

Welcome

Dear Clients. The year 2005 is just about to end, and we anticipate the New Year with optimism. When looking back at what we have accomplished this year, we can proudly state that 2005 was very successful: CMC opened a new branch in Prague 4 - Chodov, our website received a complete makeover, and we purchased additional diagnostic equipment, and last but not least CMC further expanded its range of medical services and specializations.


You can take advantage of the following new service offers: a new discount on VISUS Optik services, dental emergency service on weekends, new specialists, and a change in CMC's discount structure.

We are glad to share with you news and interesting benefits through our bulletin. You are now reading a completely revised Maple Leaf which will become a quarterly bulletin from now on, attired in a new graphic layout.

For the coming year, we wish you all the best - good health and professional, personal success.



Kamila Votrubová
Marketing Manager



Dana Callaghanová
Membership Coordinator

Seasonal Tip

This year get ready on time - get vaccinated against tick-borne encephalitis!

Ticks are everywhere: in the forest, meadows, parks - anyplace with a bit of vegetation. Ticks - miniature creatures - are carriers of infection starting in early spring until late fall. Ticks can infect humans with lyme disease and tick-borne encephalitis.

Although there is no vaccination available against **lyme disease** in the Czech Republic, the infected bite exhibits distinct characteristics: fairly red spot with a white center - which, when diagnosed at an early stage, can be suppressed by antibiotics so that further damage to the organism is minimal.

Vaccination againsts **tick-borne**

encephalitis encephalitis is available and helps to prevent the contraction of a serious viral disease affecting the brain. This vaccination is no luxury treatment - each person serious about his/her health should consider it as a 'standard' vaccination. Tick-borne encephalitis is a very serious disease which can leave permanent after effects - even death. All it takes to be protected is three painless injections...

Get vaccinated now! To make an appointment, call CMC reception at (+420) 235 360 133. More information about this illness can be found on www.cmc.praha.cz.

WHAT'S NEW

Something extra for CMC clients

CMC welcomes a partner optician - VISUS Optik. You will receive a 10-50% discount on all services, including purchase of glasses, contacts, or repair, when you produce your CMC membership card.

Visit www.cmc.praha.cz section Partneři (Our Partners) for more details and contacts.

Would you like to become a CMC member? Contact dana.callaghanova@cmc.praha.cz or call (+420) 724 375 433. We will gladly advise you on a suitable membership program.

Dental emergency service on weekends

Beginning January, our clients can call our dentist in case of acute dental pain and arrange a visit even on weekends. Call (+420) 724 300 312. General treatment, check-up can be arranged on Saturdays only with prior appointment.

Call CMC reception (+420) 235 360 133 for more information.

New Specialists

MUDr. Kašíková will enhance our team of gynecologists.

She gained extensive experience working in obstetrics and gynecology at the Institute for The Care of Mother & Child, Prague.

MUDr. Pešková double certified will fortify our ophthalmology department. She gained extensive experience working in the public and private sectors. Now you can visit your eye doctor in the morning and afternoon hours.

New Discount Structure

Due to changes in our pricing structure, please be informed that we will implement a new discount structure as of January 1, 2006:

- 5% discount on cash payments only if paid at the day of service
- Cumulative discounts offered so far will not be applicable

CMC is a friend of Unicef as of December 2005

We cannot remain indifferent to the fate of children who live in poverty or in impoverished countries. CMC shares a monthly contribution which goes towards food, education, vaccination, and protection of Unicef children.

Taking care of your feet during winter

The summer implies regular foot care, however, this habit is not commonplace during the winter months. Some still believe that what is covered, invisible does not need to be taken care of. But the contrary is true. Our feet deserve intensive care all year round. Cracked, hardened heels and broken, in-grown nails do not become anyone.

Indulge in a professional pedicure with treatment of skin, nails, a massage, and detailed instructions about how to take care of your feet all year round. Make an appointment at (+420) 235 360 133.

OUR TIP - HOW TO GET A HOME PEDICURE:

Submerge your feet in warm water with bath salt for softening. When your feet have warmed up, start with gently removing hardened skin on your soles. Take care not to injure yourself. Then rinse your feet well, dry off with a towel, an apply foot cream generously. For a better and quicker recovery, put on warm, cotton socks and rest for at least 30 minutes.

Partners

