

Healthy Living

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

September 2022

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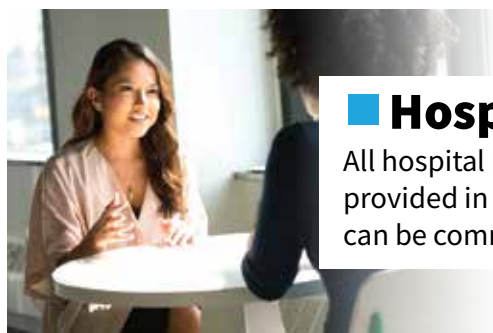


U-MEDI: Your Health Partner in Korea



■ Find a Doctor

We will help you find the right family doctors, psychiatrists, OBGYNs, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine, and more.



■ Hospital Interpretation

All hospital reservations and guidance are provided in English, and questions and concerns can be communicated in English as well.

■ Hospital Transportation

We provide a non-emergency door-to-door transportation service to individuals and groups who may need special support getting to and from their healthcare appointments.



■ Medical Insurance Claim

If you need guarantee of payment and insurance claim after your payment, feel free to ask us.



TELEPHONE: 010-5817-1005
EMAIL: wellness@u-medi.com
HOMEPAGE: u-medi.com





busanjin SMS

Medi-Healing Tour in Busanjin-gu

2022 Seomyeon Medical Street Festival

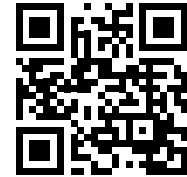
SEOMYEON MEDICAL STREET FESTIVAL

Seomyeon Medical Street Festival takes place around Autumn every year and is a medical tourism festival that introduces Seomyeon Medical Street(SMS), where more than 370 medical institutions are concentrated, to the

nation and the world. It is a festival held to allow people to experience and enjoy the tourism facilities around Seomyeon.

It's a festival where SMS's premium medical institutions can show off their cutting-edge medical skills, and you can experience professional consultations including virtual cosmetic surgery, skin

and scalp diagnosis, eye pressure test, vision correction and old sightedness treatment, consultation for dental implants and braces, check-up for blood vessels, obesity check-up, etc. Also, there are various beauty-wellness experience and events, culture performances.



www.busansms.com

EVENT DATE:

2022. 11. 4 (Friday)
~ 11.5 (Saturday)



List of Member Companies of the SMS Medical Tourism Council

Cosmetic surgery & Skin			Eye clinics			Accommodation		
Nobless Plastic Surgery	NEW LINW Plastic Surgery	THE FACE Plastic Surgery	GOOD MORNING 102 Eye Clinic	NUNEVIT Eye Center	HIVUV Eye Clinic	Lotte Hotel Busan	Solaria Nisetsu Hotel Busan	tt Hotel
RIO Plastic Surgery	JEONG SUNG HOON Plastic Surgery	I-know-u plastic Surgery						
FOUR SEASONS Plastic Surgery	HANEUL Plastic Surgery	ABC Plastic Surgery						
BS THE BODY Plastic Surgery Clinic	GOWONSESANG Kim Yang Che Skin Clinic	SUNG JAE YOUNG Ease Skin Clinic						
Dental clinics			Health check-up & Obesity management			Foreign patient attraction company		
GOODWILL Dental Hospital	DIGITAL ART Dental Clinic	LINE-UP Dental Clinic	ISAM Hospital	BUSAN HANGUN Hospital Bunchun Campus	BUSAN 365mc Hospital	Goryeo Medical Tour Development Inc.	Busan JMJ	Smart Care Medical Busan
			Oriental Medicine & Thoracic Surgery			Women's Clinic & Men's Clinic		
			Detoxifying Blood Cleansing EUNBAEK Oriental Medical Clinic	Bright Oriental Medical Clinic	Kim Byoung joon LEDAS Varicose Vein Clinics	Eroom Woman Clinic	ZEUS Urology Clinic	
			ETC					
			International Beauty Creation Association	MS Education Academy				
			+82-51-710-5971	+82-51-819-5522				

Sungjae Young Iz Dermatology

Autumn, when the skin needs to be reborn!

SUNGJAE YOUNG IZ DERMATOLOGY

This summer, which was exceptionally humid and hot, is still living in a pandemic era where you can't avoid masks. Our skin is tired. Skin exposed to hot ultraviolet rays not only develops pigment diseases such as melasma and freckles, but also becomes rough and wrinkles deepen. It's important to keep in mind that tired skin like this can accelerate aging if not properly cared for during the current peak season. From now on, Sungjae Young, the Chairman of the Board of Dermatology Representative of Dermatology Advisor Sungjae Young, will advise on good skin care practices to know this fall.

Advice 1. Inflammation Treatment Fights Time

In people who have been outdoors frequently during the summer months, the skin trapped in the mask is over-secreted with sweat and sebum, while the skin seemingly overuses air conditioning and the skin becomes greasy and dry. This deepens the inflammation. In addition, when the skin immunity and resistance are weakened due to ultraviolet rays, and the skin itself reacts sensitively, resulting in a sudden severe keratinization, tingling or itching of the skin, and even swelling. Neglecting these skin reactions leads to skin aging, so the sooner you treat them, the more effective they are.



Advice 2. Find the Right Treatment for You

As different as a person's appearance is, treatments are also diverse. You need to find a treatment that works for you, like a 'Bispeck suit' tailored to your individual. Sungjae Young Dermatology recommends a new treatment method, medical skincare, and "dumio care," which help the epidermis recover with microultrasound vibrations. Dumio Care generates and supplies high concentrations of anions into the body through a transparent helmet reminiscent of a spacecraft pilot, and induces skin regeneration by reducing free radicals that cause skin aging. A combination of 'intravenous therapy' is designed to speed up treatment. Based on the 'Myers cocktail' regimen designed to treat a variety of diseases such as allergic rhinitis, cardiovascular disease and a combination of magnesium, calcium, vitamins B and C, it is prescribed precisely according to the individual's body and

skin condition.

Advice 3. Don't take the holiday hair loss lightly

Through the hot summers, contaminants such as sweat, sebum and dust penetrate the scalp and block the hair follicles. Because of this, when the season comes, you may feel an unusually bad hair fall out. In the fall, when the weather is good, there is a temporary increase in the secretion of male hormones that affect hair loss, which causes hair loss. Don't leave this unattended, but seek out a dermatologist to develop a treatment plan with plenty of counseling.

Advice 4. Don't neglect skin care in your daily life

If you experience skin inflammation, swelling, or itching, try a hypoallergenic product that has a low oil content or is oil-free. It is also recommended to avoid the use of exfoliators that irritate the skin, and to use a slightly acidic soap with a pH of 5.5 or higher.

The most important thing here is to stick to the 'inner beauty' that you cultivate from the inside out. Drink plenty of water and pack some nutrient-rich seasonal fruits and vegetables. Apples, in particular, are rich in antioxidants and anti-inflammatory properties, which help strengthen the skin. In addition, broccoli, which is rich in vitamin C, and tomatoes that contain a high amount of lycopene, which removes free radicals from the body due to its powerful antioxidant action, are also essential foods for the skin.



<https://easeskin.co.kr/>



Busan Wellness Tour Program

U-MEDI offering special package to military community!



■ Free transportation and interpretation service provided Package includes:

- ✓ Complete medical checkup
- ✓ Complimentary 60,000 won in chips for Seven Luck Casino



■ Mirae IFC physical exam

One-day, one-stop medical check-up:

- ✓ Special Lady Zone Comprehensive exam for women
- ✓ Personalized post management program



■ Kosin University Gospel Hospital

- ✓ Top-rated institution for cancer treatment
- ✓ Top-rated institution for health assessments



CONTACT INFORMATION:

JSB Tour and MICE 82-51-742-0808
wellness@u-medi.com





SPECIAL MEDICAL TOURISM DEAL FOR USFK FAMILIES!

Get full-body preventive health checkup and enjoy night at luxurious hotel!

\$2,500 value for only \$650!

Where's the checkup?

Songdo General Surgery

Location

Incheon City, POSCO Tower Songdo
4th floor

Where do you stay?

Oakwood Premier Hotel, a landmark
of Songdo, Incheon International District,
and located next to
Songdo General Surgery.



Breakfast included!

Hotel
website ▶



Nearby attractions

Incheon Lotte Mart Store, Hyundai Premium
Factory Outlet Mall, Gyeongwonjae Hanok
Village and more
(U-MEDI can provide tourist information)



Contact U-MEDI by text or phone at **010-5817-1005**,
or go to **wellness@u-medi.com**

- We will walk you through the process.
- Translator provided during checkup.
- After checkup, medical staff will conduct consultation.
Complete results emailed to you in 2 weeks.



Checkup includes

Counseling, physical measurement, obesity, body composition analysis, blood pressure, electrocardiogram, ophthalmology (vision, intraocular pressure, fundus), hearing, lung function, chest radiography, general blood, blood type, anemia, hepatitis (type B, C) liver function, diabetes, hyperlipidemia, kidney function, gout, electrolytes, pancreatitis, thyroid, syphilis, AIDS, inflammation, rheumatoid factor, tumor markers (liver cancer, colorectal cancer, pancreatic cancer, ovarian cancer, prostate cancer), urine, Feces Abdominal ultrasound, Gastroscopy or gastrointestinal angiography, nutritional evaluation
Women: Cervical cancer, vaginitis

Optional Checkup List (Additional costs)

- Upper abdominal + Carotid Ultrasound
- Thyroid + Breast Ultrasound
- Upper Abdominal Ultrasound
- Breast Ultrasound ■ Thyroid Ultrasound
- Carotid Ultrasound ■ Echocardiography
- Prostate Ultrasound ■ HPV test
- Genetic Analysis (8 Types)

U-MEDI Health Checkup
We are ready for you!
010-5817-1005
wellness@u-medi.com



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