



# UMT HEALTH TRAVEL

Introducing activities

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 umthealthtravel

 umthealthtravel

UMT HEALTH TRAVEL managed by an experienced team of 8 years in the tourism and health tourism sector, was established to provide a quality, ethical and reliable service in Turkey, which is among the most preferred destinations in the world in health tourism. It is an accredited company authorized to conduct health tourism focusing on medical tourism, cultural tours, and comfortable service for international patients from worldwide.

#### HOW WE MANAGE THE PROCESS?

- We request photos and necessary examinations from our patients via WhatsApp, phone or email.
- We create an appropriate treatment plan by sharing the photos and health reports that we receive with teams of experienced doctors.
- We accompany our patients in the hotel and hospital transfers and city tours.
- During the hospitalization period, we monitor our patient's condition by being in constant communication with our patient and the doctor.
- We are organizing his return to his home country after the approval of the team dealing with the treatment. We support our patient 24/7 during the recovery period.



## WOULD YOU LIKE TO MAKE HEALTH TOURISM TOGETHER?

Our experience and our understanding of uninterrupted quality service are the basis of our success.

In line with this understanding, we cooperate with many health institutions and make comprehensive agreements, and we provide services in the field of medical tourism in Turkey with internationally certified hospitals, state-of-the-art equipment, and our specialist doctors.

We would like to establish strategic partnerships with you, valuable institutions, in order to develop business in the field of health tourism and strengthen our working areas. We will be glad to see you among us.



## IN WHICH BRANCHES DO WE OFFER SERVICE?

- Dental Health
- Aesthetics
- Eye Treatments
- Hair Transplantation
- Oncology
- IVF Treatment
- Obesity Surgery
- Spine Surgery



**HEALTH TRAVEL:**

**HEALTHY TEETH, HEALTHY LIFE!**



We are proud to offer to you on oral diagnosis, aesthetic dentistry, oral surgery, implantology, prosthetics, orthodontics, pedodontics by our expert dentist.



Pedodontics is a branch of dentistry that deals with oral and Dental problems of babies, childrens and persons who require special attention.



Orthodontics is a medical specialty which helps to prevent teeth, jaw, face disorders and aims to give an aesthetic and functionality to the patient.

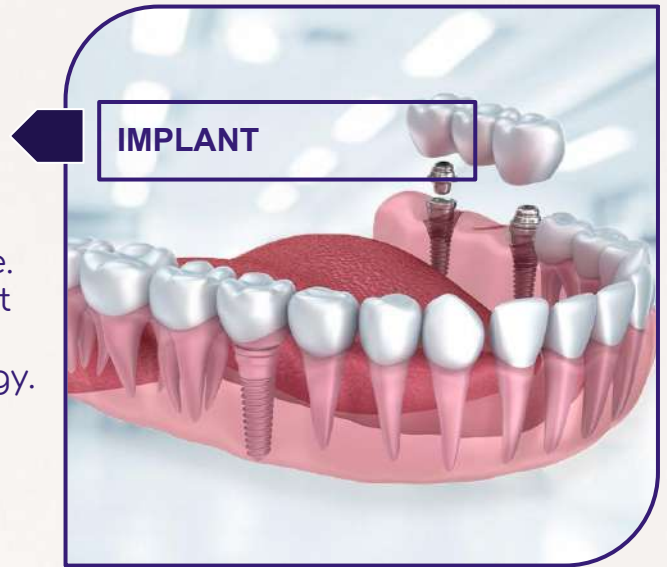


The multi-disciplinary approach at Dental Clinic means we have a maxillofacial surgeon as a member of our team who delivers Excellent work when it is required – from wisdom teeth extractions through to jaw surgery.





Implant dentistry offers a clinically proven and safe solution to getting back a great smile and being able to bite and chew with confidence. We offer you excellent results with our expert dentist, first-class materials and high-end technology.



**IMPLANT**



**ZIRCONIUM CROWNS**

Zirconium crowns are one of the aesthetic materials used in dentistry. Thanks to their translucency the texture of the natural teeth is captured wholly.



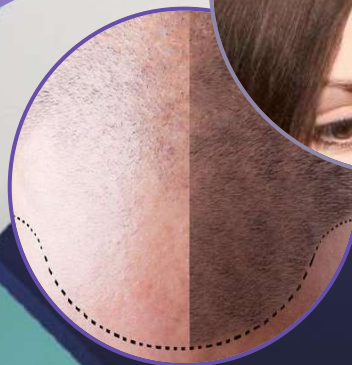
**LAMINATE VENEERS**



**TEETH WHITENING / BLEACHING**



# Hair Transplantation



HEALTH  
TRAVEL:  
HEALTHY HAIR  
HEALTHY LIFE!

## WHY UMT HEALTH TRAVEL?

Hair transplantation is a serious operation. In order to achieve the image you dream of, cultivation must be carried out by an experienced team of specialist doctors and nurses in the Hospital environment. Before and after planting, there are important Points to be taken into consideration. So cultivation should be done in hospitals in a sterile environment. However, it should be kept in mind that the auxiliary health personnel other than the doctor should also be very experienced.



## INTERNATIONAL GUEST DEPARTMENT



Our language-speaking international team, provides services to 1500 patients from 124 countries every year. International guest Department provides the following services for the patients and their families:

- 1-Transfer to and from the airport
- 2-VIP transfer to and from the airport
- 3-VIP welcoming service at the airport
- 4-Concierge services
- 5-Transplantation services to patients native language
- 6-Translation of medical reports
- 7-24 hours private translation services
- 8-Accommodation assistance
- 9-Medical second opinion
- 10-Assistance for Visa applications
- 11-Sightseeing tours
- 12-Wellness organization



- 1-Certified Health Centers and Hospitals
- 2-Registered Medical Doctors in Certified AHP
- 3-24/7 Patient Support in Their Mother Tongue
- 4-State-of-Art Technology Hair Transplant Equipment
- 5-Welcoming and Sending off by Physicians
- 6-Examination and Planning by Physicians
- 7-Supporting Each Patient with 4 AHP
- 8-Procedures 100% Managed by Physicians
- 9-Sedation Protocols Tailored to the Individual Patient
- 10-Pro-Anesthesia Without Needle,Before Local Anesthesia
- 11-Support with Medications Administered in Intravenous Fluids
- 12-PRP Solution and Blood Tests
- 13-Tissue Tests Supervised by a Physician
- 14-Maximum Number of Graft Transplanted
- 15-WHO Sterilization Standard
- 16-Optimum Surgery Time
- 17-Digital Archive of Patients
- 18-Postoperative Care Principles

**HAIR TRANSPLANTATION**

**STEM CELL THERAPY IN  
HAIR TRANSPLANTATION**

**WHAT ARE THE BENEFITS  
OF THIS TREATMENT?**

**THE EXCLUSIVE HAIR  
TRANSPLANTATION  
TREATMENT**

**HAIR PRP**

**WHO CAN HAVE THIS  
TREATMENT?**

**BT THERAPY**



## How to Care for your Hair Transplant Grafts?



Our main purpose is to offer you doctors that perform procedures that will ultimately improve your physical and emotional well-being



## Aesthetic Plastic And Reconstructive Surgery



The lives of humans are extended day by day thanks to medical Developments and the new methods availed of in the diagnosis and treatment of illnesses.

A healthy, young and pleasant appearance is becoming more and more prominent for many men and women.

For many people, plastic applications mean necessary operations .





### 1) MEDICAL PROCESSES

- Cool lifting
- Radiofrequency (needle/without needle)
- Medical Skin Care
- Facial Mesotherapy (Mesolift)
- Peeling and Microdermabrasion
- PRP
- Derma pen
- Laser
- Spot
- Skin resurfacing
- Vein
- Epilation
- Botox
- Filling
- 3D Skin Examination

### 2) SURGICAL OPERATIONS

- Rhinoplasty
- Blepharoplasty
- Face Lifting
- Neck Lifting
- Forehead Lifting
- Ear Surgery
- Fat Injection

### 3) STEAM CELL APPLICATIONS

- Aesthetic Surgery and Steam Cell Treatment
- Face and Body Fill (Anti-Aging)
- Breast Reconstruction
- Treatment of skin scars and wounds

FACIAL REJUVENATION

BODY REJUVENATION

SLIMMING METHODS

MEDICAL SKIN CARE  
(HYDRAFACIAL)

MEDICAL SKIN CARE  
(HYDRAFACIAL)

MEDICAL APPLICATIONS

PEELING AND DERMAPEN  
APPLICATION

DERMAPEN APPLICATION

LASER TREATMENT

- Dermapen Application
- VESSEL
- Skin Rejuvenation
- BOTOX





FILLING

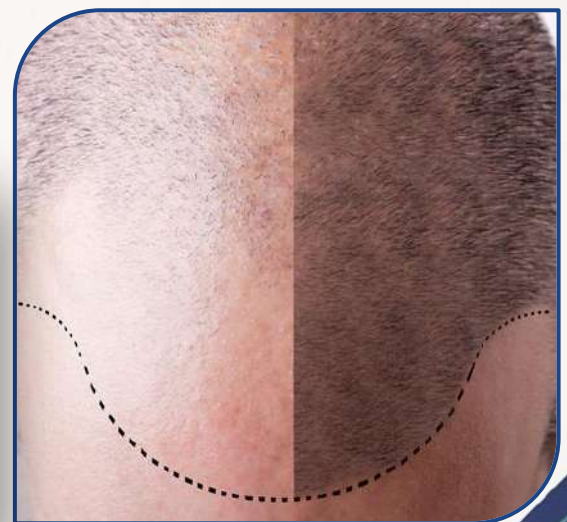
Face Lifting

NECK LIFTING

RHINOPLASTY

FOREHEAD LIFTING

THIGH LIFTING



- HAIR TRANSPLANTATION
- PRP (Platelet-Rich Plasma)
- HAIR PLASTICS
- SURGICAL OPERATIONS
- HAIR PROTECTION
- SURGICAL OPERATIONS





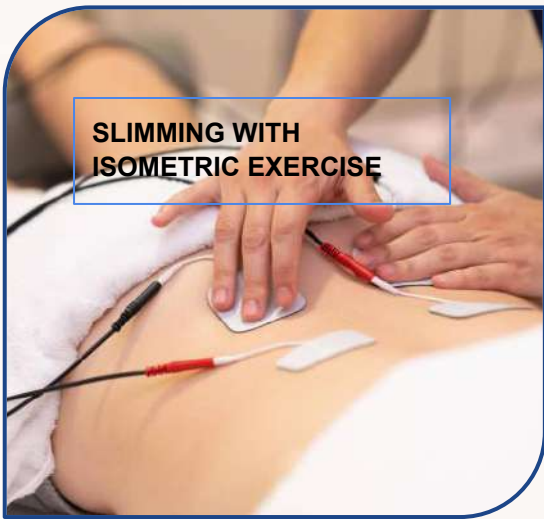
**FAT INJECTION**

**FAT INJECTION**

**SURGICAL OPERATIONS**

**EAR SURGERY**

**STEM CELL APPLICATIONS**



**SLIMMING WITH ISOMETRIC EXERCISE**

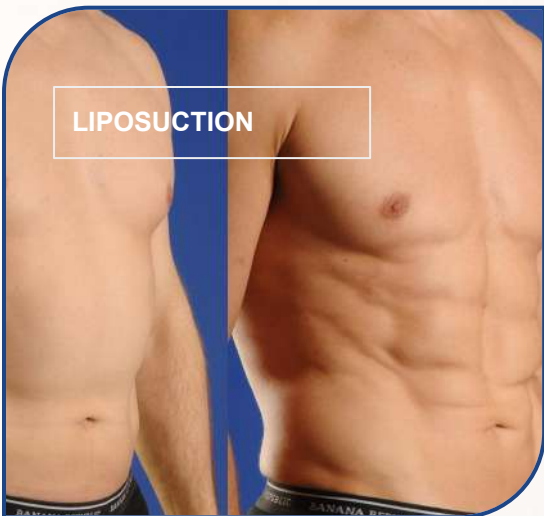


**GENITAL PLASTIC SURGERY**



**PLASTIC SURGERY AND STEM CELL THERAPY**

**AND DERMAPEN  
ON**



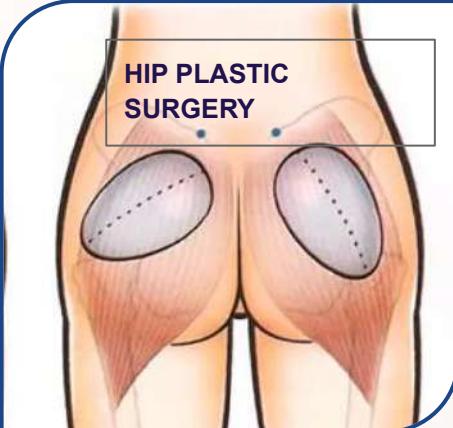
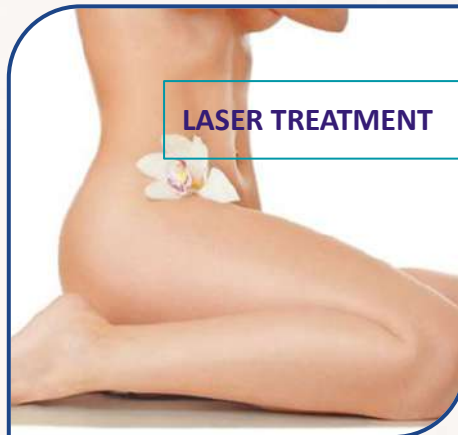
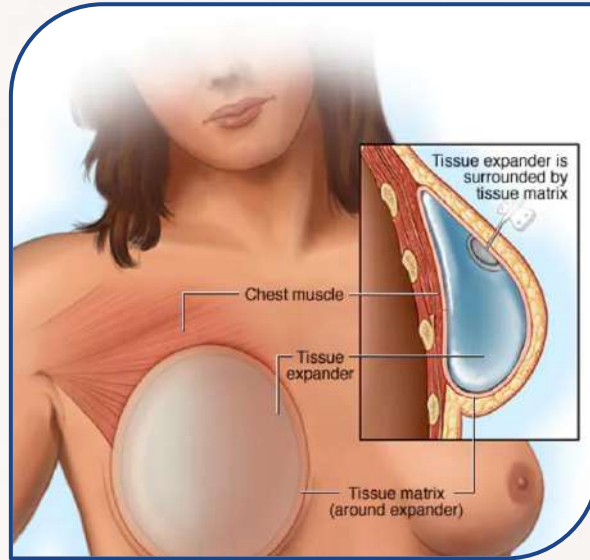
**LIPOSUCTION**





**SURGICAL OPERATIONS**

- **Breast Diminution**
- **Breast Tightening**
- **Breast Augmentation**
- **Breast Reconstruction**
- **Mammoplasty**
- **Breast Reconstruction**



**THIGH LIFTING**



## Healthy Woman



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.

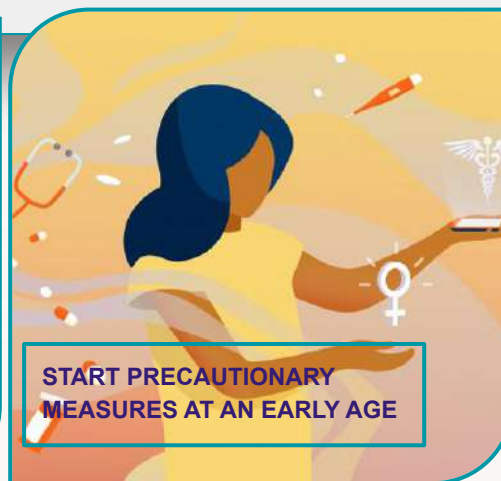
Struggle is a part of life, Winning is about

Staying on track Smiling through illness and health.

## Contents

### Introduction

- ▶ Our Lifestyle Determines Our Health
- ▶ Prevention is Better Than Cure
- ▶ Vaccines at Any Age
- ▶ 10 Good Habits for a Healthy Life
- ▶ Take Exercise for a Healthy Life
- ▶ Nutrition and Diet
- ▶ Esthetic / Cosmetic Applications
- ▶ Stem Cell /Genetic Applications
- ▶ Cosmetic Dermatology Applications
- ▶ Women's Health
  - ▶ Adolescent Health
  - ▶ Menstrual Problems
  - ▶ Pregnancy and Birth
  - ▶ IVF Treatment
  - ▶ Menopause
  - ▶ Urogynecology
  - ▶ Headaches and Migraine
  - ▶ Hormonal and Metabolic Diseases
  - ▶ Lower Back and Neck Pain
  - ▶ Cardiac Health
  - ▶ Do You Know Your Heart Age?
  - ▶ Oral and Dental Health
    - ▶ Say Goodbye to Crowded Teeth with Invisible Braces
    - ▶ Excimer Laser
  - ▶ Eye Health
  - ▶ Gynecology
  - ▶ Healthy Living Programs (Check-Up)





**Contents Introduction**

**DON'T SKIP CHECK-UPS**

**MAKE BIG  
CHANGES IN  
SMALL STEPS**

**Vaccines AT  
ANY AGE**

**TAKE  
EXERCISE TO  
KEEP  
HEALTHY**

**HOW MUCH EXERCISE  
SHOULD I TAKE?**

**TAKE 10,000 STEPS A DAY**

**EXERCISE AND WEIGHT LOSS**

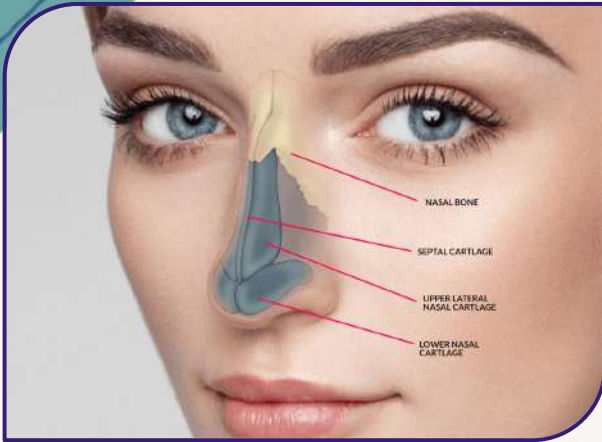
**NUTRITION  
AND DIET**

**Cosmetic Breast Surgery  
(Mammoplasty)**

**Breast Reconstruction**

- Breast Reduction
- Breast Lift
- Breast Enlargement
- Breast Reconstruction

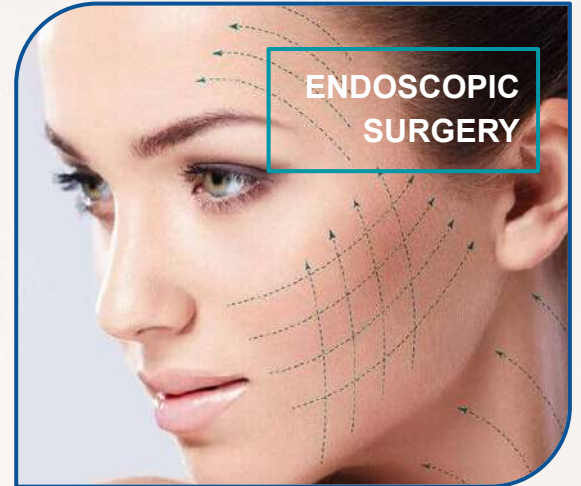
**NASAL COSMETIC SURGERY  
(RHINOPLASTY)**



**1-Primary Rhinoplasty**

**2-Secondary Rhinoplasty**

**3-Nasal Reconstruction**

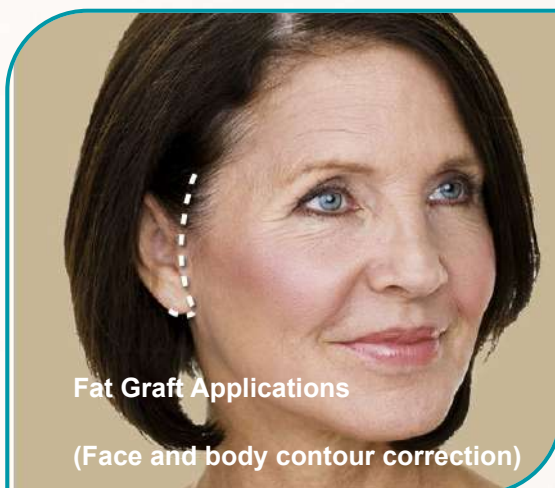


**ENDOSCOPIC  
SURGERY**



**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



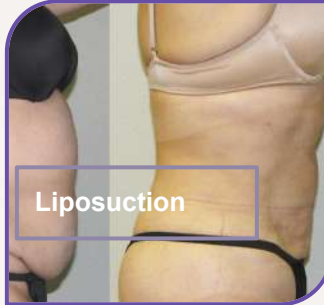
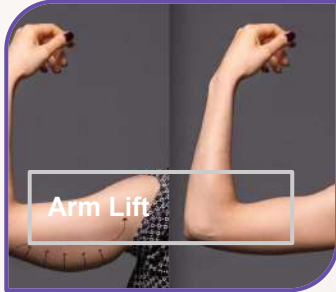
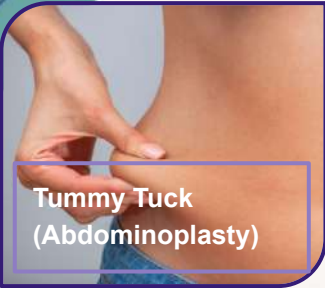
**Fat Graft Applications**  
(Face and body contour correction)



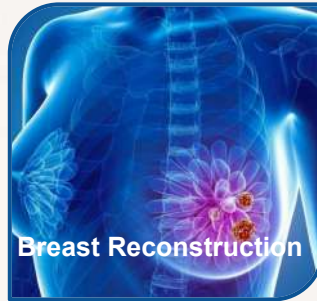
**Eyelid Rejuvenation**  
(Blepharoplasty)



**COSMETIC PROCEDURES ON THE BODY**



**STEM CELL / GENETIC APPLICATIONS**

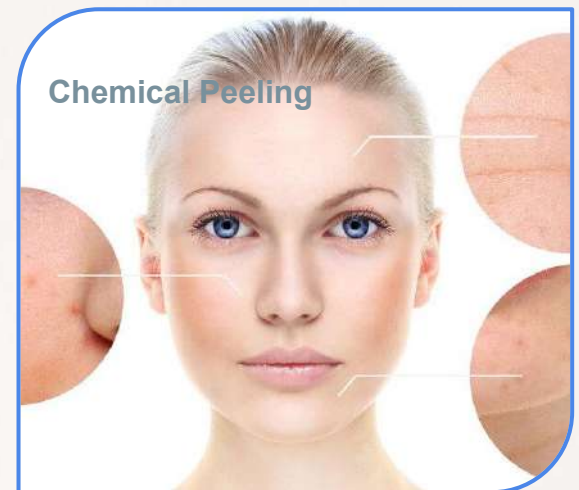


**COSMETIC DERMATOLOGIC APPLICATIONS**





**COSMETIC DERMATOLOGIC APPLICATIONS**



**WOMEN'S HEALTH**



**WOMEN'S HEALTH**





## LOWER BACK AND NECK PAIN

Neck  
Pain



Treatment



Lower Back Pain



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.

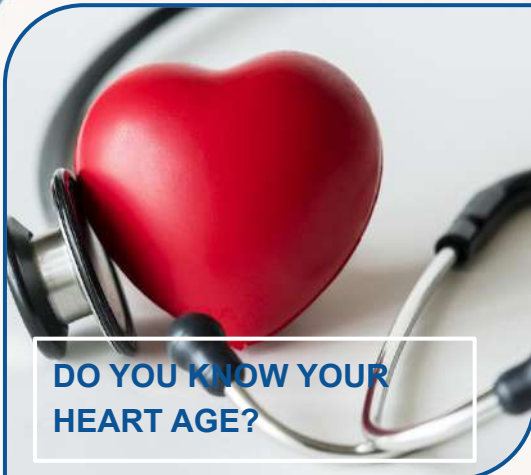
Although much cardiovascular disease is known as a man's disease, more women than men contract the disease every year.

CARDIAC HEALTH



Protect Your Heart With Your  
Ideal Weight and Regular Exercise





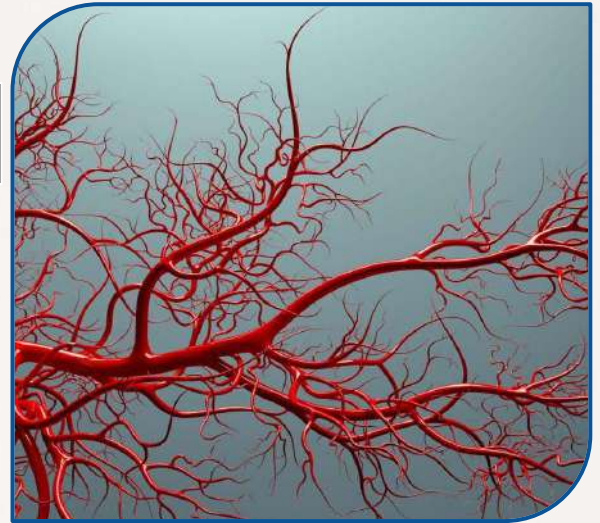
World Heart Federation states that determination of Heart Age and getting information about heart health is important in order to prevent diseases such as heart attack or stroke, which may result in death. Preventive treatments include a healthy diet and exercise.

Arteriosclerosis (hardening of arteries) can be detected with some imaging techniques in the period when it does not create any stenosis and block the blood flow, and the patient does not make any complaints.



## IS YOUR BIOLOGICAL AGE COMPATIBLE WITH YOUR VASCULAR AGE?

CIMT Test shows whether your biological age is compatible with vascular age. According to the result of this test, vascular age can be found younger or older than biological age, or the same with biologic age.



## ORAL AND DENTAL HEALTH



A mouth and teeth in good condition are the most important indicator of overall good health.

► **DENTAL CHECK-UP**

► **A HEALTHY AND ESTHETIC APPEARANCE**

► **INVISIBLE BRACES**

► **ORTHODONTIC TREATMENT**

► **INVISIBLE TRANSPARENT CORRECTIVE PLATES**

► **HIDDEN BRACES**

## BLADELESS EYE SOLUTIONS

EXCIMER LASER

PERSONALIZED TREATMENT

OPTILASIK

DRY EYE TREATMENT

DIAGNOSIS AND TREATMENT OF CORNEAL DISEASE

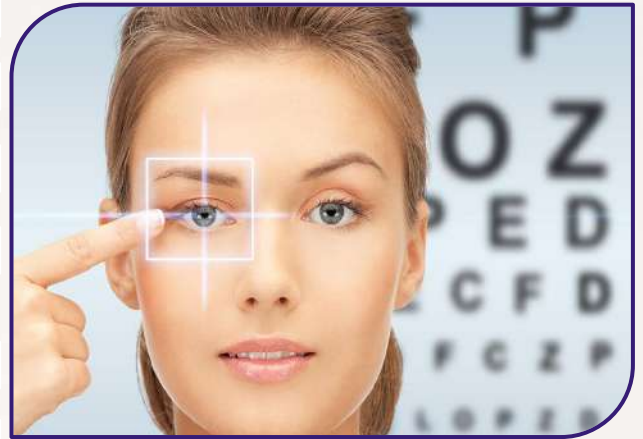
VITREOUS DETACHMENT

CATARACTS

KERATOCONUS

REFRACTIVE SURGERY

PRESBYOPIA



UMT HEALTH Travel, 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.

## GYNECOLOGIC CANCERS



BREAST CANCER

UTERINE CANCER

CERVICAL CANCER

OVARIAN CANCER



CONTRACTED INSTITUTIONS

ELIT İSTANBUL  
TIP MERKEZİ

ELIT İSTANBUL

WISH  
WISH CLINIC  
BEAUTY

WISH CLINIC BEAUTY

dentaliva  
ağız ve diş sağlığı

DENTALIVA

ÖZEL mira<sup>®</sup>  
Poliklinikleri

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HİSAR HOSPITAL

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ÜNİVERSİTE HASTANESİ

BİRÜNİ UNIVERSITY  
HOSPITAL

BAŞKENT ÜNİVERSİTESİ İSTANBUL HASTANESİ  
SAĞLIK UYGULAMA VE ARAŞTIRMA MERKEZİ

BASKENT UNIVERSITY HOSPITAL

MEDICALPARK  
Hospitals Group

MEDICALPARK

EMSEY HOSPITAL

EMSEY HOSPITAL

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BATIGÖZ HOSPITAL

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istanbul  
TIP FAKÜLTESİ HASTANELERİ

MALTEPE UNIVERSITY HOSPITAL

## our certificates





## 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 an early diagnosis of existing conditions, and have a healthier life, you should have a proper check-up at least once a year.



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