



## Infertility Treatment in Kúpele Lúčky Spa



Kúpele Lúčky is a spa with more than 300-year old tradition. At the beginning the spa did not provide specialised treatment, but in 1955 – 2005 the spa specialised in treating gynaecological diseases – post-surgery conditions, inflammatory diseases, menstrual disorders, conditions after treatment of oncological and gynaecological disorders and, last but not least, in sterility treatment.

After 2005 our spa was given an approval for indications for treating oncological diseases, diseases of kinetic apparatus, neurological diseases, and diseases of respiratory tract, digestive tract, endocrine glands and some occupational diseases.

Mineral water of Kúpele Lúčky Spa is medium-mineralised thermal water with a high content of

calcium and magnesium. CO<sub>2</sub> contained in water is absorbed through skin and causes skin hyperaemia, and thus releases catabolites through skin. Water also contains trace elements which are the main prerequisite for antistress and antioxidant effects of this water.

Sterility treatment has a long tradition here. Our healing mineral water from the spring Valentína is used for the treatment. According to findings of prof. Dr. A. Gvozdiaková of the Faculty of Medicine at Comenius University in Bratislava, helps with suppression of oxidative stress – a potential causal agent of problems related to sterility. In case of good patient management the achieved results were better by 45% in comparison with a no spa treatment.

Similar results were published for men. Due to improvement of mitochondria function and inhibition of oxidative stress increased, sperm mobility was achieved by suppression of stress. Therefore it would be beneficial for a couple to undergo the therapy together.

Not only mineral water, but also other procedures – like therapeutic physical education, according to Ms. Mojžišová, special massages, hydrokinesiotherapy, therapy using peloids, electrotherapy, as auxiliary methods optimise conditions for achieving desired gravidity. It is stated that female patients who underwent spa therapy before IVF (In Vitro Fertilisation) achieved better results than female patients with no spa therapy.

We recommend a 28-day therapy. In case you are interested in such kind of therapy, please order a treatment stay with us: