



**KEY FACTOR for LONGEVITY**  
**HEALTHY HEART**

 **MEDICAL** *Curator*



# KEY FACTOR for LONGEVITY HEALTHY HEART

## Contents

### 1. KNOW THE FACTS ABOUT HEART DISEASE

### 2. Cardiovascular Centers in KOREA

2-1. Incheon Cardiovascular Cluster

2-2. The Oriental Hospital of Kyung-hee University

2-3. Wonkwang University School of Medicine&Hospital

### 3. Heart Healthy Recipes

3-1. Heart Healthy Scones

3-2. Salmon Tartare in Cucumber Cups

3-3. Very Berry Flaxseed Smoothie

### 4. Heart Healthy Exercise

4-1. Exercise Routines

4-2. Challenge List for 30 Days

### 5. About Medical Curator

# KNOW THE FACTS ABOUT HEART DISEASE

Heart disease is a general term that means that the heart is not working normally. Babies can be born with heart disease. This is called congenital heart disease. If people get heart disease later, it is called acquired heart disease. Most heart disease is acquired.

## The three most common types of acquired heart disease are:

**Coronary Artery Disease (CAD)** - This is a problem with the blood vessels that deliver blood to the heart muscle.

If these blood vessels get very small, or if they become blocked, blood cannot flow through them normally.

Blocked arteries in the heart are often caused by smoking, high cholesterol, high blood pressure, diabetes and inherited traits from parents.

**Congestive Heart Failure (CHF)** - This is a condition that means that the heart is not pumping at normal levels.

Two common causes are a weak or sick heart muscle and the other is abnormal heart valves. When the heart valves do not work normally, the heart muscle has to do extra work and it can become tired or fatigued.

**Bad Heart Rhythms** - This is a problem with electrical activity in the heart. This can make the heart beat too fast or too slow.

The heart needs a normal rhythm to pump the blood well. If the rhythm is too fast the heart may not have time for blood to enter the chambers, so there is not enough blood moving through the heart with each beat

## ACQUIRED HEART DISEASE CAN BE PREVENTED

According to the World Health Statistics 2014 released by WHO on 15th of May, 2014, "Fewer men and women are dying before they get to their 60th birthday from heart disease and stroke because they have become better at monitoring and managing high blood pressure for example." It means major heart diseases can be prevented enough by following these life changing goals.

Look at the infographic about world life expectation, which has been increasing since 1960. Also, get more detailed news release at <http://www.who.int/mediacentre/news/releases/2014/world-health-statistics-2014/en/>

Although some risk factors like age, ethnicity and family history can't be changed, there are several lifestyle choices you can make to reduce your risk of developing heart disease.

- Become smokefree
- Manage your blood pressure
- Control your cholesterol
- Manage your diabetes
- Manage your stress
- Choose a heart healthy diet
- Increase your physical activity
- Maintain a healthy weight

# Cardiovascular Centers in KOREA

## (1) Incheon Cardiovascular Cluster

Incheon Cardiovascular Cluster features 3 JCI certified medical institutions – Inha University Hospital, Gachon Gil Hospital, and Incheon St. Mary's Hospital specialized in cardiovascular treatment. Incheon, the third largest city in Korea, has played the role of the official gateway to Korea and the hub for northeastern Asia as the host city of internationally acclaimed Incheon International Airport and Port of Incheon.



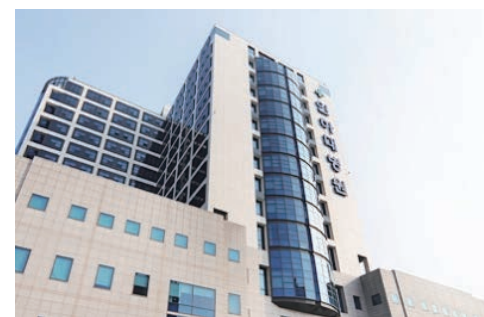
### Incheon St. Mary's Hospital

The Best Acute Stroke and Myocardial Infarction Care Center in Korea



### Gachon Gil Hospital

JCI Certified Medical Institution  
Specialized in Acute Myocardial Infarction Treatment



### Inha University Hospital

JCI & FERCAP Certified Institution with Airport Medical Center for Foreigners

## Regius professor

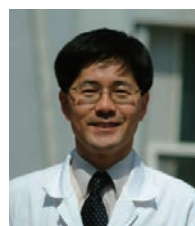


### KO Gwanggon, Cardiologist,

Professor of Cardiology

[Specialty]

Arteriosclerosis (Hyperlipidemia), Hypertension, Angina Pectoris



### JEON Dusoo, Cardiologist,

Director of ICU, Chief & Professor of Cardiology

[Specialty]

Coronary Artery Disease, Hypertension



### PARK Geumsu, Cardiologist,

Professor of Cardiology, Director of Medical Departments, Director of Incheon In't Airport Medical Center

[Specialty]

Coronary Artery Disease, Hypertension, Pericardial Disease

## Special features

Incheon Cardiovascular Cluster features 4 JCI certified medical institutions – Inha University Hospital, Gachon Gil Hospital, Incheon St. Mary's Hospital, and IS Hanlim Hospital specialized in cardiovascular treatment. ICC provides one-stop medical curating service for cardiovascular and cerebrovascular patients from their arrival to departure through the professional collaboration of medical institutions, Incheon Medical Tourism Foundation, and private institution specialized in medical concierge service.

Visit ICC Website

Find your doctor/Ask Questions/Find the Location <http://incheon cardio.or.kr/>

## (2) The Oriental Hospital of Kyung-hee University

On July 24, 1995 we expanded into 400 beds. On our 26th anniversary in 1997, we changed the collection of Oriental medicine materials and published the Kyung-hee Collection of prescription with the amended version, making Oriental Medicine scientific and standard. With these accomplishments, we lead Oriental medicine in Korea and as of March, 2007 we have the 300 beds, 8 special departments, a subsidiary administrative office, preliminary medical office, medicine office, a team of nurses, etc. preliminary medical office, medicine office, a team of nurses etc., 47 specialists, 99 training doctors, 115 nurses, and aides. In all, we boast more than 300 employees, and treat more than 300,000 outpatients and 120,000 inpatients per year.

Kyung-hee University has another oriental hospital (Kangnam Hospital) located in Daechi-dong, Seoul.

### Medical&Oriental Comprehensive Healthcare Center

Programs	Time for the entire test
The Basic program (Male/Female)	3 hours
Age-specific program(Green/Gold/Silver)	
Intensive program (Cerebrovascular / Dementia / Cardiovascular / Digestive / Gynecologic / Women / Marriage preparation / Adolescent)	
One-Day premium program (Male/Female)	8 hours
Over Night premium program (Male/Female)	1~2 days

### Regius professor



#### Kwon-Sam Kim, M.D. ,

Director of ICU, Chief & Professor of Cardiology

#### [Specialty]

Heart Failure, Vavular Disease, Coronary Artery Disease, echocardiography



#### Woo-Shik Kim, M.D. ,

Professor of Cardiology, Director of Cardiovascular Center

#### [Specialty]

Heart Failure, Vavular Disease, Coronary Artery Disease, echocardiography, Hypertension

### Special features

- ① The single comprehensive healthcare programs including medical and oriental medicine
- ② Customized and specific program based on an individual's constitution other than the basic program
- ③ Special oriental medicine test: pulse-analyzer, autonomic nervous test, Yang-do-rak, Sasang constitutional examination

# Wonkwang University School of Medicine&Hospital

The Regional Cardiocerebrovascular Disease Center being designated by the government as the Base Hospital of Cariocerebrovascular Disease for Jeonlabuk-do Region in 2010, is now promoting supplementation of specialized personnel, modernization of facility and updating of equipment with the subsidized investment up to 10 billion KRW.

## Regius professor



### Kim, Nam Ho M.D. ,

Chief of the Regional Cardiocerebrovascular Disease Center

#### [Specialty]

Arrhythmia, Sudden Death, Heart Failure, Loss of Consciousness, Hypertension, Heart Failure

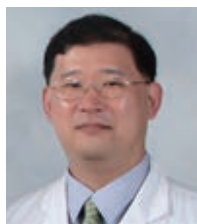


### Oh, Seok Kyu M.D. ,

Chief of the Cardiovascular Center

#### [Specialty]

Angina, Myocardial Infarction, Percutaneous Coronary Intervention, Hypertension, Heart Failure



### Yun, Kyung Ho M.D. ,

Cardiologist

#### [Specialty]

Angina, Myocardial Infarction, Percutaneous Coronary Intervention, Peripheral intervention, Hypertension, Heart Failure

## Special features

### ① Cardiovascular Center

Cardiovascular center operates special facilities for cardiac functional studies, cardiac electrophysiology, and coronary angiography with pride for 99% of success rate and interventional procedures being performed over 1,000cases annually. It also operates a coronary Care Unit where the specialized intensive care is being provided for patients with acute coronary syndrome.

### ② Cardiocerebral Rehabilitation Center

The Cardiocerebral rehabilitation center is aimed to establish the early rehabilitation treatment, and reduction of neurological/vascular sequelae and disability rates. It provide invalids with specific diagnoses using by electrodiagnosis and musculoskeletal ultrasonography, and the comprehensive rehabilitation consisted of the physical, occupational, speech, robot rehabilitation, cardiac rehabilitation, and early rehabilitation clinics/therapies.

# Heart Healthy Recipes

## (1) Heart Healthy Scones

Get more nutritional info at <http://www.heartfoundation.org.nz/healthy-living/healthy-recipes/heart-healthy-scones>

This is a simple and easy recipe for healthy heart. A perfect serving for morning or afternoon tea.



### Ingredients

- 1 ½ cups plain flour
- 1 ½ cups wholemeal flour
- 2 Tbsp baking powder
- 2 Tbsp caster sugar
- 2 tsp ground cinnamon
- 50g Tick approved margarine
- ¾ cup dried fruit (e.g. dates), chopped
- 1 cup trim milk
- ⅓ cup reduced fat plain yoghurt

### Method

1. Pre-heat oven to 180°C
2. Cover a baking tray with baking paper
3. Combine flours, baking powder, sugar and cinnamon in a bowl and mix
4. Add margarine, use your fingertips to rub it in until the mixture resembles fine breadcrumbs
5. Add dried fruit, mix to combine
6. Make a well in the center of the mixture and pour in milk and plain yoghurt, gently mix to combine
7. Spoon 10 even amounts of the mixture separately onto baking tray, each should be about 2cm high
8. Bake for 15 minutes or until golden brown

## (2) Salmon Tartare in Cucumber Cups

Get more nutritional info at <http://www.heartfoundation.org.nz/healthy-living/healthy-recipes/salmon-tartare-in-cucumber-cups>



### Ingredients

- 200g Fresh raw salmon
- 750g Cucumber
- 5g Chives
- 45g Umeboshi
- 10ml Lemon juice
- 10ml Mirin

### Method

1. Skin and bone the salmon
2. Cut salmon into 5mm cubes and set aside in the refrigerator
3. Cut the cucumbers into 1.5cm slices
4. Using a teaspoon scoop out a hollow into each slice. Remember not to scoop too much out as it will hold the salmon inside it. Keep refrigerated
5. Slice the chives into 1cm pieces
6. Take the stone out of the umeboshi and julienne
7. Just before service mix together the salmon, chives, umeboshi, lemon juice and mirin
8. Place one teaspoon of the salmon mixture into each cucumber cup and serve

# Heart Healthy Recipes

## (3) Very Berry Flaxseed Smoothie

Get more nutritional info at <http://www.heartfoundation.org.nz/healthy-living/healthy-recipes/delicious-berry-smoothie>



### Ingredients

- 1 cup (250ml) of milk
- 1 Banana
- 1 cup frozen/fresh berries
- 2 spoons of flax seed

### Method

1. In a blender, combine all ingredients.
2. Blend until smooth
3. Pour into glass and serve

### Super Food INFO – Flaxseeds

\*The primary omega-3 fatty acid in flaxseeds—alpha-linolenic acid, or ALA—can be helpful to the cardiovascular system in and of itself. As the building block for other messaging molecules that help prevent excessive inflammation, ALA can help protect the blood vessels from inflammatory damage.

\*Risk of oxidative stress in the blood vessels can also be lowered by flaxseed intake.

\*Intake of flaxseeds has also been shown to decrease the ratio of LDL-to-HDL cholesterol in several human studies and to increase the level of apolipoprotein A1, which is the major protein found in HDL cholesterol (the "good" cholesterol).

## Flax Seeds, ground, raw

2.00 TBS (14.00 grams)

Calories: 75  
GI: very low

Nutrient	DRI/DV
OMEGA-3 fats	132.9%
vitamin B1	19.1%
copper	18.8%
manganese	17.5%
fiber	15.2%
magnesium	13.7%
phosphorus	12.8%
selenium	6.4%



# Heart Healthy Exercise



## Walking

Walking is one of the easiest and cheapest ways to exercise.

It lowers your risk of heart disease, stroke, high blood pressure, colon cancer, and diabetes



## Jogging

The most commonly known benefit is that jogging is an effective way to lose weight. You can burn up to 150 calories by just jogging a mile.



## Running

For women, running can actually help to lower your risk of breast cancer. Many doctors today recommend running for people who are in the early stages of diabetes, high blood pressure, and osteoporosis.



## Cycling

You can ride a bicycle almost anywhere, at any time of the year, and without spending a fortune. Cycling makes the heart pound in a steady manner and helps improve cardio-vascular fitness. Studies have shown that cycling to work will increase cardiovascular fitness by 3-7%.



## Hiking

Lower risk of early death (If you are active for 7 hours a week, your risk of dying early is 40% lower than someone active for less than 30 minutes a week.

# 30 Days Challenge List for Healthy Heart

Share your daily success with #MedicalCurator

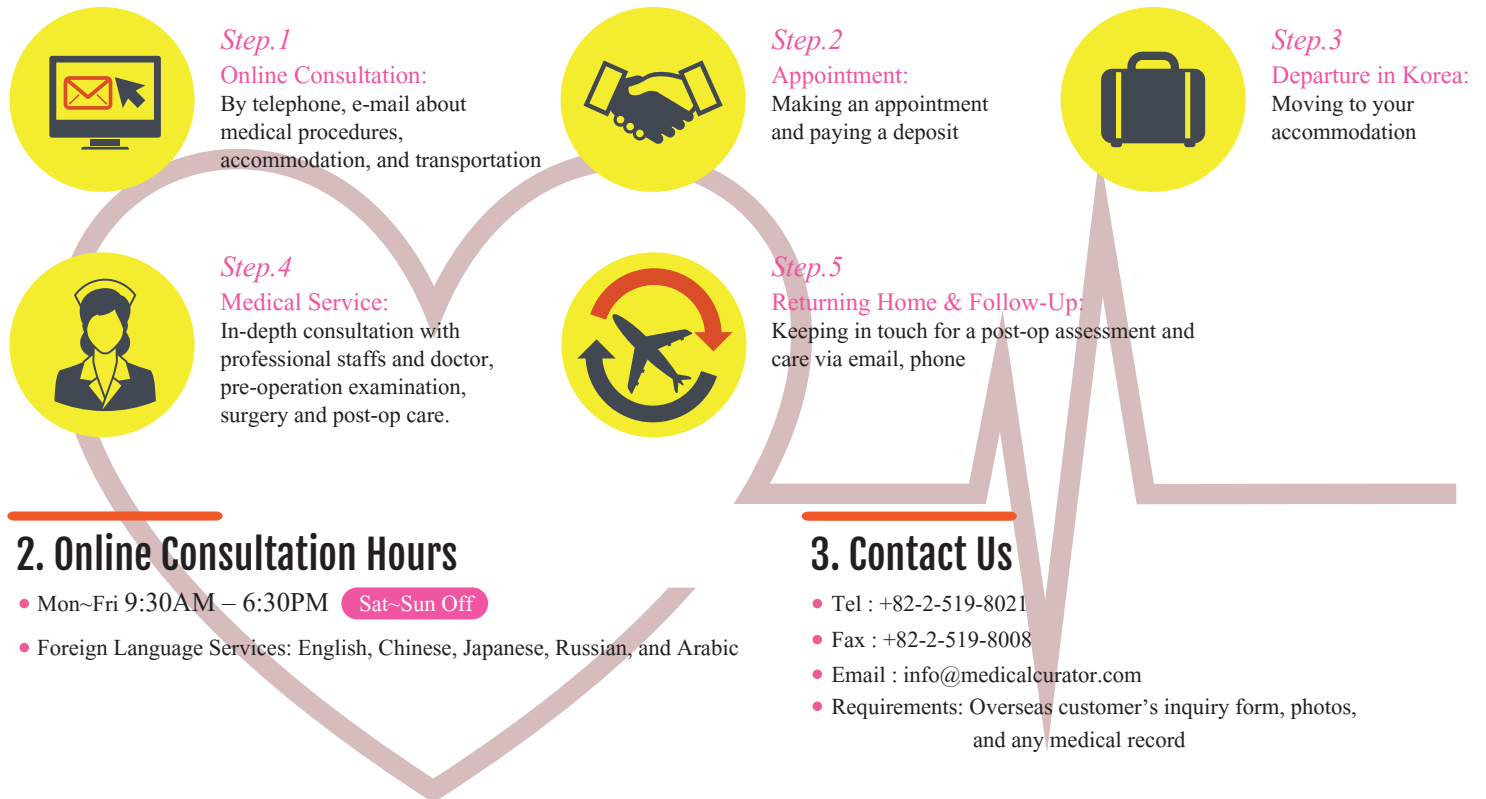
Day	Challenge	
1	Give Vegetarian Sunday a try	<input type="checkbox"/>
2	Make a hearth healthy smoothie for a morning	<input type="checkbox"/>
3	Sign up for our Medical Curator.	<input type="checkbox"/>
4	Google how to quit smoke.	<input type="checkbox"/>
5	Take a walk after having dinner.	<input type="checkbox"/>
6	Check your body mass index.	<input type="checkbox"/>
7	Write your favorite inspirational quote for life.	<input type="checkbox"/>
8	Friday fever! Visit a karaoke with your friend.	<input type="checkbox"/>
9	Do 10 burpees outside.	<input type="checkbox"/>
10	Measure your size of waist and record it.	<input type="checkbox"/>
11	Fill out your place with half of vegetables.	<input type="checkbox"/>
12	Squat 50 times for a minute.	<input type="checkbox"/>
13	Cook a hearth healthy dish and share with your best friend	<input type="checkbox"/>
14	Go stairs instead of elevator.	<input type="checkbox"/>
15	Throw away the hidden sweets.	<input type="checkbox"/>
16	Count how many chin-ups you can do in one minute.	<input type="checkbox"/>
17	Run until your hearbeat heats 130 per hour.	<input type="checkbox"/>
18	Tell your friend 30 days challenge list.	<input type="checkbox"/>
19	Share a funny viral video and laugh out laugh.	<input type="checkbox"/>
20	Find the most relaxing place to take a rest.	<input type="checkbox"/>
21	Do a stretching as soon as you wake up in the morning.	<input type="checkbox"/>
22	Squat 100 times nomatter how long it takes.	<input type="checkbox"/>
23	No soda day.	<input type="checkbox"/>
24	Do 20 chin-ups in 30 seconds.	<input type="checkbox"/>
25	Buy your own portable water bottle.	<input type="checkbox"/>
26	Do a abdominal breathing before going to bed.	<input type="checkbox"/>
27	Drink 3 Litters of water.	<input type="checkbox"/>
28	Do 20 burpees outside.	<input type="checkbox"/>
29	Go hiking and enjoy the nature.	<input type="checkbox"/>
30	Hug yourself, and hug your family.	<input type="checkbox"/>

# About Medical Curator

- ✓ Customized consultation for free
- ✓ Fast scheduling an appointment
- ✓ Translation service in 5 languages

Medical Curator works for international patients who would like to know about Korean medicine and visit Korea. We provide you with the most credible Korean health information as well as non-medical services. Since its establishment in 2011, Medical Curator (Previously Korea Medical Hub) has guided more than thousands of international patients. Medical Curator offers our valuable overseas patients comprehensive non-medical services from customized online consultation to post-op cares.

## 1. Medical Curator Process



## 2. Online Consultation Hours

- Mon~Fri 9:30AM – 6:30PM **Sat~Sun Off**
- Foreign Language Services: English, Chinese, Japanese, Russian, and Arabic

## 3. Contact Us

- Tel : +82-2-519-8021
- Fax : +82-2-519-8008
- Email : [info@medicalcurator.com](mailto:info@medicalcurator.com)
- Requirements: Overseas customer's inquiry form, photos, and any medical record

# Reference

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