

WIN A 3 DAY/2 NIGHT STAY FOR TWO AT THE GRAND AKHYATI VILLAS & SPA!!

www.e-healthytimes.com

HealthyTimes

OCT - DEC 2009 ISSUE 40 • S\$3.20

MEDICAL ADVISORY PANEL



DR JULIET TAY



DR LIM ING RUEN



DR DAVID LIM



DR AU EONG KAH GUAN



DR LIM ING HAAN

DEFEATING CANCER

JOHNS HOPKINS
HAS A MISSION
IN SINGAPORE

FLYING IN THE BLUE FOREST

ENTER A NEW
WORLD IN
THE DEEP
BLUE

UNRAVELING THE SUBCONSCIOUS

HYPNOSIS HAS HIGH
SUCCESS RATE IN HELPING
SMOKERS KICK THE HABIT

DIABETES
AND THE
HEART
CAMPAIGN

DEADLY DIABETES

THE EMERITUS
CHAIRMAN OF THE
SINGAPORE HEART
FOUNDATION
DISCUSSES DIABETES
AND HEART DISEASE

ART at HEART

CARDIOLOGIST WITH A PASSION

CANCER WARRIORS

DR WILLIAM TAN AND
CANCER SURVIVORS
SHARE THEIR
INSPIRATIONAL STORIES



9 770219 916508



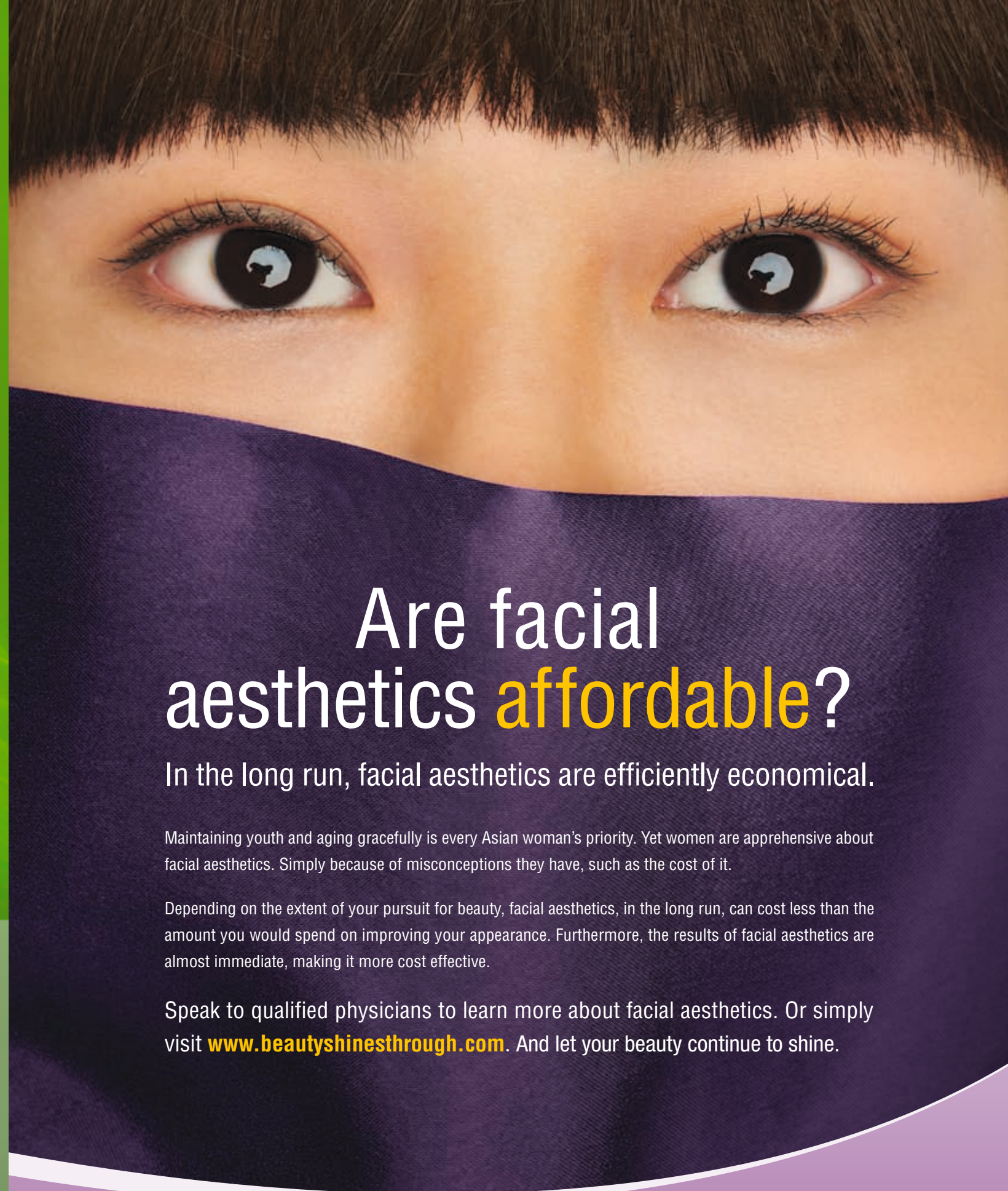
TEETH SO HEALTHY
YOU CAN'T STOP SMILING.

Using state-of-the-art medical equipment and employing modern techniques, THE IMPLANT AND ORAL SURGERY CENTRE offers a full range of dental services to ensure that your smile is always healthy, beautiful and perfect.

BRACES | INVISALIGN | VENEERS | CROWNS AND BRIDGES
WISDOM TEETH REMOVAL | TEETH WHITENING | DENTAL IMPLANTS

THE IMPLANT AND ORAL SURGERY CENTRE

One Orchard Boulevard #08-07 Camden Medical Centre Singapore 248649
Telephone: 6474 8468 Email: enquiry@iosc.com.sg
www.iosc.com.sg www.bracesatwork.com



Are facial aesthetics **affordable**?

In the long run, facial aesthetics are efficiently economical.

Maintaining youth and aging gracefully is every Asian woman's priority. Yet women are apprehensive about facial aesthetics. Simply because of misconceptions they have, such as the cost of it.

Depending on the extent of your pursuit for beauty, facial aesthetics, in the long run, can cost less than the amount you would spend on improving your appearance. Furthermore, the results of facial aesthetics are almost immediate, making it more cost effective.

Speak to qualified physicians to learn more about facial aesthetics. Or simply visit www.beautyshinesthrough.com. And let your beauty continue to shine.

www.beautyshinesthrough.com

 **ALLERGAN**
THE SCIENCE OF REJUVENATION™

Reborn 21 again!

Say No to problems like

- Ceaseless complexion troubles
- Ungainly weight issues
- Menstrual cramps and irregular periods
- Vexing gynecological problems
- Drastic mood swings
- Poor quality of sleep and lethargy
- Reduced sexual satisfaction and desire

YOUTHFUL COUNTEenance:

Mdm Chai, 49, was undergoing a stressful menopause and it was ruining her sex life. She was introduced to JRNaturalCare, and within three sessions, the symptoms she had been suffering from were dramatically reduced. Several months after the treatment, Mdm Chai found that her menses returned, giving her back her youthful looks and better temperament.

REMEDY FROM WITHIN:

Suffering from persistent gynaecological problems, Ms Li Hua had tried all kind of remedies to no avail. Then, she was introduced to Ann Wang Eco - Life preservation. Session after session, her complaints decreased and gradually disappeared.



JRNaturalCare presents: Ann Wang Eco-Life preservation the world's premier hybrid of modern technology and traditional Chinese Medical healthcare skills and techniques. Harnessing the best of both fields of expertise, Ann Wang Eco-Life preservation employs the Company's own original invention of innovative and state-of-the-art technology to tackle the problems that women face.



JRNaturalcare Pte Ltd

Head office : SOHO@CENTRAL, NO. 8,
EU TONG SEN ST #16-83,
CLARKE QUAY MRT EXIT(G)
Email : jrnaturalcare@yahoo.com.sg
www.jrnaturalcare.com.sg
Hotline : 6222 7817/6283 6558

Franchise Outlets :

- Blk 293, Yishun St 22, #01-235
- Blk 761, Yishun St 72, #01-360
- Blk 110, Yishun Ring Road #01-395

Main Branch :

No.6, Eu Tong Sen Street, #07-17/18
Soho @ Central, Clarke Quay MRT, Exit (E)
Tel: 62220190, 62248567



www.imc.jhmi.edu

In the **fight against cancer**,
you need the best weapons.



We have them.

The Johns Hopkins Singapore International Medical Centre (JHSIMC) is dedicated to continuing the Hopkins 125 years tradition of excellence in research, education and patient care.

Established as a geographical alternative to the Johns Hopkins Hospital in the United States, our healthcare team works together to meet each individual patient's physical, psychological and emotional needs. This collaborative approach allows us to provide the highest standard of oncology services and personalized care to our local and foreign patients.

The Johns Hopkins Hospital has once again — for the 19th consecutive time — earned the top spot in U.S. News & World Report's annual rankings of American hospitals, placing first in three medical specialties and very high in 12 others.

For more information, please contact:

Johns Hopkins Singapore International Medical Centre
11 Jalan Tan Tock Seng, Singapore 308433

Tel: +65 6880 2222 Fax: +65 6880 2223 Email: info@imc.jhmi.edu

To speak to our customer service officer in Bahasa Indonesia,
please contact Ms Renny, Tel: 6880 2237.

SERVICES WE OFFER:

- **Clinical Oncology Services**
 - Inpatient oncology care in a private ward
 - Outpatient consultations and chemotherapy
- **Medical Oncology**
 - Brain, breast, esophagus, ovarian, uterine, cervical, lung, throat, oral, nasopharynx, pancreas, skin, stomach, liver, colon, rectal, Hodgkin's and non-Hodgkin's lymphoma, myeloma, prostate, bladder and kidney
- **Internal Medicine Consultations**
- **Executive Health Screenings**
- **Second Opinions on Complex Medical Conditions**

HealthyTimes

INSPIRES HEALTHIER LIVING



Cover:
Dr Michael Lim Chun Leng
Visiting Cardiologist
Singapore Medical
Specialists Centre

Photography:
Lisa Lum
Tel: 9743 2189

SPECIAL FEATURE

12 Defeating Cancer

Due to its preeminence in cancer research, Johns Hopkins Medicine was approached about setting up a hospital on our island nation 10 years ago.

MEDICAL MATTERS

14 Nutrition and the Eye

AMD is the most common cause of blindness in developed countries and the third most common cause of blindness worldwide...Adjunct Associate Professor Au Eong Kan Guan.



19 Sleeping Soundly

During deep sleep, the brain re-enacts daytime neuronal patterns allowing us to encode memory and improve learning.

22 The Perfect Smile

Cosmetic dentistry treatments aim to make a person look better, but the results actually do more for your oral health...Dr Juliet Tay

24 No Bones About It

Thirty percent of patients die within a year after hip fracture and only 20% manage to walk unaided after surgery...Dr Low Chee Kwang.

CAMPAIGN

30 Deadly Diabetes

Diabetes is fast becoming a world pandemic... Dr Low Lip Peng.



34 Walk with Diabetes

Singapore, with the highest rate of diabetes in Asia, has approximately 300,000 sufferers. Another 450,000 are predisposed to have diabetes.

35 Dealing with Diabetes

People with pre-diabetes can prevent or delay the development of Type 2 diabetes by up to 58% through lifestyle changes...Dr Goh Su-Yen.

36 World Heart Day

SHF hopes to increase the survival rate in out-of-hospital sudden cardiac arrests in Singapore that currently stands at a dismal rate of 2.7%.

38 Silent Killer

Acute Coronary Syndrome is caused by blood clots forming over plaques within a coronary artery, interfering with the oxygen supply... Dr Lim Ing Haan.



COVER STORY

40 Art at Heart

Had Dr Micheal Lim Chun Leng not become a medical doctor, he would have opted to become an artist.

WELL-BEING

42 Don't Wait for Pain

Some 70% of working adults in Singapore suffer some form of back, shoulder and neck pain...Dr David Lim explains.

44 Unraveling the Subconscious

Whether we realize it or not we have all been in a hypnotic state some time or the other. Basically, all hypnosis is self-hypnosis...Cassiopea Yap

46 Revolutionary Therapy

JRNaturalcare is the first institution to use leading-edge technology and innovation in extracting and delivering the benefits of Traditional Chinese Medical healing.

FOOD & NUTRITION

48 A Recent Indulgence

A fine twist of difference marks out a good restaurant from the mediocre.



50 Eat No Milk or Cheese

Eminent nutritionist Prof Colin Campbell reveals that it is nutrition and not purely genetics that caused diseases.

52 The Magic of Cordyceps

Cordyceps is known for its use in the treatment of liver disease, cancer, tuberculosis, infertility, and sexual dysfunction.

54 Cooking with Cordyceps

Cooking using cordyceps as an ingredient in soups and such is a simple and quick way to add that boost of nutrition.

BEAUTY

56 Cellulite Acupuncture

Dr Ivan Puah offers a possible solution to women who want to get rid of that unsightly cellulite, based on the principles of Chinese Medicine.

SPORT & FITNESS

58 Flying in the Blue Forest

It feels like the brain is remembering the times in the womb – where is it was warm and watery, with soft light penetrating through the skin of the mother's belly.

SEX AND RELATIONSHIP

62 Warm Under Cover

Healthy Times goes under cover to investigate the prophylactic scene and learn of the latest and fanciest offering on the shelves.

MEN'S HEALTH

64 Suffering in Silence

Enlarged prostate is not a commonly discussed subject and awareness levels here in Singapore is still low.

PARENTING

67 Pulled-Elbow in Children

Pulled elbow is a condition where there is a partial dislocation of the elbow joint and this is a common condition in young children under the age of five...Dr Low Chee Kwang.

FEATURE

70 Living with Lung Disease

There is an estimated 64,000 cases of COPD in Singapore. The disease results in about 2,000 hospitalizations a year and it is the seventh leading cause of death in the country.



74 Cancer Warriors

Dr William Tan and fellow cancer sufferers talk about their fight against the dreaded disease.

76 Trillion Dollar Tourism

Global healthcare spending is expected to reach US\$10 trillion in 2020. Medical tourism hotspots will be those that offer the best healthcare and the best tourism infrastructure.

REGULARS

06 Editor's Note

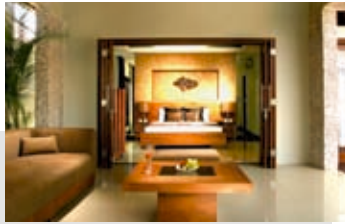
78 Events

WIN! CONTESTS

66 Neobiotics Defence & Neobiotics Babies & Children sets worth \$46 each!

73 1-bedroom villa for 3D/2N stay at the Grand Akhyati Villas and Spa, Bali

79 2-hour slimming treatment worth \$388 at Diana Slimming Specialist



PUBLISHER
MEDIA HEALTH INTERNATIONAL
PTE LTD

ASSOCIATE PUBLISHER
MIX MEDIA MARKETING PTE LTD
21A Chapel Close, Singapore 429576
Tel: 65 6346 4191

Please send all press releases to:
editor@e-healthytimes.com

DIRECTOR
LIE JIA RONG, LILYANNA
jjarong@e-healthytimes.com

EDITOR-IN-CHIEF
JODEAN CHEONG

EDITOR
ANNA DARAN

Feature Writers
PRASANA CHANDRAN
SARAH YEO

CONTRIBUTORS
Dr Lim Ing Haan, Dr Juliet Tay,
Dr Au Eong Kah Guan, Dr Kumari Neelam ,
Dr David Lim,
Dr Ivan Puah, Cassiopea Yap

CIRCULATION & PROMOTION
SHERLY
subscriptions@e-healthytimes.com

SALES
LIE JIA RONG LILYANNA
ROYCE TAN

DESIGN & CREATIVE
YUN TAN
AUDREY PRAJOGO

PRINTER
Print & Print Pte Ltd

www.e-healthytimes.com

From the Editor's Desk - CONTEMPLATING VEGETARIANISM

Following the interview with eminent nutritionist Professor Colin Campbell, I've been seriously considering vegetarianism. Why? For starters, being a nutritionist, Professor Campbell is a vegetarian and he brought up his family as vegetarians as well. He must know something that we don't.

Actually, let me correct that, he isn't just a vegetarian. He is a vegan. And vegans, being stricter sort of vegetarians, consume neither meat nor meat products such as milk and cheese.

In his study, Professor Campbell found that excess meat, or animal protein, has undesirable health effects. Animal protein generally causes mischief, he said. And switching from beef to skinless chicken breast may be start to healthier living, but it not a solution.

So, there I was, on a Sunday morning, staring at the chopped-up chunks mutton on the butcher's counter, contemplating "to do or not to do". Should I do the *rogan* gosh this weekend, or simply stir up some vegetarian *dalcha* in the earthen pot? Guess what, the *dalcha* won the day. So there, lunch spread for that Sunday was a lentil-based curry, cucumber raita with chopped coriander, and deep-fried bitter-gourd, all washed down with buttermilk drink. And for dessert, it was strawberry *lassi*. Homemade, of course.

Nuff said about the weekend menu; let's get back to the magazine.

Whether we planned it or not, this issue has several interviews with prominent medical personalities. Our cover story is on Dr Michael Lim Chun Leng of Singapore Medical Specialists Centre. He is a cardiologist with art in his heart. His story is on pgs 40 and 41.

On pgs 70 and 71 you'll find a Q&A on Chronic Obstructive Pulmonary Disease with leading expert in this area, Professor Jones Professor Paul Jones, Dean of Clinical Research at St. George's Hospital, London University. He was in Singapore recently to speak to doctors on new data on the treatment of COPD.

You must also take a look at our Diabetes and the Heart Campaign this issue. We have five articles in total, and the one I particularly like, is the one on effects of diabetes on the heart. The article is titled Deadly Diabetes and it's by Dr Low Lip Ping, Emeritus Chairman of the Singapore Heart Foundation. It's on pgs 30 and 31. If won't be difficult to find the rest of the diabetes article, they've got the word diabetes in the titles such.

Enjoy.

Anna Daran

HEALTHY TIMES
is available onboard



Disclaimer: While every care is taken in the production of this magazine, the publisher, editor and its employees assume no responsibility for any errors, inaccuracies, omissions arising thereof. Opinions expressed by writers, contributors and advertisers are not necessarily those of the publisher and editor. The information published in this magazine is for reference only. If you have any queries on your health condition, you should seek the advice of your doctor or qualified health professionals.

The material in this publication cannot be reproduced, whether in part or in whole, without the written permission of the publisher. Mix Media Marketing Pte Ltd is the licence holder of Healthy Times.

© Copyright Media Health International Pte Ltd. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, Media Health International Pte Ltd., owner of the name, intellectual assets and content of Healthy Times.

Mix Media Marketing Pte Ltd has been licensed to produce and market Healthy Times in the Republic of Singapore, and is wholly responsible for advertisement sales and the sale of subscriptions, and for all liabilities incurred thereof.

All rights reserved. Copyright 2007. Mica (P)185/06/2009 KKDN PPS 1593/3/2007 ISSN 0219-9165

Are You in Pain?

Do you suffer from any of these health problems?

- Low/Mid back pain
- Neck/Shoulder pain/Stiffness
- Headaches/Migraines/Sinus
- Numbness and tingling
- Scoliosis
- Fatigue/Low Energy

Pain Relief

CHIROPRACTIC is **natural, effective, safe and drug-free**, and it may be the alternative healthcare approach you have been searching for.

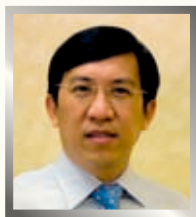
Come see us and get on the path to relief. You, too, can enjoy **wellness for life**.

Wellness for Life
Chiropractic
Because Chiropractic is Wellness

Wellness for Life Chiropractic
CPF Bishan Building, 3 Bishan Place #01-02
Singapore 579838 Tel: 6253 3353

Harbourfront Tower 1
1 Harbourfront Place #01-05
Singapore 098633 Tel: 6274 9939

www.wellnessforlife.com.sg



DR MICHAEL LIM CHUN LENG
VISITING CARDIOLOGIST
Singapore Medical Specialists Centre



DR JULIET TAY
SPECIALIST ORAL AND
MAXILLOFACIAL SURGEON
Implant and Oral Surgery Centre



DR LIM ING RUEN
EAR, NOSE AND THROAT SURGEON
Singapore Medical Specialists Centre



DR IVAN PUAH
DIRECTOR
Amaris B Clinic



DR LIM ING HAAN
CONSULTANT CARDIOLOGIST,
INTERVENTIONAL CARDIOLOGY
Singapore Medical Specialists Center



DR KUMARI NEELAM
REGISTRAR
Department of Ophthalmology and
Visual Sciences, Alexandra Hospital and
Jurong Medical Centre



DR CHONG YEH WOEI
CONSULTANT PHYSICIAN
(INTERNAL MEDICINE)
Singapore Medicals Specialists Centre



DR MARC WONG TIAN JUN
CORRECTIVE CHIROPRACTOR
Wellness for Life Chiropractor Pte Ltd



DR DAVID LIM
CORRECTIVE CHIROPRACTOR
Wellness for Life Chiropractor Pte Ltd



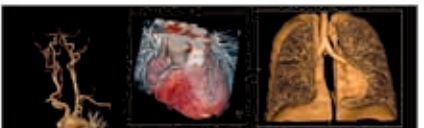
DR AU EONG KAH GUAN
MEDICAL DIRECTOR &
SENIOR CONSULTANT EYE SURGEON
Singapore International Eye
Cataract Retina Centre



DR ZACHARY DONNICI
CORRECTIVE CHIROPRACTOR
Wellness for Life Chiropractic Pte Ltd



Planning for Medical Check-Up in Singapore? Just Come to SMSC!



EVERYTHING WITHIN ONE DAY AT ONE CENTER

SMSC is a medical centre where you can find all your medical needs at one place and get all the result within one day.

EXPERIENCED SPECIALISTS

SMSC is supported by experienced specialists doctors focusing on early detection and prevention of the three major illnesses that caused death: heart, stroke and cancer.

CUTTING-EDGE MEDICAL DIAGNOSTIC

With the latest cutting-edge medical diagnostic technologies, including the newest state-of-the-art Siemens CT scanner with a much lower radiation dose.

PERSONALIZED ACCORDING TO YOUR NEEDS

SMSC understand that medical need can be different from one to another, hence we provide personalized medical services.

OUR PACKAGES

- Comprehensive Heart Assessment (from SGD 1218)
- Comprehensive Stroke Assessment (from SGD 390)
- Comprehensive Cancer Assessment (from SGD 450)
- Comprehensive Heart, Stroke and Cancer Assessment (from SGD 2000)



OPENING HOURS AND RESERVATION

Monday to Friday : 8.30 AM - 5.30 PM
Saturday : 8.30 AM - 1.00 PM
For reservation and opening hours on Sunday and Public Holiday, please kindly call us at (+65) 6881 8000 or email to enquiry@sgmsc.com.



SINGAPORE MEDICAL SPECIALISTS CENTRE

290 Orchard Road #09-23/27 Paragon (Lift Lobby C) Singapore 238859
Tel. (+65) 6881 8000 Fax. (+65) 6836 5705 Email. enquiry@sgmsc.com www.sgmsc.com

one day. one stop. one centre.

HYPNOSIS is a natural and effective way of gaining access to your subconscious and unconscious mind, a means of achieving more of the potential we all possess. Hypnosis holds its promise to open a world of Rich Treasure and Self-Development as if by magic.

A session with a Clinical Hypnotherapist will help you:

- gain insight into Hypnosis
- understand and manage your own emotions
- apply self-hypnosis
- enhance your self-confidence
- improve relationships
- enhance your self-esteem
- relax deeply

Back By Popular Demand!

Harness Your Potential Powers



“A significant breakthrough in hands-on-healing... most elegant and most efficient... For professionals and lay people alike, Quantum Touch is an essential and invaluable tool.”

by ALTERNATIVE MEDICINE MAGAZINE

How can something so profound and so powerful be grasped in a 2-day workshop? Are you born with this ability?

AS AN EXPERIENCED AND CERTIFIED INSTRUCTOR AND PRACTITIONER, I SIMPLY TEACH YOU HOW TO USE THIS INNATE ABILITY.



Cassiopea Yap

Founder & Trainer
Certified Instructor & Practitioner (USA)

IACT/NGH Hypnotherapist (USA)
In Association with London College Clinical Hypnosis

YOU can learn to:

- Accelerate Healing
- Relieve Pain
- Reduce Inflammation
- Reduce Stress and much more!



Workshop dates: 17th & 18th October (Sat/Sun)
Seats are limited. Book Now!

For enquiries, please contact 96735037 or 68444696



Enjoy the best of two world at one place

PADANG

SUMATRA, INDONESIA

Experience the wonders of the Indian Ocean that will last in you forever.



blueforest
SURF



For more information
www.blueforest.com.sg
www.blueforestsurf.com



Defeating CANCER

uterine, cervical, lung, throat,
nasopharynx, stomach, liver,
kidney, colon and lymphoma.

Established as a geographical alternative to Johns Hopkins Hospital in the US, Johns Hopkins Singapore has a tripartite mission of research, education and patient care.

Prasana Chandran has the story.

In the 1990s, the Singapore Government set out to develop a life sciences presence second to none in this region. Due to its preeminence in the field of medical research, Johns Hopkins Medicine was approached about building and running its hospital here on our island nation.

Johns Hopkins Medicine was keener on setting up education and research programmes here. It is a well-known fact that Johns Hopkins Medicine employs groundbreaking clinical scientific training model, which was quite different from the existing approach to medicine in Singapore.

What evolved, starting in 1999, was a two-pronged effort, a research arm underwritten by the Singapore Government and an oncology clinical unit. The latter was a state-of-the-art 'hospital within a hospital' in partnership with National University Hospital. It treated a wide range of cancers, including but not limited to breast, ovarian,

In 2006, John Hopkins Singapore moved to Tan Tock Seng Hospital as the need for space and facilities had grown for both inpatient and outpatient treatment. In October this year, Johns Hopkins marks its 10th year in Singapore.

Johns Hopkins Singapore International Medical Centre is the first private hospital in Singapore to receive the Joint Commission International (JCI) accreditation in August 2004 and in March this year, the Centre completed the JCI survey of the Medical Intensive Care Unit (MICU). What it means to patients is the assurance of an international standard level of care and seal of approval on an medical facility that it is a safe and well run.



In the long term, Johns Hopkins Singapore IMC's focus will continue to be on cancer treatment and research in Singapore, for the benefit of both patients and doctors in this part of the world.

Presently, the Centre serves the community of Singapore as well as foreign patients primarily from Southeast Asia such as Indonesia and the Middle East.

Johns Hopkins Singapore IMC is a 30-bed licensed medical oncology facility located in Singapore. The facility, joint venture between the National Healthcare Group (NHG) and Johns Hopkins Medicine International (JHMI) is the only fully branded Johns Hopkins facility outside of the United States.

Besides cancer research, oncologists at Johns Hopkins Singapore IMC are able to benefit from the knowledge and expertise of renowned oncologists back in Johns Hopkins Medicine in the United States.



CANCER PATIENTS

Cancer patient from Indonesia Mr Roby Budiono, says he chose to seek treatment at Johns Hopkins as he knows it to be the best hospital in Singapore that treats cancer, where there are specific doctors to treat specific types of cancer.

Mr Budiono has been seeking inpatient treatment for three months now and he says he can see that the teams of doctors have been helping him as much as they can. He says of his physician, Dr Akhil Chopra, as being a detailed person who went to great lengths to explain his treatment and its progress and all that he needed to know. Knowing that he is in wholly trustworthy hands has put a smile back on Mr Budiono's face.

Dr Chopra explains that clinicians at Johns Hopkins Singapore are compassionate in their relationship with patients and families. More than that, he says, that the clinicians and staff adhere to the highest ethical standards of judgment and conduct as it applies to the health care milieu.

The medical professionals here are also, without a

doubt, expected to demonstrate the intellectual curiosity to actively pursue the acquisition of new knowledge and skills necessary to refine and improve their medical practice and to contribute to the scientific body of medical knowledge.

Asian Cancers

In his observation of cancers here in Southeast Asia, in the short time that he has been here, Dr Chopra says that he has noticed higher incidence of a few cancers as compared with the west. These include nasopharyngeal cancer and adenocarcinomas of the lung in non-smoking Asian women.

"We also see quite a few colon, lung and breast cancers like in the west, but they appear to have a different biology and response to standard treatments. Also, some Asian patients tend to have different side effects to standard therapies as compared to Caucasian and African-American patients," he explains.

There are many factors for this and it includes viral, dietary and genetic factors. "It is difficult to narrow down to one reason alone," says Dr Chopra.

Dr Chopra and his colleagues at Johns Hopkins Singapore hope to use their clinical skills accumulated over many years of training in the United States and around the world to help patients suffering from cancer in this region.

WHY THE EXTRA "S"?

The extra "S" is because Johns Hopkins first name was really a last name.



Johns Hopkins' great-grandmother was Margaret Johns who married Gerard Hopkins in 1700; one of their children was named Johns Hopkins.

The second Johns Hopkins, grandson of the first, was born in 1795 on his family's tobacco plantation in southern Maryland. He became an important investor in the nation's first major railroad.

Hopkins never married. In 1867, Hopkins arranged for the incorporation of The Johns Hopkins University and The Johns Hopkins Hospital. He died on Christmas Eve 1873, leaving \$7 million to be divided equally between the two institutions. It was, at the time, the largest philanthropic bequest in US history.

NUTRITION AND THE EYE

Age-related macular degeneration is the most common cause of blindness in developed countries and the third most common cause of blindness worldwide. Dr Kumari Neelam and Adjunct Associate Professor Au Eong Kah Guan shed light on the issue.

Oxidation, an essential chemical process in nearly all cells in our body, provides us with energy for many vital functions. During the process of oxidation, potentially harmful products known as “free radicals” are generated. Fortunately, the body has antioxidant defences which can neutralise these free radicals before they disrupt cell functions. Oxidative damage occurs when the level of free radicals exceeds the detoxifying capacity of the antioxidants.

Oxidative Damage and Age-related Eye Diseases

There is a growing body of evidence to suggest that oxidative damage may underlie the genesis of many age-related eye diseases, in particular, a sight-threatening condition known as age-related macular degeneration or AMD. AMD is the most common cause of blindness in developed countries and the third most common cause of blindness worldwide. The condition most commonly afflicts individuals 50 years and older, and affects the central back portion of the light-sensing retina called



Moderate age-related macular degeneration

the macula, resulting in blindness in the more severe cases. Substances with antioxidant properties, such as carotenoids, vitamins and minerals, maintain and/or augment our antioxidant defence system. These substances cannot be synthesized in our body and are, instead, derived mainly from our diet. Therefore, a diet rich in antioxidants or nutritional supplementation with antioxidants may safeguard our eyes against age-related eye diseases.

Carotenoids

Carotenoids refer to a class of fat-soluble coloured pigments found primarily in plants. Although more than 600 carotenoids have been identified in nature, only two of these, called lutein and zeaxanthin, are selectively accumulated in the macula to form a yellow pigment

Bausch & Lomb

There's so much more to see in life.

If you are concerned about eye health, you could take lutein everyday. Ocuvite® Lutein contains lutein, an essential nutrient which maintains healthy vision.

**Don't do nothing.
Take Ocuvite® Lutein today.**

Ocuvite® Lutein is available at all major hospitals and leading pharmacies. Further information is available upon request. **Bausch & Lomb (S) Pte Ltd**
151 Lorong Chuan #04-03A New Tech Park, Lobby C, Singapore 556741
Tel: (65) 6834 9112 Fax: (65) 6286 0448



MAHP0900255

known as macular pigment. Scientific evidence suggests that macular pigment may confer protection against eye diseases linked to oxidative stress, such as AMD, by filtering damaging blue light before it reaches the light-sensing cells (photoreceptors) in the retina and/or by quenching free radicals that are generated abundantly within the retina.

Vitamins

Vitamins are organic micronutrients that are essential for normal growth and development. Once growth and development are completed, vitamins remain essential nutrients for the healthy maintenance of cells, tissues and organs of our body. Of the 13 vitamins required by our body, only three exhibit antioxidant properties, and these are vitamins A, C and E.

• Vitamin A

Vitamin A is a fat-soluble vitamin that plays a pivotal role in many bodily functions. One well-recognised function of Vitamin A is related to vision where it is intimately involved in the chemical processes in the retina. In addition, it protects photoreceptor membranes against oxidative damage and restores cells that have been damaged due to oxidative process. Our body can produce vitamin A from beta-carotene, a precursor of vitamin A.

• Vitamin C

Vitamin C is a water-soluble vitamin that is highly concentrated in the eye tissues. Vitamin C is a highly effective antioxidant and reacts with and neutralises the free radicals within and outside the cells. In addition, it regenerates the active form of vitamin E following scavenging of free radicals. It is an ideal scavenger of free radicals because of its water solubility, stability, and the fact that it can be transported, reabsorbed and recycled readily.

• Vitamin E

Vitamin E is a fat-soluble vitamin that consists of eight chemicals called tocopherols, and of these, α-tocopherol is the most predominant tocopherol in the blood

and tissues including the retina. It is known to be a physiological antioxidant that protects innate structures, such as photoreceptor membranes, from auto-oxidative damage. Furthermore, vitamin E protects vitamin A from oxidative damage in the retina, and acts synergistically with carotenoids in scavenging free radicals.

Minerals

Minerals and trace elements are inorganic substances that are essential for the physiological functioning of our body. The two micro-minerals (also known as trace elements) that are particularly relevant in terms of antioxidant functions are zinc and selenium.

• Zinc

Zinc is maximally concentrated in the melanin pigment-containing tissues of the eye, most notably in an important layer of cells called the retinal pigment epithelium. Zinc is believed to protect the eye tissues from age-related “wear and tear” diseases by several mechanisms. These include protection of cells and cellular membranes against oxidation, induction of metallothionein that scavenges free radicals, regulating the activity of specific enzyme systems and optimising the function of genes.

• Selenium

Selenium is found in glutathione peroxidase, an enzyme that forms part of the body’s antioxidant defence system. Glutathione, in conjunction with vitamin E, forms a part of the complex system in the retina (photoreceptor and retinal pigment epithelium) that protects against oxidative damage.

Omega-3 fatty acids

In the retina, the photoreceptor membranes have high concentrations of omega-3 fatty acids. It is believed that these essential fatty acids optimise the functioning of photoreceptors by modulating the activity of membrane bound receptors and enzymes, and the membrane transport systems.

Refreshing Relief.

Refresh Plus Lubricating Eye Drops give you long-lasting relief and protection from irritation and discomfort caused by dry eyes.

Allergan Singapore Pte Ltd, 460 Alexandra Road, #05-01A, PSA Building, Singapore 119963
Tel: +65 6747 7077 Fax: +65 6276 8153

Age-Related Eye Disease Study

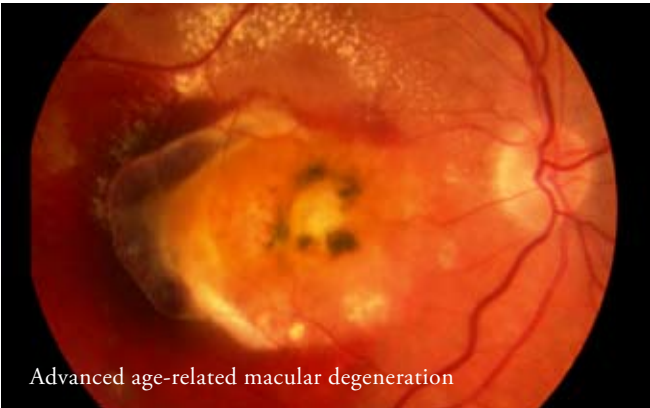
The strongest scientific evidence of the potential beneficial effects of antioxidants in AMD is from the Age-Related Eye Disease Study (AREDS), a 11-centre randomised controlled trial which was conducted in the United States (US). The study demonstrated that nutritional supplements in the form of high-dose antioxidant multivitamins (vitamin C, vitamin E, beta-carotene and zinc) reduce the risk of developing advanced AMD by as much as 25% over 5 years. This was accompanied by a 19% reduction in the risk of moderate vision loss, defined as 3 or more lines of vision loss on a visual acuity chart, at 5 years.

It is important to note that lutein and zeaxanthin, which are the primary carotenoids in the retina, were not included in the original AREDS supplement because they were not commercially available in the supplement form at the inception of the study. However, a new study known as the Age-Related Eye Disease Study 2 (AREDS 2) currently in progress in the US is investigating the efficacy of dietary supplements of lutein, zeaxanthin and omega-3 fatty acids in the prevention of AMD.

Potential Side Effects of Nutritional Supplementation

Currently, a myriad of nutritional supplements are available from pharmaceutical companies to provide optimum levels of antioxidants for our eyes. For instance, a single major pharmaceutical company alone is marketing four different types of nutritional supplements for the eyes, with different combination of antioxidants, targeted at specific subgroups of individuals.

It is important to note that nutritional supplements should be taken only under the supervision of your physician or eye specialist because of the potential for interactions with other medications. In addition, care should be taken in smokers where nutritional supplementation with beta-carotene is contraindicated because of an increased risk of developing lung cancer. Smokers with AMD should avoid beta-carotene in their nutritional supplements. Lastly, while there were no significant side effects reported with



the AREDS formulation of antioxidants over 5 years, the long-term side effects of these nutritional supplements remain unknown.

Conclusion

In conclusion, encouraging the consumption of a balanced diet rich in fruits and vegetables should be the first step towards promoting healthy eyes, particularly in elderly subjects who are at increased risk of developing age-related eye diseases. However, individuals who are at increased risk of developing advanced stages of AMD, such as those with moderate AMD in one or both eyes, or advanced AMD in the opposite eye, should consider using nutritional supplements to reduce the risk of progression of their AMD.



Dr Kumari Neelam, FRCS, PhD, is a Registrar in the Department of Ophthalmology and Visual Sciences at Alexandra Hospital and Jurong Medical Centre, Singapore.

Adjunct Associate Professor Au Eong Kah Guan, MBBS(S'pore), MMed (Ophth) (S'pore), FRCS (Edin), FRCS (Glasg), DRCOphth (Lond), FAMS (Ophth), is Medical Director and Senior Consultant in ophthalmology at the Singapore International Eye Cataract Retina Centre in Mount Elizabeth Medical Centre as well as Adjunct Associate Professor in the Department of Ophthalmology at the Yong Loo Lin School of Medicine, National University of Singapore.



He completed two clinical fellowships in diseases and surgery of the vitreous and retina at the University of Manchester and Manchester Royal Eye Hospital in UK, and the Wilmer Eye Institute, Johns Hopkins Hospital and Johns Hopkins University School of Medicine in Baltimore, USA.

For more information, please visit www.eyecataractretina.com



SLEEPING SOUNDLY

Delving into the issue of what is sleep, Dr Lim Ing Ruen discusses sleep cycles, the different types of sleep disorders, diagnosis and treatment.

Sleep is a natural state of bodily rest characterised by unconsciousness. During sleep, we appear to be dormant and passive. In reality, the brain remains internally responsive though externally unresponsive. The sleeping brain goes through predictable cycling culminating in a reversal of external unresponsiveness. This makes sleep different from coma or hibernation.

SLEEP CYCLES

Sleep proceeds in cycles of REM (Rapid Eye Movement) and Non-REM (Non-Rapid Eye Movement). The American Academy of Sleep Medicine divides Non-REM sleep into 3 stages: N1, N2 and N3. A typical sleep cycle goes from N1 → N2 → N3 → N2 → REM. Each sleep cycle lasts about 90 to 110 minutes. We spend more time in N3 deep sleep in the early part of the night, and, more time in REM sleep in pre-morning hours.

REM sleep is when a person dreams. EEG shows cortical activation and desynchronisation of EEG waves. The

eyes jerk, the limbs becomes paralysed briefly, the heart races, breathing becomes faster and shallower. If we are awakened during REM, we recall vivid dreams. Paralysis during REM prevent us from acting out our dreams. An infant spends 50% of sleeping time in REM dreamland, an adult 25%. The other 50% of adult sleep is spent in deep N2 sleep.

WHY DO WE NEED TO SLEEP?

Sleep gives overworked neurons time to repair and regenerate. Sleep deprivation leads to drowsiness and decreased daytime performance. Sleep is associated with secretion of growth hormones and anabolic factors needed for cell growth and beauty. Sleep allows unused neurons to be activated hence preventing degeneration from inactivity. During deep sleep, the brain re-enacts daytime neuronal patterns allowing us to encode memory and improve learning. REM stimulates the brain segments used in learning, hence, infants spend more sleep time in REM.



DIFFERENT TYPES OF SLEEP DISORDERS

International Classification of Diseases documents as many as 81 sleep disorders. These can be primary or secondary disorders.

Secondary sleep disorders have an identifiable trigger. These triggers include medical conditions of the heart, thyroid, respiratory or gastrointestinal system. Treatment of the underlying condition is the first step to resolution of secondary sleep disorders.

Primary sleep disorders arise from an endogenous disturbance in the sleep-wake cycle. They are again subdivided into parasomnias and dysomnias.

Parasomnias are noted for deviant sleep-related behavior. Common parasomnias include sleep terrors, sleep walking, nightmares, REM sleep behavior disorder, and, restless leg syndrome.

Dyssomnias are characterized by abnormal sleep quality, including initiation, maintenance, duration, timing, and amount of sleep. Common dyssomnias include primary insomnia, hypersomnia, narcolepsy, sleep apnea, and, circadian rhythm sleep disorder.

TWO MOST COMMON SLEEP DISORDERS

Insomnia means difficulty falling asleep, staying asleep, early awakening or fragmented sleep. eight out of 10 insomniacs have secondary insomnia. Psychological triggers include anxiety, depression, stress and medications. Underlying medical conditions include gastric reflux, pain, thyroid or breathing disorders. Primary insomnia is not triggered by a major condition but may be associated with disruptions to sleep routine such as shift work or travel.

Sleep apnea or sleep-disordered breathing. Obstructive sleep apnea is the most common type. It is due to fat buildup or loss of muscle tone with age. OSA patients struggle in vain to breath during sleep. Each apnea is associated with microarousals, chest movements but simply no airflow into the nose. Apnea is defined as absence of breathing lasting more than 10 seconds. Apnea occurring more than 5 times an hour is abnormal. Imagine the effect of chronic sleep deprivation and lack of oxygen on the brain and the heart.

HOW DO WE DIAGNOSE SLEEP DISORDERS

- Detailed medical evaluation for underlying secondary triggers.
- Imaging studies such as CT has limited value.
- Sleep diary. Meticulous record of the sleep history over 2 weeks will differentiate between dyssomnias and parasomnias, and, primary and secondary disorders. It will identify triggers.
- Sleep scoring systems eg Epworth scores estimate the likelihood of falling asleep.
- Sleep studies. Polysomnography is the gold standard. It is an overnight study done under medical supervision, measuring EEG (brain waves), EMG (chest and chin muscle activity during breathing, limb jerks during restless leg syndrome), EOG (eye movement in REM sleep), ECG (heart), oximetry (oxygen levels in blood), nasal airflow and snoring. Partial sleep studies can be done at home without medical supervision and are more convenient. Partial studies include the Embletta and the WatchPat.

COMMON TREATMENTS

- Bright Light Therapy is used to reset the internal clock which malfunctions in jet lag and advanced sleep phase.
- Cognitive Behavioural Therapy (CBT) teaches proper sleep hygiene measures that promote healthy patterns in sleep.
- Continuous Positive Airway Pressure (CPAP) provides a steady stream of air via a mask to stent the airway open in patients with obstructive sleep apnea.
- Medications.
- Melatonin is a nutritional supplement useful in disorders of circadian rhythm, such as, jet lag, shift work and delayed sleep phase.
- Oral Appliances are devices similar to sports mouth guards that keep the airway open in obstructive sleep apnea and snoring, and prevents bruxism or teeth grinding.
- Various forms of sleep surgery are available for opening the airway in obstructive sleep apnea.

SLEEP HYGIENE

- Maintain a regular sleep routine. Stick to regular sleeping and waking hours to have a synchronized body clock.
- Do not nap. Napping decreases “sleep debt”. Too much napping causes sleep fragmentation and insomnia.
- Don’t stay in bed if you can’t sleep after 20 minutes. If you can’t force yourself to sleep. Get up, move out of bedroom and do something boring. Then you will only associate your bed with sleeping.
- Do use your bed only for sleeping and bedtime activities. No TV or reading or knitting or phoning in bed.
- Do not smoke. Do not drink coffee, tea or coke. Nicotine and caffeine are stimulants.
- Do not use alcohol to fall asleep. Alcohol causes fragmented sleep, sleep apnea, snoring and frequent trips to the toilet.
- Do not use medications inappropriately. Sleeping pills are a temporary fix, they will cause rebound insomnia when you stop them.
- Do have a comfortable bed, restful bedroom and soothing pre-bedtime routine such as warm bath and quiet time to ease you into sleep. No bright light or distractions such as TV, computer or pets.
- Do not have stimulating activities just before bedtime. Avoid competitive sports or exciting activities.
- Do exercise. Exercising in the morning or before dinner increases endorphins and regulates sleep.



Dr Lim Ing Ruen is an ENT surgeon at the Singapore Medical Specialists Centre. She graduated with basic medical qualifications from Singapore. She obtained her specialist degree in Otolaryngology from the Royal College of Physicians and Surgeons of Glasgow, before subspecialising in Rhinology and Sinus Surgery at the University of Pennsylvania.

She was also lecturer in the Department of Otolaryngology, Head & Neck Surgery at the Hospital of University of Pennsylvania, USA. Dr Lim trained in the latest management techniques for head and neck problems including sinus problems, snoring, sleep related problems, voice problems, hearing difficulties, ear problems and thyroid diseases.

Dr Lim is a member of the American Rhinologic Society and a fellow of the American Academy of Otolaryngology – Head and Neck Surgery.

For more information, please visit www.sgmsc.com

EPWORTH SCORE (ARE YOU SLEEPY ?)

Situation	Chance of dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g., a theater or meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch, without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Score > 10 means that you are sleepy.

Score > 18 means that you are very sleepy and will benefit from seeing a doctor (ENT or Sleep physician)

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing



THE PERFECT SMILE

Dr Juliet Tay talks about the life-changing benefits of cosmetic dentistry from solving teeth discolouration to full-mouth rejuvenation.



If you are one of millions suffering from chipped and discoloured teeth, a gap in your smile, or a malaligned bite, a quick visit to a cosmetic dentist can solve your woes.

Teeth whitening, porcelain veneers, dental implants and orthodontics are among the most common cosmetic dentistry procedures offered to today’s increasingly image-conscious consumer. Cosmetic dentistry aims to make a person look better, but the results actually do more for your oral health. Straight, even teeth and a correct bite are qualities of good oral health as they facilitate brushing and cleaning and result in healthy gums and a perfect smile.

If left untreated, damaged, missing, or malaligned teeth can exacerbate, and cause stress on the jaws. The simplest of tasks such as eating, smiling, speaking or maintaining oral hygiene can become inconvenient. It can even affect your general health, with recent studies showing that infections in the mouth contribute to heart ailments.

Cosmetic dentistry offers several solutions to these problems—from simple procedures such as cosmetic recontouring and teeth whitening to complex cases such as full mouth rejuvenation.

A BRIGHTER SMILE

A common problem among dental patients is teeth discoloration. One effective way to brighten teeth involves a simple procedure in the dental chair - the application of a whitening gel to the teeth, which is then activated by a special light.

This process breaks down stains that have accumulated in the microcracks within the tooth structure. The result is visibly whiter teeth, with a 6-8 shade improvement, in a little over an hour. The result can last several years with regular maintenance with a customized take-home kit.

Teeth-whitening is in such demand that a convenient professionally prescribed home treatment is also available.

COSMETIC BONDING

Teeth can also develop chips and cracks overtime. Cosmetic dentistry can easily fix these through a procedure called dental bonding. The process involves the skillful use of dental composite — a moldable material made from resins and a variety of fillers.

Bonding is used to repair broken or chipped teeth, close gaps between teeth or completely reshape teeth. This technique has been used in cosmetic dentistry for many years and can transform a smile in a single visit.

The major disadvantage of composite bonding is its ability to stain overtime, especially for those who habitually drink coffee, tea, dark cola, and smoke tobacco products. The lifespan of these bonded restorations last an average of 5 years.

STAIN-PROOF SOLUTION

Porcelain veneers solve the problem of staining because porcelain is highly resistant to stains. Veneers are thin laminates or shells of tooth coloured porcelain that are “cemented” to the front surface of teeth to improve their cosmetic appearance. Porcelain veneers are used to mask stains, cover chips and worn tooth enamel, close gaps and improve uneven teeth alignment.

Veneers restoring discolouration and closing gap between front teeth.



Porcelain veneers are easily maintained with regular brushing and flossing and getting them done is quick and painless. Newer porcelain materials come in a wide array of colors and textures that reflect and absorb light much like real teeth do, making the veneers look natural.

RESTORING BACK TEETH

While veneers are commonly used for front teeth, inlays and onlays are a good option for the restoration of back teeth. They can also be used to restore cracked or fractured teeth, if the damage is not severe enough to require a dental crown.

Inlays and onlays are usually made from porcelain or gold. Those made from porcelain offer more enduring and natural-looking results than their metal filling counterpart. Their customized nature allows dentists to securely bond them to the tooth surface, adding structural integrity and preventing bacteria from entering and forming cavities.

CROWNS

Crowns preserve the functionality of damaged teeth. They may be used if the tooth has undergone significant decay and there is not enough tooth structure remaining to support a filling or following root canal treatment where a crown is often needed to strengthen the tooth. For a weak tooth or one with a large filling, a crown will protect the tooth and prevent any further chipping or cracking. Because of the heavy chewing forces placed on the back teeth, the addition of a crown is often a preferred course of treatment to a large filling.



Missing tessth replaced by dental implants.

FILLING THE GAP

Missing teeth can be detrimental to long term health. The remaining teeth begin to tilt and drift into these gaps, resulting in a loss of stability of the dentition. Opposing teeth begin to hyper erupt and drift into the open spaces of the missing teeth, causing bite relationship problems; thus beginning jaw joint problems. The supporting bone in the jaw begins to dissolve, a process called disuse atrophy. In addition, food can become trapped in these spaces, increasing the risk of decay and gum disease.

Dental implants have been in use for over 45 years, with the first implant placed in 1962. They offer a predictable and reliable method of replacing missing teeth. A titanium fixture is placed within the jawbone, allowed to fuse to the bone, and serves an anchor for the missing tooth. Implant supported replacement teeth look, feel and function like natural teeth. They preserve the integrity of the facial structure and reduce the inconveniences associated with tooth loss.

Dr Juliet Tay

- BDS
- FRACDS (Australia)
- MDS Oral and Maxillofacial Surgery
- FAMS Oral and Maxillofacial Surgery

Dr Tay is the Director of The Implant and Oral Surgery Centre with over 10 years of clinical experience. She is a fully qualified specialist registered with the Singapore Dental Council and is on the Academy of Medicine, Singapore Roll of Specialists. She holds a position at the National University of Singapore as an Adjunct Lecturer and is also Visiting Consultant to Raffles Hospital.

Dr Tay lectures extensively on the topic of dental implantology and has published in international journals. She has also co-authored a book “*A Patient’s Guide to Dental Implants*”. Her expertise includes full mouth reconstruction with dental implants and smile makeovers.

Dr Tay has been granted operating privileges at major private hospitals in Singapore including Gleneagles Hospital, Mount Elizabeth Hospital and Raffles Hospital. Dr Tay currently practices at Camden Medical Centre.

For more information, please visit www.iosc.com.sg



NO BONES ABOUT IT

Some 30% of patients die within a year after hip fracture and only 20% manage to walk unaided after surgery. Dr Low Chee Kwang is frank about prevention in his book *Knowing Your Bones & Joints*, says Prasana Chandran.

Over the years that Dr Low Chee Kwang has been practicing as an orthopaedic surgeon, he has become increasingly concerned about conditions that could be prevented if people understood the disease process and practiced some simple preventive methods.

He was eager for members of the public to learn about treatment options for their ailments, so he embarked on a series of public talks. Dr Low was pleasantly surprised that many people were keen to know more about bone and joint diseases. People wanted to know what they could do to prevent these orthopaedic conditions.

Positive feedback encouraged Dr Low to write about bone disease and have them published in newspapers and magazines. As his writing accumulated, Dr Low's wife thought it would be a good idea to compile these articles and publish them into a book – *Know Your Bones & Joints*.

In his book, Dr Low covers a wide variety of related topics, divided into easy to read chapters such as *Neck and Shoulders; Back and Spine; Upper Limbs; Lower Limbs; Arthritis; Common Problem in Children; General Bone Problems; and Some Treatment Methods*. There is also a glossary of terms at the back pages for easy deciphering of difficult words.

It is quite obvious that Dr Low had the general public in mind when producing this compilation. The chapters are well arranged and the language used is simple and clearly understandable, even when it comes to more complicated medical conditions.

In the chapter *General Bone Problems*, Dr Low delves into the details of fractures, stress fracture, osteoporosis, osteochondritis dissecans, bone tumours and avascular necrosis. All articles start off with simple and clear definition of what the conditions are.

For example, osteochondritis dissecans is explained as a Latin phrase that describes a situation where part of the bone and its adjacent bone and cartilage have broken off and are bouncing about in a joint. This explanation paints a clear picture in the mind of the reader of what the disease is.

Each article is also accompanied by clearly labelled pictures and this goes a long way in improving the reader's understanding on the disease and condition that Dr Low has written about.

Osteoporosis

In his article about osteoporosis, Dr Low explains that this is a skeletal disorder where the strength of a person's bones has become weakened. This condition raises the chances of the sufferer breaking his or her bones.

Osteocare®

The UK's No.1 Selling Bone Health Formula*



Making sure that your bones are strong and healthy now is an investment for the future. And it's never too early to start looking after them with a uniquely balanced formula for bone health like *Osteocare®*. With the recommended requirements of calcium, magnesium and vitamin D, which are essential for bone strengthening, *Osteocare®* won't let you down.



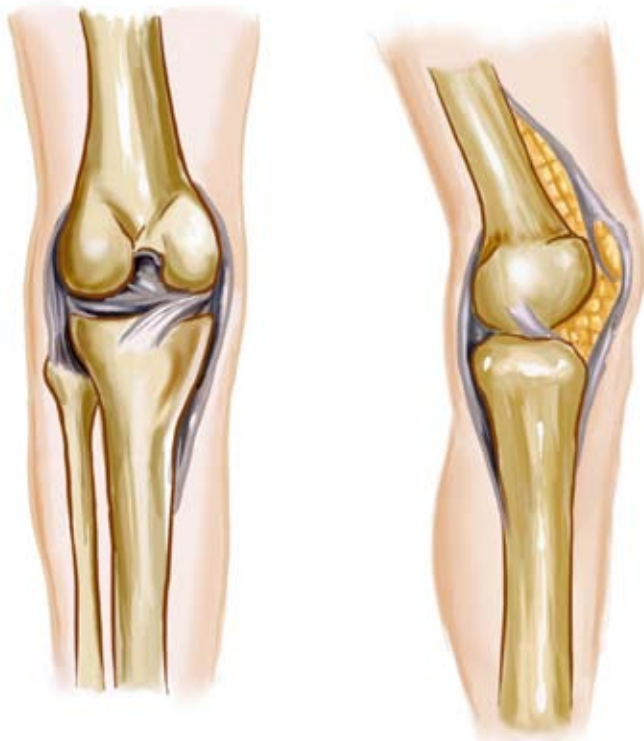
Available at:
guardian, watsons, Unity, NISHINO PHARMACY
John Little, Mohd Mustafa, Hospital Pharmacies, Independent Pharmacies, Medical Halls, Clinics & Drug Stores.
Marketed & Distributed by:
NEOGETIC INTERNATIONAL PTE LTD Tel: 6749-3168



MARIGOLD HL MILK. The Perfect Balance of Highs and Lows.

MARIGOLD®
For health. For life.





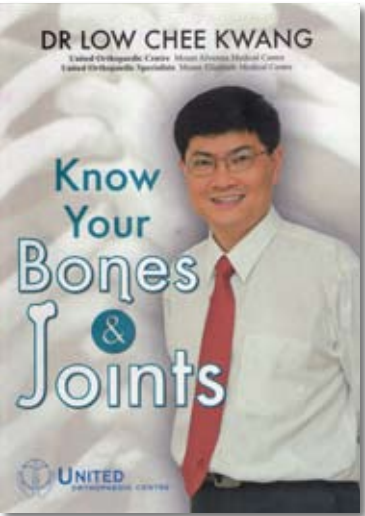
Family history

Dr Low’s book also says that people who are more likely to have osteoporosis include those with a family history of the condition, women who menopause early, and those who are of small-built and are thin. Those in the high-risk group to suffer osteoporosis also include Asians and Caucasians, women whose calcium intake is low, people who are inactive or sedentary, and people who smoke and those who take steroids.

To prevent osteoporosis, you need 1.2gm of calcium a day, recommends Dr Low. The best source of calcium is from food such as beancurd, egg and milk.

However, those who consume a lot of canned or fast foods should take a supplement that combines calcium with vitamin D. Without the vitamin, calcium in the gut cannot be absorbed.

Regular exercise helps to strengthen bones, while exposure to sunlight allows the skin to manufacture natural vitamin D.



Dr Low Chee Kwang is a senior orthopaedic surgeon with United Orthopaedic Specialists at Mount Elizabeth Medical Centre and at United Orthopaedic Centre at Mount Alvernia Medical Centre. He is an international advisor to the Royal College of Surgeons and Physicians of Glasgow.

Bone is a living tissue that is constantly being renewed. In normal bone, the rate of breakdown of old bone is equal to the rate of manufacture of new bone. Peak bone mass and density is attained when a person is between 20 and 30-years-old.

With ageing and after menopause, the rate at which bone breaks down is greater than the rate at which new bone is manufactured. The bones become thinner and weaker. And, fractures occur commonly at the hip, spine and wrist.

Hip fractures are perhaps the worst of these bone fractures, as they result in a loss of independence. There is a need for a long period of rehabilitation, and hip fracture is also associated with the complications of being bedridden for a long time due pneumonia, urinary tract infection, bed sores and deep vein thrombosis.

On many occasions, these complications are fatal. Thirty per cent of patients die within a year after hip fracture and only 20 per cent manage to walk unaided after surgery. Therefore, Dr Low urges in his book, that it is important to prevent osteoporosis.



Molecular Resonance Effect Technology (MRET)
restore . rejuvenate . revitalize

Reproduce the goodness of Natural Springs with the MRET Liquid Activation System

A proven patented system that alters the molecular structure of water using a non-contact, non-chemical and bio-safe method.

MRET Liquid Activation System emits subtle low energy frequencies similar to geomagnetic frequencies found in healing springs at the Caucasus Mountains in Europe . These frequencies are imprinted in the water during the activation process giving you the all natural goodness of nature.

Water resonated with MRET Liquid Activation System is more bio-available to your body. Your cells are hydrated 3 times faster and more quickly replenished, leading to better and more frequent detoxification.

Dr. Igor Smirnov, Ph.D. and M.S., USA
Scientist & Inventor

Benefits of resonating drinking water and beverages with MRET technology

- Enhances cell hydration up to 3 times
- Increases detoxification of your body
- Suppresses bacterial, fungal & viral infection
- Supresses cell mutation
- Promotes growth & healing
- Improves protection of joints, tissues & organs
- Energizes your body
- Normalizes the body’s pH without additives



US Patent No. 6,022, 479
"Method and Device for Producing Activated Liquids and Method of Use Thereof"



MRET Liquid Activation System
Deluxe Model



Honeycomb Technology Pte Ltd
10 Sinaran Drive, Square 2 (Shopping Mall)
#04-76, Singapore 307506

Tel: 6397 6607, 6397 6581 Email : info@honeycombtechnology.com
www.honeycombtechnology.com

Natural Goodness

THIS IS PART 2 OF THE SERIES ON THE BENEFITS OF MOLECULAR RESONANCE EFFECT TECHNOLOGY, OR MRET THAT RESTRUCTURES WATER TO MAKE IT MORE BIO-AVAILABLE TO THE BODY

THE SECRETS OF WATER

Dr. Henry Coanda, the Romanian genius who is considered to be the father of fluid dynamics, had linked the nature of the performance of water that people drank with health benefits. He had investigated several areas in the world where the water-longevity relationship appeared to have direct association. He was convinced that the secret of long life and good health lay in the water.

The Hunzas, living in the mountains of Northern Pakistan are some of the longest living and healthiest people on earth, some living up to the age of 120 without disease. The Hunzas attribute their long life to the mountain spring water they drink. Their good health is related to the fact that water molecules from the mountain spring are uniquely structured as they flow past the Earth's geomagnetic fields of the land they live in.

The similarities in the findings of Dr. Igor Smirnov regarding water from the Caucasus Mountain spring had redefined the ability of water to heal. Following the disastrous nuclear radiation leak at Chernobyl, Dr. Smirnov and his team were called in by the Soviet government to research the healing effects of mountain springs on victims of the radioactive fallout. For centuries the local people had used these healing springs, but what was it about the water that could actually help victims of radiation exposure? Through Nuclear Magnetic Resonance Tests and Infrared Spectroscopy, Dr. Smirnov discovered the water's healing secrets - an unusual configuration and high-energy activity of water molecules.

REPLICATING THE AMAZING NATURAL PROCESS ON WATER

Following that amazing discovery, Dr. Smirnov focused his efforts on a technology that could replicate this amazing natural process. The result - Molecular Resonance Effect Technology or MRET, a proprietary, patented frequency electromagnetic field technology that closely resembles the natural geomagnetic field found near healing springs, which effectively activates and structures water molecules.

MRET Liquid Activation System is unlike any other water system. It alters the molecular structure of water without any contact, and without any foreign or chemical substance being added into the water. MRET's proprietary energy resonance technology imprints signature frequencies that are anti-bacterial, anti-viral, anti-fungal and enhances cellular function into the water. This represents a major scientific breakthrough in water technology.

BENEFITS OF MRET ACTIVATION

MRET activated water has a viscosity that is 400 times lower compared to regular water. This decreased viscosity means that MRET activated water has a 'super liquidity' characteristic and possesses very low resistance when it penetrates into small pores and capillaries in the body. The low viscosity of MRET activated water allows cells to get hydrated 3 times faster and more quickly replenished, leading to better and more frequent detoxification. MRET activated water increases our body's nutrient absorption, enhances immune response and decreases inflammation.

WONDERS OF MRET

- Enhanced cellular hydration and nutrient transport – the process of water activation induces the formation of long-range water molecular domains similar to water molecular structures found in our cells. So the body does not have to spend energy to structure the water to do its job. Consequently MRET activated water will be easily absorbed by the cells.
- Increased detoxification of the body – free radicals within the cells will bond with the long-range MRET water structures and be neutralized.
- Because of the abovementioned benefits, there will be increased oxygenation of cells, production of strong and flexible cells, rejuvenation of skin, stronger, glossier and softer hair as well as slowing down of the aging process.
- Normalisation of the body's pH.
- Improved cell-to-cell communication. MRET activated water acts as a communication medium among cells, by transmitting pre-recorded molecular activity messages to biological systems. These messages are imprinted in the water during activation process. Since cell-to-cell communication is enhanced, the body enjoys higher immunity, vitality and energy.

For more information, please visit www.honeycombtechnology.com



DEADLY DIABETES

Dr Low Lip Ping, Emeritus Chairman of the Singapore Heart Foundation, discusses Diabetes Mellitus and Cardiovascular Disease in the *Healthy Times* Diabetes and the Heart campaign.

Diabetes mellitus is a chronic disease which has been described as a state of raised blood glucose associated with premature mortality. It arises when the pancreas fails to produce enough insulin (type 1 diabetes), or when the body cannot effectively make use of the insulin produced (type 2 diabetes).

Diabetes is fast becoming a world pandemic. The pandemic of type 2 diabetes mellitus has emerged as a global health problem. There will soon be more than 200 million persons with a history of diabetes mellitus worldwide with the majority in Asia.

These numbers are projected to double in the next decade with a disproportionate risk of developing type 2 diabetes among the elderly.

Unfortunately, cardiovascular complications remain the leading cause of death among patients with type 2 diabetes accounting for 70% of all case-fatalities. If action is not taken to stem the tide of type 2 diabetes, the prospects for world health are bleak.

The most prevalent form of diabetes mellitus is type 2

diabetes. This disorder typically makes its appearance later in life. Type 2 diabetes is caused by the combination of insulin- resistance and defective secretion of insulin by pancreatic b-cells.

Insulin resistance develops from obesity and physical inactivity, interacting with a genetic susceptibility.

Insulin secretion declines with advancing age, and this decline may be accelerated by genetic factors. Insulin resistance typically precedes the onset of type 2 diabetes and is commonly accompanied by other cardiovascular risk factors such as dyslipidemia, hypertension, and prothrombotic factors. The common clustering of these risk factors in a single individual has been called the metabolic syndrome.

Many patients with the metabolic syndrome manifest impaired fasting glucose (IFG) even when they do not have overt diabetes mellitus. The metabolic syndrome commonly precedes the development of type 2 diabetes by many years; of great importance, the risk factors that constitute this syndrome contribute independently to Cardiovascular Disease risk.

Cardiovascular Disease

Cardiovascular diseases are diseases affecting the heart and circulatory system, which, for example, can result in heart attack, stroke and amputation of the lower limbs.

Cardiovascular disease is a major worldwide public health problem. It is the number one cause of death in industrialized countries and in Singapore. It is also set to overtake infectious diseases as the most common cause of death in many parts of the less developed world, with levels becoming comparable to those in Western societies – a situation which seemed inconceivable a few decades ago.

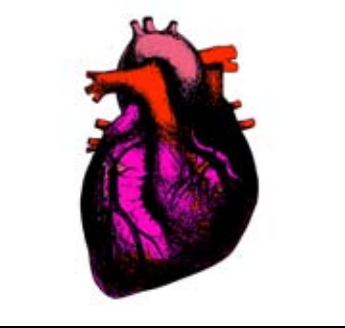
In developing countries the most common cause of cardiovascular disease used to be infection of the heart valves. However, in recent years there has been a shift away from infectious causes in many developing nations.

Today the most widespread form of cardiovascular disease around the world is that which starts with damage to the blood vessels.

The two main processes by which the blood vessels become damaged are atherosclerosis and hypertension. Atherosclerosis leads to the formation of plaques of atheroma which narrow the diameter of the large and medium-sized arteries.

This narrowing of the arteries impairs blood flow. Plaques are also prone to rupture or to ulcerate and then act as a site for blood clot formation. The resulting blood clots, which can block the affected vessel completely, are usually responsible for the more severe clinical manifestations of cardiovascular disease such as heart-attack and stroke.

Hypertension damages the smaller vessels in the circulatory system. Over time they become scarred, hardened, narrowed and less elastic. Hypertension can also both predispose to and accelerate the development of atherosclerosis.



The Cardiovascular Disease Triad

The major clinical manifestations of cardiovascular disease can be divided into three groups:

- those affecting the heart and coronary circulation (coronary heart disease);
- those affecting the brain and cerebral circulation (cerebrovascular disease); and
- those affecting the lower limbs (peripheral vascular disease).

Coronary Heart Disease

The heart receives a blood supply of its own from the blood vessels known as the coronary arteries.

Angina is a term used to describe pain in the chest due to a reduced blood supply to the heart (ischaemia). It results from atherosclerosis in the coronary circulation. Typically angina causes central chest pain, which often radiates to the left arm, shoulder or jaw.

The pain is related to exertion and is relieved by rest. Shortness of breath and sweating are commonly associated with angina. If the responsible plaque of atheroma is causing a severe narrowing of the vessel, then angina symptoms may rapidly worsen and occur at rest, and may warn of an impending heart attack.

Atherosclerosis can lead to a heart attack if the coronary arteries become blocked. The onset of a heart attack is usually heralded by severe central chest pain, which may also radiate to the left arm, shoulder or jaw. Severe shortness of breath, sweating and feeling faint are common additional symptoms.

Sudden death can occur as a consequence of an abrupt loss of the heart's ability to pump blood. It may result from a massive heart attack or a severe abnormality of the rhythm of the heartbeat.

Heart failure occurs when damage to the heart muscle is severe enough to prevent it functioning adequately as a pump. It manifests itself either acutely with severe shortness of breath or, more chronically, with shortness of breath, reduced exercise tolerance and swelling of the ankles.



Control Blood Sugar The Natural Way



GlucosCare® Tea is a 100% natural herbal tea that helps to reduce the sugar absorption in your gastro intestinal tract, hence regulating your blood sugar level. It is effective in maintaining blood sugar and body weight.

Scientifically and clinically proven.

Experience the effectiveness of the tea within **14** days by taking **3** tea bags daily.



Exclusively distributed by:
Wen Ken Marketing (S) Pte Ltd
2 Alexandra Road #02-08, Delta House, Singapore 159919.
Tel: 65-6275 5677 • Fax: 65-6275 2282
email : info@wenken.com

www.glucoscare.com

Available at Unity, Guardian, Mustafa, Watsons and all leading Chinese Medical Halls.

Cerebrovascular Disease



The brain receives its blood supply from four main arteries: the two carotid arteries and the two vertebral arteries. The clinical consequences of vascular disease in the cerebral circulation will depend upon which vessels or combinations of vessels are involved.

Stroke occurs when the blood supply to a part of the brain is blocked resulting in the death of an area within the brain. If a large vessel is blocked the outcome may be rapidly fatal or may lead to very severe disability. If smaller blood vessels are blocked the outcome is less critical and recovery may be good. The most common types of disability are the loss of use of one side of the body and speech problems.

There are three principal types of stroke:

- **Thrombotic:** Stroke due to the blockage of an artery leading to or in the brain by a blood clot.
- **Haemorrhagic:** Stroke due to bleeding from a ruptured blood vessel, usually a consequence of hypertension.
- **Embolic:** Stroke due to the formation of a blood clot in a vessel away from the brain. The clot is carried in the bloodstream until it lodges in an artery leading to or in the brain.

The thrombotic and haemorrhagic forms are the most common, although they occur with varying frequency in different parts of the globe.

Transient ischaemic attacks arise when the blood supply to a part of the brain is temporarily interrupted without producing permanent damage. By definition, recovery occurs within 24 hours. These attacks, particularly if frequent, can be a warning sign of an impending stroke.

They usually result from small blood clots or clumps from plaques of atheroma which get carried into the blood circulation producing transient blockages. Occasionally these clots may get carried from the heart or arteries leading to the brain, rather than from within the cerebral circulation itself.

Dementia may result from repeated episodes of small strokes which produce progressive damage to the brain over a period of time. The main clinical feature of dementia is a gradual loss of memory and intellectual capacity. Loss of motor function in the limbs and incontinence can also occur.

Peripheral Vascular Disease

The lower limbs each receive their blood supply via an artery known as the femoral artery. Peripheral vascular disease is said to be present when the blood vessels in this part of the body are affected by atherosclerosis. In the absence of diabetes the single most important risk factor is heavy cigarette smoking.



This page is supported by:



Glucoscare International Pte Ltd
2 Alexandra Road #02-08, Delta House, Singapore 159919
Tel : (65) 6275 5677 Fax : (65) 6275 2282
www.glucoscare.com



TOUCH Diabetes Support believes that people with diabetes can lead healthy and active lives. *Healthy Times* find out about TDS' plans for World Diabetes Day 2009.

Diabetes is a serious, chronic disease which can give rise to heart attack, kidney failure and blindness. Singapore,

with the highest rate of diabetes in Asia, has approximately 300,000 people with diabetes. Another 450,000 are predisposed to have diabetes.

What is even more alarming is the rising trend of Type 2 diabetes among young children. National survey results indicate that half of the diabetics in Singapore do not know they have diabetes, often called “the silent killer”, because of ignorance or neglect.

Diabetes, however, is not a disability. While diabetes is a serious chronic disease if unmanaged, TOUCH Diabetes Support (TDS) believes that people with diabetes can lead healthy and active lives.

This year, in conjunction with the annual World Diabetes Day in November organised by the International Diabetes Federation and supported by the World Health Organisation, TDS will organise Walk with Diabetes. First held in 1999, this is the fourth time that TDS is organising such an event on 7 November 2009.

Walk with Diabetes is a fun way of increasing public awareness about diabetes. Participants will learn the importance of good diabetes care, such as through the blood glucose checks made available before, during and after the Walk, and see for themselves the positive effects

of exercise on their blood sugar levels. They can also have a fun time at various games stations along the way, and take part in interactive games and quizzes to help them have a better understanding of diabetes.

Community support is key to the success of Walk with Diabetes. TDS also wants to encourage the community to walk in support of a family member or friend who lives with diabetes. Participants consisting of people with diabetes, volunteers, and medical and paramedical staff will start and end the 5.5 km walk at Riverside Point.

Walk with Diabetes will also be a day of team building and bonding for participating organisations and companies. Teams will be encouraged to come in their special attire or to be creative and make a statement on diabetes!

Event details are as given below:

Date: 7 November, 2009

Time: 8am to 12pm

Distance: Approximately 5.5 km

Route: Riverside Point → Central → Clarke Quay → Boat Quay → UOB Plaza → The Fullerton Parliament House → Boat Quay → Robertson Quay Hotel → Grand Copthorne Hotel → River View Hotel → Riverside Point

Location: Field beside Riverside Point (opposite Liang Court)

Expected No. of participants: 500

TOUCH Diabetes Support (TDS), a service of TOUCH Community Services, was formed in 1992 to reach out to people living with diabetes, with the current focus on insulin-treated diabetes. A central part of TDS' work focuses on building a community of care and support in helping people with diabetes cope with the social, psychological, emotional and physical challenges of living with diabetes.

For more information, visit www.diabetessupport.org.sg.

Healthy Times speaks to Dr Goh Su-Yen, Consultant, Dept of Endocrinology & Director, SGH Diabetes Centre, on the diabetes situation in Singapore.

HT: What is the situation of diabetes in Singapore?

Dr Goh: The 2004 National Health Survey shows more males (8.9%) being diabetic compared to females (7.6%). Indians had the highest prevalence of diabetes among the ethnic groups (15.3% compared to 11% in Malays and 7.1% in Chinese).

HT: How can a diabetes sufferer control the disease?

Dr Goh: Studies have shown that people with pre-diabetes can prevent or delay the development of Type 2 diabetes by up to 58% through lifestyle changes. The expert panel recommends that people with pre-diabetes reduce their weight by 5-10% and participate in modest physical activities for 30 minutes daily, aiming for a weekly target of 150-180 minutes. Early intervention may also return elevated blood glucose levels to the normal range.

For patients with diabetes, keeping the blood glucose as close as possible to normal will reduce the chance of developing complications. The main tool for patients to monitor their levels on their own is by using a home glucose meter: this involves finger-pricks to check the capillary glucose levels.

Healthcare providers will also use other measures such as the HbA1c (glycated haemoglobin) test which reflects sugar control over the preceding 2-3 months.

But diabetes care is not just about

sugars, it is also about controlling blood pressure, avoiding unnecessary or unhealthy weight gain, managing high cholesterol, keeping active and exercising regularly, and making wise nutrition choices.

HT: How are heart ailments and diabetes linked?

Dr Goh: Just having diabetes puts one at a higher risk of heart disease - in coronary artery disease, blood vessels to your heart get blocked by fatty deposits.

Most people with diabetes also have high blood pressure and high cholesterol levels, and all these are risk factors for heart disease and stroke.

One may keep healthy through the following methods:

- Treating high blood pressure.
- Treating high cholesterol.
- Protective medications like aspirin.
- Know the warning signs of a heart attack.
- Be sensible with food choices which means eating less fat especially saturated fat, choosing lean meats and heart-healthy fish such as salmon, trout), switch to low-fat or fat-free dairy products, consciously select more fruit and vegetable servings.
- Keep active by increasing physical activity. Aim for 150-180min per week. Try to schedule exercise into the daily routine,

and select activities that you enjoy so that it doesn't become a drag.

HT: What are the types of diabetes?

Dr Goh: Diabetes mellitus is caused by a combination of genetic and lifestyle measures, the most commonly occurring types are termed Type 1 diabetes and Type 2 diabetes.

Pregnant women who have never had diabetes before but who have high blood sugar (glucose) levels during pregnancy are said to have gestational diabetes.

Pre-diabetes is a condition where blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.

If you'd like more information on the managing diabetes, SGH is organizing a Diabetes Public Forum in November in conjunction with World Diabetes Day. Details are as given below:

Event : Secrets of Sweet Success - Self-management of Diabetes

Date : 7 November 09 (Sat)

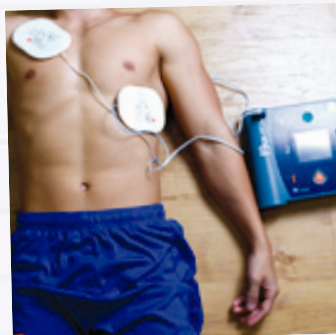
Venue : Health Promotion Board Auditorium, Level 7 No. 3, Second Hospital Ave (Near Outram MRT)

**Time : 1:30pm - 3:00pm (English session)
3:30pm - 5:00pm (Mandarin session)**

For more information, please visit www.sgh.com.sg

Must-See Events!

AED Registry Launch



SHF hopes to increase the survival rate in out-of-hospital sudden cardiac arrests in Singapore that currently stands at a dismal rate of 2.7%. Towards this cause, we are creating an Automated External Defibrillator (AED) Registry - the first in Singapore.

The AED Registry contains the following vital information:

- Identification of hotels, shopping malls, schools and public buildings with AEDs
- Number of AEDs in these facilities and their whereabouts (if available)
- Contact details for more information

Chair Yoga

Professional Yoga instructors will be giving a FREE YogaOnTheChair session to the first 100 people who register by 11 September.

Sign up today at www.myheart.org.sg or call 6354 9364 / 9349.



Comics LIVE! Demo and Contest



Express your creativity and stand to win attractive prizes! Comic enthusiasts and kids can join the Comics LIVE! contest at the Heart Fair and stand to win exclusive pen tablets from Wacom. There will also be a Comics LIVE! demo.

Announcement!

NATIONAL HEART WEEK / WORLD HEART DAY 2009

Join us as we celebrate this year's National Heart Week / World Heart Day with activities to help you "Work with Heart"!



Heart Fair 2009

Dates : 24 & 25 October 2009
(Sat & Sun)

Time : 10am – 8pm

Venue : Woodlands
(open field beside Causeway Point)

Official Launch

Date : 25 October 2009 (Sun)

Time : 8am – 11am

Venue : Woodlands (open field beside Causeway Point)

Guest of Honour: Ms Ellen Lee Geck Hoon, MP for Sembawang GRC and Adviser to Woodlands GROs

For more information, visit:

www.myheart.org.sg

Don't Miss This!

- Official Launch Ceremony
- AED Registry Launch
- Heart Age Calculator
- Heart Diary with Vouchers
- Chair Yoga Session
- Comics LIVE! Demo and Competition
- Art @ Work Comics Competition
- Play @ Work Photography Competition
- Health Screening
- Supermarket Tour

JOIN US!!

Art @ Work Comics Competition



Draw for a cause!
This competition aims to promote healthy living in the workplace as a means of preventing cardiovascular disease (heart disease and stroke). Submit your entries until 25 September 2009. Visit www.myheart.org.sg for more details.

Play @ Work Photography Competition

Take a photo of people exercising or engaging in healthy practices at the workplace to show your support for World Heart Day. Be creative when interpreting the theme! Submit your entries by 28 September 2009. Visit www.myheart.org.sg for more details.



Acute Coronary Syndrome, **or ACS**, includes a spectrum of conditions leading right up to full blown heart attack. The term ACS implies that the condition is unstable, evolving and unpredictable. As such, it is heart attack. A small heart attack occurs when only part of the heart muscle dies from lack of oxygen because the artery may only be 95-99% blocked. A full blown heart attack occurs when the full thickness of the same muscle dies when the same artery now becomes completely occluded.

The problem we face is in the early recognition of symptoms of ACS. If patients do not recognise early warning signs, they do not present themselves for treatment. The main problem is that there may be no warning signs at all in some patients when ACS first develops. That is why heart attack is aptly named the silent killer.

What causes **ACS**

The heart pumps an average of 80 beats per minute, requiring a steady supply of oxygen to function. There are three coronary arteries (heart artery) that supply oxygen to various parts of the heart muscle. Just like water pipes, they get clogged with plaque as a person ages.

ACS is caused by blood clots forming over plaques within a coronary artery, interfering with the oxygen supply.

Plaque consists of a layer of fatty material that becomes fibrotic and calcified with time. It is covered by a fibrous cap. When plaque covers more than 75% of the lumen of the artery, oxygen supply to the heart muscle is impeded and the patient can experience Angina.

If the blockage is anything less than 100%, some blood can still trickle through; this results in a minor heart attack. A major heart attack occurs when the artery is 100% blocked.

The risk factors include a family history of heart attack or unstable angina. High cholesterol, high

The SILENT KILLER

Dr Lim Ing Haan talks about conditions leading up to full blown heart attack, and its diagnosis and treatment. This article focuses on Acute Coronary Syndrome.

blood pressure, diabetes and use of tobacco also can contribute to the buildup of plaque in the arteries which may lead to atherosclerosis.



DR LIM ING HAAN has been in cardiology practice for 10 years. She received her cardiology training in Tan Tock Seng Hospital and her training in Interventional Cardiology at the National University Hospital and Duke University Centre.

Angina - the symptom preceding **ACS**

A typical description of angina is a sensation of stone pressing on the chest or a gripping sensation around the throat. More often than not, this may be accompanied by clammy sweating, difficulty breathing and fast pumping of the heart. This pain may radiate to the jaw, left arm, shoulder or back. There may also be unexplained feelings of anxiety and fatigue.

One should get medical help right away if you have symptoms and suspect you're having a heart attack. These symptoms include chest pain, shortness of breath, dizziness, sudden heavy sweating, nausea and palpitations.



Duke University Medical Centre was ranked amongst the top three Best Hospitals for Cardiology in the US. Dr Lim was involved in performing angioplasty and stenting for high risk and complex cases transferred to Duke from 11 referral hospitals in North Carolina. She also performed Excimer Laser Artherectomy, Rotational Atherectomy and Percutaneous Valve repairs.

Her current area of interest is in complex coronary intervention, including chronic total occlusion and saphenous vein grafts. She provides emergency PCI cover to Tan Tock Seng Hospital for patients with myocardial infarction and is one of the highest volume operator in emergency PCI in Singapore.

She is also Commissioning Editor, Heart Asia (A journal for heart specialists in the Asia Pacific region. It is published by one of the most well-regarded medical publishers in the world, the British Medical Journal)

For more information, please visit www.sgmsc.com

ACUTE CORONARY SYNDROME is diagnosed through these methods:

- **Electrocardiogram (ECG)**

This test uses sound waves to produce an image of your heart, and can help identify whether an area of your heart has been damaged by a heart attack and isn't pumping normally.

- **Blood Tests**

Certain heart enzymes will slowly leak into your blood if your heart has been damaged by a heart attack. Samples of your blood will be taken to test for the presence of these enzymes.

- **Coronary Angiogram**

This is a special X-ray whereby the cardiologist could determine the severity and extent of blockages of the heart arteries. This is a minimally invasive procedure that detects and shows where the narrowings are.

Treatment for ACS varies, depending on your symptoms and how blocked your arteries are. In the case of a heart attack, the main aim is to restore the blood supply to the heart quickly, as the critical time window is within six hours after the onset of chest pain. It's likely that your doctor will recommend medications that can relieve chest pain and improve blood flow through the heart. If medications aren't enough to restore blood flow through your heart, one of these procedures may be recommended:

- **Angioplasty and Stenting**

The best method to open up the blocked artery is to do an angioplasty (balloon procedure and stent placement). The procedure widens the narrowing artery followed by the deployment of stents to improve blood flow. A stent is a specially designed wire mesh used to prop open a narrow segment of the artery. In Singapore, emergency angioplasty is performed within 90 minutes of patient presenting to the emergency department. Being able to achieve a 90 minute 'door to balloon time' makes a significant difference to the survival of patients suffering from a major heart attack.

- **Coronary Artery Bypass Graft surgery**

This procedure involves sewing a section of vein from the leg or artery from the chest or another part of the body to bypass around a section of a blocked artery. This creates a new route for sufficient blood to flow, so that the heart muscle will get the oxygen-rich blood it needs to work properly.

Key Words

ACS (Acute coronary Syndrome): Sudden coronary occlusions that lead to dying of heart muscles

Coronary: Artery supplying heart muscles

Angina: Chest pain emanating from the heart

Plaque: Layer of fat, fibrous material and calcium in the wall of the coronary

Ruptured Plaque: Unstable plaque with blood clots

Interventional cardiologists: Subspecialty of cardiologists who perform angioplasty and stenting

Art at *Heart*

Had Dr Michael Lim not become a medical doctor, he would have opted to become an artist. “I love the arts and enjoy painting, ceramics, sculpting, and collecting art pieces,” he says, “I do watercolours and oil paintings myself.” Currently, an advisor to the Singapore Watercolour Society, Dr Lim says he paints not just to display creative flair but also to relax after a stressful day at the hospital.

Though hectic schedules are the order of the day, Dr Lim explains that his pursuing a career in medicine was a calling.

Interview with
Dr Michael Lim Chun Leng:

HT: How did you come to choose medicine as your profession?

Dr Lim: When I was young, my Grandma had cancer of the large intestine. I felt helpless having to see a loved one go through pain and suffering and yet not be able to do anything about it. That incident inspired me to consider being a doctor as I wanted to be able to play an active role in alleviating a patient’s suffering.

HT: Could you share with us a little of your childhood years?

Dr Lim: I was born in Singapore with humble beginnings and grew up here. My mother was a teacher and father was an accountant. My sister is an ex-banker who became a housewife and my brother is a dental surgeon. I have four children myself and all are still studying.

I grew up in the turbulent years of Singapore’s early independence. In those times, there were neither computers nor fancy technological gadgets that children today have the luxury of enjoying. For us, entertainment was not interacting with high tech gadgets like ipods, laptops, and playstations.

But I rather play marbles, *chapteh*, and fly kites with other children in the neighbourhood. In those days we only had pasar malam. Singapore has come a long way from what it was 40 years ago, children today don’t realise how fortunate they are.

HT: How did you make it to medical school and what was life like when you got there?

Dr Lim: I was awarded a Merit Bursary from the Public Service Commission which allowed me to disrupt my National Service stint to pursue my studies at NUS.

My time at NUS was very rewarding as it was an exciting learning experience and I developed many friendships that I treasure till today.

HT: Do you have any regrets at all... doctors are said to be married to their jobs?

Dr Lim: I have never had any regrets. When starting out in medicine, the first few years are very demanding indeed, taking up most of your time. A good doctor needs to undergo constant training in theory and clinical skills and be able to apply the skills and knowledge available.

Graduating from medical school is only the beginning of a challenging but necessary lifelong learning process. Once you become a senior and established doctor, you have better control of your time, allowing you to make time for family, friends as well as other pursuits in life.

HT: Why did you choose cardiology?

Dr Lim: I felt that cardiology not only allows the doctor to apply the theoretical knowledge to save patients but also allows the doctor to perform life saving operations.

The ability to make a significant difference in a patient’s life as well as the tremendous job satisfaction prompted me to specialise in cardiology.

HT: What makes this job worth the sacrifice of time and family?

Dr Lim: I once had an overseas patient whose parents and older siblings had all succumbed to heart attack in their 40s despite having consulted various specialists and being on treatment. The patient, who had reached his 40s, was concerned that his time would also be up soon.

He came to me hoping I would be able to help him avoid the same fate as his other loved ones. This involved quite a bit of “detective” work and piecing various puzzle pieces together. After careful evaluation of his condition and conducting the appropriate scans, I found that his heart arteries were abnormal and tended to form clots easily.

An occurrence of heart attack in this condition cannot be prevented by aspirin which is routinely given by doctors to prevent heart attacks. The patient was started on appropriate treatment to dissolve the clots and his condition continued to improve.

The ability to pick up an unusual cause of predisposition to heart attack and prevent sudden death in the patient brought me great satisfaction which is certainly worth all the sacrifices made.

HT: What is the future of cardiology going to be like?

Dr Lim: The future of cardiology lies in prevention. It is the most cost effective way to prevent heart disease. If public health education can be more effectively brought to the HDB heartlands, where many senior citizens don’t understand English and may not grasp many of the concepts, I believe that this increased awareness would be highly beneficial for combating heart diseases locally.

My vision for the future of medicine is prevention. It is my desire to contribute towards building a world where an individual is able to monitor his own condition and keep a virtual repository of his health status that can be accessed by physicians of his choice.

In this world that I envision, an individual should ideally be able to record his own health data via physiological sensors on mobile monitoring devices which are interlinked through a global network.



Visiting cardiologist with Singapore Medical Specialists Centre, Dr Michael Lim has yet another passion close to his heart. Prasana Chandran chats with the avid collector and painter of watercolours about his professional and personal life.



42
HT
09

DON'T WAIT FOR PAIN!

The combination of Chiropractic and Ergonomics are a winning formula for improving workplace productivity and improving your job performance, says Dr David Lim.

Some 70% of working adults in Singapore suffer some form of back, shoulder and neck pain. If left unchecked, such staff ills could cost businesses more as productivity falls and absenteeism and healthcare costs rise.*

In today's high-tech world, many of us have jobs that involve sitting at desks and staring into computer screens all day. Did you know that this type of activity increases your risk of muscle and bone disorders (known as musculoskeletal disorders), including low back pain, neck pain and carpal tunnel syndrome?

Read on to learn how chiropractic care can prevent those job-related injuries and increase your performance at work.

Chiropractors - The Posture Specialists

Chiropractic is a healthcare system that releases a serious stress from your body - the subluxation. A subluxation is

an often painless, misalignment in your spine that can place pressure on your delicate nerves and can affect your overall health and vitality.

A common cause of subluxation unbeknownst to many is poor office ergonomics. Most modern environments present a number of hazards and ergonomics has become a concern to both employers and employees alike.

Chiropractors know that when your body is injured or forced to maintain a high-risk posture, it affects your ability to function at work and can undermine your desire to excel at your career. A healthy spine and an ergonomic friendly workplace is said to increase productivity and efficiency and reduce fatigue, exertion and disorders that result from awkward posture. The following are a few wellness strategies that can dramatically boost your productivity.

Take a Tea Break!

Chiropractors are enthusiastic proponents of on-the-job stretch breaks. Stretching elongates and relaxes tight muscles. In addition, stretching counteracts the destructive effects of a sedentary work posture.

Taking “tea breaks” also provides your eyes - and your mind - with needed rest, averting visual strain and reducing emotional stress. What stretches and exercises are right for you? Your chiropractor can customize specific ones to best suit your unique needs.

Sitting Pretty

Your chiropractor can also work with you to ensure that your workspace's layout isn't increasing your risk of injury. For example, your chair can make the difference between living pain-free or developing spinal subluxations that provoke chronic backache or tension in your neck and shoulders. Here's what to look for:

- Choose an adjustable chair with adequate back support.
- Position your chair so that your thighs are angled horizontally and your feet rest flat on the floor.
- Lower your chair so that your knees are angled at 90 degrees - if your feet still dangle at your chair's lowest setting, use a footrest.

Key to Success

Poor keyboard ergonomics can lead to chronic and debilitating conditions, such as carpal tunnel syndrome. Reduce your risk of injury by following these guidelines:

- Release the tension in your shoulders and allow your arms to relax comfortably. If your chair is positioned at the correct height, this posture will occur naturally.
- Allow your forearms to hover horizontally over the rim of your desk - not at an upward angle.
- Use a wrist pad for rest periods between keying - not for support while typing.
- Keep your touch on the keys light and type with a gentle guide - avoid “punching” on the keys.

Get Out of the Mouse Trap

Mouse moves can aggravate shoulder and neck conditions because they lead to repetitive movements. Rather than using a conventional mouse, consider switching to a “roll ball,” which eliminates forearm movement. In addition, never place the mouse on a level higher or lower than

that of the keyboard. Instead, align the mouse as close as possible to the keyboard.

Don't Wait for Pain - Be Proactive With Chiropractic

As prevention specialists, chiropractors are experts in injury-reducing techniques, such as office ergonomics. However, because the human body was not designed for sedentary work, even the most ergonomic environment can boost your risk of injury. And, even slight “not so serious” discomforts can lower your energy, decrease your productivity and leave you creating unnecessary stresses at work. Chiropractic care, along with proper ergonomics will help keep your spine in proper alignment to counteract the destructive effects of the modern workplace.

Many of the problems caused by improper ergonomics that lead to subluxations can be corrected if caught early enough. Unless corrected, subluxations in your body can cause or contribute to many health conditions and prevent or interfere with the normal healing process. So, don't wait until your work posture causes long-term problems. Be proactive. Whether you are a banker, secretary, IT specialist, student or *anyone with a body* who sits in front of a computer for many hours in the day, get a check up by a corrective-based chiropractor to see how chiropractic can help improve your overall health!

*(Source: Enterprise Today, Jan/Feb 2006)

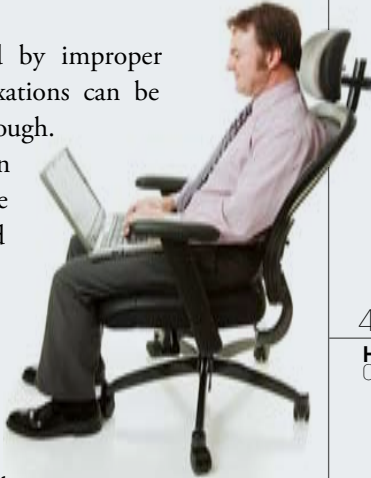


Dr David Lim is a graduate of a five-year double-degree course from Palmer College of Chiropractic (Iowa, USA) where he was awarded his Doctor of Chiropractic degree with honours.

He has been in practice for nine years, working in successful offices in the United States, Malaysia and Singapore.

Currently, Dr Lim practices at the Wellness for Life Chiropractic office located in Bishan. Wellness for Life Chiropractic has recently opened a second branch at Harbour Front Tower 1.

For more information, please call: (65) 6253 3353 or visit www.wellnessforlife.com.sg



Cassiopea Yap says that hypnosis is an effective method to unearth matters suppressed deep in our psyche. *Healthy Times* finds out that it is a good method to cure smoking.

Whether we realize it or not we have all been in a hypnotic state some time or the other. Basically, all hypnosis is self-hypnosis since it is impossible to hypnotize a person without his willing co-operation. Daydreaming and absentmindedness are some expressions of a hypnotic state, when you are ‘lost to the world’ and you drift into a zone of your own.

Hypnosis is a state of mind that is neither fully awake nor fully asleep. It is a trance-like state during which the patient is in an enhanced state of awareness. During a hypnotic trance the conscious mind is suppressed and the subconscious mind is revealed.

Hypnosis is a state induced by the doctor or therapist by way of suggestion. The therapist suggests ideas, concepts, and actions to the patient whilst under hypnosis.

These ideas become real to the patient and through them the therapist can extract information of which the patient is unaware. Since this information resides in the subconscious mind, the person does not encounter it consciously. Thus, hypnosis is an effective method to unearth matters lying suppressed in the subconscious mind, which are the root cause of many psychological problems.

Hypnosis is used to treat problems related to the mind. However, it can have a positive effect on the body as well. Hypnotherapy can be used to overcome phobias, negative thoughts or suppressed emotions. Physiologically, hypnosis leads to slower breathing, lower pulse rate, and slower metabolism. It can also reduce the sensation and awareness of pain and other unpleasant symptoms, such as nausea.

Hypnosis works by altering our state of consciousness. The left side of the brain, which controls the conscious mind, is put to sleep during hypnosis.

Consequently, the right side of the brain that is non-analytical and subconscious becomes more alert. Hypnosis works because the subconscious mind is more instinctive than the conscious mind. And unless this aspect, the patient’s behavior and physical state cannot be altered.

Clinical hypnosis is an effective process to bypass the conscious mind and communicate with the subconscious mind. It is the best cure for breaking a habit like smoking, plus, it helps in pain control, weight control, relaxation, study habits, sports performance, anesthesia, and trauma resolution.

Hypnotherapy has helped people remove negative blocks that have been holding them back from achieving their goals. It is a method of de-conditioning or de-programming the mind.

Listed below are the three problems I am most often asked about as a professionally- trained Clinical Therapist.

An outline of the relevant therapy for each situation is shown here. Most sessions last approximately 60 minutes although I do not work to the clock. If a little more time is needed, then a little more time is given to each patient.

Quit Smoking Therapy

This therapy is, quite simply, the best available. The success rate is far higher than you might imagine. In fact, some surveys have shown it to be definitely one of the most effective methods used to get someone to quit smoking.

No drugs are used and there are no unpleasant side effects. Most people experience no withdrawal symptoms, and little or no craving. So if you’re determined to kick the habit, it really can help. A single 90-minute session is all that is needed to do the trick.

Anxiety and Stress

Hypnosis is of enormous help in reducing stress and anxiety levels, though there are two distinctly different methods of treatment. Whether you need help for a ‘one-off’ situation like a driving test, for example, or a more persistent and possibly deeper-rooted problem, hypnosis can help you.

The best method for any individual can really only be determined through consultation, many people finding that two or three sessions, spread over a month or so, are sufficient.

Fears and Phobias

When you have a fear or phobia that you really cannot get a grip on however hard you try, no amount of well-intentioned ‘help’ from friends or family is likely to solve the problem. In fact, it can even make things worse.

Although it may seem impossible to you now, hypnotherapy can help to remove the problem so that you could simply forget it ever existed in the first place. Using the right sort of therapy means that you won’t replace one fear with another, either.

It is often believed that the only way to overcome deep-rooted fears is to ‘face up’ to the feared experience. You may rest assured that this is simply not the case with hypnotherapy and you will therefore not be subjected to any type of exposure therapy.



Cassiopea Yap

Founder of Infinity Point, Cassiopea Yap is a dedicated therapist who has been trained in United Kingdom, United States, Australia and Singapore since 2003. Cassiopea believes that while conventional medicines often treated the symptom, complementary alternative medicine gets to the root of the underlying emotions or issues.

Cassiopea has had the privilege to train many people, including those in the medical profession, in the art of complementary alternative healing like Quantum Touch, Hypnotherapy, Reiki, Crystal Healing and Space Cleansing.

Infinity Point was established in 2006 in Singapore and it has built itself a strong presence as a reputable provider of complementary alternative healing methods.

For more information on Certified Clinical Expertise, please contact Infinity Point Pte Ltd at 96735037 or 68444696 in association with London College Clinical Hypnosis.

JRNaturalcare presents Eco-healthcare Products for Reproductive, Ovary, and Beauty Application Series II.

Beauty blooms from within the physiological self and it is not merely an external manifestation. The internal functioning of the whole body system must find its balance of perfect synchrony and harmony. Only then will true beauty to find its way to the surface and burst forth in the form of an elegant woman whose life is rejuvenated as if she had immersed herself into the mystical fountain of youth.

Today, the veritable institution of wellness and health JRNaturalcare may have already have found this ‘fountain of youth’ by fusing state-of-the-art technology and the ancient art Chinese Medical Healing.

JRNaturalcare’s original invention employs the best health care methodologies with time-tested traditional techniques to give birth to truly what is the world’s premier hybrid of 21st century

technological advancements and 4000 years of eastern treasures in the health and wellness sciences.

JRNaturalcare employs a highly sort-after innovation, patented in the United States, the Ann Wang Eco-Life Preservation Therapy technology, for the treatment of disease that many others may have given up on. The Ann Wang Eco-Life Preservation Therapy for women is acknowledged in America for its revolutionary methodology in therapy as well in beauty treatment.

JRNaturalcare is the first institution to use leading-edge technology and innovation in extracting and delivering the benefits of traditional Chinese Medical healing. These scientific methods are being used successfully to bring a newfound vitality to the of life women and men in Singapore today.

Women around the world are known to suffer in silence to many health problems related to their reproductive health and sexual life. Maintaining a healthy

reproductive system is important for both men and women. JRNaturalcare is able to provide the key to unlocking the passages that will lead both men and women to healthy and satisfying sexual life and enhanced physical wellbeing.

A healthy body that thrives on intimacy and fulfilling companionship helps to create a sharper mind that is far better able to cope with the stresses of daily life.

JRNaturalcare takes a philosophical approach to its treatment regime and infuses this mantra to help you eliminate those vexing gynecological problems and reduced desire and sexual satisfaction in both men and women through its Ann Wang Eco-Life Preservation Therapy for women.

If you are looking to alleviate those years of menopausal discomfort and regulating the menstrual cycle, fret not as the solution to the problems is at hand. If you are looking simply improve issue such as complexion trouble, water retention, weight gain, insomnia, lethargy, mood swings – there is an answer to all your troubles at JRNaturalcare.



JRNaturalcare offers wholistic well-being treatment for you where the focus is both on the body and mind. With these in place, the crucial process of overall healing in your body can also take place at an accelerated pace.

The treatment at JRNaturalcare is a three-pronged approach. A herbal serum is infused into the skin through a traditional massage after which the meridian points are stimulated to improve the circulatory system via the application of technology. A second layer of infusion is then employed in the form of a herbal pad placed near the perineum for absorption purposes.

A testament to efficacy, of the wholistic well-being treatment here at this centre, must surely be the refined countenance and youthful exuberance of

JRNaturalCare Managing Director Ann Wang, a firm believer that beauty begins from within.

She espouses that maintaining optimal gynecological well-being is the key to ‘eternal youth’.

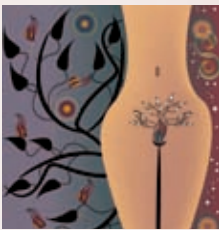
Having suffered the consequences of menopause herself, which adversely affected her actively lifestyle, Ms Wang was determined to avoid going under the knife. She was confident that the ancient art of Chinese medicine would have the answer and remedies she was looking for.

Her search proved fruitful when she discovered a product that harnessed the benefits of the rare and treasured herb called the Snow Lotus Flower. A pad, called the Naturalpad Snow Lotus, had been created to help the body absorp the benefits. The ideal spot for absorbing the benefits was identified as a chakra point located below the vagina.

Ms Wang has never looked backed on her life since her life discovery.

Benefits of Naturalpad Snow Lotus

This is a product created for gynaecological detoxification as it is able to resist bacteria and prevent odours. Worn as a pad, this product can help regulate the feminine secretions and, in the long run, improve facial complexion and delay the onset of premature aging.



Naturalpad snow lotus is a product that uses an ecological approach to remedying women’s problem. It encourages the absorption of beneficial herbs into the body.

In the short-term, the usage if the pad helps women achieve external beauty and youthful looks. And in the long-term it restores and strengthens the natural defences of women in preventing gynecological problems.



JRNaturalcare Pte Ltd

Email : jrnaturalcare@yahoo.com.sg

www.jrnaturalcare.com.sg

Hotline : 6222 7817/6283 6558



ANN WANG

MANAGING DIRECTOR OF JRNATURALCARE

For years, Ann has been engaged in providing treatment and therapy using a combination of Traditional Chinese Medicine healing and modern health care skills and techniques as well as research and development of new products to improve the health, beauty and youthfulness for ladies. Ann holds an MBA.

REVOLUTIONARY THERAPY to HEALING



A Recent Indulgence

by falling back on his extensive experience in fusion cuisine.

This chef extraordinaire capably marries flavours, colours, and ingredients that are the perfect match. His preparations are not only good to look but simply heavenly on the palate.

Passionately pursuing his love for fusing European cuisine with an Asian twist makes every mouthful a truly delightful experience. This is not surprising for a bronze medalist of the National Skill Competition 2002.



Kelvin, and with his team of equally young and aspiring kitchen and service crew, have already caught the eye of many in the industry. The Indulge won the Singapore Top 100 Signature Dishes award 2006, the Excellent Food award 2007 presented by EAT ME, and has been recommended by a slew of local publications and magazines.

It is the young chef's mission to inspire and train young chef to aspire the greater heights in their chosen career. Kelvin encourages his protégés to experiment with taste and texture fearlessly. He encourages them to be bold under his guiding hands. He encourages his team to create unique blends of blends by using their imagination guided by conventions so that they may not stray too far, too soon.

His award-winning signature dishes include Herb-infused Chicken Laced Balsamico Reduction and Chrysanthemum-shaped Dory with Thai sauce which is a dish shaped somewhat like a golden pagoda.

The meals at The Indulge are, interestingly, divided into Appetisers, Main Course, Fried Rice, *Prata*, Pasta, Side Dish, and Dessert. He serves five kinds of fried rice on the menu and, the unconventional Grilled Chicken *Prata* Flip, and Vietnamese-style Healthy Roll. Even his pastas are no ordinary pastas as he has them stir-fried or wok fried. He has on his menu Stir-fried Linguini and Wok-braised Fusilli.

Kelvin's Crispy Prawn Tossed Garlic Mayo and Sunflower Seed is served in a cocktail glass and it is essentially deep fried prawn with home-made wasabi sauce – a true delight on the taste buds. And more interestingly, perhaps, would be Indulge's very own creation – Avocado Lemon Mousse.

Kelvin says that his 'fusionism' isn't merely a matter of bringing eastern and western ingredients together into one dish, but it is more of utilizing or fusing differing cooking methodologies as well. Therein, for Kelvin, lies true innovation.

The Indulge also caters to special events besides being open daily for Monday to Sunday. The chefs are more than willing to work on customized menus for your special gatherings be it corporate functions, ROM, birthdays, and anniversaries.

They also do take-away meal boxes for a minimum order of 40 pax.



The Indulge is located at the basement of The Cathay,

2 Handy Road.

For more enquires/reservations, please contact Kelvin Chua @ 6732 3952, email to kelvin_chua@theindulge.com.sg or visit www.theindulge.com.sg



EAT NO MILK & CHEESE

Eminent nutritionist Professor Colin Campbell reveals that it is nutrition and not purely genetics that caused diseases. Genes account for only 2-3% of cancer risk. Sarah Yeo has the story.

Research findings indicate that a startling 80% to 90% of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented, at least until very old age, simply by adopting a plant-based diet.

When we compare people on diets that are virtually nil in animal protein with those for whom animal protein is upwards of 20% to 30% of the total protein intake, the cholesterol levels go shoots up (from around 90mg per 100ml to about 170mg per 100 ml). Such an increase in cholesterol is associated with the emergence of the cancers and heart disease that increasingly plague the world’s developed nations.

This was the key message that was shared by Prof Colin Campbell, the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University in Ithaca, New York. Prof Campbell was here in Singapore, as guest of honour at the World Nutrition, Health and Disease Conference held last August.

The conference was on “Understanding the Causes of Modern Diseases and Health” and it brought together scientific and medical communities from around the

world to discuss pressing issues relating to nutrition, health and diseases. Participants at this event had the privileged to hear from the world’s top minds on the subject discussed.

Animal protein

Animal protein has many undesirable health effects. Whether it is the immune system, various enzyme systems, and the uptake of carcinogens into the cells, or hormonal activities, animal protein generally only causes mischief.

Prof Campbell says that if you are switching from beef to skinless chicken breast and other animal-based food simply to reduce your intake of fat, it is his opinion that this may be a start, but it is not a solution.

Even lean cuts of meat still contain around 20-40% of total calories as fat, or sometimes even more. You may get your fat intake down a bit, but your protein intake is not going to change

Startling Study

Professor Campbell, author of ‘*The China Study. Startling Implications for Diet, Weight Loss and Long Term Health*’, had also conducted research in experimental animal and human studies. He also actively participated in the development of national and international nutrition policy.

Prof Campbell shared the implications of scientific advancements on health and diseases. He mentioned in a study that it was nutrition, and not genetics, that was a cause of disease, with the principle that although biological events start with genes, progression is controlled by non-genetic, exogenous factors such as nutrition.

Genes account for 2-3% of cancer risk. Prof Campbell’s research study had shown the link between dietary protein and cancer with rats exposed to aflatoxin (type of toxin found in flour products). An increase in protein led to an increase in cancer risk and it was found that when the amount of protein exceeds the amount needed for growth, cancer cells developed when exposed to aflatoxin.

Dietary protein proved to be so powerful in its effect that we could turn on and turn off cancer growth simply by changing the level consumed. This information is contradictory to what most people think. They think that more protein is better for health. In early days, when Singapore was still a developing country, meat was considered to be a luxury.

In today’s world, meat is easily accessible, and with the constant myth that eating more meat would help us grow bigger and stronger, there is a higher consumption. Though it might not be entirely wrong, Prof Campbell’s research proved that protein may not be as ‘friendly’ as we have known. He stressed on the importance of a plant-based diet as optimum diet, with minimal fat, salt, sugar, processed food and animal food.



THE EXPERTS SPEAK

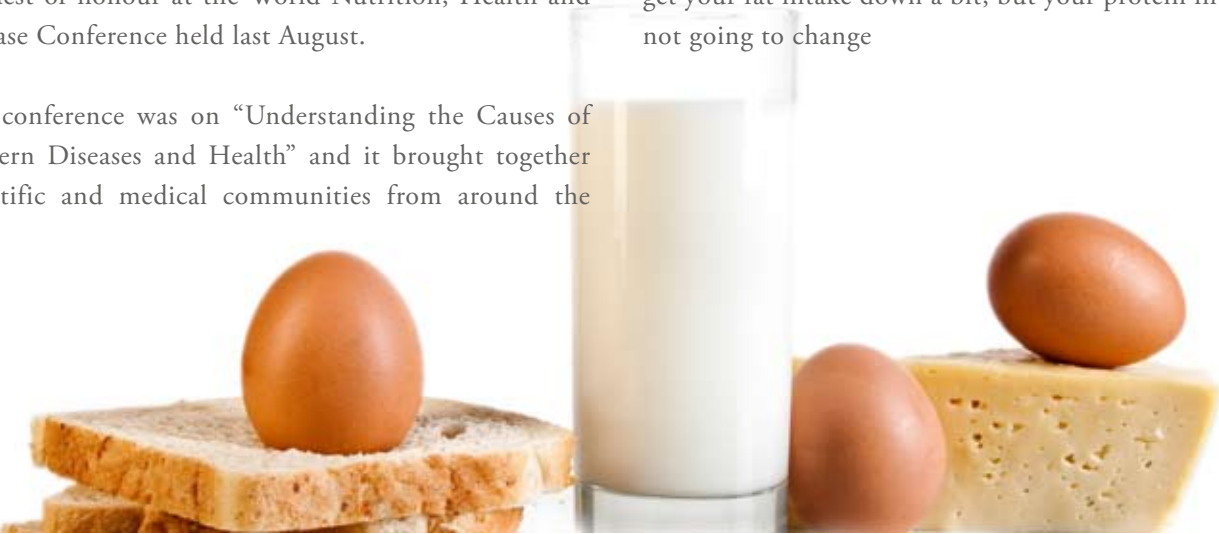
The nutritional experts who spoke at the conference included Professor Jeya Henry, Professor of Human Nutrition of Oxford Brookes University.

Prof Jeya spoke about the problems relating to nutrition and disease in industrialized countries. With increasing industrialization, he says that there is a change in dietary pattern among people. People consume more food with a high glycemic index (GI).

High GI food leads to a higher blood sugar response and vice versa. An example of a high GI food is white bread while an example of a low GI food is lentils. Consumption of a high GI diet would lead to the formation of more adipose tissue and lower lean body mass.

He also interestingly remarked that “the kitchen cabinet will replace medicine cupboard as a source of improved health and wellbeing”.

Speakers at the conference among others included Dr VP Nair, Consultant Cardiologist, Nair Cardiac Medical Centre, Mount Elizabeth Hospital; Dr Leong Lai Peng from NUS; Dr Koh Woon Puay from NUS; and Dr Patrick Tan from the Cancer Science Institute of Singapore.



The MAGIC of CORDYCEPS

Cordyceps has been known for its medicinal properties for 1,500 years. Today, it is available as a nutritional food for the whole family to enjoy, both during special occasions or as a regular tonic. Anna Daran has the story.

It was to fulfil his dreams and to seek out his fortune that first brought Mr Chui Kwong Yuen to the shores of Singapore. Armed with extensive knowledge of Traditional Chinese Medicine, Mr Chui set up his first two medicine shops in thriving Singapore in early 1930s.

These shops brewed medicinal herbal tea known for their efficacy in curing ailments, such as heatiness, loss of appetite, flu and fever. They specialised in medicines for the tropical climate, and prepared individual remedies for patrons, sold under the well-known Chun Chun brand providing affordable traditional medical care to thousands of migrant labourers in the city.

Mr Chui Ho Lum, son of Mr Chui Kwong Yuen, is the chairman of the 75-year-old business today, joined the business in 1964 and opened a factory in 1968 to mass produce herbal tea in tea bags, so that their customers could boil their herbal tea mixes in five minutes rather than one-and-a-half hours, which was the norm otherwise.

Thanks to a resurgence of interest in eastern medicine, there has been renewed demand for TCM. Mr Chui recognises that modern attitudes and lifestyles demand a new approach to selling traditional cures. “Times have changed,” said Mr Chui, “we need to embark on some changes ourselves and we need to diversify.”

To meet this new demand by a new generation of users, the family business recently joined hands with Wen Ken Group (an established TCM and pharmaceutical group with 72 years of history) to expand Zhen Zhen, which was renamed from Chun Chun brand. Zhen Zhen is also diversifying its offerings with its latest offering of cultivated cordyceps or *Cordyceps Militaris*.

What are cordyceps:

Cordyceps is known in the West as a medicinal mushroom. Its use has a long history in both Traditional Chinese and Traditional Tibetan medicine. In China, they are treasured for their ability to prevent asthma and bronchitis; control diabetes and cardiovascular diseases; and lowering cholesterol.

The mushroom is also known for its use in the treatment of infertility, and sexual dysfunction. It is highly sought after as a remedy to balance the yin and yang of the body.

There are over 680 varieties of cordyceps mushrooms documented thus far. The fungus is known to grow in the Tibetan plateau, between 4,200m and 6,400m above sea level, as well as in Bhutan, Nepal, and China. The scarcity of this mushroom makes it a priceless find. In fact, wild cordyceps are worth more than their weight in gold.

As the demand for the mushroom grew, efforts were made to cultivate the plant. On the origin of *Cordyceps Militaris*, Mr Chui tells the story of a researcher from a military unit in China who found a way to grow the cordyceps in different climatic conditions. He went to Guangdong to build a greenhouse to grow the cordyceps. The mushroom was harvested and analysed, and was found to have properties that were just as good as wild cordyceps. *Cordyceps Militaris* is thus the cultivated variety of the natural herb.

Winter worm, summer grass:

In ancient times this mushroom was described as a strange organism that was both animal and plants at different times of its growth progression. The Chinese called it “winter worm, summer grass”.

The parasitic organism germinates in the larvae of moths. It mummifies the host insect, feeds on it and eventually kills it and sprouts from its body. The mushroom grows above ground, leaving the remains of the bug in the ground. This mushroom has yet another name, “caterpillar fungus”, referring to its origin inside a bug.

Cultivated cordyceps, however, do not grow on bugs and insects. They are grown under controlled conditions. The mycelium, the part that feeds and reproduces, of the fungus is grown in a jar or bag which is filled with grain such as rice or wheat and even organic purple

corn. The cordyceps stroma are then harvested after a period of growth.

When tested, these cordyceps stroma are found to contain cordycepin (a derivative of adenosine), the main functional component in cordyceps. It was reported to have a wide range of functions, such as enhancing body’s immune function, anti-aging, anti-fatigue, anti-bacteria, anti-virus.

Benefits of cordyceps:

The cultivated cordyceps marketed by Zhen Zhen is a nutritional product for the consumption of the whole family. Explains Mr Chui, “It is mild enough to be consumed for general health, and at the same time it has sufficient nutrients to give what you need if you are sick.”

Consumption of cordyceps as a soup ingredient is known to combat fatigue, aid recovery, and alleviate kidney problems. Mr Chui advises that 10g of cordyceps is sufficient to serve four to five people. The cordyceps should be put in the boiling soup for about 10 minutes before serving.

With its collaboration and partnership with the Wen Ken Group, consumers may rest assured that all Zhen Zhen products undergo stringent quality control. “The raw cultivated cordyceps are sourced from Guangdong, while the quality control of the product is determined here in Singapore,” says Wen Ken Group Director, Cheong Wing Kiat.

“We ensure that the product is free from heavy metals; moisture levels are within acceptable range; and that the microbial quantity is within limits. Quality control is done by an accredited laboratory.”

The cultivated cordyceps, under the Zhen Zhen label, will soon be launched as nutritional food and it will be available in gift packs.





Cordyceps Braised Duck

Ingredients:
1 Duck – 2kg
Zhen Zhen Cordyceps Militaris – 1 packet (rinse briefly)
Garlic – 500gm
Cinnamon -20gm
Chinese Angelica Root – 10gm
Star Aniseeds – 6 pcs

Seasoning:
Light Soy Sauce – 10 tbsp
Oyster Sauce – 2 tbsp
Dark Soy Sauce – 2 tbsp
Sugar – 2/3 tbsp

Method:

- Bring four litres of water to boil, add in duck, other ingredients and seasoning Braise duck under low heat for 1.5 hours and cut into pieces.
- Ladle out one bowl of braised gravy, put in Zhen Zhen Cordyceps and boil for 10mins
- Simmer over low heat with corn solution. Once thickened, pour on top of duck, and serve



Cordyceps Steamed Fish

Ingredients:
Zhen Zhen Cordyceps Militaris – 1 packet (rinse briefly)
1 grouper, white pompret, or sea bass – 700gm
Ginger – 20gm (julienned)
1 Tomato
Spring Onion – 10gm

Seasoning:
Light Soy Sauce – 1 tbsp
Shao Xing Wine – 1 tbsp (optional)

Method:

- Cut a few lines on fish, rub with ginger and pour soy sauce on it
- Steam fish together with Zhen Zhen Cordyceps and tomato for 12 minutes
- Add in Shao Xing wine (optional)
- Garnish with spring onion and serve

Cooking with CORDYCEPS



Cordyceps Chicken Soup

Ingredients:
Zhen Zhen Cordyceps Militaris – 1 packet (rinse briefly)
Chicken pieces – 500gm
Sha Shen – 20gm
Chuan Bei – 12gm
Apricot Seeds – 12gm

Method:

- Put chicken and other ingredients in a pot with about 2 litres of water and bring to boil
- Simmer on medium heat for 45 mins, put in Zhen Zhen Cordyceps to boil for another 10 mins
- Add salt or seasoning (light soy sauce, pepper) and serve



Cordyceps Claypot Beancurd

Ingredients:
Zhen Zhen Cordyceps Militaris – 1 packet (rinse briefly)
Beancurd – 300gm
Ginger – 5 slices
Carrots – 50gm (sliced)
Mushrooms – 5 pieces
Baby Corns – 6 pieces

Seasoning:
Corn Flour – 1.5 tbsp
Light Soy Sauce – 1 tbsp
Vegetarian Oyster Sauce – 1 tbsp
Salt – to taste
White Pepper – to taste
All the above seasonings are to be mixed with 100ml of water

Method:

- Deep fry beancurd in hot oil until golden brown
- Heat up 1 tbsp oil in claypot, stir fry ginger till fragrant
- Put in carrots, mushrooms, baby corns and stir
- Add in Zhen Zhen Cordyceps, seasoning and beancurd. Simmer for 10 mins and serve.



Turn the heat off.

The hot and humid climate. Your hot and heaty diet.
Our cooling solution.
Enhanced with natural cooling minerals,
Cool Rhino douses the flames from within.

Wen Ken Marketing (S) Pte Ltd
2 Alexandra Road #02-08
Delta House, Singapore 159915
Tel : 62755677 Fax : 62752282

www.coolrhino.com





Dr Ivan Puah offers a possible solution to women who want to get rid of that unsightly cellulite, based on the principles of Chinese Medicine.

Ask any women which part of their body they are least happy with and the chances are, they will tell you they hate their wobbly thighs and butt. It is especially so when they have successfully managed to drop the excess weight but is still unable to get rid of the dimply, cottage cheese like appearance on their thighs known as CELLULITE!

Almost 98% of women are affected by this “condition” and even Hollywood celebrities and stick-thin models are not spared. Cellulite affects most women regardless of age, size and genetics.

But what exactly is cellulite? What are the factors that result in the formation of cellulite? Is there any effective remedy to treat this condition?

What exactly is cellulite?

Cellulite is a cosmetic condition which affects primarily women. It involves a disordered array of connective tissue in the dermis (skin) and underlying tissues. Normally the fat that lies directly under the skin (subcutaneous fat)-provides a smooth contour to the body, however under the influence of hormonal effects and genetic predisposition, the overlying skin becomes weaker.

Fibers surrounding the subcutaneous fat form tighter bundles that bulge, fluid builds up between fat cells and anchoring strands pulls down with greater tension, causing the “dimpling” effect.

It commonly appears around the hips, buttocks, and thighs. Occasionally women also find this kind of puckered skin on their arms and stomach. Some would notice it gets worse when they gain weight, others might find it more noticeable if they lose a lot of weight in a short period of time. Cellulite might also increase after childbirth or even when one reaches menopause.

What causes cellulite?

Most experts believe that cellulite is caused by a combination of factors like general lifestyle such as smoking, too much intake of caffeine and alcohol, sun tanning, stress, diet, lack of exercises, hormonal changes, aging and obesity.

Cellulite Acupuncture

“Cellulite acupuncture treatment is gaining its popularity as an alternative medical solution to treat cellulite as it is an effective, a non-surgical and non-invasive treatment,” says Dr Ivan Puah, medical doctor and certified practicing acupuncturist at Amaris B. Face & Body Shaping Clinic.

This specially tailored acupuncture treatment carefully designed to treat cellulite is only available at Amaris B. Face & Body Shaping Clinic and it is based on the principles of Chinese Medicine, which involves the insertion of very thin, sterile, disposable needles into acupuncture points located on and around the troubled area.

“Acupuncture for cellulite targets deficiencies in the lymphatic drainage and microvascular circulation. The treatment protocol for cellulite acupuncture is completely different from any other form of acupuncture as it specifically treats cellulite build-up and it helps to nourish connective tissues from within by treating its source,” explains Dr Puah.

“A typical course of treatment consists of two to three month period. Ideally for optimal results, consecutive sessions within a week are recommended. Each session lasts approximately 45minutes. There is no downtime so patients can resume their daily activities as per normal,” says Dr Puah.

Results are typically visible after five to six weeks, but results can vary depending on the patient’s cooperation to follow the tailored treatment protocol:

- Promotes elimination of fat
- Prevents further accumulation of fat deposits
- Increase circulation to improve texture and muscle tone
- Detoxify tissues and activates fluid circulation
- Smoothes, firms and tightens the skin

“Cellulite acupuncture is an effective medical solution to fight against cellulite, it will help to reduce and improve the appearance of cellulite but it is also important to know that, the results would be better if one can exercise a conscientious effort to keep maintain a healthy lifestyle, well-balanced diet and to work out and exercise regularly,” says Dr Puah.

Dr Ivan Puah, graduated with medical degree from National University of Singapore and subsequently obtained a Diploma in Family Practice Dermatology.



With an avid interest in aesthetic medicine, fat reduction and body sculpting, he started his own practice at Amaris B. Face & Body Shaping Clinic, which offers a comprehensive range of treatment from Botox, fillers, eye-rings and eyebags treatment, anti-aging solutions to body sculpting such as liposculpture, liposuction, breast enhancement with fillers and adiposed derived regenerative cells.

He subsequently attained his Diploma in Acupuncture and is a certified acupuncturist with TCM Board, Singapore. Armed with the knowledge of the best of eastern and western medicine, he hopes that he can pioneer a new wave of alternative treatment that is non-invasive and at a more affordable cost to benefit more people.

For more information, please visit www.amaris-b.com

Eager to seek new adventure as a family, the Becks chose to take up scuba diving. After their knowledge-development lessons and practise sessions in the swimming pool in Singapore, they headed off to Pulau Perhentian, off the coast of Terengganu, for their maiden dive.

Flying in the Blue Forest

Astronomers scour the galaxy, peering out into the distance for new planets and possible life out there, while billions are spent to find the means to travels to the stars. But, here on Earth, we have yet to discover our very own planet, as much of it is ocean. There are valleys deeper than the Grand Canyon and mountains higher than the Everest, and they are all underwater. The oceans' depths may just as well be 'outer space' given its sheer vastness and mystery.

A distinct difference between the ocean and outer space may be that while the universe has thus far proven to be devoid of life, besides on planet Earth, the ocean is teeming with every kind of living creature imaginable... and unimaginable.

In fact, sci-fi movies are mostly inspired by weird and wonderful sea-creatures. So while we wait for Sir Richard Branson to launch space-tourism en masse, perhaps we should explore our own planet first.

This is exactly what the Becks family decided they were going to do – learn to scuba dive. As soon as their younger son turned 12, the family of four comprising Stefan and Kirsten and their two sons Keno and Tiago, enrolled for diving lessons with Blue Forest Echo Pte Ltd. Instead of the usual one-week course, they worked with the instructor, Chong Pheng, to conduct the course over two months, to suit Stefan's work and the kids' school schedule. After much anticipation, the family was on their way with Pheng on their way to Pulau Perhentian in the northeast of Peninsula Malaysia for their open water training and certification.

It was the beginning of their family adventure! Bitten by the scuba diving bug, the family wasted no time and was soon off to another dive trip to Padang in Sumatra!

Maiden Open Water Dives in Pulau Perhentian

The family chose a relaxing 5D4N trip to complete their Open Water training and also do some leisure dives in Pulau Perhentian. After getting acquainted with diving in the sea, just off the shore of Bubbles Dive Resort as part of the training, the family got to do their first boat dive. Heading out in a speed boat, they arrived at the dive site after 20 minutes and in their full gear rolled-off the boat into the sea. On the instructor's signal, they descended slowly into the blue waters breathing from the air in their tanks.

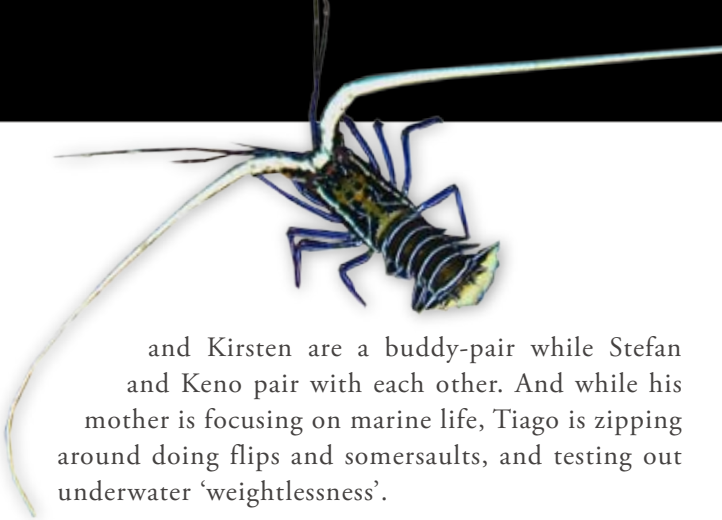


“There is total switch-off from the world, once you are in the water,” says Kirsten, her blue eyes lighting up in wonderment and excitement at the memories of her first dive. “It is an out of this world experience as your eyes absorbs, and the brain deciphers, the new images and colours”. Everything is new. It feels like the brain is remembering the times it was in the womb – where it was warm and watery, with soft light penetrating though the skin of the mother's belly. The effect of sunlight is the same underwater, Kirsten says.

“It has to be the single most uplifting feeling for anyone except, perhaps, those who have been in space,” explains Stefan. And once you have come to terms with this new environment, there is just plenty to see and do within the time it takes for the oxygen to run low, meaning it is time to resurface.

“Usually this takes about 30 to 45 minutes,” explains Keno who is 14-years-old. “More experienced divers can stay under longer as they breathe more efficiently, he says knowingly.

Scuba diving is normally done in buddy pairs. Tiago



and Kirsten are a buddy-pair while Stefan and Keno pair with each other. And while his mother is focusing on marine life, Tiago is zipping around doing flips and somersaults, and testing out underwater 'weightlessness'.

“Younger divers may prefer looking out for the big stuff such as stingrays and sharks but I simply love looking for the exotic little creatures, corals and slugs (called nudibranch) and their vibrant colours,” says budding underwater photographer, Kirsten. To help her spot those little critters and nudibranchs, is Tiago, who would excitedly tap on his air tank to let his mum know that he spotted something interesting. Tapping on the tank is one of the ways to let your 'buddy' know that there something interesting coming your way underwater.

The marine world is such a diverse landscape that is constantly changing so no two dives are the same. “You may be diving in the same place, but ask any group of divers, and they all would have seen different things and have had different experience,” says Stefan.

Diving in Padang, Sumatra

Less than a month after their certification, the Becks again packed and went diving again – this time to Padang in Sumatra. This place is known for its famous surf site Mentawai, but diving here is pretty cool, too.

Here, they are exposed to even more exciting diving experiences. To name a few, they experienced deep diving that goes below 18m; drift diving which is like flying through the water being carried along by a mild current; and they even got to dive two old Dutch steamship wrecks that are relics from the past. With more experience and proper instructions, they are ready for their next level of certification which is the Advanced Open Water diver Certification soon!





Keno exploring the old Dutch wreck in Padang



Keno and Tiago buddying up underwater



Nudibranch – Photo Taken by



Pool Training



Maiden dive trip to Pulau Perhentian

What’s Next?

The Beck family is eager to go on their next underwater expedition. The great thing about scuba diving is that it involves the whole family, says Stefan. “And, really, this is something that we can do as a family for a long to come, and in any part of the world. Even when the boys are grown-up, and living in different parts of the world, we can meet up for a dive,” says Kirsten.

For their future dive-trips planned right up to June next year, they are looking forward to going to some exotic locations such as Komodo National Park (a World Heritage Site in Indonesia) and Layang Layang (an atoll out in the South China Sea in Malaysia). Both the boys are eager to see the gentle giants like the manta rays and experience the excitement of encountering hammerhead sharks.

For the present, scuba diving has given the Becks precious experiences and memories as a family. It also gave the family the rare opportunity to learn something new together. And, for Stefan and Kirsten, diving has meant total immersion in another world and complete relaxation.

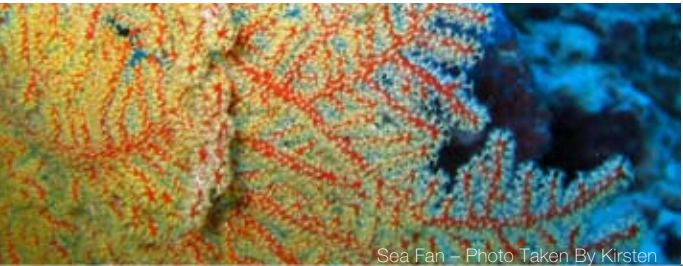
Dive instructor to the Becks, Chong Pheng (PADI Open Water Scuba Instructor #484998), has been to exotic locations in Malaysia, Thailand, Indonesia, Philippines and Japan, in his quest to witness the striking beauty and to unravel the mysterious of the open sea. He was bitten by the diving bug way back in 1987 while still in university.

“The experience underwater can only be described as surreal when you behold the sight of a six-metre manta ray and a whale shark gliding by,” he reminisces. These experiences, though, are not the exclusive domain of aquanauts or highly experience divers. Children as young as ten can be taught to scuba-dive.

You need to maintain a normal level of physical fitness and health and you need to remember that scuba diving is a sport and that some commitment is needed to do it right. And, as with any sport, there are risks involved. Chong Pheng advises potential diver to choose their instructors carefully and not just go for the cheapest deals.

“You need to find an instructor who can emphasize with the students when they first start, and patiently coach them to become confident divers,” he advises. If you do intend to take up diving, you must be able to swim, as being comfortable in the water will make learning to scuba-dive more enjoyable.

For more information, please visit www.blueforest.com.sg or email bfecho@blueforest.com.sg



Sea Fan – Photo Taken By Kirsten

Get the best from the trusted pharmacy in Indonesia

Century Healthcare, the largest pharmacy chan store in Indonesia, having more than 200 outlets located in major cities in Indonesia such as Jakarta, Bali, Surabaya, Medan, Palembang, Manado, and Makasar, is always committed to providing only the best products & services for your health needs. We provide free personal health consultation by our friendly & knowledgeable pharmacists. Please visit our pharmacy and get the best from your trusted healthcare partner.

Century
HEALTHCARE

The Pharmacy You Can Trust

WARM UNDERCOVER

Novelty condoms are coming out tops in performance tests with consumers as users rave about excellent sensitivity. Prasana Chandran investigates the prophylactic scene.

The world’s earliest condoms were made from linen and even animal intestine. Some say the first condom may have come from Rome, while other condoms were used elsewhere hundreds of years earlier. There is no reliable historical data that pinpoint the exact date, of the conception of the condom, so we dont really know. They make curious study, though.

The Condom perhaps went through an evolutionary process to get to the shape, colour, texture and even tastes that it comes in today. But as fancy, schmancy, as the condoms of today are, the prototypes of condoms from the early day were pretty remarkable in themselves. There is some historical evidence to suggest that prototypes of condoms were soaked in certain chemicals to create spermicidal effect. Talk about the taboos of birth-control...

Condoms today have come a long way. Check out the shelves of your local pharmacy. You’ll be spoilt for choice. In fact, we have come along quite far in publicly displaying condoms, too. Seen the billboards next to bus-stops and such? If you haven’t, keep a keener eye out next time. Watch out for the one with the banana wearing a condom, comparing thickness of one type of condom against another.

Today, purchasing a condom isn’t so much of a taboo that it used to be. Guys carry the prophylactic around in their wallet like a badge of honour, proudly showing it off to the girls – a gesture to show that he is responsible

guy. Yours truly even shops for it herself, while hubby pretends to buy mentos...

While in school, especially in all-girls school, we used to get a kick out of blowing condom balloons. The kick was derived from the thrill of the possibility of being caught by the prefects...Rebel!

Types of condom

As far as it goes for today’s types of condoms, the list is endless. Heard of the glow-in-dark condom? Yep, you need expose it o light first before using it or you’ll be in dark with no-glow and no-go.

Flavoured condoms are an all time favourite, as they come in a plethora of fruit flavours and ice-cream flavours, too. Chocolate, vanilla or mint, anyone? Haven’t found pistachio almond flavoured ones yet, though.

Then there are the studded condoms or ribbed ones which accord mutual pleasure to both men and women. There’s of course a variety of colours to choose from – green and red for Christmas, and blue, red and white for the 4th of July. I have been told that there are condoms made in the national colours of some 30 countries. Locally, though, I haven’t found any...the red and white ones you know.

And if you are feeling ravenous, edible condoms are on the menu. The novel prophylactics can simply be rolled on and eaten off.



The sheer variety of condoms these days seems endless as newer and zanier creations come up. The latest, manufacturers have come with warming condoms. This newest offering in the market uses a lubricant that will literally turn up the heat in the bedroom.

Yet a newer addition to the existing array is Durex’s Avanti Ultima condoms. This particular condom is said to be made with a revolutionary material. It was launched in conjunction with Durex’s 80th anniversary this year. The condom maker guarantees lovemaking sessions that would set the mood for what’s to come.

This contraceptive is made of polyisoprene, a non-latex synthetic material. It is said to be ideal for latex-allergic users who desire to have the added oomph in the bedroom.

Durex claims that it introduced the world’s first lubricated condoms in the early 1950s. Its continual research into how to enhance sex life has given birth to a revolutionary product. Consumers today are a discerning lot and they require prophylactics that not only function as contraceptive but double up as an amative as well.

Makers of the product guarantee increased pleasure and sensitivity as the material used to manufacture the Avanti Ultima condom is a strong yet gentle stretchy material that is less likely to rupture.

This condom is said to be ideal for those who would like to heighten their pleasure between the sheets and not feel as though they are wearing gloves when doing so. The non-latex material is said to be soft yet strong enough to keep unwanted pregnancies at bay and avoid the dreaded diseases.



SUFFERING IN SILENCE

Urologists say that there is still low awareness about prostate enlargement here in Singapore. Some men don’t know where their prostate is located. Prasana Chandran has the story.

Suffering from frequent urination in his 60s, Mat (not his real name) did not consider this a problem at all, just an inconvenience. During his trip to Mecca, however, he needed the restroom so frequently that he became concerned. Nevertheless he did not consult a doctor upon his return to Singapore.

A hernia problem which forced him to see a doctor, resulted in a precancerous stage prostate diagnosis. Urologist frequently see men like Mat who suffer the inconvenience of frequent night urination but do not see the doctor.

That’s why the Singapore Urological Association and the Singapore Cancer Society are calling on men 50 to 75 years of age to go for prostate health screening.

Studies have shown that it is normal progression for ageing men to suffer from enlarged prostate. At least 50% of men above 50 years of age will suffer from this condition. But by not seeking early diagnosis and treatment, they may run the risk of developing acute urinary retention to reach a stage where they may need prostate-related surgery.

Prostate cancer has also over the years leaped from fifth place to being the third most common cancer among Singaporean males. The incidence has been increasing steadily over the last 35 years. As men increase in age, their risk of developing prostate cancer increases. Men with a single first-degree relative (father, brother or son) with a history of prostate cancer are twice as likely to develop the disease. The risk is highest in men whose family members were diagnosed before age 65.

Dr Micheal Wong, President of the Singapore Urological Association, says that with Singapore’s population fast ageing, there will be more men requiring medical attention and treatment for enlarged prostate. However, he added that there was still low awareness about prostate enlargement. Some men don’t even know where their prostate is located, commented Dr Wong.

He says that scientific advances and new drugs have made it possible for men today to avoid surgery and to enjoy good quality of life in their golden years rather than suffer in silence. Prostate enlargement is a treatable

condition and the sooner and earlier one consults the doctor the better off one will be.

Dr Wong says many men are worried about losing their manhood and are therefore understandably resistant when advised to undergo surgery after being diagnosed with prostate cancer. Not knowing where their prostate is located, and wrongly believing it to be in their penis or testicle, they fear the surgery would result in a big cut to their manhood.

Dr Wong explains that trial results have shown that with medication, the risk prostate cancer can be reduced by 23% in men who are at high risk of developing this disease.

Men are highly encouraged to seek treatment for urinary symptoms from enlarged prostate rather than bear with it as there is a good chance that medication or surgery can relieve their symptoms.

Enlarged Prostate

Benign Prostatic Hyperplasia. BPH is the enlargement of the prostate. As the enlarged prostate puts pressure on the urethra, it becomes obstructed. As a result, the bladder is unable to empty itself completely and the patient experiences an inability to urinate.

BPH is the most common prostate problem among men above 50 years of age.

The three top concerns men had about prostate disease were the physical discomfort from not being able to urinate fully and properly; tiredness from frequent night urination; and its impact on family life.

According to the Prostate Awareness Month 2008 survey, 63% of men did not think that BPH was something to be worried about. Some 44% of men did not visit the doctor despite experiencing BPH symptoms.

Many symptoms of BPH arise from the obstruction of the urethra and the gradual loss of bladder functions. The four early warning signs of BPH include the need to wake up frequently at night; a frequent and urgent need to urinate; a weak urine stream; and the inability to empty one’s bladder completely.

When BPH is detected and treated in its earlier stages, there is lower risk of developing bladder and urinary complication. Left untreated, it can cause serious bladder problems such as urinary tract infections, bladder muscle weakness, stones and incontinence.

When BPH is suspected, the patient may be referred to a urologist.

PROSTATE CANCER

Prostate cancer is a malignant tumour of the prostate gland. When cancer develops in the prostate, it may spread through the lymphatic systems to other parts of the body such as the bones and lungs.

If the cancer is at its earlier stages, most men will not experience any symptoms. Some men may experience symptoms that may indicate the presence of prostate cancer.

Prostate cancer may be detected through routine rectal examination, blood tests, biopsy, transrectal ultrasonography and the Prostate Specific Antigen Blood Test screening is another method of testing for prostate cancer.

There are various treatment options available to men with prostate cancer including surgery; radiation therapy, hormone therapy and chemotherapy, any or all of which may be used at different times depending on the stage of disease and the need for treatment.



PULLED ELBOW IN CHILDREN

Orthopaedic Surgeon Dr Low Chee Kwang warns adults against lifting young children by one arm, as this may result in serious injury. His book *Know Your Bones & Joints* has a revealing article on this condition, says Prasana Chandran.

One of the most beneficial articles that I read, as a parent to a toddler, in Dr Low Chee Kwang's book titled *Know Your Bones & Joints* was the one in Chapter 6 – *Common Problems in Children*. I was always under the mistaken impression that it was okay to lift toddlers by the hands as this would build their arm strength.

I was shocked to discover that lifting young children by the arm would do serious damage to them. I spoke to other parents about this as well, and most of them were very surprised that the simple act of lifting a small child, by the hand, up a curb, could have serious consequences.

There were some enlightened parents though, among the older generation, who said they often chastised those who carelessly lifted a child by the arm. It was best to lift the child from under the arms, they said.

In his book, Dr Low says that he often sees a child who refuses to move one upper limb. The child's parents would anxiously say that his or her injured upper limb has been pulled too hard by the hand or wrist, and, as a result, the arms appear paralyzed. If this is the case, the child is suffering from pulled elbow or nursemaid's elbow.

Pulled elbow is a condition where there is a partial dislocation of the elbow joint and this is a common condition in young children under the age of five. It is often seen after a parent lifts a child by one arm, up a curb or a high step.

Before the child is five-years-old, reveals Dr Low, the ligament that surrounds the radial head of the elbows is shaped like cylinder. It becomes funnel-shaped after that. As the radial head is also cylindrical in shape, it can be partially dislocated when the forearm is pulled by the hand or wrist.

The child generally begins to cry immediately and refuses to use the arm, tending to hold it in position where it is slightly bent at the elbow, and with the forearm against his abdomen. He or she will be unable to move the elbow and rotate the forearm.

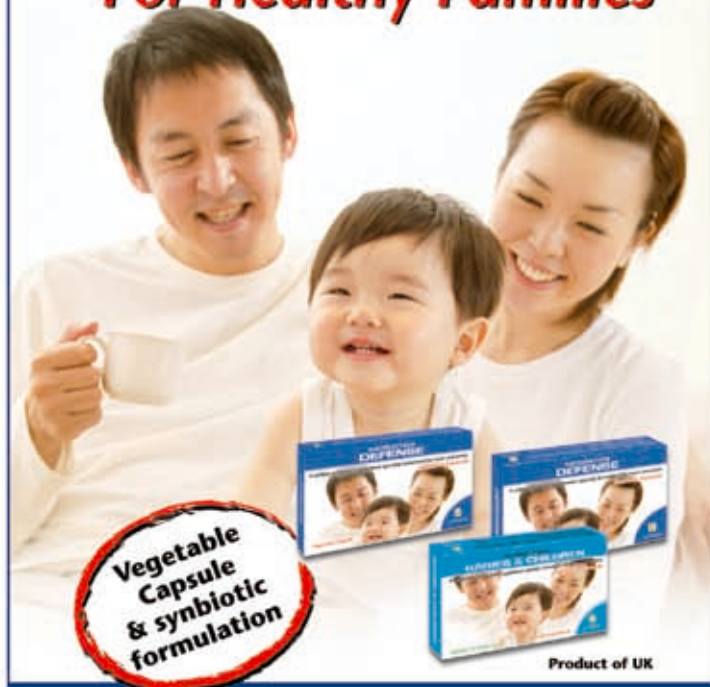
To prevent nursemaid's elbow, parents are strictly advised avoid lifting a child by one arm from the wrist or hand only. Always lift a child by placing your hand under his upper arm or at the armpit, or both arms, advises Dr Low in his book, echoing the sentiments of the older generation parents I spoke to myself.

If Dr Low's book has come too late into your hands, and if you or someone else has hurt your child, immobilize the injured limb by putting the arm in a sling and consult an orthopaedic surgeon immediately. It is important to get the bone back in place as soon as possible.

When treated early, no permanent disability results. But if the injury remains untreated, it may result in a permanent inability to fully move the elbow.

NEOBIOTICS

Synbiotic Synergy For Healthy Families



Probiotics + Prebiotics = Synbiotic
Good For Health
Great For Life

Our digestive system is inhabited by billions of both 'good' and 'bad' bacteria. The 'good' bacteria, known as probiotics, play an important role in maintaining a healthy digestive system. They help in the absorption of essential nutrients, processing of waste and most importantly, minimise the growth of 'bad' bacteria, which is responsible for nasty infections. NEOBIOTICS is a new generation SYNBIOTIC supplement which combines both prebiotics and probiotics to further enhance their beneficial effects. "Prebiotic" is a source of fuel for the probiotics. It helps the probiotics to multiply thus overcrowding the harmful effects of the "bad" bacteria.

NEOBIOTICS provides 5 strains of live probiotic bacteria to help maintain a well-balanced intestinal microflora thus keeping infections at bay while maintaining a healthy immune system. Your whole family can benefit from NEOBIOTICS:

- during travel and have doubts about the quality of water or food
- during and after antibiotic therapy
- on a daily basis to promote intestinal health

NEOBIOTICS is formulated for babies and children, teens, adults and elderly.

Available at



Mohd Mustafa, John Little, Hospital Pharmacies, Medical Halls and Drug Stores.

Marketed and Distributed by:

NEOGETIC INTERNATIONAL PTE LTD Tel: 6749 3168

WIN!



**60 Neobiotics Defence
(60 capsules) &
Neobiotics babies &
children (10sachets)
sets worth \$46 each!**

Five strains of live probiotic bacteria in Neobiotics, a probiotic supplement, ensures balance in the intestinal microflora. This helps fend off nasty infections.

Formulated for both the young and the old, the Neobiotics range offers benefits to the whole family.

Use it to maintain intestinal health, after a bout of bellyache, or, after consuming a course of antibiotics. Its benefits are manifold. Neobiotics is a must to maintain a healthy family.

For more information, please call
Neogetic International Pte Ltd at 6749 3168

Healthy Times Contest Neobiotics

Send in the entry form before 15 December 2009 to :
MIX MEDIA MARKETING PTE LTD
21A Chapel Close. Singapore 429576

Ms/Mrs/Mr : _____

NRIC : _____

Tel : _____

Mobile : _____

Email : _____

TERMS & CONDITIONS :

- This promotion is open to all Singapore Residents except employees of Mix Media Marketing Pte Ltd and the sponsor
- Prizes must be taken as provided and are not transferable or exchangeable for cash
- Winners will be notified by post/email
- The management reserves the right to replace items with those of a similar value
- Entry information may be used for future marketing or promotional purposes.

Shapely Contours

Losing weight after just a two-hour session has convinced Prasana Chandran of the efficacy of the treatment at Diana Slimming Specialist..

You won't have to run up slopes or staircases, pound on the treadmill, pop pills, or starve. But you will lose weight at the end of it. From a pudgy 47.4kg, I became a happy and impressed 46.9kg. My weight went down by 500g in just two hours.

How could this have happened in such a short time? I wouldn't have believed it even if I saw it in a sworn affidavit. But I believe it now...since I have seen the weight-loss in myself. There is a logical enough explanation, though. Diana Slimming Specialist tailors each of its treatment to suit your individual body needs. The treatment utilizes state-of-art technology to help the body flush out toxins and remove waste material at optimum levels.

The treatment is beneficial in these ways:

- It enhances body metabolism
- It enhances circulation
- It fine-tunes the body system; and
- It is a non-invasive method to weight loss

So, there is no need to be surprised that the weight-loss session gives you instant results, says Diana Foo, Manager, Diana Slimming Specialist.

A weekly two-hour session, for 4 to 12 weeks, is sufficient to sculpt your body into the svelte and shapely contours that you desire.

Diana Slimming Specialist specialises in treating a range of bodyweight issues. Whether you suffer from obesity-related issues; post-natal weight gain; weight-gain due to diabetes and hypertension medication; or purely for aesthetics, there is a solution your problem, says Ms Foo.

The treatment is akin to a trip to the spa where the session begins with an aroma steam bath which helps gently

coaxes the pores to open up. A lavender oil and sea-salt body rub follows suits. Besides being a soothing and well-deserved massage, the oil and the salt-rub smoothens the skin and helps tense muscles relax.

For the next 30mins, you'll, literally, go under covers. You are placed under a thermal blanket, which will help break down stubborn fat cells efficiently. At the end of the 30mins, your body would be covered in perspiration which is evidence of the fat breakdown. A soothing shower follows to freshen up.

The final part of the treatment involves the application of fat-burning ampoules, and a further 30mins on a massager.

You will see the results almost instantly. I went home that day with a 'visibly' flatter abdomen.



Taste Asia Pacific @ Singapore

亚太国际食品展

20-24 November
11am - 10pm
Singapore Expo Hall 5



Mouth-watering temptations for all food lovers
Good business prospects for entrepreneurs

tel: 65 6221 2438 website: www.asiapacificfoodexpo.org.sg

商机处处
财源滚滚
美食款款
信心满满



Diana Slimming Specialist
14 Scotts Road #02-08/13
Tel : 6737 2345
www.dianaslim.com

Organiser



Singapore Food Manufacturers' Association
新加坡食品厂商联合会

Managed by



Food Corporation (S) Pte Ltd

Official Privilege Card
Flash your PAssion Card to enjoy discounts or privileges at the Singapore Food Expo.
在新加坡食品展出示PAssion Card, 可享有折扣或优惠。



www.passioncard.com.sg

LIVING with LUNG DISEASE

Prasana Chandran interviews eminent respiratory and lung expert Professor Paul Jones, of St. George's Hospital, London University, on Chronic Obstructive Pulmonary Disease.

Chronic Obstructive Pulmonary Disease (COPD) is a respiratory illness characterized by chronic airflow limitation, shortness of breath, cough, wheezing and increased mucus or phlegm production. These symptoms, in particular breathlessness, significantly restrict a patient's ability to perform normal daily activities.

There is an estimated 64,000 cases of moderate to severe COPD in Singapore. The disease results in about 2,000 hospitalizations a year and it is the seventh leading cause of death in the country.

Eminent respiratory and lung expert, Professor Paul Jones, Dean of Clinical Research at St. George's Hospital, London University, was in Singapore recently to speak to doctors on new data on the treatment of COPD.



Professor Jones is an esteemed member of the Global Initiative for Chronic Obstructive Lung Disease (GOLD). This committee works with health care professionals worldwide to raise awareness of COPD and to improve treatment. GOLD was launched in 1997 in collaboration with the National Heart, Lung, and Blood Institute, National Institutes of Health in the US and the World Health Organization. GOLD's program and guidelines for COPD care are shaped by committees made up of experts from around the world.

HT: Are people suffering from COPD suffering in silence?

Prof Jones: COPD presently ranks number four as the single most common cause of death in the world, affecting an estimated 64,000 Singaporeans. Despite these worrying statistics, an alarming number of people are unfamiliar with the disease, its causes and the methods available to assist sufferers. Awareness needs to be increased that there are treatments available to help alleviate the patient's suffering.

HT: How will the new data lead to changes to the treatment of this disease?

Prof Jones: The new data we have discovered has already resulted in the European Union extending its Seretide®'s indication to patients with moderate COPD. This is because patients with moderate COPD suffer potentially life-threatening complications and experience negative quality of life.

Test results show it is now possible to bring relief to patients at an earlier stage of the disease with Seretide®. Early treatment with Seretide® should be explored in Singapore so patients with moderate COPD have an opportunity to live better, which is why I feel that the new data discovered could result in changes to the international recommendations for the treatment of COPD.

HT: COPD is primarily found in adults and mainly in smokers. How do you prevent the disease?

Prof Jones: The incidence of COPD is likely to rise in Singapore because of our ageing population and more young people picking up smoking.

COPD is a progressive disease with inflammation at its core and evidence has shown that inflammation is present even in the early stages of COPD. There is a need to greater educate the new generation of the dangers surrounding smoking, and how this will impact them in later life.

HT: Are antibiotics, corticosteroids and oxygen the staple in treating this disease?

Prof Jones: The recent results of a three-year landmark trial have shown that Seretide® has positive benefits to patients with moderate COPD.

This is primarily because it reduces the rate requiring antibiotics, systemic steroids, and hospitalisation by 31%. It also improves lung disease progression significantly and reduces the risk of death by 33%.

These results are significant because they demonstrate that more can be done for patients at the moderate stage of the disease, who until now, have been limited by current treatment guidelines.

HT: How did you come to be involved with GOLD?

Prof Jones: I became involved with GOLD as it works with health care professionals and public health officials to raise awareness of COPD and to improve prevention and treatment of this lung disease for patients around the world.

This is a topic I am extremely passionate about, so becoming involved with such a prestigious organization seemed like the ideal way to further my work in this field.

HT: In your years with Gold, what would you say has been the organization's biggest 'coup'?

Prof Jones: From my experience with GOLD I would highlight the World COPD Day, the most recent of which took place in November of last year, as the organizations biggest 'coup'.

It was such an achievement to have COPD addressed around the world, from the Netherlands, the UK, America, India, Singapore and beyond. It really raised the awareness for such a widespread disease and brought it's severity to the public's attention.

HT: Do you have a personal interest in COPD, or is it a purely professional endeavor?

Prof Jones: My involvement with COPD is purely a professional endeavor. In the past, people thought of COPD as a hopeless disease for which there were no effective treatment. That has all changed for we now have effective drugs that, although they do not cure, they do make big differences.

I feel quite passionately that as many patients as possible are treated effectively in a way that will improve their quality of life and reduce the impact of the disease on their lives - so that they can retake control of their lives, rather than let their COPD control them.

In fact, that is how I came to be involved in COPD studies, because I was interested in measuring just how much the disease affected patients - rather than measure things from the doctor's perspective.

Korean Ginseng

Korean ginseng (Insam) has been cultivated for over 1000 years. Its superior quality is derived from optimal geographical conditions in which it is grown and cultivated. Known as a miraculous medicine, Insam is used as a nutritious tonic or anti-aging remedy and can be applied to almost every part of the human body. Ginsenoside is the main medicinal property in Ginseng. It contains anti-inflammatory and detoxification substances and can help to suppress the proliferation of cancerous cells or act as a protective function for brain cells.



Korean Red Ginseng (Hong-sam) is stemed and dried fresh ginseng that is preserved over a long period containing less than 14% moisture. It can be kept for an extended period by processing it into hard form. Korean White Ginseng (Baek-sam) is a four to six year old fresh ginseng, which is dried fresh via natural solar heat or hot wind. It is light yellowish white in colour and can be processed in its original form. Korean Fresh Ginseng (Soo-sam) is un-dried ginseng, which is picked directly from the field. Consisting of 70% - 75% moisture, Soo-sam is the raw material of all ginseng products and is harvested over a period of four to six years.

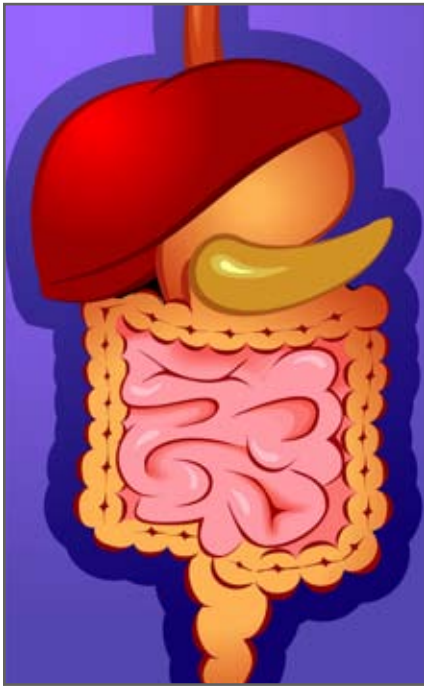
Colon Cancer

Johns Hopkins scientists say they have figured out how bacteria that cause diarrhea may also be the culprit in some colon cancers. The investigators say that strains of the common Bacteroides fragilis (ETBF) dupe immune system cells into permitting runaway colon tissue inflammation, a precursor for malignant growth.

“This could be the H. pylori of colon cancer,” says Johns Hopkins infectious disease specialist, Cynthia Sears, M.D., referring to the bacteria long known to cause stomach ulcers and suspected of causing the majority of stomach cancers. Her studies suggest that ETBF uses tissue inflammation to cause colon cancer in a similar way that H. pylori causes stomach tumors.

A so-called enterotoxigenic bacterium, the germ is widely known to cause diarrhea in children and adults in the developing and developed world, and a previous study in Turkey has linked it to colon cancer.

The bacteria, which colonize in the gut, cause no symptoms in some individuals, but others develop diarrhea and colon inflammation, which has been linked to cancer growth. Unlike the case with H. pylori, it is unknown whether standard antibiotics can eradicate the microbe, experts say.



End Menorrhagia

A new 10-year study has shown that women suffering from heavy menstrual bleeding can save up to 37% in work productivity loss and healthcare costs when treated with the Mirena levonorgestrel intrauterine system (LNG-IUS), compared to hysterectomy.

Mirena is the recommended first-line treatment for menorrhagia in United Kingdom and Finland. It works by delivering the hormone levonorgestrel directly to the uterine cavity, which prevents the growth of the uterine lining, which reduces the amount of menstrual blood loss.

This spells good news for the estimated 1 in 10 to 1 in 20 Singapore women who suffer from heavy menstrual bleeding.

CONGRATULATIONS!
to all our
WINNERS

CONTEST WINNERS!
JUL/SEP 09 (ISSUE 39)

The Grand Akhyati Villas & Spa

MOY CHEE MUN 2461D. CHEONG TSUI YING 9238H.

Energins Ginseng Essence or
American Ginseng Essence

- | | |
|--------------------------|------------------------|
| AW KIM CHIAM 5698Z | ONA BRENDA 9240C |
| CHEONG TSUI YING 9238H | PUORA YEO 9837E |
| CHUA MUI HUAY MARY 6942I | QUAH WEI LING 5275I |
| CATHERINE TAN 5332J | QUEK GEOK TIAM 5921C |
| CHEOH BONG LENG 0619D | SOH KIM KEE 3152I |
| CHANG SOOK LENG 8399F | SILVIA CHIA 1060C |
| HONG XINPING 9017G | TAY AI PENG 0268J |
| JANICE GOH 0474 Z | TONG WOEI HORNG 7136Z |
| JENNIFER ONG 2105J | TIONG PEE LIAN 2953D |
| KWON HYAK JUN 0916G | TAN SIEW TIN 5464C |
| LEJEUNE 9481 F | TAN SEOW HUANG 91116J |
| LOW KIM SIAH 6356D | TAN CHI LIANG 0634I |
| LIM GUAT NGA 2668C | VERONICA TAN 5132 B |
| LEE CHEE OI 5157A | WOONG TECK LEONG 8373A |
| LIM SIM BOH 3248C | WOON NUM HIN 1927H |
| LUM SIEW MEI 1099D | YE YIN FENG 4205G |
| LYE CHUNG YEW 0046Z | YAR LAY NAH 5788II |
| MARK LIM WENG KEE 7789D | YE LAN HONG 4747H |
| MAN NEO KENG BENG 1862A | YONG MILLAN 7039H |

Fade out Face Brightening Mask

- | | |
|-------------------------|-----------------------|
| ALICE ANG AH HEOK 6336F | LIM GAY SIM 4335I |
| ANG AI YONG 6777B | LIM SHUI LIAN 5174J |
| ANGELA HUANG 4507B | LIM BEE SIAN 5408J |
| ANG BEE LAN 9707B | LEE POH SIEN 7557H |
| ADELINE KOH 5711F | LOUISA TAN 9726Z |
| ANNE LEE 1277Z | MARY LIM 3307B |
| BRENDA ONG 9240C | MARGARET LIM 5682B |
| CHAN SHWU JEN 6370J | MELISSA HUANG 8940I |
| CHAN POW ENG 7781A | NG PEIH SAN 3414B |
| CHIA SEOW CHAN 2278B | NINGSIH WIDJAJA 8500A |
| CHAN PEI YUAN 5456Z | NORZIDAH 3799Z |
| CHUA SIEW YAN 5800H | ONG BEE KHIM 4747A |
| ESTHER LEE 4676H | ONG LING CHENG 6113C |
| FAE WONG FEI YUAN 7946I | QUAN WEI LING 5275I |
| FELICIA WONG 7140F | QUEK GEOK TIAM 5921C |
| HANNY WIDJAJA 7765I | SILVIA TEO 6846H |
| IRENE ANG 4877J | SHIRLY CHOW 3100A |
| JASMINE HUA 6344A | TIAN PEE LIAN 2953D |
| JESSIE CHUA 5799Z | TONG LIANG KIM 8781H |
| KOK WAI MUN JESSY 2616B | WINNIE LIM MEE 7428J |
| KOH LAY HWEE 9908B | WONG CHONG SENG 7029C |
| KOH SIEW HA 8702I | WOON WAI HENG 5980G |

WIN!

A 1-bedroom villa (for couples)
for 3 Day/2 Night stay worth
\$2000* each at the Grand
Akhyati Villas and Spa, Bali.
Two prizes to be given away.



Healthy Times Contest
The Grand Akhyati Villas & Spa

Send in the entry form before 15 December 2009 to :
MIX MEDIA MARKETING PTE LTD
21A Chapel Close. Singapore 429576

Ms/Mrs/Mr : _____

NRIC : _____

Tel : _____

Mobile : _____

Email : _____

TERMS & CONDITIONS :
• This promotion is open to all Singapore Residents except employees of Mix Media Marketing Pte Ltd and the sponsor
• Prizes must be taken as provided and are not transferable or exchangeable for cash • Winners will be notified by post/email • The management reserves the right to replace items with those of a similar value • Entry information may be used for future marketing or promotional purposes.

CANCERWARRIORS



He has a mighty load on his shoulders, and at such a tender age – his name is Alagan. *Healthy Times* delves into the lives of cancer sufferers and survivors and shares their story.

Despite looking like just about any boy his age, 11-year-old Alagan Jayagopi comes from a cancer-stricken family fraught with financial and emotional difficulties. Alagan was diagnosed with leukemia at the tender age of five. Although his condition is now stable, he requires life-long medical attention.

His diabetic and widowed mother works as a cleaner, bringing in a meager salary which barely covers the family’s daily expenses. In order to supplement the household income, Alagan’s 20-year-old sister works as a

food-packer on rotating shifts so that she can look after her brother and her 14-year-old sister during the day.

Life is extremely tough for the family, but there is some help out there. Since 2003, the Singapore Cancer Society (SCS) has been helping the family with financial assistance and providing milk supplements for Alagan under the Society’s welfare programme.

In other instances, cancer sufferers have turned the tables on the disease. They have courageously stepped out to support the SCS in its fight against cancer. A staunch supporter and fundraiser for the cancer cause is none other than Dr William Tan. Cancer survivors with stories of triumph also include Koh Chieng Mun, Tok Soon Meng and Aidil.

The Warriors and Their Stories

Dr William Tan

Dr William Tan was diagnosed with chronic lymphocytic leukaemia in April 2009 and is currently undergoing chemotherapy treatment. The side-effects of the treatment did not deter him from taking part in the Singtel & SCS 2009 Race Against Cancer held in August.

The SCS was deeply touched by Dr Tan’s ardent support towards the cause even in the midst of his difficult battle with cancer. He undertook to wheel for 1km. “The fight against cancer has to continue. I encourage everyone to support this race as our efforts could help raise the needed funds for the many cancer patients who require treatment but are unable to afford it due to high costs,” said Dr Tan.

It is the SCS’s hope that with his participation, cancer patients and survivors will be encouraged by his strength and fighting spirit. “I told myself, it’s perfectly okay to have cancer. I will be a stronger person, a better doctor, because I have crossed the bridge. When I help my patients, I can tell them I’ve been there before.”

Koh Chieng Mun

In Oct 2005, Koh Chieng Mun was stunned when she was diagnosed with breast cancer and kidney cancer at the same time. During a routine monthly self-examination in late 2005, Chieng Mun found a lump in her right breast. A mammogram confirmed that there was a 2.3cm tumour. She did a CT scan on all her organs, to check if the cancer had spread, and a tumour was found in her kidney.

“It was a giant shock! I didn’t have any blood in the urine or pain in the lower back. Nothing!” said Chieng Mun. Her oncologist told her that the breast cancer saved her life because the tumour in her kidney was a fast-growing but “silent one”. Chieng Mun’s brother, a gynaecologist who specializes in cervical cancer, advised her to get it out



Dr William Tan is determined to fight off leukaemia

immediately. She started on six weeks of daily radiation and chemotherapy after the operation.

“I discovered my cancer so quickly, because I had a good understanding of breast cancer from the publicity campaign that I did. I didn’t muck around, I went straight to the breast cancer specialist.”

Tok Soon Meng

The usual trip to the clinic to treat a bloated stomach and pain turned out to be something more sinister for taxi driver Tok Soon Meng, aged 46. The family’s sole breadwinner, with two young children to care for, found out that he had third-stage colon cancer after the GP packed him off to the hospital.

It was fortunate that only one lymph node out of the 14 was affected. After his surgery, he stopped work. His immediate concern was his treatment costs. He needed eight cycles of chemotherapy, and each cycle set him back by about \$3,000.

His treatment was subsidised by SCS under the Cancer Treatment Fund. After a 10-month break, Tok went back to work last December.

AIDIL

Aidil, aged 33 years, is father to five children. He was diagnosed with Chronic Myeloid Leukemia in 2005. It was during a trip to the polyclinic with his wife, for her pregnancy check-up, that they picked up abnormalities through a blood test.

The life-long condition weighed heavily on the family’s financial situation. His wife’s take-home pay was barely able to meet their monthly expenses. SCS helps them with financial aid.

TRILLION DOLLAR TOURISM

Global healthcare spending is expected to reach US\$10 trillion in 2020. Prasana Chandran learns that medical tourism hotspots will be those that offer the best healthcare and the best tourism infrastructure.

The medical tourism industry worldwide is growing at 15 to 20% annually, say market analysts. The Asian market alone will generate revenue of more than US\$4.4 billion (S\$6 billion) by 2012. Asia is right at the centre of the medical tourism phenomenon.

This came to light at the Healthcare Travel Exhibition & Congress health in Singapore last June.

Industry experts believe that rising healthcare standards and the growing demand for more affordable treatment will keep the Asian market for medical tourism buoyant.

Worldwide gross medical tourism revenue is projected to grow from US\$56 billion to reach US\$100 billion by 2012, with Asia as a major driver of this growth.

Due to the success stories of earlier waves of medical tourists, people now fully recognize the reliability and affordability of going overseas for medical procedures. For example, patients who choose to undergo treatments in Asia can pay just 10% of the cost for comparable treatment conducted in developed countries like the United States or United Kingdom.

Asia is well-placed to grow in medical tourism as healthcare standards and technology adoption continue to improve. Hospitals in Korea, Malaysia, Thailand, India

and Singapore have made it a point to implement state-of-the-art medical technologies to improve patient care.

What is medical tourism?

Medical tourism is when someone leaves his or her own country and goes elsewhere for medical care, clarified Ruben Toral, President, International Travel Association. And, there are three reasons as to why people leave their homes to seek medical care elsewhere — quality, price, and access.

Some people may feel that the quality of healthcare is not as good in their own country and, perhaps, some procedures are simply not available. Others may feel that they can get cheaper medical care in other countries but within the same standards.

There are also people who feel they cannot wait for treatment in their own country as the waiting list might be a long one. They also choose to travel elsewhere for treatment.

What are the challenges facing the medical tourism industry?

According to Mr Toral, a key challenge would be credibility. “How do you know if this is good hospital.” The answer to this, he says, is to have an accreditation system that would help consumers make the right choice. This would help consumer have access to quality standards of the hospitals that they might want to look at.

“Right now there is no standardization as there is lack of information. So everyone is saying that they are the best”.

Ruben reveals that the industry is looking to put a mechanism in place to create a global standard and have that information available to consumers.



Ruben Toral is the President of the International Travel Association.

Just as medicine is very a data-based discipline, the work to gather a list of hospitals that offers good standard across the board also has to be based on concrete data.

“The industry is looking into this right now and it may take about two to three years to get things going, says Mr Toral.

Who are the biggest consumers of medical tourism?

Arabs, as a group, are among the biggest consumers. They primarily go to Singapore, Thailand and Taiwan. They are almost a half a million of them a year.

This group spends the highest amounts, stay the longest, and return most frequently.

What is the future going to like?

We live in a world where viruses as well as stock markets do not respect borders, said Vishal Bali, CEO, Wockhardt Hospitals Group, India, who was a panel member at the Healthcare Globalisation Summit.

There is a need to empower individuals to decide for themselves their healthcare needs.

Global healthcare spending is expected to reach \$10 trillion in 2020.

THOUGHT LEADER IN HEALTHCARE TRAVEL

Ruben Toral, CEO of Mednet Asia is a recognized leader in medical tourism and healthcare globalization. He has over 15 years of experience in healthcare marketing where he has distinguished himself as a thought leader in the area of healthcare globalization.

He was the Conference Chair for the Healthcare Globalisation Summit. Mr Toral is also the external advisor to the Joint Commission International Task Force on Globalisation and board member to the International Medical Travel Association.

A THRIVING HEALTHCARE TRAVEL MARKET

Healthcare Travel Exhibition & Congress 2009 is Asia’s premier event focusing on two of the world’s largest industries which are healthcare and tourism. The congress brought together professionals, government officials and decision makers from the healthcare and travel industries, giving them the opportunity to network and share best practices, insights and knowledge to further develop Asia’s thriving healthcare travel market.

There was impressive line-up of industry leaders and luminaries from institutions like Singhealth, National Healthcare Group, Raffles Medical Group and Parkway Group Healthcare, the US’ Mayo Clinic, Apollo Hospitals Group from India, and Bumrungrad International in Thailand, who shared key topics specifically designed for the medical tourism industry. The exclusive congress segment ensured the unique position of Healthcare Travel Exhibition & congress as Asia’s leading medical tourism event.

SUBSCRIBE TO
HEALTHY TIMES MAGAZINE
NOW AND RECEIVE THESE
FANTASTIC GIFTS !



1 YEAR

SUBSCRIPTION GIFTS WORTH
MORE THAN **\$40.00**

**\$17 FOR 4 ISSUES QUARTERLY
MAGAZINE**

- \$15.00 Restaurant Voucher
- One can of Mackerel in tomato sauce
- One piece Jointace Scissor
- One tube of Lift Technic Slimming Shower Gel with anti-cellulite firming gel
- Rice bran oil (500ml) worth \$5.00
- 2 packs of Jointace chondroitin glucosamine
- Organic thai black rice (300g) worth \$4.50

2 YEAR

SUBSCRIPTION GIFTS WORTH
MORE THAN **\$85.00**

**\$34 FOR 8 ISSUES QUARTERLY
MAGAZINE**

- \$15.00 restaurant voucher
- \$25.00 restaurant voucher
- One can of Mackerel in tomato sauce
- One piece Jointace Scissor
- 1 set of Lift Technic Slimming Anti cellulite firming care + 1 tube of Lift Technic Slimming Shower Gel
- 2 packs of Jointace chondroitin glucosamine
- Rice bran oil (500ml) worth \$5.00
- Organic thai black rice (300g) worth \$4.50

* While stocks last. In the event of no availability, we will substitute with other products

SUBSCRIPTION FORM

Yes, I would like to subscribe to Healthy Times for :

- ☐ 1 year (4 issues) at \$17.00
☐ 2 year (8 issues) at \$34.00

DETAILS :

Ms/Mrs/Mr _____
NRIC _____ Occupation _____ Age _____
Address _____
Postal Code _____
Tel (HP) _____ (O) _____ (H) _____
Email _____

MODE OF PAYMENT :

Personal cheque no. : _____ for amount \$ _____
Make payable to Mix Media Marketing Pte Ltd. Subscriptions are non-refundable upon receipt.

• Mail your subscription form together with your cheque to Mix Media Marketing Pte Ltd. 21A Chapel Close. Singapore 429576. • All payment are to be made in Singapore currency • This offer is not valid with other promotions and discounts • Overseas subscriptions are not eligible for free gifts • Mix Media Marketing Pte Ltd reserves the right to substitute the free gifts for others of the same or greater value • Subscriptions received are not refundable • Fill in the form and email to subscriptions@e-healthytimes.com

Eurykuat Tongkat Ali Plus

Triple the power. With 4 herbs formulation.

Eurykuat Tongkat Ali PLUS is a unique blend of Tongkat Ali and a range of well-known herbs. Especially formulated to give you a boost to peak fitness and health.

Backed by 70 years of pharmacological experience, Good Manufacturing Practices and major research and development work, **Tongkat Ali PLUS** gives you triple the power on the market.

And at affordable price.

The formula for a **MAN**.



MAHP0500393

For product information, please call 6275 5677
Email: info@wenken.com.sg

Available at Guardian, Watson, Unity,
leading pharmacies and medical halls.

Another quality product by Wen Ken Group



1937

MARIGOLD[®]

For health. For life.

More nutrients in every drop



Get all the goodness from vitamins A to K and more with MARIGOLD HL Milk. With its special formula that's high in protein and calcium but low in fat and lactose, it's the healthier choice for you. What's more, it has a unique BonePlus formula with vitamins D and K to help calcium absorption and improve bone strength. Savour the benefits in every drop.

MARIGOLD HL Milk. The Perfect Balance of Highs and Lows.

