

Healthy Living

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

April 2023



■ Yeongdeungpo Smart Medical Special Zone
- PAGE 2

■ Chronic fatigue! Could it be that there is a problem with my liver?
- PAGE 3

■ We can solve your snoring/ sleep apnea problems right away at Ilmi Dental Clinic !!!
- PAGE 3

■ Spring skin care and treatment
- PAGE 4

Fighting obesity with End-ball procedure

DR. HOWOO KANG,
DR. K MEDICARE CLINIC

Obesity in modern society comes unrecognized to us. It can lead inflammation to accumulate in the body, causing serious diseases such as cancer and cerebrovascular disease, and can cause serious injuries to major lower body joints such as the knee.

Although the numerous media cover the seriousness of obesity, most people have two thoughts on the subject: "It's okay now" and "I can lose weight later." But when you're trying to lose weight, your body will already be bloated beyond imagination.

The basic idea of "I'm fine now" is that no one around you will directly tell you, "You've gained a lot of weight, I think you'll get a serious illness," which can be demeaning toward your appearance. Instead, you remain completely unaware.

The thought "I can lose weight later" may show one is not aware of the urgency because they are more concerned about how inconvenient in daily work and life in would be to do something about the problem.

In conclusion, regardless of one's will, we only realize the seriousness of the dark shadow of obesity when we hear shocking stories from others or when we feel that our physical condition is remarkably poor.

Most will exercise hard and eat a healthy diet to get rid of the fat that has increased exponentially, but eventually most give up because even if they continue to do it with willpower, you won't see rapid results.

In that case, an effective and immediate alternative we can think of is a procedure called "End-ball."

The End-ball procedure is a safe diet method that helps control the amount of food eaten and induces weight loss by inserting a durable balloon with 100% sterile and air

into the stomach to help maintain a feeling of fullness.

It is performed through endoscopy without a surgical operation, and corrects the wrong eating habits, which are the root cause of obesity, and helps to lose weight in a short period of time.

The main advantages of using End-ball are:

- Relatively simple procedure in a short time of about 10 minutes through endoscopy.
- Surgical operation is not performed, leaving no scars, and the risk of side effects and complications is very low.
- Great weight loss in a short period of time by helping to keep you full without having to eat a lot.
- There is no need for hospitalization, and daily life is possible after a recovery period of 3 to 4 days.
- For 6 months, the yo-yo effect does not occur because of proper eating habits.
- Efficient treatment is possible when dietary control is urgent due to high blood pressure, diabetes, etc.



Dr. K Medicare Clinic, located in Pyeongtaek, runs an obesity clinic and conducts End-ball procedures to help solve the problem of obesity.

Representative director of Dr. K Medicare Clinic, Kim Ji-eun, received the procedure herself and tried to prove its objectivity.

In addition, Dr. K Medicare Clinic operates a health examination center, internal medicine treatment, manual treatment clinic, and child development clinic.

Dr. K Medicare Clinic is confident that it will be a great total medical center for foreigners residing in Pyeongtaek.

Before treatment

After treatment



Dr. Kim, Ji Eun

- 2004.02 - 2010.02 Graduated from Catholic University of Medicine
- 2010.02 - 2011.02 Completed internship at Seoul St. Mary's Hospital, Catholic Medical University
- 2011.02 - 2015.02 Catholic University of Korea Seoul St. Mary's Hospital Internal Medicine Specialist Completion
- 2015.03. - 2016.03 Zenith Rehabilitation & Cancer Hospital Director of Internal Medicine
- 2016.11 - 2017.09 Served as Vice President of Kwon Internal Medicine Clinic
- 2019.05 - 2022.07 Songdam Sungmo Internal Medicine Representative Director



YEONGDEUNGPO SMART MEDICAL SPECIAL ZONE

We're in the zone when it comes to your health!

Korea's No. 1 medical tourism special zone

Yeongdeungpo Smart Medical Zone (YSMZ)


Why YSMZ?

- 1 hr** from Incheon International Airport
- No.1** in the number of general hospitals among autonomous-gu areas in Seoul
- 4 special hospitals** designated by the Ministry of Health and Welfare
- 19 hospitals** certificated by the Ministry of Health and Welfare
- 81,860** foreign patients visited by Yeongdeungpo-gu

MYONGJI ST. MARY'S HOSPITAL

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
<https://www.ydp.go.kr/smartmedical-eng/index.do>
 (English, Chinese, Mongolian, Vietnamese, Russian, Japanese)




- 1 What is a stroke?**
 A brain injury disease caused by a loss of blood flow to the brain.
Key Causations
 High blood pressure, smoking, stress, bad eating habits, being overweight
- 2 Types of Strokes**
Cerebral Infarction
 Caused by the blockage of cerebral blood vessels with blood clots.
Cerebral Hemorrhage
 Accumulated blood due to a burst of blood vessels in the brain.
- 3 Stroke Symptoms**
 If you have any of these symptoms, please visit a hospital.
 - Numbness in the back of one's head and stiff neck
 - Difficulty in walking
 - Numbness in the limbs
 - A dull sensation
 - Dizziness and vomiting
- 4 Stroke Symptoms**
 If you have any of these symptoms, please visit a hospital.
 - Having double vision
 - Poor visibility of one eye
 - Recurring headaches
 - Unable to speak clearly
 - Ears are ringing



Yeouido Landmark Seoul International Finance Center (IFC Seoul), a representative first-class hotel

Conrad Seoul is a global luxury brand of Hilton, an international hotel chain. It provides concierge services for medical tourism, such as airport reception and return, hospital reservations, and interpretation services. Conrad Spa has been selected in the luxury spa hotel category of the World Luxury Hotel Awards.



Aiming for the world's best hospital specializing in cerebrovascular disease beyond Korea

Myongji St. Mary's Hospital is the only general hospital designated as a cerebrovascular disease specialty hospital for four consecutive times in Korea and the metropolitan area. In addition to the specialized cerebrovascular center, we operate 10 specialized centers, including the cardiovascular center, vascular intervention center, pain rehabilitation center, digestive endoscopy center, colon and anus center, and comprehensive examination center. Equipped with medical equipment. In particular, cerebrovascular disease is a disease that requires prompt treatment within the golden time. The reputation lives on by establishing an emergency medical system that can perform cerebrovascular surgery and procedures 24 hours a day, with state-of-the-art medical equipment and specialists comparable to large hospitals.



MYONGJI St. MARY'S HOSPITAL




MAIN MEDICAL FIELD: Neurosurgery - Stroke (cerebral infarction, cerebral hemorrhage), cerebral aneurysm Neurology - epilepsy, dementia, Parkinson's disease Department of Rehabilitation Medicine-Cranial Nerve Rehabilitation, Spinal Cord Rehabilitation.

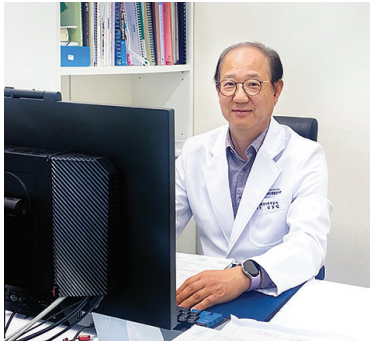


63 Square, a complex cultural space in Yeouido!

63 Square, with 60 floors above ground (264m above sea level), has been established as a symbolic landmark of Seoul even after 30 years. From the 63 Art Observatory, which is said to be the closest art museum to the sky, to Aqua Planet, where the Mermaid Show is fantastic, and 5 luxurious restaurants, there are many things to see and enjoy.

RESTAURANT





Chronic fatigue! Could it be that there is a problem with my liver?

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

Q. What is the human liver and what role does it play?

The liver is located in the right upper abdomen and is larger than the fist of an adult. All ingested food is absorbed into the blood through the digestive tract, and when blood containing enzymes passes through the liver, it causes metabolism in the liver cells and plays a role in changing into energy. In this process, it also decomposes alcohol or bad toxic substances. In addition, it is an indispensable and important organ that makes bile and stores it in the gallbladder under the liver and supplies it as digestive enzymes, and is involved in various immune and sterilization functions.

Q. What are the signs of liver abnormality?

In everyday life, even 50% of the liver's capacity is not used, so if the liver is attacked for a short period of time, the liver's natural ability to recover does not cause any special

symptoms. In everyday life, it is a misconception to think that chronic fatigue is a liver disease, and in the case of long-term or very severe liver damage, subjective symptoms can be felt, such as fatigue, general weakness, loss of appetite, nausea, vomiting, indigestion, abdominal discomfort, right side. Dull pain in the upper abdomen, etc. In fact, these symptoms are not specific to liver disease, so diagnosis is not easy. Simple chronic fatigue, temporary excessive drinking, and overwork rarely develop into liver disease. Only at this time, blood tests can increase the liver function index, but in most cases, it recovers naturally without special treatment.

Q. Are liver medicines helpful for healthy people to keep their liver strong?

The liver does not get tired or diseased easily, and if you have a healthy liver, taking vitamins or liver medicines to make or maintain your liver more healthy will not help your liver at all. Rather, healthy people should be careful when taking medicines for the liver, as not only Western medicines, but also various health supplements and herbal medicines can cause liver diseases such as hepatitis. Most of the folk remedies and herbal medicines that

are said to be good for the liver have not been proven effective.

Q. Is there any test to check if my liver is healthy?

In case of severe liver damage, abnormal symptoms such as jaundice, general fatigue, and indigestion may be felt. Regular national general health examinations and liver ultrasonography can diagnose liver function decline, fatty liver, liver cirrhosis, and short nodes relatively easily, and even small lesions such as liver cancer can be diagnosed at an early stage through liver CT or MRI examination. Can

Q. How is hepatitis B transmitted in everyday life?

Hepatitis B is a vertical infection most commonly caused by babies born to mothers with hepatitis. If you have antibodies, it is not contagious through everyday contact such as passing a glass or kissing. Even if there is no antibody, the infectivity is extremely low as a medium other than blood.

Q. Do I need to be vaccinated if I do not have hepatitis B antibody?

The case of transmission through a medium

other than blood is low, but the carrier rate of hepatitis B in Korean adults still exceeds 3%, so antibody formation is recommended. Blood contagiousness is strong, so occupations that handle blood must check the presence of antibodies and receive additional vaccinations.

Q. How can I manage liver health?

A drug that makes the liver healthier is yet to be recommended. It is not known that foods that improve the liver are also scientifically supported. A healthy liver can be said to be a lifestyle that makes the human body healthy. Maintaining an appropriate weight to prevent fatty liver, a vegetarian diet with reduced high-calorie foods and saturated fat, exercising more than 3 times a week, and prohibiting sobriety and non-prescribed medications are lifestyles that strengthen the liver and body.

– Ph.D. Dongil Kim,
 Doctor of Occupational and
 Environmental Medicine,
 Seoul DMC Health Care Center

We can solve your snoring/sleep apnea problems right away at Ilmi Dental Clinic !!!

ILMI DENTAL CLINIC

Complications risk-free, anti snoring oral appliance PASA

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. Based in Incheon, Dr.Park's Ilmi dental clinic is well known for its different treatment of TMJ disorders and traumatic occlusion in addition to conventional dental treatment such as implants and prosthodontics. PASA was given the NET(New Excellence Technology)certification by the Ministry of Health and Welfare of Korea in 2015.

Snoring and sleep apnea is a medical condition that severely affects one's health. Multiple research shows correlations between sleep apnea and chronic headache, fatigue, sleepiness, hypertension, 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.

The development background of PASA

The invention of PASA was an incidental finding by Dr. Park. Earlier in his career as a dentist, an old male patient in his 80s complained multiple times after getting his complete dentures fabricated. He complained that the dentures were not fitting well despite numerous adjustment attempts. An x-ray imaging showing the patient's entire head was taken for evaluation. It was noted that the patient had a massive



asymmetry between the left and fitting joints in the jaw. It was a moment of inspiration for Dr. Park, as he realized "a door with broken hinges cannot be fixed.

While correcting this asymmetry with different oral splints, Dr. Park received feedback that snoring had disappeared. This unintentional "side effect" has led to more research on TMJ and occlusion during his personal time. After receiving the same feedback from multiple patients with similar cases, Dr. Park saw a pattern and decided to use this principle to develop a new product to help people suffering from snoring and sleep apnea. As the product was first developed to manage people with TMJ problems, the product was designed in a way to minimize strain in the joints of the

jaw. In doing so, it virtually eliminated the potential side effects in long-term usage that were prevalent in other oral appliances at the time. Over the years, PASA has gained much popularity among patients with sleep apnea of all stages in Korea. Today, patients are visiting from many countries around the world.

Eliminated side effects present in other products, effective in managing snoring and sleep apnea

Every anti-snoring oral appliance advances 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. One advantage of PASA over other treatment methods is that it is virtually side-effect-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 compact and in one piece without any additional connecting components, making it easier to clean and less likely to break.

Dr. Park also noted that "PASA would be an excellent treatment option who suffer from chronic oxygen deficiency due to sleep apnea and those with a dry mouth or swollen neck from long-term mouth breathing."

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



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Spring skin care and treatment

BY DR. SHIN YOUNG IK,
DM DERMATOLOGY

The wind tends to blow strongly in the Korean peninsula from March to April, quickly drying the skin. At this time, strong westerly winds move yellow dust from China to the Korean Peninsula. Therefore, this period is the time of the year when yellow dust is most severe. Yellow dust contains tiny sand particles, fine dust, and ultra-fine dust, which increases the possibility of skin, respiratory (nasal mucosa, bronchial), and eye problems.

In particular, people with sensitive skin tend to have more sensitive skin conditions and may require skin care and treatment. The most crucial thing in skin care at this time is to wash the skin well. It is recommended to wash your face immediately after returning from going out. It is essential to thoroughly clean your face using a detergent suitable for your skin type (separately used for oily and dry skin). It is important to rinse thoroughly after washing your face with detergent. After washing your face, it is recommended to use a light lotion suitable for your skin type. If your skin type is oily, use an oily lotion/cream; if you have dry skin, use a dry lotion/cream. Most people with sensitive skin are advised to use oily products.

Another skin disease is photosensitive dermatitis. It is a disease that causes itching and rashes on sun-exposed skin. If the symptoms are severe, we recommend

seeing a dermatologist immediately. Treatment is to use a steroid ointment and take an anti-allergic drug when the symptoms are mild. In addition, use sunscreen appropriately to protect your skin from UV rays. In the case of mild symptoms, use sunscreen; if the skin is irritated, cool the skin with a cold towel to alleviate the symptoms. As the time exposed to the sun increases, the skin adapts and improves.

I would like to recommend two skin care treatments recommended for spring. First, a botulinum toxin injection that eliminates frown lines and crow's feet. This is because wrinkles between the eyebrows and around the eyes become more pronounced as outdoor activities increase and sunlight strengthens. Second, I would like to recommend a procedure to get rid of a double chin or other body fat. Wearing a mask due to corona is completely gone, so it's time to pay more attention to your face. Recently, an injection procedure that easily removes flab is showing promising results. This is an injection containing DeoxyCholic Acid. It is a more reliable procedure because it is a specialized drug recognized by KFDA for its efficacy in removing double chin fat. Since the effect appears after 1 month, it is recommended to undergo the procedure after sufficient consultation with a dermatologist.



Dr. SHIN YOUNG IK

