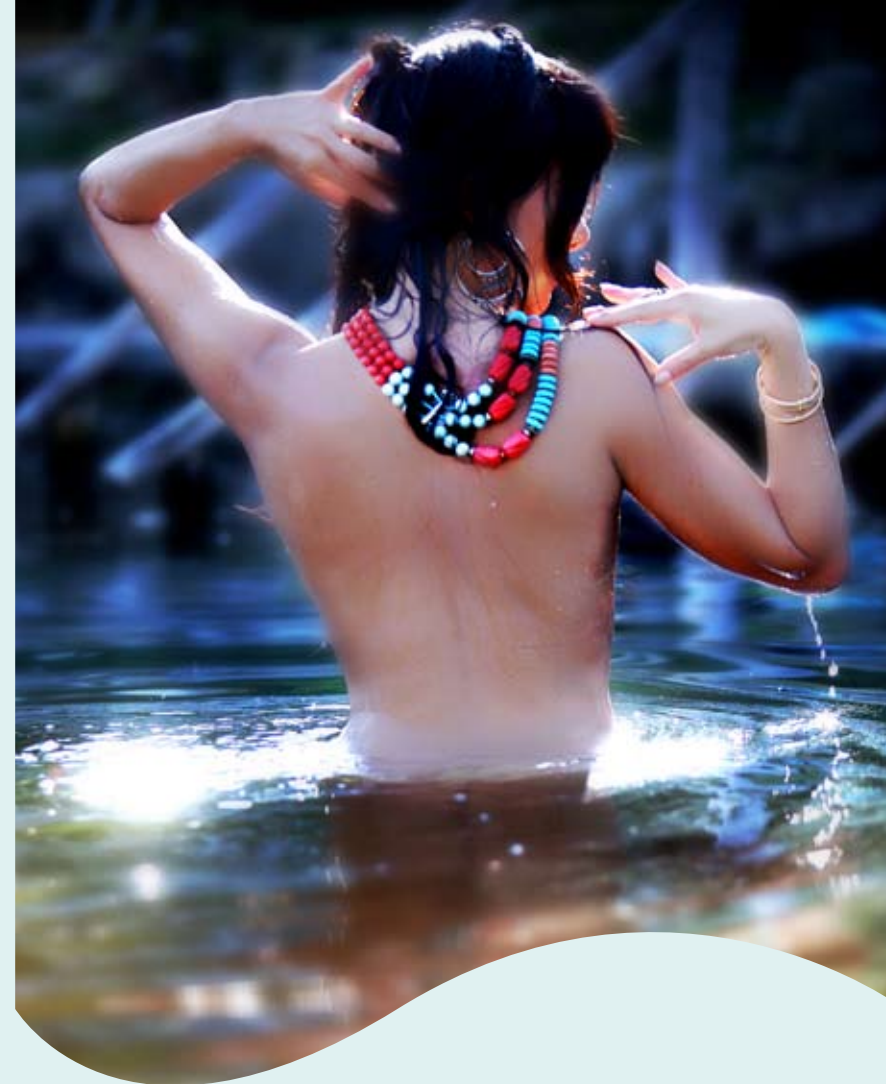




Health is a Natural Quality

Situated in the heart of the Ecological Thermal District stretching along Pollino-Sirino-Maratea, the unspoiled area of Basilicata where the National Park of Pollino reaches its best, Lucanian Spas can be regarded as one of the best expressions of this territory, together with the sea of Maratea, the snows of the Mount Sirino (a skiing resort) and the lake of Senise.

Most probably the therapeutic virtues of these thermal waters have been clear since prehistoric times. As a matter of facts, archaeological excavations carried out in the early years of 1900 uncovered votive offerings in the caves of Calda, in the immediate vicinity of the springs. Scholars considered these offerings as holy deposits linked to the "cult of healthy waters".



Terme Lucane



Waters

Big Spring

Bicarbonate calcic water - flow 165 litres/sec.

Small Spring

Bicarbonate calcic sulphur waters – flow 12 litres/sec.

Hypothermal 22 °C

Mediomineral waters with a fixed residue at 0,422 mg/litre

Traceable elements: Bromine - iodine – lithium

Radioactivity: 44 millimicrocurie

Half-life: 5 years

Bacteriological purity



TERME LUCANE

Therapeutic indications



PATOLOGIES OF THE RESPIRATORY ORGANS

The bicarbonate calcic sulphur waters of Latronico are suitable for the pathologies of the respiratory and auditive apparatus. In this spa these affections are treated in the modern area for inhalations which also hosts a centre where it is possible to take the following tests: audiometry in a silent room; impedenzometry; computerised spirometry.

People showing chronic inflammatory processes of the respiratory and auditive apparatus (tonsillitis, pharyngitis, tracheitis, bronchitis, bronchiectasies, bronchial asthma, rhinitis, otitis, rhinogenous deafness) may benefit from these treatments.

ARTRORHEUMATIC PATHOLOGIES

Primary osteoarthritis, secondary chronic rheumatism, muscular rheumatism, chronic arthritis.

EPATOBILIAR AND GASTROENTERIC PATHOLOGIES

Chronic Cholecysto disorders, minor hepatic insufficiency, allergic affections provoked by biliary dyskinesia, irritable bowel syndrome, constipation.

PATHOLOGIES OF VEINS

The areas for hydromassages and Hydrokinesitherapy (walking pools) are meant to treat pre-varicose pathologies, consequences of phlebitis, varicose veins, post-phlebitis syndromes, and their resulting skin thropic disorders, and venous-lymphatic insufficiency.

RESPIRATORY FUNCTIONAL REHABILITATION

Computerized spirometry and pulmonary ventilation for people suffering from chronic brochopneumo disorders, pulmonary emphysema, respiratory insufficiency.

BEAUTY CENTRE

The Spa also hosts a small beauty centre where it is possible to have customised beauty programmes and anti-cellulite treatments.



Therapies



MUD-BALNEOTHERAPY

MUD-BALNEOTHERAPY treatments can be provided as follows:

1. mud treatment + therapeutic bath;
2. mud treatment + cleansing bath or shower;
3. therapeutic bath;
4. bath and hydromassages.

For the above treatments, fasting patients are taken to individual cubicles ready for the reaction. After being kept in the proper mudpots at a temperature up to 47-50°, the mud pack is gradually placed on the areas to be treated. The patient is then wrapped in a sheet, flannels and blankets to prevent heat dispersion and the real treatment can start. It will last 15 – 20 minutes on average.

The mud treatment is followed by a cleansing bath with sulphurous water at 34° - 36° for 15 – 20 minutes.

After bathing, the patient is dried up with warm towels and lies down under blankets so that the 'sweating reaction' can start. This mud-balneotherapy induced reaction can be followed up in the Solarium.

BICARBONATE CALCIC SULPHUR CRENOTHERAPY IN THE OTO-RHINO-LARYNGOLOGY (ORL) PHLOGISTIC PATHOLOGY

The bicarbonate calcic sulphurous waters of the Calda spring are generally acknowledged as suitable for preventing and treating recurring and **chronic diseases of the upper respiratory airways**.

The **crenotherapy** prescribed to prevent and treat chronic inflammations of ears, nose and throat can be 'dry' or 'humid'.



Being characterised by a modest water component, aerosol therapies, inhalations and endotimpanic insufflations are classified as 'dry treatments'.

On the other hand, inhalations, nebulisations and nasal irrigations belong to 'humid' thermal treatments, since water constitutes the most relevant component. Inhalation and aerosol treatments are especially recommended to cure otitis media catarrhalis and sinusitis.

Pulmonary ventilation, prescribed in the cure of chronic obstructive bronchitis, consists of insufflations of sulphurous water. This water is nebulised by means of an 'intermittent positive pressure mechanical ventilator' which augments the intake of sulphurous water during inhalation and reduces the exhalation phase to less than 4 seconds.

Thanks to **endotimpanic insufflations** the active principles of the mineral waters reach the medium ear where they can carry out their therapeutic action.

Inhalations are especially recommended for pharyngitis, tonsillitis and laryngitis.

Nasal irrigations are particularly useful to improve the overall anatomy and functions of the nose, as well as of the middle ear, the paranasalis sinus, the pharynx and of the whole respiratory tree. Moreover, nasal irrigations perform an excellent therapeutic action to treat some types of rhinitis, rhinosinusitis and rhinogenous deafness. Nevertheless, thermal treatments during acute inflammatory phases are NOT recommended.





Thermal treatments: benefits



Lucanian Spas provide several cycles of treatments to meet different therapeutic needs and offer real benefits

MUD TREATMENT - WITH OR WITHOUT BATHS
(12 mud treatments) or (12 mud treatments + 12 baths)
Osteoarthritis and other degenerative diseases

MUD- BALNEOTHERAPY
(12 mud treatments + 12 baths)
Extra-articular rheumatism

BALNEOTHERAPY
(12 baths)
Psoriasis
Eczema and atopic dermatitis
Seborrheic dermatitis
Acne

INHALATION TREATMENTS
(aerosol, inhalations, nebulisations) 24 inhalation treatments
Vasomotorial rhinopathy
Chronic pharyngo-laryngitis
Chronic sinusitis or chronic rhino-sinusitis syndrome

TREATMENTS OF CHRONIC POST- PHLEBOPATHY
(12 hydro-massages or 12 hydro-kinesis in walking pools).
Chronic post- phlebopathy
Lower limb varicose veins

N.B.: haematochemical examinations required for the above treatments: Azotemy; Glycemic; Uricemic; Total Cholesterol; Hdl; Triglycerides. They must be taken not earlier than 90 days from the spa treatments..



CYCLE FOR RHINOGENOUS DEAFNESS Therapy of rhinogenous deafness
(12 endo-tympanic insufflations and 12 inhalation treatments)

Tubal Stenosis
Chronic catarrhal otitis
Purulent chronic otitis

PULMONARY VENTILATION CYCLE
(12 pulmonary ventilations and 18 inhalation treatments)
Chronic obstructive bronchitis



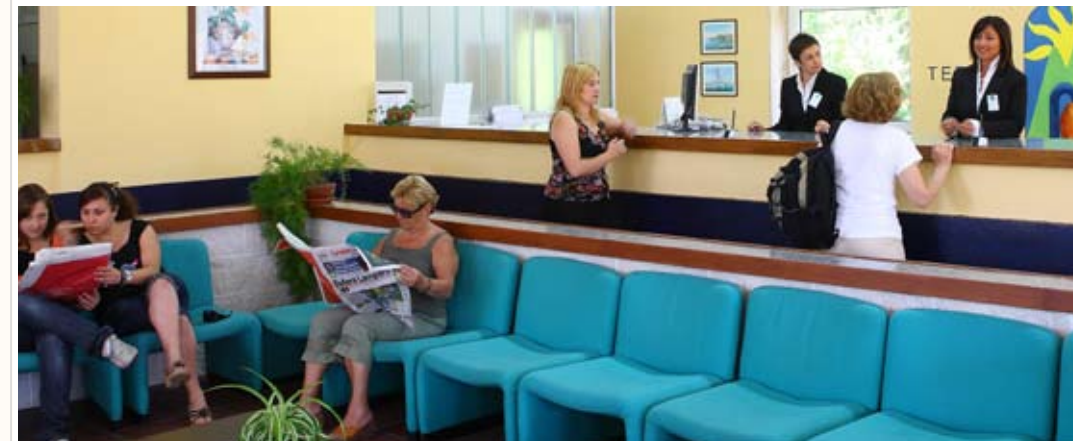
HYDROPINIC TREATMENTS
(12 hydropinic treatments)
Gastroenteric and biliary dyspepsia

How to access the cure



Patients are entitled to free access to thermal treatments if prescribed by their family doctors. Prescriptions have to be submitted by filling the form provided by local health centres. Pathologies and prescriptions of treatments and number of cures should be clearly specified.

- For rheumatic diseases: 12 mud treatments + 12 therapeutic baths or 12 therapeutic baths only;
- for respiratory diseases or ORL (Oto-Rhino Laryngology) ailments: 24 inhalations;
- For Chronic post - phlebopathy: 12 hydro-massages or 12 hydrokinesis.



VALIDITY OF MEDICAL PRESCRIPTION

A medical prescription for thermal treatments is valid throughout the solar year (365 days); yet only one cycle of treatments is allowed throughout the solar year (1st January – 31st December)

DURATION OF THERMAL TREATMENTS

The prescribed thermal treatment cannot be received in two different periods of the year (for example, in May and in September). Whereas, it is allowed to complete the treatment over three consecutive weeks.



Exemptions



A. TOTAL EXEMPTION (patients exempt from the payment of the fixed fee equal to euro 3,10) - the family doctor has to specify type and number of the exemption on his prescription:

- 1) disabled servicemen falling into the 1st, 2nd, 3rd, 4th and 5th categories;
- 2) disabled servicemen falling into the 6th, 7th, 8th categories only for treatments linked to the disabling pathologies;
- 3) service disabled people falling into the 1st category;
- 4) disabled people presenting a disability equal to 100%;
- 5) disabled people with a subsistence allowance;
- 6) Seriously disabled people presenting an invalidity higher than 80%;
- 7) Civil blind people;
- 8) Hyposighted people;
- 9) People under 18 with a subsistence allowance;

B. PARTIAL EXEMPTION (patients who have to pay the fixed fee equal to euro 3,10) - the family doctor has to specify type and number of the exemption on his prescription:

- 1) disabled servicemen falling into the 2nd, 3rd, 4th and 5th categories;
- 2) disabled servicemen falling into the 6th, 7th, 8th categories only for treatments linked to the disabling pathologies;
- 3) disabled people with a disability higher than 2/3 and up to 99%;
- 4) Disabled for an industrial accident and occupational disease presenting a disability lower than 2/3 only for treatments linked to the disabling pathologies;
- 5) Deaf-mutes;
- 6) People exempt because of a pathology, but only for treatments linked to the disabling pathologies;
- 7) Carriers of malignant neoplastic pathologies;



C. PARTIAL EXEMPTION (patients who have to pay the fixed fee equal to euro 3,10):

- 1) Citizens younger than 6 (up to 5 years and 364 days) and 65-years.old or older people, belonging to a family unit with a total income of the previous year lower than euro 36.151,98;
- 2) Holders of minimum pensions older than 60 and their dependant family members belonging to a family unit with a total income of the previous year lower than euro 8.263 (or than euro 11.362 if there is a spouse) with an increase equal to euro 516 per each dependant child;
- 3) Unemployed people and their dependant family members belonging to a family unit with a total income of the previous year lower than euro 8.263 (or than euro 11.362 if there is a spouse) with an increase equal to euro 516 per each dependant child;
- 4) Old-age pensioners and their dependant family members belonging to a family unit with a total income of the previous year lower than euro 8.263 (or than euro 11.362 if there is a spouse) with an increase equal to euro 516 per each dependant child.

EASY TERMS OF PAYMENT AND DISCOUNTS ON TREATMENTS

Free cycle of thermal treatments:

Doctors upon presentation of their Medical association membership cards.

SPECIAL FARES 50%:

Doctors' wives, children and parents are entitled to a discount on all the treatments they pay for. Doctors are also offered a discount on a second cycle of treatments.



How to be admitted to the thermal services



CYCLE OF TREATMENTS WITH HYDROMASSAGES/ HYDROKINESIS

In order to access these services, it is necessary to book in advance and take the following blood tests:

- Azotemy
- Glycemic
- Uricemic
- Total Cholesterol
- Hdl
- Triglycerides

The above-mentioned tests must be taken not earlier than 90 days before the treatments or they can be taken within the thermal centre itself.

CYCLE OF TREATMENT WITH MUD BATH

In order to access this treatment, it is necessary to book in advance.

CYCLE OF TREATMENTS WITH INHALATIONS and HYDROPINIC TREATMENTS

In order to access these services, it is not necessary to book in advance.
For the cycle of treatments for rhinogenous deafness it is necessary to phone.

