Bad Ragaz Medical Health Center
For all guests' health needs

Bad Ragaz – The Grand Resort Bad Ragaz Medical Health Center enjoys European renown and ensures that patients of all ages are in the safe hands of a highly specialised medical, therapeutic and expert team. The range of interdisciplinary treatments extends from diagnosis to prevention to rehabilitation.

Everything guests need can be found under one roof. In view of the complexity of people's health, when it comes to check-ups, medical attention and aftercare, a comprehensive range of treatments is essential. At the Grand Resort Bad Ragaz, patients do not have to travel from one practice to another to receive holistic care, but can instead enjoy the combination of multiple medical disciplines and a luxurious five-star resort. The medical services have always integrated the resort’s own thermal water, the strengths and healing powers of which not only form the foundations of the resort but are also part of many of the therapeutic treatments. Today, more than 70 doctors and therapists offer their services at the Medical Health Center (MHC) in the specialist departments “Check-up & Diagnostics”, “Rheumatology, Orthopaedics & Rehabilitation”, “Nutrition, Workout & Metabolic Optimizing”, “Therapy & Movement”, “Mental Health”, “Dermatology, Med Skin Care & Plastic Surgery”, “Dental Health & Implantology”, “Gynaecology & Fertility”, “Ophthalmology” and “Complementary Medicine”. The interdisciplinary structure of the team of doctors ensures that patients receive holistic treatment.

Achieving the steady state
To effectively combat (and ideally prevent) stress, increasing demands on performance and weight problems in everyday life, the MHC devises preventive programmes tailored to its patients’ individual needs with the aim of boosting their health and thus permanently improving their wellbeing. The individual programmes offered by the Nutrition, Workout & Metabolic Optimizing department build on the four factors with the greatest impact on health, performance and wellbeing (diet, exercise, sleep and stress) to help patients attain a personal steady state. The Ragazer Weight Loss and Ragazer Detox programmes do this by helping patients to lose weight or detoxify their body. To achieve a metabolic balance, the Ragazer Lab-based Nutrition programme balances out nutritional deficiencies by using a nutritional metabolism diagnosis followed by customised advice on diet and the metabolism.

In addition to diagnoses and exercise sessions, the three programmes pay particular attention to changing patients’ dietary habits. An important part of this is the integration of the innovative Cuisine Équilibrée, the resort’s very own culinary health brand. The core elements of the healthy gourmet cuisine are the acid-base balance and the perfect calorific values of the basic nutrients – proteins, fats and carbohydrates.

Rehabilitation
Even patients who have lost some of their physical abilities as a result of an accident, an operation or an illness can regain an optimum quality of life. Special outpatient therapies not only foster the rehabilitation of the locomotor system but also help to restore, improve and maintain physical performance and mental balance. One such therapy is the Ragazer ring method, a thermal-water-based therapy for treating chronic joint problems. It helps to alleviate pain by enhancing flexibility and strengthening the muscles. The therapists
enable patients to enjoy a weightless and thus relaxed position in the water. They then use the resistance of
the water to carefully mobilise and stretch the body. The greatest benefit here is the three-dimensional
movement: in addition to simple up-down or left-right movements, patients can also independently move
certain parts of their body at the same time, which allows the therapist to achieve a holistic treatment.

**TIP:** In recognition of the outstanding expertise of the Rheumatology, Orthopaedics & Rehabilitation
department, at the end of 2013, the Medical Health Center was granted a permit by the St. Gallen Department
of Health to operate an inpatient rehabilitation clinic. In September 2014, the “Clinic Bad Ragaz – The Finest
Art of Rehabilitation” opened its doors for musculoskeletal and oncological rehabilitation – a further important
milestone in the development of the medical expertise of the Grand Resort Bad Ragaz. The offer is targeted
not only at individuals with private and semi-private insurance, as well as those covering their own costs, with
the oncological rehabilitation the clinic is also on the cantonal list of hospitals.

**From check-ups to improved performance**
All health check-ups offered by the MHC involve detailed diagnostics using the latest medical procedures and
act as the basis for creating a personal health file and proposing appropriate therapies or optimum preventive
measures. The interdisciplinary team of doctors at the Medical Health Center works in close collaboration in
house with the Viollier laboratory, Radiologie Südost and the Bad Ragaz Vein Center and can guarantee rapid
examinations through the use of the center’s own X-ray and MRI equipment as well as other diagnostic
measures.

**TIP:** The diabetes check-up (diabetes type 2) uses laboratory tests and physical examinations to provide
customised, medication-based consultations. If necessary, the check-up can also be supplemented with
services from other specialist departments (e.g. Ophthalmology). A men’s check-up completes the new
services offered by the department.

The Therapy & Movement department, which was officially recognised as a Swiss Olympic Medical Center
(SOMC) in 2004, also uses laboratory tests for its sports medicine performance diagnostics. Managed by
Dr Christian Schlegel, the sports medicine department offers an extensive array of services ranging from
preventive check-ups through performance diagnostics and medical examinations to personal training, fitness
coaching, and special and rehabilitation training following injury. Insights from the world of elite sports are
also successfully used in other areas of medicine. As such, it is not only elite athletes that benefit from the
active research and development and first-rate technical infrastructure but also recreational athletes and
newcomers to the world of sport. Customised programmes such as the Ragazer work-IT-out are tailored to
the guests’ individual needs. Having determined a guest’s level of fitness, a personal trainer will create a
training programme tailored to this base level and to the target level. This builds on strengths and eliminates
weaknesses.

Only when rested can people achieve peak performances in their professional and private lives. On the other
hand, sleeping disorders can quickly have life-threatening consequences due to the lack of oxygen in the
blood. The restricted respiratory passages hinder breathing, causing a cessation of breathing while sleeping.
Known as sleep apnoea, this can in turn destroy brain cells and cause gradual organ damage. As many
sufferers are overweight, it is also common for them to have high blood pressure and be extremely susceptible
to heart attacks and strokes. Sleep apnoea can be diagnosed during the sleep diagnostics in the resort’s own
sleep laboratory, and the Medical Health Center is able to provide assistance right away. **TIP:** Sleep apnoea
can be cured by expanding the respiratory passages using the rotation advancement treatment developed by
Professor Hermann F. Sailer.

**NEW: Ragazer Aging Score**
When calculating the Ragazer Aging Score, the MHC conducts a thorough check-up of the locomotor system,
organs and metabolism to determine guests’ current level of health. The score reflects the level to which the
findings deviate from the standard value for a guest’s age and raises awareness of the need for a targeted and
sustainable increase in vitality and quality of life. Guests can use the information as a basis for starting a
specially developed anti-aging programme that slows the aging process through inner (Nutrition & Training)
and outer (Beauty & Shine) regeneration.
Sheer beauty
At the Grand Resort Bad Ragaz, beauty goes far beyond the classic and apparative cosmetic services offered by the 36.5° Wellbeing & Thermal Spa. The MHC’s Dermatology, Med Skin Care & Plastic Surgery department uses the most effective dermacosmetic ingredients, the latest technologies and minimally invasive treatments to regenerate and rejuvenate the skin. Aesthetic and reconstructive plastic surgery furthermore help to restore, optimise, highlight and promote natural beauty. NEW: The Laser Center, opened in the beginning of 2016, complements the existing services with deep-penetrating treatments in the field of medical dermacosmetics and closes the gap between classic cosmetic treatments and dermatosurgical procedures. Pearly white teeth are a further sign of good health and a means of enhancing attractiveness. As part of its comprehensive beauty treatments in line with the highest quality standards, the Dental Health & Implantology department offers patients veneers in the form of Lumineers™ – for the perfect smile that will last a lifetime. The existing range of beauty services has been expanded to include the unique reverse facelift method developed by Professor Sailer. This firms the facial tissue by lifting it from the inside. As the operation is performed in the oral cavity, there are no external incisions and thus no visible scars. The MHC’s operating theatre makes it possible to conduct all outpatient treatments in-house. This is particularly beneficial for the Plastic Surgery department and the Bad Ragaz Vein Center.

Holistic services
The Mental Health department ensures that guests’ psychological health also receives the attention that it deserves. The range of MHC services is rounded off with complementary medicine. As an alternative or a complement to conventional medicine, the Grand Resort Bad Ragaz offers holistic treatment methods of the Traditional Chinese Medicine.

Further reading: link

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Images of the Grand Resort Bad Ragaz:
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1,200 characters about the Grand Resort Bad Ragaz
Nestling amid mountain scenery, the Grand Resort Bad Ragaz is situated in the Heidiland holiday region of Eastern Switzerland, just an hour’s drive from Zurich. The resort, which dates back to 1242 when a body-temperature thermal source was discovered and which has been honoured as “Switzerland’s Best Wellness Hotel” (SonntagsZeitung, 2016) and “Resort Spa of the Year: Western Europe & Scandinavia” (World Spa & Wellness Awards 2016), offers an extraordinary and authentic spa experience in the 36.5° Wellbeing & Thermal Spa. The resort also offers evidence-based medical treatments at the internationally renowned Medical Health Center and at the Swiss Olympic Medical Center. In 2014, the outpatient medical facilities were expanded with an inpatient clinic for rehabilitation. The “Medical Master” (Tatler Spa Awards 2016) boasts 17 clinic rooms, plus 267 luxury rooms and suites. Seven restaurants, a bistro and a café provide a huge range of culinary variety. In addition, the resort also boasts two golf courses, the Kursaal Business & Events Center, a broad range of cultural activities, the public Tamina Therme thermal spa and its own casino. In 2015, the Resort and Bad Ragaz celebrated 175 years of thermal water at the spa resort.