**Allergology**

The allergy is defined as the medical specialty that involves the knowledge, diagnosis and treatment of the pathology caused by immunological mechanisms, especially of hypersensitivity, with her own techniques. It covers the study of disorders located in different organs or systems (respiratory tract, digestive tract, skin, etc.), as well as generalized reactions.

**Services and Treatments**

Outpatient (first visit and revisions)
Study and evaluation:
- allergic rhinitis
- extrinsic asthma (allergic asthma)
- food allergy
Skin testing intraepidermal (prick-test):
- standard: mites, epithelia, fungi, pollen
- other: latex, anisakis
- food

**Anesthesiology and Reanimation**

Anesthesiology (or anesthesia) is the medical speciality that studies how to decrease or eliminate pain and reduce consciousness, so that the human body can undergo surgery or another invasive medical procedure (endoscopies, radiology procedures...) with the least alteration to the body’s normal functions as possible.

**Services and Treatments**

- Pre-anesthetic Consultation: Available for patients who are going to be operated on. It is a good way to put the patient in touch with the anesthesiologist beforehand so that they can assess any possible risks and reduce these insofar as possible before surgery.
- Regional Anesthesia: Spinal and epidural anesthesia, brachial plexus blocks (axillary, interscalene and others), femoral nerve blocks, sciatic nerve blocks, foot blocks. Intravenous regional anesthesia.
- General Anesthesia: with or without endotracheal intubation.
- Epidural analgesia for childbirth that provides relief for the mum-to-be
- Post-anesthesia recovery: room used to look after and monitor patients in the immediate postoperative period.
- Sedation for Endoscopy: this makes gastroscopies or colonoscopies extremely comfortable for patients.
- Sedation in radiology procedures: some of these procedures can be painful or very uncomfortable for the patient, which is why some type of anesthesia is required even though these are not actually surgical procedures.
• Chronic postoperative pain treatment: using specific postoperative analgesic protocols for each type of surgery. In certain cases the epidural analgesia is administered for a few days.

Special Techniques
• Combined Anesthesia Techniques: this involves combining two types of anesthesia, to reduce the pain and guarantee excellent postoperative comfort. Some of the widely used combinations at Clínica Vistahermosa are:
  o Epidural+general anesthesia: in complex abdominal surgery (e.g. colon, stomach, etc)
  o Brachial plexus + general anesthesia: in shoulder surgery.
  o Spinal and epidural anesthesia to control postoperative pain in knee and hip replacement surgery.
• Administering anesthesia in patients with intubation difficulties: different procedures are used including fibrescope guided intubation in patients with laryngopharyngeal or craniofacial abnormalities.

Anatomical Pathology
The Anatomical Pathology Unit (AP) is located on the ground floor of the hospital and it has two full-time technicians specialising in anatomical pathology and two of the leading pathologists of Alicante, one of whom is full-time, which means the service is available from 8:00 to 21:00.

Services and Treatments
• Anatomopathological diagnosis
• Medical transcription reports
• Biochemical immunology
• Functional testing
• Microbial cultures
• Studies on all organic liquids
• Cytology, punch biopsy, biopsies and special techniques
• Hematology

Assisted Reproduction
Having 30 years of on-going success the UR Vistahermosa is different from other Assisted Reproduction Clinics thanks to the fact that it is located in the hospital, which makes patients feel safer and more protected.

Services and Treatments
• Timed intercourse
• Artificial Insemination
• In Vitro Fertilisation (IVF)
• Intracytoplasmic sperm injection
• Embryo cryopreservation
• Male fertility preservation
Female fertility preservation
Sperm retrieval techniques
Egg donation
Embryo donation
In vitro maturation of eggs
Assisted hatching
Genetic studies
Donor sperm bank
Long embryo culture until the blastocyst stage

**Bariatric surgery**

The Bariatric Surgery Unit is made up of a multidisciplinary team whose members include a nutritionist, psychologist and surgeon, it provides complete support and it has a higher success rate with regard to weight loss. It is run by Dr Diaz Lara, a general surgeon who specialised in Bariatric Surgery years ago; the other professionals in the Unit include Nieves Aguirre, a psychologist with extensive experience in monitoring patients who have been operated on and she is in charge of providing psychological support during the pre- and postoperative period and Carmen Navarro, a nutritionist who is specialised in monitoring patients with obesity and she is in charge of the patient’s nutritional follow-up, telling them how and when the dietary guidelines in this type of treatment should be followed.

**About the speciality**

Various surgical procedures are possible and the most appropriate one for each patient is decided upon after the multidisciplinary evaluation has been made. Options go from Gastric Banding to the Tubular Gastrectomy or the Gastric Bypass. All these techniques are done by means of laparoscopy, thanks to the extensive experience of the team of surgeons. This favours fast recovery, after a hospital stay of 2-3 days, and as this is a minimally invasive procedure patients can return to their normal daily activities shortly afterwards.

**Technology**

- Gastric Bypass
- Stomach Reduction
- Gastric Banding

**Bone Density Scans**

The Bone Density Unit uses the most advanced equipment available, Lunar Prodigy Advance, which does much more than just measure bone mineral density (BMD). This densitometer carries out the most complete evaluation possible at the moment. It uses direct-digital detector technology, it does rapid scans, with near radiographic imaging
and dose efficiency three to five times better than existing fan beam systems. Its narrow-angle fan beam eliminates distortion caused by magnification.

**Services and Treatments**

- Secondary osteoporosis
- Weight loss treatment
- Hyperparathyroidism
- Growth hormone treatment
- Anabolic steroid therapy
- Anorexia nervosa
- Degenerative diseases (AIDS, Cancer, etc)
- Exercise

**Breast Unit**

The result of the joint work between the Gynecology Team and that of Laparoscopic and General Surgery, this unit treats the different oncologic pathologies that affect benign and malignant breast diseases.

**About the speciality**

The magnitude of the problem and the growing number of patients affected by such made us think about setting up a Breast Pathology Unit that could offer a real, well-equipped alternative outside the public health system, which is not capable of providing for all the patients; one that uses professionals who are highly specialised in diagnosing and treating breast diseases. To this end, we have all the technical, material and human resources necessary to deal with breast pathologies correctly.

All the clinical cases are evaluated individually by the Breast Committee that is made up of a Surgeon, Oncologist, Radiologist, Radiotherapist and an Anatomical Pathologist Technician, who make joint decisions on the best treatment options for the affected patients.

We are certified Experts in Oncoplastic and Reconstructive Breast Surgery, which means that we provide comprehensive treatment to patients with breast cancer to prevent the enormous physical and emotional impact of having a mastectomy, thus attaining two objectives in one, the removal of the tumour and the reconstruction of the affected breast.

**Cardiology**

Cardiology is the discipline or medical speciality that is in charge of preventing, diagnosing and treating cardiovascular diseases. The Cardiovascular Examination Unit at Clínica Vistahermosa is an essential service that diagnoses patients with these types of medical and surgical pathologies.

**Services and Treatments**

- Electrocardiophy
- ECG Holter monitor
Cardiothoracic Surgery

Cardiothoracic surgery is the speciality concerning the study and the surgical treatment of diseases that affect different parts of the thorax: pleura, lungs, mediastinum and diaphragm. This unit is currently one of the most advanced and qualified units in the private medical sector thanks to the specialisation of the medical staff working here and the technical resources used.

Services and Treatments

- Diagnosis and treatment of pleural effusions, abscess drainage
- Thoracentesis
- Open and closed pleural biopsy
- Pleuroperitoneal shunting
- Decortication
- Thoracoscopy
- Thoracostomy
- Plasty
- Diagnosis and treatment of tumours
- Thoracoscopy resection
- Thoracotomy for resection
- Surgery for lung lesions and bronchopulmonary cancer
- Pulmonary resection
- Bronchoplastic resections (sleeve lobectomy, pneumonectomy with carinal resection)
- Corrective surgery of congenital thoracic anomalies, chest injuries and the associated complications.
- Pectus excavatum
- Pectus carinatum
- Poland syndrome
- Diagnosis and removal of mediastinal tumours
- Thoracic sympathectomy to treat hyperhidrosis
- Surgical treatment of diaphragmatic hernias and tumours
- Surgery for emphysema
- Bullectomy, the surgical removal of a bulla
• Pneumothorax treatment
• Tracheobronchial pathology treatment

**Dermatology**

The Dermatology team at Clínica Vistahermosa is made up of the best private medicine professionals who treat skin diseases that are classified into 3 main areas:

• General dermatology
• Dermatologic surgery
• Cosmetic dermatology

**Services and Treatments**

• Outpatient consultation service
• Hospitalization
• Referrals
• Alopecia
• Acne
• Nail abnormalities
• Dermatitis
• Eczema
• Sexually transmitted diseases
• Hyperhidrosis
• Age or liver spots
• Pruritus
• Psoriasis
• Keratosis
• Warts
• Dermatologic surgery
• Skin cancer and precancerous lesions
• Birthmarks
• Cryosurgery
• Photoaging
• Laser treatment

**Electrophysiology**

CardioRitmo Levante is a specialised group made up of four professional cardiologists-electrophysiologists, certified by the Spanish Society of Cardiology and they all have extensive experience in treating heart arrhythmia and cardiac stimulation.

**Technology**

• *Diagnostic electrophysiology studies*: to diagnose any kind of heart arrhythmia
• *Therapeutic electrophysiological studies*: Ablation procedures
  • Ablation of paroxysmal supraventricular reentrant tachycardia: intranodal and measured by accessory pathway
- Ablation of accessory pathway in the Wolf-Parkinson-White Syndrome
- Ablation of atrial fibrillation
- Ablation of atypical and typical atrial flutter
- Ablation of the atrioventricular conduction
- Ablation of automatic atrial tachycardia
- Ablation of ventricular tachycardia in ischemic heart disease
- Ablation of ventricular tachycardia in other types of cardiomyopathy
- Ablation of idiopathic ventricular tachycardia

- Implant and device follow-up:
  - Pacemaker
  - Implantable cardioverter-defibrillator (ICD)
  - Holter monitor

- Cardiac resynchronization devices (pacemakers or defibrillators)
- Carrying out the tilt table test

**Endocrinology and Nutrition**

Endocrinology is the study of the endocrine glands, the hormones that have physiological effects on the body’s functions and endocrine diseases caused by alterations to these functions. The team of endocrinologists at Clínica Vistahermosa use different techniques to diagnose related diseases such as a complete blood count, nuclear medicine, diagnostic radiology and cytology exams by means of a punch biopsy.

The Nutrition team focuses on the nutrients and the intake distribution of such in food, the subsequent metabolic effect and the consequences of consuming food (insufficient or excessive).

**More Information**

**Hypothalamic-pituitary alterations:**
- Pituitary tumours
  - Empty sella syndrome
  - Hyperprolactinemia
  - Acromegaly
  - Cushing’s disease
  - Panhypopituitarism
  - Isolated growth hormone deficiency
  - Diabetes insipidus

**Thyroid diseases**
- Morphological alterations
  - Goiter
    - Multinodular
    - Uninodular (thyroid nodule)
  - Thyroid cancer
- Functional alterations
  - Hyperthyroidism
  - Hypothyroidism
- Inflammatory alterations of the thyroids
  - Thyroiditis
  - Iodine excess or deficiency disorders

**Adrenal Gland Disorders**

- Morphological alterations
  - Adrenal tumours
  - Adrenal hyperplasia or hypoplasia
- Functional alterations
  - Cushing's disease
  - Hyperaldosteronism
  - Pheochromocytoma and paraganglioma
  - Addison's disease
  - Hyponoraldosteronism
  - Congenital adrenal hyperplasia

**Endocrine hypertension**

**Endocrine gland-related menstrual irregularities**

- Primary and secondary amenorrhea
- Polycystic ovary syndrome
- Hirsutism. Virilization

**Changes in phosphocalcium metabolism**

- Hyperparathyroidism
- Hypercalcemia and hypocalcemia
- Hypoparathyroidism
  - Pseudohypoparathyroidism
  - Vitamin D deficiency. Rickets and
  - Osteomalacia

**Hormone-producing tumours**

- Gastrinoma
- Insulinoma
- Glucagonoma
- Carcinoid
• Other tumours (VIPoma, somatostatinoma, etc)

**Ectopic hormone secretion**

• Multiple endocrine neoplasia
• Polyglandular autoimmune syndrome

**Diabetes mellitus**

• Diabetes mellitus type 1
• Diabetes mellitus type 2
• Gestational diabetes
• Others (secondary diabetes mellitus, MODY, etc)
• Impaired glucose tolerance
• Hypoglycemia

**Malnutrition or a risk of malnutrition associated with diseases**

• Disease-related malnutrition.
• Mixed malnutrition (protein–energy) associated with diseases.
• Deficiency states

**Disorders associated with excess body weight**

• Excess weight
• Obesity
• Morbid obesity

**Alterations in lipid profile: dyslipidemia**

• Primary
• Secondary

**Endoscopy**

This unit has a room especially set aside to carry out all the procedures. The tests carried out here are:

• Gastroscopy
• Rapid urease test
• Colonoscopy
• Polypectomy
• ERCP Therapy: (Endoscopic retrograde cholangiopancreatography): this endoscopic procedure can extract stones out of the bile duct and the pancreas, insert
prosthesis or dilate obstructed biliary and pancreatic ducts and also drain pancreatic pseudocysts.

About the speciality

This unit also deals with emergencies, on the request of any other physician of the Hospital for inpatients or those in the emergency department, so it is therefore a 24 hour service in the case of emergencies and it has a daily scheduling for outpatients too.

Electrophysiology

The objective of our Arrhythmia Unit at Clínica Vistahermosa is to provide patients suffering from heart arrhythmia with all-round, optimum and complete assistance for their medical condition, both in terms of the diagnosis and also the therapy. CardioRitmo Levante is a group made up of four professional cardiologists-electrophysiologists, certified by the Spanish Society of Cardiology and they all have extensive experience in treating heart arrhythmia and cardiac stimulation.

Technology

- Diagnostic electrophysiology studies: to diagnose any kind of heart arrhythmia
- Therapeutic electrophysiological studies: Ablation procedures
  - Ablation of paroxysmal supraventricular reentrant tachycardia: intranodal and measured by accessory pathway
  - Ablation of accessory pathway in the Wolf-Parkinson-White Syndrome
  - Ablation of atrial fibrillation
  - Ablation of atypical and typical atrial flutter
  - Ablation of the atrioventricular conduction
  - Ablation of automatic atrial tachycardia
  - Ablation of ventricular tachycardia in ischemic heart disease
  - Ablation of ventricular tachycardia in other types of cardiomyopathy
  - Ablation of idiopathic ventricular tachycardia
- Implant and device follow-up:
  - Pacemaker
  - Implantable cardioverter-defibrillator (ICD)
  - Holter monitor
- Cardiac resynchronization devices (pacemakers or defibrillators)
- Carrying out the tilt table test

Gastroenterology

The medical staff of this speciality diagnose and treat gastrointestinal diseases providing constant care for the most complex inpatient cases.
Services and Treatments
- Complete blood count
- Stool guaiac test
- Fecal culture to detect blood, parasites and gastrointestinal problems
- Simple abdominal X-ray
- Barium follow through examination
- Computed tomography (CT) scan
- Magnetic resonance imaging (MRI)
- Ultrasound
- Upper GI series
- Colonoscopy
- Endoscopic retrograde cholangiopancreatography
- Esophagogastroduodenoscopy
- Anorectal manometry
- Esophageal manometry
- pH monitoring

General and Laparoscopic Surgery
The Surgery Unit at Clínica Vistahermosa uses the most sophisticated resources and the most qualified health professionals to provide patients with all-round treatment for their medical condition.

The team’s philosophy is based on the concept of on-going surgical assistance, which is why the medical staff are available 24 hours a day, 365 days a year.

Services and Treatments
- Daily outpatient consultations
- Conventional hospitalization and short stays
- More outpatient surgery
- 24 hr Emergencies
- Exploratory/ diagnostic laparoscopy
- “Mini” exploratory/ diagnostic laparoscopy
- SILS (Single-incision laparoscopic surgery)
- Exploratory/ diagnostic laparotomy
- Small bowel surgery
- Colorectal surgery
- Hepatobiliary surgery
- Face-neck surgery
- Gastroesophageal surgery
- Abdominal surgery
- Thyroid or parathyroid surgery
- Endocrine surgery
- Breast surgery
- Radical cytoreductive surgery for cancer
General Medicine
The General (Internal) Medicine Unit provides full non-surgical assistance to adult inpatients, and also outpatients in the External Medical Consultation Unit. The physicians work with other speciality units to care for pluripathological patients who have complex diseases that are difficult to diagnose or treat.

More Information
- Provide patients with all-round medical assistance, focusing on the prevention, the differential diagnosis and the treatment of pluripathological patients.
- Guide the patient through the hospital system structure, working together with the other specialists.
- Deal with the referrals from the other medical and surgical specialities.

Services and Treatments
- Control the cardiovascular risk factors
- Metabolic diseases and endocrine disorders
- Study of fever of unknown origin
- Diagnose and treat infectious diseases
- Study and treat cardiorespiratory failure
- Thromboembolic disease
- Autoimmune diseases
- Gastrointestinal pathology
- Cerebrovascular disease and cognitive impairment

Genetics
This unit, set up in 2003, has medical staff and clinical diagnosis equipment to provide genetic advice on hereditary diseases and help with the diagnosis of diseases that have a genetic component for other specialities. It is the only Hospital Genetic Clinic Service in Alicante.

About the speciality
We carry out:
- Non-Invasive Prenatal Tests
- Genetic advice
- Conventional cytogenetic testing
- Molecular cytogenetic testing
- Comparative genomic hybridization
- Molecular analysis of DNA
Hematology

The Hematology Unit specialises in the diagnosis and the treatment of malignant and benign blood disorders:
- Benign: anemia caused by different factors, bleeding disorders, hemophilia.

Services and Treatments
- Outpatient consultations
- Day Hospital for blood transfusions, bone marrow biopsies and the administration of chemotherapy to outpatients.
- Inpatient consultations and treatment.

Hemodialysis

The Hemodialysis Unit is made up of a team of professionals who work together to provide quality treatment to patients suffering from Chronic Kidney Failure. There are three hemodialysis rooms; two for patients who are not carriers of hepatitis, which are equipped with 19 monitors and another room for patients WITH ANTIBODIES HCV+, equipped with three monitors.

More Information
The unit has three hemodialysis rooms; two for patients who are not hepatitis carriers, which is equipped with 19 monitors, and one for patients WITH ANTIBODIES HCV+, equipped with three monitors.

It has a water treatment plant for hemodialysis that purifies the water by means of reverse osmosis, and there is a tank containing 20,000 litres of purified water.

Services and Treatments
- The purpose of the high tech DIASCAN dialysis monitors that are used is to control the quantitative efficacy of the dialysis in real-time.
- The dialysis monitors have a centralised dialysate delivery system.
- The equipment in the hemodialysis rooms includes an emergency cart, defibrillator and a blood pressure monitor with a pulse oximeter.
- The rooms are equipped with a closed-circuit television and individual dialysis stations with headphones and background music for the patients during their treatment.
- There is a diesel back-up generator in the event of an outage.
The Intensive Care Unit of Clínica Vistahermosa in Alicante is located on the first floor and it has:

- Five individual cubicles for hospitalization
- Technical cubicle: connected to the unit and used to carry out complementary procedures and examinations (programmed cardioversions, central venous catheter insertion in patients who have not been admitted to ICU, pleural fluid drainage, pericardiocentesis, stress echocardiography, etc).
- The unit has devices prepared for the continuous monitoring of the hemodynamic parameters of patients and an area with 6 ventilators (mechanical ventilation).
- There is also a meeting room, offices, a consultation room for family members, the pharmacy storeroom and the office, which are all areas that the hospital needs to run properly.
- The Unit has the appropriate resources for the monitoring and the intensive care of patients, which includes:
  - Pulse oximetry
  - Hemofiltration
  - Temporary cardiac pacing

We specialise in the care and treatment of critically ill patients

- Invasive and non-invasive mechanical ventilation with high-tech ICU ventilators
- Monitoring the hemodynamic and respiratory status of critical patients
- Monitoring the sedation of critical patients: bispectral analysis (BIS)
- Continuous renal replacement techniques (CVVHDF, plasmapheresis)
- Temporary pacemakers
- All procedures and techniques related to Intensive Care Medicine are carried out
- Programmed direct-current cardioversion
- Stress echocardiography
- Contrast echocardiography
- Control and reprogramming of permanent pacemakers.

Laboratory and Microbiology

The main objective of the Laboratory Unit is to provide clients with a highly satisfactory analysis service for which it has a quality management system that focuses on continual improvement. To this end our Quality Management prepares audits carried out by the company AENOR.

Services and Treatments

- Hematology
- Biochemistry
- Coagulation
- Immunology
• Serology
• Microbiology
• Tumour markers
• Autoimmunity
• Drugs

Maternity Unit

This unit has a Gynecology team, available for 24 hours care in Emergencies and Hospitalization, and also outpatient Consultations; a Pediatric and Neonatology team is also available 24 hours to provide assistance in Emergencies and Hospitalization; Pediatric consultations and other specialities such as: Pediatric Cardiology, Pediatric Gastroenterology, Pediatric Surgery, Neuroradiology, Neurophysiology, Sleep Unit and Radiology. It is rounded off with a Multidisciplinary Mother-Baby Care team made up of Midwives, Nurses and Auxiliary Nurses.

Initially, Clínica Vistahermosa was a prestigious and highly respected Maternity Centre for Alicante society. Nowadays, the institution continues to evolve to preserve its outstanding reputation providing top class services and care in this field.

The values that distinguish us are:
• Individualised and personalised care
• Direct access to our healthcare professionals
• Quality in the healthcare processes
• Quick medical attention
• Clinical practice based on scientific evidence and the latest advances in medicine

About the speciality

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**Technology**

The first thing that you should know is that our staff are specialised in the field of Mother-Baby Care. We train future professionals of this field at different universities and institutions. If you wish, you can visit our Maternity Ward beforehand, just go up to the 4th Floor of the clinic where our staff will be delighted to help you and answer any questions that you might have.

All the rooms in our hospital are full of light and face out onto the street and there is a bed in each room for the accompanying person, who can use the restaurant room service. Furthermore, we put a cot and a baby bath in each room.

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**Pain Unit**

The Pain Unit at Clínica Vistahermosa is available to help patients with sub-chronic and chronic pain syndromes.

In the last few years new techniques and drugs have been produced to provide ambulatory care for pain syndromes that were previously untreatable or which required surgery.

**About the speciality**

The objective of the Pain Unit at Clínica Vistahermosa is to diagnose and treat painful syndromes, as well as provide palliative care for cancer pain. This requires specialised physicians and the necessary technical resources.

**Techniques**

- Trigger point and muscle-tendon infiltration.
- Joint infiltration.
- Epidural injections in cervical, thoracic and lumbar regions.
- Peripheral nerve block.
- Dorsal root ganglia and paravertebral blocks.
- Splanchnic and sympathetic nerve block.
- Intraneural, intradural and epidural catheter placement.
- Reservoir placement and stimulation electrodes.
- Implantable infusion pumps.
- Radiofrequency neurotomy.
- Radiofrequency of peripheral nerves, and paravertebral ganglia.

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**Musculoskeletal System Unit**

This unit is a multidisciplinary treatment service made up of more than 20 specialists in Traumatology and Orthopaedic Surgery, Podology, Rheumatology, Neurosurgery and Physiotherapy. It stands for another step forward in improving healthcare, as the
coordination and the instantaneous communication enables us to provide the best medicine and surgery available for the musculoskeletal system.

**About the speciality**

The most specific objectives include:

- All-round treatment of the musculoskeletal system disease, in which traumatology is combined with other similar specialities that are available in this new service, such as rheumatology, rehabilitation, physiotherapy, podology, sports medicine and geriatrics, among others.
- Development and consolidation of a bigger outpatient surgery unit in which the majority of operations are performed, in order to significantly cut down on the need for admission into hospital.
- Performing and developing the latest surgical techniques of the speciality, with the specific use of the so-called minimally invasive techniques, which have been reported to have many advantages in the last few years. In particular arthroscopic surgery on joints.
- All the specific areas of the musculoskeletal system disease are covered by different specialists who have proven experience in each field.
- Patients get the best quality assistance possible, with fewer hospital admissions, more comfort and satisfaction.
- The service is located on the first floor of the Clínica Vistahermosa, in a brand new area specifically set aside for traumatology.

**Technology**

- Biomechanics of the Foot
- Growth Factors
- Sports Medicine
- Pediatric Orthopedics
- Hip Unit
- Spine Unit
- Shoulder and Elbow Unit
- Hand Unit
- Osteoporosis and Osteoarthritis Unit
- Knee Unit
- Ankle and Foot Unit
- Tumour Unit
- Traffic Accident Unit
- Rheumatology Unit
- Specialised Lledó Physiotherapy Unit

**Nephrology**

The Department of Nephrology of Clínica Vistahermosa deals with the prevention, diagnosis and treatment of diseases of the kidney and urinary tract. Also about ionic alterations (sodium, potassium, calcium, phosphorus, magnesium) and high blood pressure
Neuropediatrics

This is a pioneering unit with a multidisciplinary team of specialists and other medical staff that tackle all the aspects of development disorders affecting children and adolescents and they cover all the areas associated with the diagnosis and the treatment of the specific disorder, both in terms of the related neurological features and also the psychological and emotions aspects of such.

Neurophysiology

This unit carries out a wide range of medical tests aimed at diagnosing very different diseases:
- Disorders of the central nervous system
- Peripheral nerve alterations
- Alterations in muscles and sensory functions

The tests are divided into different categories, pursuant to the related technology and diagnostic capacity and they are carried out according to the recommendations of the corresponding specialist.

Services and Treatments

- Electromyography
- Evoked potential (Auditory, Visual, electroretinogram, somatosensory)
- Electroencephalogram

Neurosurgery

This Unit treats diseases of the nervous system (brain, spinal cord and the peripheral nervous system) that require surgery. The service is made up of the neurosurgeons Dr Javier Sendra and Dr Laura Botella, the Otolaryngologist, Dr Francisco Beltrán, all of whom have extensive surgical experience and are specialised in minimally invasive neurosurgery and skull-base endoscopic surgery.

About the Speciality

The operations are performed in the operating room that is equipped with the latest technology for the endoscopic techniques of Clinica Vistahermosa. Significant progress has been made in this complex speciality in terms of safety and postoperative comfort for the patients, which means that nowadays minimally invasive surgery can be done on very complex tumours for patients who can soon be discharged from hospital.

Technology

- Neuro-oncology
- Functional-pain neurosurgery
- Hypophysis and skull-base neurosurgery (Endoscopic endonasal surgery)
- Neurotrauma and critical care
- Spine surgery
Vascular neurosurgery
Hydrocephalus and CSF pathology
Congenital malformations
Neurosurgery of the peripheral nervous system

Obstetrics and Gynecology
This unit is made up of a team of 9 gynecologists, midwives, nurses and auxiliary staff, and as well as gynecology and obstetrics it also covers various sub-specialities that include adolescent gynecology, gynecological oncology, gynecological surgery, menopause and pelvic floor dysfunction.

More Information
- Osteoporosis - Menopause
- Breast Unit
- Pelvic floor unit
- Family planning
- Check-ups
- Early diagnosis and gynecological cancer treatment
- Assisted reproduction
- Prenatal diagnosis and assistance during labour and childbirth
- Minimally invasive surgery

Services and Treatments
- Assistance during normal and high risk pregnancies: prenatal diagnosis using biochemical methods, ultrasounds and direct fetal chromosome studies (amniocentesis, chorionic villus sampling, etc).
- Complete blood count and hormone testing
- Cardiotocography
- Fetal development tests
- Doppler ultrasonography
- Monitoring and assistance during labour and the postpartum period.
- Routine check-up visits: cervical cytology, physical examination and ultrasound.
- Prevention of genital pathologies, working together with other units including oncology, general surgery, genetics, psycho-oncology, etc.
- Breast pathology: study and the prevention of breast pathologies by means of mammograms, breast ultrasound or fine-needle aspiration.
- Study of common disorders such as: dysmenorrhea, pelvic pain and endometriosis.
- Prevention of sexually transmitted diseases. HPV
- Family planning.
- Climacteric and menopause: symptoms of menopause (hot flushes, vaginal dryness, etc)
- Bone density scans, osteoporosis screening.
- Pelvic floor: urinary incontinence, genital prolapse repair, etc.
• Gynecological Surgery Unit: conventional surgery, laparoscopic surgery, diagnostic and operative hysteroscopy.
• Stem cell preservation: **CrioCord** y **BioCord**

**Oncology**

There are two experienced oncologists in charge of the medical consultations and the treatment of the outpatients and/or the inpatients at the Oncology Unit.

The Oncology Unit at Cínica Vistahermosa specialises in the diagnosis and the treatment of all types of cancer, in men and women. Outpatient treatment is administered in the Day Hospital.

**More Information**

It is supported by the hospital structure, which means that an early diagnosis, full treatment and personalised assistance can be given to patients. The following support services help us attain this objective.

**Additional Units**
• Genetic unit (genetic advice, genetic testing for hereditary cancer)
• Blood bank
• Anatomical pathology
• Laboratory to analyse clinical specimens
• Gastrointestinal endoscopy
• Nutritionist
• Hospital pharmacy
• Diagnostic imaging
• ICU, hospitalization, operating rooms, etc

**Services and Treatments**
• Diagnosis and treatment of oncological pathologies
• Malignant tumours of the central and peripheral nervous system
• Gynecological cancer
• Breast cancer
• Kidney and bladder cancer
• Germ cell tumours
• Prostate cancer
• Sarcoma
• Head-neck cancer
• Skin cancer, including melanoma
• Lung cancer
• Gastrointestinal cancer
• Cancer of unknown primary origin
• Support and alleviation techniques for the patient and their family
• Prevention and early diagnosis of the cancer
Ophthalmology

The objective of this Unit is to prevent, diagnose and treat eye diseases and provide all-round vision care. Particularly significant technological progress has been made in the treatment of diseases of the retina and vitreous, including macular alterations, cataract surgery, refractive surgery and in the related sophisticated examination and diagnosis techniques.

Services and Treatments
- Consultations and emergency treatment.
- Outpatient and inpatient consultations.
- The latest IntraLASIK eye surgery for myopia, hyperopia and astigmatism.
- Outpatient surgery for cataracts.
- Vitreoretinal eye surgery: retinal detachment, macular diseases.
- Plastic surgery: blepharoplasty, etc.

Otorhinolaryngology

Otorhinolaryngology is the medical speciality that prevents, diagnoses and provides the medical and surgical treatment for pathologies affecting the following:
- The ear
- The upper airways: mouth, nose, the sinuses, pharynx and larynx
- The structures nearby: face and neck

Services and Treatments
  Outpatient:
  - Pediatric tonsil and adenoid diseases
  - Hearing disorders and equilibrium pathologies or vertigo
  - Ear infections-otitis- and the sequelae of such
  - Naso-sinusal pathologies - rhinitis, sinusitis- and nasal polyps
  - Nasal obstruction and nasal septum deformities
  - Snoring disorders- sleep apnea and snoring
  - Head and neck tumours - laryngeal cancer
  Hospitalization:
  - Microsurgery of the larynx
  - Transoral CO2 laser surgery
  - Surgery for head and neck cancers
  - Naso-sinusal endoscopic surgery
  - Surgery of the nasal septum and pyramid
  - Otologic microsurgery and cholesteatoma surgery
  - Surgery for sleep apnea and snoring

Pediatric Surgery
This unit has expert pediatric surgeons with extensive experience, whose objective is to provide the best medical-surgical assistance to children; from newborns to 14-year-olds. Basic psychological work is essential to win over the trust of the children and reassure their parents. That is why the team work is so important.

**Services and Treatments**

- Inguinal, umbilical and epigastric hernia. Hydrocele, cord cysts. Cryptorchidism. Phimosis
- Pediatric Urology: kidney, ureter, urinary bladder, urethra pathologies. Hypospadias
- Congenital anomalies
- Childhood cancers
- Pediatric plastic surgery: prominent ears
- Minimally invasive surgery (laparoscopy)
- Pediatric cardiothoracic surgery
- Gastrointestinal surgery
- Emergencies 24 hours / 365 days a year (traumatic injuries, abdominal pain, acute appendicitis, intussusception, hypertrophic pyloric stenosis, among other pathologies)

**Pediatrics**

The Pediatric service is divided up into 3 different areas:

- Pediatric Emergencies with a physician on-site 24 hours
- Pediatric Consultation service at Clínica Vistahermosa and Vistahermosa76
- Pediatric surgical-medical hospitalization and in the Neonatal Intermediate Care Unit

**Services and Treatments**

- ON-SITE Pediatric Emergencies 24 h
- Hospitalization
- 24 hr. assistance during labour and cesareans
- General Pediatric Consultations

**Pharmacy Service**

The objective of the Pharmacy Service is to obtain optimum results with regard to the patients through the rational use of medicine.

**Services and Treatments**

- Pharmaceutical Management and Logistics
- Dispensing medicine in unit doses to inpatients
- Dispensing individualized medical supplies
- Pharmaceutical care for inpatients
Pharmaceutical care for outpatients. Dispensing medicine used in the hospital to outpatients (from 09.00 to 20.00, from Monday to Friday)
- Clinical nutrition
- Oncology pharmacy
- Information on medicine
- Pharmaceutical technology and quality control

**Pulmonology**

Pulmonology is a medical speciality that studies and treats respiratory system diseases. These include a large group of diseases that can be classified as follows:
- Infectious diseases
- Tumours
- Benign and malignant pleural disease
- Respiratory impairment associated with systemic immune-inflammatory diseases
- Diffuse parenchymal lung disease
- Pulmonary heart disease
- Airway diseases
- Acute and chronic respiratory failure

**Services and Treatments**

- Pulmonary function tests (forced vital capacity spirometry, bronchodilator testing).
- Chest x-ray, thoracic CT scan.
- Fibrobronchoscopy taking microbiology and cytology samples. Transbronchial and bronchial biopsies. Fluid aspiration.
- Pleural treatment techniques (thoracentesis, pleural drainage, pleurodesis, closed pleural biopsies).
- Laboratory tests including the arterial blood gas test.
- Domiciliary oxygen therapy for chronic obstructive pulmonary disease.
- Non-invasive or invasive mechanical ventilation in chronic obstructive pulmonary disease patients with acute respiratory failure.
- Management of respiratory secretions.
- Multidisciplinary Sleep Pathology Unit at Clínica Vistahermosa

**Radiology**

The Radiology Unit is located on the ground floor of the hospital and it is connected directly to reception and the medical emergencies area. It is included in an interdisciplinary system with all the departments and hospital wards, ICU, emergencies, etc.

**Services and Treatments**

- Simple Radiology
  - All the projections
- Teleradiology
  - Mammogram
    - Screening
    - Needle puncture and marking with the stereotaxic harpoon technique
    - Ductogram
  - Oral Radiology
    - Orthopantomograph
    - Lateral teleradiography of the skull
    - BTI-SCAN
  - Digital Remote Control
    - Upper GI and small bowel series
    - GI series
    - Barium enema
    - Hysterosalpingography
    - Intravenous urography-Pyelography
    - Fistulography
    - Cystography
    - Retrograde cystography and VCUG
    - Catheter checks
    - Trans-Kehr cholangiography
    - Defecography
- Ultrasound
  - Obstetrics –Gynecology 4D Ultrasound Scanning
  - Doppler: supra-aortic vessels, renal, obstetrics
  - Skeletal muscle
  - Soft parts
  - Fine-needle aspiration biopsy (FNAB)/Thick-Needle Aspiration Biopsy (TNAB)
  - Amniocentesis
  - Sonohysterography
  - Prostate biopsy
  - Endoanal
- CT scanner
  - All units
  - BTI-Scan
  - CT angiography
  - Fine-needle aspiration biopsy (FNAB)/Thick-needle aspiration biopsy (TNAB)
- Magnetic resonance imaging
  - All units
  - Magnetic resonance angiography (MRA)
  - Breast MR
  - Magnetic resonance (MR) cholangiography
  - MR arthrography
Interventional radiology
- Fine-needle aspiration biopsy (FNAB)/Thick-needle aspiration biopsy (TNAB)
- Percutaneous nephrostomy
- Paracentesis-Thoracentesis
- Drainage: pleural, abscess...
- Dacriocistography / Sialography
- Cavity sclerosis
- Percutaneous endoscopic gastrostomy
- Tumour ablation: radio frequency, chemoembolization
- Vertebroplasty

Vascular Radiology
- Angiography: cerebral, supra-aortic vessels, hepatic
- Stents
- Arterial, and venous embolization
- Phlebogram
- Bilateral phlebogram
- pH meter
- Biopsies

Neuroradiology
- Selective angiography of supra-aortic and intracranial vessels
- Selective medullary angiography
- Angioplasty of supra-aortic vessels
- Embolization for brain aneurysm
- Intracranial stent placements
- Arterial embolization chemotherapy
- Arterial revascularization in acute stroke
- Vascular occlusion test
- Myelography

Restorative, Plastic and Cosmetic Surgery
Plastic Surgery is the medical speciality whose objective is to restore the normal form and functions of the body. Deformities are repaired or reshaped and functional deficiencies are corrected by changing the human body.

From a practical point of view there are two specialities of Plastic Surgery provided for by the team of medical professionals at the hospital:
- Reconstructive and Restorative Surgery, which includes techniques such as microsurgery, and it focuses on solving the destructive effects of an accident, trauma or birth defects, development problems, tumours or diseases. Reconstructive Surgery uses techniques such as osteosynthesis, skin flaps and autologous grafts from a healthy part of the body to a damaged part.
- Cosmetic Surgery is performed to change parts of the body that the patient is not happy with.
Services and Treatments

- Reconstructive or restorative surgery
- Treatment for disfigurements caused by trauma or an accident
- Congenital anomalies
- Treatment for development problems, tumours or diseases
- Skin grafts
- Cosmetic surgery
- Breast augmentation
- Breast reduction surgery
- Gynecomastia
- Abdominal surgery or dermolipectomy
- Brachial dermolipectomy or brachialplasty
- Thigh dermolipectomy
- Liposuction
- Circumferential abdominoplasty after considerable weight loss
- Eyelid lift surgery or blepharoplasty
- Facelift
- Otoplasty
- Rhinoplasty
- Blepharoplasty
- Otoplasty
- Facelift
- Minor surgery
- Mole Removal
- Cysts
- Birthmarks
- Stretched ear lobes

Assisted Reproduction Unit

The Assisted Reproduction Unit at Clinica Vistahermosa is different from other similar units for 7 basic reasons:

- The location of our hospital. Because our patients feel safer and more protected knowing that we are included in the healthcare structure of the hospital Clinica Vistahermosa. We do not set up Assisted Reproduction Units outside a hospital.
- The quality of the processes. A top priority in our work, which is why we are inspected by official entities and external auditors every year.
- The personalised care. We do not work with patients, we work with people. Our priority is to provide as much information as possible and answer all the questions that might arise during the treatment because we know how complex our work is.
- The professional relationship. We work with other centres and professionals involved with assisted reproduction that entrust us with their patients, improve
our efficiency to coordinate and complete all the studies required to evaluate them
together and help diagnose and suggest the most suitable treatment.

- Our own multidisciplinary team. It is made up of Gynecologists, Geneticists,
Embryologists, Andrologists, Anesthetists, Nursing staff, Auxiliary nurses, and
Administrative staff, among others.
- The coordination. This is essential in our work seeing as all our team works
together to save time when it comes to administering the assisted reproduction
treatment, and subsequently this is beneficial for our patients.
- Our success rates. Results above average published by the Spanish Fertility Society.

About the speciality

We specialise in the following processes:
- Egg donation
- In Vitro Fertilisation (IVF)
- Intracytoplasmic sperm injection
- Artificial insemination
- Freezing embryos
- Sperm bank
- Freezing eggs and ovarian tissue
- Sperm retrieval techniques
- Embryo donation
- Autologous endometrial co-culture
- In vitro maturation of eggs
- Assisted hatching
- Genetic studies
- Timed intercourse

Rheumatology

Rheumatology is the speciality that deals with diseases of the musculoskeletal system.
Our rheumatologist treats patients with musculoskeletal system disorders that affect
the bones, joints, muscles and tendons.
These disorders can be related to degenerative diseases or systemic autoimmune
diseases among others.

Services and Treatments
- Specialised outpatient or inpatient medical consultation service and hospital
referrals.
- Osteoporosis prevention, diagnosis, treatment and follow-up.
- Full treatment of osteoarthritis.
- Early diagnosis of rheumatoid arthritis.
- Autoimmune diseases (systemic lupus erythematosus, scleroderma etc).
• Spondyloarthopathy. (Ankylosing spondylitis, psoriatic arthritis etc).
• Calcium pyrophosphate deposition (gout, pseudogout, chronic arthropathy).
• Trigger point injection treatment for fibromyalgia (hip, knee, shoulder etc.) and tendons with steroids and hyaluronic acid.
• Arthrocentesis.

**Sleep Unit**

The Sleep Unit at Clínica Vistahermosa deals with all types of sleeping disorders and it has been certified as a Medical Centre of Sleep, which is a sign of the quality service with regard to the different diagnostic tests done, the medical consultation service that deals with all sleeping disorders and its multidisciplinary nature, as it is made up of a team of specialists of Pulmonology, Otorhinolaryngology and Clinical Neurophysiology, who work with Cardiologists, Physicians, Pediatricians and Neuropediatricians.

**About the speciality**

Sleep is a function of the central nervous system, which is affected by disorders of different organs (breathing or heart problems, neurological diseases...). Therefore, various medical specialities are required in this unit.

Just like in other units in Spain, Europe and the US, the Sleep Unit at Vistahermosa is made up of a multidisciplinary team, with specialists in clinical Neurophysiology, Pulmonology, Otorhinolaryngology, Cardiology, General Internal Medicine and Psychology, who work with the Pediatric and Neuropediatric services of Clínica Vistahermosa to treat cases concerning children.

As well as being in the hospital the unit has all the necessary support services (Radiology, Laboratory, ICU...).

**Technology**

• Diagnosing and treating the different sleep disorders (Sleep Apnea, Restless legs syndrome, Insomnia, Circadian rhythm sleep disorder, REM Sleep Behaviour Disorder RBD...).
• Sleep hygiene practices
• Cognitive Behavioural Therapy
• Stimulus Control
• Relaxation techniques. Advice, monitoring and follow-up of the CPAP treatment in patients with Sleep Apnea.
• Night polysomnography at hospital
• Outpatient polysomnography
• CPAP adjustment by means of a polysomnography carried out at the hospital.
• Outpatient Auto-Adjusting CPAP
• Night polysomnography and Multiple Sleep Latency Test (MSLT) (narcolepsy, idiopathic hypersomnia...).
- Nap tests.
- Sale and rental service of CPAPs and Auto Adjusting CPAP Machines.

**Traumatology**

This is a multidisciplinary treatment unit made up of over 20 specialists in Traumatology and Orthopedic Surgery, Podology, Rheumatology, Neurosurgery and Physiotherapy. Thanks to the coordination and the instant communication between the members of the team the best medicine and surgery for the musculoskeletal system can be provided.

**Services and Treatments**

- Foot biomechanics
- Growth factors
- Sports medicine
- Pediatric Orthopedics
- Hip Unit
- Spine Unit
- Shoulder and Elbow Unit
- Hand Unit
- Osteoporosis and Osteoarthritis Unit
- Knee Unit
- Ankle and Foot Unit
- Tumour Unit
- Traffic Accident Unit

**Urology**

We are experts in diagnosing and treating diseases that affect the genitourinary system in males and females and the male reproductive system. Regardless of the cause, the urological pathology must be treated by specialists using the most up-to-date equipment available in Clínica Vistahermosa to provide patients with the most suitable treatment.

**Services and Treatments**

- General and pediatric urology
- Early detection of tumours
- Urologic cancers
- Benign prostatic hyperplasia
- Urologic surgery
- Laparoscopic surgery
- Urogynecology
- Pelvic floor rehabilitation
- Andrology
• Second opinion