

Healthy Living

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

July 2022

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SPECIAL U-MEDI OFFER

Get full-body health checkup and enjoy night at luxurious Incheon hotel!

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Welcome to busanjin

Seomyeon Medical Street SMS

BUSANJINGU

Seomyeon Medical Street, located in Busanjin-gu, the center of Busan Metropolitan City and iconic maritime capital of Korea.

Seomyeon Medical Street, which took form naturally as medical institutions began to gather around Seomyeon Rotary, is now located within a 500m radius of Seomyeon Subway Station, where as many as 370 various medical institutions such as dermatology, plastic surgery, dentistry, and ophthalmology are concentrated. This concentration of medical technology is unlike anything else in the world. Thousands of



foreign tourists visit Seomyeon Medical Street every year for medical services.

At Seomyeon Medical

Street's medical institutions, staff with medical knowledge and experience accumulated through Korea's excellent

medical schools and specialist courses, are waiting for you. If you come to Seomyeon Medical Street, you will receive

first-class medical services at a reasonable price (compared to other areas). The Seomyeon Medical Street Festival, held every October, introduces the latest medical technology of exemplary medical institutions of SMS, and provides medical experience and professional consultation. It is the first medical tourism festival in Korea where you can enjoy wellness, beauty experiences, performances, and events. The 11th SMS Festival is scheduled to be held October 2022.

Start a beautiful and healthy trip on Seomyeon Medical Street, where you will receive the best medical services!

MEDI-HEALING 7 ZONES



1 MEDICAL

Head to Seomyeon Medical Street to experience the hub of medical technologies, where you can find clinics for cosmetic surgery, dermatology, ophthalmology, and dentistry.



2 ECO WELLNESS

Enjoy some leisurely time healing by walking in **Busan Citizens Park**, which is full of forest scents, meditating in a tranquil temple within the city, or enjoying the beautiful melodies of Korean traditional music.



3 COOLEST

Let's start by exploring the trendy **Jeonpo Cafe Street**, alley filled with cafés that The New York Times also fell in love with.



- Medical institutions
- Cosmetic surgery, Dermatology
- Theme street
- Shopping
- Accommodation
- Busan medical tourism information center +82-51-818-1320,1330

Monument Dedicated to Swedish Armed Forces

The Swedish Field Hospital, which was established here in September 1950, conducted medical relief activities for all UN forces, Korean troops, prisoners, and civilians during the Korean War. In commemoration of this, a monument was erected for friendship with Sweden.

- This is now Seomyeon Medical Street.



4 SHOPPING

From large department stores to duty-free shops, underground shopping malls and roadside venues! If you love shopping, **SMS** is your paradise.



5 TRADITIONAL

If you want to experience the history and culture of Busan, **Bujeon Market Town** is a place you must visit. Feel the energy of the people!



6 ACCOMMODATION

Go to sleep feeling comfortable and safe, in clean accommodations at **Sangsang Madang Busan**, located in the middle of tourist attractions.



7 FOOD

One of the charms of traveling is all the local foods we get to see and taste. Experience Busan's unique cuisine, cultivated by the city's lone history.

HEAL YOUR BODY & MIND IN BUSAN

Samgwangsa Temple

Samgwangsa Temple, located in Choeup-dong, Busanjin-gu, is the second temple of the Cheontae Order. From late April to early May, as many as 50,000 lanterns are hung to commemorate Buddha's birthday.

The Lotus Lantern Festival is a traditional Korean culture event that has been around for over 1300 years. It is a festival intended to light up the hearts of citizens that may have been darkened by greed and selfishness by lighting the lanterns on the day of the coming of Buddha, and to pray for harmony and prosperity in society in general.

On Buddha's birthday, you can experience not only the Lotus Lantern Festival, but also a temple stay where you



can enjoy traditional Korean culture, make lotus flowers, and walk in the forest. Try taking a break from Busan while looking introspectively at yourself at Samgwangsa Temple in the heart of the city!

Temple stay

You can try performing the traditional '108 bows', Zen meditation, walking in the forest, and making lotus flowers. Applications can be made via the website.

www.templestay.com

Samgwangsa Temple

77, Choeupcheon-ro 43beon-gil, Busanjin-gu, Busan

Seonamsa Temple

138, Baekyangsan-ro, Busanjin-gu, Busan



Tasty Healing Journey

In Busanjin-gu, you can partake in a 'delicious' healing trip where you can taste traditional teas with various benefits and flavors, as well as homemade sweet red bean jelly.

You can relax your body and mind by drinking tea in a quiet atmosphere and learn how to enjoy traditional Korean tea in your daily life through a tea ceremony experience.

[Instagram@chamadang](https://www.instagram.com/chamadang)



COOLSCULPTING

Spotlight on new noninvasive fat reduction procedure

BSTHE BODY PLASTIC SURGERY CLINIC

Body contouring remains among the most common cosmetic surgical procedures performed in the United States. Data from the American Society for Aesthetic Plastic Surgery indicates that liposuction is the most popular surgical procedure these days. Although liposuction is an effective therapeutic option for removing excess adipose tissue, it remains an invasive procedure and carries the inherent risks associated with surgery. In recent years, new modalities have been developed to address body contouring from a less-invasive perspective.

Cryolipolysis is one of the most recent forms of non-invasive fat reduction to emerge. Cryolipolysis have also been used to reduce subcutaneous fat through adipocyte apoptosis or necrosis via selective and noninvasive cooling energy to induce phagocytosis by macrophages.



BS The Body Plastic Surgery, Hong yoon gi
 (+82) 51-818-9304 / www.thebodyps.co.kr
 4~7F, 51 Seomyeon-ro, Busanjin-gu, Busan

Coolsculpting is one of the more popular brands of cryolipolysis. All cryolipolysis machines generally use

the same technique of cold plates with a suction applicator to cause cold injury to fat cells. It is an option for those who wo only want to use noninvasive techniques. It is not without discomfort, but most would generally say it is tolerable. The other devices that may produce equivalent results are machines that use other forms of energy to lyse fat cells such as radiofrequency, HIFU, lasers, etc.

Coolsculpting or fat-freeze (Cryolipolysis) treatment can reduce the number of fat cells in each treated area by up to 20-25%. First, Coolsculpting fat-reduction treatment is a form of body contouring treatment suitable for people with unwanted or stubborn fat in targeted areas. Secondly, It is also not meant for weight loss per se and is not a suitable therapy for obese individuals. Suitable candidates for fat-freeze treatment are those with noticeable bulges in certain areas that they wish to improve but want a non-surgical alternative to liposuction.



Retinal condition of macular degeneration patient.



Variation of vision with macular degeneration.

Nunevit Eye Clinic / Park Hyo-soon
 14F, 772 Gaya-dearo, Busanjin-gu, Busan
www.nunevit.com / (+82)-51-810-5678

Protect your eyes from ultraviolet rays

BY DIRECTOR PARK HYO-SOON,
 NUNEBITAN

Many people know that ultraviolet rays are harmful to skin health, such as worsening skin aging. However, many people overlook the fact that these ultraviolet rays are damaging our eye health. It is recommended to wear sunglasses for eye health between April and August, when ultraviolet rays are high, and it is more effective to wear portable parasols or hats together.

The more you work outside, the more likely you are to develop ophthalmic diseases due to ultraviolet rays. However, even those who work indoors cannot be free from the influence of ultraviolet rays. It is recommended to use blinds indoors where there is a lot of sunlight. Continuous exposure to a large number of ultraviolet rays increases the probability of various

ophthalmic diseases. People in their 20s and 40s who are exposed to ultraviolet rays for a long time are more likely to develop cataracts and may cause retinitis or macular degeneration.

Cataract is when the lens (crystal) in the eye turns blurry, and if it gets worse, you may lose your eyesight. If you can't see well due to cataracts, you should have surgery to put artificial lenses in your eyes. The most serious eye disease caused by ultraviolet rays is macular degeneration. It is a disease in which retinal cell debris accumulates under the retina, causing vision problems, and there is antibody injection or surgical therapy, but it is not treated well.

As mentioned earlier, macular degeneration caused by ultraviolet rays is one of the top three causes of blindness in the world, along with diabetic retinopathy and glaucoma.

The most important solution to this disease is to detect and treat it early.



NUNE VIT



SPECIAL MEDICAL TOURISM DEAL FOR USFK FAMILIES!

Get full-body preventive health checkup and enjoy night at luxurious hotel!

\$2,500 value for only \$650!

Where's the checkup?

Songdo General Surgery

Location

Incheon City, POSCO Tower Songdo
4th floor

Where do you stay?

Oakwood Premier Hotel, a landmark of Songdo, Incheon International District, and located next to Songdo General Surgery.



Breakfast included!

Hotel website ▶



Nearby attractions

Incheon Lotte Mart Store, Hyundai Premium Factory Outlet Mall, Gyeongwonjae Hanok Village and more
(U-MEDI can provide tourist information)



Contact U-MEDI by text or phone at **010-5817-1005**, or go to **wellness@u-medi.com**

- We will walk you through the process.
- Translator provided during checkup.
- After checkup, medical staff will conduct consultation. Complete results emailed to you in 2 weeks.



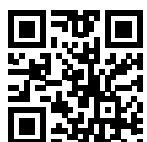
Checkup includes

Counseling, physical measurement, obesity, body composition analysis, blood pressure, electrocardiogram, ophthalmology (vision, intraocular pressure, fundus), hearing, lung function, chest radiography, general blood, blood type, anemia, hepatitis (type B, C) liver function, diabetes, hyperlipidemia, kidney function, gout, electrolytes, pancreatitis, thyroid, syphilis, AIDS, inflammation, rheumatoid factor, tumor markers (liver cancer, colorectal cancer, pancreatic cancer, ovarian cancer, prostate cancer), urine, Feces Abdominal ultrasound, Gastroscopy or gastrointestinal angiography, nutritional evaluation
Women: Cervical cancer, vaginitis

Optional Checkup List (Additional costs)

- Upper abdominal + Carotid Ultrasound
- Thyroid + Breast Ultrasound
- Upper Abdominal Ultrasound
- Breast Ultrasound ■ Thyroid Ultrasound
- Carotid Ultrasound ■ Echocardiography
- Prostate Ultrasound ■ HPV test
- Genetic Analysis (8 Types)

U-MEDI Health Checkup
We are ready for you!
010-5817-1005
wellness@u-medi.com



u-medi.com

