

Healthy Living

A medical guide for DOD civilians, contractors and their families in Korea

July 2023



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SUPPLEMENTING YOUR WORKOUT

Proper doses key to building up body with beta-alanine

DR. K MEDICARE CLINIC

Hello, I'm Dr. K. from the Internal Medicine Department. More and more people are starting to exercise for their health or self-care. Some people are beginning to work out quickly ahead of the upcoming vacation season. For those who want to build up their bodies rapidly, I see many people looking for supplements that can help. Today, we will talk about beta-alanine, a supplement that can help with exercise.

Beta-alanine is commonly known to improve muscle endurance during exercise. Still, technically, beta-alanine is a component called 'carnosine' and is made by combining beta-alanine and histidine rather than improving muscle endurance. Carnosine is an antioxidant usually stored in the brain and muscles. When we exercise, we naturally produce lactic acid, which, as many of you know, makes our muscles tired and, in severe cases, causes gout. At this point, Carnosine acts as a buffer to prevent the production of lactic acid produced during exercise, which reduces muscle fatigue and helps you exercise longer. And it eliminates free radicals through antioxidants and inhibits the production of diabetic-bad glycosidases such as monosaccharides.

Now, a lot of people are wondering. After all, if the effects of Carnosine help you, it's better to take Carnosine itself. To



conclude, replenishing beta-alanine's more efficient than filling Carnosine.

As mentioned earlier, Carnosine is a Dipeptides material made by combining beta-alanine and histidine. It is more significant than beta-alanine, the absorption rate is minimal, and it is easy to decompose by stomach and small intestine enzymes. In addition, histidine produced during this decomposition has histamine if it is excessively present in the body. As some of you may know, this histamine is also an allergy-causing substance. And this beta-alanine.

Alanine, a nonessential amino acid form, is commonly present in the body, but alanine synthesis into beta-alanine is more complicated than expected. Because beta-alanine is the final degradation product of pyrimidine, the nucleic acid, the synthesis occurs naturally. For these reasons, it is more efficient to produce Carnosine in combination with histidine already abundant in the body, supplementing beta-, which is easily absorbed in smaller sizes, than to consume the finished Carnosine itself.

However, the recommended daily dose is about 2g to 3g before and after exercise, and it does not cause severe side effects. Still, it can cause tingling in the face, neck, and hands when taking more than 800mg. So, in this case, it is recommended to adjust as much as possible and increase the amount gradually. Carnosine in muscles within two weeks of taking this



beta-alanine steadily increases. Since the ingredients are accumulated, taking it steadily rather than having a large single dose is the best course.

Beta-alanine is a supplement some people who exercise are interested in taking. It is relatively less burdensome regarding side effects than other exercise supplements, and its effectiveness has been verified to some extent. So, it's okay to exercise while taking an appropriate amount. However, I hope you remember that supplements are only supplements. Still, they are not magical ingredients and can cause side effects if not taken properly.



Dr. K YouTube

If you want more health information, please refer to Dr.K YouTube. <https://www.youtube.com/@dr.k>

Thank you.

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YEONGDEUNGPO SMART MEDICAL SPECIAL ZONE

We're in the zone when it comes to your health!

The **Yeongdeungpo Smart Medical Special Zone** has seven general hospitals and specialized medical institutions for each department, such as cerebrovascular, joint, burn, and ophthalmology. We provide high-quality medical services with state-of-the-art medical equipment and facilities, including reliable medical staff with international competence and reputation. Seoul boasts a beautiful view along the Han

River, and Yeongdeungpo-gu is in the center. In Yeongdeungpo, which has Korea's representative attractions such as Han River cruises and yachts, 63 Square, and The Hyundai Seoul, you can enjoy an abundance of medical tourism with various things to see and eat.

Military Discount

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See why elite athletes trust CM Hospital

CM HOSPITAL

With the mission of "only medicine and honest medical care," CM Hospital has been developing Korean medical care for 74 years. CM Hospital is a consultative hospital for the Korean National Athletes' Village, and professional sports players and national team athletes receive medical treatment here.



Dr. Lee Sang-hoon, the hospital director, completed a full-time course at Columbia University Hospital in New York. He is known for his numerous paper presentations and guest lectures at conferences worldwide. In particular, he is a top

authority on shoulders in Korea, and is the chief team doctor of the Kiwoom Heroes professional baseball team, the Woori Card professional volleyball team, and the OK Financial rugby team, and is the first person in Korea to obtain the IOC-certified sports medicine specialist qualification. With his decades of experience treating many patients and his ongoing research, he has contributed significantly to the development of Korean medicine by publishing new medical technologies in world-class journals every year.



MAIN MEDICAL FIELDS: 9 Departments, including Orthopedics, Internal Medicine, Neurology, Emergency Medicine, Anesthesia and Pain Medicine



Eat, sleep, rest well at Hotel The State Sunyu

HOTEL THE STATE SUNYU

It is a local business hotel located in the center of the Han River at Seonyudo Station. It offers 157 rooms and rooftops, reasonable prices, innovative space configuration, and top-notch service. It is easy to get to Incheon/Gimpo International Airport, has convenient public transportation, and is close to several attractions such as Seonyudo Park, Hongdae, Yeouido, and Yeongdeungpo Station. You can enjoy fresh bread and coffee at the bakery and café on the first floor and delicious and cost-effective meals at the Italian restaurant on the second floor. High-quality bedding, such as latex mattresses and latex pillows from Dunlop Filo, are provided for a comfortable night's sleep.



Taking care of you is Galaxy Hotel's business

GALAXY HOTEL

Galaxy Hotel is a business hotel with 90 rooms and one restaurant. It is located at 90 Budnaru Road (Dangsan-dong), Yeongdeungpo-gu, Seoul, a 10-minute walk from Yeouido, which is the top financial and political center in Korea. For public transportation, subway lines 9, 5, and 2 are available, and Incheon Airport is 1 hour away. As such, Galaxy Hotel is a professional business hotel that makes it easy to enter and leave overseas, and within 10 kilometers, Yeouido IFC Mall, the National Assembly Building, Hangang Pier, and the Blue House are located in Yeouido, making it an economical hotel with the best location for sightseeing and business activities.



BNS Neurosurgery's advanced technology key to success

BNS NEUROSURGERY CLINIC

BNS Neurosurgery is a hospital specializing in treating headaches, dizziness, and spinal and joint diseases. The clinic provides a wide range of treatments, from simple injection treatment to MRI precision diagnosis, surgical treatment and hospitalization in the field of the spine, and neurological rehabilitation. We perform MRI examinations of the cerebrovascular, spine, and joints, abdominal ultrasounds,

bone density test, and heart and thyroid ultrasounds. We also perform various surgeries and procedures for cerebrovascular and spinal diseases.

The clinic holds six patents related to spinal surgery and was selected as an "Excellent Technology Evaluation Company" in the 2023 Korea Technology Credit Evaluation. Rapid diagnosis is possible through the latest medical equipment (MRI, ultrasound, surgical endoscopy, etc.). We have comfortable inpatient facilities to provide the best treatment to patients.



MAIN MEDICAL FIELDS: Headache, Neurological Disease, Dementia, Spinal Disease, Rehabilitation Treatment

Hangang Park

Located on the Han River, Yeouido's Hangang Park is an attractive tourist destination for cycling, water leisure, camping, and romantic cruise ship tours. In the hot summer, you can swim in the Han River Pool in Yeouido, with a view of the Han River.



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Importance of drinking water in hot summer

BY M.D. DONG DONG KIM,
OCCUPATIONAL ENVIRONMENTAL MEDICINE SPECIALIST
SEOUL DMC MEDICAL CENTER

Q. How much water should I drink per day?

Water is absorbed through food or drinking water, and most are excreted through urine or sweat. An adult man passes 1.5 liters of urine per day, and there is also water excreted through sweat or breathing, so it is recommended that healthy adult men consume 2 liters of water daily. It is recommended that urine be passed about 60 ccs per hour. So it is ideal to drink about 100 cc of water per hour during the day. This varies depending on the person's weight and the amount of exercise he/she does, so it is ideal to drink small bottle of water in the morning and one in the afternoon and then drinking more water at mealtime. Waking up in the morning and drinking water on an empty stomach can dilute gastric juices and be unnecessary. If you hydrate a lot at once, it can also strain your kidneys, so we recommend drinking small portions frequently.

Q. How much water is in the body?

The human body is made up of more than 70% water. The brain and heart are about 73%, the lungs have a large distribution of blood vessels that accept oxygen from the air they breathe, and 83% are water. In the case of a 70 kg man, the total amount of water in the body is about 42 liters, of which 28 liters are present in the cells. Fourteen liters exist outside the cells, of which only 5 liters circulate in the blood vessels as blood.

Q. What should I pay special attention to when drinking water?

The greatest danger to drinking water is contaminated bacteria or waterborne infectious diseases. What is a waterborne contagious illness? It refers to a case in which bacteria contaminates drinking water, and the transmission of bacteria is transmitted through water by culture above a certain level.



Dr. Dongil Kim

For example, if the feces of a typhoid patient are washed by rainwater and contaminate the lettuce field, and the contaminated lettuce is eaten, it becomes typhoid fever. In the summer, waterborne infectious diseases are particularly problematic because outdoor activities increase, cold food is sought, and bacterial growth is active as the water temperature rises.

Q. Can I safely drink medicinal water that has passed the hygiene inspection?

Natural water, such as medicinal water, which is constantly managed, can be drunk. Still, we should be careful because the situation when we drink it, and the hygiene when testing drinking water may differ. Especially during the rainy season, or in the case of a medicinal water bowl where several people mix and drink, there may be a possibility of secondary contamination by drinking water bowls. If you receive medicinal water that has passed the hygiene test, it is recommended that you consume it within 24 hours because the container may be contaminated.

Q. What if I drank contaminated water without knowing it was contaminated?

If it is not severe contamination, you will have one or two episodes of diarrhea and mild abdominal pain, usually healing spontaneously after a day. However, if the pollution level is high and the individual's health is poor, they can be in a severe situation. If diarrhea, high fever, or abdominal pain persists after 24 hours, hydration and appropriate antibiotic treatment should be given, and medical attention should be sought immediately. If the symptoms worsen, such as starvation and excessive sweating, bloody stools, or sepsis, it can sometimes lead to death.

We hope you can get through the summer with a healthy water intake.

(재)한국산업보건연구재단
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PASA can silence snoring, sleep apnea

ILMI DENTAL CLINIC

1 What causes Snoring/Sleep Apnea?

Snoring/sleep apnea occurs when the airway narrows due tongue or lower jaw falling back and obstructing the airway, or the cervical spine tilting forward and pressing on the airway, creating a breathing bottleneck during sleep.

2 Can Snoring/Sleep Apnea be treated permanently?

There is currently no way to completely treat snoring/sleep apnea. The main concept of treatment is to provide sufficient oxygen supply with the help of an external device (CPAP or Oral Appliance) for life. Many people who have failed with conventional methods of treatment (Surgery and CPAP) are highly satisfied with PASA.

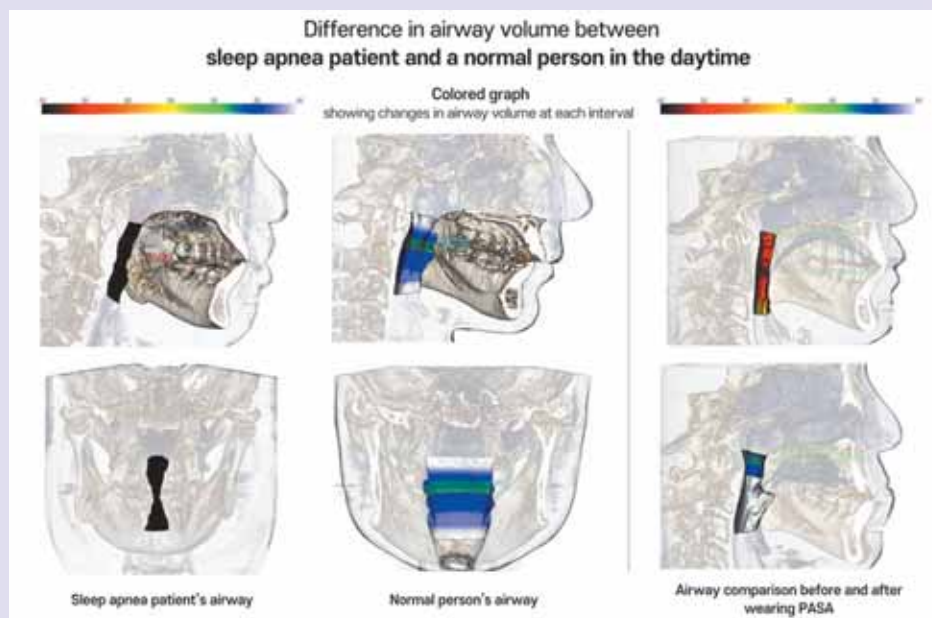
3 How does PASA work?

PASA brings the lower jaw forward, preventing the tongue from falling back obstructing the airway, and making the airway wider to increase oxygen intake during sleep.



4 Is it possible to diagnose snoring/sleep apnea without undergoing a sleep study?

Ilmi Dental Clinic have developed a new system to diagnose, analyze, and track sleep apnea/snoring using a non-sleep study method. We have also developed the CIP index to compare snoring treatment results



visually and numerically.

5 Can PASA treat severe obstructive sleep apnea?

PASA can treat both mild and severe cases regardless of the patient's condition, using a different approach that maximizes the patient's natural physiological response. It differs from traditional methods that simply advance the lower jaw to open the airway. PASA is applicable to almost all patients except for those with complete dentures or severe temporomandibular joint disorders.

6 Can I see results with PASA if I am a severe mouth breather?

For individuals with snoring and sleep apnea, who constantly experience oxygen deprivation, mouth breathing a common phenomenon to compensate for this lack of oxygen. The degree and pattern of mouth opening during sleep vary depending on the severity of symptoms and the duration of the condition experienced by each person.

After using the PASA, mouth breathing gradually decreases, allowing you to close your mouth and breathe through your nose. Even if you don't have snoring, if you have severe mouth breathing causing discomfort due to dryness in the mouth and throat or



<https://www.ilmidental.co.kr/>

difficulty breathing normally due to aging or respiratory problems, you can find a solution at Ilmi Dental Clinic.

7 How effective is PASA?

All anti-snoring oral appliances have a certain degree of effectiveness in preventing snoring/sleep apnea, regardless of the type or brand. However, there are differences in their efficacy and side effects.

Compared to other appliances, PASA has a much higher efficacy in resolving snoring/sleep apnea. While the therapeutic effects of conventional oral devices are around 60%, PASA achieves approximately 90% efficacy.



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Gangnam Medical Tour Center

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Information Desk & Public Relations Zone

At the information desk, staffed by experts in four languages – English, Chinese, Japanese, Russian – there are concierge services such as interpretation and pick-up services, as well as assist with setting up accommodations. In the event of a civil complaint, such as a medical dispute, it also serves as a communication channel to connect with related organizations and consult the inconveniences of medical tourists. In addition, it has partnered with Global Textfree, the No. 1 tax refund company in Korea, to provide VAT refund services for overseas medical tourists.



GANGNAM MEDICAL TOUR CENTER

The Gangnam Medical Tour Center in Apgu-jeong-dong, Gangnam-gu, Seoul, reopened its doors June 22 after 90 days of renovation work.

Since originally opening its doors 10 years ago, the center has provided guidance services and business consultation on medical tourism in Gangnam for foreign patients.

The reburbished Gangnam Medical Tour Center is now subdivided into four themes: Information Desk & Publicity Zone, Healing & Experience Zone, Community Room & Shared Office, and Rest Area. It has been configured as a Medical Tourism Comprehensive Communication Center that provides visitors with medical tourism services.



Healing Zone & Consultation Zone

The Healing Zone and Consultation Zone consist of two healing areas and one consultation area, and it is a space where overseas tourists who are jet-lagged can relax and unwind. There is a massage chair in the Healing Zone, so you can relax and experience scalp hair-loss care and eye care simultaneously. You can experience the Skin meter and the In-Body Body Composition Meter in the Consultation Zone. The consultation is conducted based on the experience results, and a medical consultation reservation service is provided in conjunction with partner organizations.



Community Room & Shared Office

The community room is an educational facility that can accommodate up to 30 people, and is a space for medical tour center events and education. Training to strengthen the actual trade volume of medical tourism personnel and training for the Medical Interpretation Practice Course will be done in earnest from June 29. In addition, it will be used as a place for programs for long-term patients and foreign communities living in Korea, as well as education related to medical tourism and attrition. In addition, it consists of two rooms for 4 and 6 people and can be used by connecting the middle space as needed for up to 10 people. It will also be used as a business meeting place to attract domestic and foreign companies, medical tourism-related buyers, and patients.



Rest Area & Gallery

Lastly, the Rest Area is a complex cultural space that combines books and galleries and is equipped with specialized books and overseas magazines related to health and travel so that visiting medical tourists can relax in a comfortable and cozy atmosphere. The gallery will exhibit new paintings for each season with the cooperation of the gallery in Gangnam-gu. You can enjoy outstanding works while drinking coffee and drinks at unmanned robot café operated together.



Events for foreign visitors

The Gangnam Medical Tour Center is holding various events for overseas medical tourists to commemorate the reopening. An event is underway to provide multiple prizes such as souvenirs and free drinks such as high-quality mask packs and shopping bags to the first 500 foreign visitors who visit the center. The Certification Shot Event is also in progress on the official SNS channel to provide certain prizes if you upload a verification shot of your visit to the center on your SNS account.



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