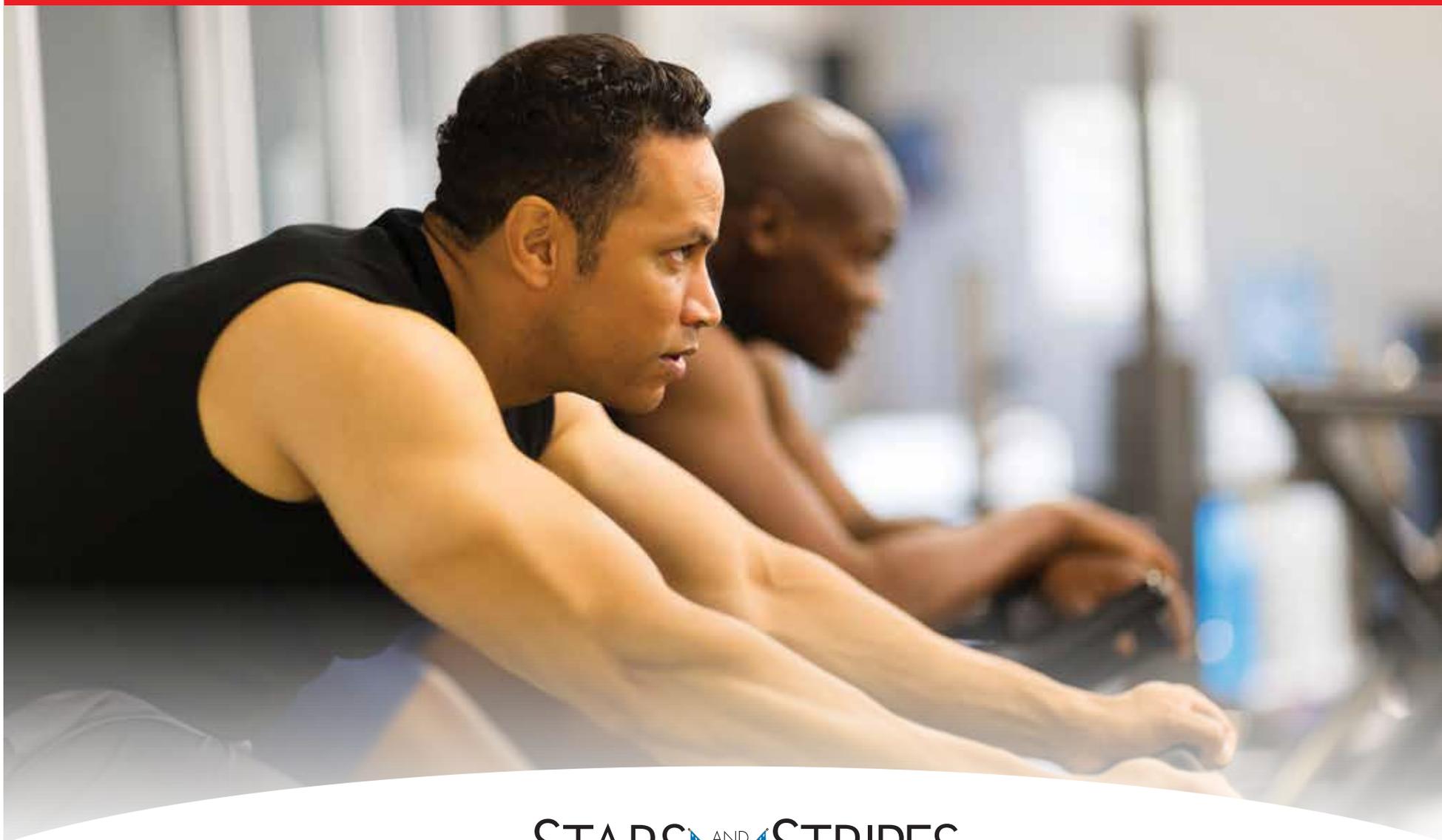


AUGUST 2019



STARS  AND STRIPES®

Korea Healthy Living Guide

- Walking blood bank can save lives
- How to battle jet lag
- Why is it so hard to keep weight off?
- Impress your partner with a massage



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Walking blood bank can save lives on battlefield

STORY AND PHOTO BY
CAPT. SCOTT KUHN
3RD ARMORED BRIGADE COMBAT TEAM

CAMP HUMPHREYS – The medics of 2nd Battalion, 7th Cavalry Regiment, 3rd Armored Brigade Combat Team, 1st Cavalry Division are learning a life-saving measure that was first used in the Korean War 69 years ago—whole blood transfusion on the battlefield.

Whole blood transfusions are basically the drawing of blood directly from a donor and then transfusing it right into the recipient. The transfusion of warm, whole blood serves two factors: it has the ability to help a patient clot and is able to help warm them at the same time. One of the biggest killers outside of the wound itself is hypothermia.

Sgt. Barbara Allen, the treatment non-commissioned officer-in-charge for 2-7 CAV, attended Eighth U.S. Army's Walking Blood Bank and transfusion train the trainer class. The course breaks down the intricacies of how to blood type and screen donors as well as the particulars of the Korean Peninsula program called STUD-K (Special Forces).

"The class was informative and comprehensive," she said. "I was given all I needed to be able to come back and teach my



Sgt. Barbara Allen, a medic with 2nd Battalion, 7th Cav. Regt., 3rd Armored Brigade Combat Team, 1st Cavalry Division teaches a class on expedient field blood transfusion.

medics and my staff personnel and my 11 bravos (infantrymen) how to type the blood and then draw and transfuse it."

To help facilitate the process, the screening starts with the STUD-K program, which types and screens the blood for everything necessary to limit any possible reaction by a recipient. The donor is then given a card which the medic can use to ensure compatibility and suitability.

"My goal is to have everyone in 2-7 typed and screened and then add their information to a spreadsheet," Allen said. "That will enable us to be able to look

at the casualty and identify blood type and find a good match quickly."

Allen has taught two classes on the procedure, all of them to medics. It starts with a comprehensive overview of the program and how it works, followed by a demonstration of the process. During the demonstration a class participant draws the blood from the donor and then returns it via transfusion to the same person.

For Spc. Ian Truitt, a medic with C Co., 215th Brigade Support Battalion, this class is one more tool in his tool bag. "We're in Charlie Med, and we consider

ourselves among some of the best, and we are going to go back and teach our Soldiers in the company as well as those in the unit who are not medics about the walking blood bank program."

Although the walking blood bank is primarily a tool for the battlefield, it can also be used in emergency situations following a training accident or mass casualty situation where time is of the essence. According to Allen it could mean the difference between losing a foot or losing an entire leg.

"This isn't something that, as a medic, you are typically trained in, but I can see the importance of knowing how to do this," said Spc. Tyler Hackworth, a medic with C Co., 215th Brigade Support Battalion.

"Especially across a major battlefield where you may be all that is standing between whether a Soldier lives or dies."

It takes about 10-12 minutes to draw the blood from the donor. The medic can then hook up the bag directly to the IV of the patient and start the transfusion.

"So in less than 15 minutes the casualty can be receiving the fresh whole blood," said Allen. "I can collect and transfuse the blood right in the back of a Bradley if necessary."

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Got jet lag?

Here's what the doctors order

BY KATE SILVER,
THE WASHINGTON POST

We like to think we have control over our bodies, but the opposite is often true. Such is the case with circadian desynchrony, commonly known as jet lag. Exhaustion. Gastrointestinal discomfort. Headaches. Difficulty concentrating. Trouble falling asleep or staying asleep. These common jet lag symptoms have the power to put a damper on a trip home or adjusting to a new assignment. Unless you figure out how to game your own system.

Senior experimental psychologist John Caldwell has spent the bulk of his career researching the effects of sleep deprivation and sleep restriction, while also studying countermeasures that sleep-deprived people can use to function better. Much of his research was conducted within the military aviation community, and it helped fuel insights for the book "Fatigue in Aviation: A Guide to Staying Awake at the Stick," which he co-wrote with J. Lynn Caldwell.

Caldwell explains that while our bodies are able to adjust to about one time zone change per day, jet lag sets in when we cross three or more of them, because it wreaks havoc on our circadian rhythms. That's a fairly new phenomenon, historically speaking. "People now can fly from New York to Paris in nine, 10 hours, whereas in 1923

you did it on a ship and it took you six days to get over to Europe," Caldwell says. "We just haven't evolved to the point where we can rapidly change those rhythms, because it's a relatively recent thing."

While you can't banish the effects of jet lag completely, scientists and physicians agree that there are things you can do to help adjust to a new time zone more quickly. Here's what the professionals suggest to combat jet lag.

Work to align your sleep schedule with your destination

Because your body can naturally adjust to about only one time-zone change per day, you'll want to manually adjust your schedule, and that means changing your bedtime to be better mesh with the destination to which you're traveling.

Ranit Mishori, a professor of family medicine at Georgetown University School of Medicine, travels frequently to Europe, Africa and the Middle East for both personal and professional reasons. To be ready to hit the ground running when she arrives, she starts adjusting her bedtime two to five days in advance to match the local time at her destination. "That means going to bed earlier when going east and waking up much earlier," she says. "When I come back to the U.S., I do the same but in reverse."

Caldwell creates a timetable so that, at a glance, he can see what time it is at home and at his destination and plan

accordingly. "A lot of times, when you look at that table, right away you're going to see where you're going to have your biggest problems," he says. If he's just traveling for a quick work trip and will only be gone a couple of days, he avoids gradual adjustment. Instead, he tries to plan any meetings at a time when he would be awake and alert back home.

Time your light exposure right

Circadian rhythms are influenced by sunlight. While travel may make those rhythms hurly-burly, you can help get them on track either with exposure to or avoidance of light, says Pradeep Bollu, associate director of the University of Missouri Health Care Sleep Disorders Center in Columbia, Missouri. When traveling east, your biological clock will be behind. "Melatonin and avoiding bright light in the evening can help with advancing our biological clock," he says. "Similarly, bright light exposure after waking up also will help advance our biological clock to suit the new time zone." When traveling westward, he adds, the biological clock is ahead of the latest time zone. He suggests gravitating toward bright light in the evening and exercising to stay awake later and sleep longer.

An online calculator, such as Jetlagrooster.com, can also be helpful. It provides a brief plan to avoid jet lag, sharing the ideal time to get to sleep and the ideal time for light exposure.

Pack the melatonin

A number of physicians interviewed for this story suggested taking melatonin, which is a hormone that is produced naturally in the body and helps you sleep. "Taking a very small dose helps to recalibrate its release so that it is in sync with the time zone of your destination," says Kern Singh, a spine surgeon in Chicago with Midwest Orthopaedics at Rush. Singh says he takes five milligrams of melatonin on the plane and then again when he lands. "I time the dosing depending upon the time zone of my destination. For example, if I am leaving for Europe and it's 3 p.m. in Chicago but it's 9 p.m. in London, I take the melatonin right away so I fall asleep at the appropriate time of where I am traveling to," he says.

Turn your wine into water

Having a glass of wine or two on the plane may sound tempting, but it could negatively impact your sleep, which could worsen jet lag, says Quay Snyder, president and CEO of Aviation Medicine Advisory Service of Centennial, Colorado, who advises pilots on staying in top condition while in the air. "It definitely has a sedating effect as far as getting someone to sleep, but it destroys their rapid eye movement (REM) sleep so their actual mental recovery is reduced," he says. Instead, he says, be sure and drink plenty of water so that you stay hydrated while traveling.

Seek medicinal help

You can always ask your doctor for some, if you're so inclined. Bruce Stephen Rashbaum, owner and medical director of Capital Center for Travel and Tropical Medicine in Washington, regularly counsels patients on jet lag. He considers prednisone, which is a prescription corticosteroid, to be the most effective tool for jet-lag recovery. He instructs patients to take the medication when they land, which is typically early in the morning, and again in the late afternoon and the next day. "Our bodies have a gland called the adrenal, which releases a prednisone equivalent around 5 a.m. and 5 p.m.," he says, adding that the addition of a little extra prednisone, by prescription, mimics what the adrenal gland would normally do on its own and can help reset the body's clock. "It is this simple ritual that works nearly every time," he says.

Caldwell, the sleep researcher, says that if he has a meeting or presentation abroad, he's not averse to using prescription medications to help him sleep. "I'm actually not a medication phobic person, so my go-to is sleep medication at night with lots of caffeine during the day," he says.

Everyone responds to jet lag differently. For those who suffer, the first week will usually be the most challenging, but after that, your body should start to bounce back. Maybe it's the excuse you need to book that longer vacation and make the most of it.

While you can't banish the effects of jet lag completely, scientists and physicians agree that there are things you can do to help adjust to a new time zone more quickly.

Why is it SO difficult to keep the weight off?

BY NICOLE TERWEY,
NICOLETERWEY.COM

Losing weight is actually easy, whether you're in the military or not, but weight loss is more than just losing weight... it's about keeping the weight off.

And that's the real weight problem so many of us face today. We don't know how to prevent the pounds from coming back on.

If we're overweight, then it's only because we're overeating, meaning we're consuming more food than our body actually needs.

When our body receives more food than it needs, it stores the excess as fat.

Ideally, we want to eat in a way where our body is so efficient at using both the fuel (fat) already on our body and the food we feed it. Right now, if you're overweight, then you're just eating more than your body needs. If you're overeating, it does NOT mean you're a bad role model, a neglectful leader, or a lazy person.

Losing weight is easy

Losing weight is easy because there are so many ways to lose weight. Just Google "weight loss" and you'll find the latest of everything in the fitness, health, and dieting industry. In case you were curious, all diets share the same secret but in their own different flavors: you lose weight because they put you in a caloric deficit.

That's how weight loss works in any diet.

CALORIC DEFICIT PER FAD DIET

Ketogenic removed an entire food group (carbs).

Paleo removed an entire food group (processed food).

Whole30 removed processed foods and more, including grains, legumes, sugar, dairy, and junk food (basically the same as Paleo but a little more restrictive).

Weight Watchers created smaller portions, which is a caloric deficit.

Mediterranean Diet low on red meats and processed food (steak and donuts pack more calories per volume than fish and grains do).

Low Carb lowered processed carbs. You still eat tons of carbs on this diet, but those carbs come in the form of spinach, carrots, apples, etc. (all vegetables and fruit are carbs).

The reasons these diets don't work is because:

- 1.) You can still gain weight or stall your weight loss if you eat too much of the food within that diet, and
- 2.) When the diet is over, if you go back to eating the way you were before, then you start getting back your former body.

Here's the thing...

It's not the food or the diet that is the reason for the weight regain. That's where the diet and fitness industries fall short and just keep filling our inboxes and Facebook feeds with the latest and newest supplements, Keto-friendly donut, Whole30-approved meal, etc.

If you're like the majority of people in this day and age, then when you start a diet with the intention of feeling better, slimmer, and healthier, you can barely remember the other half of the reason why you're starting the diet in the first place: you want to KEEP your results.

Otherwise, you're losing and gaining weight so often that you become so mentally, emotionally and physically exhausted from the yo-yoing that you give up.

But you're in the military, which means "giving up" isn't a term you easily accept as true. We have our reliable drill instructors to ensure "giving up" is never an option. It's one of the reasons why our military is so beloved.

Like a lot of smart people, you know there's more to living than constantly dieting. You want to keep your hard-earned results, but you don't know how to, exactly.

That's because that component of a successful weight loss plan isn't easily Google-able. It's not provided by the health and fitness industry because, honestly, they don't know how to do it themselves.



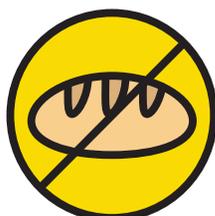
KETO



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LOW CARB



So, how do you keep your weight loss results?

You learn to manage your mind. If you're overweight, then it's because you're overeating. It's as simple as that... but it's also not so simple.

Food doesn't get eaten just because it's there, sitting in front of you. Just like you don't go to the gym just because there's a gym - it's just a building with heavy stuff in it. So why do you eat the food you put in your mouth, and why do you lace up your shoes and go to the gym?

The reason you eat or drink the food that you do - the reason you do ANYTHING in life - is because of how you think it's going to make you feel.

Our feelings are the most powerful experiences in our body because they compel us to act. Feelings are what drive our actions. They are the fuel to our actions.

We eat the salad because we think we'll feel lighter, healthier, and happier. We go to the gym because we think we'll feel strong, skinny, and sexy. We don't feel that way after we arrive at the gym, we feel that way beforehand, on the way to, at the gym, and after our workout.

Think about it... why do you follow orders so well?

We follow orders because it was

"drilled" into us. What does that mean?

It means that on your first day of basic training (when you're sweating, confused and scared), and the drill instructor was yelling and spitting in your face telling you to follow his or her orders or else your shipmate on your first deployment could die... the feeling of horrendous guilt, fear, and shame inundated you. You may not remember this day or how it went down exactly but you'll never forget the feeling.

You immediately envision that terrible possibility of you being ignorant and not following orders and someone you know dying or getting maimed because of your inaction. The guilt and fear of that thought is so compelling, that your brain learns immediately that following orders is non-negotiable. Your brain shifts that thought into your subconscious so that it doesn't even have to think twice about following orders. That's why following orders sometimes feels necessary for your survival. That's how powerful our thoughts and emotions are.

So where do our feelings come from? And why aren't certain feelings like motivation, certainty, happiness, and pride with us all

the time?

The answer is because every single one of our feelings comes from our thoughts. We have a thought, and at the atomic level, the thought literally materializes itself in our body as a feeling. A thought begins in our brain, and the neural connections that are made cascade their way down our body signaling a feeling that corresponds best. So, when you think about how good you'll feel at the gym, you feel motivated, and you get in the car. You think about how successful you'll be at managing your weight by eating a salad, which might make you feel encouraged, so you eat the salad.

This is the most important thing to understand because it will help you begin to manage your thoughts so that you can start losing weight the permanent way:

There are circumstances in our life, things that happen outside of us, that we cannot control.

These circumstances include things like the weather, our past, other people, what other people say out loud (either about you, to you, or about themselves or others), the environment, death, etc. They are things that everyone in the world can agree on.

Where we make the mistake is that we think circumstances make us feel and act in certain ways. We blame what our supervisor said for making us feel ashamed and inadequate. We blame our kids for making us feel angry and upset. We blame our diet for making us feel deprived. We blame the gym for being so far away to justify how lazy, bored, or insecure we may be feeling.

The thing is, circumstances never make us feel or do anything.

It's our thoughts about the circumstances that make us feel the way we do. And, believe it or not, that's the good news... We don't have to control circumstances in order to feel better. We are always in control of what we think, how we feel, how we act, and over time, we're in control of the results in our life.

Our thoughts, which are opinions we have about things around us, are what we have control over 100% of the time. This is where your ability lies in feeling committed to staying on track with what you eat and when you exercise.

The thing is, just thinking about eating better and working out more is not enough. You must bring up that thought, that image that you visualize, as often as is needed so that you feel compelled, empowered, honest, and aware to show up for yourself. The more you show up, the closer you get to your desired results and the more they stick (read: last forever).

This is the kind of work that takes deliberate practice, like shining your boots every week, paying attention to your

surroundings when you're outdoors so that you know when to salute, and knowing when to say "sir" and "ma'am." Think back to your past when you were incorporating these new lifestyle changes into your life. It wasn't easy at first. You messed up a few times, you misspoke often, you called women "sir" and forgot to salute high ranking officers.

They were mistakes.

You learned from them.

You made more mistakes in different situations and learned from those moments, as well.

And now, saluting and greeting others feels natural to you.

That's the level you want to get to when it comes to eating only what your body needs for fuel and exercising so that it's something that is a part of you.

It takes cognitive effort at first, and that's where a lot of people give up. The results don't come as quickly as you want, so you think the process is not working.

But it is.

The more you think about the result you desire, the more your brain will learn to pay attention to it because it feels better than anything else.

Remember, we only do things because of how we think we'll feel when we do them or when we get them.

That is your internal, mental guide.

This is the way the world works and how weight loss becomes a permanent reality, not a temporary glimpse of what's truly possible.

Circumstances trigger our thoughts. Our thoughts always create our feelings, which fuel our actions. Over

time, our actions create our results.

You'll see this how this works the next time you're driving home or driving to your unit.

If someone on a motorcycle cuts you off as they cross into another lane, you might feel angry, your face may get heated, and you might say something under your breath, maybe even flick them off.

Then, you notice they cut someone else off in another lane, but that other driver doesn't react the same way you did.

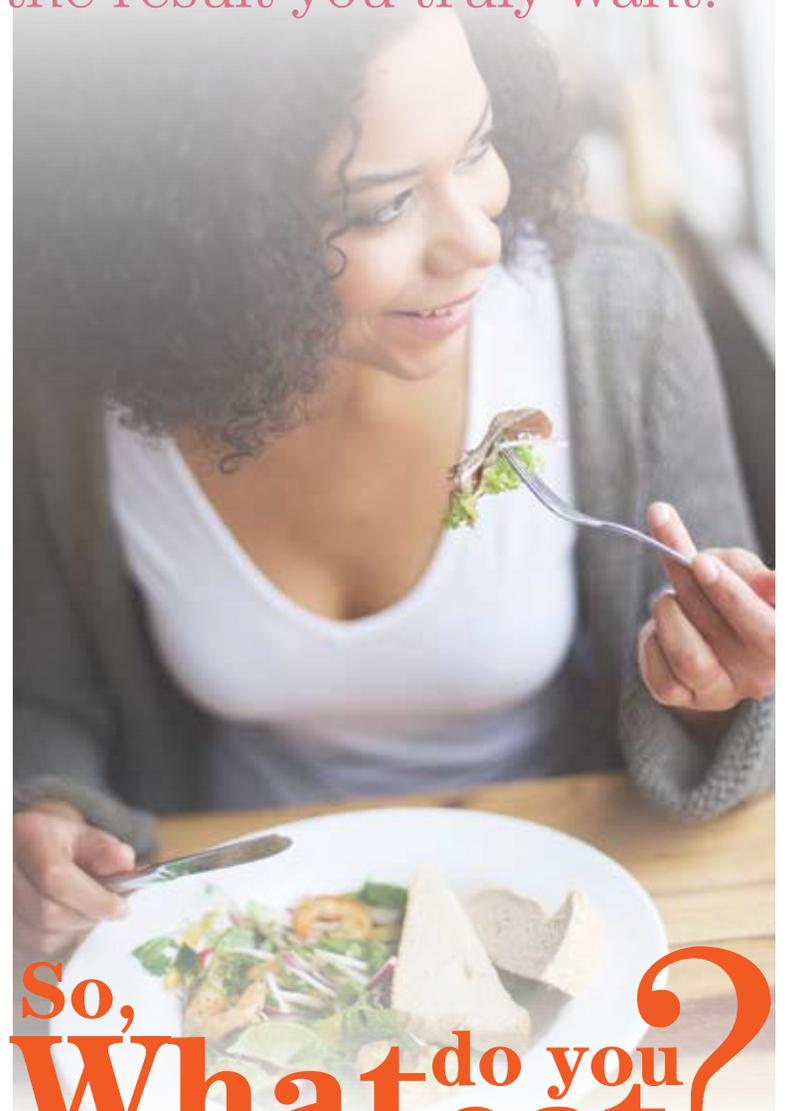
Why is that? You both had the exact same person cut you off, so it was the same circumstance.

The reason is because each of you had a completely different thought, so you felt completely differently about the same situation; therefore, you acted completely differently. And as a result, one driver ended up having a more enjoyable driving experience than the other. Can you guess who?

It all comes down to what you're thinking and what you choose to think. That's what the health and fitness industry don't know how to bottle up and sell. It's such a unique journey for every single person that it's impossible to sell its solution in mass.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.



So, What do you eat?

It's simple. Eat the way that you envision yourself eating for the rest of your life that gets you the results you truly want for yourself.

The way you eat (your actions) determine your results (your weight and the shape of your body).

What you are feeling is driving the actions of eating and working out, and you're only feeling compelled to do those things when you believe that you can.

That you can do it.

That it's possible for you (yes, even for you, even if you don't quite believe it just yet).

Your commitment and your willingness come from a decision.

It's the exact same process that you used when it came to sign the dotted line when you joined the military.

You felt proud.

You knew you were going to feel fulfilled.

You were certain.

The thing is, you can follow through on any feeling, good or bad. You can follow a diet feeling deprived. Or, you can follow a diet feeling fulfilled. But one way guarantees a more enjoyable experience, one that you will want to continue to experience.

That's the work you must do.

Losing weight for the last time, once and for all, is a mental strategy first and foremost.

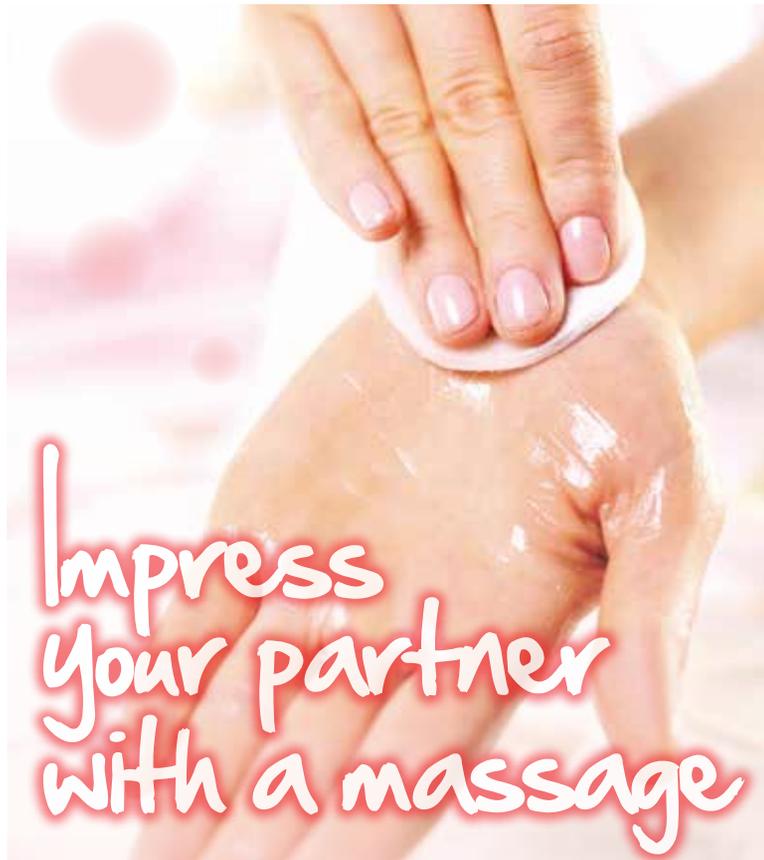
Nicole Terwey is a Lieutenant and an intelligence officer in the Navy Reserves in Nashville, TN. She completed eight and a half years of active duty service in the Electronic Warfare community and earned her master's degree in Organizational Leadership before building the next chapter of her life as a certified life coach, weight coach, and fitness coach.

Terwey specializes in helping women in the military lose weight, especially if they are struggling with losing weight and keeping the weight off after being on a diet.

Terwey works with active duty servicemembers seeking to lose weight and maintain healthy lifestyles.

Follow Terwey at <https://nicoleterwey.com/>





Impress your partner with a massage

BY DELILAH VELEZ,
LICENSED ESTHETICIAN
AND SPATHERAPIST

Who doesn't love a good massage? Not only can massage relieve tension and stress, it can also help with blood circulation, as well as minor aches and pains (from wearing heels all day for instance!). We all have

that moment where our tired significant other comes home from a long day, and tosses their shoes off and jokingly wishes for a massage at that moment. Fear not, for with this simple DIY at home guide to the basic foot and back massage you will not only impress, but help de-stress!

The first component to a

spa-like massage is some lotion or oil. You can choose a simple body lotion that doesn't contain too much scent and glides on easily. For extra hydration, you can opt for a sesame seed or coconut body oil. For a foot massage, simply apply some lotion or oil onto the hands, and distribute evenly on the foot, carrying the product up to mid calf height. After the product is applied, massage away! You can start on the calves, massaging in circle-like motions with all four fingers, up and down.

You can finish in this area with a large stroke from the top of the calf to the ankles, on each side, for about 5 passes. Once landing on the ankle, you can easily make a smooth transition to the foot, massaging as you search for the target area you would like to massage.

The key to a quality massage is touch, so maintaining contact with your hands is important. A great trouble area that can usually use some massage relief on the foot is the "ball of the foot." You can hold the foot in both hands, and using your thumbs you can "draw hearts" in this area, providing almost instant relief for tightness in this area.

On the arch area, you can ball your hand into a fist, and massage the arch using your knuckles, for an ultimate deep pressure massage feeling. Repeat on both feet and you will

have your significant other believing you are a true professional.

For the back, you may use the same techniques. Since it is a wider workspace, however, you will have to use your space and make longer movements. Target areas for a back massage are usually the shoulders, and lower back. For the shoulders, you can rub both sides at the same time, or you two hands and work one side with both. Use slow, even strokes with the palms of your hands, fingers, and thumbs so that you do not injure your partner. Remember to never massage or push over the spine, as this can cause your partner some injury. Also, be sure to avoid bones and joints, and to work on a pressure that is comfortable for your partner. After the massage, the next step is to cool down the muscles. Use light, broad, and long strokes

and lightly run over the areas you have massaged.

After following these basic techniques, you can rest assured that you can provide your partner with an amazing massage to help them feel relieved and relaxed. So grab your partner, and indulge in an impromptu home mini spa treatment!



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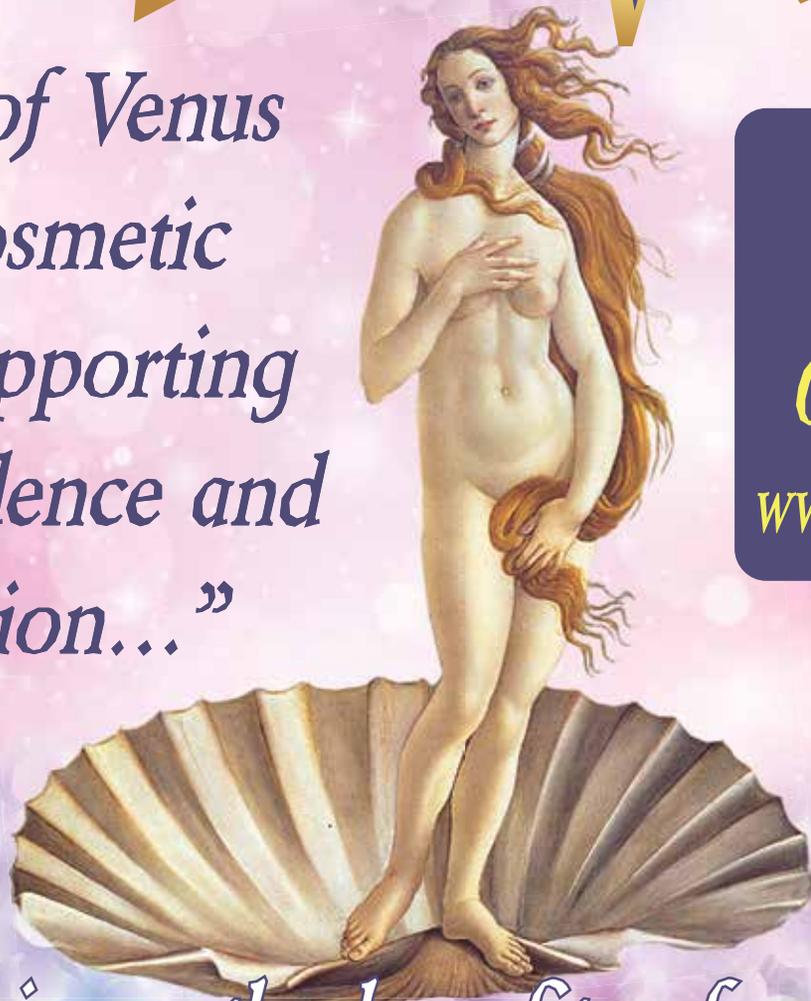
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