

Pulse

JULY 2018



BRIGADE CHANGES LEADERSHIP

*Farewell
Col. Harter:
A Pictorial*

YONGSAN SOLDIER CENTERED MEDICAL HOME CLOSES

Boryeong Mud Festival

Gyeongsangnam-do

Located in the South-east of the Korean peninsula, Gyeongsangnam-do, with Busan metropolitan city on its east and Daegu metropolitan city in the north, has a temperate climate with a yearly average temperature of 13°C.

The province's main tourist attractions can be divided into two main categories: Its North-western area is renown for 'healing Tourism' with its dense thick forests, including Jiri Mountain, Deogyu Mountain, Gaya Mountain, and clear valleys (this area is where the beauty of nature meets the traditional culture of Korea); The Southern area of the province is a famous tourist attraction featuring small islands and outstanding scenery offering a new experience for all family members as well as couples, while sharing its unique charm along its southern coastline.



Haeinsa Temple In Gaya Mountain



Place Name	Gyeongnam Provincial Government
Population	3.4million
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si

Foreigners Feel at Home at Columbia Dental Clinic

US-educated Dentists Offer Comprehensive Dental Care

Like a lot of foreigners who move to Seoul without speaking Korean, 15 year-old Angela Castillo was nervous about not being able to communicate with her healthcare providers. Until the Castillos, from San Antonio, Texas, found the Columbia Dental Clinic, Angela says that getting dental work was frustrating, "because no one could explain it in English. I want to know what's going on with my teeth." A year ago, her mother, Insun Castillo was referred to Columbia Dental by an American friend, and Angela felt comfortable immediately. "They speak English, and they take good care of my teeth, even though I've always had teeth problems."

Shortly after Angela got her first braces at Columbia Dental, she needed intensive procedures to correct overcrowding. "It was scary and it was worrisome," she remembers, "but they always made sure that I was alright and that nothing was hurting." On top of the good care, Angela's mother, Insun, likes that the clinic is extremely convenient, especially because it's set-up for TRICARE coverage. "In other places, they don't know how to do the paperwork for TRICARE, but here there is everything we need. There's even valet parking." Now, Insun, Angela, Jadon, and Ret.



McBride family and Glossup family gathered for little photo session with Dr. Yun and his hygienist Suhyun.

Military Rank Mr. Castillo are all regular patients. "Dr. Yun has really taken care of our family," said Sarah Burns, age 13 from Kansas. Michael Burns and his family moved to Seoul from Kansas City, Oklahoma a year ago. Sarah started with braces and then the rest of the family started visiting the clinic too. "He's also good with younger children, like my brother, Joshua, who is 8 years old. Dr. Yun is a good mix of professional and kind."

For the Lenfant family, Columbia Dental was a critical link in continuing the quality of service they'd had in the States. "Dr. Yun is U.S. educated and licensed, with significant experience," said Col. Babette Lenfant and her husband Phil, who brought their 12-year-old son in the Phase 2 orthodontic treatment. "On the basis of comparison with an American orthodontic clinic, other U.S. general dentistry clinic in Seoul, Columbia Dental Clinic stands out as one of the best we have ever experienced."

Wide-range of dental treatments provided at Columbia Dental Clinic



Woosung Yun, DDS

- Columbia University School of Dental Oral surgery Division of Orthodontics.
- Columbia Presbyterian Hospital General Dentistry Residency.
- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Yale New Haven Hospital Dental Department Externship.
- Columbia University School of Dental & Oral Surgery Doctor of Dental surgery.
- Dr.Parlow's Orthodontic Clinic Partnership Practice.
- Licensed in New York, New Jersey, Connecticut U.S.
- Diplomate of the American Board of Orthodontics.
- 18th Medical and Dental Company Affiliated Hospital.

Son A Kim, DDS

- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Columbia University School of Dental & Oral surgery DDS.
- Brown University: Bachelor of Science in Biology.
- Bronx VA Hospital, NY, New York: Oral Biology Externship.
- Columbia University School of Dental & Oral Surgery: Cosmetic Dentistry Externship.
- Columbia University School of Dental & Oral Surgery: Oral Surgery Externship.
- Van Eten Hospital, NY, New York: Prosthodontics Externship.
- U.S. National and Northeast Regional Licensure in Dentistry.

Columbia Dental Clinic is proud to introduce H. Kim, DDS. She joined us with her great expertise in Pediatric (Children) Dentistry.

- Seoul National University: College of Dentistry
- Seoul National University: MS in Department of Pediatric Dentistry
- Seoul National University Dental Hospital: Pediatric Dentistry Residency



SERVICES

- Orthodontics [adult, preventive, adolescents, invisalign]
- Crown and Bridges
- Cosmetic Dentistry [bleaching, laminate veneers]
- Cavity and Gingival Treatment
- Comprehensive Dental Care
- Highest Quality and Excellence in Patient Care
- Infection Control Protocols Following OSHA Guidelines
- U.S. Educated and Dentists
- English Fluent Doctors and Staff Members
- Implants
- Dentures
- Laser Therapy
- Pediatric Dentistry

ADDRESS

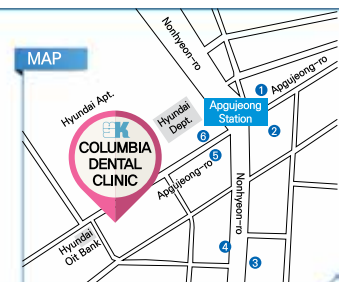
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EDITOR'S LETTER

Dear readership of the PULSE65, I would like to thank YOU – the PULSE65 readership for taking the time to pick up a copy of our magazine. Throughout the peninsula, the racks are either empty or almost depleted each and every month and for that I say THANK YOU!

Continuing on with that sentiment I must take the time this month to say thanks as well as farewell. The highlight of this issue is the 65th Medical Brigade Change of Command Ceremony. It saddens me that another great leader and commander, Col. Wendy Harter, whom I have come to respect and enjoy working with will depart the “Pacific Medics” team. But I welcome the new incoming commander, Col. Derek Cooper and look forward to working with him.

It seems to be that time of year when people we have worked with depart. As is the case with military transitioning. I too may be departing within the upcoming year. Farewell and God speed to you Col. Harter, soon to be Brigadier General, it was a pleasure to work with a brigade commander who knew the true value of public affairs.

A special thanks to Capt. Kyle Hoedebecke for his submission this month on Myanmar. The travel adventures that he and his family have taken over the months makes me want to travel Asia even more. I am saddened that he and his family are also departing this month. But YOU the readership can always know that first person point of view submissions of your tours and travels throughout Asia are always welcome.

We ask that if anyone has an interest in photography or covers an event or takes a tour or family vacation to please submit to the following email: pulse65editor@gmail.com. We are always looking to broaden our coverage. We need your help so please continue to share our publication with your family and friends. Suggestions and comments are always welcomed along with submissions.

In the next few months, the editorial team will begin to place the PULSE65 magazine online and past issues will be available for downloading. Next month's issue will feature a special “Back to School” section. Stay tuned!

Also check out our social media Facebook page at <https://www.facebook.com/65thmedbde>. We hope that you enjoy our publication and assist us as we continue to strive to further improve this publication.

William Wight
PULSE 65 Senior Editor
65th Medical Brigade
Public Affairs Specialist



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Brigade Changes Leadership

65th Medical Brigade outgoing commander, Col. (P) Wendy Harter passes the Medical Department Activity Korea colors to the Regional Health Command Pacific Commanding General, Brig. Gen. Bertram Providence during the 65th Medical Brigade change of command ceremony May 31 at U.S. Army Garrison Humphreys. For more on the ceremony of incoming commander, Col. Derek Cooper see pages 30 to 38. (Photo by William Wight, 65th Medical Brigade Public Affairs Office)



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Command Sergeant Major

Command Sgt. Maj. Todd M. Garner

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Soldiers and KATUSA's from Headquarters, Headquarters Company 65th Medical Brigade, 106th Veterinary Detachment and 618th Dental Company Area Support were joined by the Republic of Korea Army at U.S. Army Garrison Humphreys for a day of military medical training and camaraderie. Topics covered ranged from proper litter barrier techniques used to evacuate a casualty from the battlefield to basic combat first aid. A barbecue was held in the afternoon and a variety of sporting events to include soccer and tug of war ensued. (Photo by Sgt. Jae Yeon Chung, 65th Medical Brigade Public Affairs Office)

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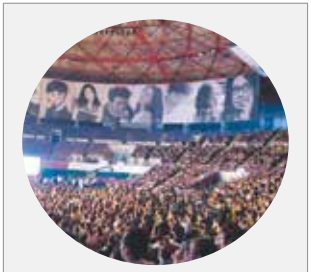
CALENDAR **EVENTS** *in* KOREA



JUL05-08
Ulsan Whale Festival
 20, Jangsaengpogorae-ro
 288beon-gil, Nam-gu, Ulsan
 +82-52-226-1991



JUL06-15
Buyeo Seodong Lotus Festival
 52, Gungnam-ro, Buyeo-gun,
 Chungcheongnam-do
 +82-41-830-2211/2



JUL12-22
Bucheon International Fantastic Film Festival
 Bucheon-si, Gyeonggi-do
 www.bifan.kr



JUL13-22
Boryeong Mud Festival
 123, Meodeu-ro, Boryeong-si,
 Chungcheongnam-do
 +82-41-930-3882/3557



JUL18-22
Daegu Chimac Festival
 36, Gongwonsunhwan-ro,
 Dalseo-gu, Daegu
 www.chimacfestival.com



JUL20-22
Ulsan Shipbuilding & Sea Festival
 Haesuyokjang 10-gil, Dong-gu,
 Ulsan
 +82-52-209-3325



JUL20-AUG19
Hangang Summer Festival
 Areas of Yeouido Hangang Park,
 Seoul
 +82-2-9780-0597/8



JUL25-29
Pohang International Fireworks Festival
 685-1, Duho-dong, Buk-gu,
 Pohang-si, Gyeongsangbuk-do
 +82-54-289-7851~3



JUL27-29
Yanggu Center Festival
 366-33, Parksookeun-ro, Yanggu-
 gun, Gangwon-do
 +82-33-480-2230/2242



JUL27-AUG02
Jeongnamjin Jangheung Water Festival
 21, Jangheung-ro, Jangheung-
 gun, Jeollanam-do
 +82-61-863-7071



JUL27-AUG05
Taeon F Festival
 Taeon Nature World,
 Chungcheongnam-do
 +82-41-675-7881/9200



JUL28-AUG03
Gangjin Celadon Festival
 33, Cheongjachon-gil, Gangjin-
 gun, Jeollanam-do
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NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



Drs. Woo & Hann's Skin & Laser Clinic

Drs. Woo & Hann's skin clinic was established in 1975 with the aim to provide the ultimate in treatment of skin disease and in skin care. Equipped with laser equipments and medical tools from world renowned companies and manufacturers, the clinic offers the most up to date techniques, products, and services to keep your skin healthy and young. Their doctors are all board certified experienced dermatologists. They offer the comprehensive examinations, all STD tests, cosmetic laser surgery and diagnosis and extensive aesthetic procedures. The clinic also offers one of the most renowned clinically proven and effective skin care programs. The staffs in Drs. Woo & Hann's skin clinic include experienced dermatology board certified doctors, highly trained nurses and estheticians that deliver effective treatments with care and comfort.

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- Eximer laser for vitiligo & psoriasis
- Photodynamic therapy for actinic keratosis and acne
- Infrared laser skin tightening & lifting

Phone: 02-756-5118, 756-9121

Fax: 02-754-9689

Clinic working hours:

M – F 1000 – 1900

Sat. 0900 – 1500 (for consultation)

Email: webmaster@wooskin.co.kr

Location: Hangang-ro 312, Yongsan-gu, Seoul

Website: www.wooskin.co.kr

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Specialties: Dermatology, Pathology & Laboratory



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CHA Bundang Medical Center is designed to provide comprehensive services to the foreign community. They offer translations in English, Russian, Chinese, Mongolian, and much more in order to minimize communication barriers between patients and physicians. With English speaking doctors, nurses and coordinators, their International Healthcare Center is committed to continuously endeavor to become a health care system of choice.

Phone: +82-31-780-5300

International clinic working hours:

M – F 0830 – 1730

Fax: +82-31-780-5498

Email: intl@chamc.co.kr

Location: 59, Yatap-ro, Bundang-gu, Seongnam, Gyeonggi-do

Website: bundang.chamc.co.kr

Directions (Subway): Yatap Station, Bundang line, exit 3, 0.4 mile walking distance

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Infectious Disease, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Psychology – Adult, Pulmonary, Radiology, Rheumatology, Sleep Studies, Surgery: Cardiothoracic/ Colorectal/ Facio-maxillary/ General/ Neurosurgery/ Plastic/ Vascular/ Urology

Live MUSIC&DANCE CALENDAR



JUL05-08
Cirque Éloize - Cirkopolis

LG Arts Center
www.lgart.com



JUL07-08
Mercedes-Benz Presents
STARDIUM 2018

Jamsil Sports Complex
ticket.interpark.com



JUL08
Barcelona Guitar Trio & Dance

LOTTE Concert Hall
www.lotteconcerthall.com/eng



JUL11
The 6th Opera Gala Concert

Seoul Arts Center, Concert Hall
www.sacticket.co.kr



JUL12-OCT07
FUERZA BRUTA WAYRA in
Seoul

FB Theater in Jamsil Sports
Complex
ticket.interpark.com



JUL20-29
The 26th ASSITEJ KOREA
International Summer Festival
(Performing Arts)

Jongno Children's Theatre
ticket.interpark.com



JUL21
MBC WATERBOMB at Sprite
Island 2018

ticket.yes24.com



JUL22
Halie Loren

Guro Arts Valley
ticket.yes24.com



JUL23-AUG05
Pyeongchang Music Festival
& School

325, Solbong-ro, Pyeongchang-
gun, Gangwon-do
www.mpyc.kr



JUL27
Shane Filan Live in Seoul

Jangchung Arena: Jangchung-
dong, Jung-gu, Seoul
ticket.interpark.com



JUL29
Years & Years Live in Seoul

Yes24 Live Hall
ticket.yes24.com



JUL30
Kendrick Lamar

Auxiliary Stadium at the Jamsil
Sports Complex, Seoul
ticket.interpark.com



DMZ TO THE SEA

The United Spouses' and Civilian Club would like to present our 1st Edition of *DMZ to the Sea*. Though, this is our 1st edition, this is a continuation of *Seoul Survivor*. This is a source of wealth and knowledge to be used by all, to help guide us through our time here in Military installations on with family and friends, more! We have enjoyed well while you are in beautiful South Korea,

The Land of the Morning Calm.

***Hard copies are available at the Painted Door Thrift store and various publication stands.

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168 MMB Units Receive Brigade Safety Streamers

Photos by William Wight
65th Medical Brigade Public Affairs Office



Lt. Col. Kevin Hamilton, 65th Medical Brigade Chief of Staff, and 65th Medical Brigade Command Sgt. Maj. Thomas Barone awarded Brigade Safety Streamers to eight units of the 168th Multi-functional Medical Battalion on U.S. Army Garrison Humphreys May 30 for having demonstrated excellence in Safety over the last 180 days. The 65th Medical Brigade Safety Streamer is awarded to units that have achieved zero alcohol



related incidents to include curfew violations, DUIs and underage drinking. The units consisted of the 75th Medical Company Area Support, 629th Medical Company Area Support, 560th Medical Company Ground Ambulance, 568th Medical Company Ground Ambulance, 215th Medical Detachment Optometry, 95th Medical Detachment Blood Support, 154th Medical Detachment Preventive Medicine and the 5th Medical Detachment Preventive Medicine.



Recycling Bicycles for Serving Soldiers and Staff

Photos courtesy of
Brian Allgood Army Community Hospital




Col. Erica Clarkson, the commander of 121st Combat Support Hospital/Brian Allgood Army Community Hospital, repaired and issued out over 10 recycled bicycles to Soldiers and civilian staff. Over 30 bicycles have been recycled and issued to Soldiers over the past 24 months. This program provides Soldiers with an opportunity to loan a fully operational bicycle at no cost for an extended period of time, which provides adequate mode of transportation, increases level of physical endurance and yields an overall increase in morale.

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SCENE & HEARD

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By Eric Young-Seok Park

TESLA WILL START ENABLING FULL SELF-DRIVING FEATURES IN AUGUST



Tesla has been promising true self-driving features in its cars for the better part of two years, but there has been precious little to show for it. Now, though, you might get what you paid for. Elon Musk has revealed that Autopilot version 9 should arrive in August, and Tesla will "begin to enable" the full autonomous driving features with that release. The company has "rightly focused entirely on safety" with previous versions, Musk said, but now it's time to spread its wings. This doesn't guarantee that your Tesla will be a self-driving car, so you may want to forego dreams of your Model 3 traveling coast-to-coast by itself. However, the "full self-driving capability" package should actually mean something once Autopilot 9 arrives and the more advanced features kick in. There may be some situations where it's genuinely acceptable to let go of the steering wheel, even if it's limited to parking lots and other private spaces. There's a lingering question, though: is Tesla ready to move beyond safety-related updates? Crashes with Autopilot active are still making headlines, and it's not certain that the drivers are entirely to blame. While Autopilot 9 doesn't signal the end to safety-related features (it'll include a fix for merging lanes in rush hour traffic), there's a concern that Tesla hasn't fully addressed driver anxieties before moving on.

MARK ZUCKERBERG IS ON THE BRINK OF BEING RICHER THAN WARREN BUFFETT



Facebook Inc. co-founder Mark Zuckerberg is poised to leapfrog Warren Buffett to become the world's third-richest person. Zuckerberg, more than a half-century younger than the Berkshire Hathaway Inc. chairman, is now worth \$81.3 billion, gaining \$8.5 billion this year as Facebook shook off a data-privacy crisis that caused its stock to tumble 18 percent. Its rebound from a closing low of \$152.22 on March 27 to a record \$201.45 in New York narrowed the gap with Buffett to \$725 million, according to the Bloomberg Billionaires Index. The recovery in Facebook shares has rewarded other insiders as well, including Chief Operating Officer Sheryl Sandberg, who's now worth \$1.8 billion, and Chief Technology Officer Michael Schroepfer, whose 0.05 percent holding is valued at \$224 million. Zuckerberg, 34, also trails Amazon.com Inc. founder Jeff Bezos, the world's richest person with a \$143.6 billion fortune, and Microsoft Corp. co-founder Bill Gates, with \$92.7 billion. The Bloomberg index ranks the world's 500 richest people and is updated after the close of each trading day in New York. Buffett, 87, once the world's wealthiest person, is sliding in the ranking thanks to his charitable giving, which he kicked off in earnest in 2006. He's donated about 290 million Berkshire Hathaway Class B shares to charities, most of it to Gates's foundation. Zuckerberg has pledged to give away 99 percent of his Facebook stock in his lifetime.

PHOTOGRAPHER CAPTURES WHALE SHARK SWIMMING BENEATH SLEEPY FISHERMAN



This is the amazing moment in which a sleepy fisherman has a stretch and a yawn — oblivious to the giant whale shark swimming next to his canoe. Photographer Dimitar Karanikolov who is originally from Bulgaria, captured it with a drone in the Philippines while he stood 300 yards away. Karanikolov, 42, said he took around 200 shots from different angles over the course of 15 minutes in order to capture this particular snap. The most striking image was taken around 7 a.m., when Karanikolov claims the water is most temperate for the whale sharks. "Whale sharks are attracted every morning in the area," Karanikolov said. "The whale sharks swim in the area between 7 a.m. and 11 a.m." Karanikolov further clarified that the specimen he photographed was whale shark baby, as "the adults are much bigger and grow up to 12 meters [39 feet]." "They are a type of slow-moving shark that feeds on plankton and shrimp," he said. "This is the largest type of fish in the world and they are not dangerous for people."

COUPLE ARRESTED AFTER COPS FOUND THEIR DAUGHTER LOCKED UP IN A CAGE

A couple in Kentucky have been accused of keeping their 18-year-old daughter locked in a cage surrounded by animal waste. Tito and Shannon Felix were arrested after Richmond police conducted a welfare check on the family's home. When Shannon Felix allowed investigators into her home, she told them her daughter suffers from Fetal Alcohol Syndrome and wanders the home at night, according to the Lexington Herald-Leader. During their check, authorities allegedly discovered the couple's 18-year-old daughter locked inside a wooden cage. The cage was located in the daughter's basement bedroom, and the bedroom had a combination lock on the door. Inside the cage was a bed and a "children's toilet," an officer noted in the citation. The cage was locked with two bolt latches and officers noted that the basement was full of animal feces. Shannon Felix allegedly told officers the girl was kept in the cage at night so that she "doesn't get out and we can get some sleep." The couple are charged with criminal abuse and unlawful imprisonment. It is unclear whether they have entered pleas or retained attorneys.



NASA FOUND ORGANIC MOLECULES ON MARS THAT MAY HAVE COME FROM LIFE



NASA announced that the Curiosity rover has discovered what scientists describe as "organic molecules" in rock layers drilled into by the rover. These rock layers date back nearly four billion years, to a time when Mars is thought to have been a much friendlier place for life. This is incredibly exciting news, but it comes with a big asterisk. In addition to the discovery of these special compounds, NASA is reporting that its measurements of methane in the Martian atmosphere are pretty wild, too. Scientists using Curiosity's high-powered instruments have detected large spikes in the levels of methane in the atmosphere from season to season, and the source of it is still a mystery. These revelations might seem like just a big tease, but they're incredibly important steps towards the potential discovery of life on Mars.

A GIANT WAVE OF PLASTIC GARBAGE COULD FLOOD THE U.S.



A tidal wave of plastic trash will flood the world over the next decade, a new study says, and warnings are already blaring like sirens in the United States. In the wake of China's decision to stop importing nearly half of the world's scrap starting Jan. 1, particularly from the wealthiest nations, waste management operations across the country are struggling to process heavy volumes of paper and plastic that they can no longer unload on the Chinese. States such as Massachusetts and Oregon are lifting restrictions against pouring recyclable material into landfills to grant the operations relief. If Europe and the rest of the world struggle like the United States, according to the study by researchers at the University of Georgia, an estimated 111 million metric tons of plastic waste will pile up by 2030. Based on the amount of domestic scrap exported to China, the researchers estimate that the United States will have to contend with 37 million metric tons of extra waste, an amount it's not prepared to handle. Seventy-two percent of the world's plastic waste went to China and Hong Kong since 1992, but about 63 percent of the plastic Hong Kong accepted was passed along to China.

SOUTH KOREA CRUSHES IT IN J.D. POWER'S 2018 INITIAL QUALITY STUDY

Korean automakers have scored a car-quality trifecta, with the Genesis, Kia and Hyundai brands taking the top three spots in J.D. Power's closely watched annual study of consumer opinions about new car reliability. Genesis, Hyundai Motor Co.'s luxury line, ranked No. 1 in the 2018 Initial Quality Study, which is based on consumer surveys after 90 days of ownership. Hyundai's U.S. base is in Fountain Valley. Kia Motors Corp. — with a U.S. headquarters in Irvine — and Hyundai trailed closely behind Genesis. The trio displaced longtime leaders, Toyota and Honda, which finished 17th and 23rd, respectively. Porsche ranked fourth and Ford fifth. "It starts from the top at Hyundai," said Dave Sargent, vice president of global vehicle research for J.D. Power. "When they first conceive a vehicle, they are voracious consumers of customer input." The Korean brands rank highest in part because they've kept their electronics and infotainment systems simple, avoiding the complexity that leads to software problems or confusion, Sargent said.



GIRL WITH RARE SKIN CONDITION BRAVES SUN TO WALK AT GRADUATION

A teenager with a rare skin condition preventing her from going outside braved the sunlight for one day to attend her high school graduation ceremony. Riley McCoy stepped out in the daylight wearing a special protective hood so she could receive her diploma alongside peers at Dana Hills High School in Dana Point, southern California. The 18-year-old was born with xeroderma pigmentosum (XP) — a rare genetic skin condition that leaves sufferers extremely sensitive to ultraviolet light. In Riley's case, even the smallest amount of sunlight coming into contact with her bare skin could cause severe sunburns, skin blistering and even skin cancer. However, wearing a UV-safe helmet over under her graduation cap, the teenager was able to attend the ceremony. "I was really excited," said Riley. "Not really nervous, just excited. It's a little bit bittersweet because I'm really sad that I'm leaving everybody." To ensure she spent as little time outside as possible, Riley was the last to walk out at the graduation. She was brought to the stage in a golf cart, and received a standing ovation from students and guests as she arrived.



STRANGE 'BIRD FISH' GOES VIRAL: WHAT IS THIS CREATURE?



Images of a strange 'bird fish' have gone viral, prompting questions about what the bizarre creature is. The fish was reeled in by anglers in Guizhou, South-West China. The fish, which appears to more than a foot long, can be seen gasping for air in video footage. It was released back into the water. Although dubbed "bird fish," the creature is actually a deformed carp. A Guizhou Fisheries Research Institute expert told Guizhou Urban Daily that the fish's deformity is not an uncommon occurrence. The deformity may be the result of embryonic damage when the fish was growing or from a lack of oxygen in the water caused by overcrowded fish farming. The deformed carp is the latest unusual fish to generate buzz.

WOMAN KILLS PARENTS, TAKES HER OWN LIFE OVER ECZEMA TORMENT

A former nursing student murdered her parents before killing herself on Father's Day, according to Hong Kong police, who suggested her skin condition may have motivated the attack. An initial police report found that the 23-year-old had attacked her parents, inflicting fatal wounds to her father's chest, and her mother's chest, waist and legs. Their bodies were found by police after a relative called authorities, telling them that no one had answered the door at the apartment in Tuen Mun, a residential neighborhood of Hong Kong. The couple's daughter Pang Ching-yu was also found dead at the scene. Police said they found a suicide note in Pang's bedroom saying she was bothered by long-term eczema. The woman had also posted in an online forum blaming her parents for the condition. "People with eczema giving birth to kids are worse than poor people giving birth to kids," the post reads. "If you're poor, you can rely on your own hard work. With eczema, sorry, you have to suffer (your whole life) with no change."





Chief Army Nurse Tours New Hospital

Photos by William Wight
65th Medical Brigade Public Affairs Office

Maj. Gen. Barbara R. Holcomb, commanding general, United States Army Medical Research and Materiel Command, Fort Detrick, Maryland and Chief of the United States Army Nurse Corps, conducted a site visit of the construction of the new Brian Allgood Army Community Hospital and Ambulatory Care Center at U.S. Army Garrison Humphreys, June 21. The new 68-bed facility is currently days away from U.S. government acceptance of the construction

TOO HOT TO HANDLE?

LEARN HOW TO SPOT, PREVENT, AND TREAT HEAT-RELATED ILLNESS AND INJURY.

PREVENTION IS KEY

- **Hydrate often** (see Heat Index chart)
- **Follow a work/rest cycle** by taking frequent rest breaks
- **Find a cool zone** when you can
- **Acclimate to heat** with low intensity workouts and by gradually increasing exposure to warm climates
- **Stay physically fit**
- **Eat a small amount** of calorie dense foods every few hours

CATEGORY	HEAT INDEX*	RECOMMENDED HOURLY WATER INTAKE**
5	>90° HEAT STROKE LIKELY	32 OZ
4	88-89.9° HEAT EXHAUSTION LIKELY	24-32 OZ
3	85-87.9° HEAT CRAMPS LIKELY	24-32 OZ
2	82-84.9° LOW RISK	16-32 OZ
1	<82° MINIMAL RISK	16-24 OZ

* Outdoor wet-bulb globe temperature and humidity
** CALIFORNIA: Do not drink more than 4 cups (32 oz) of water in a hour

IDENTIFY THE SIGNS

Dehydration can cause the following heat illnesses:

HEAT CRAMPS: Cramping (muscles, fatigue)

HEAT EXHAUSTION: Dry mouth, headaches, dizziness, slurred speech, confusion, vomiting

HEAT STROKE: Little or no urine, fever, swollen or hot skin, seizures

Dark urine is one of the first signs of dehydration.

BEST GOOD DRINK MORE WATER SEEK MEDICAL AID

TREATMENT IS CRITICAL

Notice signs of heat illness in yourself or a fellow Soldier?

- **Move to a cooler location**
- **Loosen or remove clothing**
- **Use ice packs** or spray with cool water
- **Sip water** or a sports drink
- **Get professional medical aid**

For more tips on hydration and heat safety, go to GuardYourHealth.com.

Did You Know?

Drinking too much water can flush out essential electrolytes your body needs.

Replenish with a banana, raisins, pickles, spinach, beans, potatoes, tuna, or an avocado, as needed.

GuardYourHealth.com

and the beginning of the equipment and furnishing outfitting contract moving towards commissioning the facility to meet the first patient date of November 2019.

Also during her Korea visit, the general presided over the change of



command for the U.S. Army Medical Material Command Korea, a subordinate unit of the MRMC and direct reporting unit to the 65th Medical Brigade. Along with several office calls with key leaders, Holcomb also conducted site visits to the Camp Walker clinic in Daegu and hosted a nursing town hall at the current BAACH at USAG Yongsan for all military and civilian nurses on the peninsula.



SILENCE IS GOLDEN...
UNLESS IT'S PERMANENT.

TURN DOWN
THE VOLUME

PROTECT YOUR HEARING...
IT'S A NOISY WORLD.



DEPARTMENT OF DEFENSE
HEARING CENTER
OF EXCELLENCE



VISIT [HTTP://HEARING.HEALTH.MIL](http://HEARING.HEALTH.MIL) TO LEARN MORE ABOUT HEARING LOSS PREVENTION.



Army is Taking a Page from Air Force and Cutting Some Training

Story by Scott Maucione
FederalNewsRadio.com

As the Army repositions itself to be a difference service by 2028, it's taking a page from the Air Force when it comes to training its soldiers.

Or one could say not training. The Army is cutting some training it feels is unnecessary as a means of unburdening soldiers so they can spend more time with their families or focusing on readiness.

"Consistent with the new The Army Vision, the Secretary of the Army has signed memorandums that modify or eliminate certain training requirements to improve the warfighting readiness and lethality of our Army. These memorandums will be captured in an Army directive that will be published this summer. This directive will ensure that existing Army directives and regulations are updated to reflect the Secretary's guidance," read a release from Army spokesman Maj. Christopher Ophardt.

The move is something the Air Force undertook toward the end of 2016 for the same reasons and at this point has never looked back.

The Army's cuts range wide and far into computer-based training courses.

Soldiers will no longer have to take "travel risk plan-

ning system," "media awareness" or "combating trafficking in persons" training.

Units are no longer responsible for chemical, biological, radiological and nuclear training or counter improvised explosive device training. Information from those courses will be incorporated into units' mission essential task training as part of the operational environment.

Transgender and suicide prevention training are also no longer required.

A series of nine memos signed by Army Secretary Mark Esper cut back on additional duties as well as training, something the Air Force already experimented with as well.

Additional duty cuts include a six-month command climate survey and the semi-annual tool room inventory requirement.

Soldiers also will be able to skip training on escaping captivity and recovering personnel.

Cutting training isn't the only change the Army is making. It's also experimenting with making basic training longer.

at an extended basic training."

Esper added the training will also increase the readiness and lethality of the total force. The Army is preparing its soldiers to fight in new areas, particularly in high-intensity conflict in urban areas with electronically degraded environments.

Air Force case study

The Air Force is fairly deep into its training cut and even went further in February by cutting transition assistance program training for airmen in the reserves.

"After having heard a lot of these concerns and just given the pressure in terms of manpower that we have in the Air Force and the increasing demand for what the Air Force does ... the focus was 'How do we provide an opportunity to give a little bit more white space on the calendar to give these individual Airmen to do the work they were brought in to do: supporting our mission?'" Gabe Camarillo, Air Force assistant secretary for manpower and reserve affairs told Federal News Radio. "It's a concern not only to every individual airman that we hear from, it's also a concern from a readiness perspective."

Just six months after cutting extra training, an Air Force crowdsourcing effort found the biggest issues squadrons said they faced were additional training and extra duties.

Over the years as civilian jobs have been cut and the Air Force has downsized, more duties like custodial work and safety management have fallen to airmen.

Additional training has also piled up over the years.

The Air Force took some steps last year to cut some training and duties.

The Air Force released a list of the courses that will be eliminated or streamlined. A computer-based, 20-minute training course providing an introduction to the role of the Inspector General got the ax.

The service cut 21 additional duties as well.

The service continually reviews training and duties that may be unneeded.

Scott Maucione is a defense reporter for FederalNewsRadio.com and reports on human capital, workforce and the Defense Department at-large.



The service is currently experimenting with a 21-week course at Ft. Benning, Georgia and plans to expand it to certain one-station unit training courses in the future. The Army has the highest number of non-deployable troops of any service due to obesity. The extra training will also help keep talented individuals who are not as active in better shape.

"This generation has an incredible facility with electronics, with software and all that," Esper said at the Brookings Institution last month. "On the other hand they may not be coming in as physically fit as previous generations for one reason or another. That's one reason we're looking

B RIGADE CHANGES LEADERSHIP

Photos by William Wight
65th Medical Brigade Public Affairs Office



Incoming commander, Col. Derek Cooper (left) and outgoing commander, Col. Wendy Harter (right)



The 121st CSH honor guard led by Brigade Command Sgt. Maj. Thomas Barone

A change of command is a time honored military tradition that represents a formal transfer of authority and responsibility for a unit from one commanding officer to another. The 65th Medical Brigade and Medical Department Activity Korea conducted a change of command ceremony at U.S. Army Garrison Humphreys, May 31, to bid farewell to Col. (P) Wendy L. Harter, outgoing commander, and to welcome incoming commander, Col. Derek C. Cooper.



The 65th Medical Brigade staff

The History of the 65th Medical Brigade

The 65th Medical Brigade was constituted on October 18, 1927 in the Regular Army as the 15th Medical Regiment. It was re-designated as the 65th Medical Regiment on May 28, 1941 and activated on June 1, 1941 at Fort Oglethorpe, Georgia. On March 10, 1944, the unit was re-designated as the 65th Medical Group. The 65th Medical Group was inactivated on January 30, 1946 in Germany.

The 65th Medical Group was reactivated on June 25, 1958 in Korea as a subordinate unit of Eighth Field Army Support Command, and later on October 1, 1968 as a Major Subordinate Command of Eighth Army. The 65th Medical Group was inactivated in Korea in 1971.

On October 15, 2008, the 18th Medical Command was inactivated, and the 65th Medical Brigade was activated on October 16, 2008.

Shoulder Sleeve Insignia (SSI):

Maroon, white, and the Caduceus historically are associated with the Army Medical Corps. Gold is emblematic of excellence and high ideals. The sword is pointing downward to indicate a military unit with a non-combatant posture. The serpents intertwine the sword blade seven times to represent the five campaign streamers awarded the unit during World War II, Normandy, Northern France, Rhineland, Ardennes-Alsace, and Central Europe, one for the Meritorious Unit streamer embroidered European Theater, and one for the unit's service in the Republic of Korea. The strong and enduring alliance between the United States and the Republic of Korea is highlighted by the wavy division of the patch in the manner of the Taeguk, with maroon (for red), above and blue, below.



Eighth U.S. Army Commanding General, Lt. Gen. Bills passes the Brigade colors to incoming commander, Col. Derek Cooper.



RHC-P Commanding General, Brig. Gen. Providence presents Col. Harter with the Legion of Merit.



“As the Commander of MEDDAC-Korea, Col. Harter provided mission-focused and team oriented leadership to Army medical equities across the entire peninsula.”
 — Brig. Gen. Bertram Providence

peninsula. Her tirelessly devotion to patient care, ensuring over 40,000 beneficiaries of combined joint warfighters from across USFK, 8th Army, family members and retirees were well cared for with quality health service support and force health protection,” said Providence, who awarded Harter with the Legion of Merit prior to the change of command ceremony.

Since assuming command in June 2016, Harter has worked closely with the Republic of Korea partners and alongside over 2,600 assigned Soldiers, KATUSAs, U.S. and Korean Civilian employees dispersed across the peninsula.

“We began a journey that has been fast paced under the most

dynamic of circumstances in one of the most complex operating environments in the world,” said Harter as she addressed the audience in attendance. “We executed mission during a period of strategic provocation, increased tension, and a pressurization campaign of flex-

Lt.

Gen. Michael A. Bills, Commanding General, Eighth United States Army and Brig. Gen. Bertram Providence, the Commanding General of the Regional Health Command-Pacific, hosted Soldiers, KATUSAs, staff, civilians, families, friends and distinguished guests who gathered to honor and recognize the colonels as they take on their new military career roles.

“As the Commander of MEDDAC-Korea, a command in one of the most strategically important regions in the world, Col. Harter provided mission-focused and team oriented leadership to Army medical equities across the entire

The History of the Change of Command

The Change of Command Ceremony is a time-honored tradition that formally restates to the personnel of the command the continuity of the authority of command.

Custom has established that the change of command ceremony be formal, conducted with great dignity and designed to strengthen the respect for authority which is vital to any military organization. The change of command ceremony allows subordinates to witness the formality of command change from one officer to another and to preserve the continuity of command and authority.

The passing of colors, standards, or ensigns from an outgoing commander to an incoming one ensures that the unit and its soldiers is never without official leadership, a continuation of trust, and also signifies an allegiance of soldiers to their unit's commander.

The change of command ceremony is rooted in military history dating back to the 18th century during the reign of Frederick the Great of Prussia. At that time, organizational flags were developed with color arrangements and symbols unique to each particular unit. To this flag and its commander, the soldiers of the unit would dedicate their loyalty and trust.

When a change of command took place, the flag was passed to the individual assuming the command. This gesture was accomplished in front of the unit so that all could see and witness their new leader assuming his dutiful position. He who held the flag also held the soldier's allegiance. This symbolic tradition has survived throughout military history.



Col. Wendy Harter addresses the Brigade one last time before the change of command ceremony.

ible response options, political change and now a nascent start to détente with sustained and steady readiness underpinning diplomacy. The (Brigade and MEDDAC-K) have continued armistice health service support and force health protection missions, executed transformation and relocation and significantly increased our readiness posture and expeditionary capabilities at multiple levels from strategic to tactical across the tyranny of geography from the DMZ to Daegu.”

Harter and her husband, Dr. Raymond Bateman, will be moving onward as she will be promoted to the rank of



brigadier general and serve as the FORSCOM Surgeon.

Col. Derek Cooper comes to the unit after serving as the Chief of Staff for the U.S. Army Medical Research and Materiel Command in Fort Detrick, Maryland. Providence praised his background and experiences as not only impressive but exactly the care path the region is looking for in officers to lead Soldiers towards successful missions.

“Col. Cooper you must never forget that the command of Soldiers is the highest privilege the Army can bestow on a commissioned officer. We look forward to your leadership and welcome you, your wife Karen, along with your two sons, Joshua and Bryce-Alan to Korea and the Regional Health Command Pacific family,” Providence said.



RHC-P Commanding General, Brig. Gen. Providence joins both Col. Harter and Col. Cooper for an inspection of the Brigade troops.



Mrs. Karen Cooper is presented yellow roses welcoming her to the Brigade.



ater level medical support and force health protection in support of 8th Army and our Korean allies," said Cooper. "I can tell you from working closely with FORSCOM, MEDCOM and DA and in an ASCC support roll the last couple of years that 8th Army and the 65th MED Brigade are where the focus and attention has appropriately been. Our Army, Warfighters, and medical leadership have great confidence in the Pacific Medics team. The professionalism, dedication,

“

The professionalism, dedication, and adherence to standards from the men and women standing here today is an integral part of that reputation and confidence."

— Col. Derek C. Cooper

In his remarks, Cooper said he looked forward to "sharing ideas, building relationships and forging a path" in support of the military health system transformation.

"I look forward to the opportunity to serve the extraordinarily talented men and women of the Brigade and MEDDAC-K as we continue to provide full spectrum the-





106th Veterinary Detachment



Headquarters, Headquarters Company 65th



618th Dental Company Area Support



121st Combat Support Hospital



U.S. Army Medical Materiel Command Korea



168th Multifunctional Medical Battalion

and adherence to standards from the men and women standing here today is an integral part of that reputation and confidence.”

Coopers assignments include Operations Officer for the 37th Medical Battalion in Pirmasens Germany; 1st Armored Division Medical Supply Officer, Company Commander 703rd Main Support Battalion 3rd Infantry Division; Chief of Property Management, Madigan Army Medical Center; 18th MEDCOM Support Operations Officer; Executive Officer for the 52nd Medical Evacuation Battalion; Deputy G4 for 30th Medical Brigade; Deputy V Corps Surgeon in Heidelberg, Germany; commander of the U.S. Army Health Clinic, Hohenfels Germany; Executive Officer, Director of Logistic/G4, Office of the Surgeon General/MEDCOM; Commander 62nd Medical Brigade; Commander 6th Medical Logistics Management Center and most recently serving as the Chief of Staff, United States Army Medical Research and Materiel Command.

☆☆☆

Introducing Vision Plans

Now, active duty family members and TRICARE Reserve Select members and their families may be eligible for Vision Insurance, if enrolled in a TRICARE health plan. Get Ready: You may enroll during Open Season—from Nov. 12 through Dec. 10, 2018—visit tricare.benefeds.com to learn more about FEDVIP open season and to sign up for email alerts.

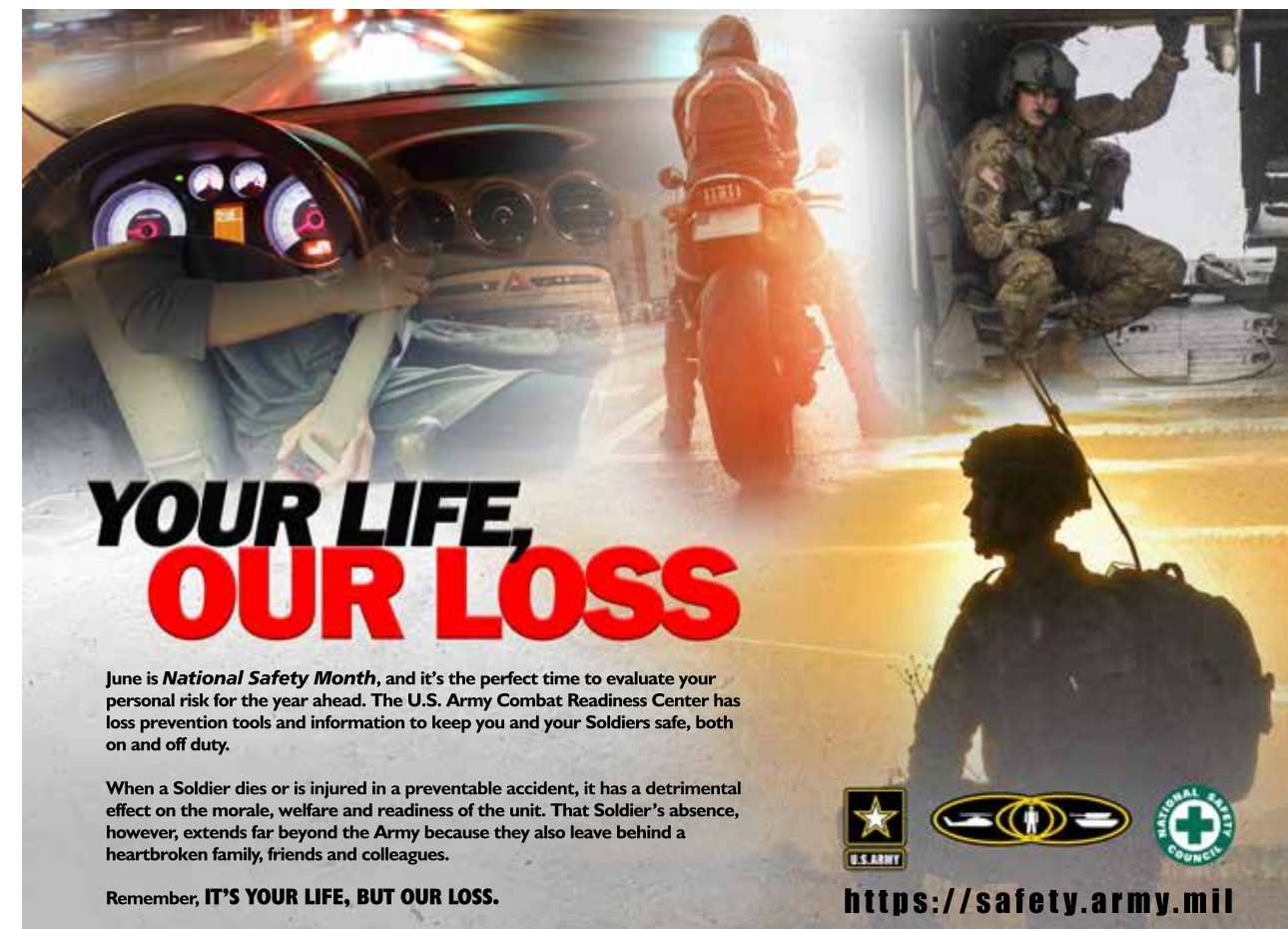
NEW Starting 2018—TRICARE Health Benefits Open Season

Prime and Select Enrollees may switch benefit plans during open season from Nov. 12 through Dec. 10, 2018. If you choose to do nothing, your plan will remain the same for the next year. Remember, you can only change between Prime and Select Plans during Open Season or with a Qualifying Life Event. Learn more by visiting tricare.mil/openseason.



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YOUR LIFE, OUR LOSS

June is *National Safety Month*, and it's the perfect time to evaluate your personal risk for the year ahead. The U.S. Army Combat Readiness Center has loss prevention tools and information to keep you and your Soldiers safe, both on and off duty.

When a Soldier dies or is injured in a preventable accident, it has a detrimental effect on the morale, welfare and readiness of the unit. That Soldier's absence, however, extends far beyond the Army because they also leave behind a heartbroken family, friends and colleagues.

Remember, **IT'S YOUR LIFE, BUT OUR LOSS.**

<https://safety.army.mil>





EYE SAFETY AWARENESS

By Eric L. Singman, M.D., Ph.D.
Vision Center of Excellence

How much do you know about eye safety? Take this sample quiz to find out:

Eye injuries are:

- a. Common
- b. Painful
- c. Expensive to treat
- d. A threat to the economy
- e. Disabling
- f. Preventable
- g. Potentially fatal
- h. All of the above

The answer is h.

According to the American Academy of Ophthalmology, more

than 2.5 million eye injuries occur in the United States each year. Eye injuries are usually painful, as the eyelid is covered by the thinnest skin in the body. Additionally, eye injuries threaten productivity, and can be permanently disabling or fatal. Thankfully, most injuries are likely preventable by taking safety precautions such as wearing protective eyewear.

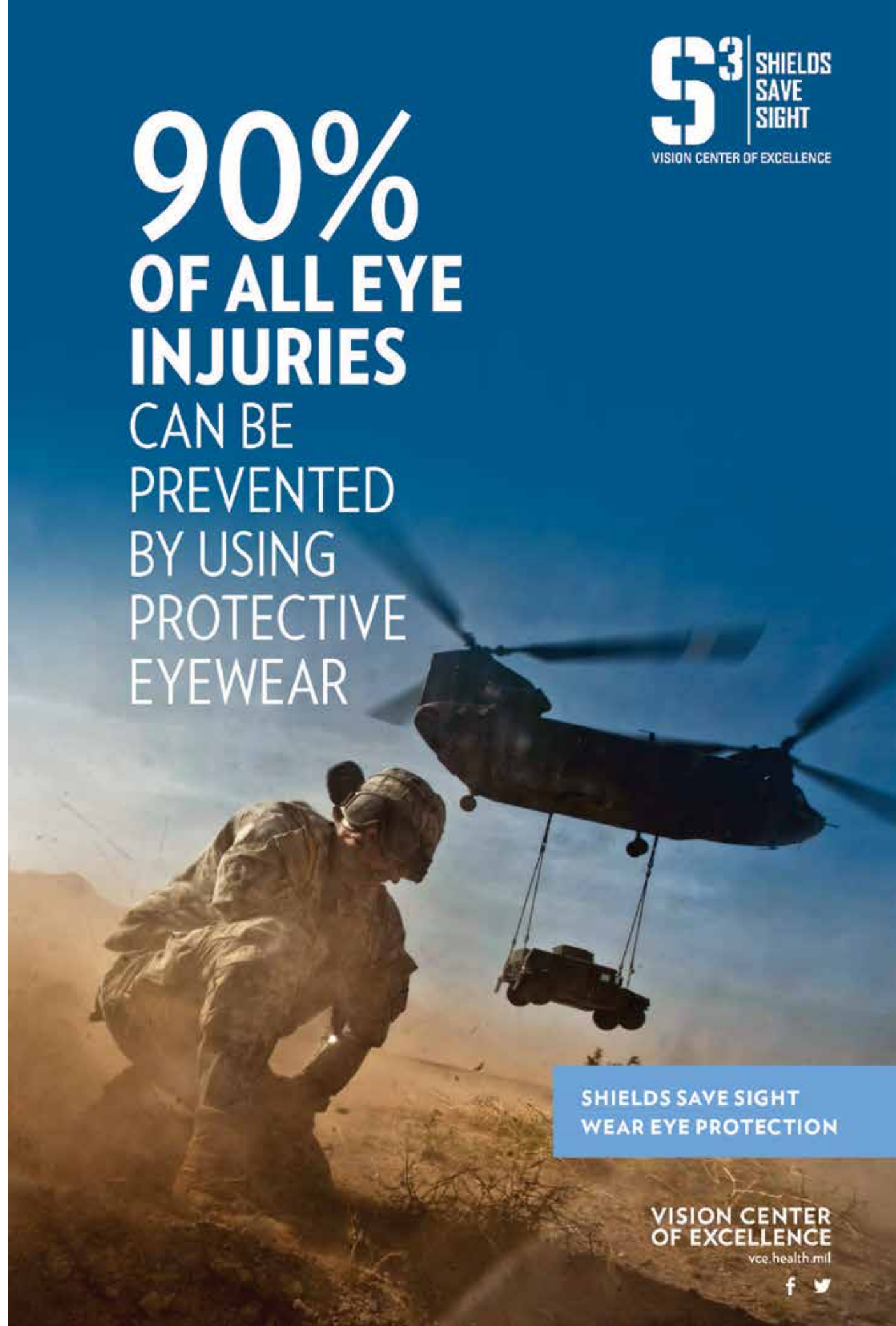
Our gift of vision comes at a cost—the eye is not well protected. The eye, which is only protected by the eyelid, is the only moist surface in the body that is continuously exposed to the environment. This means that injury from foreign objects, chemicals, radiation, severe

heat and infectious agents are particularly concerning for the eye.

Objects that approach faster than a person can blink can severely hurt the eye. Recognizing that the eyelid can cover the surface of the eye in 3/10ths of a second, these objects will likely be moving very fast, and faster objects have more damaging energy to impart to the eye.

Other than danger from inhalation, chemicals in solid or gas form are less likely to cause damage than those in liquid form. Liquids are less damaging because they can spread over a surface while chemicals need a fluid environment to react. Because the surface of the eye is covered in liquid tear film, any chemical

90%
OF ALL EYE
INJURIES
CAN BE
PREVENTED
BY USING
PROTECTIVE
EYEWEAR



SHIELDS SAVE SIGHT
WEAR EYE PROTECTION

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suddenly takes on a liquid form when it hits the eye and can cause an instantly damaging chemical reaction. Chemicals can also cause a delayed reaction, like an allergy, that can make an eye very uncomfortable, reduce vision, and even cause permanent harm.

Clothing can block most natural forms of radiation, particularly Ultraviolet (UV) rays from the sun. However, the eye is normally “un-clothed!” While solar radiation usually does not penetrate the skin and takes some time to cause sunburn, the intense brightness of the sun can cause almost immediate damage to the retina, the neurologic tissue lining the back of the eye that converts light energy into signals that can be seen by the brain. In addition to damage caused by the sun, very weak lasers that cause no harm to any other part of the body can cause sight-threatening burns to the retina.

Heat severe enough to melt glass might not cause any harm to someone who is not in direct contact with the source of heat. However, the cornea is susceptible to surface damage in these situations. Long-term exposure to high temperatures could cause cataract, a clouding of the natural lens within the eye.

Most germs need a moist environment to attach to the cells of the body and cause harm. The moist surface of the eye is surprisingly well protected. A blink mechanically washes away germs, the tear film coating the

eye naturally contains germ-killing chemicals, and the intact corneal surface provides a remarkable barrier to invasion by disease-causing germs. An eye with an unhealthy tear film, weak or infrequent blink, or damaged corneal surface is hampered in fighting infections. Additionally, some germs such as the virus that causes the common cold, are particularly equipped to enter the body through the eye.

The best way to protect the eye is to prevent noxious substances



from ever reaching it. The best safety goggles are those made of polycarbonate, with tinting or coatings to block UV radiation. If worn by those who need them, U.S. eye injuries would be reduced by 90 percent. Incorporating these lenses into face shields and face masks that form a good seal would prevent exposure to

chemical and biological agents and objects such as shrapnel or particles caused by explosions. In addition to protecting the individual, environmental controls and safety-oriented processes would help reduce the risk of eye injury. These controls and processes include shielding machinery which spray or eject chemicals or debris, offering masks for patients who cough or sneeze, and ensuring that proper hand-washing is practiced. Eye injuries matter to everyone and have an impact upon us all.

Everyone needs eye protection at some time and should recognize when these risks occur. We should encourage our colleagues, friends and families to protect their eyes, recognizing that most eye injuries occur at home. Employers and employees need to assess workspaces and job functions for potential eye

injury risks and ensure that compliance with safety standards is maintained. Students and teachers need to understand that behaviors that might seem as simply annoying or disruptive such as using straws or rubber bands to propel objects could cause tragic results. All of us can make a difference, one eye at a time.

The signs are all around

it's up to **YOU** to recognize and act on them



Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.





Highest Rated Medical Treatment Facility Closes Its Doors

*Yongsan Soldier Centered
Medical Home relocates
after decades of service*

Story and photos by William Wight
65th Medical Brigade Public Affairs Office



For decades the troop medical clinic building on U.S. Army Garrison (USAG) Yongsan has provided medical services to service members and KATUSAs stationed in Area II. Nestled in the midst of the main installation next to the Memorial Chapel, the Yongsan Soldier Centered Medical Home (YSCMH) has been caught up in the transformation and relocation of USAG Yongsan. As of June 23, the YSCMH will close its doors according to an announcement from the Brian Allgood Army Community Hospital (BAACH) Command.

The reason for the closures is to increase the staffing at the USAG Humphreys medical clinics in order to support the move of United States Forces Korea patients. Upon clinic closure, service members assigned to the YSCMH will be given a new Primary Care Manager at the BAACH Patient Centered Medical Home (PCMH aka Primary Care Clinic).



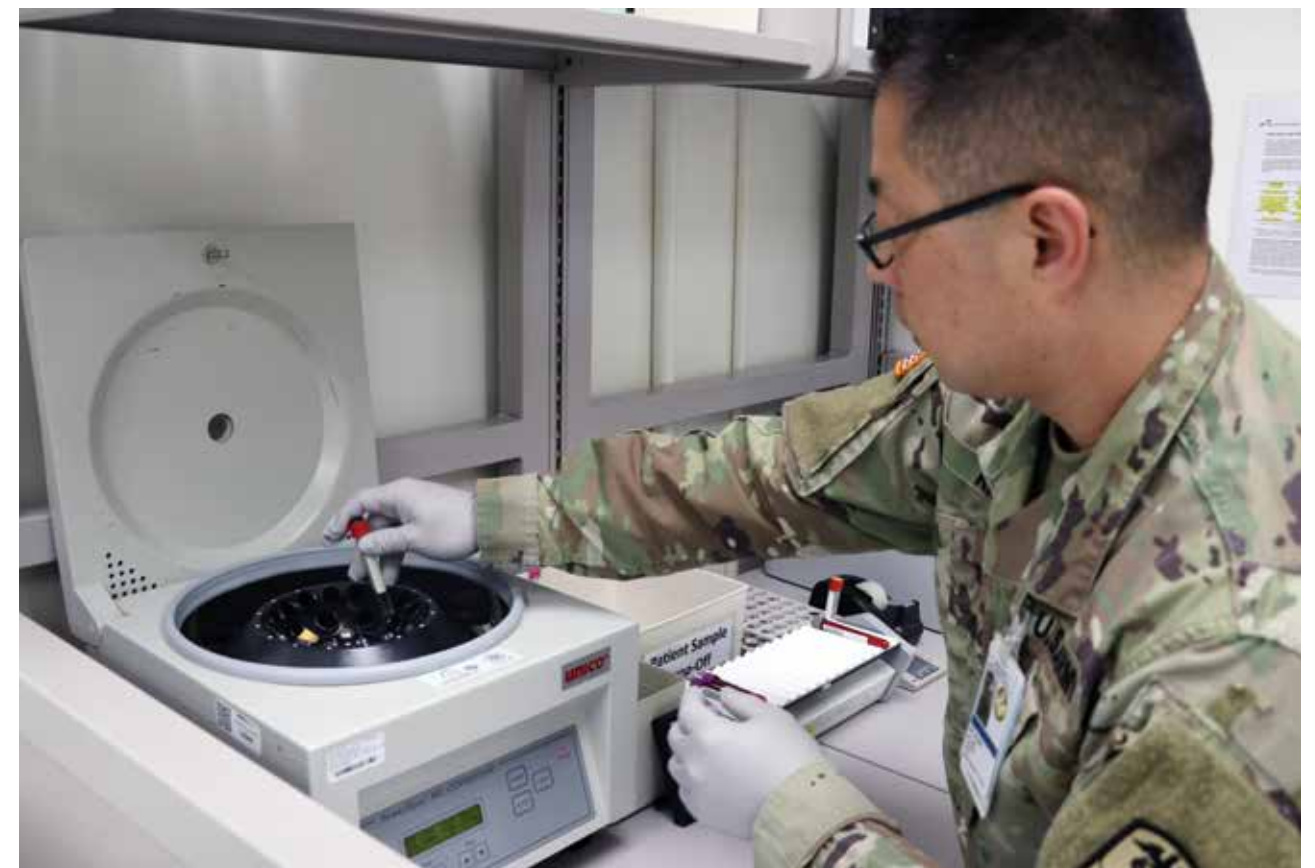
“As the service member moves to USAG Humphreys, they will be given a new PCM located there. No matter if the service member moves to the BAACH clinic or USAG Humphreys clinic, they will continue to receive the same outstanding level of medical care they are used to,” said Capt. Kyle Hoedebecke, YSCMH officer in charge.

“At the closure, the providers still

for the quarter with an average of 97 percent for the year. The YSCMH also boast being among the top ten percent of medical facilities across the board according to the HEDIS metrics, which is evidence based care and how well it is implemented for primary care and preventive medicine. The Healthcare Effectiveness Data and Information Set (HEDIS) is a tool used by more than 90 percent of

America's health plans to measure performance on important dimensions of care and service.

Hoedebecke and his team are proud to have also improved the quality of care and service given to other branches of the military here on the peninsula. With a recent process improvement project through Lean Six Sigma, the YSCMH revamped the processes involving



working at the YSCMH will move to the BAACH PCMH. The civilians and Korean Service employees will be moved to either Humphreys, K-16, Camp Walker of the BAACH,” said Col. Jeremy Johnson, Deputy Commander of Outlying Clinics. “We have identified positions for all of them.”

The clinic is unique in that it is the most highly rated clinic in the Pacific. According to Hoedebecke, the patient satisfaction rating was 100 percent

“No matter if the service member moves to the BAACH clinic or USAG Humphreys clinic, they will continue to receive the same outstanding level of medical care they are used to.”
— Capt. Kyle Hoedebecke

health care of other service branches resulting in a 95 percent readiness rating and a model now being used at other medical facilities on the peninsula.

Although the building has closed its doors, Hoedebecke speculates that as the BAACH moves to USAG Humphreys in the fall of 2019, that the future remaining remnant of USAG Yongsan may look towards the YSCMH as an onsite medical facility for Area North.

Boryeong Mud Festival

Korea's International Summer Festival

Immerse yourself in nutrient-rich mud at the Boryeong Mud Festival, one of Korea's most popular summer festivals! The festival takes place on Korea's west coast at Daecheon Beach in Boryeong-si, Chungcheongnam-do, a few hours ride to the southwest from Seoul. Daecheon Beach is the largest beach on Korea's west coast and is well known for its nutrient-rich mud that has health benefits for the skin. Welcoming thousands of international visitors every year, this year's festival guarantees a variety of fun-packed activities along with lively events in celebration of its 21st anniversary from July 13 to 22. Don't miss this opportunity to join in on the excitement of fun with mud as well as your chance to see K-Pop performances.



Courtesy of Korea Tourism Organization

Top Mud Festival Events



Boryeong Mud Festival Main Events

- Period: July 13-22, 2018
- Venues: Daecheon Beach Mud Square & Namgok-dong Mudflat Experience Site, Citizens' Tower Plaza, etc.
- Mud Square experience hours: 09:30-18:00 (Area closed 12:30-13:30 for cleaning)
- Admission
 - Regular Zone:
 - Monday-Thursday: Adults 12,000 won, Teenagers 10,000 won
 - Friday-Sunday: Adults 14,000 won, Teenagers 12,000 won
 - Family Zone:
 - Monday-Thursday: Adults 4,000 won, Children 9,000 won
 - Friday-Sunday: Adults 6,000 won, Children 11,000 won
- * Boryeong Mud Festival venue is divided into the Regular Zone and the Family Zone. Most experience activities are available in the Regular Zone.
- * Cash and credit cards are accepted.

Boryeong Mud Festival is packed with unique and exciting mud-themed activities ranging from games to sports, arts and craft, and skin therapy. Head to the Giant Mud Bath located at the Mud Square and participate in recreational activities perfect for friends and families as well as pampering yourself with a mud massage. You can also enjoy crafting activities like making mud soaps and miniature character figures or take the challenge to pass through a mud maze as fast as you can. Make sure you get at least a bit of mud on you as soon as you arrive at the festival grounds or you'll risk being locked up in the Mud Prison with other "mud-less" visitors.

1. Mud Self-massage Zone



The Mud Self-massage Zone is the perfect first stop for timid visitors or the beauty-conscious. Boryeong mud is known to be rich in beneficial minerals that result in clean and radiant skin. Simply spread the mud all over your body and wait for about 10 minutes until the mud turns white before washing the mud off. Soothe your skin and wash away your stress at the Self Massage Zone.



2. Mud Slide



Enjoy a thrill ride into a pool of mud on the Mud Slide. Cover yourself with mud before going down the slide to pick up even more speed as you barrel down.



3. Giant Mud Bath



The Giant Mud Bath is a huge mud pool where anyone can enjoy mud bathing under the sun, as well as participate in a variety of games. Jump into the giant mud bath and join in the fun.



If you need a break from all the action, relax and enjoy entertainment events like the Mud Futsal Champion tournament, Mud Tram, Muddy Mob, enjoying mud packs, the mudflat mini marathon and more.

4. Mud missions through All Sorts of Hardships



Engage yourself in numerous mud-themed games at the festival! In particular, don't forget to try All Sorts of Hardships, where you make your way through a narrow mud maze filled with obstacles blocking your path.



Related Events

Mud Futsal Champion

- ▶ Period: TBD (One day during festival period)
- ▶ Venue: Daecheon Beach (Citizens' Tower Plaza area)
- ▶ Description: Small-scale futsal tournament and experience

Mud Tram

- ▶ Period: July 13-22
- ▶ Venue: Mud Square <-> Citizens' Tower Plaza
- ▶ Description: Tour the festival grounds on the Mud Tram

Mudflat Mini Marathon

- ▶ Period: 10:00 July 21 (Free; first-come, first-served registration)
- ▶ Venue: Namgok-dong Mudflat Experience Site
- ▶ Description: Mini marathon racing across the natural mudflat



Night Events Full of Youthful Exuberance



PSY
performance at
Boryeong Mud
Festival

Enjoy the cool, breezy atmosphere of the festival's nighttime events after a full day of festivities. Held at the Daecheon Beach Mud Square Special Stage, nighttime events include the opening ceremony, Firework Fantasy, exciting Hip Hop Rave Party, World Skin Beauty Pageant and closing ceremony. This year, performances from top idols like PSY and IU at the opening and closing ceremonies are expected to hype up the audience.



Nighttime Events

Opening Ceremony & K-POP World Concert

- ▶ Period: 19:00 July 14
- ▶ Venue: Special performance stage

K-POP World Concert Hip-hop Rave Party

- ▶ Period: 20:00 July 21
- ▶ Venue: Special performance stage

PSY Celebratory Performance

- ▶ Period: 20:00 July 16
- ▶ Venue: Special performance stage

Closing Ceremony & K-POP World Concert

- ▶ Period: 21:00 July 22
- ▶ Venue: Special performance stage



More info

Boryeong Mud Festival 2018

- ▶ Period: July 13-22
- ▶ Venue: Daecheon Beach and neighboring downtown areas
- ▶ Transportation
 - Train
 - Yongsan Station --> Daecheon Station
 - (Total travel time: Approx. 2 hr 40 min / First train 05:35 / Last train 21:40)
 - Bus
 - * Seoul --> Boryeong (Daecheon)
 - Central City Bus Terminal --> Boryeong Bus Terminal
 - (Total travel time: Approx. 2 hr 10 min / First bus 06:00 / Last bus 21:50)
 - Dong Seoul Bus Terminal --> Boryeong Bus Terminal
 - (Total travel time: approx. 3 hr to 3.5 hr / First bus 06:40 / Last bus 19:30)
 - * Boryeong (Daecheon) --> Daecheon Beach
 - From Boryeong (Daecheon) Bus Terminal, take a local bus bound for Daecheon Beach.
 - Get off at Daecheon Beach Bus Stop. (Total travel time: Approx. 35 min)
 - ** Transportation Tip: During the Boryeong Mud Festival period, there is a bus that departs from Seoul Central City Express Bus Terminal and goes directly to Daecheon Beach.
- ▶ Boryeong Mud Festival website: www.mudfestival.or.kr (Korean, English, Japanese, Chinese)
- ▶ Language Interpretation Service during festival period
 - English: +82-10-5438-4865 / Japanese: +82-10-2888-3471 / Chinese: +82-10-2031-2270
- ▶ 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)

Beginner's Guide to:

INCHEON INTERNATIONAL AIRPORT

Courtesy of Korea Tourism Organization



Korea's top airport is none other than Incheon International Airport. The airport consists of Terminal 1 and Terminal 2, with a transportation center, public area, duty free area, and Terminal 1 being connected to an additional concourse. Terminal 1 has five floors, while Terminal 2 has six. With such a vast area, most people are unaware of the many outstanding facilities available. Whether you arrive hours before your flight or have an overnight layover, with our helpful guide you can enjoy your time at Incheon International Airport to the fullest.

Useful Facilities – Seek Comfort and Convenience

A warm shower and a comfortable bed for exhausted passengers



Perhaps you just need a few hours of shut-eye but don't want to shell out a lot of cash for an expensive hotel room. Darakhyu, a capsule hotel, or Spa On Air, a sauna with a lounge area, are the perfect compromises, allowing one to get a good night's rest at an affordable price. If you don't need to rest but would like to freshen up between or after a flight, you can make use of the airport's shower room, available to transfer passengers for free. Non-transit travelers can also use the shower room for a small fee of 3,000 won, which includes a shower kit. Darakhyu and airport shower rooms are available in both terminals, but Spa on Air is only available in Terminal 1.

SPA ON AIR

- Location: Terminal 1 Public Area B1 East Wing End
- Fees: 3hr Shower 7,000 won / 4hr Shower & Sauna 10,000 won / 12hr Shower & Sauna 22,000 won

DARAKHYU

- Locations:
 - Terminal 1) Transportation Center 1F Center
 - Terminal 2) Transportation Center B1F East Wing (Near bus ticketing)
- Single Room with shower not available in Terminal 2
- Fees: Day Use (06:00-20:00) 23,100~36,000 won / Overnight (20:00-06:00) 56,000~77,000 won
- Overnight reservation consists of a guaranteed 12 hours of stay based on check-in time, with a charge of 4,000 won per additional hour.
- Website: www.walkerhill.com (Korean, English)

SHOWER ROOM

- Locations:
 - Terminal 1) Concourse 4F Center / Duty Free Area 4F East & West Wings
 - Terminal 2) Duty Free Area 4F (Boarding Gate 268 & 231)
- Fees: Free (Shower kit available for 3,000 won)
- Operating hours: Terminal 1 Duty Free Area 07:00-22:00 / Concourse 07:00-21:00 / Terminal 2 Duty Free Area 06:00-21:00

Nursery & kids zone for little travelers



Traveling with young children can be tiring. Thankfully, Incheon International Airport is fully equipped with facilities throughout the airport to offset the difficulties parents face. Parents can comfortably feed infants, change diapers or simply rest at the nursery rooms, open 24 hours a day, all year round. Young children will love getting out their energy in the Kids Zones. Use of the play equipment in the Kids Zones is restricted to children ages 3-8.

NURSERY ROOMS

- Locations:

Terminal 1) Public Area 1F East Wing (Arrivals Gate B) & West Wing (Arrivals Gate E), 3F East Wing (C-D Counters) & West Wing (J-K Counters) / Duty Free Area 3F (Boarding Gates 25, 29), 4F East & West Wings (Near Korean Traditional Culture Center) / Concourse 3F (Boarding Gate 121)
Terminal 2) Public Area 1F East & West Wings, 3F East & West Wings / Transportation Center B1 Bus Terminal East & West Wings / Duty Free Area 3F (Boarding Gates 231, 243, 257, 268)

KIDS ZONES

- Locations:

Terminal 1) Duty Free 3F (Boarding Gates 5, 15, 40, 45) / Duty Free 4F East & West Wings / Concourse 3F (Boarding Gate 113, 121)
Terminal 2) Duty Free Area 3F (Boarding Gates 231, 232, 243, 256, 266, 268)



For all your health needs, Airport Medical Center Inha University & Airport Pharmacy

All travelers must pay special attention to maintain excellent health condition before traveling abroad. However, there's no need to worry if you suddenly feel ill or get hurt at the airport; simply visit the Airport Medical Center Inha University. As the only hospital within the airport, travelers can receive a range of treatments, from dental care to internal medicine. The medical center in Terminal 1 is open 24 hours all year round, while the center in Terminal 1 operates 08:30 to 18:00 on weekdays, and 08:30 to 15:00 on weekends and public holidays. All patients can receive a Meda form, an international treatment record, to submit to a hospital in their home country for treatment upon return. Pharmacies are also available within the airport in case you need any over-the-counter medicine.



AIRPORT MEDICAL CENTER INHA UNIVERSITY

- Locations:

Terminal 1) Public Area B1 West Wing (Gate 5)
Terminal 2) Public Area B1 East Wing

- Operating hours:

Terminal 1) Open 24 hours
Terminal 2) Weekdays 08:30-18:00 / Weekends & Public holidays 08:30-15:00

PHARMACIES WITHIN THE AIRPORT

• Terminal 1

- World Top Pharmacy: Duty Free Area 3F (Boarding Gate 28) / 06:30-21:30
- Optima Plaza Pharmacy: Public Area 3F (Check-in Counter G) / 06:30-22:00
- W-store Star Pharmacy: Public Area 3F (Check-in Counter F) / 06:00-22:00
- Lead Pharm Pharmacy: Concourse 3F Central Area / 06:30-23:00
- Medipharm Pharmacy: Public Area B1 East Wing / 07:00-21:30

• Terminal 2

- Balance Pharmacy: Public Area B1 West Wing / 07:00-21:00
- Skypharm Pharmacy: Public Area 3F East Wing / 05:00-22:00
- Prime Pharmacy: Duty Free Area 3F East Wing Node / 06:30-22:00

* Operating hours are subject to change.

Unique Experiences – Enjoy Dynamic Attractions!

Get to know Korea's traditional culture! Korean Cultural Street



There are cultural spaces spread throughout the airport where international travelers can not only see but also experience first-hand Korea's outstanding traditional culture. Korean Cultural Street is one such place, a hidden rest area open to all visitors to Incheon International Airport. Korea's nature and cultural heritages are on display here through exhibitions and videos. Korean Cultural Street also features great rest areas designed in the traditional Korean

KOREAN CULTURAL STREET

- Location: Terminal 1 Public Area 4F Central Area
- Attractions: Korean roof-tile house, pavilion, digital experience facility, traditional tteok (rice cake) café, etc.

KOREAN TRADITIONAL CULTURE CENTER

- Locations:
Terminal 1) Duty Free Area 3F East & West Wings / Concourse 3F (Boarding Gate 122)
Terminal 2) Duty Free Area 3F East & West Wings
- Attractions: Handicraft experience, hanbok experience, gugak performance (Hanbok experience is only available at the Concourse. Gugak performance schedule is not fixed.)
- Operating hours: 07:00-22:00

KOREAN CULTURAL MUSEUM

- Location: Concourse 4F Central Area
- Attractions: Exhibitions on royal culture, traditional artwork, printing culture, etc.
- Operating hours: 07:00-22:00

KOREAN CULTURAL EXHIBITIONS

- Peace & Charm of Korea: Terminal 1 Duty Free Area 4F Transit Center West Wing / Showcasing panoramic views of Korea's nature
- Artifact Display: Terminal 1 Duty Free Area 3F East & West Antlers / Exhibition of Korea's cultural heritages and relics
- * Exhibition contents and locations are subject to change; please check with the airport website before visiting.
- Operating hours: 24hr

INCHEON AIRPORT OBSERVATORY

- Location: Take bus No. 306 from bus platform 2 or 13 (Terminal 1 3F) and get off at Incheon Airport Observatory Bus Stop (approx. 10min.)
- Operating hours: 10:30-16:00, Open all year round but subject to closure during adverse weather

style through Mangyeongjeong and Biseonru Pavilions. Biseonru Pavilion in particular offers outstanding views of the airport interior as well as the airplanes coming and going on the tarmac outside.

Both Terminal 1 and Terminal 2 have Korean Traditional Culture Centers, designed to look like hanok (traditional Korean house) buildings. Each of the five centers has a slightly different theme, such as Hangeul, the Korean alphabet; or Korean crafts made using hanji (traditional Korean paper). Terminal 2 also features an advanced PR hall and observatory on the fifth floor. The observatory allows people to watch the planes as they taxi on the tarmac before departure or upon arrival. The PR hall uses VR technology for a tour of the airport as well as exploring the changes the airport has gone through from its grand opening until now.



TERMINAL 2 PR OBSERVATORY

- Location: Terminal 2 Public Area 5F Central Area
- Operating hours: PR Hall 06:00-19:00, Open all year round / Observatory December-February 10:30-16:00, March-November 10:00-17:00
- * Observatory closed during extreme rain or snow

More Info

Incheon International Airport

- Address: 271, Gonghang-ro, Jung-gu, Incheon
- Misc. Useful Airport Facilities:
 - Coatroom and laundry service: Cleanup Air (Terminal 1 Public Area B1, West End / Terminal 2 Public Area B1 East End Bus Ticketing) / Hanjin Parcel Service (Terminal 1 Public Area 3F, (Check-in Counter M), Public Area 1F (Door 13) / Terminal 2 Public Area 1F Central Area, 3F (Check-in Counter H)) / CJ Daehan Parcel Service (Terminal 1 Public Area 3F (Check-in Counter A) / Public Area 1F (Door 1))
 - Prayer room: Terminal 1 Duty Free Area 3F (Boarding Gate 24) / Concourse 4F East Wing / Terminal 2 Public Area 1F East Wing / Terminal 2 Duty Free Area 4F Central Area
 - Luggage repair: Assem Doctor Company (Terminal 1 Public Area B1 (inside Spa On Air) / Terminal 2 Public Area B1 (inside Cleanup Air))
 - Lost & Found: Terminal 1 Public Area B1 West Wing / Terminal 2 Public Area 2F Central Area Information Center

Advanced Technology – Save Time and Money!

No need to wait in line with Self Check-in & Self Bag Drop Services



To go through the check-in and baggage drop process as quickly as possible, use the self check-in kiosks (English, Japanese & Chinese language supported) and self bag drop services. The location of self check-in kiosks depend on the respective airlines and use may be limited for travelers with certain visas or required check-in procedures. Your ticket can be printed from the kiosks by scanning your passport or typing in your reservation number. For self bag drop, print your luggage tag and attach it to your bag before taking it to the bag drop.

SELF BAG DROP SERVICE

- Terminal 1
 - Location: Public Area 3F (Check-in Counters A, F, M)
 - Supported airlines:
 - A Counter: Eastar Jet, Asiana Airlines, Jeju Air, T'way, Turkish Airlines, Air Seoul
 - F Counter: Jeju Air, Asiana Airlines
 - M Counter: Asiana Airlines
- Terminal 2
 - Location: Public Area 3F (Check-in Counters D, E)
 - Supported airlines: Korean Air, Air France, KLM Royal Dutch Airlines
 - Baggage policy varies by airline; please check with the airlines in advance.

SELF CHECK-IN KIOSK

- Terminal 1
 - Location: Public Area 3F (Check-in Counters A, B, D, F, G, K, L, M)
 - Supported airlines: Asiana Airlines, Jeju Air, Air Seoul, Cathay Pacific, Air China, American Airlines, China Southern Airlines, Eastar Jet, Turkish Airlines, T'way, Air Canada (Self check-in may not be supported due to visa requirements)
- Terminal 2
 - Location: Public Area 3F (Check-in Counters B~G)
 - Supported airlines: Korean Air, Air France, KLM Royal Dutch Airlines, Delta Air Lines
 - Check with the airlines in advance for details on the self check-in policy and procedures.

INCHEON AIRPORT OBSERVATORY

- Location: Take bus No. 306 from bus platform 2 or 13 (Terminal 1 3F) and get off at Incheon Airport Observatory Bus Stop (approx. 10min.)
- Operating hours: 10:30-16:00, Open all year round but subject to closure during adverse weather

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- * Observatory closed during extreme rain or snow

Smart shoppers make use of the Tax Refund Zone

When your trip is over and you're getting ready to return to your home country, don't forget to get your tax refund. Individual kiosks (English, Japanese & Chinese language supported) are available in the Tax Refund Zone for travelers to process their tax refund requests. The process has been made as easy as possible; simply scan your passport and then the receipts received upon item purchase one by one. After completion, your tax refund can be returned either through your card or in cash.



TAX REFUND ZONE

- Terminal 1
 - Public Area 3F (Near Check-in Counters B, D, J, L / Kiosk) * Available for refunds of less than 75,000 won
 - Duty Free Area 4F (escalator by Boarding Gate 26~27 / Service window & kiosk)
 - Concourse 3F Central Area (Boarding Gate 115)
- Terminal 2
 - Public Area 3F (Check-in Counters D, E)
 - Duty Free Area 3F (Boarding Gates 249, 253)

More Info

Getting to Incheon International Airport Terminal 2

- Airport Bus or Airport Railroad Express: Get off at Terminal 2 Stop (B1)
- Interterminal Bus (T1 <--> T2)
 - Terminal 1--> Terminal 2: Free shuttle bus departs from 3F Central Area Door 8 (15km, approx. 15min.)
 - Terminal 2--> Terminal 1: Free shuttle bus departs from 3F Central Area Door 4-5 (18km, approx. 18min.)
- Website: www.airport.kr (Korean, English, Japanese, Chinese)
- 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)

This Performance Bar Could Keep Recruits from Breaking Bones in Basic



Story by Matthew Cox
Military.com

Photo courtesy of the
U.S Army Natick Soldier
Research, Development and
Engineering Center

U.S. military nutrition officials are hoping to reduce injury rates in Army and Air Force basic training with a calcium-rich snack bar designed to increase bone density among recruits.

The Defense Department's Combat Feeding Program began issuing the Performance Readiness Bar this year to trainees in Army Basic Combat Training and Air Force Basic Military Training, according to Jeremy Whitsitt, deputy director of the Combat Feeding Program.

"I guess what the services had noticed over the past 10 to 12 years is that, due to the nature of the recruits, they were getting kind a more sedentary individual as opposed to what they have experienced in the past," Whitsitt said.

"They noticed a dramatic increase in stress fractures that would cause

either the recruits to get recycled, where they heal and basically start over from the beginning, or they get hurt so severely that ... they are just out of the military," he said.

The Army medical community attempted to combat the issue "using a mixture of calcium and vitamin D, knowing clinically the calcium and vitamin D increases bone density ... so they initially tried to administer it through pill form," Whitsitt said.

The approach was not effective because only about 60 percent of the soldiers in the test took the pills as instructed.

"They said, 'Well, maybe if we put that same dose into a food component like a snack bar, they would get a better compliance rate,' so we developed the bar," Whitsitt said.

The Performance Readiness Bar contains a mix of vitamin D and

1,000 milligrams of calcium. Recruits are given one bar each night before bed, he said, adding that the program has achieved a 90 percent soldier compliance rate.

So far, Army BCT sites at Fort Benning, Georgia; Fort Jackson, South Carolina; Fort Leonard Wood, Missouri; and Fort Sill, Oklahoma, have taken delivery of 5.2 million bars, Whitsitt said.

The Defense Logistics Agency awarded a second contract for 18 million more bars.

"There are clinical studies that show that calcium and vitamin D in certain doses will increase bone strength. The medical command is in the process of collecting the data that shows that this ... scenario is actually decreasing the amount of stress fractures," Whitsitt said. "The anecdotal evidence is very positive."



Scheduled hours for next three months for the
Painted Door Thrift Shop

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 OPEN 10-2
3	4	5 OPEN 10-2	6 OPEN 2-6	7 OPEN 2-6	8	9
10	11	12 OPEN 10-2	13 OPEN 2-6	14 OPEN 2-6	15	16
17	18	19 OPEN 10-2	20 OPEN 2-6	21 OPEN 2-6	22	23
24	25	26 OPEN 10-2	27 OPEN 2-6	28 OPEN 2-6	29	30
Jun 17: Father's Day						

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 OPEN 10-2	4 CLOSED	5 CLOSED	6	7
8	9	10 OPEN 10-2	11 OPEN 2-6	12 OPEN 2-6	13	14 OPEN 10-2
15	16	17 OPEN 10-2	18 OPEN 2-6	19 OPEN 2-6	20	21
22	23	24 OPEN 10-2	25 OPEN 2-6	26 OPEN 2-6	27	28
29	30	31 OPEN 10-2				
Jul 04: Independence Day						

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 OPEN 10-2
5	6	7 OPEN 10-2	8 OPEN 2-6	9 OPEN 2-6	10	11
12	13	14 OPEN 10-2	15 OPEN 2-6	16 OPEN 2-6	17	18
19	20	21 OPEN 10-2	22 OPEN 2-6	23 OPEN 2-6	24	25
26	27	28 OPEN 10-2	29 OPEN 2-6	30 OPEN 2-6	31	



Membership is available for the 2018-2019 Board Year. You may sign up at the Painted Door thrift store and Luncheons will resume in Sept of 2018.

Family Adventures in Asia: Myanmar

By Capt. Kyle Hoedebecke
65th Medical Brigade Correspondent

Previously called Burma, Myanmar was part of the British Empire from the mid-19th century. During World War II, it was occupied by Japan until gaining independence in 1948.

Because of its British heritage, Myanmar originally drove on the left before deciding to switch to the right side in 1970. Various trade sanctions, however, banned the import of many left-hand-drive vehicles, making the road conditions quite confusing due to the juxtaposition of vintage left-hand-drive vehicles and newer right-hand-drive cars coming from Japan.



Buddhist cave temple
near Hpa-An



Myanmar has hundreds of miles of unspoiled coastline that you will share with the locals. In the town of Ngwesaung, we shared only the beach with a few dozen Buddhist monks!

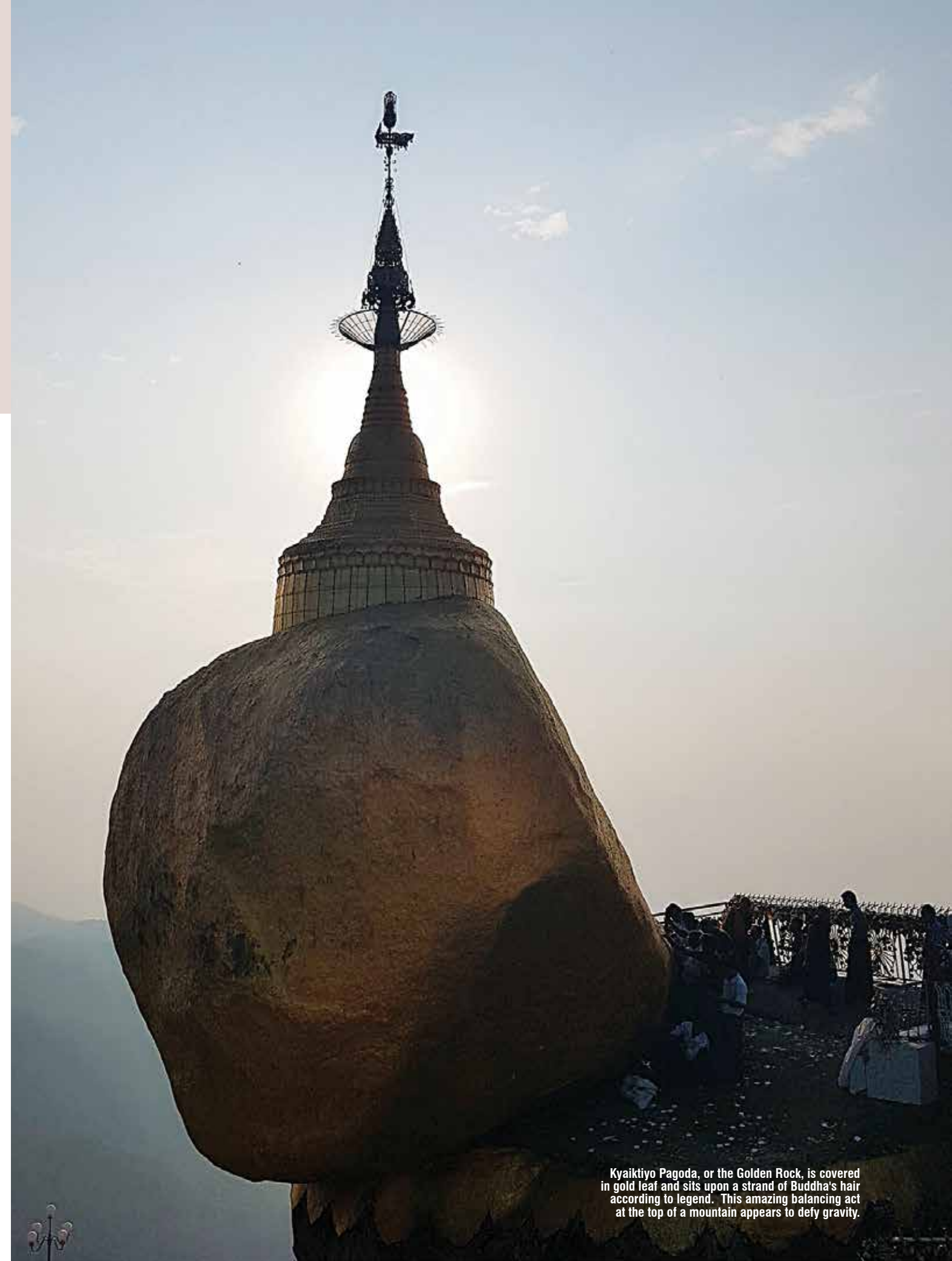
The country boasts nearly 135 different ethnic groups speaking 60 languages - making Myanmar the 75th most culturally and ethnically diverse country in the world. Upon arrival, you will notice many individuals with yellow to gold colored swirls painted in plain circles or more intricate patterns on the cheeks and forehead. This is a cosmetic paste, called thanaka, made from the bark of special trees. The customary application of thanaka dates back over 2,000 years with the intended purpose of smoothing the skin and protecting against sun damage.

Myanmar also is home to thousands of temples with the Shwedagon Pagoda being the most sacred of sites as it is believed to hold, among other relics, eight strands of Buddha's hair. According to common belief, two merchants met Buddha over 2500 years ago during their travels and returned with strands of his hair. These now lie atop the Shwedagon Pagoda in Yangon. You cannot miss this shimmering gold-leafed temple that boasts more than 4,500 diamonds - the largest being 72 carats!

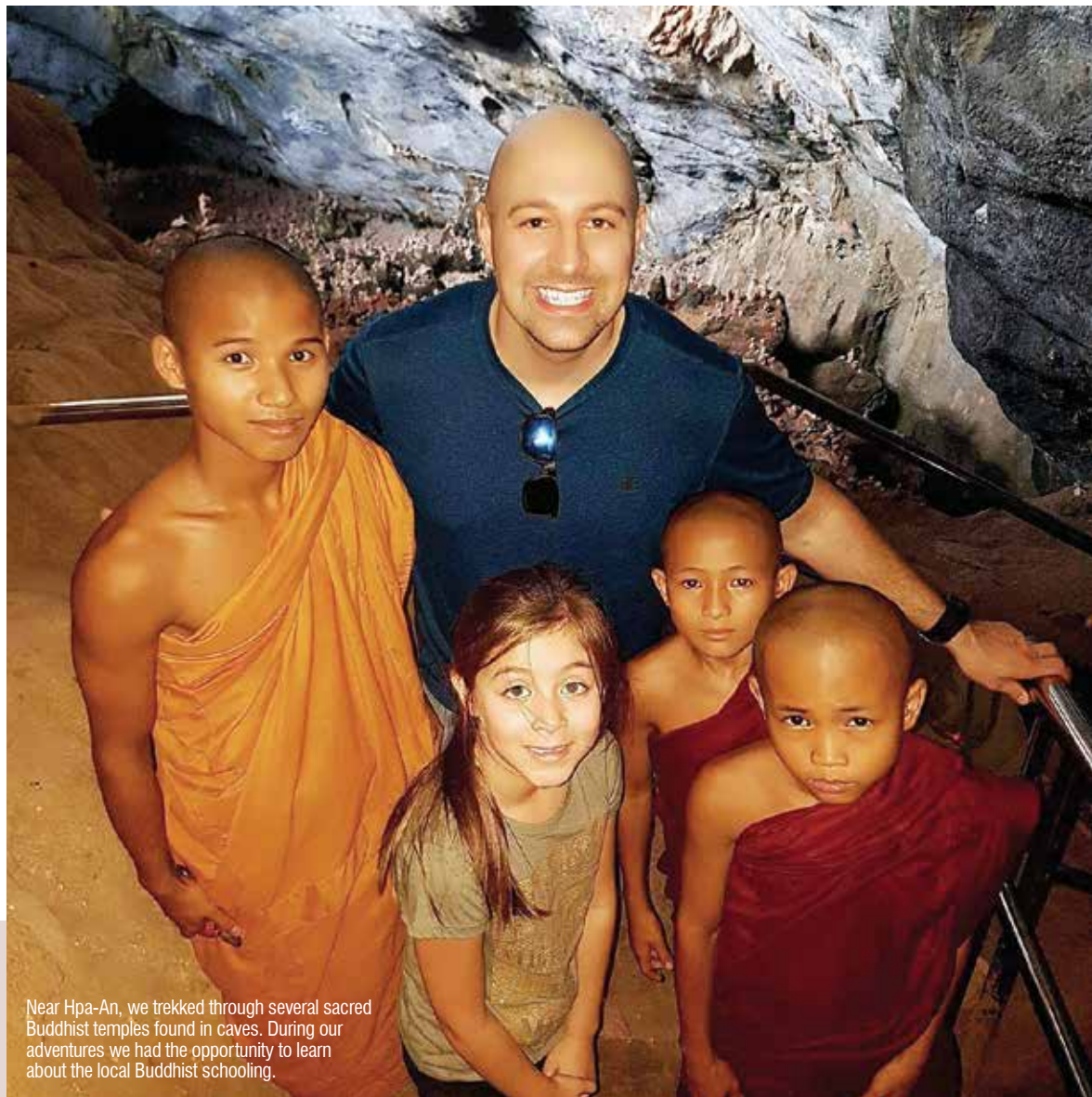
Myanmar also has over 1200 miles of coastline and beautiful beaches that remain greatly unspoiled due to the nascent tourism industry. The best beaches are found just hours away from the capital on the eastern coast. To the south, lies the Mergui Archipelago, which consists of over 800 islands and some of the best diving and snorkeling in the world.



The umbrella industry of Patheingyi is a well known cottage industry established over a hundred years ago. The first umbrellas were made of paper, but innovative craftsmen now produce umbrellas with canopies of cotton, silk, and satin with attractive floral designs.



Kyaiktiyo Pagoda, or the Golden Rock, is covered in gold leaf and sits upon a strand of Buddha's hair according to legend. This amazing balancing act at the top of a mountain appears to defy gravity.



Near Hpa-An, we trekked through several sacred Buddhist temples found in caves. During our adventures we had the opportunity to learn about the local Buddhist schooling.

This area is inhabited by the Moken people - an ethnic minority sometimes known as the "Sea Gypsies." There are several newly built resorts as well as multiple "liveaboard" boating options for those wanting to maximize their diving experience.

Travel Tip of the Month

Myanmar will accept their local currency - Kyat (MMK) - or US Dollars. Beware, however, because I have never seen any country scrutinize bills like the Burmese. Specifically, they only accept US currency in perfect - so ensure your bills remain pristine!



Your Family.
Your Orthodontist.

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U.S. Board Certified Orthodontic Specialist

FIRST CHOICE FOR YOUR FAMILY BRACES

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- ✓ **With 15 years of dental studies and training at the most prestigious schools and hospitals** (University of Pennsylvania School of Dental Medicine, University of Illinois at Chicago, NYU Medical Center), Dr. Kim has successfully treated thousands of patients of all ages and ethnic backgrounds.
- ✓ **Dr. Kim has written numerous publications** in his areas of expertise, including a recent textbook chapter: Orthodontics Basic Aspects and clinical considerations

Orthodontics (BRACES)

- Children / Adults
- Speed Braces/ Clear Braces / Invisalign

Comprehensive Dental Care

- General check-ups, Cleaning
- Fillings, Crowns, Root Canal, Implants
- Cosmetic Dentistry : Veneers, Whitening



Dr. JAY H KIM DMD, MS
U.S. Certified Orthodontic Specialist

- **University of Pennsylvania**
School of Dental Medicine (DMD)
- **University of Illinois at Chicago**
Orthodontic Specialty Residency/ MS
- **NYU Medical Center**
Reconstructive Plastic Surgery: Fellowship
- **Catholic University of Korea**
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VISION CENTER OF EXCELLENCE


SHIELD YOUR EYES FOR SAFETY

Accidents happen, but you can prevent most accidents from injuring your eyes by wearing eye protection.

Below are just a few of the reasons to shield your eyes for safety:

SHIELDS SAVE SIGHT

EACH YEAR MORE THAN
2.5 MILLION
EYE INJURIES
OCCUR

& **50,000**
people permanently
lose part or all
of their vision 

90% of all eye injuries can be prevented
by using protective eyewear



FIT THE GEAR TO THE JOB. Polycarbonate eye gear is the best protection against flying debris and particles. Splashguards are best for jobs with liquids. For all on-duty activities, wear gear from APEL (Authorized Protective Eyewear List).

OVER 1 OUT OF 4 ADULTS



27% of adults rarely or never wear sunglasses

35% 

did not know if their shades provided UV protection

40.5% of adults say that they do not look for health/safety information when purchasing sunglasses



SHIELD IN CELEBRATIONS

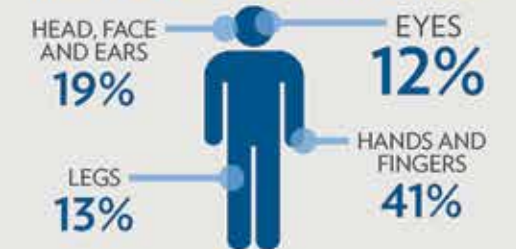
200 people go to the emergency room every day with fireworks-related injuries around the July 4th holiday

3 OUT OF 4 INJURIES



Of the fireworks-related injuries sustained, 74% were to males and 26% were to females

THE PARTS OF THE BODY MOST OFTEN INJURED WERE



If an injury occurs, responding properly could save a person's sight.

Learn how on vce.health.mil.



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vce.health.mil  facebook.com/VisionCoE  twitter.com/VisionCoE

SOURCES:

United States Eye Injury Registry Summary Report, 1999-2002

Buckingham RS, Whitwell KJ, Lee RB. Cost Analysis of Military Eye Injuries in Fiscal Years 1988-1998. *Mil Med.* 2005 Mar;170(3):196-200. PubMed PMID: 15828693

American Academy of Ophthalmology

Vision Council: 2014 *Picture This: A Lifetime of UV Eye Protection*

U.S. Consumer Product Safety Commission 2012 *Fireworks Annual Report*

World Health Organization

The Army's New Plastic Helmet Weighs Less Than 3 Pounds

By Kyle Mizokami
popularmechanics.com



A new helmet under development by the U.S. Army promises to reduce the weight of a soldier's protective head cover, bringing it down to World War II-levels.

T

he new Advanced Combat Helmet Generation II will be easier on a soldier's neck muscles than ever before while protecting the wearer from head injuries.

The Advanced Combat Helmet Generation II (ACH II) promises up to a 24 percent weight savings over earlier helmets, including the current issue Advanced Combat Helmet (ACH). At the same time, ACH II is rated to stop nine millimeter bullets, shrapnel, and the

World War II, the U.S. Army issued the famous M-1 "steel pot" helmet. Made of steel with a leather internal harness and strap, the M-1 served through World War II, the Korean War, and Vietnam. The helmet weighed three pounds and offered protection against dirt, debris, ricochets, and light shrapnel. The early 1980s saw the service transition to the Personnel Armor System, Ground Troops (PAGST) helmet, which used Kevlar ballistic fibers to produce a helmet with limited protection against pistol

The new ACH II helmet cuts the weight even further, with an extra large version weighing just 2.94 pounds. How did Natick do it? Army scientists and engineers switched materials, from Kevlar fibers to plastic. Yes, plastic, or as the service calls it, "ultra-high-molecular-weight polyethylene", or UHMWPE. UHMWPE is a semi-crystalline polymer used in everything from fishing line to hip replacements. It is tough, abrasion-resistant, and light.

According to Soldier Systems



U.S. Army Rangers wearing M-1 steel helmets and preparing to storm the beach at D-Day, June 6th 1944.

effects of improvised explosive devices. The helmet was developed by the Army's Natick Soldier Research, Development and Engineering Center.

Shortly after the outbreak of

bullets and heavier shrapnel, but at a cost: extra large versions weighed 4.2 pounds. The Army adopted the Advanced Combat Helmet in 2003, which cut the weight of an extra large helmet down to 3.88 pounds.

the new ACH II helmet will be issued in Coyote, a brownish-tan shade. The helmet can be adopted to fit different camouflage environments with the use of cloth covers.



Photo by Sgt. Betty Boyce/Released

How to Spot Signs of PTSD in Your Buddy

Courtesy of guardyourhealth.com

For a Soldier, stressful situations may seem like part of the job. But experiencing a traumatic event like combat or a natural disaster could lead to post-traumatic stress disorder (PTSD). PTSD is an anxiety disorder that causes a person to feel fear or intense stress even when there is no danger around. Knowing how to spot the signs of PTSD is the first step in helping a friend get the care or support he or she needs.

What are the Signs?

Service members returning from deployment can sometimes feel anxiety or stress. However, long-term stress can lead to PTSD. Here are a few signs of PTSD to be on the lookout for in your battle buddy:

- Having trouble sleeping
- Experiencing nightmares or flashbacks
- Avoids crowds
- Loss of interest in activities
- Startled by loud noises
- Feels on edge or alert
- Shows unhealthy behavior changes: excessive drinking or drug use, aggressive driving, etc.

These symptoms can appear right after a traumatic event or may take several months to appear.

Treatments Available

Treatment options for PTSD include counseling, group or family therapy, medication, and alternative medicine. The goal of treatment is to reduce the symptoms of PTSD and help Soldiers find the best ways to cope. If PTSD symptoms are left untreated, it can lead to other concerns like depression, relationship problems, or substance misuse. Encourage your fellow Soldier to reach out for help now for a positive outcome. Take the Life Pledge and support each other.

How Can I Help?

Talk about it. After a traumatic event, try talking with your buddy about what happened to him or her. Give him or her comfort but also time and space. Avoid arguing and giving advice.

Encourage your buddy to get help. Here are ways someone experiencing PTSD can get help:

Reach out to a Psychological Health Coordinator—they are qualified to help provide support for PTSD or other concerns and connect you with local resources. Chaplains are also an additional resource for support. They can help Soldiers of all faiths sort through emotions, thoughts, and feelings.

Download the PTSD Coach app—this app can help manage symptoms, find support, and self-assess. The app is available for Apple and Android.

Call the 24/7 Military Crisis Line—call 800-273-8255 to get free, confidential support to get your friend the help they need.

Take your friend's mind off it. Supporting your buddy with PTSD can help them with the healing process. Being there to help them cope can be just as important as seeking treatment. Send them a quick text message or give them a call to see how they're doing. You can also plan fun activities together.

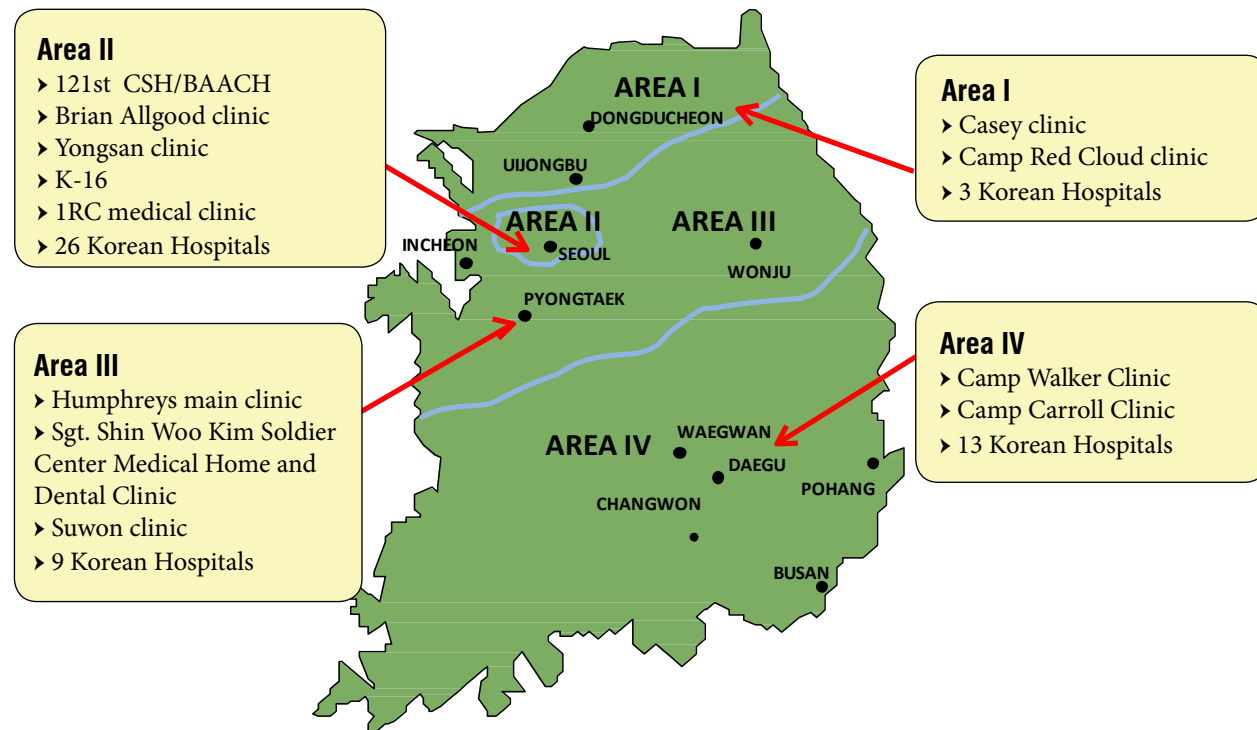
Want to know more?

Learn more about the symptoms and treatment of post-traumatic stress disorder from the National Center for PTSD at <https://www.ptsd.va.gov/public/family/index.asp> or visit the Real Warriors Campaign <https://www.realwarriors.net> for information on anxiety disorders and how to talk to your friend who may have PTSD.

Brian Allgood Army Community Hospital (BAACH)

Medical Capabilities

Population Supported



Brian Allgood Hospital

- Emergency Medicine
- Primary Care
 - Internal Medicine
 - Family Medicine
 - Pediatrics
- Medical Services
 - Dermatology
 - Sleep Medicine
 - Echocardiogram/ Stress Test
- Behavioral Health
 - Psychiatry
 - Psychology
- Social Work
- Addiction Medicine
- Family Advocacy
- Radiology (MRI/CT)
- Surgical Services
 - OB/GYN
 - ENT
 - General Surgery
 - Orthopedics
 - Podiatry
 - Oral Maxillo-facial Surgery
 - Neuro-Surgery (limited)
- Physical Medicine & Rehabilitation
 - Physiatrist
 - Physical Therapy
 - Occupational Therapy
- Medical Board Section
 - Soldiers recommended for medical board in CONUS/ medical curtailment
- Nutrition

Casey Clinic

- Primary Care (13-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Host Nation Liaison Nurse
- Optometry

Camp Red Cloud Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (part time)

Brian Allgood Primary Care Clinic

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Nurse Case Manager
- All other services offered in BAACH hospital are available

K-16 Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Physical Therapy (part time)

Suwon Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory (in progress)
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Dental
- Working on:
 - Physical Therapy (part time)

MSG Henry L. Jenkins Patient Centered Medical Home

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Occupational Health (Bldg. 370)
- Public Health Nurse
- Physical/Occ Therapy (Bldg. 370)
- Behavioral Health (Bldg. 370)
- Nurse Case Manager
- Optometry (Bldg. 576)
- Orthopedics (2 days per month)
- Prenatal care (up to 36 weeks)
- Dermatology (1 day per week)
- Nutrition (hiring)

Sgt. Shin Woo Kim Soldier Center Medical Home

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Public Health Nurse (once weekly)
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Prenatal care (up to 36 weeks)

Camp Walker (Wood Clinic)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Nutritionist
- OB care off post

Camp Carroll Clinic

- Primary Care (18-65yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (hiring)

After-hours medical care

- Emergencies- use BAACH App on post or 119 for off post (Host nation ambulance services will come)
- Provider on call for each clinic--off-duty hours
- Phone number posted on clinic doors/or use BAACH App
- On call provider gives medical advice
- If provider recommends an ER visit, unit transportation preferred, or provider will arrange transport with on call driver

Off post medical care

- Tricare approved Korean hospitals close to every base in Korea, many with international health centers with translation services
- Healthcare provided is on par with US care with some cultural differences
- Brian Allgood monitors all inpatient hospital care and provides assistance as needed
- Tricare Prime patients have no payments for Tricare approved hospitals


Humphreys Transformation

- Extended Hours of the MSG Henry L. Jenkins Patient Centered Medical Home
 - Mon-Fri: 8:30 a.m - 9 p.m.
 - Weekends/Holidays: 8:30 a.m. - 7 p.m.
- For appointments call 737-2273 or 0503-337-2273 from 7 a.m. to 5 p.m.
- For extended hour appointments call 737-2767 or 0503-337-2767 from 5 -9 p.m. on weekdays and 8:30 a.m. to 7 p.m. on weekends and holidays.
- New hospital expected to have first patient day in November, 2019




Camp Humphreys Emergency Services


Ajou University Hospital
42 Km, 1089 Beds, New Trauma Center, Helipad, OB/GYN




Hallym University Dongtan Sacred Heart Hospital
41 Km, Emergency Medical Care and Specialty Clinics




Osan AFB Hospital ER
20 Km, Limited After Hours Urgent Care Clinic




St. Vincent's Hospital
40 Km, 800 Beds, Dermatology, Woman's Clinic, OB/GYN




St. Mary's Hospital
10 km, Emergency Room



Dankook University Hospital
30 Km, 800 Beds, NICU/Peds, Cardio, Neuro, Ortho, OB/GYN, Psych, MRI, Helipad, EENT



Good Morning Hospital
10 km, Emergency Room





The 121st Combat Support Hospital team at the CSH site on U.S. Army Garrison Humphreys.
(Courtesy photo by 121st CSH Command Team)

Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Health Clinic

M,T,W,F 0800-1700
Thurs 1300-1630

Camp Casey Front Desk: 737-2762/2763

CRC TMC Front Desk: 732-7776/6011

APPOINTMENT LINE: 737-2273

(Mon-Fri 0700-1600)

Public Health Nurse:

737-3557
Mon-Fri 0830-1730

Audiology:

737-3590
Mon-Fri 0830-1130 & 1300-1630

Behavioral Health (Bldg. 802):

730-4304
Mon-Fri 0830-1730

Immunizations:

737-3577
Mon-Fri 0830 -1200 & 1300-1700

Lab:

737-3580
Mon-Fri 0830-1700

Optometry:

737-3594
Mon-Fri 0900-1200 & 1300-1700

PHAs: Call Appointment Line

737-2273

*APPTs ONLY

*MUST COMPLETE PART 1 FIRST

Pharmacy:

737-3598
Mon-Fri 0830-1700

Physical Therapy:

737-3588
Mon-Fri 0800-1200 & 1300-1700

Radiology:

737-3585
Mon-Fri 0800-1130 & 1230-1700

Triage & Transport Center (TTC):

737-3582
Open 24/7

Camp Red Cloud Medical Clinic

737-2273

Mon – Wed, Fri 0900-1730 (closed 1200-1300)

(Soldiers only)

AREA II

Brian Allgood Army Community Hospital

737-2273 (Press 1-1)

Mon-Wed, Fri 0800 - 1900 (closed 1200 - 1300)

Thurs 1300 - 1700

(Soldiers/family members/retirees/DOD Employees)

K-16 Medical Clinic

741-6300

Mon – Wed, Fri 0900 - 1530 (closed 1130 - 1300)

(Soldiers only)

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home

(Bldg. 6370): 737-2273

Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

(Soldiers only)

Master Sgt. Henry L. Jenkins Patient Centered Medical Home

(Bldg. 555): 737-2273

Mon – Fri 0900 - 2100; Sat, Sun, Holiday 0830 - 1900

(closed 1200-1300)

(Soldiers/family members/retirees/DOD Employees)

Suwon Aid Station

788-5107

(Soldiers only)

AREA IV

Camp Carroll Clinic

737-4300

Mon – Wed, Fri 0900-1700 (closed 1200-1300)

(Soldiers only)

Camp Walker (Wood Clinic)

737-2273 (Press 2-5-1)

Mon – Wed, Fri 0900-1700 (closed 1200-1300)

(Soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base

0505-784-DOCS (3627)

BHC Chinhae

762-5415

Mon – Fri 0830-1630

DENTAL CLINIC

AREA I

Camp Casey DC

(Bldg. 808)

737-9011 / 737-9012

Mon – Fri 0730 - 1630

In/Out Processing (Mon - Fri): 0730 - 1600

(Lunch 1130-1230)

Camp Red Cloud DC

(Bldg. S-306)

737-9009 / 737-9010

Mon – Wed 0730 - 1630, Thur 1300 - 1630,

Fri 0730 - 1530

During normal hours of operation

AREA II

Dental Clinic #2

(Bldg. 5107)

737-9089 / 737-9090

Mon – Fri 0730 - 1130 & 1230 - 1630

Exams: Mon – Fri 0830 - 1100 & 1230 - 1330

Call for appointment

In/Out Processing: Mon - Fri 0830 - 1100 & 1230 - 1330

AREA III

Sgt. Shin Woo Kim Dental Clinic

(Bldg. 6370)

737-5129 / 5130

Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

Carius Dental Treatment Facility

(Bldg. 3020)

737-9206/9207

Mon – Fri 0730 - 1630

AREA IV

Bodine Dental Clinic

(Bldg. 220)

737-9452 / 737-4791

Mon – Fri 0730 - 1630

Dental Exams: Activity Duty: Mon – Wed & Fri (Walk in only)

0900 - 1100, Thurs 1300 - 1500

*LIMITATIONS DUE TO SERGEANTS TRAINING

Activity Duty Family appointment only:

(Call 1230 - 1530 Mon – Fri) Space Available appointments

Camp Carroll Dental Clinic

(Bldg. 180)

737-4201/4202

Mon – Fri 0930 - 1630

Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic

(Bldg. 777)

784-2108

Mon – Wed, Fri 0700 - 1700

Thurs 0900 - 1700

US Forces Medical-Dental-Veterinary

Facilities Directory

VET CLINIC

AREA I

**USAG Red Cloud
(Bldg. 437)**
732-7434
Closed in observance of all Federal Holidays.
Mon, Tue, Wed, Fri 0900-1200, 1300-1600

AREA II

**USAG Yongsan
(Bldg. 4728)**
737-2450
Closed in observance of all Federal Holidays.
Mon 1300 - 1600 Tue 0900 - 1600
Wed 0900 - 1600 Thurs 1300 - 1600
Fri 0900 - 1600
(Closed for lunch 1130 - 1300)

AREA III

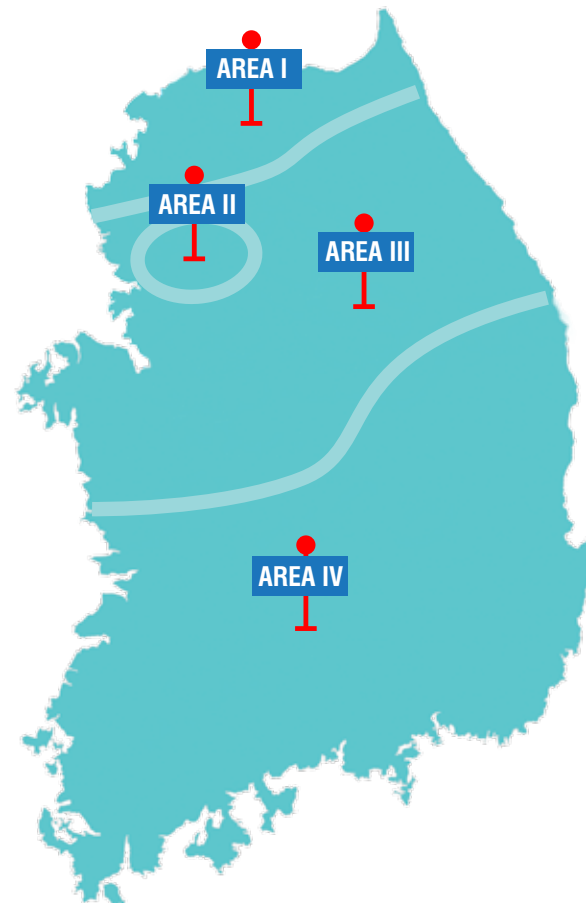
**USAG Humphreys
(Bldg. 2260)**
737-9720
Closed in observance of all Federal Holidays.
Mon, Thurs Closed
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA IV

**USAG Walker
(Bldg. 341)**
764-4708
Closed in observance of all Federal Holidays.
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA V

**Osan Air Base
(Bldg. 766)**
784-6614
Closed in observance of all Federal Holidays.
Mon - Fri 0900-1600



To Call DSN by cell phone, dial 050-3330-xxxx for numbers starting with 730 or 050-3337-xxxx for numbers starting with 737. Dial last four digits as normal.
NOT AN EMERGENCY CARE CLINIC

EMERGENCY on post from DSN: 911
EMERGENCY on post from Cell: 050-3330-5906
EMERGENCY off post from Cell: 119

PURCHASED CARE SECTOR PROVIDERS

AREA I

- Dongducheon Jooang St. Mary's Hospital 031-863-0550 (ext.104)
- Inje University Ilsan Paik Hospital 031-910-7777
- Uijeongbu St. Mary's Hospital 031-820-3636

AREA III

- Good Morning Hospital 031-659-7736
- Pyeongtaek St. Mary's Hospital 070-5012-3420
- Hwain Metro Hospital 041-622-1300
- Dankook University Hospital 041-550-7640
- Hallym University Dongtan Hospital 031-8086-2300
- South Seoul Hospital 031-218-0761
- Ajou University Hospital 031-219-4010
- St. Vincent's Hospital 031-249-8016
- Seoul National University Bundang Hospital 031-787-2038
- Cha University Bundang Medical Center 031-780-5168

AREA II

- AHS Korea 02-749-7915
- Yeouido St. Mary's Hospital 02-3779-2212
- Seoul St. Mary's Hospital 02-2258-6818
- Drs. Woo&Hann's Skin and Laser Clinic 02-777-2991
- The Mindcare Institute 070-8888-8277
- Hangang Sacred Haert Hospital 02-2639-5025
- Severance Hospital 02-2228-5819
- Cha Gangnam Medical Center, Cha University 02-3468-3127
- Seoul National University Hospital 02-2072-4100
- Tong Il Medical (DME only) 02-766-2433
- Ewha Womens University Mokdong Hospital (West) 02-2650-5890
- EZPAP Care (DME only) 10-3106-0414
- Asan Medical Center 02-3010-5001
- Samsung Medical Center 02-3410-0203
- Withmed (Southwest;DME only) 031-395-4397
- Inha University Hospital (West) 032-890-2080

AREA IV

- Hyosung Hospital 053-766-7073
- Yeungnam University Hospital 053-640-6645
- Keimyung University Dongsan Medical Center 053-250-7997
- Daegu Fatima Hospital 053-940-7520
- Women Medi Park Hospital 054-450-9870
- Gumi Cha Hospital 031-219-4010
- Samsung Changwon Hospital 055-290-6229
- Pohang St. Mary's Hospital 054-260-8105
- Busan St. Mary's Hospital 051-933-7061
- Dongeui Medical Center 051-850-8523
- Ilsin Christian Hospital 051-630-0411

Farewell Col. Harter and Dr. Bateman!



SAM Korean Medicine Detox Package

Loquat Moxibustion + Coffee Detox Therapy + Cupping Therapy

Loquat Moxibustion

Moxibustion(Chinese: 灸) is a traditional Chinese medicine therapy which consists of burning dried mugwort(moxa) on particular points on the body.

Loquat Moxibustion is mainly used in Korean Medicine as a hyperthermia. It emits the toxin in our organs, bones and cells throughout the skin by using the arsenic and hydrocyanic acid gas. It releases the pain with cancer and prevents our body from metastasis.

Effect Enhancement of immune system / Blood circulation / Uterine myoma / Bladder and gastric disease / Period pain / Constipation / Indigestion / Fatigue



Coffee Enema Detox Therapy

Coffee Enema Detox Therapy's principal is veins carries rectal / sigmoid toxins directly to the liver for detoxification. When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into this system and goes directly to the liver where it becomes a very strong detoxicant.

Effect Body detoxification / Enhancement of immune system / Developing liver function / Pain relief / Emit active oxygen / Reducing ascites and toxin/ Constipation improvement / Skin care/ Losing weight / Recovering from fatigue/ Normalizing ammonia level



Cupping Therapy

Cupping Therapy is a local suction which is created on the skin. During the suction, the skin is drawn into the cup by creating a vacuum in the cup placed on the skin over the targeted area.

Effect Blood circulation / Pain relief (shoulder and back) / Improving immune system / Disk treatment / Contusion treatment and internal organ disease



Time About 2 hours 20 minute [Loquat Moxibustion (about 1 hour) + Coffee Detox Therapy (about 40~60 min) + Cupping Therapy (about 10~30 min)]

* All treatment method should get the balance each other to treat the patient comprehensively.

Tel : +82-31-389-3862~5

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