

The ABC of **Medical Checkup** Programs In **Korea**

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 **MEDICAL** *Curator*



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The ABC of Medical Check-Up Process In Korea

Medical checkup or Health screening in Korea is a type of examination on purpose of preventive care. The main purpose of medical checkup is to detect and diagnose certain diseases.

The people need to take this regularly even they are not sick. Testing track was designed like a conveyor belt system allowing them to finish many tests within a few hours conveniently. If something clinically meaningful is found as a result of the medical checkup, they are guided to outpatient clinic where specific treatments can be performed.

Step1 At home	Step2 On arrival	Step3 Medical Checkup	Step4 Follow-up care
Reservation by phone, online, or in person	Payment (Cash or credit card)	Approx. 3~7 hours	Follow-up consultation with a professional health planner
Reservation confirmation		Early notification	
Postal delivery of medical checkup materials		Result Consultation after 7~10 days	

For checkup recipients with high risks, our clinic offers professional medical consultation and education, nutrition counseling and education, lifestyle guidance, and evaluation and analysis of patient's adherence to guidelines to help them prevent disease and maintain good health.

*Medical checkup processes were described based on the Seoul National Univ. Hospital Healthcare System Gangnam Center's guidance.





About Regular Medical Check-Up In Korea

Modern healthcare is becoming more and more centered on health maintenance and disease prevention through cultivating proper eating and exercise habits, and by going in for regular health screenings to detect and treat any problem in its early stages.

It comes as no surprise then that Korea, with its top medical technology and reasonably-priced health check-up services, has risen to the top as one of the world's premier medical tourism destinations.

Basic programs offered by specialized health check-up centers in Korea take about three hours, while special examinations to diagnose serious conditions like cancer, heart and cerebrovascular diseases can take about 7 hours (administered over the course of one or two days).

Medical institutes in Korea generally offer a high doctor-to-patient ratio allowing for more accurate and careful consultation and examination. It is these benefits, and more, that have made health check-ups and health screenings in Korea a major draw for many medical tourists.

6 Reasons Why We All Need Periodic Check-Ups!

- ① As primary prevention
- ② To identify risk factors for common chronic diseases
- ③ To detect disease that has no apparent symptoms (secondary prevention)
- ④ As a way for the doctor to counsel people to promote healthy behavior
- ⑤ To update clinical data since last checkup
- ⑥ To enhance the relationship between you and your doctor

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[INFOGRAPHIC]

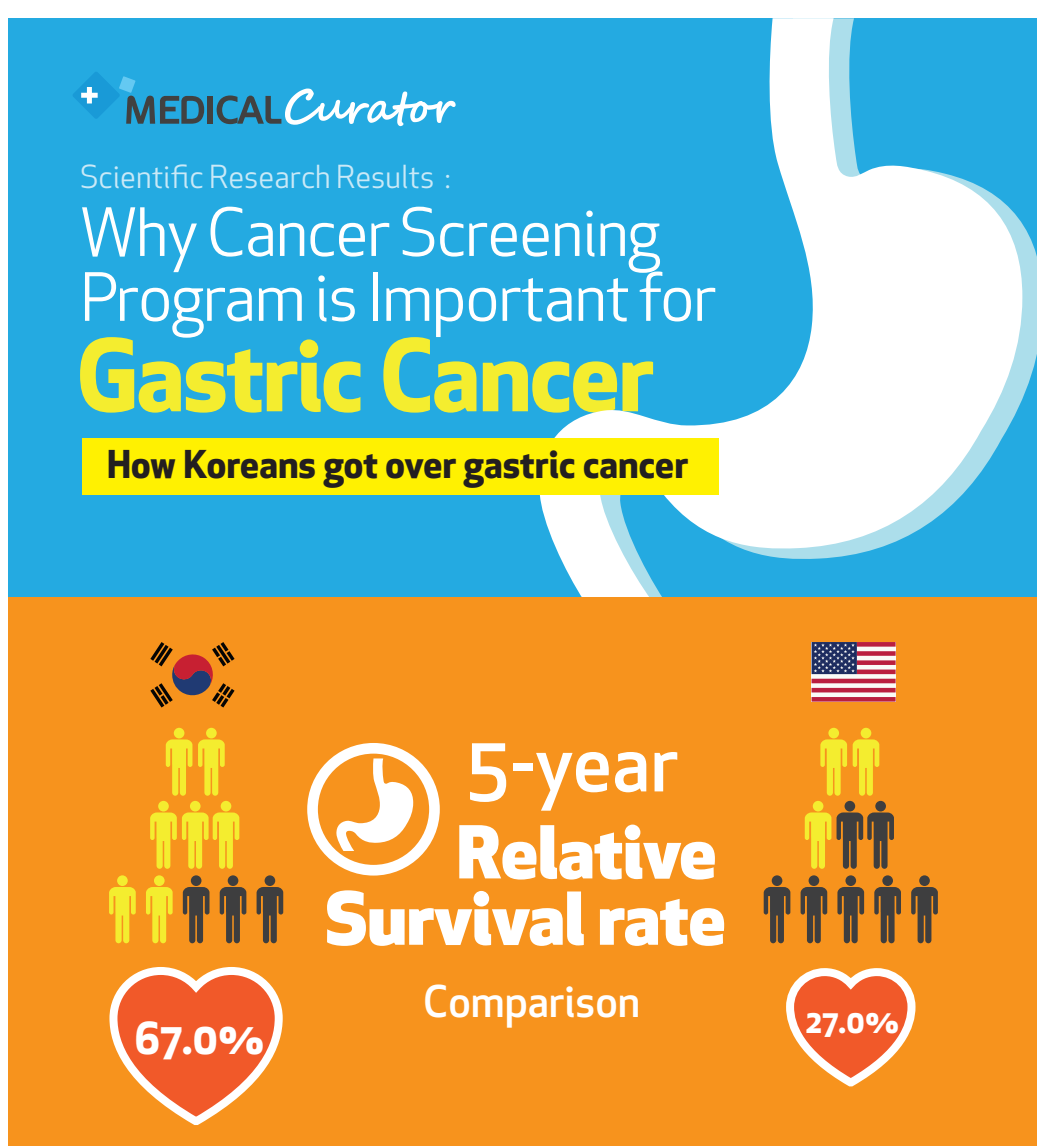
How Koreans Survived From Gastric Cancer

Find out scientific results how regular checkups improved people's life!

Your questions on gastric cancer do not go away? If you keep asking yourself about how to survive from gastric cancer, then this posting will be the answer to you.

Comment anything you have wondered on the cancer cure or email Jane, Medical Curator. She will get back to you with the most accurate and individualized answer!

► Who live longer, Koreans or Americans?



Korean gastric cancer patients lived longer than American gastric cancer patients.

The data represents that the 5-year survival rate for Korean patients with stomach cancer during 2006-2010 was 67.0%, whereas that for American patients during 2002-2008 was 26.9%.

The study also found out why.



[INFOGRAPHIC]

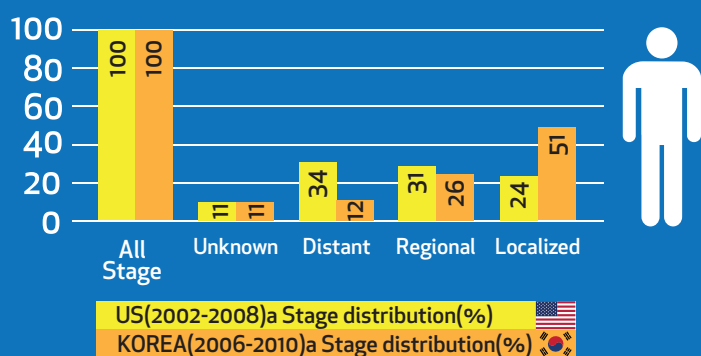
How Koreans Survived From Gastric Cancer

The prognosis for Korean patients was better mainly because of a more favorable stage distribution than that observed for American patients. Approximately 51% of patients with stomach cancer had localized disease, whereas, tumor spread to distant organs or lymph nodes was identified at the time of diagnosis in 34% of cases in the US. However, only 26% and 12% of stomach cancer cases in Korea were classified as having regional and distant metastasis, respectively.

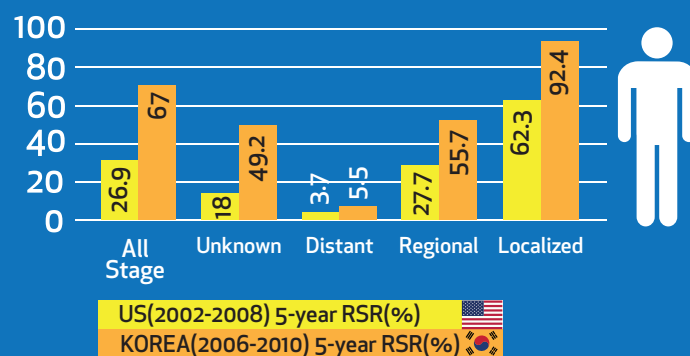
► Then why Koreans had localized malignant tumor rather than tumor spread to distant organs or lymph nodes?

Comparison of 5-year Relative Survival Rates (RSRs) for gastric cancer in Korea and the US by stage at diagnosis

Comparison of Stage Distribution(%) for Gastric Cancer in Korea and the US



Comparison of 5-year Relative Survival Rates (RSRs) for gastric cancer in Korea and the US by stage at diagnosis



According to a recent report from the Korean Gastric Cancer Association, the proportion of patients diagnosed with early-stage gastric cancer has doubled from 28.6% in 1995 to 57.7% in 2009.

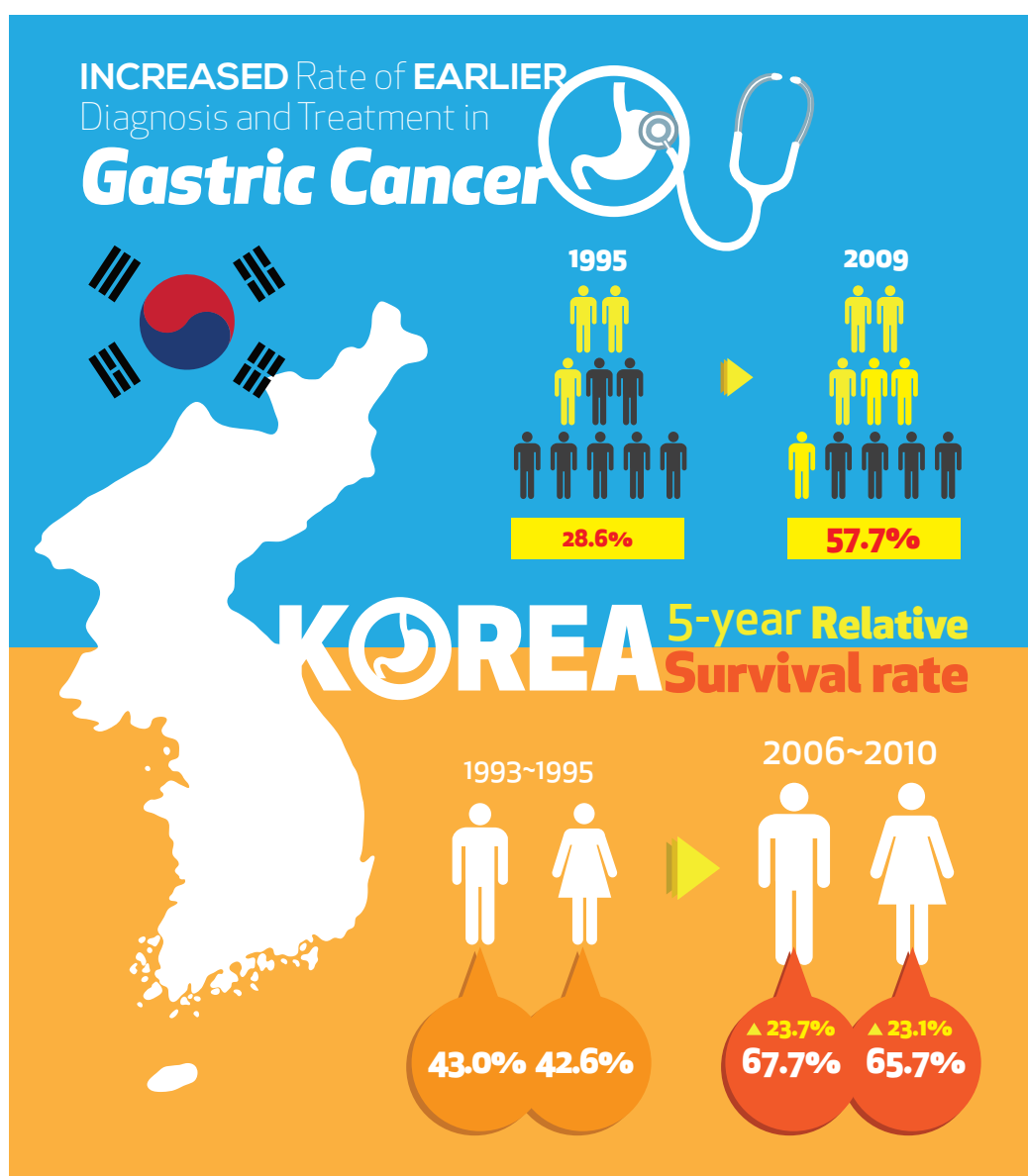
This was drawn by the Nationwide gastric cancer screening program conducted by the Korean government. It initiated a nationwide stomach cancer screening program for men and women aged ≥ 40 years in 1999, which appears to have led to earlier diagnosis and treatment of stomach cancer.



[INFOGRAPHIC]

How Koreans Survived From Gastric Cancer

► The earlier diagnosis, the more you can survive from gastric cancer.



The 5-year survival rate for Korean patients with stomach cancer has dramatically increased from 43.0% and 42.6% for men and women, respectively, diagnosed between 1993 and 1995 to 67.7% and 65.7% for men and women, respectively, diagnosed between 2006 and 2010.

It suggests that a nationwide stomach cancer screening program has been successful to prevent Koreans from gastric cancer.

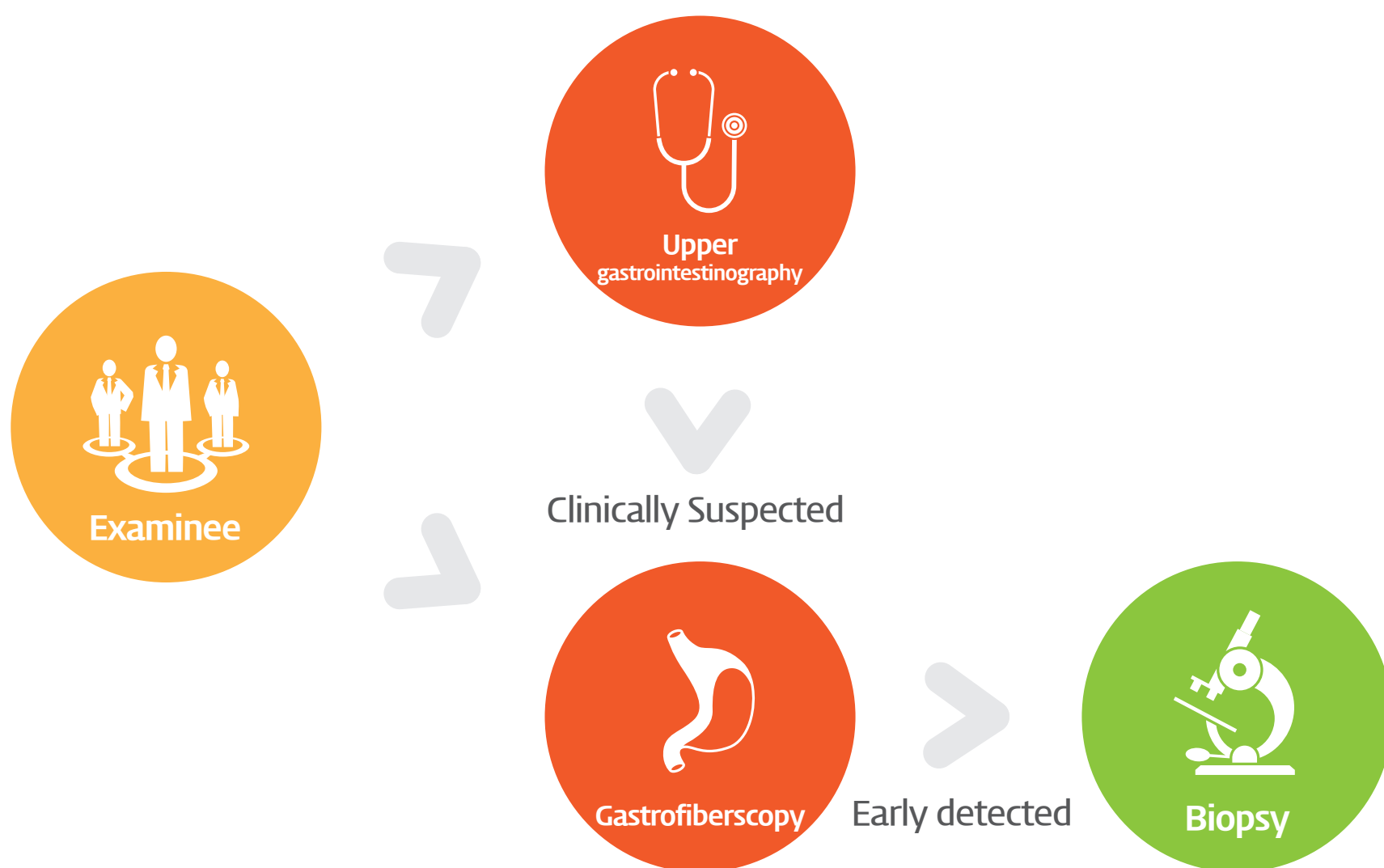
You can get pieces of information about Korean cancer screening programs at National Cancer Information Center and National Cancer Center.



Recommended Cancer Screening By Sex & Gender

► Gastric Cancer Screening

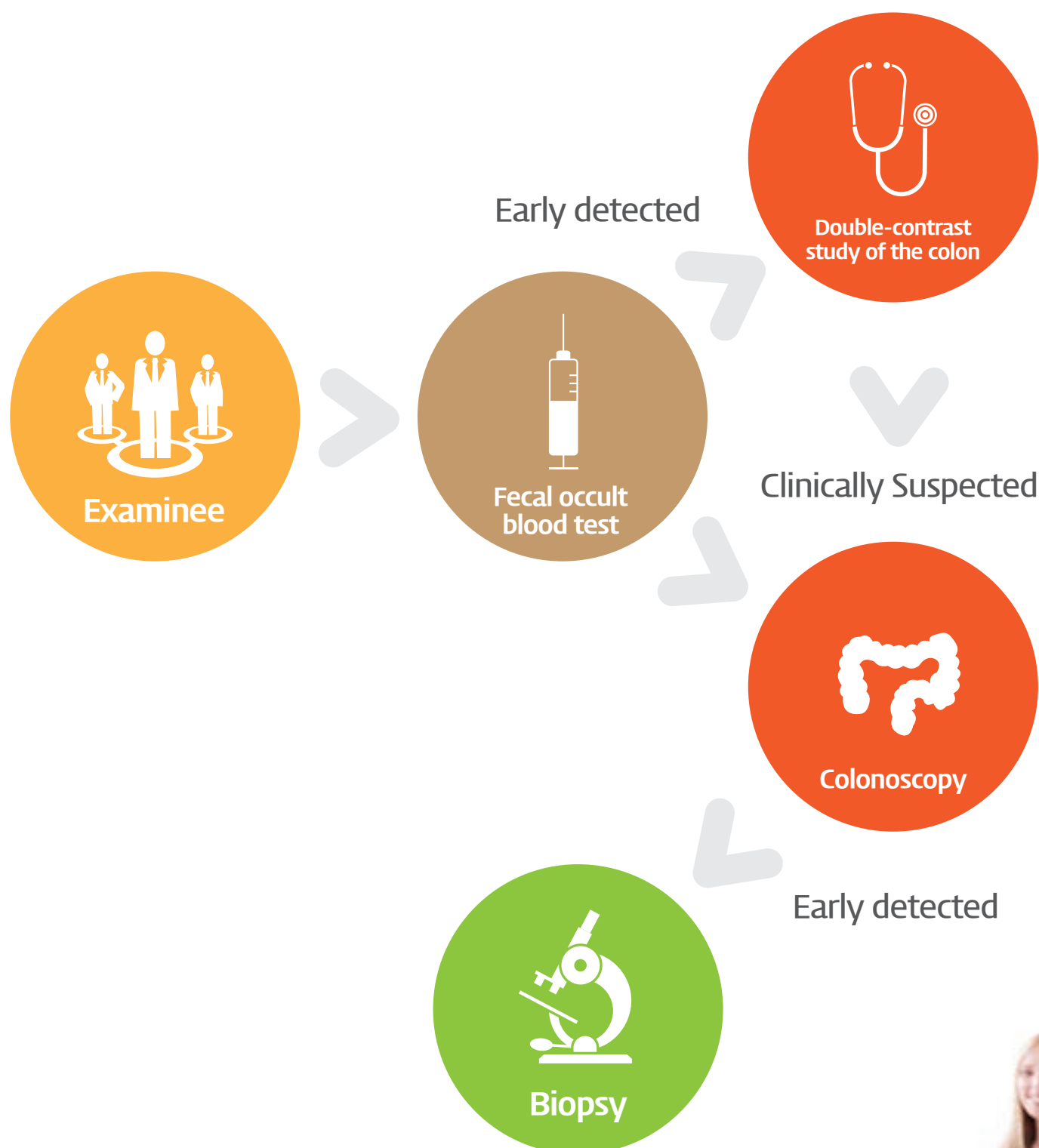
Both men and female over 40 years old are recommended an upper gastrointestinography or a gastrofiberscopy every 2 years.



Recommended Cancer Screening By Sex & Gender

► Colon Cancer Screening

Both men and female over 50 years old are recommended a fecal occult blood test (FOBT) every 1 year. A person with the positive result should go under either a colonoscopy or a double-contrast study of the colon.



Recommended Cancer Screening By Sex & Gender

► Liver Cancer Screening

The high-risk candidates listed below among men and female over 40 years old should have a liver ultrasonography and blood test (Alpha-fetoprotein test).

High-risk lists

- A person having diagnosed with liver cirrhosis, hepatitis B virus antigen positive, hepatitis C virus antigen positive, or chronic liver condition affected by hepatitis B/C
- A person with hepatitis b virus surface antigen or hepatitis C virus antigen positive
- A patient diagnosed with hepatocellular carcinoma, liver cell carcinoma, or liver cancer (Subtype C22.0)
- A patient diagnosed with intrahepatic bile duct carcinoma (Subtype C22.1)



Liver ultrasonography
+
Blood test
(Alpha-fetoprotein test)

► Breast Cancer Screening

Mammograms are recommended starting at age 40 every 2 years.



Mammography

► Cervical Cancer Screening

A cervical pap smear are recommended every 2 years for female over 30 years old

* Notice: Consult with your doctor if you have had a hysterectomy or you have never had sexual relations.



Pap smear



Top Medical Check-Up Programs In Korea

► Seoul National University Hospital Healthcare System Gangnam Center

Seoul National University Hospital's Healthcare System Gangnam Center was opened in 2003 to promote the practice of active preventive medicine through early diagnosis.

The hospital is staffed by 40 of Korea's top medical specialists and features precision medical equipment that draws on the national's leading IT technologies. Customer-focused, accurate healthcare service has long since been, and continues to be, one of the institute's top priorities.

Gender	Program	Age	Fee(USD)	Test Items
Male	Basic Common Test Items	All	901	Medical consultation, Body measurement, Blood Pressure, Ophthalmologic Tests (Visual acuity, Intraocular Pressure), Dental exam, Dietary Assessment, Abdominal Ultrasonography, Electrocardiography, Pulmonary Function Test, Chest X-ray, Blood Tests (Uric Acid, Liver&Renal&Thyroid Function, Anemia, Electrolytes, Lipid, Diabetes, Infectious Diseases), Hepatitis A, Hepatitis(Type B&C), Urinalysis, Stool (Parasite&Blood Occult)
	Additional Items by Ages	15~19	739	Vaccination consultation, Rubella(Ig G), Varicella (Chickenpox), Dental X-ray, Vit D.
		20~34	889 (PM 830)	Sedative Gastric Endoscopy/Helicobacter, Tumor Marker(Pancreas, Liver, Colon)
		Over 35		Sedative Gastric Endoscopy/Helicobacter, Fundus Photo, Tumor Marker(Pancreas, Liver, Colon, Prostate), * Age 50 and above: Audiometry
	Cancer Program	All	2307	Sedative colonoscopy/blood coagulation test, Peripheral blood smear test, Abdominal CT/Visceral fat analysis, Otorhinolaryngoscopy, Low dose chest CT, Thyroid ultrasonography, Urine cotinine(Direct/Indirect smoking amount), Transrectal(Prostate) ultrasonography, Serum pepsinogen

Top Medical Check-Up Programs In Korea

Gender	Program	Age	Fee(USD)	Test Items
Female	Basic Common Test Items	All	936	Medical consultation, Body measurement, Blood Pressure, Ophthalmologic Tests(Visual acuity, Intraocular Pressure), Dental exam, Dietary Assessment, Abdominal Ultrasonography, Electrocardiography, Pulmonary Function Test, Chest X-ray, Gynecologic Examination&Consultation, Tumor Marker(Ovarian), Blood Tests(Uric Acid, Liver&Renal&Thyroid Function, Anemia, Electrolytes, Lipid, Diabetes, Infectious Diseases), Hepatitis A, Hepatitis(Type B&C), Urinalysis, Stool (Parasite&Blood Occult)
	Additional Items by Ages	15~19	798	Vaccination consultation, Rubella(Ig G), Varicella (Chickenpox), Dental X-ray, Vit D.
		20~34	912	Sedative Gastric Endoscopy/Helicobacter, Tumor Marker(Pancreas, Liver, Colon), Cervical Cytologic Test(PAP Smear)
		20~34	936 (PM 877)	Sedative Gastric Endoscopy/Helicobacter, Fundus Photo, Tumor Marker(Pancreas, Liver, Colon, Prostate), Cervical Cytologic Test(PAP Smear) * Age 50 and above: Audiometry
	Cancer Program	All	2756	Sedative colonoscopy/blood coagulation test, Serun pepsinogen, Otorhinolaryngoscopy, Thyroid ultrasonography, Peripheral blood smear test, Breast ultrasonography, HPV DNA Chip Test, Cynecologic ultrasonography, Low dose chest CT Abdominal CT/ Visceral fat analysis, Bone densitometry/ Dorsolumbar spine x-ray

► Gangnam Severance Hospital Health Promotion Center

Gangnam Severance Hospital opened Health Care Center in April, 1990 and renamed to Health Promotion Center in May, 2005. It started to offer inspections at the new annex in August, 2005. It was in reconstruction from November 2008 to March 2009 and re-opened on the 4th floor of annex, in April 2009.

The center promises patients to offer the best medical services.

In addition, it will assist you with various high-tech programs and devices.



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Top Medical Check-Up Programs In Korea

Basic Medical Checkups

Medical Checkup Program for adults aged 20 to 40 years, composed of fundamental and essential examination parameters/items to diagnose the functions of the major organs as well as to prevent lifestyle related diseases.

Category	Test Items	Fee(USD)
Basic exam	weight, height, blood pressure, pulse rate, body composition analysis	Male 700 Female 733
Ophthalmology	(Corrected) visual acuity test, fundus photography, intraocular pressure measurement	
Hearing exam	Standard pure tone audiometry, tympanometry	
Cardiac Test	Electrocardiogram(EKG)	
Pulmonary exam	Pulmonary function test	
Chest X-ray	Chest imaging	
Hematology	General hematology Liver function test Metabolic function test, hormone tests Glucose test, immunoserologic tests Tumor marker tests (liver, colon, pancreas, prostate, ovary)	
Bio-age assessment	Bio-age determination	
Urinalysis	Red blood cells, white blood cells, albuminuria	
Stool exam	Stool Hb	
UGI exam	Gastroscopy	
Abdominal exam	Abdominal ultrasonography (Liver, gallbladder, pancreas)	
*Additional options according to age		

Top Medical Check-Up Programs In Korea

Category	Test Items	Fee(USD)
Men		
aged less than 40 yrs	Hepatitis A	
aged 40 yrs or older	Apolipoprotein A-1/B, Lipoprotein(a)	
Women		
aged less than 33 yrs	Hepatitis A, rubella	
aged 33 yrs or older	Mammography, bone densimetry test	

Women's Cancers Checkups

Medical Checkup Program for women only, consisting of essential examination parameters/items to detect the most frequent cancers in women.

Category	Test Items	Fee(USD)
Women's cancers	Physical examination, blood pressure Mammography, breast ultrasonography Thyroid ultrasonography, gynecologic ultrasonography Human papilloma virus (HPV - PCR)Uterine cervical cytology, digital vaginal examination Tumor marker tests (colon, ovary, breast) related blood test (5 types)	779



Top Medical Check-Up Programs In Korea

► Samsung Medical Center Health Promotion Center

The nation's biggest comfortable medical examination space. 7,260m² medical examination zone.

70,000 customers in 2013. 70 doctors for Health Screening and Consultation, 19 Gastroenterologists, 22 Radiologists, 4 Endocrinologists, 5 Gynecologists, 3 Cardiologists, 3 Pulmonologists, and more!

Basic Program

Category	Test Items	Fee(USD)
Anthropometry	Height/Weight/Obesity/Blood	Male 785 Female 785
	pressure, BMI	
Eye exam	Vision/Fundo-scope/Tonometry	
Blood test	A, B, C hepatitis, Liver function, Renal function, Gout, Thyroid function, Hyper-lipidemia, Diabetes, General blood analysis(WBC, RBC, Platelet), Blood coagulation, blood types, tumor markers	
Ultra sono	Abdominal ultrasonography	
Respiratory	Chest X-ray	
Circulatory	Electrocardiogram	
Specimen	Urine / fecal test	
Gastro intestinal	Endoscopy (Sedative)	
Male only	Pulmonary function test	
Female only	Mammography (over 35 yrs old), gynecology	



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



Step.1

Online Consultation:

By telephone, e-mail about medical procedures, accommodation, and transportation



Step.2

Appointment:

Making an appointment and paying a deposit



Step.3

Departure in Korea:

Moving to your accommodation



Step.4

Medical Service:

In-depth consultation with professional staffs and doctor, pre-operation examination, surgery and post-op care.



Step.5

Returning Home & Follow-Up:

Keeping in touch for a post-op assessment and care via email, phone

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
- Requirements: Overseas customer's inquiry form, photos, and any medical record

