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

November 2021

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Incheon Medical Center
Health Promotion center

The best way is prevention!
We provide comprehensive and ongoing care for all health problems that may arise for an individual and family, regardless of age, gender or type of disease.
The philosophy of Family Medicine is to make sick people less sick and healthy people healthier regardless of age or gender.

Health checkup

Comprehensive checkup: various types of selective examinations
National checkup: General examination, Cancer examination
Pre-Employment Health Checkup
Student Health checkup
Infants and Toddlers checkup
Industrial checkup

Consultation: 032-580-6152 / 032-580-6040
We also provide support services for persons with disabilities, including convenience facilities, examination equipment, and sign language interpreters.
Orthodontics  Prosthodontics  Conservative Dentistry
Periodontics  Oral Medicine  Pediatric Dentistry

Weekdays  09:30 - 18:30
Tuesday, Thursday  09:30 - 20:30
Saturday, Sunday  09:30 - 14:00
SUNDAY is also a day of treatment

Dental Implants  Teeth Whitening
Zirconia Crowns  Gum treatment
Laminates  Caries treatment
Orofacial pain treatment

Reservation
1599-2275 (Korean)
+82-10-9756-2275 (English : What's App)

LIVE Building 52, Bupyeong-daero, Bupyeong-gu, Incheon
LIVE Building, 48, Nonhyeon-ro 105-gil, Gangnam-gu, Seoul
Pediatric dental treatment
After the baby’s teeth begin to come out, it is necessary to start visiting the dentist for a check every 3-6 months. To prevent the development of cavities in children, it is recommended to apply fluoride to the teeth every 3 months, and when chewing teeth (molars) appear, it is recommended to apply a sealant to them. Timely treatment of deciduous teeth will help them play their role to the end and prevent the development of cavities on permanent teeth.

Orthodontic treatment
Depending on each person, the time to start carrying out orthodontic treatment differs. If a child has complications with the jaw, milk teeth were lost early, supernumerary teeth are present, permanent teeth began to grow in the wrong direction - it is necessary to contact an orthodontist for advice. If there are no such problems but parents want to correct crooked teeth, you can start orthodontic treatment at about 11-13 years old. Orthodontic treatment can also be carried out in adulthood, but the earlier treatment is started, the easier it is to carry out.

Wisdom tooth extraction
If a wisdom tooth begins to grow abnormally due to its growth, anterior teeth may change in position, which can lead to curvature of the teeth and malocclusion. Therefore, if a wisdom tooth begins resting on an adjacent tooth, it must be removed so it doesn’t displace adjacent teeth and lead to inflammation in the gums.

Cavities treatment
Cavities not treated in time can develop into more serious problems, such as pulpitis and tooth extraction. The sooner you start treating cavities, the more you can save time and money for treatment.

Scaling
Sometimes usual brushing of teeth does not prevent the development of calculus, which can erode enamel. If it spreads below the gum, it can lead to loosening, and in extreme cases, to the extraction of a tooth. Therefore, in order to prevent the development of tooth pathology due to calculus and plaque, it is advisable to undergo professional teeth cleaning at least once a year.

Post-endodontic treatment
During endodontic treatment, the nerves and blood vessels of the tooth are removed, which ultimately makes the tooth weak and vulnerable to tooth breakage. Therefore, it is important to place a dental crown after endodontic treatment.

Missing teeth
Teeth have a tendency to move and tilt towards missing teeth from the front and from the opposite side. Also, over time in the place of missing teeth, the partial bone loss and gingival subsidence can occur. After the extraction of teeth (in addition to wisdom teeth), it is important to start performing prosthetics (e.g., implants, dental bridges) on time. If this treatment is postponed, additional procedures may be required, such as bone grafting. In extreme cases, this may lead to not being able to install implants.

Teeth whitening
If the treatment plan includes the installation of implants, prostheses and whitening, then teeth whitening should be done first. After all, the color of artificial teeth (prosthetics) is best matched to the already bleached teeth. Also, after teeth whitening, for long-term maintenance of color, it is advisable to whiten teeth regularly once every 6 months. The opinion that teeth whitening is harmful to dental health is now considered erroneous.

Visit the dentist every six months
Prevention of diseases and their treatment at an early stage is beneficial for preserving and prolonging the life of teeth, as well as for reducing the cost of their treatment.
Hangil Eye Hospital offers one-stop, same-day service for all kinds of eye diseases.

With a team of excellent specialists in each field and led by chairperson and ophthalmologist GyuHyung Jeong, Hangil Eye hospital takes care of 230,000 patients annually.

The hospital conducts more than 6,000 cataract surgeries year and is equipped with the best infrastructure as an ophthalmologist in respect to scale, facilities, medical staff, clinical capabilities, academics, and research.

With 36 doctors (27 ophthalmologists, 3 internal medicine specialists, 2 anesthesiologists, 4 majors) Hangil operates a dry-eye clinic and six treatment centers specializing in anterior segment, retina, glaucoma, plastic ophthalmology, LASIK, strabismus, amblyopia, and neuro-ophthalmology.

Along with these clinics, the department of internal medicine and anesthesia pain medicine has greatly improved the safety of the operation through detailed pre-operative examinations.

Hangil Eye Hospital

What our centers and clinic offer

**Cornea and Cataract Center**
Cataract, presbyopia/astigmatism correction cataract surgery, intraocular lens implantation, contact lenses, corneal disease, dry eye syndrome, pterygium, pinguecula, conjunctivitis, and other eye diseases

**Glaucoma Center**
Although the most difficult field, we are confident we are at top the top and continue to be a leader in the region. Glaucoma, laser peripheral iridectomy and plastic surgery, selective laser trabecuoplasty, trabeculectomy, glaucoma drainage device implantation, ciliary photoacoagulation, combined cataract and glaucoma surgery

**Retina Center**
Macular degeneration, diabetic retinopathy, hypertensive retinopathy, retinitis centralis, retinal vascular atresia, uveitis, muscae volitantes, retinal detachment, macular hole, epiretinal membrane, retinal pigmentation, and other retinal diseases

**Oculoplastic and Orbital Surgery Center**
What we treat: Double eyelid surgery, Mongolian wrinkle correction, upper and lower blepharoplasty (eyelid sagging correction, eyelid wrinkle removal), ptosis (eyelid sagging), blepharitis and entropion, tear path surgery, eye socket fracture, artificial eye surgery, thyroid eye disease, botox filler, etc.

**Pediatric Ophthalmology**

**Strabismus**

**Amblyopia**

**Neuro-Ophthalmology Center**
Pediatric ophthalmology, strabismus, amblyopia, refractive error, dream lens

**Refractive Surgery Center**
LASIK Surgery, LASEK Surgery, Smile Surgery, LBV Presbyopia Correction Surgery, Comprehensive Ophthalmology Checkup

**Dry Eye Clinic**
Diagnosis of dry eye syndrome, blepharitis, treatment of decreased meibomian gland function

All eye diseases can be treated in one place without waiting

One-Stop Total Care, Hangil Eye Hospital

010.5322.5708 (International Medical Center)

Hangil Eye Hospital is the only ophthalmic specialist in incheon and the only medical institution that has acquired three certifications hosted and issued by the Ministry of Health and Welfare.
Learning how to take care of eyes

How to apply Eye Drops

It’s not easy applying eye drops, right? Flowing down, falling somewhere else... But it’s not that difficult once you know the right way.

Let’s learn about the proper way to apply eye drops with Dr. Beomjin Cho, of the HanGil Eye Hospital.

If you practice a few of these steps carefully, you’ll soon be a pro at applying eye drops.

1. The first thing you have to do is wash your hands so that the eye drop bottles are less contaminated.

2. Then look at the bottle for the date for the manufacturing and expiration date. The expiration date is usually one or two years ahead. Once you open the eye drops, it would be best to write down the date because the drops should only last a month and should be used within that time period.

3. First, open the lid and hold the eye drop container with your thumb and index finger. Pull down gently on your lower eyelid with middle finger, and squeeze a drop into the eyelid pocket, ensuring the tip of the eye drop bottle does not touch your eye. (Focus your eyes up like you are trying to look in your head, which allows the pupil to rise up and exposes the white of your eye so you can easily apply the eye drops.)

4. Gently wipe away excess with a clean tissue, close eye, then gently press the inside corner of the eye by the nose with the finger for about 5 minutes.

How to apply two different eye drops in same eye

Also, there is something that many people are confused about. Do not apply different eye drops at the same time! If you put in one and put the other one in right away, the first medicine and the second medicine may have unexpected bad effects. If you need to instill different eye drops in the same eye, make sure you space them out by at least 5 minutes.

Easy ways to apply eye drops

The last thing you want to do is touch your eye with the tip of the eye-drop bottle, which could irritate your eye.

To prevent this, the easiest way to have a steady hand while putting in eye drops is to make a hand-rest. If you use your dominant hand and rest it on the back of the hand that’s making the eyelid pocket, then look up and drop directly into the eye. It’s an easy and safe trick, so give it a try.

For those people who are afraid of eye drops touching their eyes, there is a way to keep the eye closed and lightly apply the eye drops into the eye.

This is not the best option, but if can’t open your eye because you’re scared, it is possible to spread eye drops by putting them through the eye gap.

Hope this was helpful! Thank you.

Head of Medical Dept, BeomJin Cho
Specialties: Cataract, Cornea, Refractive Surgery (Lasik)
Academic Background:
Graduated from Seoul National University College of Medicine
MD PhD, Seoul National University College of Medicine

Check out the video on HOW TO TAKE CARE OF MY EYES

www.youtube.com/watch?v=2voJUlpqUqw
Incheon Sejong Hospital, which is the first and only medical complex in Korea grabbed attention as it obtained Grade 1 in the coronary artery bypass surgery adequacy evaluation conducted on 81 medical institutions at general hospitals across the nation by Health Insurance Review & Assessment Service (HIRA) in August.

In particular, Incheon Sejong Hospital has confirmed that it is a medical institution with cardiac specialty in name and in deed by obtaining Grade 1 for four its consecutive years, a first among general hospitals in Incheon area. In addition, Bucheon Sejong Hospital, which is under the Sejong Hospital Group, became the first general hospital to obtain Grade 1 for 13 consecutive years.

HIRA has conducted coronary artery bypass surgery adequacy evaluations since 2008 to ensure safe and high-quality medical services for patients with ischemic heart disease. The results of evaluation are disclosed whenever the evaluation is conducted.

Ischemic heart diseases, which have high mortality rate, are represented by acute myocardial infarction and angina pectoris and they were the second leading cause of death in Korea in 2019. It is a disease where the coronary arteries that supply blood and oxygen to the heart muscle are narrowed or blocked, preventing sufficient supply of blood to heart. The main symptoms include the pain described as squeezing or pressing the heart, and the number of patients is increasing every year. The typical treatment method is coronary artery bypass, which forms an alternative vessel to make sure that blood can flow to the other side when coronary arteries are narrowed or blocked.

The adequacy evaluation was conducted on 85 medical institutions at general hospitals or higher level which conducted coronary artery bypass surgery from July 2019 to June 2020. Incheon Sejong Hospital received Grade 1 after evaluation on items such as: prescription rate at discharge, re-surgery rate due to postoperative bleeding or hematoma, mortality during hospitalization, and mortality within 7 days after discharge.

“I am very delighted that both hospitals obtained Grade 1 consecutively every year,” Chairman Park Jin-sik of Sejong Hospital Group said. “Bucheon Sejong Hospital and Incheon Sejong Hospital have provided a wide range of treatment for ischemic heart disease, congenital heart disease, arrhythmias, heart failure as well as heart transplantation based on their unrivaled treatment capabilities and know-how accumulated for a long time. In addition, we operate a disease-specific heart rehabilitation program to provides systematic care from diagnosis, treatment and follow-up care. We will do our best to improve the quality of care to make sure that patients with heart diseases can receive excellent treatment.”

In the meantime, Cardiovascular Center of Incheon Sejong Hospital is led by Park Pyo-won, who is recognized as the master of thoracic surgery in Korea and 8 cardiology specialists and 5 thoracic surgery specialists are doing their best to treat patients with cardiovascular diseases.
First Medical Center in Korea
Leading for Collaboration of Modern Medicine &
Korean Traditional Medicine

Nasaret International Hospital  Since 1981

The best treatment effect achieved by combining the benefits of traditional Korean medicine and modern medicine.

"Just as how each tree produces different fruits at different times, the time it takes for the effects to appear is different for each person."

Traditional Korean Medicine M.D. LEE, KANG IL
(Chairman of the foundation Nasaret international hospital)
Please give us a brief introduction to Oakwood Premier Incheon.

Oakwood Premier Incheon is a landmark of Songdo International City, with 68 stories above ground and 303m in height. It is located in the second tallest building in Korea and the tallest building in Incheon, and you can enjoy a panoramic view from any side of the skyscraper. It is no exaggeration to say that the ever-changing natural scenery, such as the sunrise, sunset, and night view, as well as the city view, park view, and ocean view, are key elements of customer satisfaction.

In addition, the room is well-received for its ample space and a more spacious storage compared to other hotel rooms. At a residence, it provides a comfortable environment just like home, and you can experience a pleasant and elegant residential space which is different from other hotel rooms. The hotel also boasts a total of 423 rooms, from studios to suite-class with separate bedrooms and living rooms, equipped with a variety of amenities such as kitchen, high-end cooking utensils and tableware, refrigerators, washing machines, and dish washers. Located on the 65th floor of the hotel, Dining and BAR offer customers a unique experience by allowing them to enjoy the gleaming sunlight and panoramic view of Songdo International City.

Please tell us what makes Oakwood Premier Incheon consistently maintain the top spot in customer evaluation among five-star hotels in Korea.

Oakwood Premier Incheon is always trying to make a huge impact on customers. Each day, we constantly think about finding practical ways to improve the reviews of customers, and we make adequate effort to provide feedback to these customers as well.

To ensure customer satisfaction, all employees work together to provide personalized and sincere services, by always listening and taking note of customer requests and complaints to improve our services. We try to improve our services through thorough feedback, centering on online platforms such as TripAdvisor, as well as services offered offline. In fact, many of the customers expressed a high satisfaction when revisiting, indicating that the efforts of the employees are not in vain. In particular, when a customer revisits, information such as the customer history from the last stay and the number of stays, is identified in advance and personalized services are provided to the customer. However, we will not be arrogant but continue to maintain family-like relationships with our customers, and continue to strive to provide the best services to them.

Please introduce facilities or services that can only be experienced in Oakwood Premier Incheon.

Unlike other hotels, Oakwood Premier Incheon is a residence hotel that provides personalized services for long-term business or leisure stays and returning customers to ensure their satisfaction. We provide a comfortable environment just like home, for long-term stays.

You can experience a pleasant and leisurely residential space different from existing hotel rooms. A total of 423 rooms, from studios to suite-class, with separate bedrooms and living rooms, equipped with various facilities such as kitchen, high-end cooking utensils and tableware, refrigerators, and washing machines.

Please share how the atmosphere and direction of the hotel has changed due to COVID-19.

Amid the absolute negative effects caused by COVID-19, Oakwood Premier has had a lot of trial and error over the past two years, with the cooperation and dedication of employees towards maintaining COVID-19 rules and government guidelines. As the hotel trend was centered on Koreans, the services were strengthened, and as a result of paying a lot of attention to quarantine services, it became an opportunity to grow more than it did 20 years ago. Not only did this measure help us grow, but by providing quarantine services, we were also able to make the hotel a safe space from the pandemic.

We believe that every little detail can contribute to making a huge impact and every little service can improve the perception of customers and their evaluation of the hotel, so we make sure to never miss any small detail in our service provision. For instance, customer reviews are carefully examined and thorough feedback is provided to ensure improvements in our services. In order to create the best customer experience, it is necessary to recognize the characteristics and preferences of customers and provide dedicated personalized services during their stay at the hotel. The fiercer the competition, the more important the services are, and sincerity, humanity, and consideration are the core of our services. In addition, we emphasize communication and collaboration between departments to provide a consistent and high-quality service experience. Since the best services are made by employees, we gather their opinions as well and invest a lot in education and development so that employees can produce the best results.

Please introduce the benefits that the U.S. Forces Korea can enjoy if they visit the hotel.

Oakwood Premier Incheon is a residence hotel that provides personalized services to satisfy both business and leisure customers. It provides services based on comfort, humanity, and trust to U.S. soldiers and business travellers in Korea. Employees continue to train and strive to minimize customer inconvenience while staying at our hotel by identifying and handling their needs as fast as possible, with the assistance of our experienced managers. We also provide thoroughly prepared services, including careful inspection of all facilities so that customers do not feel uncomfortable and provide guide leaflets containing nearby leisure facilities.

Lastly, please share the philosophy and vision of the general manager leading Oakwood Premier Incheon.

Oakwood Premier Incheon opened in July 2014 and is in its sixth year. Since its opening, it has won the Tripadvisor ‘Best Hotel for Three consecutive years, and last year it was also the No. 1 hotel in Korea. I think the value of the hotel can be known only when the customer recognizes it. Oakwood Premier Incheon feels a lot of pride while reading praise letters and customer reviews, and we always want to provide better services with a new and better mindset. Today, we will become a hotel where we think about what kind of happiness we will provide in the future when looking at the comments from our customers, which states “I really want to come back” and “100% willingness to revisit.”