



# live

MONTHLY BULLETIN

SEPTEMBER

**2023**

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OUR FAMILY'S  
**NEW HEALTHCARE HEROES**

**MULTICULTURAL HEALTHCARE  
SERVICES CONFERENCE**

**HEALTHCARE TRAVEL FORUM  
MOLDOVA 2023**

**5 WAYS TO HELP YOUR KIDS  
HAVE A HEALTHY SCHOOL YEAR**

WE ARE REVOLUTIONIZING  
**PROSTATE CANCER CARE!**

EARLY DIAGNOSIS SAVES LIVES WITH  
**LIV HOSPITAL CHECK UP PACKAGES**

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ARE IN BELARUS AND RUSSIA!**

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**ARTIFICIAL INTELLIGENCE**

UNDERSTANDING  
**THYROID CANCER**

INTERNATIONAL  
**TRANSLATOR'S DAY**

# OUR FAMILY'S NEW HEALTHCARE HEROES



**Ece, Gürol Kars, MD**  
Ear-Nose-Throat Diseases



**Prof. D Meryem Aktoz, MD**  
Cardiology



**Olcay Yalçın Şahin, MD**  
Eye Diseases



**Merve Yıldız, MD**  
Physical Medicine and  
Rehabilitation



**Yusuf Emre Uzun, MD**  
Internal Diseases



**Orkun Uyanık, MD**  
Plastic, Reconstructive and  
Aesthetic Surgery



**Volkan Arkan, MD**  
Periodontology



**Ozan Uzunhan, MD**  
Neonatologists



**Hilal Kızıldağ, MD**  
Child Health and Diseases



**Psych. Belgin Arslantaş**  
Psychology



**SAĞLIKTA  
MULTİKÜLTÜREL YAKLAŞIM VE  
HİZMET KONFERANSI**  
**MULTICULTURAL HEALTHCARE  
SERVICES CONFERENCE**

10 Kasım 2023 / Saat: 09.00 - 17.30  
Liv Hospital Vadistanbul  
Konferans Salonu

*10th November 2023 / 09.00 - 17.30  
Liv Hospital Vadistanbul  
Conference Room*

LCV: 0530 174 33 05  
[info@livhospital.com.tr](mailto:info@livhospital.com.tr)



# HEALTHCARE TRAVEL FORUM MOLDOVA 2023

*Liv Hospital participated in the International Healthcare Travel Forum Moldova 2023 (IHTF 2023), which took place on September 15-16, 2023 in Chisinau, Moldova.*

The IHTF 2023 is a two-day event that brings together healthcare and tourism professionals from around the world to discuss the latest trends and developments in medical tourism. Liv Hospital's participation at the forum was an opportunity for Liv Hospital to showcase its services to potential patients from Moldova and other countries in the region.





# 5 WAYS TO HELP YOUR KIDS HAVE A HEALTHY SCHOOL YEAR



**Nutrition:** A healthy diet is essential for children's growth and development, as well as their ability to learn and focus in school. Make sure your child is eating a variety of nutritious foods, including fruits, vegetables, whole grains, and lean protein. Avoid processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats.

**Physical activity:** Children need at least 60 minutes of physical activity every day. Physical activity helps children to maintain a healthy weight, reduce their risk of chronic diseases, and improve their mental health. Encourage your child to participate in activities that they enjoy, such as playing sports, riding a bike, or going for walks.

**Hygiene:** Good hygiene is essential to prevent the spread of germs. Teach your child to wash their hands frequently, especially before eating and after using the restroom. Also teach them to cover their mouth and nose when they cough or sneeze.

**Check Ups & Immunizations :** Make sure your child is up to date on all recommended vaccinations and get a check-up annually. Immunizations protect children from serious diseases, such as measles, mumps, and rubella.

**Psychology:** Psychology is just as important as physical health. Talk to your child about their feelings and let them know that it's okay to ask for help if they need it.

*"Success starts with good health"*





# WE ARE REVOLUTIONIZING PROSTATE CANCER CARE!

## PROSTATE CANCER SYMPTOMS

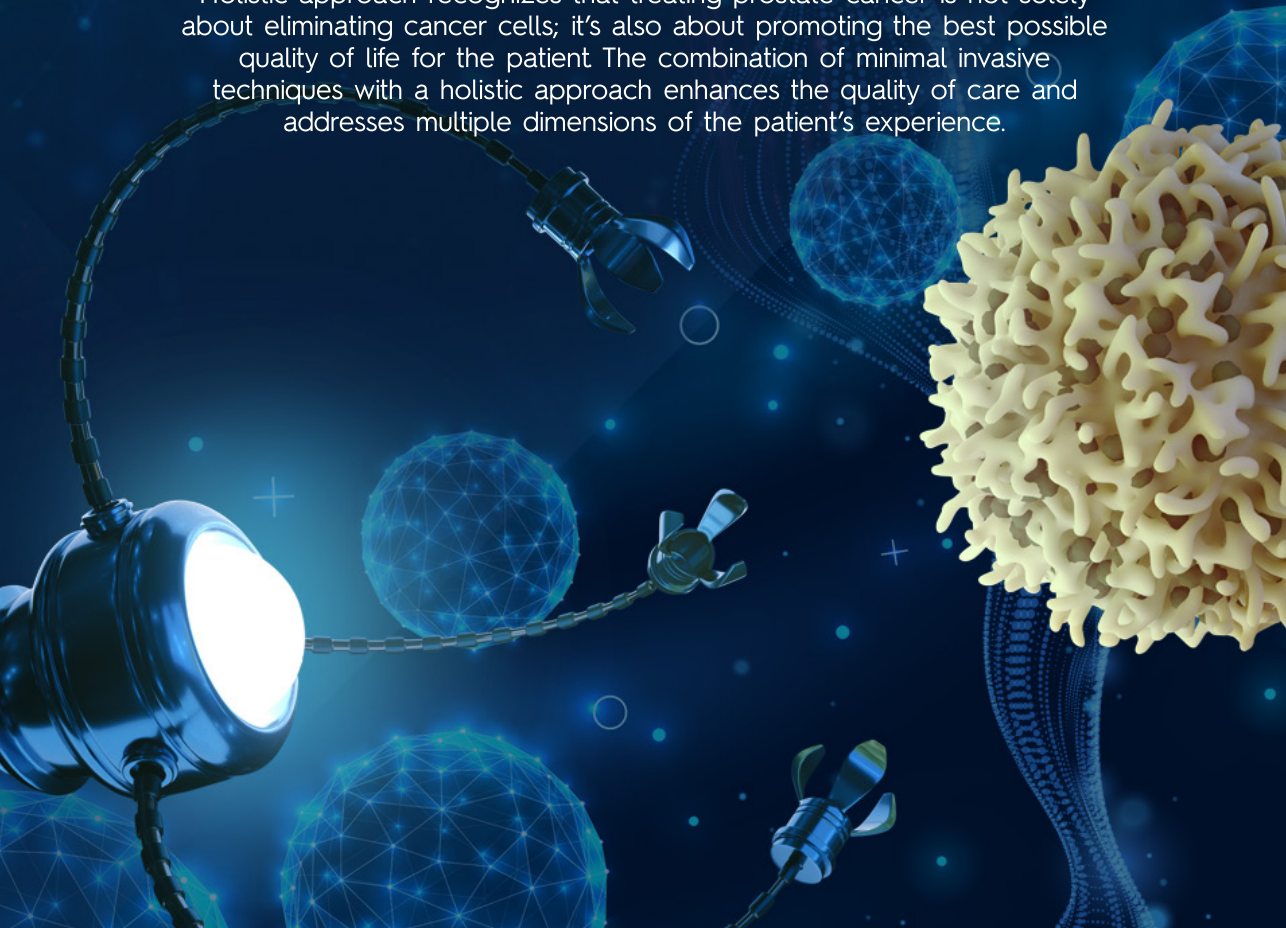
- Difficulty urinating
- Decreased strength in urine flow
  - Blood in the semen or urine
  - Pain during ejaculation
- Discomfort in the groin area
  - Bone pains
- Erectile dysfunction

## PROSTATE CANCER DIAGNOSIS

- PSMA PET
- Multiparametric MRI
- MRI Ultrasound Fusion Biopsy

## HOLISTIC APPROACH TO PROSTATE CANCER

Holistic approach recognizes that treating prostate cancer is not solely about eliminating cancer cells; it's also about promoting the best possible quality of life for the patient. The combination of minimal invasive techniques with a holistic approach enhances the quality of care and addresses multiple dimensions of the patient's experience.





## **ROBOTIC PROSTATECTOMY**

Robotic prostatectomy is a minimally invasive surgical procedure used to remove the prostate gland. It is performed using a robotic system that allows the surgeon to operate with greater precision and control than is possible with traditional surgery.

HIFU - High Intensity Focused Ultrasound

HIFU, a non-surgical treatment method, has been used frequently in prostate cancer cases in recent years. High Intensity Focused Ultrasound, or HIFU technology, is described as a non-surgical, point-targeted treatment in prostate cancer

## **NANOKNIFE**

Nanoknife is an electric current operation. It is successfully used in low-risk and intermediate-risk prostate cancer patients. During the procedure, only the cancerous areas of the prostate are treated by applying electricity. Without removing the entire prostate gland, only cancerous cells are destroyed.

## **PROSTATE BRACHYTHERAPY**

Brachytherapy, one of the most important weapons of radiation oncology, can also be used in the treatment of prostate cancer. With prostate brachytherapy, the cancerous tissue in the prostate is irradiated from inside the prostate, not from the outside. Thus, successful results are obtained by targeting the tumor closely, at high doses, and without damaging the surrounding tissues.





# LIV HOSPITAL PHYSICIANS ARE IN BELARUS AND RUSSIA!

We examine our patients in their own countries and bring them together with our physicians. We perform the first examination of our patients in their own countries free of charge. After the examination, we organize the treatment plan that our patients need at that moment and start the process.

Specialist in the field, Plastic, Reconstructive and Aesthetic Surgery Prof. Halil İbrahim Canter, MD and Gynecology and Obstetrics Assoc. Prof. MD Kemal Atasayan, MD examined their patients in Minsk, Belarus.

Specialist in the field, Pediatric Neurology Prof. Gülşen Köse, MD and Neurology Prof. Ayhan Öztürk, MD examined their patients in Ingushetia, Russia.



**liv**HOSPITAL



THE FUTURE OF  
HEALTHCARE



# THE WHITE COAT OF THE FUTURE: ARTIFICIAL INTELLIGENCE

Neurosurgery involves working on one of the most complex and delicate areas of the human body. We are constantly striving to use the latest technologies to offer our patients the safest and most effective treatment methods.

Recently, we have started implementing virtual reality and augmented reality technologies, providing us with unparalleled opportunities in surgical planning and execution.

In a virtual reality environment, we can perform a detailed study of the patient's brain scans prior to surgery. This allows us to observe the exact location of the tumor and the surrounding delicate structures, enabling us to create effective surgical plans.

During the surgery, with the help of augmented reality technology, we can observe and mark the exact location of the tumor in real-time. This not only enhances the surgeon's precision but also accelerates the patient's recovery process.

This innovative approach sheds light on the future of neurosurgery.



*Assoc. Prof. Abuzer Güngör, MD*

*Çağrı Canbolat, MD*



# UNDERSTANDING THYROID CANCER

The thyroid gland is a 20-40 gram gland consisting of two lobes (right and left) located in the neck and producing thyroid hormone using iodine. Thyroid hormone ensures that the organs and systems in our body work in harmony. Thyroid gland diseases are a group that includes a wide variety of diseases. These include inflammatory diseases of the thyroid (thyroiditis), diseases related to deficiency or excess of hormone production, goiter, thyroid nodules and thyroid cancers.

Thyroid cancers are more common in young patients and female gender. Although environmental causes are generally held responsible, family history, genetic factors, nutrition and geographical conditions are also important. The most important known risk factor is radiation exposure. Although it is most commonly seen in individuals between the ages of 30-40, it can be seen at any age.

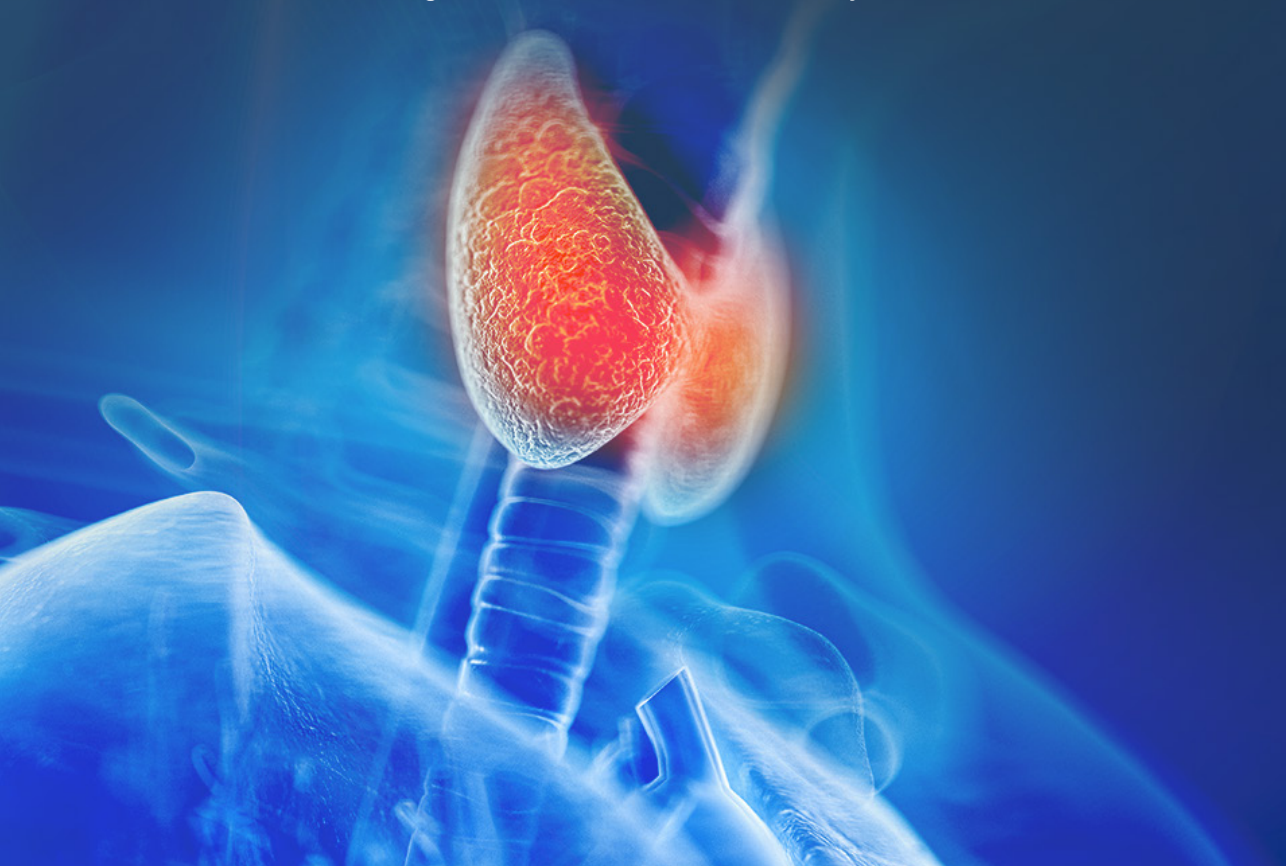


*Prof. Ahmet Cem Dural, MD*

Although the hormone function in the thyroid gland is normal, nodules detected by examinations need to be evaluated carefully. The most important point here is the distinction between benign nodule and cancer. The most important examination for the distinction between nodule and cancer is undoubtedly Thyroid Ultrasonography, and its diagnostic value is quite high. While it reveals the existence of a nodule, it can also reveal the risk of malignancy by looking at the shape and structure of the nodule. If a nodule detected by ultrasonography is larger than 1.5 cm or if there is a suspicious appearance in the shape of the nodule or its content, regardless of size, a biopsy should be performed on this suspicious nodule or nodules. Thyroid biopsy is performed with a thin needle under the view of an ultrasound device. It is highly diagnostic.

As with all cancers, diagnosing thyroid cancer at an early stage of the disease may affect the course of the disease, reduce the likelihood of recurrence and metastasis, and increase the chance of cure. There is a chance for early diagnosis by taking family and disease history, questioning risk factors and examining the neck area, evaluating the TSH hormone responsible for thyroid hormone synthesis, and planning Thyroid Ultrasonography in the presence of risk factors or examination findings. Early diagnosis provides easier treatment and a chance of cure in thyroid cancer, as in every cancer, without deteriorating the quality of life.

***"It is important to be aware,  
but taking care will make a difference in your life."***





# INTERNATIONAL TRANSLATOR'S DAY

Liv Hospital, which provides services in 25 languages, celebrated September 30th Translators' Day by organizing a surprise event for all its interpreters. Hospital management and doctors prepared a special video for the translators, a quiz competition with surprise gifts was organized, and certificates of appreciation were given to the translators.



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**THE FUTURE OF  
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