

Healthy Living

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

April 2022

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Welcome to busanjin

Seomyeon Medical Street SMS

BUSANJINGU

Seomyeon Medical Street, located in Busanjin-gu, the center of Busan Metropolitan City and iconic maritime capital of Korea.

Seomyeon Medical Street, which took form naturally as medical institutions began to gather around Seomyeon Rotary, is now located within a 500m radius of Seomyeon Subway Station, where as many as 370 various medical institutions such as dermatology, plastic surgery, dentistry, and ophthalmology are concentrated. This concentration of medical technology is unlike anything else in the world. Thousands of



foreign tourists visit Seomyeon Medical Street every year for medical services.

At Seomyeon Medical



Street's medical institutions, staff with medical knowledge and experience accumulated through Korea's excellent

medical schools and specialist courses, are waiting for you. If you come to Seomyeon Medical Street, you will receive

first-class medical services at a reasonable price (compared to other areas).

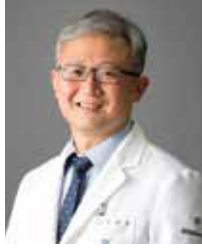
The Seomyeon Medical Street Festival, held every October, introduces the latest medical technology of exemplary medical institutions of SMS, and provides medical experience and professional consultation. It is the first medical tourism festival in Korea where you can enjoy wellness, beauty experiences, performances, and events. The 11th SMS Festival is scheduled to be held October 2022.

Start a beautiful and healthy trip on Seomyeon Medical Street, where you will receive the best medical services!

One-stop service for anti-aging

THE WELL DERMATOLOGY CLINIC

Skin sagging and hair loss over time is a sign of aging that everyone sees at some point. It's a natural phenomenon, but sometimes you lose confidence in how you look. With the development of medical technology, it has become possible to address these issues through various procedures without surgery. With more than 20 years of clinical experience in skin disease and cosmetic treatment, The Well Dermatology Clinic Director Kim Hyoung-joo, who is solving the concerns of numerous patients, will introduce to facial contouring using thread lifting and hair follicle stem cell hair loss treatment.



Botox is mainly used to improve wrinkles on the forehead and around the eyes, and to improve muscle hypertrophy such as square jaw. Fillers are used to improve volume loss on the forehead, temples, nose, cheekbones, and nasolabial folds.

Q3. Is there anything better than simply thread lifting?

Even if the skin is pulled up by thread lifting, the effect of enhancing the three-dimensional effect and improving the shape of the face is better with the complex treatment. In particular, it improves wrinkles and improves skin texture a lot.

Q4. How long do the effects last?

Botox loses its effectiveness after 4-6 months, and fillers vary depending on the type, but it is accurate to believe that they usually last for about a year. Thread lifting is also maintained for about 1 year.

Q5. For which patients do you recommend this procedure?

This combination therapy is performed on a variety of patients. Mainly after the age of 50, the skin sags and wrinkles increase, so this combination treatment is highly recommended. It is performed even if you are young but have wrinkles or a decrease in volume. Usually, it is very helpful in improving the overall contour of the face and improving the skin texture.

HAIR REVITALIZED WITH STEM CELLS

Q6. Nowadays, stem cell therapy is being used in many fields. Is it possible to treat hair loss with stem cells? (Principle of stem cell hair follicle transplantation)

Stem cells are the roots of cells that make up all living things. The healing and recovery of wounds on the skin is thanks to stem cells that create new skin. Stem cells not only function as cells within the same tissue, but also switch to a role that suits the environment when transferred to another tissue. Therefore, by extracting tissue cells from a healthy area, separating the stem cells, and injecting them into the area where hair loss is occurring,

hair loss treatment proceeds on the principle of making hair loss stem cells healthy again and realizing hair growth.

Q7. What is the course of treatment and how long is the procedure? (treatment process)

The treatment time usually takes less than 30 minutes. Even after treatment, it is possible to visit the hospital and return home within an hour. During the procedure, the pain caused by the injection of local anesthesia can be safely performed. After the procedure, it seldom interferes with daily life. The effect is better if you use scalp care treatment or mesotherapy treatment together after the procedure. Occasionally, PRP treatment is also performed.

Q8. When does the treatment effects begin to appear? Are there any additional treatments or procedures that need to be received along with stem cell treatment?

It usually takes a month to see the effects. If it is early, the effects will appear after about 2 weeks, but in general, it is usually most noticeably effective in two months.

Q9. Is it effective for patients with advanced hair loss?

It is generally not recommended because of its low effectiveness. In this case, a hair transplant is more recommended.

Q10. How long is the lasting effect of stem cell treatment?

If stem cell treatment is effective, you can think of it as almost returning to normal. This procedure has been around for about 5 years, and the effects continue to this day.

Q11. Can a patient with mild hair loss experience hair thinning when receiving treatment? Is it effective in preventing hair loss in advance?

It works well for male pattern baldness. Thinning hair will thicken, especially if it has not progressed much. Therefore, it has an excellent effect in preventing hair loss. In the case of female pattern hair loss, there has been no suitable treatment so far, but stem cell hair follicle transplantation shows distinct therapeutic effects.

THREAD LIFTING TO CONTOUR THE FACE

Q1. Please explain in detail about the thread lifting procedure and its effects.

Thread lifting is a method of pulling tissue in the skin using a thread with a protrusion. It has the great advantage of being able to go back to daily life right away with a non-surgical way to outline various facial changes due to aging, such as nasolabial folds and sagging cheeks. The Well Dermatology uses N-cog, a melting thread. N-cog is a safe thread that is 100% biodegradable in the body and excreted in the urine as a single component of polydioxanone. Also, around the thread inserted into the subcutaneous fat layer, new collagen and elastin fibers are regenerated and new blood vessels are increased to improve blood flow. Therefore, you can see the effect of improving skin elasticity and sagging.

Q2. At The Well Dermatology, you are using thread lifting, botox, and fillers together. What area do you mainly use them for?

We treat the patient's face with meticulous care. In the case of wrinkles, botox and fillers are performed in consideration of the interests and habits of the patient, and if the overall face sags with age, a melting thread is used to improve the chin line and front cheekbones.



Kakao ID:
Wellpibu



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Soje-dong



Daejeon Modern History Hall

DAEJEON'S OLD CITY

Alleyways reflect decades of

DAEJEON TOURISM ORGANIZATION

Amid the rapid progress and endless competition, the days of old are easy to be forgotten, as we tend to value development in pursuit of the "next best thing." Yet Daejeon is the same city and retains its old city charm.

Known as the "City of Science," cutting-edge science and technology has attracted the attention of global citizens, despite the history of Daejeon drifting from the limelight. In the midst of all the urban development and changes, people passing through Daejeon Station, which was once the heart of the city, are slowly losing their connection with the past. But recently, efforts are being made to dust off memorabilia and fill Daejeon with history, culture and people.

Soje-dong's 100 years of history

The history of Daejeon is deeply intertwined with railways. In 1905, when the Gyeongbu Line railroad began to be laid, a railway building was formed around Daejeon Station, a common house for railroad engineers. There were originally three Gwansa Villages (known for being villages for

senior railway officials built near the railway station during Japanese Occupation), but most of them were destroyed by bombing during the Korean War, and Soje-dong is the only such village remaining. Soje-dong was named after a large lake called 'Sojeho' and was reclaimed during the Japanese colonial period. Wooden buildings built in the 1940s and 1950s make up the village, so you will find yourself becoming eager to document the unique scenery with your smartphones.

The relatively low and old walls that contrast the city's tall concrete buildings, the bumpy brick road, the ditch along the road, and the wooden pillars supporting the building, are reflective of the history and cultural heritage of Daejeon. Once a marginalized and faded neighborhood, it is now brought to life again with many visitors. There were once about 40 railway officials in Soje-dong. Among them, residence No. 16 has been recognized for its historical value as it has the best preserved architectural and spatial characteristics among the railway towns. In the past, it was a space where the family of a Korean railroad official lived. The tatami room and toilet are preserved in their original

TATTOO REMOVAL

VINCENT CLINIC

TATTOO REMOVAL CASE STUDY

Why should you have your tattoo removed at Vincent Clinic?
Competitive Pricing. It is around 30% cheaper than in the US.

You may have received a tattoo at least once when you were young because it looks cool and just because you were curious and carefree. But as time goes on, you can get bored of the design and the trend of tattoos will have changed so it doesn't look as appealing anymore. So some people may seek to get a new trendy design tattoo on top of the old one or remove them and get a new design!

Especially when you become an adult, you have to get a job and social life with social status can become somewhat restrictive to youthful pursuits. For instance, if you have tattoos, you could have difficulty getting promoted or tattoos are prohibited in some jobs. For these people, tattoo removal becomes necessary.

There are various methods of removing tattoos. Among all, the laser method typically carries a lower risk of scarring than other removal options. Also, it requires multiple treatments and some patience, but rest assured that using a laser is the safest, least invasive and most effective way for you to finally get rid of that embarrassing ink.

It is never 100% removed but the effects are visible. What many people forget is that any scarring that remains after a tattoo removal procedure is often left over from when the tattoo was done by the tattoo artist. In conclusion, tattooing and both tattoo removal leaves a scar on your skin so there will be signs of scarring left behind.

However, with over 20 years of experience in tattoo removals, Dr. Cho has his own insights and techniques to handle your tattooing or tattoo removal needs with care. Definitely a professional and proven doctor. Plus, he is not just a tattooist but also a doctor.



Why do you have to have tattoos removed by a medical doctor?

- Since with a medical doctor, it is a medical institution, they can give needle anesthesia if requested by patients and prescribe medication for cases where patients require surgery.
- Finding a qualified medical doctor is essential for both safety and effectiveness.
- Allergic reactions are also taken into consideration and tests are taken to ensure a safe treatment.
- Medical doctors will know how to adjust the power and depth of the laser depending on tattoos.

Any instructions after having a tattoo removed?

- No restrictions about food, alcohol or smoking.
- Avoid getting any water on the treatment area for at least a day to prevent risk of infection.
- Vincent provides some Vaseline for patients to apply on the tattoo removal area to coat the skin and prevent scaling. If you have allergies to Vaseline, you can apply any oil base cream that suits you.

What is the process?

- Apply anesthetic cream for a while and then the laser is progressed.
- It only takes a maximum of 10 - 20 minutes for 1 session. (The depth of the tattoo determines the number of sessions) For a smaller tattoo removal, it can take within 5 minutes.

According to some US insurance, medical tattoo is partially covered by insurance. So check your personal insurance policy and don't miss the opportunity.



Stellar Background

- Over 20 years experience as a specialized medical tattoo practitioner
- Dr. Cho is a rare find in Korea's tattoo industry as he is both a tattooist and doctor(Ph.D.)
- This enables you to either receive amazing tattoos or get rid of them through the careful hands of Dr. Cho. Since he does both, he has a strong sense of responsibility for patients.



Kakao ID:
drVincent



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Y CHARM f history

state. Now, it has been transformed into a complex cultural space and reborn as a space where you can enjoy various exhibitions of young artists. There is a small cafe where you can taste coffee brewed by a robot in the annex located in the front yard of residence No. 16. The space where old houses and the latest robot technology harmonize reveals the true charm of Soje-dong, where the past and the present coexist.

Daejeon Bakery Festival

At the end of the road that stretches out in front of Daejeon Station, you can find the Daejeon Modern History Hall, where you can see the 100-year history of Daejeon at a glance. As an iconic modern building built in 1932, it was once used as the official Chungnam Provincial Government building, and until now, the original form has been well preserved and operated as an exhibition hall serving as a living witness of important events and events in Daejeon.

A special festival unique to Daejeon is held around Daejeon Modern History Exhibition Hall. After the Korean War, when wheat was supplied as a relief food to the United

States, Daejeon, which was the center of railroad transportation, naturally became a base for distribution of wheat. With the establishment of flour mills around Daejeon Station, food made with wheat flour, which was relatively easily available, has become the representative dish of Daejeon.

Daejeon Tourism Organization planned the 'Daejeon Bakery Festival', which tells the story of Daejeon related to flour, and was first held in November 2021. At the festival, not only can you witness Daejeon's baked goods in one place, but also various attractions and experiences such as a K-pop concert, a baking contest, a cooking class, and a mukbang showdown with famous YouTubers are added, attracting visitors who want to participate in the festival. It has established itself as a popular festival that wraps around the venue. This year, two bakery festivals will be held in May and October at the Daejeon Modern History Exhibition Hall. It is expected to become a lively festival that fills Daejeon with more diverse experiences and attractions, drawing attention and expectations from people all over.

Efforts to achieve conservation and development together are making Daejeon a stronger city. Although it is not overly flashy, the story of the city with its rich history has brought people together, created a new culture, and breathed life into the old city center. New winds have pushed out the stagnant air and the city's true identity has become clearer. With that in mind, Daejeon is being reborn with a new charm.



Gwansa Villages No. 16



Taste coffee brewed by a robot



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| • Pulmonary function test | • Mammography |
| • Digestive system screening | • X-rays |
| • Blood test | • Ultrasound |
| • Biochemistry test | • Electrocardiogram (ECG) |
| • Immunology test | • Diagnostic tests |
| • Urinalysis | • Travel immunizations |



WONJIN
PLASTIC SURGERY



WJ WONJIN PLASTIC SURGERY

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Breast surgery	Facial lift
Blepharoplasty (Eye surgery)	Facial contour
Rhinoplasty (Nose surgery)	Dermatology
Otorhinolaryngology (ENT)	Anesthesiology
Reconstruction (Revision surgery)	

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