

Crimea: Medical Care for Children



**Special Edition
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Chapter 1

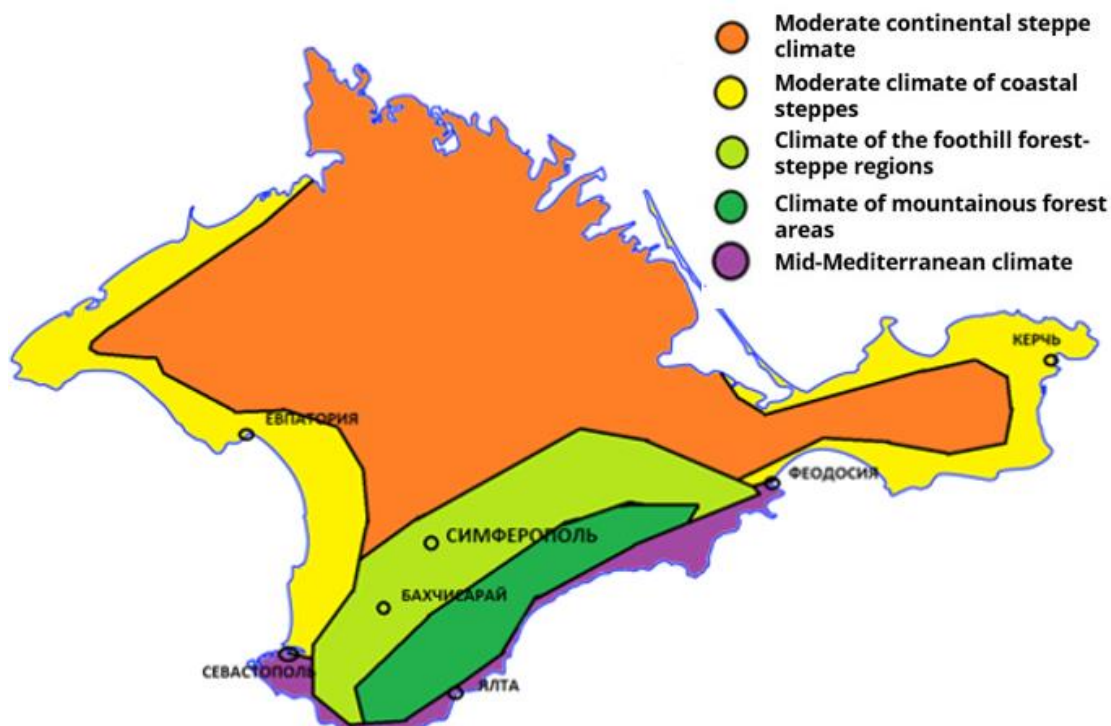
Climatic and Natural Conditions of Crimea. Therapeutic Factors of Crimea and the Best Ways to Make Use of Them



The climatic factor of this region is the climate of the Mediterranean type. Typical for the Southern coast combination of air temperature, humidity, duration and intensity of solar radiation allows to classify the climate of the South Coast as dry subtropics, unique for Russia. From the point of view of climatic factors, the coastal resorts are closest to the classic resorts of the Riviera and the Cote d'Azur. At the same time seaside resorts abroad are developed not as therapeutic, rather as recreational ones. The South Coast resorts have no analogues in the rest of the world in terms of therapeutic point of view, and scope of development of sanatorium network.

Crimea provides opportunity to treat the following ailments: vegetative diseases of the nervous system; diseases associated with the heart; diseases of the peripheral nervous system; upper respiratory tract and lung problems.

The main climatic difference between the Crimea and the resorts of Krasnodar Krai and Abkhazia is relatively less humidity (which is even more pronounced in the West and East coast of the Crimea) and a greater number of conifers (this is if we talk about the Southern coast). If we compare the Crimea with resorts in Turkey and Europe - there is certainly a lower concentration of salt in the sea water (so the Black Sea water when heated in July and August can "not withstand" its safety in terms of development of intestinal infections), but a milder climate with less hot summers. In rather rare days of July and August the air temperature on the South Coast rises above 35 degrees, and the water usually does not get warmer than 26 degrees Celsius.



Natural Therapeutic Factors of Crimea and the Best Ways to Make Use of Them

The Sea

Sanatorium doctors advise parents - in the first few days, to avoid hypothermia for a young child and subsequent colds, it is best to just wipe the child with a towel dipped in sea water. Then gradually you can start to bathe - for 5 minutes, 10 minutes, but not for an hour or more. The theory and, alas, practice have proved that, especially on the Southern coast of Crimea, the sea does not forgive such things to the children (not to all, of course, there are exceptions with a strong health). And bathing "until blue in the face" will not bring a positive effect on the immune system of the child.



The Proper Beach

The Crimean sun is deceptive -- it is not as warm as in Egypt. But the sunburns, heat and sunstroke it causes not less. The first rule - a hat - and not only on the beach, but also during all the transitions. Walking long distances in the non-vegetated Western Crimea, hiking in the mountains in the South - without the sun is already a big load for a little man.

The proper beaches in Crimea were constructed and equipped some decades ago - with stationary awnings. The first of these awnings were made of wood, their "roof" was also made of wood with gaps for air circulation. Today, even in many resorts they are dismantled - some installed umbrellas, some made plastic or rubber awnings. Believe me, that to stay under such rubber is hard enough. And for the classically correct recovery in the Crimea the child needs just classic climate pavilion (as they were called before) - that is, a place where you can be near the sea without direct sunlight - preferably with a cloth or wood cover - not for tanning, but for sea inhalation.



Pebble beaches have one big advantage - it is the clean feet, hands and eyes of children, as well as water transparency. And the pebble still has a curative effect - neurologists advise parents if they are vacationing with children in Southern Crimea, have the beach footwear only in extreme cases. Because walking on gravels stimulates numerous nerve endings of the child's feet. This procedure in Crimea is completely free, accessible and very effective.

Dolphin Therapy



Therapeutic bathing with Black Sea bottlenose dolphins is very good for the rehabilitation of children with autism, cerebral palsy and other serious diseases of the nervous system. This method will help adults after severe trauma and cerebral vascular accidents, with the problems of the psychological nature.

Acoustic signals of dolphins stimulate the release of hormones-endorphins, it improves his psycho-emotional state, normalizes activity of the vegetative nervous system, increases vitality.

The Grapes

There are other types of treatment in the Crimea - Grape therapy, also known as ampelotherapy, - a form of naturopathic alternative medicine that involves heavy consumption of grapes, including seeds, and parts of the vine, including leaves.

This is adjunctive treatment of metabolic diseases, loss of strength, lung diseases - tuberculosis and severe bronchitis, for example. In addition to glucose and fructose, grapes have organic acids, calcium, potassium, iron, cobalt, magnesium, manganese, traces of lithium and rubidium, phosphorus in mineral and organic compounds, carotene, vitamins A, B1, B6, B12, C, P, PP. Grapes are recommended for nervous system exhaustion, irritability, depression, elevated cholesterol levels.

However, grape acids destroy teeth, so it is best to brush them after grapes. Grape treatment is contraindicated in diabetes, oral, stomach and intestinal ulcers, severe obesity.



Wines

When the Children Sleep, the Parents Might Use this Info

The treatment with the Crimean wine was accepted in tsarist times, so do not listen to prudes, but also restrict yourselves at this very pleasant kind of treatment.

It is said that in very ancient times it was red wine that saved people in Crimea from cholera by adding it to water. Also red wine is an effective remedy for the prevention of cancer.

About each of them separately:

- Sherry - normalizes high blood pressure.
- Madera - tonifies.
- White table wines - tonify.
- Pink table wines - good for treating neuroses.
- White dessert wines - feed glucose to the heart muscle.
- Red and white port wines - neurotonic.
- Red wines - you can use them to treat obesity, intestinal diseases. They are used for prevention of cardiovascular diseases (atherosclerosis, stroke, heart attack), treatment and prevention of colds (when hot), they are an excellent antiseptic.



Chapter 2

Medical Care for Children in Crimea. General Information



The Ministry of Health of the Republic of Crimea oversees **14 health resorts**, where patients are treated with different conditions, including 12 health resorts for treatment of children. The resorts operate year-round.



Nine health-and-spa institutions are general health institutions for treatment of children alone and children with parents, one health resort (SBU "Yuzhnoberezhny" Sanatorium for Children And Children With Parents) is located in Alupka, eight - in Evpatoria. The capacity of these nine health resorts of general medical profile is 3,545 beds. Three resorts have phthisiological (anti-tuberculosis) profile, capacity is 481 beds.

The bed capacity of health resorts for treatment of children in the Republic of Crimea is filled to an average of 30% and can additionally be used to treat children from other regions of the Russian Federation and the world

The effectiveness of treatment carried out in children's health resorts of the Ministry of Health of the Republic of Crimea is 80-95%

Chapter 3

How to Choose the Right Place and Time to Treat A Child in Crimea



Health Resort or Individual Effort?

Given that fact that the main curative factor of Crimea is the climate, the need for treatment and even stay in a health resort here should be considered very individually, weighing all the pros and cons.

It's important to take into account the peculiarity of the Southern coast of Crimea. Here, since pre-revolutionary times the health resorts "acquired" all the main exits to the sea. And nowadays they are in charge of all the largest parks and the largest and most suitable for bathing beaches. Therefore, in the "high season" - July to August, the territory and beaches of health resorts are overcrowded with vacationers from the private sector. If you consider the fact that the resorts themselves in these months would be full by almost 100%, the high price of summer months, the warm sea and the quality and availability of treatment - are incomparable concepts. And vacationers from the private sector are on an equal footing with organized resorts in terms of the same climatotherapy.



The experience of several generations of Crimeans prove that high-quality treatment in a health resort here with a condition that you are interested has much better chance to get in the "off-season" - that is, in spring, autumn and winter. In the summer time the health resort can be seen as a place of residence near the sea, in a good park, with the availability of doctors and resort meals. This is relevant if you come for a long time with children, because not every parent is ready to deal with cooking, and all the time eating in a cafe is not useful at all for a child. And with a minimum of procedures - many resorts in the Crimea still have tacit rules, which are only in summer - "no more than 3 procedures in one hand" or "massage only of one part of the body".

Almost all health resorts here and practice:

- the sale of "kursovoka" - a voucher for treatment and meals at a resort without lodging to all interested,
- individual therapeutic procedures,
- paid consultations by doctors, if necessary,
- pay only for food in the dining room of the resort.

It is also better to learn in time that most health resorts of the South Coast of Crimea from the beginning were focused on admission of adults. And still many spas of the South Coast of the Crimea categorically refuse to accept children under 4 years of age, and it happens that treatment of children younger than this age are impossible to get here, even for money. But parents should be reassured - the main treatment of the Southern coast of Crimea are not procedures of the resort, but the climate, phytotherapy, walking and swimming in the sea.

Therefore, it often makes little sense to overpay for a health resort voucher in the summer months on the South Coast - especially since in reality the climate is the cure.

When choosing a time and place for vacationing in Crimea, you need to consider several factors. The most important thing is the goal of your trip. What is more important for you - the warm sea with a sandy beach, recuperation, including recovery often ill child, the proximity of historical monuments, or maybe your goal is diving or paragliding?



If the question is about frequent **acute respiratory viral infections**, a proven decrease in immunity - then your family should go to the **Southern coast of Crimea** or the areas adjacent to it. The classic South Coast of Crimea is the coast from Cape Aya to Alushta, and the part from Cape Aya to Cape Ai-Todor is the warmest and most humid. On the Southern coast there is abundance of conifers, a lot of juniper, a healing mountain air, but - narrow pebble, and sometimes rocky beaches. And the greatest number of vacationers per surface unit in July and August.

For children who are frequently ill and get sick just from looking at a crowd of children, the best time in Crimea is the second half of April and May (the time of mass flowering of pine trees, the pollen is a very powerful immune adjuvant), the first half of June or early fall - September and October

For children and adults prone to **bronchospasm** and with **bronchial asthma** we recommend the **Southern coast near Gaspra, Miskhor and Alupka** - it is a kind of "hothouse" of Crimea - hot and more humid. This humidity is created by the dense mountain barrier that protects the coast from the rest of the peninsula. Therefore, in the hot season here the stay may seem a little harder than in the more ventilated part of the coast - in Livadia, near Yalta, in Gurzuf or Alushta. Here, of course, there are no junipers, but there are Crimean pines, and these towns may be more comfortable than Miskhor or Alupka. Here are the same pebble beaches, but no less beautiful parks..



On the West Coast of Crimea (Evpatoria, Nikolaevka, Saki) a shallower sea, which is more suitable for bathing of children, it warms up earlier than on the South Coast and drier air - suitable, incidentally, for the prevention of respiratory diseases, especially in the presence of asthmatic component. But the greenery here, of course, is not enough.

Medical Treatment on the Southern Coast of Crimea

SOUTHERN COAST OF CRIMEA



The major treatment factors are **the climate, vegetation, the sea**, and when the resources of the health resort are used - methods of **physiotherapy, mud and water treatment** (imported mud from the Western Crimea and, as a rule, imported mineral water).

Here it is worth to undergo treatment for people with **chronic respiratory diseases** (including **bronchial asthma** - but in this case only after doctor's advise, especially if the trip is planned for spring - the period of mass flowering). By the way there are practically no birches in the Crimea, and there are only a few of them on the South Coast.

The turbulent vegetation of the South Coast will be beneficial for adults and children with **chronic inflammatory diseases of ENT-organs**; while for treatment of these diseases resorts may additionally offer inhalation and speleological chamber. But, when visiting the resort inhalatorium or salt cave with a frequently sick child, it is important to compare the pros and cons - the factor of overcrowding of people with similar health problems in such premises can play a bad joke on vacation, while the source of natural phytoncides can be found in the open air.



The main suppliers of phytoncides on the South Coast are pines (primarily the Crimean Pallas pine, which mainly grows on the South Coast from Gurzuf to Foros), cedars and junipers (but these are not the junipers that grow in our latitudes, the famous Crimean junipers are relict trees, each of them several hundred years old). The most famous "plantations" of juniper in the Crimea are located in the New World, in Laspi Bay, on Cape Ai-Todor, on Cape Martyan (adjacent to the Nikitsky Garden). There is little or no juniper in Alushta and Gurzuf - it is more concentrated in the area of Yalta and further to Foros.



The trees on the South Coast give off maximum of phytoncides when they are warmed up - around 2-4 p.m. A walk or a nap in the park will be the most favorable for your child. In spring, in the second half of April, mass blossoming of pine trees starts on the South Coast, so the parks of the South Coast are "wrapped" in a cloud of pollen. This pollen is very useful for those who are often ill, and it is a good time to bring a sick child to the Crimea, as long as there is no exhausting heat and crowds of people. The cold sea can be replaced by an indoor swimming pool of the resort, which is often sea water, not chlorinated water from the tap. It is important, however, to remember that the pollen itself is a fairly strong allergen, and at this time in the Crimea in general, everything blooms and smells - so allergic people must be careful.

The holidays on the Southern coast are useful for strengthening the cardiovascular system - but not for elderly patients with serious illnesses in the hottest months, as well as for the treatment of the nervous system, excluding, organic diseases of the nervous system in children. That is, **osteochondrosis and functional disorders of the nervous system can be treated here.**



It is necessary to go here to breathe, walk, if possible - to walk (just not in the heat and not in the highest mountains). And if you're lucky, you can swim in the sea. The sea on the South Coast is a nice bonus to everything else, but not vice versa. To walk with benefit, on the South Coast there are about 40 "Terrainkur" (terrain cure), or "health trails". Their purpose is to dose physical activity for walking on them, and on the way - to provide positive visual information and healthy air. The most famous health path on the South Coast is the Botkin Trail, which begins near the Glade of Fairy Tales in Yalta, a walk that takes about 1.5 hours.

Western Coast of Crimea

It is in here that many years the children were treated - **with cerebral palsy, injuries consequences, organic diseases of nervous system and the musculoskeletal system.** There is no such rich vegetation as on the South Coast, but there are two sources of therapeutic mud - in the cities of Evpatoria and Saki. On the West Coast of Crimea is much easier to travel with a child, especially if the child is limited in movement - because there are no mountains. Plus sandy beaches and "children's entertainment industry", the center of which is Evpatoria. The air here is drier and there is less vegetation - it may be **suitable for allergics, asthmatics**, as well as for **patients with chronic bronchitis.** One BUT - steppe winds, even in summer, and very dry.

WESTERN COAST OF CRIMEA



Self-treatment with mud of a child or an adult is not the best thing that vacationers can think of. To fool around, if there are no special health problems, smeared with mud directly in the lake – it's an option, but to achieve therapeutic effect, the mud must be heated to a certain temperature, applied in a certain way (on the area of maxillary sinuses, impose it on joints). The mud is used for treatment of cerebral palsy, as well as of chronic urological and gynecological diseases, including infertility. All these is administered taking into account possible contraindications (like severe hypertension and cancer).



In addition to muds, the West Coast of Crimea is the main supplier of **brine** - that is, the water from salt lakes and estuaries. You can be treated with brine, as well as with mud, both on the West Coast and at many health resorts of the South Coast, where it is delivered to. Using the brine, the following baths are administered: brine, iodobromine, oxygen, coniferous, pearl baths. Inhalation with brine and mineral water having decoctions of herbs are used in treatment of **diseases of the upper respiratory tract and ENT-organs**.

Chapter 4

The Best Health Resorts For Children in Crimea



Before choosing a health resort (dubbed sanatorium in Russia) for a child, it is worth deciding on the **profile of the condition**. For example, in the Crimea, there are institutions that treat **allergies, musculoskeletal system, eye disease, respiratory and digestive system, cardiovascular system**. Next - decide whether your baby needs **mud and mineral water treatment**. And finally, decide for yourself **what you expect from the service**. It should be noted that there are plenty of economy class resorts, but establishments with standard and comfort level are not in abundance.



The City of EVPATORIA

A lot of sanatoriums for children are located in Evpatoria. It is not in vain that this city in Soviet times was named the All-Union Children's Health Resort, which it proudly continues to carry to this day. Boarding houses, sanatoriums, children's health camps - in Evpatoria there are more than a dozen. One of the most famous and popular is the Dnepr sanatorium.

[Dnepr Sanatorium](http://dnepryalta.com/ru/)

<http://dnepryalta.com/ru/>



The sanatorium is located right on the seashore, its territory is large and has a lot of greenery. Dnepr offers improvement of **gastrointestinal tract, skin, respiratory system**, etc. Treatment methods include **electro-mud treatment, balneotherapy, aerophytotherapy, massage, physiotherapeutic procedures, and profiled sick rooms**. Treatment is available for children from 4 years old. On the territory of the sanatorium there is a playground, table tennis, tennis court, chess club, volleyball court, an indoor pool for the off season. The beach is sandy, wide, equipped with awnings, deck chairs, changing rooms. Not far from the resort is a dolphinarium, an aquarium.

[Tavria Sanatorium](https://tavria-crimea.com/)

<https://tavria-crimea.com/>



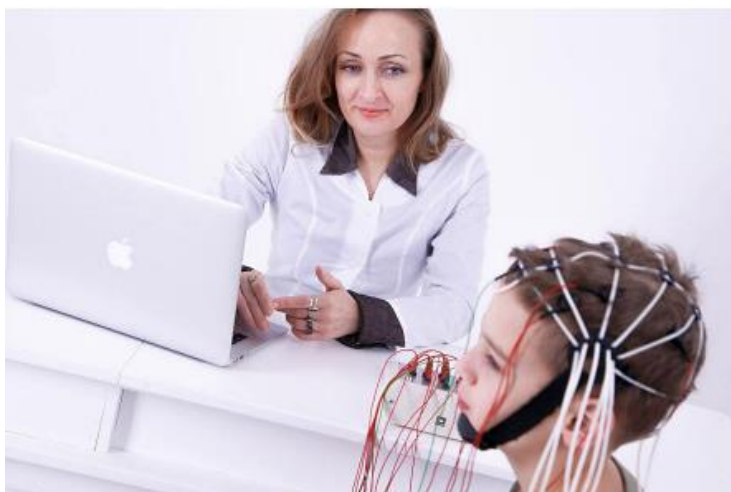
Tavria Sanatorium accepts children and their parents for treatment. Programs are designed both for children in need of rehabilitation and rehabilitation treatment, as well as for adults with chronic diseases. Preventive and tempering against cold activities are introduced to strengthen immunity.

The Healthy Child Treatment Program optimally combines years of experience of children's sanatorium specialists in rehabilitation and recuperation. It is aimed at maximum effective use of time spent at the resort to resolve health problems:

- Treatment of chronic infections;
- Improving immunity;
- Reducing the frequency of diseases;
- Normalization of the central nervous system and motor functions.

Indications for the treatment of diseases in children:

- Respiratory system** - upper and lower respiratory tract (frequent colds, asthma, complications of bronchitis, pneumonia; ENT diseases - angina, maxillary sinuses, rhinitis);
- Nervous system** - cerebral palsy, movement coordination disorders, speech disorders, developmental delays;
- Musculoskeletal system** (posture disorders, scoliosis, diseases of the joints and spine);
- Immune system:** allergies, skin diseases.



Entertainment:

In addition to special therapeutic and recreational procedures, there is an opportunity to play in the children's town and children's room, to swim in the sea or in the swimming pool with sea water. Owned equipped sandy beach with water attractions and lifeguards.

[Mechta Sanatorium](http://mriya-evpatoriya.com/)

<http://mriya-evpatoriya.com/>



The Mother and Child Package includes, in addition to meals and accommodation, a basic course of treatment and the opportunity to use the swimming pool. A number of other procedures can be purchased for an additional fee. The sanatorium specializes in treatment of **diseases of the nervous system, ENT organs, musculoskeletal system, respiratory diseases**. Recuperation is based on brine, sulfide mud, mineral water. The methods of treatment include physiotherapy, mud treatment, balneotherapy. The attending physician carefully selects the appropriate program.

Mechta Sanatorium is famous for its picturesque area, which grows plants brought from Nikita Botanical Garden, buildings are connected to each other by shady alleys. For children there is a playground, a children's playroom, a cinema, sports fields. The beach is sandy with awnings and benches. Here a children's health camp is operational, a voucher for it includes five meals a day, entertainment, contests, concerts.

[Planeta Boarding Guest House](https://planetahotel.ru/) <https://planetahotel.ru/>



Planeta Boarding Guest House accepts children from two years old. It is located near the lake Moinaki, which allows to use healing mud of Eupatoria balneological resort. In addition, on the territory of the sanatorium there is a source of mineral water and artesian spring. The following conditions are recommended for treatment: **diseases of the dental system and ENT-organs, peripheral nervous system and circulatory organs, digestive tract and kidneys.** The sanatorium has a unique diagnostic equipment, mud treatment is carried out, it is also possible to use the whole range of balneo-procedures (including underwater massage, showers, pearl baths, etc.). For children there is a game room with an teacher, a mini-zoo, a greenhouse, a pond with swans. If you come with children, you can visit the sights and attractions of Eupatoria; the sanatorium provides sightseeing tours.

The City of Saki

<http://www.hotel-tanger.ru/>

Tangier Boarding Guest House



About twenty minutes from the City of Evpatoria is another resort, famous for its medical procedures. This is the City of Saki. Many believe that the Tangier sanatorium here is one of the best. Its medical profile is aimed at curing **respiratory organs, skin diseases, diseases of the gastrointestinal tract and the peripheral nervous system**. Mud cure is especially popular here, however, local specialists nicely combine it badly with hydrotherapy (coniferous, brine, pearl baths), equipment physiotherapy, and different kinds of massages. There is a small playground on the territory of the sanatorium. The beach is sandy-shelly, spacious, with necessary infrastructure - awnings, deck chairs, a volleyball court, beach entertainment - "banana", slides.

The City of Alushta

Golden Spa Resort

<http://goldenkolos.com/>



Alushta Golden sanatorium (formerly "Golden Spike") admits adults with children from 1 year old. It successfully treats diseases of the skin, respiratory organs, musculoskeletal system, nervous system and endocrine system. Various kinds of classes are conducted with babies under 5 years old, including tutorials, a room with a tutor and a playground with a trampoline and mazes. Free access to the children's pool, children's club (for children from 3 to 12 years) and children's cinema is provided. During the day there is a variety of animation programs for children, mini-disco, organized sightseeing tours to picturesque places and attractions of the Crimea. Among other things, if your child's birthday falls at the time of your visit to this resort, it is possible for an extra fee to organize him a fun party for children.

Crimean Stars Boarding House

<http://www.crimeanzori.ru/>



Medical staff has developed children's health programs, which include therapeutic baths, delicious oxygen cocktails, swimming in the pool. Those, who need to be cured seriously, can undergo the whole range of procedures, including equipment and physiotherapeutic procedures, massages. By the way, adults will be pleasantly surprised - besides standard procedures you will be offered here unusual and very attractive ones, such as grape treatment (ampelotherapy), wine treatment (enotherapy), aromatherapy and phytotherapy with the use of endemic plants. The treatment profile is musculoskeletal system, digestive organs, respiratory organs, cardiovascular system.

The sanatorium owns a Cheburashka children's park with numerous attractions, which is sure to attract a young client.



CRIMEAN DIGEST



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The information in this Special Edition is an adapted version form the following Internet Sources:

<https://tavria-crimea.com/kids-treatment/>

<https://www.yurmino.ru/ozdorovlenie-detey-i-podrostkov/#>

<https://summerhotels.ru/crimea/statji/health/luchshie-sanatorii-dlya-detey-v-krymu/>

<https://www.u-mama.ru/read/home/travel/8258-krym-cto-i-gde-lechit.html>

<https://www.u-mama.ru/read/home/travel/7839-krym-poluostrov-sokrovishch.html>

<https://family.alean.ru/vidy-otdyha/v-krym-za-chistoj-kozhej-gde-lechat-kozhnye-zabolevaniya-u-detey/>

<http://islandcrimea.com/sanatorii-kryma-lechenie-detey.html>

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