

Celebrating  
**10**  
years

## Know Your Doctor



Dr. László Varjú

## Health Focus



Skin Care

## Natalie's Page



Pre- and Postnatal Services

## Kids' Page



Summer Solstice

## Charity



Bátor Tábor

## The Global Economic Crisis and Your Health!

Several newspapers and magazines have reported that "the Global Economic Crisis is bad for your health". The negative impact on your health by unemployment and stress in difficult times seems all too obvious. What is even more alarming is that healthcare has dropped as a priority in the wake of the financial crisis, thus compounding the problems; it seems that people are succumbing "health-wise" to the recession.

At FirstMed "Your Health Comes First!". In good times or bad, we believe that taking care of one's health should remain a top priority and that diet and exercise should be the highlight of one's personal agenda.



Regular exercise is not only essential for your body but is also mentally relaxing. Relieving stress during a recession becomes even more important. A good way to relieve stress is to do exercise: whether that involves a session at the gym, participating in a team sport, or simply going for a brisk walk in the fresh air, exercise is a great way to take one's mind off one's problems and to feel better for it.



At FirstMed our doctors are there to support you to achieve your health goals. If you suffer from the effects of stress or feel that the recession is adversely affecting your health, come in for a consultation or a Health Maintenance administered by one of our highly experienced Family Practitioners.

Also I am pleased to announce that in May, we will be launching two new clinic plans to complement the well-known Premium Plan and Mini Plan. These are the Comprehensive Plan – covering the full breadth of FirstMed services – and the Optima – an economic plan still including unlimited consultations!

We look forward to serving you.

Peter de Groot  
Country Manager



Diet is foremost quality and quantity: "You are what you eat!" Eating a balanced diet of fruit, vegetables, fish, meats and carbohydrates remains important. It is estimated in the UK alone that 52,000 deaths could be prevented annually if people increased their annual intake of fruit and vegetables and reduced their salt intake. In times of crisis where money is tight, there are many strategies for improving one's diet and saving money at the same time, e.g., cooking fresh foods instead of buying processed items, replacing snacks such as crisps and chocolates with healthier alternatives such as bananas or apples, etc. If one is overweight, the recession could be a good time to address that situation.



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



PHOTO BY PATRÍCIA VERBÓCI

*“It may not be your lung or heart, but it’s just as important, your skin”*



## Helping you care for your skin

### Dr. László Varjú

*After a distinguished medical career in the US Air Force, retiring with the rank of Lieutenant Colonel, Dr. László Varjú joined FirstMed in 2000. He previously practiced privately at St. Anthony’s Memorial Hospital in Illinois and has over 10,000 hours of experience in emergency medicine. Dr. Varjú is FirstMed’s skin surgeon and provides a wide range of treatments for unwanted blemishes, scars, lesions, and spider veins. He has active medical licenses in Missouri and Illinois and is a Member of the American Academy of Family Practice.*

It’s a pleasant surprise when Dr. Varjú greets you with a quick smile and an easy-going demeanor. Before you’re through the door, he immediately enquires about your state of mind. You easily answer this charismatic doctor with exceedingly bushy eyebrows and an encouraging manner.

This is a doctor who clearly sympathizes with the most vulnerable aspect of our characters, our looks. Suddenly, there is no point in being embarrassed about pointing out your blemishes, what might be irritating, unsightly, or really worrying; what might be a case for skin surgery; or what should be left alone, simply smeared with cream or covered up. It may not be your lung or heart, but it’s just as important, your skin.

Having completed his medical studies at the University of Graz in Austria and undergone a residency in family practice at the University of Michigan in the United States, Dr. Varjú joined a private practice in Illinois affiliated with St. Anthony’s Memorial Hospital. As he explains, *“I had full privileges, took care of my own patients and also was first assistant at major surgical procedures. I rotated among three major hospitals in the region and provided full acute care for infarction, strokes, acute diabetes, just about everything, injuries, emergency deliveries if it was necessary.”*

Later he joined the US Air Force and was stationed at Whiteman Air Base in Missouri, followed by Ramstein Air Base in Germany, where he carried out emergency care. He got deployed several times, even spent four months in Hungary at the Taszár Air Base during the Balkan Wars.



Dr. Varjú brings his expertise to the clinic on a range of cosmetic and acute skin therapies, from the removal of unsightly spider veins and facial epilation, to the cosmetic repair of major scars and progressive treatment of ingrown toenails, as well as advanced diagnostic tools to identify and remove potential dangerous skin cancers.

To lessen the need for skin surgery later in life, particularly as the rate of skin cancer follows a worrying upward trend, Dr. Varjú advises his patients to avoid the sun between noon and three o’clock and to use a skin cream of SPF 50 or more. He also highly discourages tanning salons.

Dr. Varjú recommends you to be especially vigilant about changes in color and size of dark lesions or birthmarks and not to hesitate to ask for a dermascope consultation that can determine if excision is necessary by hyfrecation (electrical elimination) or dessication (drying-out procedure), and if a biopsy is called for to determine the status of melanomas or carcinomas. Similarly, Dr. Varjú will remove benign sebaceous cysts, moles and lypomas if they cause discomfort.



Dr. Varjú is available **three** days a week. When not attending to your medical needs, Dr. Varjú enjoys spending time at his house near Lake Balaton where he tends to his fruit orchard and herb garden. He has been married to his Hungarian wife for 43 years and has two daughters and one son who live in the United States.



With summer fast approaching, there are many things we can do to protect ourselves and our skin. Skin cancer is one of the most common forms of cancer. Most skin cancers are caused by damage from UV (ultraviolet) rays in sunlight. These cancers could be prevented if we protected ourselves from the sun. Many people are unaware of the damage that can be done to the skin even on a cloudy day.

This highlights the need to protect our skin, even when only exposed to the sun for short periods of time. There are ways we can protect ourselves and our children. Cancer Research in the UK uses the slogan: SMART

*Spend time in the shade between 11 and 3*

*Make sure you never burn*

*Aim to cover up with a t-shirt, hat, and sunglasses*

*Remember to take extra care with children*

*Then use factor 15+ sunscreen*



These factors may increase your risk: unprotected and/or excessive exposure to UV radiation, fair complexion, family history, multiple or atypical moles or severe sunburns as a child. It's vitally important that if you have any of these factors that you are careful and vigilant with your skin.

Get to know your skin—this way you will detect any changes very quickly. It is completely normal to have some moles or dark patches on your skin that are flat or slightly raised. However, if a mole is asymmetric (sides not even), the borders are irregular, the color is uneven or the mole is wider than 6mm (the size of a pencil eraser, please get it checked out.

So be SMART this summer and give your skin and your children's skin the care they deserve.



If you answer  
**YES**  
to any questions  
below, you should visit  
your doctor and  
request a mole check.

Have you noticed a change  
in size, shape, color or  
elevation of a mole?

Do you have an asymmetrical  
mole (sides don't match)?

Do you have a mole which has  
ragged or blurred borders?

Do you have a mole with  
varied colors?

Do you have a mole larger  
than 6mm in diameter?

Do you have a mole that is itchy,  
has bled or has become crusty?



Aloe vera is great for  
soothing skin burn



PHOTO BY PATRÍCIA VERBÓCI

*H*ello, I'm Natalie Turner and I'm a trained pediatric nurse from the UK, with further training in prenatal education and breastfeeding counseling. I will be using this page to bring you lots of information quarterly regarding pregnancy and childbirth, as well as answer the most common questions in this area.

### Services offered for pregnant ladies

At FirstMed we realize that being pregnant can be a very vulnerable time for many women and their partners. Anxiety can be heightened further whilst being in a foreign country away from friends and family. I now provide in-depth **prenatal education classes** for mums and dads to be.

Besides getting ready mentally for childbirth it is also important that the ladies look after their bodies too. **Prenatal exercise** is a great way to:

- stay in good shape,
- prepare your body for the birthing process,
- practice relaxation,
- make friends.

A physical therapist, Angela Bencsik offers classes every Tuesday midday, which you can sign up for at FirstMed.



### Services offered for new mums

I offer several support services for new mums, like **breast-feeding counseling** and continuing support throughout their post-natal period.

We recently introduced a **baby weigh-in group** that we hold every Wednesday afternoon between 2 and 4 p.m. at Tiptoe Land ([www.tiptoeland.com](http://www.tiptoeland.com)) close to FirstMed. Mummies and their babies are all welcome to join us for FREE.

### Frequently asked questions

*Dear Natalie,*

*I'm 8 weeks pregnant with my first child, when can I start the exercise and prenatal education classes?*

*A.N.*



*Dear A.N.,*

*You can start the exercise classes after 12 weeks. If you have been exercising prior to the pregnancy then you can keep it up, but remember you may need to go at a slower pace right now. If at all you feel tired, just sit down and relax, also remember to drink plenty of water. Prenatal education classes are recommended from 20-25 weeks onwards. However, if you have any specific questions, just send them along to me and I'll do my best to answer them.*

*Take care,*

*Natalie*

**Please feel free to e-mail me with any questions and/or comments regarding the topics I discuss here. My e-mail address is: [natalie@firstmedcenters.com](mailto:natalie@firstmedcenters.com)**



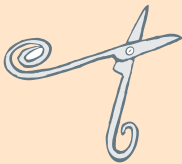
**MONKEY BUSINESS**  
Play and Learn Centre  
great activities for mums and kids in the II. district

	<p>Mother and Baby Workshop 2-8 months</p> <p>Tiny Hands - baby sign language</p>	<p>Messy Art 24-48 months</p>	
	<p>Movement Classes 8-36 months</p>		
<p>for more information contact Krisztina 0630-6243442 <a href="mailto:krisztina@monkeybusiness.hu">krisztina@monkeybusiness.hu</a> <a href="http://www.monkeybusiness.hu">www.monkeybusiness.hu</a> tiptoe land - bimbó út 4</p>			

**Before going on holiday** it is advisable to prepare a First Aid kit for the trip in case of emergency situations like a cut finger, headache, or other sudden sickness or accident. Tommy is trying to select a few useful tools for his First Aid kit. Please help him by connecting the items to the box.



(You will find the solution on page 8 and further information on First Aid on our website.)



## Summer Solstice — Midsummer Day

### Did you know... ?

Celebrated throughout Scandinavia, Midsummer Day is the celebration of the Summer Solstice which marks the longest day of the year. It is celebrated between the 20th and 26th of June, at the lightest point of the year, and signals the start of "the real summer". The day is particularly significant in Finland where it is recognized as a national holiday. It is a time to be with friends, family, and loved ones and is usually celebrated with a big meal which traditionally consists of pickled herring and smoked fish, followed by the first strawberries of the year for dessert. After the meal, many Finns head to public parties and celebrations where ritual fires are lit which link back to the old tradition of cleansing and warding off evil spirits. Midsummer is also a Finnish Flag Day. Flags are raised at 18.00 on Midsummer Eve and lowered on the following day (Midsummer Day) at 21.00.

FirstMedve Corner

## Two fun activities for spending a warm summer afternoon with your friends in the backyard

### Tug of WAR (Ages: 4+)

Grab a skipping rope or backyard hose and get the kids to hang on to each end. (With more than two children, divvy them up by strength or size, with an even number on each side.) Place the middle of the hose over a running sprinkler. Laughs will ensue as they tug on the hose and pull each other back and forth into the water.

### Water limbo (Ages: 4-5)



Hold a hose horizontally with the water on full force; place your thumb partway into the stream so it jets into a straight line. Each child takes a turn walking under the water. Keep lowering the height of the water limbo line. The winner is the one who makes it under the water at the lowest level without touching it. The losers will be all wet, of course!





*"Bátor Tátor is a machine into which children are thrown, and a healthier, happier and more courageous child comes out."*

Peti, 15 years old

## Camp Courage

### Helping Kids in Hatvan

Each year, children and their families come from around Central Europe to the specially-designed camp headquarters of *Bátor Tátor* in the hills of Hatvan. Since 2001, the camp has been visited by hundreds of children with serious medical conditions who require special therapeutic care in order to give them opportunities to explore and play that other children enjoy. Made possible by donations and volunteers, *Bátor Tátor* is a leading charity in the region and is a member of the Association of Hole in the Wall Camps, founded by the actor Paul Newman. This spring *Bátor Tátor* will hold a major charity golf tournament, details of which can be found below.

### Therapeutic Recreation at *Bátor Tátor*

*Bátor Tátor* Foundation organizes free therapeutic recreation camps for children with cancer, diabetes, hemophilia and juvenile rheumatoid arthritis. Since 2001, *Bátor Tátor* brought smiles to almost 2,000 kids. The camps increase children's confidence and self-esteem and this is also beneficial to their physical recovery.

Campers can try archery, horseback riding, and obstacle courses under constant medical supervision. And they can do sports, arts and crafts, and drama. They can dance and play music. All they have to do is to play and play. Each year 400 volunteers are responsible for ensuring these joyful and carefree moments.

A remarkable share of the costs is covered by organizing auctions, gala dinners, and other charity events. In the past years, the name of *Bátor Tátor* has become a trademark of high-quality charity events.

The next program will be the Seventh UPC – *Bátor Tátor* Charity Golf Tournament, which will be held in August. Contestants and sponsors donate HUF 150,000 each to support the therapeutic recreation of children with chronic diseases. For further information, please contact Ms. Rita Nagy at [r.nagy@batortabor.hu](mailto:r.nagy@batortabor.hu).

Beside charity programs, *Bátor Tátor* can be supported with the 1% tax allocation. The tax number is: 18107913-1-41.



FirstMed regularly sponsors the *Bátor Tátor* Charity Golf Tournament



## Weird and wonderful diseases – can you tell what’s real and what’s fake?

(You can find the answers on our website.)

**Alice in Wonderland Syndrome** – In this syndrome everything appears much smaller than it actually is. Sufferers may see their pet dog in the size of a tiny mouse. Some people believe that Lewis Carroll (author of *Alice in Wonderland*) was suffering from this condition.



**Fisherman’s Syndrome** – This syndrome only appears to affect men. Sufferers will remove all their clothing and jump into the sea, as soon as they are nearby. This can be extremely dangerous and sufferers are advised to stay inland.

**Jumping Frenchman of Maine Disorder** – This is an extremely rare condition, where sufferers have a sudden and abnormal reaction to stimuli. For example, if someone were to yell “jump up!” they would carry out the command without thinking.



**Alien Hand Syndrome** – This unusual disorder, occurs when one hand appears to take on a personality of its own. Sufferers may often give their “alien hand” a name and punish it for disobedience.

**Mickey Mouse Syndrome** – Sufferers suddenly begin to dress and act like Mickey Mouse. This is a very rare condition and has only affected a small group of people. All of whom are now employed by Disneyland.



Wordsearch

d	p	a	a	c	u	p	u	n	c	t	u	r	e	o	e	f
z	e	w	d	a	o	h	o	l	v	c	s	p	s	r	t	j
m	d	s	c	z	d	y	g	n	f	h	c	p	r	t	k	m
a	e	j	b	k	s	s	r	w	q	w	m	r	u	h	a	t
s	n	m	g	h	o	i	f	a	t	b	i	e	i	o	q	t
s	t	f	u	e	a	o	d	g	k	p	n	n	r	d	g	r
a	a	q	i	v	p	t	l	a	u	v	o	a	c	o	w	a
g	l	t	s	r	u	h	f	j	b	c	r	t	s	n	u	v
e	i	h	o	u	s	e	c	a	l	l	s	a	o	t	b	e
s	m	c	r	k	o	r	h	p	d	p	u	l	s	i	o	l
h	p	i	p	h	d	a	b	n	s	e	r	c	k	c	s	c
a	l	g	t	v	r	p	a	n	f	k	g	l	d	s	g	l
t	a	u	a	s	x	y	i	w	a	v	e	a	b	m	p	i
b	n	w	o	o	p	r	n	s	o	a	r	s	o	w	l	n
j	t	r	q	i	g	o	f	b	i	u	i	s	q	t	n	i
g	s	k	m	c	l	r	g	j	b	s	e	e	r	a	h	c
c	a	r	d	i	a	c	s	t	r	e	s	s	t	e	s	t

Please find 10 FirstMed services hidden horizontally and vertically among the jumbled letters. The first 3 people who send an e-mail with the correct answers to [marketing@firstmedcenters.com](mailto:marketing@firstmedcenters.com) will get a prize.

## NEWS-BITES

### ■ NEW DOCTORS

We are pleased to announce that another four practitioners joined our medical team.

**Dr. Gabriella Bene** is a Hungarian and US Board Certified Pediatrician with special interest in teenage health.

**Dr. Ágnes Nagy** is an internist and family doctor offering consultations on Tuesday afternoons.

**Mihály Dányi** is a fully qualified adult physiotherapist who specializes in back problems. Mr. Dányi also provides therapeutic back, shoulder, and neck massage.

**Neta Evian** is also a fully qualified adult physiotherapist, who is available on Tuesdays and Saturdays. Ms. Evian speaks English and Hebrew.

All our physicians, like every other FirstMed staff, speak fluent English.



Dr. Gabriella Bene



Dr. Ágnes Nagy



Mihály Dányi



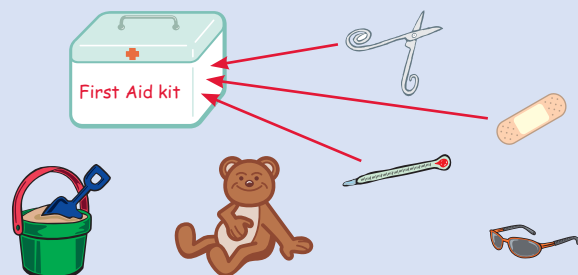
Neta Evian

### ■ NEW MEDICAL PLANS

We have introduced two new clinic plans to complement the existing Premium and Mini Plans. The "newcomers" are the **Optima** and the **Comprehensive Plans** that offer two alternatives in price and coverage for those customers who would like to enjoy the benefits of quality outpatient medical care for one fixed annual price.

For details on the plans and other insurance and payment options, please contact our sales executive: Gabriella Richman on +36-1-224-9095 or sales@firstmedcenters.com. You will also find information about the plans on our website.

## First Aid activity—solution



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