

The doctor replies

Medical Director Dr. Mihály Oláh is here to tell you why the Hajdúszoboszló Bath Complex may just be what the doctor ordered.

What makes the medicinal water and the spa in Hajdúszoboszló outstanding?

The Hungarospa Hajdúszoboszló Bath Complex is the largest spa in Europe. There are 40 pools of 16,000 m² water surface in the 30 hectare spa area. In the summer, the lido and the Aquapark are very popular, but the indoor Aqua-Palace and thermal baths provide recuperation, relaxation and fun all year round. Due to the chemical composition and the physical and biological effects of the water, the water cure in Hajdúszoboszló is a natural remedy for a number of ailments.

Cooled to a specific temperature, the water is effective in curing locomotor disorders, especially various kinds of rheumatics. **Combined with gymnastic and physiotherapy it can be useful in the aftercare of paralysis, injuries and operations.** The water also facilitates recovery from chronic gynecological **inflammations**. Thanks to the hormone contents of the water, infertile women often report conception following repeated water cures **and mud-packs** in Hajdúszoboszló. The water is also effective in treating chronic skin **diseases**, such as eczema and psoriasis. 90% of the patients who follow doctors' orders show a quick recovery; that means tens of thousands of **satisfied** patients through the decades.

What constitutes to full recovery? What are the steps of treatments?

Spa treatments are effective in themselves, but the environment and the micro-climate both add to the success of the treatment. Today, the emphasis is on the complex physiotherapy treatment, meaning the water cure is supplemented by a number of procedures, such as gymnastics and electrotherapy. In Hajdúszoboszló, the combined effects of the medicinal water, 40 different therapies and other healing factors may result **a quick and stable improvement.**

Let's be a bit more specific. Low back pain is endemic. How long does the treatment take? Are patients given advice and tips at the end of the treatment on how to avoid the pain recurring?

The majority of the population will have experienced low back pain at least once or twice before reaching middle age. Of the 40 treatments available in the spa, underwater weight bath, a Hungarian invention, is one of the most effective in this area. Clinical studies and our own research show that a 3-week water cure of underwater weight bath results **quick pain-killing and improvement in mobility which lasts for 3-4 month..** Mud packing (using the medicinal mud sediment of our medicinal water) is also an effective part of the treatment. As balneotherapy treatments are only effective as part of a healing cure, it's essential that a water cure takes at least two weeks.

The cure starts with an evaluation by a specialist rheumatologist, who prescribes all the necessary treatments. The team work of rheumatologist, physiotherapists, medical masseurs and spa therapists help patients on the way to recovery.