medicine involves a lifetime commitment to learning. Between children and work demands, there is not too much time left for language studies.

Medicine has always fascinated me: its history, traditions, culture and professionalism. In my medical career, I’ve been very fortunate to study and work with some brilliant and inspirational doctors and this pursuit of excellence is a continual driving force for me. Here in Budapest I am very privileged to lead the FirstMed team of doctors, a group of highly skilled professionals.

**Patients need good doctors. Good doctors are those that make the care of the patient their first concern.** Such doctors are competent; they keep their skills up-to-date; they build and maintain good relationships with patients and colleagues; and they act with honesty and integrity. These are the qualities we seek among our FirstMed doctors. This is what contributes to our success. I’m very pleased with the growth of the clinic and the good reputation that we are building and I will continue to do my best to see that this high-quality medicine continues.

# How Stress-Resistant Are You?

Read each of the following and choose the number that corresponds to your answer.

**1 = always**

**2 = most of the time**

**3 = sometimes**

**4 = rarely**

**5 = never**

## Interpreting Your Score

When you're through taking the quiz, total your score.

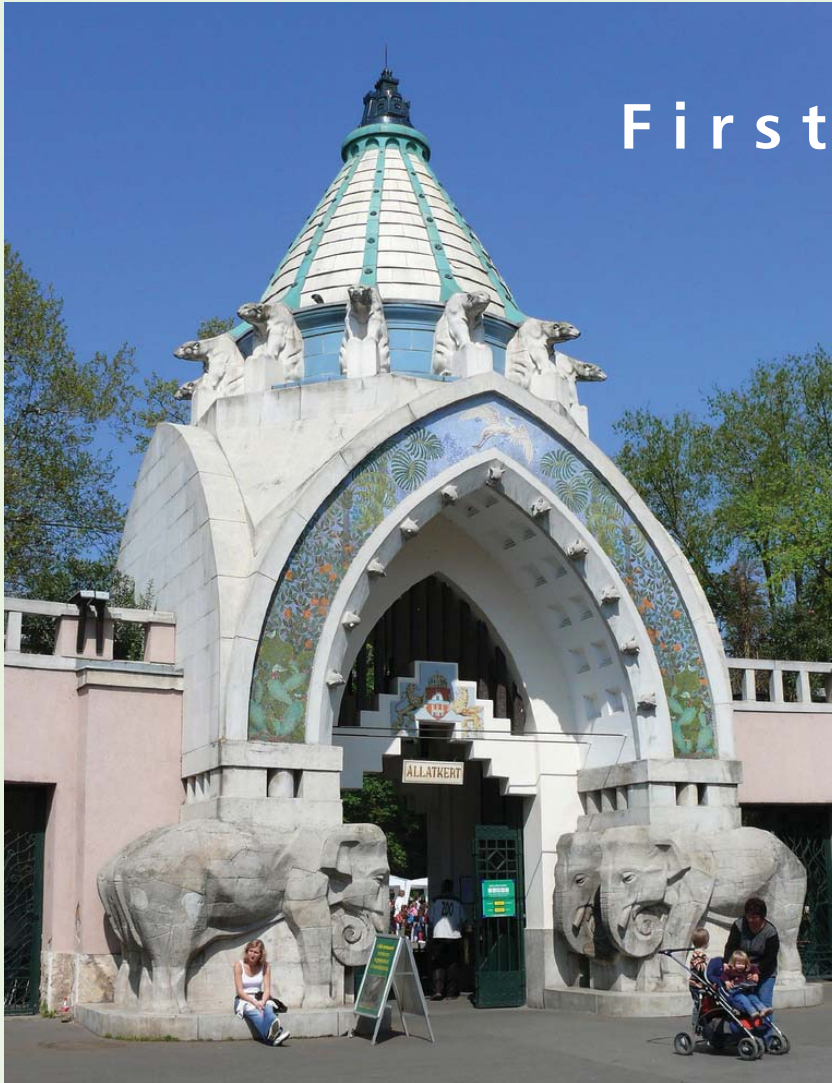
If it's **75 or less**, you're probably pretty stress-resistant. You use a combination of physical, mental, emotional and interpersonal strategies to maintain a healthy lifestyle and support network.

If it's **75–85**, you're getting close to stress overload.

If your score is **over 90**, you may be in the red zone of serious stress territory.

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FCD Educational Services, Inc. Fall 2000  
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|   |   |   |   |   |   |
|---|---|---|---|---|---|
| I eat balanced, nutritional meals.  | 1 | 2 | 3 | 4 | 5 |
| I give and get lots of hugs and affection.  | 1 | 2 | 3 | 4 | 5 |
| I do something fun at least once a week.  | 1 | 2 | 3 | 4 | 5 |
| I am able to organize my time and meet deadlines.   | 1 | 2 | 3 | 4 | 5 |
| I have enough money for my everyday expenses.   | 1 | 2 | 3 | 4 | 5 |
| I practice deep breathing exercises.  | 1 | 2 | 3 | 4 | 5 |
| I have one or more friends that I really enjoy and trust and can tell my innermost thoughts and feelings.                                     | 1 | 2 | 3 | 4 | 5 |
| I can talk about my feelings when I'm upset.  | 1 | 2 | 3 | 4 | 5 |
| I can discuss almost anything with my partner/relative.   | 1 | 2 | 3 | 4 | 5 |
| I have at least one friend nearby that I admire and trust.  | 1 | 2 | 3 | 4 | 5 |
| I get seven to eight hours of sleep most nights.  | 1 | 2 | 3 | 4 | 5 |
| I avoid smoking cigarettes.   | 1 | 2 | 3 | 4 | 5 |
| I drink fewer than three caffeinated beverages (sodas, coffee, tea) a day.  | 1 | 2 | 3 | 4 | 5 |
| I avoid drinking alcohol.   | 1 | 2 | 3 | 4 | 5 |
| I avoid using illegal or other mind- or mood-altering drugs.  | 1 | 2 | 3 | 4 | 5 |
| I am in good health.  | 1 | 2 | 3 | 4 | 5 |
| I exercise or play sports to the point of working up a sweat at least three times a week.   | 1 | 2 | 3 | 4 | 5 |
| I participate in social activities.   | 1 | 2 | 3 | 4 | 5 |
| I do something for myself everyday.   | 1 | 2 | 3 | 4 | 5 |
| I can ask for help when I need it.  | 1 | 2 | 3 | 4 | 5 |
| I enjoy most of the things I do.  | 1 | 2 | 3 | 4 | 5 |
| I find that there are a lot of interesting and exciting things to do in life.   | 1 | 2 | 3 | 4 | 5 |
| I feel that I can handle most things that come my way.  | 1 | 2 | 3 | 4 | 5 |
| I like myself, flaws and all.   | 1 | 2 | 3 | 4 | 5 |
| When I make a mistake, I use the experience to grow and become a better person.   | 1 | 2 | 3 | 4 | 5 |
| I derive faith and security from my religious and/or spiritual beliefs.   | 1 | 2 | 3 | 4 | 5 |
| I meditate.   | 1 | 2 | 3 | 4 | 5 |
| I use visualization and/or relaxation techniques.   | 1 | 2 | 3 | 4 | 5 |
| I am able to "talk myself down" from self-defeating attitudes and worries.  | 1 | 2 | 3 | 4 | 5 |
| I use a repertoire of healthy strategies (e.g., taking a hot bath, talking with a friend, reading, getting exercise) for dealing with stress. | 1 | 2 | 3 | 4 | 5 |



# FirstMedve



After making a supporting contribution to the Budapest Zoo Foundation, FirstMed Centers has adopted Noé, a Syrian Brown Bear in the new bear habitat at the Budapest Zoo.



Noé is not a typical brown bear but a golden cappuccino color typical of bears from the Middle East. Like his companion Midas, he's 17 years old and has been rescued from illegal captivity in Cyprus. At the new expanded habitat at the Budapest Zoo Noé enjoys playing along the cliffs, bathing and relishing the attention of visitors.

His new "parents" at FirstMed Centers are excited to see him thriving and enjoying his move to Budapest. Noé has kindly agreed to become a reporter of news and information for kids.

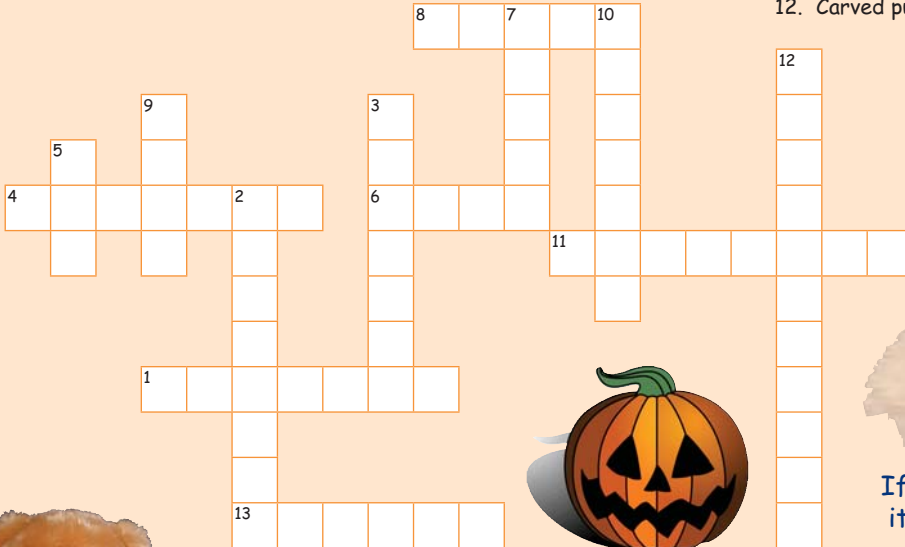
We hope that our contribution will inspire our younger patients to care as much as we do for not only our own health but also that of the creatures with whom we share the planet.

Watch out for competitions on [firstmedcenters.com](http://firstmedcenters.com) or at the reception area of the clinic for the free-entry tickets to the Zoo and the toy bears that can be won.

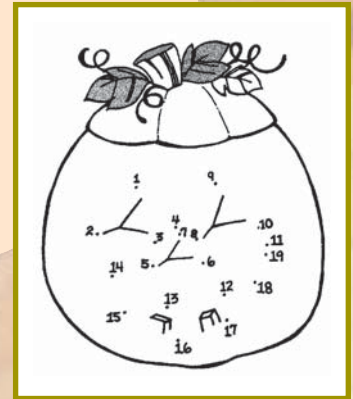
The bears are also available for purchase at the reception and the proceeds will be donated to the Zoo Foundation.



# Halloween Crossword



- Across:**
- Halloween month
  - Disguise
  - Placed over your face
  - Stirs potions in a cauldron
  - Human that transforms into a wolf
  - Web creator
- Down:**
- Scary creatures, or \_\_\_\_\_, Inc.
  - Dracula is one of these
  - Ghostly Talk
  - \_\_\_\_\_ or Treat!
  - Night flying mammals
  - A house where ghosts live is considered \_\_\_\_\_
  - Carved pumpkin



If you color in the bear and send it back to us with your name and contact details, you will have a chance to win a **toy FirstMedve**.



## FirstMedve Corner

### Did you know... ?

**Halloween** (All Hallows Eve) is celebrated on October 31, the night before All Saints Day, which is a Christian holiday.

**Sukkot** is the "Festival of Booths" according to the Jewish tradition. This year it falls between October 13 and 20.

**Diwali** is the Hindu Festival of Lights. It is celebrated on October 28.

**Al-Hijira**, the Islamic New Year falls on December 18 this year.



## NEWS-BITES

■ Dr. Varjú does minor surgeries at FirstMed including mole removal, wart treatment, facial epilation and removal of ugly superficial spider veins from legs.

■ New physical therapy modalities are available for patients, including the latest in ultrasound and electrical stimulation enabling treatment to ease pain, improve muscle strength and promote healing. For more info, please visit our website.



■ The list of insurance companies we have direct billing agreements with has grown to more than 40 worldwide, with the recent addition of prestigious companies such as AIG (USA), AON (Netherlands) and GMC (France).



■ We are pleased to welcome back Dr. Dóra Tausz after an absence of a few months. She offers her services as a qualified pediatric and adult orthodontist and will be available every second Tuesday of the month from 3 p.m. to 6 p.m. at FirstMed.



■ Don't miss the chance to avoid the flu this year. Sign up for your flu shot now.



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## Halloween Crossword Key

### Across:

1. Halloween month (OCTOBER)
4. Disguise (COSTUME)
6. Placed over your face (MASK)
8. Stirs potions in a cauldron (WITCH)
11. Human that transforms into a wolf (WEREWOLF)
13. Web creator (SPIDER)

### Down:

2. Scary creatures, or (MONSTERS), Inc.
3. Dracula is one of these (VAMPIRE)
5. Ghostly Talk (BOO)
7. (TRICK) or Treat!
9. Night flying mammals (BATS)
10. A house where ghosts live is considered (HAUNTED)
12. Carved pumpkin (JACKOLANTERN)



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