

Another reason to visit Plettenberg Bay – Healthcare in Paradise

Plettenberg Bay or Plett is a beautiful and well-established holiday destination which is already popular with many foreigners.

Situated in the Garden Route of South Africa, it has an abundance of excellent accommodation. Activities such as golf, tennis, padel, deep sea fishing, whale watching, hikes, wine farms and many others are readily available. All this at very reasonable prices, particularly in foreign currency terms.

Plett offers state of the art medical facilities. Allied disciplines (physiotherapy, nutrition, audiology, psychology, addiction rehabilitation, etc) are all well represented. No waiting lists and costs significantly lower than in Europe.

Overseas tourists can enjoy a relaxing holiday combined with one or more of the following options:

- Executive check-ups with comprehensive diagnostic facilities
- Specialized dental treatment such as dental implants
- Surgical procedures, such as cosmetic surgery, Lasik eye treatment, etc.
- Aesthetic treatments (Botox, fillers, etc) given by qualified medical personnel

The best period for this type of package is between May and November, when the cool air promotes healing.





GRDC
Garden Route
Diagnostic Centre

2A Medway Centre
Muller Street
Plettenberg Bay 6600
Western Cape
South Africa

☎ 27 44 533 4471
✉ grdcplett@gmail.com

The Garden Route Diagnostic Centre (GRDC) was founded in Plettenberg Bay, South Africa in 2012 by Dr Giovanni Coci, a specialist in internal medicine and a Fellow of the Royal College of Physicians of London.

The GRDC offers executive check-ups to fully assess an individual's health status, allowing existing medical problems to be assessed and measures and lifestyle changes to be implemented to prevent new ones. Typically, the check-up will consist of:

A one-hour specialist consultation

and

The following diagnostic procedures:

1. Resting electrocardiogram (ECG)
2. Treadmill test (stress ECG)
3. Echocardiogram (U/S of the heart)
4. Doppler of the carotid arteries
5. Abdominal ultrasound (U/S of the abdomen)
6. Spirometry (lung function test)
7. Glucometry (measurement of blood glucose level)
8. Urinalysis

Following the completion of the above procedures, a follow-up consultation will be scheduled to discuss the results of the follow-up visit.

If necessary, a session with the Lifestyle Consultant will be arranged. A folder with all relevant reports will be given to the patient and, upon request, forwarded to the treating physician for further discussion. Full laboratory tests, radiological examinations (X-rays, CT and MRI scans, mammograms, DEXA bone densitometry scans), endoscopic studies (gastroscopy and colonoscopy) and many other diagnostic procedures can be arranged at short notice. These are not part of the executive check-up and will be billed directly by the various service providers.

Patients wishing to have an executive check-up are advised to bring their entire medical records with them.



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The Garden Route Diagnostic Centre team consists of an Internal Medicine Specialist, a Cardiac Physiologist, a Diagnostic Imaging Specialist, a Respiratory Technician and a Lifestyle Consultant

In addition to executive check-ups and comprehensive diagnostic investigations, GRDC can offer foreign tourists packages for a relaxing holiday in Plett combined with one or more of the following options:

- Dental care
- Some surgical procedures
- Aesthetic medicine treatments performed by qualified medical personnel
- Nutritional advice

GRDC works in close collaboration with the following specialist centres in the area:

1. **Plett Dental Studio** Advanced Dentistry,

- Implants
- Crowns and Veneers
- Root Canal Therapy
- Smile Make Over

www.plettdentalstudio.com

2. **Vision for life Clinic** Ophthalmology

- Cataract Surgery
- Refractive Surgery for Cataract Correction
- Laser Vision Correction (LASIK/PRK/StreamLight)
- Implantable Contact Lenses
- Customised Lens Replacement Surgery

www.drdylanjoseph.com

3. **Dr MJ Murdoch** Plastic and Aesthetic Surgery

- Blepharoplasty (Eyelid Lift)
- Facial Liposculpture (Fat Injection)
- Face Lift
- Neck Lift
- Rhinoplasty (Nose Job)

www.drmjmurdoch.co.za



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4. **Hutton Medical and Wellness Centre** Aesthetic Medicine,

- Facial Injectables with Botulinum Toxin, Dermal Fillers, Biostimulators and Polynucleotides
- Lipolysis
- Sclerotherapy
- Skin Treatments with BBL Laser, Moxi Laser, Tixel, Morpheus 8, Radio Frequency, Dermapen 4 Microneedling, Chemical Peels, Soprano Ice Laser Hair Removal

www.huttonmedical.co.za

5. **Hutton Medical and Wellness Centre** Women's Wellbeing

- Gynaecological Examinations
- Menopause Consultations
- HRT (Hormone Replacement Therapy)
- Contraception
- Female Pelvic Floor Physiotherapy

www.huttonmedical.co.za

For more information and an indication of costs, please contact

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