

# MEN's HEALTH

Life is Beautiful

ISTANBUL ANKARA  
Ahmet Adnan Saygun Cad. Bestekar Sok. No:8 06680  
Canan Sok. No:5 Ulus-Beşiktaş Kavaklıdere-Çankaya

**livhospital.com**  
international@livclinics.com  
facebook.com/livclinics | linkedin.com/livclinics | twitter.com/livclinics

**+90 212 999 80 99 - +90 530 174 33 72**


Life is like a game  
A struggle to the end...

To keep ahead in this marathon  
You need a strong defense  
Against sudden attacks and challenges  
And your greatest strength in this struggle:  
**HEALTH!**

CONTENTS

02	Introduction	16	Health in Ageing
03	Our Lifestyle Determines Our Health	18	Kidney and Urinary Tract Stone Disease
04	Vaccines at Any Age	19	Urinary Incontinence
04	10 Good Habits for a Healthy Life	19	Enlarged Prostate
06	Take Exercise for a Healthy Life	20	Prostate Cancer
07	Nutrition and Diet	21	Bladder Cancer
08	Esthetic Applications	22	Kidney Cancer
10	Stem Cell Applications	23	Testicular Cancer
12	Cosmetic Dermatology Applications	24	Headaches and Migraine
14	Men's Health	24	Hormonal and Metabolic Diseases
14	Erectile Dysfunction	25	Varicose Veins
14	Penis Prosthesis Implantation	26	Lower Back and Neck Pain
16	Reproductive Health and Diseases	28	Cardiac Health
		29	Oral and Dental Health
		30	Eye Health
		33	Check-up And Healthy Life
		34	Healthy Living Programs (Check-Up)





Thanks to recent medical advances in diagnosis and treatment, disease can be detected early and even prevented before it arises. Men face higher risks in certain areas of health, particularly when it comes to hypertension (high blood pressure), diabetes, cardiac and coronary diseases. The most crucial element in maintaining a healthy life is regular check-ups... You should not skip a check-up even if you feel in good health. Increase your quality of life, take early precautionary measures against diseases to which you may be genetically predisposed, and get the full flavor of a truly healthy life...

## OUR LIFESTYLE DETERMINES OUR HEALTH

The foundations of your future life are laid the moment you are born. Unless you are an identical twin, you will inherit your parents' genes in a totally unique way unlike any other human being. This genetic makeup helps to determine who you are, how you look, your bodily structure and what diseases you may be susceptible to. Environmental factors from fetus to cradle to grave not only affect your health but also determine diseases and illnesses from which you may suffer. Yet however important genetic and environmental factors may be, lifestyle remains one of the most significant determinants of a person's health and wellbeing, for good or ill.

## PREVENTION IS BETTER THAN CURE

The great majority of men only undergo a urologic examination when they actually encounter a health issue. However, a number of serious complaints including prostate disorders, bladder cancer and erectile dysfunction can be treated with early diagnosis.

## START PRECAUTIONARY MEASURES AT AN EARLY AGE

The risk of certain diseases such as cancer and heart disease increases with age. But not all disease risks are age-related. For this reason, protective and preventative measures should be started at an early age.

## DON'T SKIP CHECK-UPS

Recommended health check-ups and screening tests should start after the age of 21 and continue throughout your life. You might feel fit and healthy in your 20's, but many diseases and health issues can be prevented at that age or treated more effectively upon an early diagnosis.

## MAKE BIG CHANGES IN SMALL STEPS

Regardless of your age and condition, the best way to minimize risks to your health and prevent the future problems arising is to develop healthy habits. Taking small steps towards a healthy life is better than doing nothing. It is never too late to start.

# VACCINES AT ANY AGE

Vaccinations and inoculations are not just for children, they can protect people of all ages from dangerous and fatal diseases. Whatever your age, do you know what vaccinations you should be having? Adults should also ask about vaccinations, which are a crucial element in preventive medicine, and should remember the significance they play.

- ✔ **Tdap (Combined Tetanus, Diphtheria and Pertussis Vaccine):** If this has not been carried out before, a single booster jab is administered.
- ✔ **Td (Tetanus – Diphtheria):** 1 dose is repeated every 10 years. Protection from tetanus (which can be caught from injuries from rusty or dirty implements) and diphtheria is important.
- ✔ **HPV (Human Papillomavirus):** This is recommended for girls and boys between the ages of 11 and 12; vaccination concludes between 13 and 26. It is recommended up to the age of 46. It plays a significant role in preventing cervical cancer, anal cancer and genital warts in men.
- ✔ **Seasonal Influenza Vaccine (Flu jab):** This is advised once every year.
- ✔ **Varicella (Chickenpox):** This can be carried out at any age; 2 doses are sufficient for a lifetime.
- ✔ **MMR (Measles – Mumps – Rubella):** In the event that lab tests reveal no previous infection or immunity, 1 dose is administered or 2 doses in exceptional circumstances.
- ✔ **Hepatitis A:** This is advised if certain risk factors are present. (It is part of the vaccine program of the Turkish Ministry of Health and many others worldwide, recommended in combination with immune testing).
- ✔ **Meningitis Vaccine (Meningococcal):** It is advised for students staying in dormitories, soldiers, those with occupational exposure and those travelling to affected regions (it is obligatory for those attending the pilgrimage to Mecca).
- ✔ **Pneumonia Vaccine (Pneumococcal):** Recommended for certain high risk groups.

## 10 GOOD HABITS FOR A HEALTHY LIFE

You should try to develop the best possible health habits in your 20's. This will help you to build the foundations for a later healthy life lived to the full.

1. Eat a balanced diet: consume 5 portions of fruit and vegetables a day.
2. Maintain a healthy weight, take exercise and physical activities.
3. Give up smoking: if you feel you need help, join a support group or speak with your doctor.
4. Drink responsibly: limit your alcohol consumption.
5. Drive carefully: Traffic accidents are a leading cause of death.
6. Get a good night's sleep: lack of sleep affects your mood, productivity, relationships and safety.
7. Maintain a healthy sex life.
8. Brush and floss your teeth regularly. Good dental hygiene does not just mean clean teeth but protects your general state of health.
9. Drink 2 – 2½ liters of water a day.
10. Protect yourself from the UV rays of the sun: use sun lotions and wear sunglasses.





# TAKE EXERCISE TO KEEP HEALTHY

One of the basic conditions of good health is simply moving around! Taking regular exercise increases our energy, combats stress, and increases the quality of sleep. Keeping a healthy body structure protects us from all kinds of weight-related diseases and conditions. Taking exercise and playing sports can help to avoid or overcome health problems such as cardiac and coronary diseases, diabetes, blood pressure issues and cancer. It also avoids excess weight and helps us to have an athletic body.

## TAKE 10,000 STEPS A DAY

- ✔ Get a pedometer and count the number of steps you take in a day. The average length of a single step is 50-75 cms. If you have a sedentary occupation, you can walk the equivalent distance of at least 2000 paces; keep an eye on your pedometer as a source of motivation in keeping to your target.
- ✔ Get on the bus one stop ahead every morning.
- ✔ Use the stairs rather than the lift.
- ✔ Park as far away as possible from your destination.
- ✔ Walk to speak to your work colleagues face to face rather than using the phone for internal calls.



## HOW MUCH EXERCISE SHOULD I TAKE?

You should walk at least 10,000 paces every day. In addition, you should aim to take 30 minutes of medium intensity physical exercise five times a week, or aerobic exercises three times a week. As long as your heart rate increases, it does not matter what kind of exercise you are doing. Choose a form of exercise that you enjoy, be it joining a dance club or going swimming. Try to get up early and take exercise. Set yourself targets like joining fun runs; this will help maintain your level of motivation.

## ARE YOU TAKING ENOUGH EXERCISE?

If taking exercise is as easy as you say, it means you are not pushing yourself enough. And if you are always out of breath, it means you are pushing yourself too hard. The right place is somewhere between these two points. You might think that to start with you are pushing yourself hard enough by taking a brisk walk. But as you become fitter you will need to increase the level of exercise. Get a heart rate monitor and aim for a maximum heart rate increase of 75-85% during exercise.

# NUTRITION AND DIET

Nutrition is closely related to your condition of health and its maintenance throughout your life. As a step towards a healthy life you should determine a nutrition program in line with yourself, your lifestyle and your body type. Instead of over-ambitious targets, set yourself attainable objectives. Ignore magic formulae and miracle diets. There is no single diet that works for everyone. Everyone has to have a nutrition program that is unique to him or her. Our metabolisms and lifestyles are as unique as our fingerprints. It is important to follow a diet that does not deprive of your favorite foods. Your diet should include appropriate quantities of all the main food groups. The important thing is not what you eat, but when and how much. Contrary to what many of us believe, dieting is not only about losing weight. Following a "Healthy Eating Program" designed by our expert dieticians and nutritionists also improves your quality of life.

# ESTHETIC (COSMETIC) APPLICATIONS

These days, men as well as women have esthetic applications or cosmetic surgery. Nowadays men do not just use anti-aging pills and face creams but also hair implantations, penis enlargements, liposuction of the jowls and abdomen and similar applications. Indeed according to the latest statistics, these are amongst the most common reasons for men to go the doctor. Nowadays 14% of botox applications, 8% of liposuction applications and 24% of hair removal treatments are carried out on men. 11% of non-surgical face and body lifts are carried out on men. Men generally want to appear younger and are often keen to lift sagging eyelids and faces. The number of men seeking gynecomastia, or surgical chest expansion, is also growing.

## NASAL COSMETIC SURGERY (RHINOPLASTY)

Esthetically, the nose is the most important part of the face and should have a natural appearance. Cosmetic surgery designed to give shape to the nose can alter the form of the nasal bone or the tip of the nose, can shrink or enlarge the nose, and make the nostrils smaller. Other problems that can affect sound breathing such as polyps, sinusitis, nasal flesh and deviated septum may also be addressed by surgical means.

**There are 3 types of nasal surgery:**

- ❖ **Primary Rhinoplasty:** This is the initial cosmetic operation. The surgery may be carried out using open or closed surgical techniques depending on the surgeon's preference. The post-op use of tampons has been greatly diminished. A nasal splint is kept in place for a period of 8 days.
- ❖ **Secondary Rhinoplasty:** In the event that the surgeon or patient is not satisfied with the results of the initial surgery, or if there are functional issues, it may be repeated once or more.
- ❖ **Nasal Reconstruction:** This is an operation that addresses functional rather than cosmetic issues related to causes such as accident injuries, cancer or cocaine use. These operations often require the transfer of tissue and cartilage to the nose from adjacent or distant areas.

## HAIR LOSS AND TREATMENT

Normal hair loss involves the loss of 80 – 100 strands of hair every day. More than that is excessive and requires treatment. If medical treatment cannot address the condition, surgical methods of hair implantation / transplantation are applied. Hair follicles programmed not to be lost are taken from the area above the neck between the ears and transplanted to the area of hair loss.

## FOLLICULAR UNIT EXTRACTION (FUE)

In the FUE method, hair follicles are extracted from the neck area or other parts of the body using a special device and implanted into the area of hair loss or thinning with specially designed thin tipped needles. Since there are no stitches above the neck, the procedure leaves no surgical scar.

## GYNECOMASTIA

Gynecomastia means the excessive growth of breast tissue in males. While it does not pose a physical health problem, in rare cases it can result in discomfort and psychological distress that represents a threat to the patient's health. Gynecomastia can limit a person's physical activities and the kind of clothes that the patient is able to wear.

**There are three surgical methods of gynecomastia treatment:**

### 1. Excisional (tissue removal) method:

A half crescent excision is made round the edge of the dark pigmented area at the center of the breast, and excess tissue is surgically removed. Just as with the other methods, satisfying results are achieved with a recovery period of a few days.

### 2. Liposuction:

Excess breast material is evacuated by means of thin pipes placed into the tissue via 1-2 mm incisions. This method is effective in cases where there is an excess of mainly fatty tissue. But ultrasonic and laser liposuction methods can effectively be carried out on all types of breast tissue with high success rates. A millimetric unnoticeable scar is left. The procedure is conducted under local anesthetic and requires no hospitalization. The recovery period is much shorter and more comfortable.

### 3. Combined liposuction and excisional method:

Some cases may require the combined use of both methods.

## LIPOSUCTION

Sedentary lifestyles and consequent weight gain is a leading problem of contemporary life. These days, men as well as women want to look fit and healthy. Liposuction involves the removal of fat that has accumulated in certain parts of the body (hips, buttocks, waist and belly) by vacuum using a cannula via a tiny incision. Liposuction is not a weight loss method; it is a surgical method to correct and shape the body. The procedure is carried out local anesthetic, occasionally under general anesthetic. The patient is discharged the same day and the number of people who have had liposuction procedures is increasing in line with technological advances. A corset may need to be worn for a period of 6 weeks after the procedure.





# STEM CELL / GENETIC APPLICATIONS

## COSMETIC SURGERY AND STEM CELL TREATMENT

The use of regenerative cells obtained from the patient himself has cosmetic applications as well. This allows the renewal of the skin and other regions that show signs of ageing. This treatment is administered in three stages. First, fatty tissue is extracted by liposuction or biopsy methods. The regenerative cells obtained are refined and concentrated by various methods. The regenerative cells are then injected into the appropriate area according to the patient's requirements, either by themselves or in the form of a natural cocktail.

## FACIAL AND BODY FILLING (ANTI-AGING)

Fillings using non-natural products such as implants are subject to a reabsorption rate of up to 70%. Filling that uses regenerative cells from the patient's own body has a far better appearance than fillings that use artificial means. Rather than having to have continuous repeat operations, a one-time injection is sufficient.

## PERSONAL / PREVENTIVE MEDICINE GENETIC RISK ANALYSIS

Genetic science has created the possibility of personalized (individualized) treatment methods. Diseases diagnosed at the Liv Hospital Individualized Treatment and Preventive Medicine Departments can be treated using individualized procedures after detailed DNA analysis has been conducted. The patient's DNA is extracted to produce his personal unique "Health ID"; if any disease is detected, the patient is provided with an individualized treatment program at our Individualized Treatment Department. If risk analysis indicates a risk of disease in the patient's Health ID (that is, if the patient runs a high risk of suffering from certain disease in the future), disease determination and precautionary treatment may be carried out at the Department of Preventive Medicine.

## ORTHOPEDIC BIOLOGIC / STEM CELL TREATMENTS

- ✔ Cartilage problems
- ✔ Tendon injuries and tendinitis / tendinosis issues
- ✔ Joint degeneration applications
- ✔ Spinal problems
- ✔ Sports injuries, in particular soft tissue problems

## LIMB ISCHEMIA

As well as helping to address a number of diseases, regenerative stem cells from the patient's own body also allows the treatment of blocked vessels (vascular occlusion). Medical treatment for this condition includes various medication, ozone and high pressure treatments. Surgical methods involve amputation as a last resort, or sympathectomy (removal of sympathetic nerves). State of the art medical treatment involves the application of regenerative stem cells to close the wound and restore circulation.

## CARTILAGE AND DEGENERATIVE JOINT DISEASE

Stem cell applications play an important role in orthopedic treatment, especially the treatment of cartilage conditions. Regenerative cells obtained from the patient's own tissue by biopsy can result in the formation of cartilage even in areas from where the cartilage has almost entirely disappeared. This enables the functional and structural renewal in the joint area.

# COSMETIC DERMATOLOGIC APPLICATIONS

## HAIR

The most common form of hair loss in men is genetic hair loss. This type of hair loss begins a person's 20's and can continue into his 40's. Externally applied medications applied to the hair at the early stages of hair loss can reduce the rate of loss. Mesotherapy and PRP treatments can significantly slow the rate of loss. However, genetic hair loss will continue to occur in spite of the application of such treatments. In such cases surgical hair loss treatment may be considered. In the event that hair loss continues in spite of medical treatment, hair implantation may be the preferred option.

## LASER TREATMENT

Targeted laser treatment is used for treatment of a highly sensitive area. Laser treatment may eradicate brown marks or spots on the skin, or remove visible or burst blood vessels. Dermatological use of laser treatment has greatly increased in recent years, with successful results. Laser treatment is used for skin rejuvenation, skin pore tightening, spot treatments and the treatment of vascular issues. The application of laser beams to the skin causes a certain level of heat under the skin and regenerates collagen. This gives the skin a young, glowing and taut appearance. Laser treatment can also be used to eradicate acne scars.

## BOTOX

These days, men and women both want to have young and healthy looking skin. Wrinkles are categorized as facial movement wrinkles (on the forehead and around the eyes), or wrinkles caused by gravity and sagging skin (the folds of the skin around the mouth). Different methods are applied according to the type and location of wrinkles. Botox and filling, which eradicate or limit indications of aging, can be applied at any age.

## PRP (PLATELET RICH PLASMA)

Used as a treatment method in various areas including skin rejuvenation, hair loss, scar removal, and the treatment of acne scars and surgical scars, PRP treatment involves the injection of concentrated platelets obtained from the patient himself, often using ultrasound for accuracy. The "growth factors" that the platelets secrete stimulate tissue recovery by increasing collagen production, enhancing tendon stem cell proliferation, and tenocyte-related gene and protein expression. These growth factors also stimulate blood flow and cause cartilage to become more firm and resilient. PRP activates tenocytes to proliferate quickly and produce collagen to repair injured tendons, ligaments, cartilage, and muscles. This process greatly boosts the healing process.

## MESOTHERAPY

This is a frequently used treatment for wrinkles, skin blemishes and loss of skin tone. Mesotherapy is used to give the skin in the affected area a vibrant and attractive appearance. Vitamin and mineral mixtures can be injected into any affected area of the body using a thin needle. In time this leads to a healthy looking facial appearance, with the skin taking on a more glowing and lively appearance.

## CHEMICAL PEELING

The upper layer of skin that has become worn, or that has lost its freshness and brightness, is peeled away, while the lower layer begins a process of restructuring. This achieves an even appearance of more youthful and healthy skin. Following skin peeling the skin will have an unblemished and smooth appearance. Wrinkling is reduced and skin coloring will be more evenly spread.

## MICRODERMABRASION

Microdermabrasion applies very tiny rough grains of crystals, diamonds and bristle tips to peel off the outermost surface of the skin. Applied over a period of 2 to 4 weeks over a number of sessions, it gives the skin a youthful appearance.





# MEN'S HEALTH CLINIC

Devoted to the maintenance of male reproductive and sexual health, the Liv Hospital Men's Health Clinic deals with sexual dysfunction, reproductive issues, sterility, STD's, and prostate diseases that generally occur in men after the age of 50.

## ERECTILE DYSFUNCTION

More than 90% of erectile dysfunction issues are related to an underlying organic disorder. Diabetes, coronary artery disease, high blood pressure, arteriosclerosis, high cholesterol, obesity, smoking, spinal cord injury, prostate disease and prostate cancer treatments, thyroid disease, decreases in testosterone levels and certain surgical procedures can all lead to erectile dysfunction. Erectile dysfunction can be treated at all ages. The Liv Hospital Men's Health Clinic treats cases of erectile dysfunction, premature ejaculation, and curvature of the penis using state of the art technology and methods.

## ✓ Comprehensive Check-Ups Are Essential

Patients with coronary disease or diabetes are at high risk of suffering erectile dysfunction. Our Urology Department may therefore examine patients with this condition for conditions such as diabetes, cardiac – coronary disease, high blood pressure, and high cholesterol levels. Patients with enlarged prostates or at risk of prostate cancer are given a comprehensive check-up. In addition, patients are examined for endocrine disorders related to their general condition, cardiac – coronary disease and principally diabetes. Erectile dysfunction patients are comprehensively examined by physicians and specialists from the departments of Urology, Cardiology and Endocrinology.

## ✓ Shock Wave Treatment

Shock wave treatment is carried out for erectile dysfunction at our Urology Department, with excellent results. This treatment offers a lasting solution to erectile dysfunction especially for cardiovascular disorder-related cases. This treatment offers positive outcomes for patients who do not wish to take medication, who have responded to medical treatment but do not wish to take further medication, those who have not responded well to medical treatment, or those who wish to delay surgical treatment.

## PENILE IMPLANTS

Following penile Doppler ultrasound evaluation, patients who have not responded to oral medication, shock wave and injection treatments, and patients with severe cardiovascular disease, may be suitable candidates for penile implants. A flexible, concealed, inflatable prosthesis is chosen on the basis of the patient's preference and the nature of his underlying condition. Three-piece inflatable prostheses are generally preferred as they facilitate an actual erection as well as for cosmetic reasons. Penile prosthesis surgery is conducted under close monitoring and follow-up, and with a short period of hospitalization. The risk of complication has been reduced with technological improvements and antibiotic-coated implants.



## 5 GOLDEN RULES FOR A HEALTHY ERECTION!

- ✓ Take regular exercise
- ✓ Lose excess weight
- ✓ Give up smoking and limit your alcohol intake
- ✓ Follow a Mediterranean-type diet
- ✓ Check your testosterone levels



## DID YOU KNOW...?

- ✓ About 1 in 3 men over the age of 40 experience erectile dysfunction. Erectile dysfunction is a treatable condition.
- ✓ Yet only 5-10% of men with this condition go to a doctor for help.
- ✓ While this condition is generally mild or moderate in severity in younger age groups, it tends to be moderate or severe in older men. It can be triggered by diabetes, high cholesterol, hypertension, obesity, and cardiovascular disorders.
- ✓ Erectile dysfunction is a warning sign of cardiovascular disease.
- ✓ One of the most important factors in achieving erection is the testosterone hormone. Testosterone levels begin to decline in men in their 40's.

## MALE REPRODUCTIVE HEALTH AND DISEASES

About 15 out of every 100 couples suffer from infertility issues. Men and women are affected in roughly equal proportions. 30-40% of cases are male infertility, 30-40% female, while 10-20% are cases of male and female infertility. However in about 10% of cases, the cause of infertility cannot be discovered. Many cases of male infertility determined after a detailed evaluation can be addressed with medication and hormones, or with surgery

### ✓ Disease-specific Treatment

Varicocele, one of the leading causes of male infertility, is corrected at the Liv Hospital Urology Department using microsurgical methods and techniques (microscopic varicolectomy, microsurgical varicolectomy). Sperm duct blockages (obstructive azoospermia) can be surgically unblocked (TUR-ED, vasovasostomy, vasoepididymostomy, and other means). Men lacking sperm output (non-obstructive azoospermia) may be treated using microsurgery to obtain their sperm (micro-TESE) for subsequent IVF or microinjection (ICSI) procedures. Men who want to have a vasectomy for contraceptive purposes can have the procedure rapidly concluded on an out-patient basis. The freezing of sperm (cryopreservation) can be carried in certain cases where particular health issues require it.

## MEN'S HEALTH AND AGING

55% of men in Turkey over the age of 40 show indications of testosterone deficiency. Testosterone deficiency can reduce sexual function and libido, leading to erectile dysfunction, muscle loss and an increase in fatty mass. This can also be a cause of bone loss (osteoporosis), memory loss, and an increased susceptibility to diabetes caused by insulin resistance as well as having an adverse effect on self-esteem, psychological and cardiac health. Liv Hospital's Urology Department conducts detailed evaluations of men showing signs of erectile dysfunction and testosterone deficiency, to provide recovery treatment programs that greatly increase their quality of life.





## KIDNEY AND URINARY TRACT STONE DISEASE

20% of men and 20% of women suffer some form of kidney or urinary tract stone disease at some stage in their lives. While open surgery used to be the favored treatment, the use of advanced technology and endoscopic (keyhole) surgery is greatly expanding.

### ✓ State of the Art Techniques

Liv Hospital's Urology Department uses closed (endoscopic or percutaneous) surgery in the treatment of all kinds of kidney, ureter, bladder and urethra stone. Using Holmium laser, pneumatic and ultrasound stone breaking systems, large kidney stones can be cleared by means of the Percutaneous Nephrolithotomy (PNL) method.

### ✓ What is Percutaneous Nephrolithotomy?

A 1 cm pipe or catheter is inserted via a small incision in the back, through which hi-tech equipment and imaging systems are used to clear the stones, even if the kidney is very badly affected and full of stones. If the stones are smaller in size, a very thin flexible device whose tip can be controlled by the surgeon (a flexible ureterorenoscopy, F-URS, RIRC) is inserted through the ureter to reach the kidney and clear it of stones; laser technology can be used to break up the stones and clear the kidney. Stones anywhere in the ureter can be laser-cleared with a semi-rigid or flexible ureterorenoscope. In cases of bladder stones, entry is achieved and the stones are cleared either via the ureter (endoscopic cystolithotomy) or directly by percutaneous methods (percutaneous cystolithotomy), depending on the size of the stones.

Thanks to Liv Hospital's experienced team of physicians and specialists and its highly advanced technological and technical infrastructure, we offer minimally invasive urologic interventions to clear kidney, urinary tract and bladder stones by means of endourologic techniques that gain access via the narrow ureter. With close monitoring and follow-up this facilitates rapid recovery and discharge from hospital. Most ureteroscopy patients return home on the same day or the next day, while PNL patients are generally discharged on the second day after the procedure.

## URINARY INCONTINENCE DISORDERS

Urinary incontinence and urinary bladder dysfunction in men may have a number of causes including enlarged prostate, chronic urinary bladder infection or nerve injuries. Patients with permanent urinary incontinence (that is, patients who have to use diapers on a permanent basis) can be completely cured of the condition by means of the application of an artificial sphincter.

### ENLARGED PROSTATE

The majority of enlarged prostate cases are benign, or in medical parlance Benign Prostate Hyperplasia (BPH) cases. Some cases of enlarged prostate, a condition that begins after the age of 40, can be partially brought under control by means of medication; however, about 3 out of 10 men suffering from enlarged prostate-related urinary incontinence require surgical intervention at some time in their lives.

### ✓ Standard Surgical Treatment: TUR-P

The standard surgical method for treating enlarged prostate-related urinary incontinence is the "Transurethral Resection of the prostate" method, or TUR-P. As well as standard TUR-P, bipolar devices can be used to perform the surgery as a way of eradicating prostate-related urinary problems and reducing complications to a minimum.

### ✓ Outpatient Treatment: Prostate Suspension

The Prostate Suspension Method, requiring no anesthetic or catheter, can be carried out on an outpatient basis. With pretty well zero complications, this method has gained significantly in popularity in recent years.

### ✓ Rapid Recovery with Laser Treatment

Providing patients with a far greater level of comfort, laser prostate treatment is now far more widely carried out than in the past. Liv Hospital's Urology Department offers rapid recovery from enlarged prostates of all degrees of severity using the most advanced laser treatment techniques and methods.





**! SYMPTOMS**

- ✓ Frequent need to urinate
- ✓ Having to get up at night to urinate
- ✓ Poor urination flow
- ✓ Lower back, hip and thigh pain
- ✓ Painful ejaculation
- ✓ Erectile dysfunction

2 screening tests are used in the diagnosis of prostate cancer. If these tests reveals any abnormalities, a prostate biopsy may be advised.

**1. Blood PSA Test:** Men over the age of 45 should have this test conducted annually. If there is a family history of prostate cancer these tests should start at the age of 40. Threshold PSA values should be measured at least once at the age of 40, risk factors should be assessed and the regularity of subsequent testing should be determined accordingly. In the event that PSA values rise above a certain level, a biopsy may be required.

**2. Finger Prostate Examination:** After the age of 40, a prostate examination conducted by a urologist combined with a PSA test will provide more reliable results. If the prostate examination indicates any abnormality, a biopsy may be carried out even in the absence of any irregularities in the PSA test results.

**PROSTATE CANCER**

One of the most common forms of cancer in men, the disease is brought on with age. Recent research has revealed that the development and advance of prostate cancer is related to molecular, genetic, environmental and nutritional factors, but the exact cause remains unknown.

**✓ Early Diagnosis Saves Lives**

The purpose of prostate cancer screening is to catch the disease while it is still restricted to the prostate organ itself. The survival rate for early diagnosed cases has risen from 67% to above 90% in the past 10-20 years. The 10-year survival rate for cases where the disease is spotted before it has spread beyond the organ is close to 100%. There are a number of effective treatment methods. Keyhole and robotic prostatectomy surgery is an option in early diagnosed cases. For these reasons, the disease needs to be detected as early as possible.

**✓ Annual PSA tests**

People with a family history of prostate cancer are at higher risk of the disease and require regular screening from the age of 40. Even though scanning is generally recommended from the age of 45, it is very important to have a PSA test at the age of 40 with respect to getting a proper screening and follow-up plan. Men should undergo annual PSA testing and prostate examination, especially those with a family history of the disease.

**BLADDER CANCER**

Bladder cancer is the most common form of cancer of the urinary system in both men and women. The main risk factor is smoking. It is also commonly seen in those who are occupationally exposed to substances in the paint, metal and petroleum industry. In addition, some permanent hair dyes have been shown to contain serious carcinogens. The chief indications are passing blood in the urine, a burning sensation while urinating and pains in the bladder region. If the bladder cancer only exists in the bladder mucosa, treatment is possible by TUR surgery via the urinary tract, and medication. If the cancer has spread to the bladder muscles, it may be necessary to remove the bladder completely together with radiotherapy and chemotherapy. Liv Hospital's urology, radiology, radiation oncology, medical oncology and pathology clinics work in strict coordination with respect to the diagnosis and treatment of bladder cancer.





## KIDNEY CANCER

Kidney cancers that originate in the cells of the kidney itself are severe forms of cancer. It is about 50% more prevalent in men than in women. While it is more common in the 60-70 age group it does also occur in younger people. Research shows about 2-3% of cases are hereditary. The increased use of advanced techniques of ultrasonography and computerized tomography has led to an annual increase in detection rates of 3-4% and the increased possibility of early diagnosis.

### ✓ Undetected Growth

The main risk factor in kidney cancer is smoking. Other proven factors include excess weight and high blood pressure. Since the kidneys are located at the rear of the abdomen, in many cases the tumor can grow without being detected. 50% of kidney cancers are detected by chance as a result of tests carried out for an unrelated complaint. The disease may show itself after it has grown in the form of passing blood in the urine, pain or spreading to other organs. It may also be associated with symptoms of weight loss, fever, nausea and weakness.

### ✓ Multidisciplinary Approach

Surgical intervention upon early diagnosis is of crucial importance in kidney cancer. Diagnosis may be made on the basis of the detection of blood in a basic urine test, BT or MR imaging. At Liv Hospital the appropriate treatment of diagnosed patients is determined by a Cancer Board composed of specialists from our urology, medical oncology and radiology oncology clinics. It may be possible to treat early diagnosed patients by the removal only of the kidney tumor itself, by means of robotic keyhole surgery or direct laparoscopic surgery.

## TESTICULAR CANCER

Testicular cancer constitutes 1% of all cancers in men. It is the most common form of cancer in men between the ages of 15 and 35. There is no known cause of the disease related to personal habits, lifestyle or activities. The two main known risk factors are undescended testicles and patients who have had cancer in the other testicle. The main symptoms are pain, swelling and hardness of the testicles. Liv Hospital's urology, medical oncology, radiation oncology, pathology and radiology clinics jointly plan diagnostic tests and treatment in cases of testicular cancer. While surgical intervention by our highly experienced surgeons is the favored treatment method in many cases, some patients may require radio and chemo therapy.



# HEADACHES AND MIGRAINES

Migraine attacks in men can be shorter in duration and less nauseous than in women. For this reason men do not always consider they are having a migraine attack, but rather a headache triggered by a draft or wind, hunger, sleeplessness, stress or drinking.

Whereas 1 in 4 women suffer migraine, the rate for men is 1 in 12. Genetic factors play a role in migraine attacks, which constitute a neurologic disease. There is no rule that says if one of your parents suffered from migraine attacks, so will you. A family history increases the risk by 1½ - 2 times. Migraine is treatable. As well as the latest migraine-specific medications, pain prevention and migraine cure medication treatments are offered at the Liv Hospital Migraine Clinic, as well as injection applications such as botox.

# HORMONAL AND METABOLIC DISEASES

Many of our bodily functions are initiated and regulated by hormones. Hormones are produced in the glands that form our endocrine system, from where they are carried into cells and tissues via our blood circulation. The term "metabolism" is used to describe this complex series of processes. Hormonal disorders affect various metabolic processes. Hormonal imbalances in our bodies can lead to a number of diseases including thyroid diseases, obesity, diabetes, impotence, sexual dysfunction and osteoporosis.

# VARICOSE VEINS

While varicose veins, evidenced by more distinct and visible veins in the legs, as well as pain, swelling, sensitivity and the feeling of weightiness in the legs, are more common in women, they do also occur in men. The condition is more likely to occur in men with a sedentary lifestyle, a desk job, who gain weight and do not take much exercise. Further examination and diagnosis of patients suffering from varicose veins is done by physical examination and unobtrusive (Color) Doppler ultrasound testing. Tests are carried out for vascular disorders in the first place, and a treatment plan is defined.





# LOWER BACK AND NECK PAIN

## NECK PAIN

The most common cause of neck pain is muscular tension in the neck and the upper part of the back. Widespread body pain and waking up in the morning feeling tired may lead to fibromyalgia (soft tissue rheumatism) causing pain in the neck and upper back. Other common causes of neck pain are calcification of the spinal joints, spinal bone disc disorders, herniated disc and narrowing of the discs and other spinal disorders as well as disorders of the muscles, ligaments and nerve roots. Injuries to the neck muscles due to a fall or accident, and injuries or breakages to the spine bone and joints, are other possible causes. Other causes may be osteoporosis-related breakdown, as well as spinal infections and tumors.

### ✓ Stronger Neck Muscles

The main causes of these kinds of muscular tensions are mistakes we make in our daily activities such as sitting in a bad position while at our desks, watching TV or reading, having our computer screen positioned too high or low, or sleeping in an uncomfortable position. In order to prevent neck pain it is important to take neck muscle tension and strengthening exercises.

### ✓ Treatment

You should consult with your doctor in the event that you experience pain or stiffness that lasts more than a few days, neck pain that extends into your arms, or numbness. In some cases a diagnosis might be made by means of neck X-ray, tomography or MR imaging tests, or blood tests. Treatment will be determined according to the diagnosis. If no surgery is required, physical treatment, pain relief medication and muscle relaxants, injections and manual treatment may be appropriate forms of treatment. Liv Hospital's Physical Treatment and Rehabilitation Center carries out various treatment methods aimed at overcoming pain, resolving muscular spasms, strengthening the neck and back muscles and achieving correct posture.

## LOWER BACK PAIN

The most common causes of lower back pain are sitting in a bad position, lifting heavy objects, standing for a prolonged period or working in a sedentary position, thus creating tension in the back muscles. Ruptured or torn discs, slippage in the bones of the spine, joint arthritis, breakages due to falls or accident, osteoporosis-related collapse, infection and tumors can all lead to back pain.

### ✓ Treatment

Treatment is determined according to the underlying cause of the pain. If the patient does not require surgery, conservative treatments such as physical treatment, back and abdominal exercises, injections and manual treatment may be implemented. The Liv Hospital Physical Treatment and Rehabilitation Center provides various kinds of treatment designed to reduce pain, overcome muscle spasm, strengthen the back, abdominal and pelvic muscles, and to give advice on correct posture. Regular exercise and physical activity is recommended in order to prevent back pain. Yoga, pilates and swimming are among the activities recommended for strong abdominal muscles and to remove excessive stresses and tension in the lower back.





## CARDIAC HEALTH

Cardiovascular disease is one of the most common health problems. It is more common in men than in women pre-menopausal women. Risk factors include a family history of heart disease, being male, smoking, high blood pressure, diabetes, high cholesterol and stress. Therefore it is important to identify and if possible to eradicate the risk factors that apply to the individual patient. While factors such as family history and gender cannot be changed, other factors like smoking, high cholesterol and high blood pressure can. Some cases do not involve these risk factors at all; a proper diet and regular exercise can reduce the risk of heart disease in these patients.

### DISCOVER YOUR CARDIOVASCULAR AGE

You can find out your state of vascular health and your vascular age before cardiovascular disease develops. This can be achieved by methods such as establishing your coronary calcium score (a measurement of the amount of calcification in your heart vessels), measuring your carotid intima-media thickness (by ultrasonic measurement of the thickness of the layers of veins in the carotid artery), and taking preventive measures. Protecting your blood vessels not only prevents heart disease but also the development of disease in all the other blood vessels in your body. For example, diseases such as occlusion of the cerebral blood vessels, strokes, blockage in the vessels of the kidney, kidney failure and erectile dysfunction...

## ORAL AND DENTAL HEALTH

A mouth and teeth in good condition are the most important indication of overall good health. At every stage of life from childhood to old age, there are special individualized treatment methods available for every aspect of oral and dental health. Early diagnosis and treatment can address every issue from the most common oral diseases to oral injuries that can develop into mouth cancer. State of the art microscopic endodontic methods mean that patients with conditions requiring root canal treatment no longer have to endure nightmares. And it is now possible to achieve excellent health and cosmetic outcomes in gum disease treatment and dental whitening procedures using periodontology laser technology. Orthodontic treatments facilitate an esthetic and healthy appearance without using braces or brackets due to the plaque that adheres to the teeth.





# EYE HEALTH

Liv Hospital offer comprehensive eye health services from cataract operations to refractive surgery, from treatment for keratoconus disease to cosmetic procedures in the region around the eye.

## DRY EYE TREATMENT

Tear deficiency, commonly called "dry eye syndrome," has become a major issue in the field of disorders and diseases of the eye over the past 15 years. Dry eye syndrome is not merely a tear deficiency but can be a cause of various eye problems including ones with complex pathologies that affect the eyelid and indeed the entire ocular surface. The underlying cause of dry eye syndrome needs to be thoroughly investigated in order to establish whether it is ocular or systemic.

## RETINA

The retina is the tissue at the back of the eye that facilitates sight. At birth, the retina is attached to the vitreous. Over time the retina detaches from the vitreous. In 1% of cases this can result in a torn retina. In the bright sunshine of summer time, retinal detachment occurs more frequently. With early diagnosis, retinal tears can be repaired using laser treatment. The most significant symptoms of retinal tears and detachment are flashes of light and the sudden appearance floating objects in the field of vision. Early stage laser treatments can prevent the development of retinal detachment.

## CORNEA

The cornea is the transparent front part of the eye that covers the iris and pupil. It is the eye's most important lens. Diseases of the cornea, from the simplest to the most complex, have a negative affect both in terms of vision and cosmetically. Many parts of the corneallayers are composed of specialized cells. Therefore, cornea disease-related loss of vision can be permanent. The diagnosis and treatment of cornea disease is important in terms of overall eye health.

## ✓ Advanced Treatment Methods

Just as diseases of the cornea can only originate in the corneal layers, all diseases in other parts of the body can have a negative impact on the cornea. As well as medical treatment, diseases of the cornea can sometimes be treated by means of laser treatment or cornea transplant. A cornea transplant is an operation that changes all or part of the cornea tissue. Whereas changing the entire cornea used to be the only option, thanks to advances in medical technology nowadays it is possible only to change the part of the cornea that is affected by the disease.



# EYE HEALTH

## PRESBYOPIA

Presbyopia is an increasing inability of the eye to focus on near objects. It generally starts after a person's 40's and progresses gradually. Its main cause is a reduction in the adjustment capacity of the lens. Farsightedness emerges earlier and is more pronounced. It can be treated with glasses, contact lenses, laser treatment or implants.

## KERATOCONUS

Keratoconus is a condition in which your eye's cornea is unable to hold its round shape, indicated by short sight and astigmatism. As the condition progresses it affects vision to the extent that wearing glasses is not a sufficient remedy. While this condition frequently used to require a cornea transplant (this was the cause of half of cornea transplants), advanced methods in use today facilitate the halting of the condition (cornea collagen cross-linking) and improving vision to various degrees (laser, ICRS, RGP lenses).

## CATARACTS

Cataracts limit vision by thickening the lens of the eye. Most cases are age-related but some may be caused by other diseases of the eye. The solution to cataracts is surgery; the latest early stage surgery involves a small incision to restore clear vision while intraocular lenses have been developed to enable close and distant vision. The permanence of the improved vision that is achieved after surgery depends on the standard of quality of the equipment and the intraocular lenses that are used. In the past one or two years cataract surgery has been improved with the introduction of femtosecond laser cataract surgical techniques that have also improved the safety of the procedure.

## REFRACTIVE SURGERY

Refractive surgery began as a way to correct refractive errors. While it used to aim at releasing people from the need to wear glasses, it now aims to produce better results than could be achieved with glasses. This is the "Wavefront" method that can correct disorders that affect vision but are too small to measure with standard equipment. Alternatives in cases that are not amenable to laser correction include intraocular lens and clear lens surgery.

# CHECK-UP AND HEALTHY LIFE

## WHOLE BODY MRI CHECK-UP

You whole body can be scanner in 45 minutes without any radiation exposure and adverse effect by Whole Body MRI, and it provides to detect tumors and tumor-like lesions that are generally bigger than 1 cm. Whole Body MRI provides its detection in early stage where treatment change is highest before emergence of the disease.

"Whole Body MRI", is used together with classic scanning methods in order to detect possible tumors in early stage, is offered to the patient who has cancer risk or concern and receive Check-up for this concern as alternative and highly developed Check-up model. Another advantage of Whole Body MRI is to provide scanning of the areas such as brain tissue, bone structure and extremity in single time, which is not generally included in Check-up examinations, besides scanning of intra abdomen and lungs, which are scanned with classic radiology Check-up methods.

### Content of Whole Body MRI Check-up

- Check-up Examination
- Whole Body MRI

## THORAX CT - VIRTUAL ANGIOGRAPHY (CT CORONARY ANGIOGRAPHY) CHECK-UP

This method, visualizing flow of the contrast agent that is administered intravenously from arm through the veins as tomographical, gives crucial information about both identifying coronary artery occlusion and arteriosclerosis presence (arterial hardening). If no occlusion is detected in coronary arteries, diagnosis assures nearly 100 per cent rate. Classic Angiography is performed to visualized cardiac veins through arm and leg arteries by administering contrast agent from a catheter. Diagnosis of coronary artery diseases has 100 per cent accuracy by using this method.

Procedure preparations last between 30 minutes and 1 hour. Inpatient or outpatient recovery is recommended to the patient for 24 hour in post-operation according to localization of vein. In Virtual Angiography; contrast agent is directly administered from arm vein and arteries and veins are visualized as tomographical. Procedure is performed in 10 seconds and it provides equal diagnostic accuracy with classic angiography if arteries and veins are found normal. Contrast agent is similar in both methods, and radiation exposure is generally less than classic angiography.

### Content of Thorax CT - Virtual Angiography (CT Coronary Angiography) Check-up

- Check-up Examination
- Coronary CT Angiography
- Thorax CT



# HEALTHY LIVING PROGRAMS

Health is a person's most cherished asset. Regular check-ups are needed to have a healthy life and protect that asset. If you wish to protect yourself from disease and illness, get early diagnosis of existing conditions, and have a healthier life, you should have a proper check-up at least once a year.

## WHY SHOULD YOU HAVE A CHECK-UP?

- You aim to lead a long and healthy life
- You want to know what needs to be done to achieve this
- You want to look as healthy as you feel
- Your hectic life makes it difficult for you to find time to devote to your health
- Anything in your family history gives rise to concern
- You want to catch any health issues early, for easier treatment

## HEALTH@LIV BASIC PACKAGE

In the basic package, vital systems are subject to general testing and critical data about their functioning is obtained. The package includes basic cardiologic, radiologic and laboratory tests regardless of age or gender. The systems are evaluated according to main headline criteria. The results and pathology that emerges from these tests will give an indication about how to proceed.

## STANDARD LIV MEN

The tests and detailed physical examination included in this program evaluate metabolic and bodily functions; important health recommendations are given in the light of the results of these tests. This is suitable for a general evaluation for men whose previous tests have not revealed any particular issue. The package includes X-ray and ultrasound imaging, biochemical, hematological, hormonal and serological tests, electrophysiological cardiac assessment, and an overall assessment by physicians including a dentist.

## YOUNG LIV MEN UP TO THE AGE OF 39

This package focuses on risks and functional capacities of particular relevance to young men, as well as general tests. The contents of the test package have been designed to combine age and gender related variables for the most useful possible results. The package includes X-ray and ultrasound imaging, biochemical, hematological, hormonal and serological tests, electrophysiological cardiac assessment, and an overall assessment by physicians including a dentist.

## YOUNG-PLUS LIV MEN (AGE 40-49)

This program provides detailed testing for men who are still young but need to be aware of certain age-related issues that may affect their health. Tests related to various branches of medicine are carried out and the results are evaluated in order to plot an individual road map for a healthy life. The package includes X-ray and ultrasound imaging, biochemical, hematological, hormonal and serological tests, metabolic profile analysis, electrophysiological and stress test cardiac assessment, age-appropriate prostate and hormone tests, mammography, and an overall assessment by physicians including andrologists and dental specialists.

# HEALTHY LIVING PROGRAMS

## ACTIVE LIV MEN (AGE 50-65)

The Active Liv Men program is designed for men over the age of 50 who are determined to maintain an active life but who are aware of the potential threats to health associated with their age group. While this age group remains highly active both physically and mentally, special care and attention is required to ensure the whole body keeps working in harmony.

The package includes X-ray and multi-site ultrasound imaging, biochemical, hematological, hormonal and serological tests, metabolic profile analysis, trace element and vitamin level tests, electrophysiological and stress test cardiac assessment, echocardiography, age-appropriate scan tests, and an overall assessment by physicians including urologists, cardiologists, ophthalmologists and dental specialists.

## EXECUTIVE LIV MEN

This package is designed exclusively with a focus on hectic professionals who find it hard to devote time to their health, with an added focus on issues specific to men. Detailed results are analyzed and you will be given recommendations to help you keep up your busy pace in a healthy and sustainable manner. All aspects of the effects of the physical and psychological stress that all executives and professionals have to learn to live with are thoroughly evaluated.

The package includes X-ray and multi-site ultrasound imaging, biochemical, hematological, hormonal and serological tests, metabolic profile analysis, trace element and vitamin level tests, electrophysiological and stress test cardiac assessment, age-appropriate scan tests, and an overall assessment by physicians including urologists, ophthalmologists, dental specialists and stress management experts.

## “SHAPE” ADVANCED HEART DIAGNOSIS PROGRAM

SHAPE stands for the Society for Heart Attack Prevention and Eradication, a US-based international organization whose mission is to eradicate heart attack by championing new strategies for prevention while advancing the scientific quest for a cure. Under the SHAPE program, any signs of hardening of the arteries and coronary heart disease are identified using standard screening methods and an early diagnosis is achieved while possible disease can still be treated. SHAPE-certified experts at our Check-up center implement individualized coronary arterial disease preventive protocols. The contents of this program have been determined in line with international criteria.

## PARTICIPATING LIV CLINICS

Oral and Dental Health Clinic  
Headache and Migraine Clinic  
Check-Up and Healthy Living Clinic  
Dermatology Clinic  
Diet and Nutrition Clinic  
Endocrinology Clinic  
Men's Health (Urology) Clinic  
Physical Treatment and Rehabilitation Clinic  
Eye Health Clinic  
Internal Diseases Clinic  
Cardiology Clinic  
Oncology Clinic  
Plastic, Esthetic and Reconstructive Surgery Clinic  
Regenerative Medicine and Stem Cell Research & Application Clinic  
IVF Clinic