

WOMEN'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

A healthy woman is always beautiful!

At any age and any time, a healthy woman is beautiful.
The important thing is to hold your head high
Never losing hope for a life full of joy and surprise.

Struggle is a part of life,
Winning is about staying on track
Smiling through illness and health

CONTENTS

02	Introduction
03	Our Lifestyle Determines Our Health
04	Prevention is Better Than Cure
05	Vaccines at Any Age
06	10 Good Habits for a Healthy Life
08	Take Exercise for a Healthy Life
10	Nutrition and Diet
12	Esthetic / Cosmetic Applications
18	Stem Cell /Genetic Applications
20	Cosmetic Dermatology Applications

22	Women's Health
	Adolescent Health
	Menstrual Problems
	Pregnancy and Birth
	IVF Treatment
	Menopause
	Urogynecology
24	Headaches and Migraine
24	Hormonal and Metabolic Diseases
25	Lower Back and Neck Pain
26	Cardiac Health
27	Do You Know Your Heart Age?
28	Oral and Dental Health
29	Say Goodbye to Crowded Teeth with Invisible Braces
30	Excimer Laser
32	Eye Health
34	Gynecology
36	Healthy Living Programs (Check-Up)

Thanks to recent advances in diagnostic and treatment methods made possible by medical and technological innovations, the women of today enjoy longer lives than their mothers and grandmothers. Women's health plays a key role in bringing a new generation of healthy children into the world and nurturing them through their lives. Following the physical changes of adolescence, women have the gift of fertility, followed by menopause. The most crucial guarantor of women's health throughout all these stages is regular check-ups...

You should not skip check-ups, even if you feel in perfect health. Increase your quality of life, take early preventive measures against hereditary complaints and enjoy life to the full ...



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 gynecologic examination when they actually encounter a health issue. However, a number of serious complaints including breast, uterine and ovarian cancer can be treated with early diagnosis. Cervical cancer can even be detected and prevented before it develops.

START PRECAUTIONARY MEASURES AT AN EARLY AGE

The risk of certain diseases such as cancer, heart disease and osteoporosis increases with age. In particular, the risk of osteoporosis increases with menopause. 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).

Hepatitis B: 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

Women need to take care of themselves for a healthy and happy 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 or sporting 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. Be responsible in your 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 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 osteoporosis, 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 being able to slip into that slim black dress again or joining a fun run; 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 heartbeat monitor and aim for a maximum heart beat increase of 70-85% during exercise.

EXERCISE AND WEIGHT LOSS

You need to use up 3,500 calories to burn 450 gr of fat. As a rough guide, a woman weighing 57 kg would burn the following number of calories by doing the following activities for half an hour:

- Playing golf - **110 calories**
- Horse riding - **120 calories**
- Taking the dog for a walk - **125 calories**
- Housework - **135 calories**
- Gardening - **160 calories**
- Dancing - **170 calories**
- Aerobics - **170 calories**
- Cycling - **240 calories**
- Swimming - **250 calories**
- Brisk walking - **280 calories**
- Tennis - **300 calories**



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. ”

A DIET SHOULD BE PERSONALIZED

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. The important thing is not that you should suit your diet; your diet should suit you

PREPARING FOR A HEALTHY EATING PROGRAM

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

ESTHETIC APPLICATIONS

Cosmetic Breast Surgery (Mammoplasty)

For women, breasts have both esthetic and physiologic significance. They can change under the influence of factors such as age, genetic features, pregnancy, breastfeeding, changes in body weight and the menopause. In some cases, dissatisfaction with the appearance of her breasts can affect a woman's sense of self confidence and even her social life.

Breast Reduction

Breast reduction is usually carried out in cases where the breasts are sagging and out of proportion with the rest of the body, causing continuous back pain, diaper rash under the breasts, wounds and fungal infections. Many women have this operation in order to improve their quality of life.

Breast Lift

Breast lift surgery is a cosmetic intervention designed for women whose breasts sag, who are not happy with the appearance of their breasts, or who feel a loss of self-confidence as a result of the appearance of their breasts.

Breast Enlargement

Breast enlargement surgery is designed to make small undeveloped breasts larger and fuller. Silicone implants made from natural products are inserted under the breast tissue and the breast is thus enlarged. Breast enlargement is also carried out by a procedure known as fat transfer. Fat taken from the abdomen, waist or other parts of the body are transferred to the breasts for their enlargement.

Breast Reconstruction

Implants or tissue from the patient's own body are used to form breasts in cases of post- cancer treatment, congenital anomalies, or after accidents.

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. It is frequently carried out using open surgical methods and may require cartilage grafts from the ears or other parts of the body. The post-op procedures are as with primary rhinoplasty.

✓ 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.



ENDOSCOPIC SURGERY

Advanced endoscopic (keyhole surgery) techniques are used to carry out procedures in line with the patient's specific and individual requirements. These procedures may include facial rejuvenation (face lifts), brow lift, forehead and neck rejuvenation applications, or combinations of these cosmetic procedures. Endoscopic facial rejuvenation surgery is carried out using techniques that stretch the skin while leaving the least possible visible scar. This method involves entry through very small incisions behind the hairline, aided by an endoscopic camera.

In addition, the following procedures may be carried out individually:

- ✓ Endoscopic face lift
- ✓ Endoscopic brow lift
- ✓ Endoscopic midface lift
- ✓ Endoscopic neck lift
- ✓ Stem cell facial and body rejuvenation

Fat Graft Applications (Face and body contour correction)

A fat graft transfer or fat injection is a procedure in which fatty tissue taken from any part of the body is injected into another part of the body. It is used to fill out sunken parts of the body, correct sunken scars, give the lips a fuller appearance, highlight cheekbones and enlarge the hips.

Eyelid Rejuvenation (Blepharoplasty)

Eyelid rejuvenation surgery aims to create a healthier appearance by removing or correcting lax skin or "bags" formed by cutaneous or subcutaneous fatty tissue.

COSMETIC PROCEDURES ON THE BODY

Tummy Tuck (Abdominoplasty)

The abdominal wall is rejuvenated and shaped by removing excess fat and skin and tightening lax abdominal muscles. Tummy tucks get rid of loose or bloated looking tummies with excess fatty tissue, regaining the appearance of a flatter, slimmer waistline.

Full Body Tuck

In women whose bodies have lost form due to excess weight loss or aging, this procedure shapes the body and gives it an overall healthy appearance.

Arm Lift

Sagging skin stretching from the armpit to the elbow is a frequent complaint. The problem is addressed by gathering all the tissue via an incision made from the armpit to the elbow. The incision is planned in such a way that it will not be visible.

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. Rather than a weight loss method, liposuction is a surgical method to shape the body.

Laser Lipolysis

Laser lipolysis is a minimally invasive form of aesthetic surgery designed to remove excess body fat. It involves the use of a diode laser beam to rapidly dissolve excess fat in target areas such as the thighs, abdomen, arms, neck and parts of the face, using a minor "keyhole" surgical procedure. The procedure disintegrates connective tissue and collagen that has lost its elasticity, increasing the formation of fresh tissue and collagen. A state of the art body shaping application, laser lipolysis is used in the treatment of localized fat accumulation and skin laxity.

STEM CELL / GENETIC APPLICATIONS

Cosmetic Surgery and Stem Cell Treatment

The use of regenerative cells obtained from the patient herself 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.

Breast Reconstruction

Breast cancer is the most common form of cancer in women. Nowadays, reconstruction can be carried out using regenerative stem cells after the removal of the patient's breast, cancerous tissue under the breast and lymph nodes.

Genetic Consultancy Services

As well as offering genetic testing using the facilities of modern advanced technology, genetic consultancy is also a form of individualized treatment. The importance of genetic consultancy is especially high for patients with a high genetic or hereditary risk of contracting certain diseases or conditions.

Genetic consultancy services are offered at our Center in the following specialty fields:

- ✓
Reproductive Genetics
- ✓
Breast Cancer
- ✓
Genetic Diseases

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.

Personal Follow-Up and Treatment

Women facing health issues at certain stages in their lives such as menopause issues, osteoporosis, breast cancer or age-related problems are offered highly personalized and individual evaluation, care and treatment.



COSMETIC DERMATOLOGIC APPLICATIONS

Hair

It is normal to lose 80-100 strands of hair every day. If medical treatment cannot halt excess hair loss, surgical hair transplantation / implantation may be required as the only permanent solution. Hair implantation has traditionally been seen by women as a last resort. Apart from medical treatments for seasonal or genetic hair loss, the Liv Hospital Dermatology Clinic offers hair analysis, determination of hair loss type as well as mesotherapy and PRP as the principle forms of treatment.

Botox

Almost all women want to have young and healthy looking skin. Some women show signs of aging earlier, some later in life. 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.

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 and to treat post-natal stretch marks.

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 that develop with age. 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.



Adolescent Health

As well as check-up procedures to monitor girls' adolescent development, menstruation and vaccination programs especially to prevent cervical cancers, Liv Hospital offers diagnostic and treatment services for problems such as acne, excessive weight gain, bleeding disorders and pubescent issues.

Menstrual Issues

Today's women undergo a menstrual period nearly three-time longer than our grandmothers' generation, who spent much of their reproductive age in pregnancy or breastfeeding. Lower abdominal cramps are an indication of the menstrual period. If you find yourself having to change your menstrual pad or sanitary towel every few hours during your period, you are suffering from excessive bleeding. Heavy menstrual bleeding can lead to iron deficiency-related anemia. Rather than self-medicating with iron supplements, you should consult with your doctor without delay.

Pregnancy and Childbirth

The process of medical evaluation and examination should begin before pregnancy in order to reach our objective of brining a healthy baby into the world; this 40-week journey up to childbirth requires meticulous monitoring. The great majority of anomalies can be detected by routine pregnancy blood tests and detailed ultrasound examinations. At Liv Hospital, the right method of childbirth for every individual mother is chosen in line with the ultimate objective of a healthy mother and child at the end of this miraculous journey. Modern painless techniques (with epidural anesthetic) ensure the maximum degree of comfort for mother and baby and are the most commonly chosen option. In the event that a Caesarian Section is necessary, childbirth is achieved in the most appropriate manner, using either epidural or general anesthetic.

Menopause

The menopause represents the natural end to a stage in every woman's life when her ovarian functions are winding down and menstruation ceases. This stage of life can see such symptoms as hot flushes, sweating, palpitations, inattentiveness, insomnia, irritability, fluctuating moods and nervousness become a part of a women's life. As well as medical treatment, psychological support is essential in terms of getting through menopause. Women should consult their doctor concerning advice and treatment to prevent the development of osteoporosis.

Assisted Reproduction Techniques (IVF Treatment)

Defined as the inability to become pregnant in spite of having unprotected sexual relations, infertility is both a medical and a social problem. Modern technology facilitates the diagnosis of most cases of male and female infertility. Liv Hospital Reproductive Health and IVF Unit offers the most advanced treatment methods based on a patient-centered approach that fully understands the concerns and anxiety of the couple throughout the treatment period. In addition, Liv Hospital treats all our international patients in a culturally sensitive manner, assisted by the couple's Recovery Specialist in their language of choice.

Advanced Treatment Methods

With its fully equipped embryology and genetic laboratories and its team of highly experienced physicians and specialists, Liv Hospital Reproductive Health and IVF Unit aims to provide a world class service to infertile couples in the light of the latest scientific developments. In this framework, Liv Hospital Reproductive Health and IVF Unit offers traditional IVF treatments, the selection of high quality sperm using advanced methods and techniques, pre-transfer genetic diagnosis, artificial womb applications and video camera embryo monitoring.

Urogynecology

Urinary incontinence is addressed by means of diagnosing and treating the urinary organs and related disorders. The diagnosis and treatment of these conditions requires the urodynamic examination of the woman's pelvic floor anatomy and her physiology. Urinary incontinence is generally seen in middle aged or more elderly women. The most common form is "stress incontinence" that occurs while coughing, sneezing, laughing, lifting heavy objects or going about physical daily activities. Stress incontinence affects one in 5 women over the age of 30, one in 4 women over 35 and one in 3 women over 65. It can also be associated with a number of other issues that require care.



HEADACHES AND MIGRAINES

“ Women are far more familiar with migraine than men. Because the headaches that come with the onset of menstruation are severe experiences for women with migraine. And just as the headaches that start in pregnancy are an uninvited guest, their recurrence afterwards can create further difficulties. ”

✓ Migraine is Treatable!

1 in 4 women suffer migraine; the rate for men is only 1 in 12. Genetic factors play a role in migraine attacks, which constitute a neurologic disease characterized by repeated attacks of severe headaches. 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 injections.

VARICOSE VEINS

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 than in men. The risk factor is related with previous pregnancies and their frequency as well as hormonal factors. Another reason for their frequency in women is a lack of physical exercise and activity. Women with a sedentary lifestyle suffer the condition more frequently than other women, be they professionals or housewives. 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.

HORMONE AND METABOLIC DISEASES

In your body, many functions are regulated through your hormones, such as fertility, growth and energy needs. Hormones are produced by glands that make up the endocrine system, which then are transported to cells and tissue. In order to explain this complex sequence of functions the term "metabolism" is used. Hormonal disorders are often affect the metabolic processes. The irregular hormone functions can cause many disorders including infertility, menstrual irregularity, virilisation, thyroid disorders, obesity, diabetes, and osteoporosis.



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.

✓ 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

“ Although much cardiovascular disease is known as a man's disease, more women than men contract the disease every year. While estrogen protects against cardiovascular disease, women suffer much more frequently from vascular disease-related heart attacks and strokes after the menopause. Cardiovascular disease is one of the most common health problems. It is more common in men than in 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. Diseases of the small vessels and branch arteries are more common in women, due to the difficulties of performing bypass surgery and procedures such as stenting. Rather than chest pain, indications of heart disease are more likely to be pain in the jaw, throat or the left arm, shortness of breath and feelings of faintness. ”

Protect Your Heart With Your Ideal Weight and Regular Exercise

There are different ways of looking at the risk factors in vascular disease. As well as factors such as high cholesterol levels, high blood pressure and diabetes, women with belly fat and those with metabolic syndromes are at greater risk. Smoking and stress are greater risk factors for women than men when it comes to heart disease. Women respond better to blood thinning medications in terms of preventing vascular disease. Precautions such as keeping an ideal weight, taking regular exercise, keeping to a low fat diet and giving up smoking are more effective preventive measures for women than men.



DO YOU KNOW YOUR HEART AGE?

Did you know that your heart age can be different from your biologic age? You could get general information about your heart health and perform necessary treatment approaches in order to prevent heart attack risk by determining your heart age. Determination of heart age may provide general information about heart health condition of people. Determination of risk factors belong to cardiovascular disease and your heart age determined by scan of arteriosclerosis (hardening of arteries) in artery may give important clues for assessment of necessary preventions taken on early stage with your doctor and essential things you should do. Your heart age may be older or younger than your biologic age, or same with biologic age.

World Heart Federation states that determination of Heart Age and getting information about heart health is important in order to prevent diseases such as heart attack or stroke, which may result in death. Preventive treatments include a healthy diet and exercise.

AM I REALLY AS HEALTHY AS I LOOK?

Arteriosclerosis (hardening of arteries) can be detected with some imaging techniques in period when it does not create any stenosis and block the blood flow, and the patient do not make any complains. It can be detected by measuring diameter of inner arterial wall with CIMT measurement performed with color Doppler scan from carotid artery, whether people have arteriosclerosis or not. Diagnosis of arteriosclerosis gives general information about heart age and determines how much we have risk in terms of diseases we may encounter elderly such as heart attack and stroke.

TO WHOM IT SHOULD BE PERFORMED?

Heart age measurement may be performed people between 25-80 years old. It should be highly recommended to perform for early diagnosis and treatment of arteriosclerosis (hardening of arteries) in men over the age of 40 and women over the age of 50 when cardiovascular disease risk is especially high.

WHY DETERMINATION OF HEART AGE IS IMPORTANT?

Deaths related to cardiovascular disease is in the first place in deaths all around the world. Heart attack and stroke can be the first symptom in the patient frequently. We know that heart age of approx. %30 of the people, who are generally healthy in appearance, are elder than their biologic age and they have arteriosclerosis. CIMT Test may provide early diagnosis for fatal diseases such as heart attack and stroke. Early diagnosis may prevent fatal complications related to these diseases by providing early protection and treatment methods.

WHAT IS CIMT (CAROTID INTIMA MEDIA THICKNESS) TEST?

Deaths related to cardiovascular disease is in the first place in deaths all around the world. Heart attack and stroke can be the first symptom in the patient frequently. We know that heart age of approx. %30 of the people, who are generally healthy in appearance, are elder than their biologic age and they have arteriosclerosis. CIMT Test may provide early diagnosis for fatal diseases such as heart attack and stroke. Early diagnosis may prevent fatal complications related to these diseases by providing early protection and treatment methods.

IS YOUR BIOLOGIC AGE COMPATIBLE WITH YOUR VASCULAR AGE?

CIMT Test shows whether your biologic age is compatible with vascular age. According to result of this test, vascular age can be found younger or older than biologic age, or same with biologic age. If your vascular age is elder, performing personnel preventive treatments including life-style changes recommended by your doctor may prevent diseases such as heart attack and stroke may be encountered elderly. Heart attack may be the first symptom in approx. %30 of the patients. For this reason, early diagnosis of cardiovascular disease is life-saving.

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. ”

A HEALTHY AND ESTHETIC APPEARANCE

It is now possible to achieve excellent health and cosmetic outcomes in gum disease treatment and dental whitening procedures using periodontology laser technology. Problems encountered during childhood are treated by experienced Pedodontist, ensuring future dental health. Orthodontic treatments facilitate an esthetic and healthy appearance without using braces or brackets due to the plaque that adheres to the teeth.

HAVE A DENTAL CHECK-UP BEFORE PREGNANCY

Since taking medication or major medical treatment is inadvisable especially in planned pregnancies, it is important to have a comprehensive oral and dental check-up so that you can resolve all issues before pregnancy. In addition, hormonal changes during pregnancy can have a negative impact on the gums. An oral check-up and cleaning treatment every three months will help to ensure a problem-free pregnancy.

SAY GOODBYE TO CROWDED TEETH WITH INVISIBLE BRACES

Crowded teeth are not a destiny for adults anymore. It is possible to smile with all your heart with invisible braces started to be used in the recent years. Dt. Firat Dağcıoğlu from Liv Hospital Oral and Dental Clinic says "Because of the crowdedness or spaces between the teeth people close their lips when smiling. People who suffer from these kind of situation don't start a treatment because they don't want to wear braces". Dt. Firat Dağcıoğlu adds "With Invisalign and Lingual treatment methods you can have beautiful teeth without wearing braces".

Straight teeth and a beautiful smile is the most impressive way for an individual to Express himself/herself properly. Alternative treatments for dental health which has very important place in our quality of life can be applied to patients of all ages. Orthodontic treatments (dental braces) which is more appropriate in childhood, may have been ignored for a variety of reasons or teeth may lose their shape for a variety of reasons later on.

- How is Adult Orthodontic Treatment Performed?

During adulthood it is nearly impossible to give a skeletal direction to the jaw bone. The patients may have lost some of their tooth and supportive bone. Orthodontic treatment may be just a part of a more comprehensive treatment plan. Treatment is carried out by a combined team consisting of family dentist, oral surgeon, orthodontist, periodontist and endodontist. The main factor distinguishing adult treatment from the children's treatment is that the adults have completed their development of jaw bone. Disunity of jaw bone extents can be adjusted by surgical interventions in adults. For instance, in a case where the lower jaw is very short, very serious closing problems occur while the lower jaw struggles to reach to the upper jaw. Orthodontically moving the teeth cannot solve this problem. In order to make the lower jaw reach to the upper jaw, the lower jaw must be surgically lengthened.

- Does Orthodontic Treatment Help Clenching of Teeth During Sleep

The most important factor leading to jaw joint problems is grinding and clenching of the teeth. Grinding and clenching of teeth is usually done at nights. It causes the teeth to erode and creates a trauma effect on the jaw bone. Chronic or acute pains may occur. An orthodontist may diagnose the problem. In more advanced situations may require joint surgery.

INVISIBLE TRANSPARENT CORRECTIVE PLATES

It is a known fact that esthetic worries generating from dental braces keep adults away from this treatment. It is possible that this problem may be resolved by 'Invisalign' method without using braces and wires. With the new technology 'Invisalign', a descent and healthy dental treatment can be done by using invisible ergonomic and transparent plates without using braces and wires. While crowded teeth usually generating from genetic reasons can be treated in early ages, it can also be treated at adulthood but then it will be a long termed treatment. Invisalign method is a system which can enable to straighten the teeth without using brackets and wire. In Invisalign method removable and transparent corrective plates are used. Transparent correctors are modeled in the most efficacious way by 3D computerized systems. Each corrective plate is used approximately 2 weeks. After 2 weeks a new corrective plate is used. There are little differences with the new corrective and the old one. These differences help the teeth to become straighter. This process proceeds step by step. The length of treatment period differs between 9 to 15 months according to the situation of the teeth. During this period approximately 18-30 corrective plate is used. The classical orthodontic treatment using brackets and wires lasts 18-24 months.

SMILE WITH CONTENTMENT WITH HIDDEN BRACES

Another treatment method called as hidden braces is Lingual orthodontic treatment. In this treatment the braces and wires used to straighten the teeth are applied to the inner side of the teeth instead of the outer, visible side. Following the dentistry education, orthodontists attend to Lingual orthodontics programs in various faculties. They receive an extra training on this technique for about 2 years. Similarly, World Society of Lingual Orthodontics (WSLO) and Europe Society of Lingual Ortodontics (ESLO) hold examination about clinical competence. Only orthodontists who did well in the exam may do this treatment. With Lingual Orthodontic treatment, orthodontists having sufficient information and clinical experience on the technique may treat all the cases.

EXCIMER LASER

Our eyes are one of the most important parts of our body, and therefore need our closest care and attention. That's why they deserve non-standard personalized treatment. Thanks to the OptiLASIK® system now being used for the first time in Turkey at Liv Hospital, problems with glasses and contact lenses are a thing of the past. Combining two state of the art devices - the WaveLight EX500 Excimer Laser and WaveLight FS200 Femtosecond Laser, the system is now being used at Liv Hospital to correct a variety of eye defects.

BLADELESS EYE SOLUTIONS

There has been a great expansion in the range of laser eye surgery in recent years. At first, laser treatment was only used to correct shortsightedness (myopia,) but these days it successfully treats a multiplicity of conditions including farsightedness (hypermetropia), near sightedness, disease- or trauma-related cornea surface irregularities, corneal staining, as well as being used in corneal transplantation and the correction of post-transplantation defects.

A combination of the WaveLight EX500 Excimer Laser and the WaveLight FS200 Femtosecond laser, OptiLASIK® facilitates rapid, reliable, safe and 100% pain-free solutions. Forming the surgical flap within just six seconds, OptiLASIK® minimizes post-op risks and complications. And the system does not just correct eye defects, it does so using bladeless technology; risky or painful incisions are a thing of the past.

PERSONALIZED TREATMENT

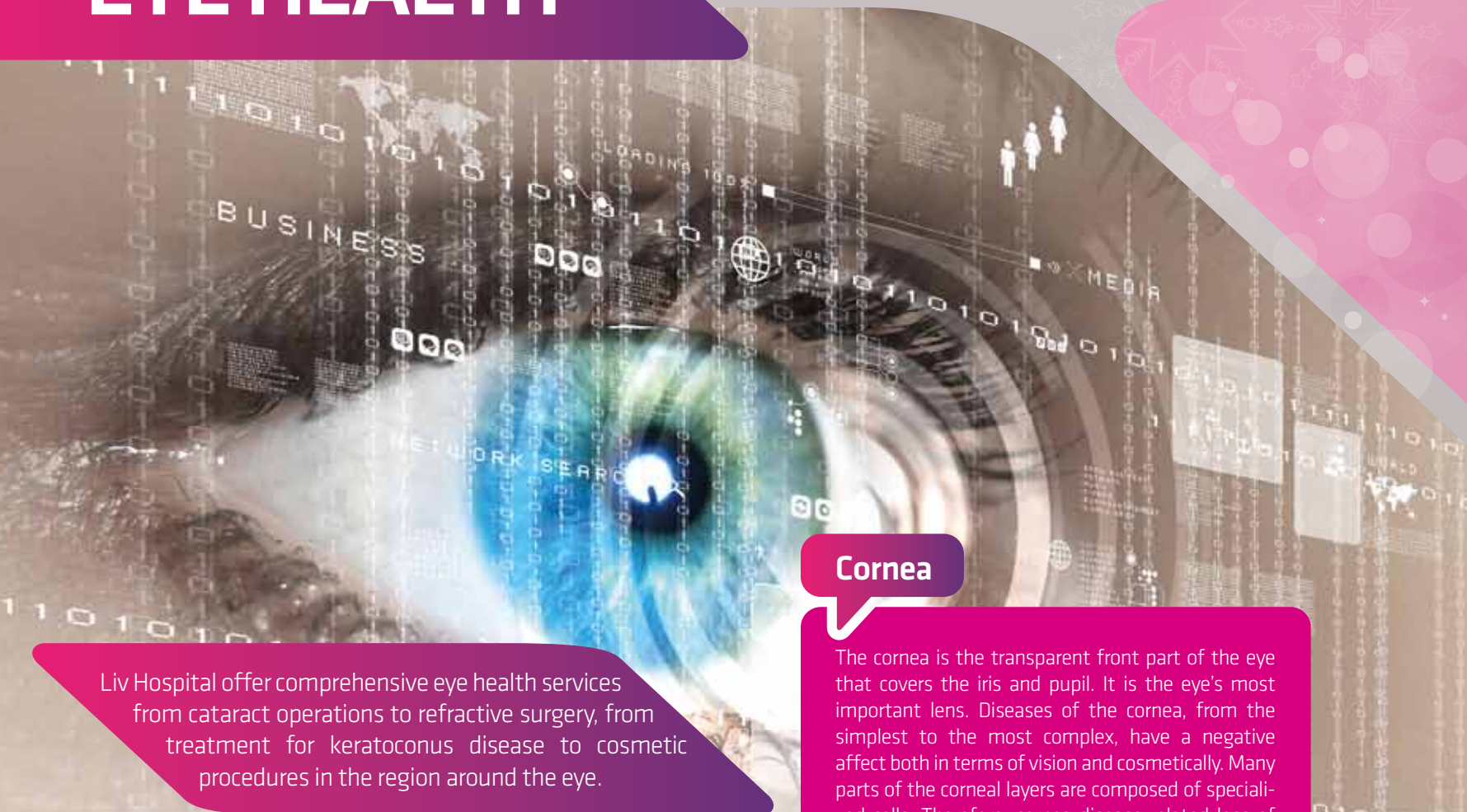
The WaveLight EX500 system is being put to use for the first time in Turkey at Liv Hospital. Naturally, this requires an experienced team of doctors with specialist training in the system's technological infrastructure and applications, in order to select the correct laser program for individual patients' specific eye conditions.

The patient's specific requirements are determined using the advanced equipment; there is no such thing as a 'standard treatment.' Surgical treatment is tailored according to the particular needs of the individual person. Only clinics that prioritize patient benefits with specialized doctors trained in the application of the latest technology can get the best results. With its institutional structure, laser systems and its team of experienced specialists, Liv Hospital fits the bill.

WHAT MAKES OPTILASIK® DIFFERENT?

- **OptiLASIK®** has been designed to achieve the most appropriate treatment in line with the individual patient's eye structure and condition
- Detailed measurements are taken in order to determine the precise shape and contours of the eye
- A surgical flap is formed in order to help accelerate recovery times
- The cornea is reshaped by laser, using energy waves according to the specific ocular profile of the individual patient
- The rays generated by the device are micro-focused directly onto the retina

EYE HEALTH



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 corneal layers 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. 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.

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.

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.

Vitreous Detachment in Women

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. Decreases in estrogen levels during menopause increase the probability of this condition arising. As the vitreous detaches from the retina the retina can tear. 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. Patients who see bursts of light or fly-like floaters should immediately have an eye examination.

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.

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).

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.

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.

GYNECOLOGIC CANCERS

Breast Cancer

The most common form of cancer in women, breast cancer has a high chance of being cured if it is caught early. The probability of breast cancer increases with age. For this reason, it is essential that women over the age of 40 have an annual mammography and a physical examination by a doctor. Women should also examine themselves for signs of breast cancer once every month. These simple precautions will facilitate early diagnosis and cure.

Uterine Cancer

Uterine cancer is a cancer of the inner membrane of the uterus. Known factors in uterine cancer include conditions that increase the amount of estrogen such as early menstruation, delayed menopause, infertility and obesity. Its first symptom is generally post-menopause vaginal bleeding. It is important to consult your doctor in the event of abnormal menstrual bleeding. Early diagnosis can be achieved by means of annual preventive check-ups. In rare cases of early detection, women who want to become pregnant may be treated successfully with medication. In the event that irregular menstruation or bleeding during menopause occurs, early diagnosis is normally possible and the success rate of treatment is high. 85% of uterine cancer patients experience no disease-related problems. Surgery is generally sufficient. In a small group of patients, radiotherapy or chemotherapy is required.

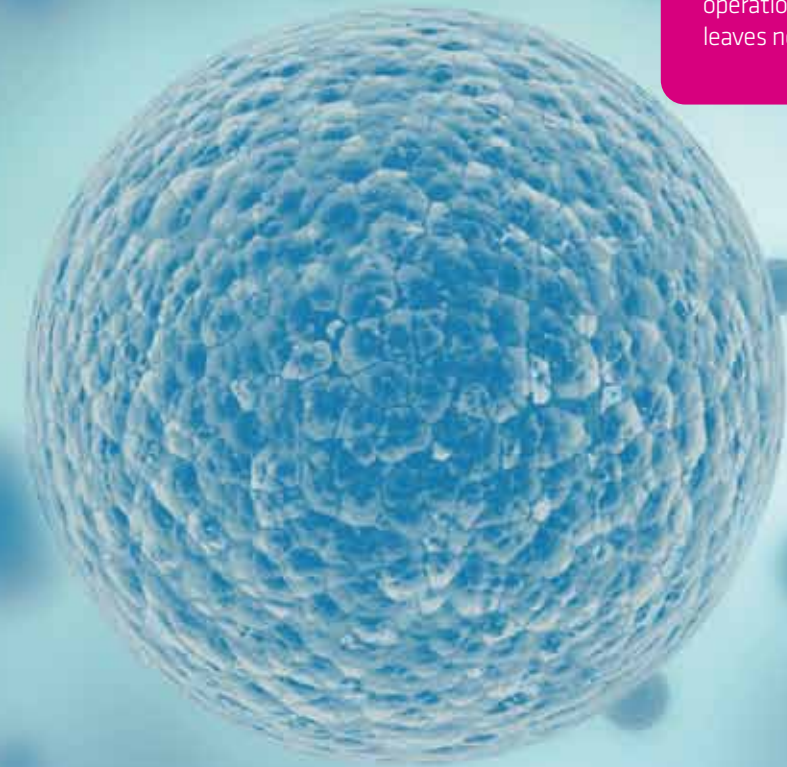
Cervical Cancer

Cervical cancer is a serious but preventable disease. It is possible to detect changes in the cervical cells before the cancer develops. Since more than 95% of these early detected cases are cured, early diagnosis and treatment is essential. This is possible by means of regular gynecologic examinations and screening tests. Every woman between the ages of 21 and 65 should undergo a gynecologic examination and Pap smear test at least once a year. In addition, the HPV vaccine prevents 80% - 100% of HPV-type cervical cancers.

Ovarian cancer

The risk factors in ovarian cancer, the seventh most common form of cancer in the world, include being over 40 years of age, not having had children, having a high fat diet, using talcum powder in the genital region, and a family history of the disease. The risk is decreased by the use of contraceptive pills, childbirth and breastfeeding, removal of the uterus and the Fallopian tubes. Unfortunately three in four cases are diagnosed at a late stage. Nowadays the best way for an early diagnosis is regular gynecologic examinations and a detailed assessment of the patient's family history.

The gold standard in ovarian cancer treatment is a first operation conducted by a gynecologic oncologist that leaves none of the cancer behind.



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. In women's health, one of the most crucial points is to maintain a healthy balance from adolescence right through to menopause. 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.

YOUNG LIV WOMEN- UP TO THE AGE OF 39

This package focuses on risks and functional capacities of particular relevance to young women, 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 WOMEN (AGE 40-49)

This program provides detailed testing for women 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 breast and gynecologic tests, mammography, and an overall assessment by physicians including gynecologists and dental specialists.

ACTIVE LIV WOMEN- (AGE 50-65)

The Active Liv Women program is designed for women 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 breast and gynecologic tests, mammography, and an overall assessment by physicians including gynecologists, cardiologists, ophthalmologists and dental specialists.

EXECUTIVE LIV WOMEN

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 women. 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 breast and gynecologic tests, mammography, and an overall assessment by physicians including gynecologists, ophthalmologists, dental specialists and stress management experts.

I'M KEEPING FIT

Everyone should take exercise and those who aren't should be encouraged to do so. But everyone should remember that the desired results need the right start. The concept of "exercise as medicine" has become widespread in the medical field in recent years. This means that you can avoid disease through taking regular exercise and physical activity appropriate to your age. If you want to start keeping fit or you have left off physical activity for a prolonged period, our "I'm Keeping Fit" program of tests will evaluate your degree of eligibility. Participants in the program have their cardiac and lung functions and capacity evaluated in a detail, and their blood values are analyzed from a sports physiology perspective.

"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
Adolescent Health Clinic
Endocrinology Clinic
Physical Treatment and Rehabilitation Clinic
Eye Health Clinic
Internal Diseases Clinic
Gynecologic Oncology Clinic
Women's Diseases and Childbirth Clinic
Women's Health Clinic
Cardiology Clinic
Menopause Clinic
Oncology Clinic
Perinatology Clinic
Plastic, Esthetic and Reconstructive Surgery Clinic
Regenerative Medicine and Stem Cell Research & Application Clinic
IVF Clinic