

# Healthy Living

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

July 2021



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## Hangil Eye Hospital a sight for sore eyes

HANGIL EYE HOSPITAL

In the scorching summer, your eyes need good care!

High temperature and humidity in July and August can cause bacteria and viruses to multiply easily. People are more likely to be exposed to eye diseases than ever due to the environment in which air conditioning is on all day indoors and strong ultraviolet rays can affect during outdoor activities. What can you do to protect your eyes from the summer environment that can be threatening to your eye health and to keep them healthy?

### Dry-eye syndrome appears more in the summer

Dry-eye syndrome occurs when the tear film to protect your eyes has abnormalities due to various causes. If you have dry eyes, your eyes feel cold, uncomfortable with a sensation of something in your eyes, or dry with eye redness. It is known that it occurs more in the winter, which usually has a cold and dry wind. But even in the summer, you cannot be careful enough. Unexpectedly, many patients see an eye doctor for dry



Dr. Minji Ha,  
Clinical Director of the  
Anterior Segment Center,  
Hangil Eye Hospital

### BY THE NUMBERS

- 5,871 cases-5,871 cataract surgeries achieved in 2020 (6,486 cases in 2019)
- 223,445-outpatients in 2020 (200,000 outpatients surpassed in 2017)
- 27-27 ophthalmologists (Including 12 retinal specialists)
- Grade 1: Grade 1 in the use of prophylactic antibiotics for surgery, Grade 1 in drug reimbursement adequacy evaluation
- 1 First- Performed Incheon's first refractive-corrected laser keratectomy (1992)
- Performed Incheon's first corneal cutting laser (LASIK Surgery) (June 1996)
- Established overseas charity hospital as the first Incheon medical institution (June 2003, Uzbekistan)
- Opened the first dry eye clinic in Incheon (July 2016)
- Surpassed 1,000 cases of Incheon's first annual retinal surgery (December 2017)
- Designated as the first ophthalmology hospital in Korea to attract foreign patients (August 2017)
- Selected as 'International Eye Hospital of the Year' at the IMTJ Medical Travel Awards 2019, the first hospital in Korea (December, 2019)
- Hangil's 6 specialized centers and 1 specified clinic. One-Stop total care for your eyes starts here.

SEE HANGIL ON PAGE 7





23, Wonjeok-ro, Seo-gu, Incheon  
1661-0099

“ Naeun hospital will make the world of health care a better place with better medical services ”



**First institution in Incheon Seogu to be consecutively accredited**

Medical institution accreditation is provided by the Ministry of Health and Welfare to achieve safety of the patients as well as enhancing medical quality. With Naeun hospital accredited by the Ministry of Health and Welfare, it represents that we are a safe and high-quality medical institution.



**We will forever be your health guardian.  
Nation's largest premium Health Examination Center**



**ONE STOP on the spot diagnosis and treatment**

Nation's best endoscopic treatment capability. Able to treat early stage cancer (stomach and colon cancer) and polypus with no surgery (Endoscopic mucosal resection (EMR), endoscopic submucosal dissection (ESD)).



**Diagnosis and treatment of cancer by using detailed blood testing.**

For patients with abnormal results, we conduct bone marrow, chromosome, and genetic testing to provide treatment for cancers and aplastic anemia (chemotherapy, surgery, radiation therapy).



**12 specialized centers are operating in a cooperative system.**

Stroke Center, Cardiovascular Center, Gastric and colon cancer center, Breast and thyroid center, digestive tract center, spinal center, joint center, rehabilitation center, emergency medical center, artificial kidney sensor center, prostate center, and B&D center.



Korea's largest quality Operation of health examination center (Gajwa/Songdo/Gumdan)



Dr. Han, Yeongmin

# NAEUN HOSPITAL

## 'ALL-IN-ONE GENERAL HOSPITAL'

NAEUN HOSPITAL

***"To become not only Incheon's premier hospital but Korea's premier hospital!"***

Founded in 1989, Naeun hospital has become an "All in one general hospital" with the endless support and love of Incheon residents. Our staff of a thousand works tirelessly to provide the highest quality medical service and demonstrate respect for life and medical ethics. Their passion resonates with the hospital's founding values of responsibility, kindness, love, and innovation and is always on their feet to do their part in making a world without diseases.

***"Becoming Incheon's Best"***

As an "All in one general hospital" that is on par with university hospitals, Naeun hospital has the state of the art medical facilities such as four MRIs, five CTs, two Angios, SONO, DR, etc. as well as electronic chart software such as the EMR, PACS, OCS and more. Furthermore, Naeun hospital has received a firstgrade accreditation for the stomach, colon cancer, most excellent ER for five-year consecutive years, as well as a first-grade accreditation for Evaluation of Pneumonia's Adequacy and hemodialysis and more, and have proved ourselves as Incheon's premier medical institution. Appointed as the first hospital in Incheon Seogu as an accredited medical institution for two consecutive years, we have been nationally

verified as a safe medical institution providing safe optimal medical service.

***"Becoming the best cerebrovascular cardiovascular system hospital"***

We have on board Dr. Han, Young Min (neurosurgeon), one of Korea's five leading doctors who has also served as the treatment director of The Catholic University of Korea Incheon St. Mary's Hospital. Furthermore, Dr. Oh, Dong Ju, (cardiologist) one of Korea's four leading doctors chosen by KBS, former Director of Korea University Guro Hospital and Korea University's medical President and treatment director is also with us. With more than thirty heart and cerebrovascular field-related experts residing at all times, Naeun hospital is becoming a specialized center in Incheon. We will try our best to be and do more than a university hospital.

***"Trustworthy and reliable hospital"***

I extend my most sincere gratitude to all the community residents from all corners of society as their love and affection were the backbones that made Naeun hospital our region's premier medical institution for over 30 years. We will always remember the fact that "Patients must love and trust hospitals" and always pursue to go higher and become a "trustworthy and reliable hospital" for the next 100 years to come. We will start today as if we were preparing for tomorrow.



Dr. Han, Yeongmin



Dr. Ha, Heonyeong

## INCHEON NEUROSCIENCE INSTITUTE BEST BRAIN SURGEONS, STATE-OF-THE-ART EQUIPMENT

***We pursue to become the world's best cerebrovascular disease specialized hospital!***

**N**aeun Hospital I.N.I Incheon Neuroscience Institute is protecting your brains 24 hours, 365 days.

Cerebral hemorrhage, cerebral infarction, and cerebrovascular disease are all diseases where time is of the essence, they are malicious and must all be treated quickly by all means. With five leading doctors and excellent professionals, Naeun hospital I.N.I Incheon Neuroscience Institute strives for an accurate diagnosis and treatment. Furthermore, selected as Incheon's four cerebral vascular surgery hospital, we are fulfilling our responsibility as the health guardian of our residents 24 hours, 365 days.

Every day at I.N.I Incheon Neuroscience Institute, all of our departments and nurses ranging from neurosurgery, neurosurgery, rehabilitation medicine, emergency medicine hold conferences to discuss treatment directions and clinical discussion. Furthermore, to maintain the highest quality of medical service, Naeun hospital realizes an integrated and systematic treatment-cooperation system and participate in all diagnosis and treatment procedures.

Naeun Hospital, applying new methods of diagnosis and treatment, enhances the cerebrovascular disease diagnosis and treatment and creates the optimal treatment and research environment. Furthermore, Naeun hospital will provide endless support to devise for the best possible ways of diagnosis and treatment.

### THINGS ABOUT US

- Introduced the most advanced Brain surgery equipment.
- We are striving to become the world's best brain and heart specialized hospital.
- Introduced the most advanced medical system.
- Optimal teamwork for highly sophisticated surgeries.





LIVE DENTAL HOSPITAL

**IMPLANTS: BEFORE SURGERY**

First, it is very important to check the overall health status. If the patient has osteoporosis, diabetes, hypertension, or is taking medication related to these diseases, consultation with an attending physician is required.

Secondly, it is necessary to check the health of the oral cavity. Through X-ray and CT we check the condition of bones and gums. Before installing implants, it is very important to have healthy gums. If gum treatment is necessary, it must be done before implants.

**IMPLANTS: TIMELY**

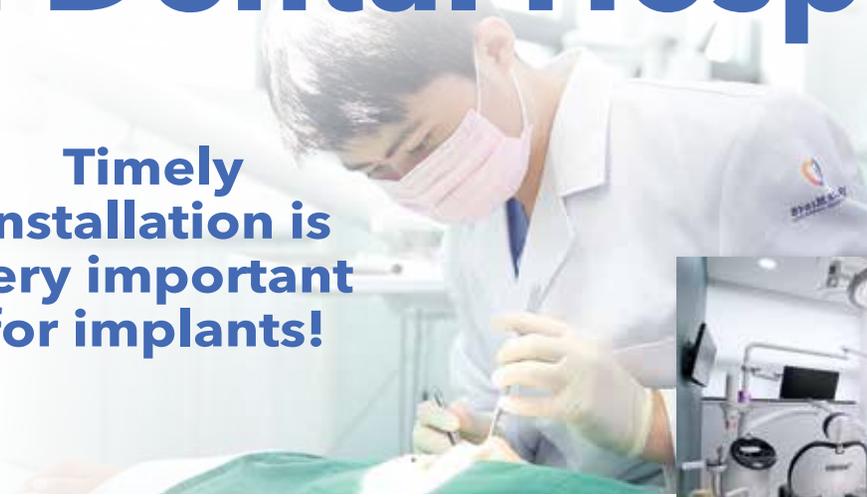
Our body is such that if you do not use any organs (for example, muscles), they begin to shrink and weaken. Also, the bone under the gum, holding the tooth, if not used, it decreases. In this case, bone tissue should be enlarged during implant installation. This increases the complexity of the surgery, the healing period, the pain, and also the cost. Therefore, after tooth extraction, if there are plans, implants should be put in place timely. Also, if a long time passes after tooth extraction, the adjacent teeth begin to tilt. In this case, partial or complete tooth correction may be required in the future.

**IMPLANTS: ADVANTAGES**

Previously, after tooth extraction, adjacent teeth were usually ground down and crowned over the bridge made of dental crowns. But since the lifespan of a tooth depends to some extent on the amount of remaining dentin (hard tissue of tooth), it is natural that teeth that have been ground down can have a shorter life.

Installation of implants is a procedure when only the artificial root (implant) is inserted into the place of the missing tooth and an artificial dental crown is installed on top of it. This way, adjacent teeth are not ground down and remain in their natural state.

**Timely installation is very important for implants!**



**IMPLANTS: TREATMENT PERIOD**

The treatment period with implants is usually about 3 months for the lower jaw and 4 months for the upper jaw. During this time, the hospital carries out an examination, installation of implant, check on the healing process, and installation of a dental crown.

But if guided bone regeneration (GBR) and/or sinus lift were additionally carried out during implantation, the full treatment period may be from 3 to 9 months. Therefore, in order to avoid an increase in the treatment period, it is very important to have the implant installed timely without additional procedures.

The time to wait for the implant to heal to the bone is very important. There is no need to hurry.

**IMPLANTS: LIFESPAN**

As there is no definite lifespan for native teeth, so also for implants. It all depends on caring for them. Usually, it is said that the lifespan of implants is about 8-15 years. But if you take care of them correctly, their term will be semi-permanent.

The most important and main reason for reducing the lifespan of the implant is the peri-implantitis (destructive inflammatory process affecting the soft and hard tissues surrounding dental implants). But

it can be avoided with proper teeth cleaning and periodic examination and treatment.

**IMPLANTS: POST-TREATMENT CARE**

There are two points after implant placement that should be monitored well. This is the care of the gums and dental crown. You need to monitor oral hygiene and brush your teeth properly.

Sometimes it happens that the dental crown falls out of the implant or the screw inside the implant is unscrewed. In such cases, consultation with the attending dentist and timely treatment are imperative. Therefore, when choosing a dental hospital, it is very important to look at how the post-treatment care is done there.

**IMPLANTS: COST**

The cost in each hospital is different and depends on the type of implant on the method of implant installation, additional procedures. In dental hospitals in Korea, you can usually find out the cost of an implant from dental consultants, who, like doctors, work in hospitals all the time. For those with insurance, the hospital helps to make all necessary documents in order to replace the cost of treatment with the insurance company.

**GUIDED BONE REGENERATION (GBR)**

Guided bone regeneration (GBR) is

necessary in cases where the native bone tissue is insufficient for the implant to stand firmly.

If the condition is normal, GBR is carried out very quickly simultaneously with the installation of implants. But if the bone is very small, GBR is carried out in advance of implants.

The materials used for GBR are human bone, cow bone, artificial bone. These types of bones are pre-sterilized and are introduced as powder.

Therefore, the response of the transplant rejection can be avoided.

Sometimes in extreme cases or when the patient does not want to have another bone material, a native bone grafted from another place is used.

**SINUS LIFT**

Inside the maxillary bone there is a hollow air space called the maxillary sinus. To carry out GBR in a place next to this cavity, sometimes a sinus lift – lifting the lower sinus membrane – is required to create space for GBR.

**IMPLANTS: INSTALLATION ON THE SAME DAY DURING TOOTH EXTRACTION**

If after tooth extraction there is a good environment for the implant, it is possible to place the implant immediately. For this, there should be no inflammation or other types of infection. Of course, it is ideal to wait a while after tooth extraction. But if the patient does not have free time, it is possible to carry out the extraction of the tooth and the installation of the implant at the same time, but provided that the condition of that place is healthy.

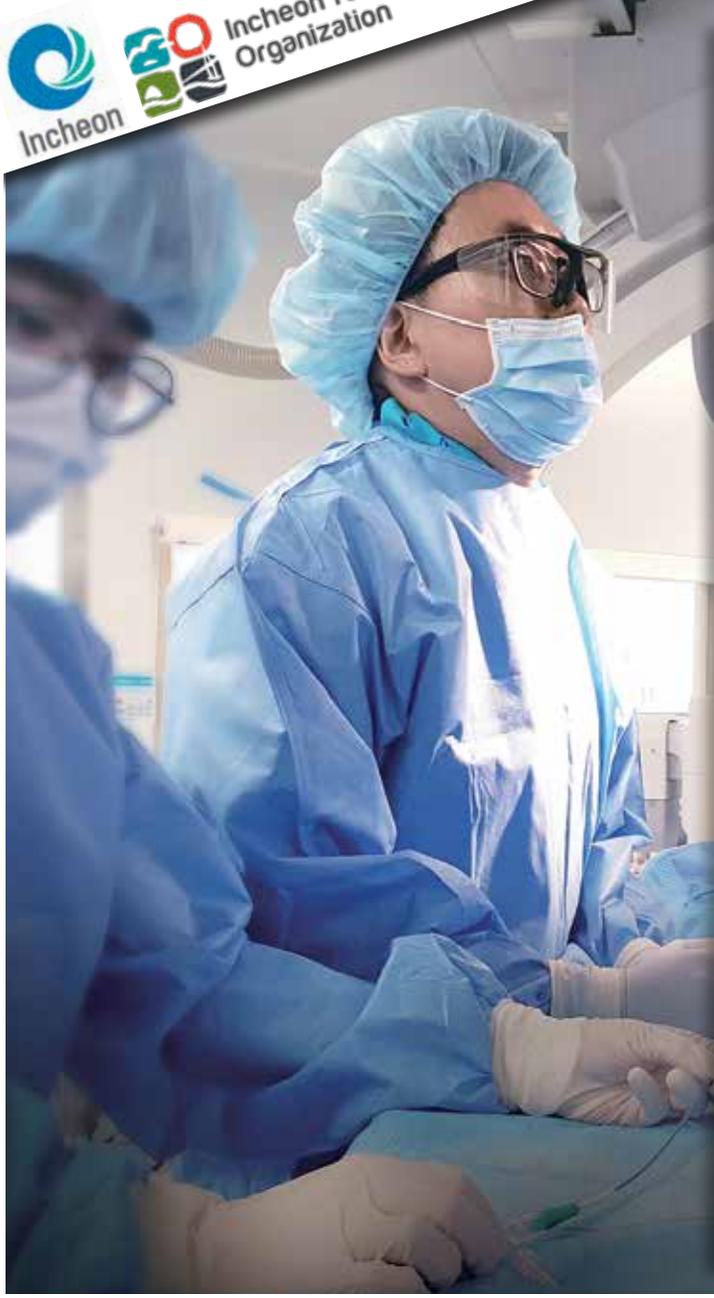
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[www.liveliveh.com](http://www.liveliveh.com)

+82-10-9756-2279 (What's App)

**Qualified Implantologists at LIVE Dental Hospital**





# CAPTURE A MOVING HEART

## Coronary CT for more accurate and safer scanning

NASARET INTERNATIONAL HOSPITAL



Nasaret International Hospital Cardiology Center Director Park Il (Cardiologist)

In the case of cardiovascular diseases such as hypertension, diabetes, and hyperlipidemia, its frequency of occurrence among young people have been gradually increasing, thus the importance of evaluating and quick diagnosis of chest discomfort or chest pain and difficulty breathing in everyday life is also growing.

Coronary angiography, which is commonly used when examining chest pain, is the most intuitive test method with high accuracy but can be a burden for the patient due to its invasive procedure.

The Cardio-cerebrovascular Center of Incheon Nasaret International Hospital has a state-of-the-art coronary artery CT scan which can automatically recognize irregular heartbeat and take accurate images to give a correct diagnosis. Coronary artery CT provides great advantage in that it can give sufficient information to medical staff as well as patients by accurately reproducing the location, length, and extent of narrowed blood vessels. In addition to identifying the causes of chest pain or angina,

it is possible to diagnose certain cardiac functions, structural malformations of the heart, valve diseases, damages to the myocardium, pericarditis\*, pericardial effusion or other various heart related diseases. Since it can also evaluate the surgical status after coronary artery bypass surgery, it can be said that

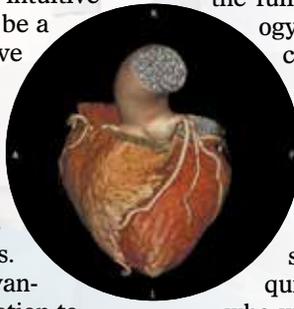
the medical benefit that can be obtained with just 30 minutes of imaging is much greater than that of other tests.

\*Pericarditis is swelling and irritation of the thin, sac-like tissue surrounding your heart

The CT scan ushers in a new era of physiologic imaging with 2mm up to 16 cm of z-axis coverage compared with only 4 cm of volumetric images to the fullest in the past. Its cutting edge technology also allows HD 640 slices every rotation capturing a moving heart in full and guarantees patient safety providing a lower dose solution by 75% decrease. 320 detector row scanning successfully realizes 0.5mm of ultra-fine images.

Dr. Park Il, a cardiologist at the Heart Center at Nazaret International Hospital, said, "With previous equipments, it was quite difficult to test precisely those patients who were suffering from severe arrhythmia or heart-rate changes. However, even in such cases, the CT scan, which can automatically recognize heartbeats and accurately diagnose, allows safer and more accurate examination of the coronary arteries before performing coronary angiography."

If you are considering to receive heart disease examinations due to chest pains, it is important to perform the most suitable and helpful tests for you with careful treatment from a cardiologist in order to prevent the risk of heart disease.



# Volumetric cardiac imaging from 320-detector row CT scanner



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From Pediatric to bariatric with a lower dose



# Interview with Kim, Hyeonggeon, Director of Incheon Himchan General Hospital

HIMCHAN GENERAL HOSPITAL

**Q.** Himchan Hospital made a new leap forward to a general hospital from joint and spine specialized hospital. Please introduce your hospital.

After 19 years of specialized therapy on joint, spine, and internal medicine since 2002, Incheon Himchan Hospital transferred to Nonhyeon-dong, Namdong-gu, from Yeonsu-dong, Yeonsu-gu, Incheon, kicking off as Incheon Himchan General Hospital. The new hospital has 11 floors and a basement, whose total floor area is about 2.2 ha; it consists of 5 wards and 250 beds. About 30 professional medical personnel run 16 medical departments such as internal medicine (digestive system, kidney, heart, endocrine organ, and respiratory system), surgery department (orthopedics, neurosurgery, and general surgery), pediatrics, family medicine, neurology, gynecology, and dentist. The hospital also has professional therapy centers and clinics such as Health Promotion Center, Artificial Kidney Center, Robotics Artificial Joint Center, Endoscope Center, Physical Therapy Center, and Pain Clinic and operates the emergency room 24/7 as the local emergency medical clinic.

**Q.** Currently there are eight branches across the country. What made you choose Incheon as the first branch to open the general hospital?

Incheon Himchan Hospital is the first joint therapy specialized hospital in Korea where patients all over the country visit. I confidently assure that the brand Himchan Hospital itself has a competitive advantage that stands out with 19 year-long medical technology, experiences, and know-hows. Since our service goes beyond joint therapy in orthopedics and most patients visiting our hospital have complicated illnesses such as chronic diseases, we tried to extend our medical treatment areas to cover comprehensive and preventive treatment as a general hospital. Especially along with establishment of multi-disciplinary system in internal medicine department, the former medical achievements such as surgery treatment and care of the elderly and internal disease patients are expected to be succeeded in the first Himchan General Hospital.

**Q.** Is there any special reason in opening the hospital amid the prolonged phase of COVID-19?

The general hospital opening was proceeded as planned several years ago; we aimed to build a hospital near patients so that they may visit easily and conveniently. Our focus was not on the surrounding environments but a patient-oriented medical system that

makes a foundation for a reliable and strong hospital. We were convinced of the need to open it and prepared it with confidence.

**Q.** The prevalent COVID-19 prioritizes quarantine in hospitals as well. How do you implement quarantine control?

We strictly observe quarantine principles. First, we separate entrances and exits of the visitors along their movement paths and do fever check and access control. In addition, for crowded areas such as medical offices or professional treatment centers, or spaces for other treatments and hospitalization, we designate zones where only patients and medical team may access. Above all, we prepare a concrete and systematic quarantine manual and constantly run drills.

**Q.** Which do you place stress in patient treatment or hospital operation as the head of general hospital? Please describe your management philosophy.

We'd like to offer various and enhanced medical service by using Himchan Hospital's strength: Robotics Artificial Joint Center, Physical Therapy Center, Pain Clinic, Artificial Kidney Center, Health Promotion Center, and Endoscope Center. We operate a hemodialysis unit for kidney patients furnished with 22 units of the new and high efficiency dialysis machines and use eco-friendly and high efficiency dialyzing diaphragms for allergy patients and customized needles to provide a safer and more convenient dialysis experiences to patients. Based on the experiences of high-level operation and the reputation for good joint surgery results, we see increase in the accuracy and success rate of artificial joint surgeries in Robotics Surgery Center. Above all, cooperation between different medical teams are available in our hospital. By leveraging the huge advantage,

we will build a hospital where renowned medical teams may show off their excellent skills.

**Q.** Do you have any last words for employees or patients? Please share your ambition with us.

I'd like to expand the medical service of our general hospital, providing practical help to patients nearby. To gain credibility from patients and draw cooperation from all employees, I will support in all ways to make 'The hospital with good treatment results', and practice patient-oriented service to settle down as 'The patient-friendly hospital.'



## Kim, Hyeonggeon, Hospital Director (Orthopedics Specialist)

March 2021 Director, Incheon Himchan General Hospital  
February 2019 Director, Incheon Himchan Hospital  
Adjunct Professor, Orthopedic Office of Seoul Samsung Hospital  
Worked in Orthopedic Office of Seoul Samsung Hospital  
Regular member of The Korean Orthopaedic Association

## HANGIL: Hospital open to military community

CONTINUED FROM PAGE 1

eyes in the summer.

In the summer, the hot weather gets people to stay with air conditioners or fans on. And the dry air indoors causes eyes to be more likely to be dry. When you look at a computer monitor for a long time or read books in a dry room, you blink your eyes less and the tear film on the surface of your eyes becomes dry, which causes dry eye syndrome.

In order to prevent dry eye syndrome, it is necessary to keep your eyes from directly contacting the wind from an air conditioner or a fan. Frequent ventilation indoors or using artificial tears is also helpful. If artificial tears or eye drops do not work, or the symptoms are getting worse or painful, you should visit a dry eye clinic to figure out the cause and take appropriate treatment.

### Corneal abrasion: A superficial scratch on the eye

A corneal abrasion occurs when your cornea is scratched by contact with external factors such as a leaf or sand. In the summer, it is often caused by strong breezes or sand at the beach. Once it occurs, it is easy to recur, so you had better be very careful not to get your eyes scratched.

In particular, many children tend to rub their eyes unintentionally. While they play with sand outdoors, you should warn them not to touch any part of their eyes with their hands. It is recommended to wear protective glasses or sunglasses when the breeze is too strong at

the beach. Wearing sunglasses is also helpful to protect your eyes as they can block UV rays.

When artificial tears or eye drops do not help to relieve the uncomfortable gritty feeling or if you feel pain in your eyes, you can have a corneal abrasion. You need to find an eye doctor to get an accurate diagnosis and you need to apply eye ointment consistently.

### Conjunctivitis: Frequent eye problems in summer

An conjunctivitis is one of the most common eye problems caused by a virus in the summer. Wet and hot weather provides a good condition for viruses to proliferate. In the places including beaches, swimming pools, and water parks, where people are actively crowded in the summer, the virus spreads easily and eye diseases are more likely to occur.

One of the most common conjunctivitis in the summer is 'epidemic keratoconjunctivitis', which is caused by an adenovirus. Once infected, you will have tears, eye mucus, redness, itching, or pain in your eyes. After an incubation period of about one week, it develops for about three to four weeks with the symptoms in one eye at first. After a few days later, the other eye can be infected. Inflammation of the cornea can make symptoms worse and can lead to complications including corneal opacity. Children may also show systemic symptoms with fever and diarrhea.

There is no specific treatment for epidemic keratoconjunctivitis, so it is best to prevent them in advance. As it is highly contagious, it is important to wash your

hands as frequently as possible and avoid touching your eyes or the peripheral area with your hands. When someone in your family has an epidemic keratoconjunctivitis, you have to separately use towels, toiletries, and blankets.

Source: Dr. Minji Ha, Clinical Director of the Anterior Segment Center, Hangil Eye Hospital

## AWARD-WINNING EYE HOSPITAL WELCOMES FOREIGNERS

Hangil Eye Hospital is the only hospital specialized in ophthalmology in Incheon and the only medical institution in Korea to attract foreign patients, designated by the Ministry of Health and Welfare. In 2019, it was selected as the 'International Eye Hospital of the Year' at 'Medical Travel Awards 2019' held in Berlin, Germany (International Medical Travel Journal: IMTJ).

As the best advantage of Hangil Eye Hospital, one-stop and one-day treatment is available for all ophthalmic diseases with specialists in each specified ophthalmology field. It consists of 36 doctors - 27 ophthalmologists, 3 internal medicine specialists, 2 anesthesiology & pain medicine specialists, and 4 fellows, who operate 6 treatment centers of anterior segment, retina, glaucoma, plastic ophthalmology, vision correction surgery, pediatric strabismus, and amblyopia, along with 1 dry eye clinic. Especially, internal medicine and anesthesia & pain medicine help patients to take surgery safely and conveniently.

# MAKE YOUR NEXT DOCTOR'S VISIT A BIT MORE FUN!



If your health insurance is from one of these providers, you may qualify for a **FREE MEDICAL TOURISM PACKAGE** to the stunning district of Songdo, Incheon with U-MEDI.



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