



**TRK Aslan**  
**Turizm**



Your health is  
***entrusted to us!***



**3-4-5** GENERAL INFORMATION

**6-7** HAIR TRANSPLANTATION

**8-9** DENTAL IMPLANT

**10-11** RHINOPLASTY

**12-13** BREAST AUGMENTATION

**14-15** LIPOSUCTION

**16-17** OBESITY

**18-19** IVF TREATMENT

**20-21** POST-COVID DETOX







## **AIRPORT**

From the moment you arrive, we welcome you at the airport. We provide airport pick-up service for patients and companions coming from abroad.



## **TRANSFER**

Ease of transportation from the airport to the location of the hospital is provided by us.

## **RETURN HOME**

Comfortably transported from your accommodation to the airport and made easy for you to return home.



## **ACCOMMODATION SERVICES**

After your hospital procedures are completed, we help you reach your accommodation.





DENTAL  
IMPLANT

HAIR  
TRANSPLANT

ONCOLOGY

IVF  
TREATMENT

CARDIOLOGY

PHYSICAL  
THERAPY AND  
REHABILITATION

NOSE  
AESTHETICS

GENERAL  
SURGERY

OBESITY  
SURGERY

### **YOUR HEALTH IS IN SAFE HANDS.**

- Hospitals and clinics equipped with state-of-the-art equipment
- Leading physicians in their fields
- Treatment programs suitable for your needs
- Transfer, accommodation, and guidance services
- Follow-up after treatment and applications

Follow-up of your treatment, taking care of yourself at every stage so that your holiday goes smoothly; We will be your relative who is next to you in your treatment and your guide in your touristic activities.

### **WE WILL BE BY YOUR SIDE FOR ALL THE TREATMENTS YOU NEED.**

On this road we set out with the motto of 'Human Health First', quality service and satisfaction are our priority. We offer you a safe service by combining our 17 years of experience with advanced technology.

- Our caring and sensitive approach
- Meeting at the airport
- Accommodation
- Appointments and examinations with the Specialist Physician before the treatment
- Treatment process
- Post-treatment follow-up
- Touristic activities
- Transfer to the airport
- It continues with ongoing communication even after returning to your country.

We care about you and offer the best for you.



## HEAL WHILE HAVING FUN

Our country, which is the leading country among the countries serving, is today where health tourism is in high demand which include:

- Advanced medical technology, Specialist physicians and professional health teams,
- With its prominent features such as its geographical location, cultural richness, natural and historical beauties, it attracts great attention and demand from all over the world.





# HAIR TRANSPLANTATION

## WHAT IS DHI HAIR TRANSPLANTATION?

It means Direct Hair Transplantation.

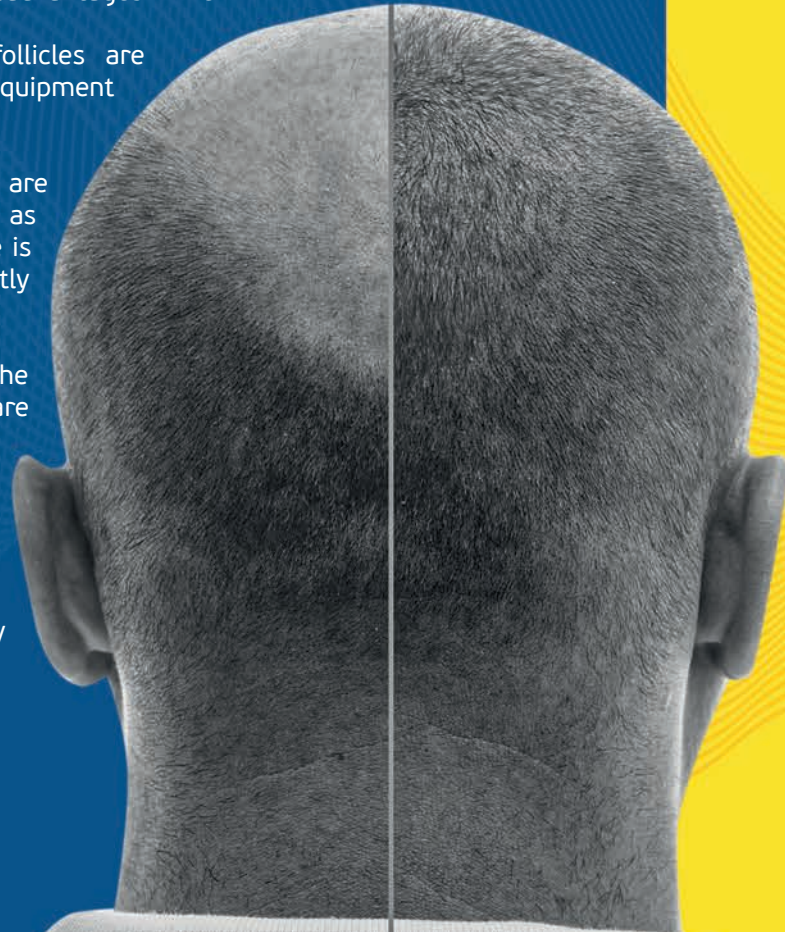
It has some advantages and disadvantages when compared with FUE.

In DHI transplantation, the hair follicles are removed one by one using a specific equipment with a diameter of 1 mm or less.

In the next step, the hair follicles are loaded into an implant device known as the Implanter Pen and the procedure is performed by implanting them directly into the recipient area.

In the DHI procedure, the creation of the channels and the implantation are completed at the same time. With Implanter Pen, it gives more flexibility to the surgeon while implanting the hair follicles. At the same time, it provides more control of the angle, direction, and depth of the newly transplanted hair especially for the inexperienced surgeon.

The recovery time for DHI is like FUE. It usually takes 12 months for result to appear.



## DO YOU HAVE HAIR LOSS AND BALDNESS PROBLEM? DON'T BE AFRAID OF YOUR HAIR FALLING OUT!

- Hair transplantation treatment is a safe method that can be applied by people who experience hair loss and thinning.

## WHAT IS THE DIFFERENCE BETWEEN FUE AND DHI?

- The most important difference between DHI and FUE is the way how the grafts are implanted in the recipient area. During FUE hair transplantation, the channels must be opened before implantation so that the surgeon can implant the prepared grafts. In DHI, the surgeon uses a special tool known as the Implanter Pen, so it is performed right after extraction, without the need to create channels for the grafts during the implantation phase. The crew loads the pens with grafts one by one and passes them to the surgeon one after the other.

## WHICH PROCEDURES ARE RIGHT FOR ME?

- The DHI procedure is a newer procedure compared to FUE, and DHI is usually recommended for patients younger than 35 years of age (The reason for this, is that hair loss in individuals under the age of 35 is generally not very advanced and the success rates of these cases are much higher compared to other age groups for patients who need a smaller number of grafts.) for people who need the second session and for people who don't want their hair to be shortened

## DHI METHOD NEEDS MORE TIME AND IS MORE EXPENSIVE THAN FUE METHOD?

- On the other hand, the maximum number of grafts implanted with DHI surgery is 3500-4000. The FUE method covers more bald areas and can take more than 5000 grafts if the donor site is available. The success rates are nearly like each other. This proves that whichever procedure you want to have, both procedures are extremely safe





## FUE HAIR TRANSPLANTION

- In the art of hair transplantation surgery, we prefer toperform the method of the new era Micro "Fue"(follicular unity extraction method) in our clinic.

## WHAT IS MICRO FUE METHOD?

- In our fue method, the follicular unity graft is extracted from the donor area one by one with very gentle maneuvers and special microsurgical tools. We can reach up to 5000 grafts easily and have a natural frontline, dense hair and overall, a very pleasant result.

## WHAT IS MICRO FUE METHOD?

- Shortening of the existing hair to the level of 1-1,5 mm

A special local anesthesia application to have a completely pain-free operation.

Graft harvesting using micro-motor and micro-surgical instrument. Due to our experience and high-quality surgical tools, we can easily take up to 5000 'micrograft's' (1-4 hair follicles in each graft)

Opening the channels in the recipient area with respect to the direction of the existing follicles with using special tools like Sapphire tip. Insertion of the micrograft's to the channels prepared one by one gently. By these maneuvers, we manage to have the most dense and natural appearance. We place a clean and comfortable dressing in the end.

## WHAT ARE THE ADVANTAGES OF MICRO FUE METHOD?



*No scar*



*Faster operation rate*



*No sutures*



*Very fast healing*



*No scalpel*



*Highest number of graft harvesting*



*Pain free operation*



*Natural front hairline*

## WHAT HAPPENS AFTER TRANSPLANTATION?

- After this gentle, meticulous, and fast operation, in 1-2 days, the patient can return to the daily activities. In 2 weeks, there is no sign of the operation in the donor site. 1 -3 month Most of the shaft of the transplanted hair is lost. But the root of the grafts, remain vital in the transplanted area. 3 months - The new hair shafts are visible 6 months- The new hair shafts reach noticeable lengths 6-12 months- The best, natural and permanent hair is met

## DENTAL IMPLANT



### **ARE YOU COMPLAINING ABOUT YOUR MISSING AND ROTTEN TEETH?**

- We enable you to overcome your aesthetic and medical concerns with a painless and comfortable treatment process. We offer you quality with confidence, with our specialist physicians, world-class clinics, implants suitable for your budget, treatment, and post-treatment consultancy services.



## WHAT IS DENTAL IMPLANT?

- Dental implant is an artificial tooth root made of titanium, used in the treatment of missing teeth. Implant treatment consists of two stages, namely the lower and upper structure. During the treatment phase, the teeth outside the area to be treated are not damaged. After the application, you will have a natural appearance, you can eat, talk and most importantly, laugh.

### WHO CAN APPLY DENTAL IMPLANT?

The treatment can be applied to anyone over the age of 18 who has completed the development of the jaw and face. For patients with diabetic and cardiac problems, it requires additional measures such as medication monitoring and sugar regulation

## HOW IS DENTAL IMPLANT APPLIED?

- The process starts with a free examination and panoramic x-ray in our clinic. After the planning to be made, the implementation begins. After application, 3 months for the lower jaw; a recovery period of 6 months is foreseen for the upper jaw. The superstructure of the implant is placed after this process is completed. In line with the patient's request, infrastructure, and superstructure application can also be performed in a single session. Graft (synthetic bone powder) is applied to patients whose bone structure is not suitable for implant. After this application, it is necessary to wait for a minimum of 6 months to start the treatment.



# RHINOPLASTY

## WHAT IS RHINOPLASTY?

- Rhinoplasty is a nose plastic surgery. With this surgery, in addition to aesthetic problems such as nasal arch, curvature, low nasal tip, problems in the nose that cause difficulty in breathing can also be solved.

## WHAT ARE THE STAGES OF RHINOPLASTY?

- A small incision is made at the tip of the nose and the operation is started.
- The belt on the back of the nose is removed.
- Afterwards, the problems that make it difficult to breathe in the nose are corrected.
- The nasal bones are repositioned with a procedure called osteotomy.
- Finally, aesthetic procedures are performed at the tip of the nose, and the nose skin is closed with stitches.
- A silicone pad is placed inside the nose, which allows you to breathe in the postoperative period, and an external splint is placed on the nose.
- Intranasal tampons are usually 3-4 days after surgery. day and the splint on the back of the nose is taken by your doctor in the first week after the surgery.



### WHAT AWAITS YOU AFTER RHINOPLASTY?

- Since the nasal bones are cut from the base and repositioned in rhinoplasty surgery, edema, and bruising may occur on the face and eyes after the operation.
- While the bruising usually goes away in 3-4 days, the edema on the face decreases in a week in some people and in 2-3 weeks in some people.
- The incision at the tip of the nose heals in the long term and there is usually 8 no scar.

### WHAT IS NATURAL RHINOPLASTY?

- In natural rhinoplasty, aesthetic problems outside the nose and functional problems in the nose that prevent comfortable breathing are eliminated.
- After the patient's recovery because of this surgery, it is not clear that the nose was operated; A natural result is tried to be obtained.
- With this operation, the nose that suits the patient's face is tried to be obtained and the patient regains a natural appearance after a certain period as if patient had not been operated on.



# BREAST AUGMENTATION

## WHO ARE IDEAL CANDIDATES FOR AUGMENTATION MAMMOPLASTY?

- Women who have hypovolemic breast tissues, patients who have skin laxity and volume loss or asymmetric in breasts.

## WHAT IS USED FOR AUGMENTATION OF BREASTS?

- Golden standard for augmentation mammoplasty is silicone implants. But, when necessary, we can add fat grafts and make a hybrid breast augmentation.

## HOW DO WE DECIDE THE OPERATION AND IMPLANT POCKET AND IMPLANT TYPE?

- During the analyzes the volumes of the actual breasts, skin quality, the width of the chest and shoulders are important for determination of the operation type and size of the implants.

## WHAT KIND OF IMPLANTS ARE THERE?

- The options for prosthesis can be gel filled, saline filled, round or anatomic shaped, and textured or smooth.

## HOW IS THE IMPLANT INSERTED?

- The incision site can be inframammary, infraareolar or axillary. The prosthesis can be placed under the gland, under the muscle or under the muscle fascia.

## WHICH IS THE BEST TECHNIQUE?

- All techniques may be beneficial but our preferred plan for placement of the prosthesis is under muscle fascia. The incision is about 4 cm. This technique provides most natural, aesthetically most pleasant shape and gives the best recovery time. Also, this technique gives nearly capsule contracture free result, no problems in breast feeding and nipple sensorial innervation. One night stay in 10 hospital is enough for patients.





### **WHAT IS BREAST LIFT AND BREAST REDUCTION?**

●The breast lift procedure can be performed for patients who have mammary ptosis of the breast gland. The excess skin is taken, and the breast is completely reshaped with patients' own tissue. The result is a tight, more volumed and lifted beautiful breast.

The same technique is used for breast reduction. The main difference is exceeding breast tissue is taken. The breast tissue is smaller, firmer, and beautifully lifted.

### **WHICH TECHNIQUE IS USED IN BREAST LIFT AND REDUCTION?**

●We can select different options but generally we choose a technique with a very limited vertical scar that gives aesthetically very pleasant result for lifelong. Operation time changes between 2-3 hours. One night stay in hospital is generally enough.



# LIPOSUCTION

## WHAT IS LIPOSUCTION?

- Liposuction is regional fat remodeling and thinning by using specific technologies and equipment. We use tiny entry sites and use special tumescent solution. In this way there isn't any bleeding and pain.

## WHICH AREAS CAN BE LIPOSUCTION?

- Many areas starting from the neck, breasts, abdomen, lower arms, back folds, waist, hips, side thighs, knees, lower legs, and ankles can be successfully shaped and thinned with liposuction.





## **CAN WE USE THE FAT TISSUE WE HARVEST?**

- Yes, by using special techniques we can get pure fat and use them for volumizing breasts and butt, improving cellulites, adding volume to face and for getting stem-cells for rejuvenation.



## **HOW MANY AREAS CAN BE LIPOSUCTIONED, HOW MANY LITERS CAN BE ASPIRATED, AND CAN WE COMBINE IT WITH DIFFERENT PROCEDURES?**

- A lot of areas can be liposuctioned in one session. We may easily aspirate around 5 liters, do a 360-degree liposuction, and easily combine to with procedures like tummy-tuck and breast aesthetics. By this way we can get a harmonious body.



# OBESITY

## WHAT ARE THE TREATMENT OPTIONS?

● Non-operative treatments such as diet, medications, intragastric botox injections, intragastric balloon etc. Operative treatments: Sleeve gastrectomy, gastric bypass procedures, gastric banding procedures, diversion procedures.

## WHICH TREATMENT?

● The treatment option should be planned individually for each patient in a multidisciplinary manner according to the body mass index of the individual and the accompanying diseases.

## WHY SURGERY?

● Studies have shown that surgical treatment is still the most effective treatment for morbidly obese patients in terms of life comfort, control of comorbidities and life expectancy.

## WHAT ARE THE TREATMENT OPTIONS?

● In experienced hands, the risk of surgery is not higher than the accompanying risk of colon cancer, breast cancer, heart attack, diabetes, and stroke etc. in obese patients. For more detailed information, you should contact our professional team. Say hello to a more healthier and more comfortable new life.







Obesity is defined to have a body mass index (BMI) over 30 kg/m<sup>2</sup>. BMI is calculated by dividing body weight by the square of the height in meters.

BMI	Weight	Treatment Options
18.5- 24,9 kg/m <sup>2</sup>	Normal weight	Non-operative methods (diet, gastric baloon etc.)
25-29,9	Overweight	
30-34,9	Obese (class 1 obesity)	Surgical treatment, if there is concomitant obesity-related disease
35-39,9	Severe obese (class 2 obesity)	
40-49,9	Morbid obese (class 3 obesity)	Surgical treatment suggested
50++	Super obese	

Obesity is associated with many diseases such as type 2 diabetes, dyslipidemia, joint disorders, sleep apnea and many social problems.



## IVF TREATMENT

● In vitro fertilization (**IVF**) treatment is a long-term assisted reproductive technique applied to infertile couples. In vitro fertilization treatment, which is applied in cases where women cannot become pregnant naturally, includes many various methods, especially vaccination. The method which will be used in IVF treatment, which is applied to make the couple dreams of having a child come true, is decided in line with the health status of the clients and the evaluations of the experts. The aim of the treatment is always the realization of fertilization and a healthy pregnancy period.

### TREATMENT PROCESS OF IVF TREATMENT

● In vitro fertilization treatment includes the treatment process that ensures fertilization by bringing the egg, which is the female reproductive cell, and the sperm, which is the male reproductive cell, together in a laboratory environment outside the body. The fertilized egg begins to divide and undergoes the first developmental stages, called embryos, in the laboratory environment, and is placed in the womb of the expectant mother. Pregnancy obtained after this stage is no different from naturally occurring pregnancies. The only difference from natural pregnancy is that the fertilization process is carried out under laboratory conditions and the fertilized eggs are placed back in the mother's womb.







### **Egg Donation**

- It is a method that increases the chance of pregnancy in women who cannot develop eggs for any reason or have genetic problems.

### **Sperm Donation**

- It is the use of another man's sperm in the egg fertilization process in cases where the man does not have sperm and the sperm is not suitable for use.

### **Embryo Donation**

- Eggs and sperm from a healthy donor are used. Fertilized in a safe, modern laboratory environment. Then the embryos are transferred to the uterus with the help of microinjection.

### **PGD (Preimplantation Genetic Diagnosis)**

- It is the process of selecting only healthy embryos and transferring them to the mother after genetic testing of embryos.



## **SERVICES PROVIDED WITHIN THE SCOPE OF IVF TREATMENT**

### **EGG DONATION**

It is a method that increases the chance of pregnancy in women who cannot develop eggs for any reason or have genetic problems

### **EGG FREEZING**

It is a process in which the eggs are stored for future use and the female fertility is preserved.

### **SPERM FREEZING**

It is the process of freezing the sperm taken from the father-to-be to be thawed later and used in vitro fertilization treatments.

### **EMBRYO FREEZING**

Embryos obtained by fertilization of sperm and egg samples in the laboratory can be frozen and stored for use in the next processes. Thus, more than one pregnancy chance is obtained at once.

### **MICROCHIP METHOD**

This method is applied to obtain the healthy sperm required for use in in vitro fertilization and vaccination treatment.

### **NAME METHOD**

It is a technique that increases the success of in vitro fertilization treatments, allowing the sperm to be enlarged and examined in detail.



# POST - COVID DETOX PROGRAM

## WHAT IS POST-COVID DETOX PROGRAM?

● The Post Covid and Detox Program is a purification program that aims to minimize the complaints that do not go away completely in people who have had Covid 19 infection. If you have one of the persistent complaints of the Covid 19 infection or if you suffer from chronic pain, this program is very suitable for you. Wish you to feel happy and healthy like never.

## PROMINENT SYMPTOMS

- Loss of taste and smell
- Respiratory system problems
- Feeling tired easily
- Difficulty breathing shortness of breath
- Cough
- Chest pain
- Persistent fatigue

## CARDIOVASCULAR SYMPTOMS

- Hypertensive attacks
- Chronic fatigue
- Palpitations, tachycardia, bradycardia
- Rhythm disorder

## NEUROLOGICAL SYMPTOMS

- Headache
- Burning, tingling and numbness in the arms and legs

## PSYCHOLOGICAL SYMPTOMS

- Depression
- Worry
- Concentration disorders
- Mood disorders
- Panic attack

## SYMPTOMS IN THE MUSCULOSKELETAL SYSTEM

- Spine pain
- • Muscle-joint pains
- • Chronic muscle pains
- • Movement restriction after illness
- • Weakening in the muscles





### WHAT DOES THE PROGRAM CONTAIN?

- The program starts with a personal examination from the entrance to the facility. It continues under the supervision of a physical therapist, dietitian, sports coach, and professional caregivers.

*The program takes place in a 5-star thermal facility and includes all the facilities of the thermal facility.*

- Meal program determined by the dietitian
- Breathing exercises accompanied by a physiotherapist
- Medical massage sessions
- Mud bath
- Exercises in natural spa pools
- Morning sports accompanied by a sports instructor

By controlling most of your time, it is ensured that you get rid of your habits such as smoking and alcohol and give the body the necessary recovery time.

### OZONE THERAPY CONTRIBUTES TO HEALING BY PROVIDING CELLULAR REGENERATION. WHAT DOES IT TARGET?

- The program aims to achieve a better level of well-being than before the disease, together with the therapeutic exercises performed by experts. The treatments applied are treatments that adopt the principle of doing no harm first and have no side effects. It is a program that helps not only people who have had a Covid 19 infection, but also those who want to feel good. With your renewed body after the program, you will feel more vigorous and stronger than you have ever felt before.





- Wellness evaluates all dimensions of well-being as a whole within the quality path of life. Broadly speaking, wellness is defined as the ability to live a full, meaningful life in different areas to maximize personal potential. Wellness aims to constantly improve itself and offers changes to increase this development.



## WHAT IS WELLNESS?

- World Health Organization (WHO) defines "wellness" as not only the absence of any disease in the individual; It defines it as a state of complete physical, mental and social well-being. Wellness appears as an active process of being conscious and making choices accordingly for a healthy and satisfying life.

## WHAT DOES WELLNESS DO?

- According to many studies, depression is the most common health problem in the world. This problem is mostly caused by insomnia, stress, malnutrition, inactivity, obesity, heart diseases, etc. It appears as .

Wellness is the cornerstone of life, regardless of one's age, body or appearance. "Wellness" determines how we look, how we feel, how we interact with people and how we succeed in our social and business lives.

"Wellness" is the conscious development of the whole self. Embarking on a "wellness" journey is a process of searching for the appropriate tools that will make you a healthier, happier person and discovering your own effective methods for using those tools for continued growth and development.



**YOGA & MEDITATION**

**VARIOUS RITUALS**

**SPIRITUAL & PHYSICAL DETOX**

**ACUPUNCTURE**

**SPA**

**TURKISH BATH & SAUNA**

**MASSAGE**

**AROMATHERAPY**

**CUPPING (HACAMAT)**





# WELLNESS GUIDE

## YOGA

● Wellness evaluates all dimensions of well-being as a whole within the quality path of life. Broadly speaking, wellness is defined as the ability to live a full, meaningful life in different areas to maximize personal potential. Wellness aims to constantly improve itself and offers changes to increase this development.

## VARIOUS RITUALS

● Body, soul and purifying the mind as a technique acceptable.

## SPIRITUAL & PHYSICAL DETOX

● People through spiritual detox Their souls become lighter, cleaner, They feel pleasant and comfortable and more towards their goals They focus. Physical Detox special products with the help of fasting, by going to a sauna or a certain body by dieting detoxification or Aiming to lose weight is the application.

## ACUPUNCTURE

● Specific in the body points (there are more nerves, blood and lymph vessels in these points than on other skin surfaces) with stimulation carried out it is a treatment method.

## SPA

● SPA, water and it accompanying oils and with stones carried out therapy and massages expression it does.

## TURKISH BATH & SAUNA

● The bath is a special heated by the syste hot and cold water found, washing used for and for healing are the places used.

## MASSAGE

● Massage therapy has a long history in cultures around the world. Today, people use many different massage therapies for a variety of health-related purposes. In many countries, massage therapy is considered part of complementary and alternative medicine, despite some traditional uses.

## AROMATHERAPY

● Aromatherapy for health and body relaxation flowers of plants, oils removed from parts such as leaves, roots or barks its usage is explained.

## CUPPING (HACAMAT)

● It is called the process of drawing dirty blood from those areas by using vacuum or cannula to suck certain points of the body.



# *Holiday & Treatment Together*







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