

# Healthy Living

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

June 2023



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## COKE VS. ZERO COKE

It's all about the sugar!



DR. K MEDICARE CLINIC

**H**ello, I'm Dr. K, an internal medicine specialist at Dr.K-Medicare Clinic. A lot of people like Coke and Zero Coke. Today, we're going to compare the composition and properties of these two drinks and see how they affect your blood sugar levels.

Carbonated drinks like cola and cider taste good, but they're processed drinks that contain a lot of sugar, right? It's not solid, it's liquid, so the sugar is dissolved but it's still there and it's absorbed quickly when ingested. These liquid sugars raise blood sugar so rapidly that the insulin level in the body increases rapidly to lower it. If your insulin level goes up quickly, all the sugar that went up so fast will be stored, and your blood sugar will drop quickly.

The other problem is that foods like carbonated drinks also have high blood sugar levels and high insulin levels. The big problem is that due to the elevated insulin, other foods are quickly absorbed and stored. In the end, it promotes weight gain. Not only do you gain weight, but your insulin



level goes up so fast. So, your blood sugar which rose sharply, falls drastically again. The problem is this process itself has a negative effect on our diabetes.

So, you can say that Zero Coke is the alternative to drinking Coke. It has almost zero calories, because it's sweetened by using artificial sweeteners instead of sugar. The main ingredient of Zero Coke is aspartame.

This aspartame tastes about 200 times as sweet as sugar at the same weight. So, when you think about calories, zero coke is better than just regular coke. Let's take a closer look at the difference between these two nutrients. They're both 250ml. Regular Coke is very high in calories. It's high in calories and high in sugar. Zero Coke has zero calories, except for a small amount of sodium.

So how much will it take for Coke and Zero Coke to raise our sugar levels? How long will it take to get better? Zero Coke doesn't really raise sugar. When artificial sweeteners build up, how do they affect diabetes insulin secretion? There's no major research on this yet, but it doesn't actually raise blood sugar. It doesn't cause an immediate insulin reaction. But when you drink regular cola, it's full of sugar. As soon as you absorb it, your sugar level rises and falls. Drinks that raise sugar and cause insulin reactions are not good. It's better not to drink it, but I'm saying that Zero Coke or Zero Sprite is better.



Dr. K YouTube

If you are interested in diabetes or 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

Contact to U-Medi TEL:070-4639-0022, EMAIL: info@u-medi.com



### Our Lady of Yeouido always by your side

THE CATHOLIC UNIVERSITY OF KOREA  
YEUIDO ST. MARY'S HOSPITAL

Established in 1936, The Catholic University of Korea Yeouido St. Mary's Hospital has played a leading role in the development of the domestic medical industry through the training of its excellent medical staff and cutting-edge medical research. It continues to do its best to provide medical services centered on patients and pursue medical research based on bioethics.



The hospital's International Medical Center signed an agreement with USFK's 18th Medical Command in 2005 and started treating foreigners. Since then, the number of international patients who have entered Korea for treatment, has continued to increase, and through a dedicated coordinator, you can quickly and conveniently receive all medical services such as appointments, medical treatments, examinations, and treatment processes.

**MAIN MEDICAL FIELDS:** Eye Hospital, Lymphoma Center, Orthopedics, Urology, Geriatric Psychiatry, Gastroenterology Center



THE CATHOLIC UNIVERSITY OF KOREA  
YEUIDO ST. MARY'S HOSPITAL



YouTube



### A bustling downtown vacation spot

COURTYARD BY MARRIOTT SEOUL TIMES SQUARE

The first Courtyard by Marriott branded hotel in Korea, Courtyard by Marriott Seoul Times Square is the perfect place for business and leisure travelers. Being part of Times Square Mall, Seoul's representative entertainment landmark, gives our guests an opportunity to enjoy the total package of entertainment from a vibrant multi-complex.



COURTYARD  
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Seoul Times Square



### Luxurious comfort and convenience

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Located in Seoul, South Korea, in the financial district of Yeouido, an island on the city's iconic Han River, our luxury apartments in Seoul are near popular attractions like Yeouido Park, The Hyundai Seoul, and IFC. Our serviced residence is ideal for accommodating extended-stay business travelers and families for leisure. Start your morning with a healthy breakfast from Park Café and unwind the day with a luxury massage at Soo Spa. Break a sweat in the fitness center including an indoor swimming pool, golf range, squash court and sauna. After a busy day in South Korea's bustling capital, settle into spacious suites with plush bedding and marble bathrooms.



MARRIOTT  
EXECUTIVE APARTMENTS



### A landmark of water leisure

SEOUL MARINA

It is a comprehensive resort in the center of the city where you can enjoy the most relaxing experience on the Han River, the heart of Seoul. From sailing, waterskiing and surfing to helicopter tours, you can plan a special trip to the brilliant sun and fresh breeze.



### Kim's Eye Hospital focused on great care

KIM'S EYE HOSPITAL

Since its establishment in 1962, Kim's Eye Hospital has provided the best medical services related to eyes based on its patient-centered philosophy and top clinical experience and facilities. More than 45 ophthalmologists, the largest number in Korea, have clinical results of about 440,000 outpatient consultations and 37,000 surgeries per year (achieving 10,000 annual cataract surgeries for the first time in



Korea), ranking overwhelmingly first among ophthalmology and ophthalmology clinics at Korean university hospitals. In 2008, Dr. Kim established the world's first single retina hospital, becoming famous as an institution for the treatment of retinal diseases and its difficult surgeries. In addition, at the cataract, LASIK, plastic ophthalmology, cornea, glaucoma, strabismus & pediatric ophthalmology centers, you can receive more specialized care.

**MAIN MEDICAL FIELD:** Presbyopia, Cataracts, Smile Lasik, Eyelid Plastic



KIM'S EYE  
HOSPITAL  
SINCE 1962



### 29 years of know-how with JC Bitsomang!

JC BITSOMANG EYE CLINIC



Since its opening in 1994, JC Bitsomang Eye Clinic has been equipped with state-of-the-art facilities and the highest level of safety system in Korea. More than 9 ophthalmologists, internal medicine, and anesthesiologists are stationed in each field to provide personalized medical services to

patients. In particular, we focus on vision correction such as premium cataracts, ICL, LASIK, LASEK, smile, etc., as well as dream lenses for growing children. More than 50 types of eye examinations are performed to accurately identify eye conditions, and patient satisfaction is increased with a sterile operating room and a safe surgical system.

**MAIN MEDICAL FIELDS:** Lasik, Lasek, Smile, Dream Lens, Cataract, Retina, Eye Examination



JC BITSOMANG EYE CLINIC



## Better health now with U-Medi



# PASA can silence snoring, sleep apnea

ILMI DENTAL CLINIC

**S**nororing and sleep apnea is a disease in which inhaled air does not flow entirely into the trachea to the lung, which severely affects one's health on account of chronic deficiency of oxygen. Multiple research shows correlations between sleep apnea and chronic headache, fatigue, sleepiness, hypertension, dementia, and stroke.

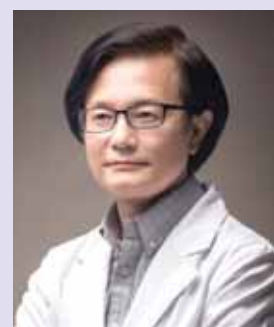
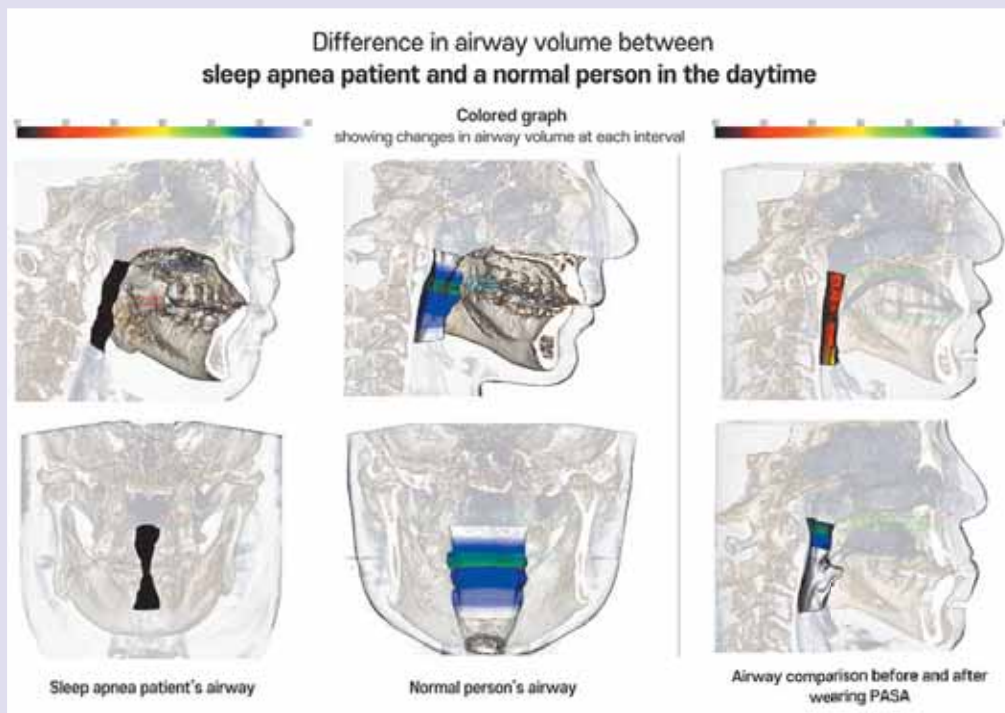
While over 30% of the world population suffers from this condition, the lack of awareness of its seriousness and the lack of an influential "gold standard" treatment method raises a significant public health concern.

## Literally no side effects

Every anti-snoring oral appliance works by advancing the lower jaw forward so the tongue connected to the lower jaw is also pushed along, preventing it from falling back to block the airway while sleeping.

PASA's most significant advantage over other treatment methods is that it is virtually side effects-free. One of PASA's fundamental design principles is allowing free movement of the lower jaw while wearing the appliance. This feature makes it extra comfortable and prevents the build-up of strain in joints that lead to long-term side effects. PASA is a simple, compact size in one piece without additional connecting components in the other devices, making it more hygienic and less likely to break.

Dr. Park also noted that "PASA would be



Dr. Kerry Park



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



an excellent treatment option who suffer from chronic oxygen deficiency due to sleep apnea, and those with a dry mouth or swollen tonsils from long-term mouth breathing."

## Great results

Dr. Park, the inventor of the anti-snoring appliance PASA, was awarded by KHIDI (Korea Health Industry Development

Institute) for the appliance's excellence in 2022. He won the gold prize in 2014 and the NET (New Excellence Technology) certification from the Ministry of Health and Welfare of Korea in 2015. Dr. Park's Ilmi Dental Clinic is well known for its different treatments of snoring and obstructive sleep apnea using PASA and the treatment of TMJ disorders and traumatic occlusion.



(재)한국산업보건연구재단  
서울 DMC 종합검진센터  
SEOUL·DMC·HEALTHCARE



# The pain of shingles and how to prevent it

BY KWANG-YEOL KIM,  
MEDICAL DIRECTOR, SEOUL DMC HEALTH CLINIC  
KOREA OCCUPATIONAL HEALTH RESEARCH FOUNDATION

**A**s the weather has become hotter, the number of shingles patients is increasing, many of them women. This column will help you understand the symptoms, causes, treatments and prevention methods of shingles.

Shingles, otherwise known as herpes zoster, is a disease in which the varicella virus has been latent in the ganglia of people who have had chicken pox or received the chicken pox vaccination, but is reactivated when the host's immunity decreases, causing skin lesions along the nerves. Unlike chicken pox, shingles occurs sporadically throughout the year, regardless of the season. Although it is not highly contagious, it can be transmitted to people who have not had chicken pox or have not been vaccinated. The diagnosis of shingles is mainly made by observing the characteristic clinical manifestations.



Dr. Kim Kwang Yeol

## SYMPTOMS

The most typical symptoms of shingles are pain and blisters. The pain tends to be more severe with age and requires pain medication. Usually, it takes from 4-5 days before the appearance of the skin rash, pain, paresthesia along the skin ganglion, enlargement of regional lymph nodes, and tenderness may appear. The skin rash is distributed in bands along the affected nerves, red spots and papules appear, and gradually turn into clustered blisters. Skin blisters become pustules after about 3 days, and crusts form. Usually, the crust lasts for 2~3 weeks, so the period of rash is about 3 weeks. When crusts occur, shingles becomes non-contagious. In rare cases, there is only pain, no skin rash, and the most common area of occurrence is the thorax, followed by the cranial nerve, lumbar nerve, and sacral nerve.

Shingles is generally known as a disease that does not recur, but when it does recur, it's in a different area than the first time. If shingles is not treated properly or the treatment time is missed, various sequelae may appear, depending on where it breaks out. If it's around the eyes, it can cause vision problems and blindness in severe cases, facial nerve paralysis if it involves the facial area, meningitis if it involves the cranial nerves, and a neurogenic bladder if it involves the bladder area.

The most important sequelae are postherpetic neuralgia, which is painful after the skin lesion improves or 3 months after the skin lesion occurs, mainly in elderly patients in their 60s or older. About 70% of patients improve within one year, but it can last for more than a few years and cause great distress to patients.

## ◆ 72 HOURS KEY

Shingles is mainly treated with antiviral drugs. Analgesics or anti-inflammatory drugs are used when the pain is severe. It's important to start treatment within 72 hours of the onset of skin lesions to minimize the risk of complications. The sooner the initial treatment, the better the prognosis, and if treated within 72 hours, it can generally be cured within 2~3 weeks.

## ◆ PREVENTION

The most effective way to prevent shingles is through vaccines. For people in their 50s and older who have not suffered from shingles, it has a preventive effect of about 50~60%. Vaccination does not prevent 100% of shingles, but it reduces the incidence and reduces the biggest problem, postherpetic neuralgia. Vaccination is recommended even for patients who have suffered from shingles once in a lifetime to prevent recurrence.

## ◆ SUMMERTIME BLUE

Although shingles is not a disease with seasonal factors, it is speculated that it appears more in the summer due to a decrease in immunity due to heat. In addition, it is mainly seen in people over 50 years old and elderly with chronic diseases. In recent years, it has also appeared in young people due to reduced immunity due to stress and overwork.

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Platform links USFK community with Korea's top medical facilities, doctors



## Gangnam Medical Tour Center

**SEARCH:** 'Medical Gangnam' on Google!

**EMAIL:** [medicaltour.gangnam@gmail.com](mailto:medicaltour.gangnam@gmail.com)

**CALL:** +82-1661-2230



## Center expands, gets facelift to better serve you!

GANGNAM MEDICAL TOUR CENTER

The Gangnam Medical Tour Center, located in Apgujeong-dong, Gangnam-gu, opened in June 2013 and serves as an information center to facilitate medical tourism for foreign patients visiting Gangnam, as well as professional training for medical institutions, participation in international exhibitions and business briefings, and overseas celebrities. He played a controlling role in the medical tourism business in Gangnam-gu, such as invited pam tours.

The Gangnam Medical Tour Center, temporarily suspended since it was used as a COVID-19 vaccination center in 2021, will resume operation in earnest, starting with the opening ceremony on June 22 after a major renovation due to many requests from medical institution officials and foreign patients.

Unlike the previous one, which was operated only on the part of the first floor of the Gangnam Tourist Information Center, the facility was expanded to the entire first floor. The space that was mainly focused on experience and promotion was subdivided into themes such as Experience Zone, Publicity Zone, Healing zone, Sharing working space, and Community room to provide visitors with all services of medical tourism. It will be reborn as a comprehensive communication center for medical tourism.

The services provided to medical tourists are also differentiated by Gangnam Style. Starting with an information

desk staffed by experts in four languages such as English, Chinese, Japanese, and Russian, Gangnam-gu provides customized concierge services unique to Gangnam-gu, including one-on-one customer consultation, medical appointment service, pick-up, and interpretation. In addition, medical tourists who visit the center can be provided with the opportunity to experience Gangnam's advanced medical technology for free, such as skin measuring devices, inbody measurements, scalp care, and dry eye treatment experiences.

"The Gangnam Medical Tour Center has been carrying out various projects for the past ten years so that Gangnam can become a representative medical tourism city in Korea, and through this opening, it will play a key role so that Gangnam can become a representative medical tourism city in the world beyond Korea," said Gangnam District Commissioner Cho Sung Myung. "It will become a must-visit attraction for medical tourists visiting Korea."



### WHY GANGNAM IS TOP MEDICAL TOURISM CITY

Gangnam is the most suitable place to experience the essence of K-Medical, Korea's highly developed medical service, and K-Culture, which is increasingly attracting attention worldwide. In particular, you can experience various medical services such as plastic surgery, skin, beauty, oriental medicine, ophthalmology, and medical examinations at a reasonable cost at more than 2,800 medical institutions with proven top skills and services. In particular, in 2019 before COVID-19, approximately 130,000 people, or one-quarter of all medical tourists visited Gangnam. As one of the world's No. 1 medical tourism city, Gangnam-gu has steadily strengthened its global competitiveness and completed restructuring to provide a smooth medical tourism experience. Now you have a reason to move to or visit Gangnam for a healthier life.



### BY THE NUMBERS

#### ■ 37.2%

From 2014 to 2021, 37.2% of all foreign medical tourists in Seoul chose Gangnam. They have been treated at excellent medical institutions, plastic surgery, dermatology, ophthalmology, oriental medicine, and dry examination, and have shown high satisfaction.

#### ■ 2,839

Gangnam is the medical center and battleground of South Korea, where 2,839 medical institutions reside. It is an environment where the best medical staff and the latest medical technology are bound to land. Of the 2,839 hospitals, 886 are designated as registrars for attracting foreign patients, which is 28.4 percent of all institutions in South Korea.

#### ■ 163

Gangnam evaluates the environment, services, and safety of medical institutions to ensure they are suitable for attracting overseas patients. Those that are deemed worthy, become a partner institution in Gangnam District. Gangnam works with 163 medical tourism partner institutions in Gangnam-gu, including 135 that provide plastic surgery, dentistry, ophthalmology, obstetrics and gynecology and dermatology.

#### ■ 39

The Gangnam Medical Tour Center has 39 medical tourism coordinators who provide interpretation services in 9 languages (English, Chinese, Russian, Japanese, Thai, Mongolian, Spanish, Vietnamese, and Arabic) for hospital treatment and sightseeing.

#### ■ 10

Gangnam-gu has won the grand prize in the Medical Tourism Infrastructure Essential Municipality Category of the Korea Medical Service Awards 10 times. From 2010 to 2018, Gangnam picked up the prize, as it did in 2021, a testament to the professionalism of Gangnam Medical Tourism.

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