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WORLD
DIABETES DAY
AND
WORLD
MENTAL
HEALTH DAY
CAMPAIGN

'I WORK WITH HEART'

SHF'S FOCUS ON
WORKPLACE WELLNESS

DETECTING BREAST CANCER

DR GEORGETTE CHAN
SHOWS THE WAY

RADIOSURGERY FOR BRAIN TUMOURS

DR PREM PILLAY
DESCRIBES THE METHOD

SIF'S 'WATER FOR LIFE' STARTS IN CAMBODIA

IT'S ALL ABOUT 'EXERCISE PRESCRIPTION'

DR BENEDICT TAN
EXPLAINS



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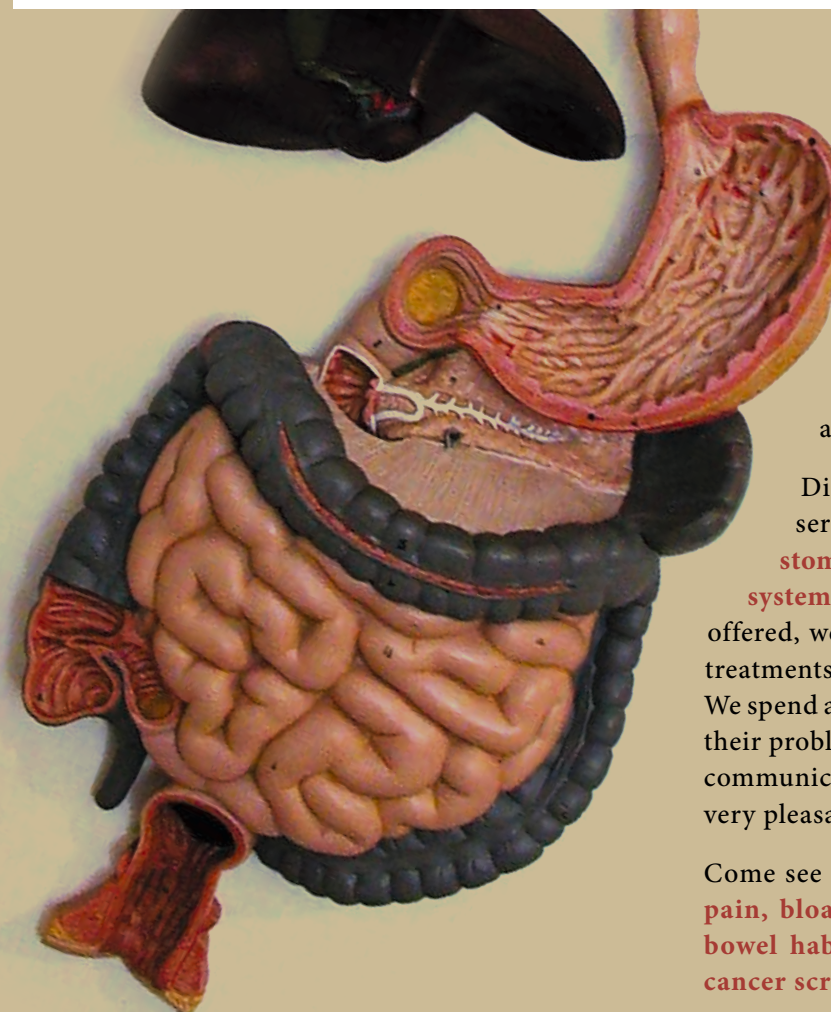
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Dr Benedict Tan

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Melvin Ling



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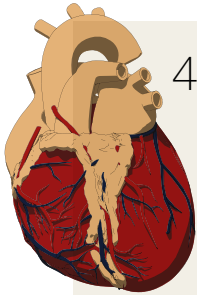
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From the Editor's Desk ...

As Singapore hosted the first ever Youth Olympic Games and that too very successfully, it is quite prudent that we have on our cover - Dr. Benedict Tan, an Asian Games gold medalist and the pioneer of sports medicine in the region. At the age of 43, he still runs 120 km every week and is in fittest of shape. While talking to him, we realized the importance of discipline for achieving success in life – something all of us know but keep forgetting every now and then.

For our campaigns in this issue, we selected diabetes and mental health. In this segment, Edwin Low, founder of Nutrimax Organic store, advises on how diabetes or so called “rich man’s disease” can be managed by simply controlling the eating habits. We hope our readers find the information useful.

Another interesting feature of this issue is the travelogue of my Cambodian trip to witness the launch of ‘Water for Life’ project by the Singapore International Foundation (SIF). The land of Angkor fascinates everyone who visits it and I am no exception. The sufferings of the Cambodian people transcend generations and the situation on ground is still precarious. What SIF has started is laudable and will certainly make a difference in the lives of some fellow human beings.

Meanwhile, along with write-ups from our panel of cancer specialist doctors on cancers of tongue, breast and gastrointestinal; we also have important news stories from the National Cancer Centre Singapore on advanced liver and colorectal cancer.

The starting of a pilot project for screening of older adults in Singapore based on clinical practice guidelines jointly developed by the Ministry of Health and Health Promotion Board, is also a welcome development.

Finally, we have Dr Tan Yong Seng, vice-chairman of Singapore Heart Foundation (SHF), explaining in detail the measures to be taken for saving lives during heart emergencies.

Hope you have as much fun reading the issue, as we had bringing it out to you!

Gaurav

CLARIFICATION

In the article titled - ‘Treatments for your dry eyes,’ in the last issue, it was mentioned that an eye lubricant without any preservative can safely be used up to four times a day. Subsequently, it has been brought to our notice that the authenticity of this information is not validated. We regret the error.

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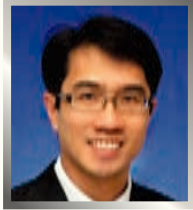
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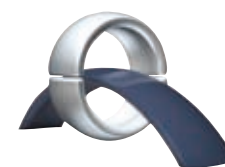
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it can be managed!

Diabetes

Diabetes is a long-term chronic illness characterised by a high sugar or glucose level in the blood. Someone with diabetes is either producing too little insulin or is unable to respond well to the insulin produced. If not managed well, diabetes can deteriorate steadily to cause devastating complications such as blindness, nerve damage, kidney failure, heart disease and limb amputation. According to the Diabetes Society of Singapore, one out of 11 people aged 18 to 69 are suffering from diabetes in Singapore. It is the fifth most common medical condition diagnosed and one of the six top killer diseases in the country. As part of our World Diabetes Day campaign, which falls on November 14, the *Healthy Times* presents some tips to its readers on dealing with this dreaded disease.

The theme for World Diabetes Day for the period 2009-2013 is ‘Diabetes Education and Prevention’ and the campaign slogan for 2010 is ‘Let’s take control of diabetes. Now.’ This campaign calls on all those responsible for diabetes care to understand

diabetes and take control. For patients, this is a message about empowerment through education, while for the general public, it is a call to understand the serious impact of diabetes and know how to avoid or delay diabetes and its complications.

Types

There are two main types of diabetes: type-1 or insulin-dependent and type-2 or non-insulin dependent. Patients with type-1 can’t control their blood sugar properly because their pancreas produces little or no insulin. The body’s immune system mistakenly destroys the insulin producing cells in the pancreas, resulting in need for insulin injections for controlling blood sugar. Meanwhile, type-2 patients – 80 percent of all diabetes patients belong to this category – can produce insulin, but their body does not use it effectively. It can be controlled by diet, exercise and medicines. And only if these fail, insulin injections may be used.

Some women also develop diabetes during pregnancy, called gestational diabetes, which usually disappears after the baby is born. A recurrence is possible during subsequent pregnancies.

Warning signs

The warning signs of diabetes include frequent urination, excessive thirst, increased hunger, weight loss, tiredness, lack of interest and concentration, vomiting and stomach pain (often mistaken as the flu), a tingling sensation or numbness in the hands or feet, blurred vision, frequent infections and slow-healing wounds. Notable, these symptoms can be mild or absent in people with type-2 diabetes.

Risk factors

The risk factors for type-2 diabetes include: obesity and overweight, lack of exercise, previously identified glucose intolerance, unhealthy diet, increased age, high blood pressure and high cholesterol, a family history of diabetes and a history of gestational diabetes in females. Some studies also suggest that ethnicity is also a risk factor as higher rates of diabetes have been reported in Asians, Hispanics, Indigenous peoples (USA, Canada, Australia) and African Americans.

Prevention

Maintaining an ideal body weight and an active lifestyle may prevent type-2 diabetes. Currently there is no way to prevent type-1 diabetes.

Treatment

There is no cure for diabetes so the treatment involves medicines, diet, and exercise to control blood sugar and prevent symptoms. The immediate goals are to treat diabetic ketoacidosis and high blood glucose levels. While the long-term treatment goals are to prolong life, reduce symptoms and prevent diabetes-related complications such as blindness, heart disease, kidney failure, and amputation of limbs.

What to eat/Meal planning

People with type-1 diabetes should eat at about the same times each day and try to be consistent with the types of food they choose. This helps to prevent blood sugar from becoming extremely high or low. People with type-2 diabetes should follow a well-balanced and low-fat diet. In general, intake of fatty foods, especially those high in saturated fat, such as hamburger, cheese, bacon, and butter, should be limited. Drinking alcohol should be minimal and that too only with a meal.

A delicate balance of carbohydrate intake, insulin, and physical activity is necessary for the best blood sugar levels. If the three factors are not in balance, the patients can have wide swings in blood sugar levels.

One of the most challenging aspects of managing diabetes is meal planning. Patients must consult a doctor or a dietician to design a meal plan that maintains near-normal blood sugar levels.

Self-checking the blood sugar levels at home is also important. There are a number of devices available, which use only a drop of blood. Self-monitoring indicates how well diet, medication, and exercise are working together to control the diabetes. It can help prevent future complications.



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- National Policies Governing Traditional Medicine in Vietnam



Mr David Hsu

President
Asian Association for Nutritional and Medical Products

- U. S. FDA Regulations on the Import of Traditional Medicine



Ms Penny Viner

Vice President
UK Health Food Manufacturers' Association

- The Regulation of Herbal Products in the European Union

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just see what you eat.

As part of this issue's diabetes campaign, Edwin Low, author of "Stop Your Health Being Stolen", presents an exhaustive list of do's and don'ts in terms of dietary habits for diabetes patients.

Diabetes is a lifestyle disease that can be prevented, and if you are unlucky to get it, entirely controllable. There are patients with type II diabetes, who with proper diet and exercise, are living healthily and happily beyond the age of 70s.

So needless to say, eating right is the key. Here are some recommendations:

Eat lots of whole grains. These are foods that are either unprocessed and unrefined or processed very lightly. Unpolished grains like brown rice, wheat and other grains, pulses and beans belong to this category. Since whole grains are complex carbohydrate foods, they contain a higher amount of nutrients and dietary

fibre. It's regular consumption help to "buffer" the transit time of sugars entering the blood stream, thus making the blood sugar levels stable and manageable.

Eat lot of fruits and wherever possible, eat it together with the skin. For example, in grapes, without the skin and seeds, most of the life-giving micronutrients are gone. The skin and seeds are full of goodness that is anti-oxidative in nature: vitamin E, flavonoids, linoleic acid and OPC (oligomeric proanthocyanidins). Case studies have shown that grapes seed extracts may be useful for high blood pressure and cholesterol. These two symptoms are very common for diabetic patients with potential to heighten the risk of kidney disease.

Eat foods high in chromium as it would improve the insulin's effect. Chromium-rich foods include whole-grains, oat bran, mushrooms, brewer's yeast and wheat germ. Also take food high in vitamin C, which being an antioxidant may inhibit the phenomenon of excessive glycosylation. Glycosylation is a binding process of glucose and other sugars onto proteins in the blood, nerve cells and lenses of the eyes, thus causing various long-term problems.

Eat at least five servings of lightly cooked vegetable of variety of colours every day. Make sure you include white, green, yellow, orange or red, black or dark colour. Eating such a rainbow is essential as each colours represents unique vitamins and nutrients.


Take flax oil and cold press grape seed oil. Nine out of ten diabetics have type II diabetes. In this group of patients, the cells have developed resistance to insulin and are unresponsive to insulin. As a result, the blood sugar levels could rise to dangerous levels. Studies show that having quality Omega 3 and Omega 6 fatty acids in the diet would lead a significant improvement in insulin sensitivity over a period of 3 months. Use the oils with your salad, noodle, pasta, rice and even yogurt. Caution: Omega 3 is very heat sensitive, therefore, cannot be used for cooking. Just pour some over the food before eating. Keep the unused oil in the fridge. Also avoid hydrogenated, partially hydrogenated and trans fats. These denatured and man-made fats do not deserve a place on your plate. They clog up your arteries and worsen practically every disease condition we know. So learn to read the label!

Stay clear of sugary products. As the taste buds of the people with type II diabetes are impaired, they are less likely to perceive the degree of sweetness. Therefore, please exercise greater caution when choosing foods.

Always chew your food to improve the breaking down of the food in the stomach and intestines. Not only that, by chewing your food to liquefy it in the mouth would slow down the speed of eating, this will prevent you from overeating. And overeating would cause the rapid rise of blood sugars.

Don't fill your stomach to the brim. Eat smaller portions and if you want to snack, avoid those energy-dense junk food. Also, detoxification with liquid diet and periodic fasting can be useful and beneficial for the body as it improves the insulin sensitivity of the cells. However, for diabetics, it has to be done under the proper supervision of an experienced health professional. Generally, juices with pulp are preferred over than pure fruit juice, because the former has more dietary fibre and complex carbohydrates by nature.

Exercise to earn your meal. Try to do some physical exercises daily to earn the meal. Brisk walking for 30 minutes, for example, would serve to improve circulation at all levels and make the cells more responsive to insulin. The ideal exercise regimen should be 30 minutes of exercise at a moderate density once in the morning and once in the evening before meal. Try to work your body out until you sweat, for perspiration is one of the important channels for detoxification.

Drink pure water. It is recommended that we drink about 2,000 ml of clean water every day. Water helps to prevent constipation and remove toxins in the body. In the case of diabetics, higher than normal levels of glucose is present in the blood. The glucose displaces water from the cells, leaving them thirsty. Drinking clean water constantly (one sip every few minutes throughout the waking period) will improve the viscosity of your blood making it less sticky, thus helping the circulation and metabolism. There are patients with diabetes as well as water retention conditions. By keeping the body hydrated properly with clean water, such patients can ease both problems. 



Edwin Low is the founder of Nutrimax Organic store, which was established in 2006 to showcase the ingredients required for a healthy living. In his health book titled "Stop Your Health Being Stolen", he details the shortfalls of modern diet and examine each of the 10 essential components of healthy body - 3 major sources of calorie, vitamins and minerals, oils and fats, enzymes, dietary fibre, probiotics, air and water. Edwin advocates periodical fasting and detoxification to support the body self renewal and healing process.

www.nutrimaxorganic.com

MENTAL HEALTH in Singapore

MENTAL HEALTH CAMPAIGN

Types

Mental illnesses have two major types – psychotic or major mental illnesses like schizophrenia, manic depressive psychosis and delusional disorder; and minor mental illnesses like anxiety, obsessive compulsive and eating disorders.

People with psychotic illness lose touch with reality, may develop delusions and experience hallucinations. They may see, hear, smell, taste and feel unreal things; and may feel depressed or elated without any reason. On the other hand, patients with minor psychotic illness suffer from exaggerated forms of normal behaviour and feelings; and may feel uncontrollable anxiety, tension, fear and depression.

Symptoms

Some of the symptoms of mental illness in adults include confused and unrealistic thinking, talking to oneself, emotions like laughs or cries without any good reason, talking rapidly and non-stop, jumping from one topic to another, prolonged sadness and irritability, excessive fears, worries and anxieties, social withdrawal, dramatic changes in eating or sleeping habits, strong feelings of anger, inability to cope with daily activities and recurring suicidal thoughts.

In adolescents and children too, the symptoms may be excessive complaints of physical ailments, excessive anxiety and worry, change in sleeping and eating habits, persistent disobedience and aggression, frequent outbursts of anger, defiance of authority, truancy, theft, and prolonged negative mood with thoughts of death.

Helping the patients

While, the treatment for mental illness usually involves a combination of medication such as anti-psychotics and anti-depressants, and counselling or psychotherapy; the most important starting point is that we should learn to look at mental illness like any other medical illnesses. The patient's family and peers must be supportive and empathetic, and should encourage the patient to seek medical help. Always remember that mental illness can be treated.

Mental health refers to a set of activities related directly or indirectly to the mental well-being component included in the WHO's definition of health i.e. the state of complete physical, mental and social well-being, and not merely the absence of disease. So, mental health is related to the promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders. Each year, WHO and the World Federation for Mental Health (WFMH) celebrates October 10 as the world mental health day to raise public awareness about mental health issues, promote open discussions of illnesses, and investments in prevention and treatment services. As part of this, we explore the overall mental health scenario in Singapore.

It's time to change the belief that all water systems are the same.



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Think positive, act positive

To tackle the menace of mental illness in Singapore, the Health Promotion Board (HPB), in lead-up to the world mental health day, has organised a series of three original art installations conveying the importance of positive thinking and positive actions between August and October. The first in the series, entitled, “Smile” was launched on August 6, at the outdoor fountain area at Vivocity. “Mental health is probably an understated aspect of health. It is quite normal to feel stressed when we face challenges. However, when we are optimistic, we will face these daily challenges with a positive frame of mind, be in greater control of our actions, and without feeling overwhelmed. We want to remind Singaporeans to practise positive thinking in their daily lives through these positive art series”, said Sng Yan Ling, deputy director of mental health education at HPB.

Mental health education programme

In addition, the HPB also runs a mental health education programme in Singapore aimed at raising awareness of the importance of mental well-being and early detection and treatment of mental illnesses, as well as highlighting the avenues of help. HPB informs that in Singapore the top mental illnesses are depression, anxiety disorders and schizophrenia. As these are treatable medical conditions, it is important to seek help early for these illnesses. The programme uses a comprehensive mix of strategies to promote positive mental health among Singaporeans. These include public education through media and face-to-face programmes, and destigmatisation of mental illnesses.

Dementia

HPB has also commissioned Singapore director Royston Tan to direct a short film on dementia as part of its campaign to raise awareness and destigmatise the condition in the country. A National Mental Health Survey for Elders in 2003 showed that there were 22,000 dementia patients in Singapore, which is about 5.2 per cent of those aged 60 and above.

In addition, HPB will be collaborating with the Alzheimer’s Disease Association Singapore and Changi General Hospital on a new programme called

MENTAL HEALTH
in Singapore

DemACT-HOME, which serves to empower eldercare workers and family caregivers in the community to engage persons with dementia at home with meaningful activities. The programme comprises of an assessment, training, supervision and a unique activity tool-kit to promote cognitive and psychosocial functioning and well-being. Contrary to common belief, dementia is not an inevitable part of the ageing process. Recognising the warning signs of dementia and knowing the preventive and protective factors can help reduce the risk or delay the onset of dementia.

Mental health services
and hotlines

There are various mental health services in Singapore. These include the Institute of Mental Health that provides outpatient services for psychological and psychiatric problems, and community resources like Counselling and Care Centre, Samaritans of Singapore and Singapore Association for Mental Health that provides counselling, public education and social rehabilitation. Samaritans of Singapore also runs a 24-hour hotline at 1800-221-4444 to deal with emergencies. HT

GRAND OPENING PROMOTION

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Treating a diseased pancreas is a tricky business. Located near the middle of the body and sandwiched between the stomach and spine, doing open surgery on pancreas is a challenge. At Changi General Hospital (CGH) in Singapore, a minimally invasive method of surgery has improved the results of pancreatic inflammation treatment, making it safer and almost scar-free.

SURGICAL SUCCESS over Pancreatitis

With dual roles as a digestive organ and an endocrinal one, the pancreas plays a quiet but important role in supporting digestion, growth and metabolism. A pancreas with disease becomes inflamed and it can cause severe abdominal pain and other life threatening complications. According to Dr. Ang Ting Leong, Consultant Gastroenterologist at CGH, pancreatitis can be caused by gallstone, alcohol abuse, tumours, high cholesterol and excessively high calcium levels.

“While most cases of acute pancreatitis are mild, 10 to 20 percent of the cases can develop into severe problems,” Dr. Ang said. Patients with severe pancreatitis may even go into multiple organ failure. In such cases, the risk of death can be 20 to 50

percent. This is because the inflammation causes cells in the pancreas to die, and leaked blood and fluid collects in the abdominal cavity.

“The accumulation of leaked blood and fluid leads to local problems around the pancreas, such as pseudocysts (a walled off collection of fluid), abscess formation (a collection of pus) and infection of necrotic (dead) tissues,” Dr. Ang explained. These in turn can obstruct the flow of food and bile to the intestines. If the collections of fluid and pus rupture – an event that warrants emergency surgery – severe and fatal infection could result.

Open surgery has been a standard way to drain the infection, but, as Dr. Ang noted, this invasive

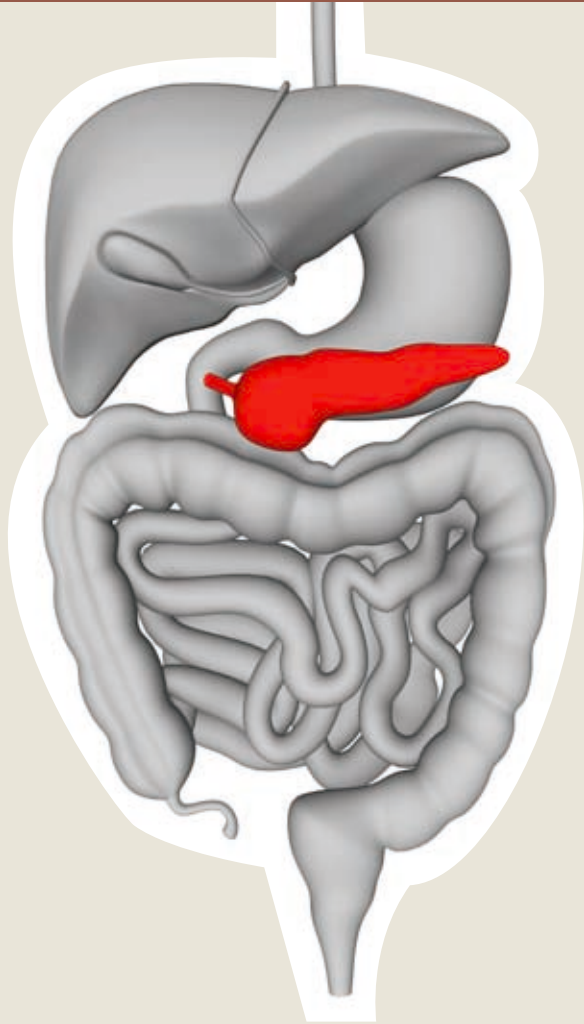
procedure comes with a number of risks. Open surgery is a complex procedure. It requires general anaesthesia, which poses considerable risks, particularly if the patient is already quite ill.

An alternative to open surgery is to access the infected site with needles that are guided by ultrasound or computer tomography. While this is a minimally invasive procedure, this approach has its limitations, said Dr. Ang. “This includes local complications like bleeding, accidental puncture of an adjacent organ and other complications. Due to the narrow diameter of these drainage tubes, it is not possible to remove the dead cell debris and surgery may still be necessary.”

Overcoming the challenges of infection and lowering the surgical risk is a endoscopic technique that involves making small incisions to insert tube-like

tools to access, view and drain the infected sites. “Endoscopic drainage involves inserting a scope into either the stomach or duodenum (the first part of the small intestine),” Dr. Ang explained. A clear view of the abscess or collection of dead cell can be seen through an ultrasound transducer at the tip of the scope at all times so the drainage tube can be accurately inserted. A technique called an endoscopic necrosectomy can remove any infected cells as well.

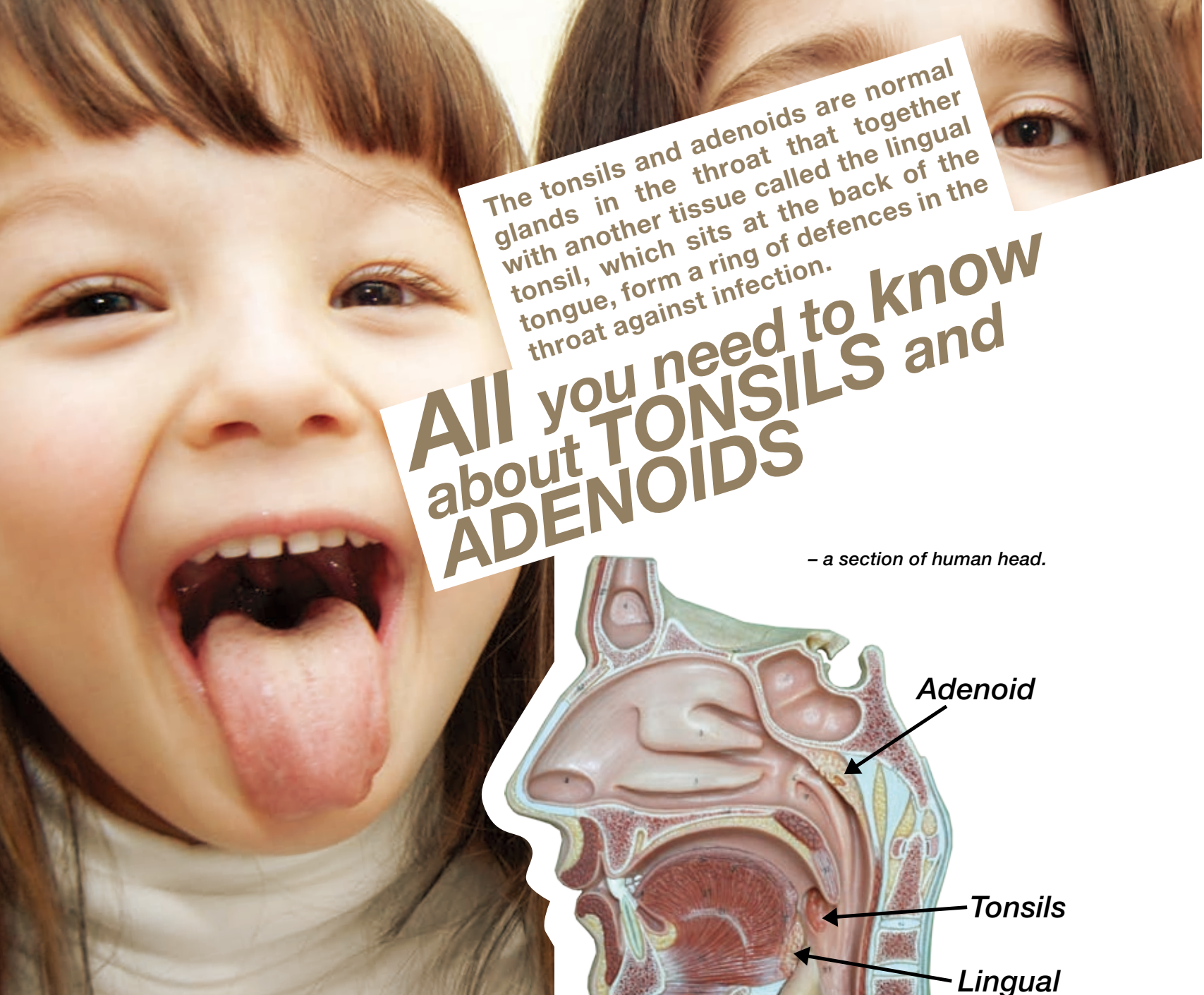
Benefitting from this is Mr John Tan (not his real name). The 42 year old was warded with severe pancreatitis that led to respiratory and renal failure as well as high fever. Antibiotics did not help. Opting for endoscopic drainage, Mr. Tan underwent the surgery successfully. “These minimally invasive procedures greatly reduced the risk he was exposed to,” said Dr. Ang. HT



THE PANCREAS

Situated just under the stomach and nestled against the arch of the small intestine, the pancreas is a flat, pear-shaped organ that undertakes a range of important bodily functions – producing important hormones such as insulin and digestive enzymes that aid digestion.

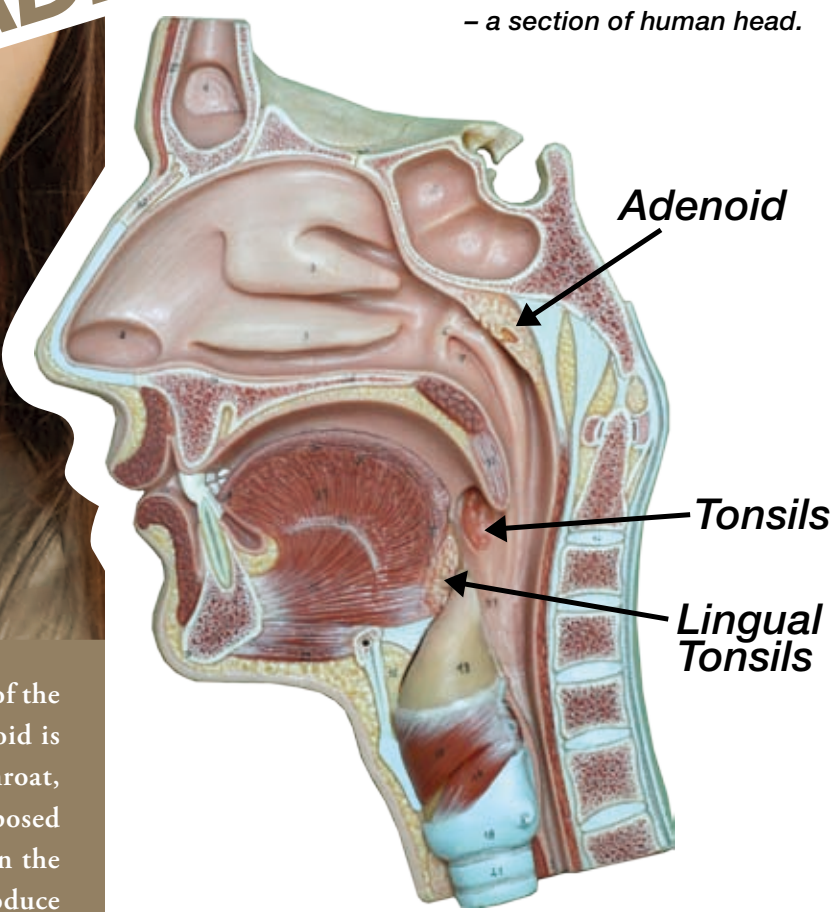
Often underappreciated, the pancreas plays an essential role. If it is inflamed, damaged or diseased, it can cause a medical emergency. Symptoms include severe abdominal pain, nausea, vomiting, diarrhoea, loss of appetite, and in severe cases, even heart problem.



The tonsils and adenoids are normal glands in the throat that together with another tissue called the lingual tonsil, which sits at the back of the tongue, form a ring of defences in the throat against infection.

All you need to know about TONSILS and ADENOIDS

– a section of human head.



The tonsils are paired glands on the sides of the throat deep in the mouth and the adenoid is a single midline gland at the roof of the throat, deep behind the nose. These glands are composed of lymphoid tissue, which is similar to that in the lymph nodes. These lymphoid tissues produce antibodies that have role in fighting infections in the body, and in the case of the tonsils and adenoids, infections in the mouth and throat area. They are however not the only defense mechanism available and the body's immunity will not be affected if they were removed. These tissues enlarge commonly in childhood in response to infections and allergy. In adulthood they usually decrease in size.

COMMON PROBLEMS

Chronic or recurrent infections

Infections of the tonsils and adenoids occur commonly due to bacteria. Symptoms include a sore throat, pain on swallowing and fever, and can be cured with a course of antibiotics. Other types of medications like lozenges, gargles and analgesics are also prescribed.

Several types of bacteria can reside in the tonsils and adenoids to cause recurrent infections.

Those with recurrent infections occurring three times or more a year or have abscess formation unresponsive to medical treatment, will benefit from having the tonsils and adenoids removed. The adenoids may cause ascending recurrent middle ear infections or middle ear fluid collection as the adenoids sit next to the Eustachian tube in the nose. The Eustachian tube is the passage that connects the nose to the ears.

Airway obstruction

Enlarged adenoids and tonsils can narrow the air passage. This can result in snoring or a condition called Obstructive Sleep Apnea (OSA), which causes choking during sleep. OSA has far reaching consequences because if it is left untreated, it can lead to poor sleep quality, daytime sleepiness, cardiovascular diseases and other medical problems. In a child the symptoms can be slightly different and may also include failure to thrive, poor concentration, underdevelopment of the facial skeleton or dentition and bed wetting.

Suspicion of tumour growth

An enlargement of one tonsil or swelling on the tonsil may be due to a cancerous growth. When this happens, it needs to be biopsied or the whole tonsil removed.

Bad breath (Halitosis)

Tonsil stones, which are white concretions on the tonsils due to food debris and dried saliva being stuck on the tonsils, may cause bad breath and occasionally recurrent infections.

is common in childhood, adults can also have their tonsils or adenoids removed if necessary. The tonsils can be removed separately from the adenoids.

Tonsillectomy and adenoidectomy is performed under general anaesthesia as a day surgery procedure in most patients. Very young patients and those with medical problems may require admission overnight for further observation. The tonsils are removed through the mouth using instruments that remove the tonsils off the side of the throat while stopping any bleeding that can occur. The adenoids can be removed through a combined approach through the nose and mouth. There are no incisions needed on the skin of the neck or the face for this surgery. Recent techniques using specialised instruments like radiofrequency or microdebrider blades to do the surgery are now available. These techniques improve surgical results and minimise side effects like pain and bleeding.

SIDE EFFECTS AND RISKS INVOLVED

A soft diet or oral fluids can usually be started on the day of surgery. Spicy, hot or sour food should be avoided. There will be some throat pain after tonsillectomy, which usually lasts about two weeks. The pain from an adenoidectomy is less. Pain killers, gargles and lozenges are usually prescribed to relieve pain. Antibiotics are given to reduce the chance of infection. If infection does occur, the risk of bleeding from the wound increases. This risk is about three percent. Other possible risks and side effects include numbness at the back of the tongue and a change in voice quality (only when large tonsils or adenoids are removed). Recovery time is usually two to three weeks for such surgeries. **HT**

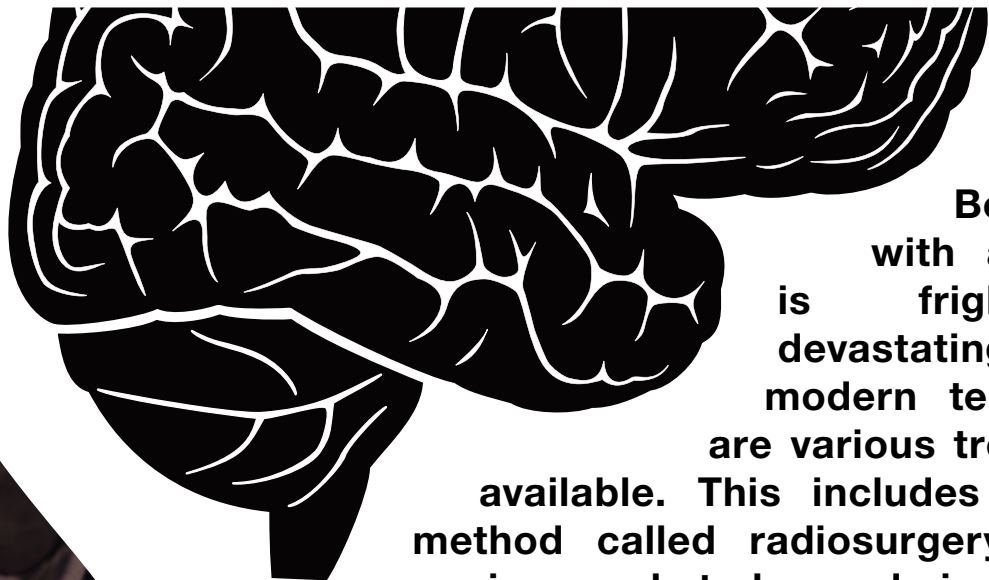
TONSILLECTOMY AND ADENOIDECTOMY PROCEDURES

The tonsils and adenoids can be removed if they give persistent problems. This surgery is called tonsillectomy and adenoidectomy and is one of the most common ear, nose and throat surgeries done. Although this surgery



Dr Mark Hon Wah Ignatius is a consultant ENT surgeon, and director of sleep services in Ascent Ear Nose Throat Specialist Group. His special interests include the treatment of snoring, obstructive Sleep apnoea, sleep disorders, nasal obstruction, thyroid lumps, and cancers of the head and neck region.

Radiosurgery for Brain Tumours



Being diagnosed with a brain tumour is frightening and devastating. However, with modern technology, there are various treatment options available. This includes a non-invasive method called radiosurgery, in which no opening needs to be made in the head. Unlike open-surgery, in radiosurgery there are no risks of bleeding, infection and almost no risk of death.

What is stereotactic radiosurgery?

Radiosurgery make use of high energy beams (x-rays, gamma rays, proton beams) to damage the DNA of the tumour cells. This damage causes the cells to stop multiplying. Stereotactic radiosurgery delivers a high radiation dose with precision to the brain lesion (tumour) in a single treatment and is done as a day-surgery procedure. The effects of radiosurgery are so dramatic that the effects on the targeted lesion (the tumour) are considered “surgical”.

These are different technologies for performing radiosurgery. The LINAC (X-knife system, BrainLab system, etc.) makes use of a Linear Accelerator to perform radiosurgery whilst the Gamma-knife is

What is fractionated stereotactic radiosurgery (SRT)?

When a tumour volume is large, the radiation dose if given in a single treatment may be too damaging to surrounding healthy brain tissue. Instead, the radiation dose can be divided and a small fraction of the total dose given every day over several weeks.

This minimises side-effects to the surrounding normal brain. This is especially important if the tumour is near a critical brain area like the brain stem or the optic nerve. SRT is a safer alternative to high dose single session stereotactic radiosurgery. The Gamma-knife technology is not capable of doing the SRT.

How do I know if my radiosurgery treatment is successful?

Radiosurgery damages the DNA of the cells to stop them from dividing and growing, making it inactive. If your treatment was successful, on your repeat MRI (a couple of months after your treatment), the tumour may either have decreased in size, disappeared or remained the same size. No increase in size means that the tumour is not growing – the cells are not diving and are therefore inactive. What is seen in the MRI is the inactive body of the tumour. Regular MRIs of the brain with gadolinium should be done on a regular basis to monitor the status of the tumour.

Side-effects of radiosurgery

Radiation necrosis may occur and steroids can be used for treatment. In some patients the effects of radiation necrosis is permanent. Edema in the brain can be treated by a course of steroid medication like dexamethasone. This medicine should be taken regularly after food, according to your doctor’s instructions. You will also be given another medicine like Zantac to protect the stomach.

Latest methods of radiosurgery: micro-multileaf collimator

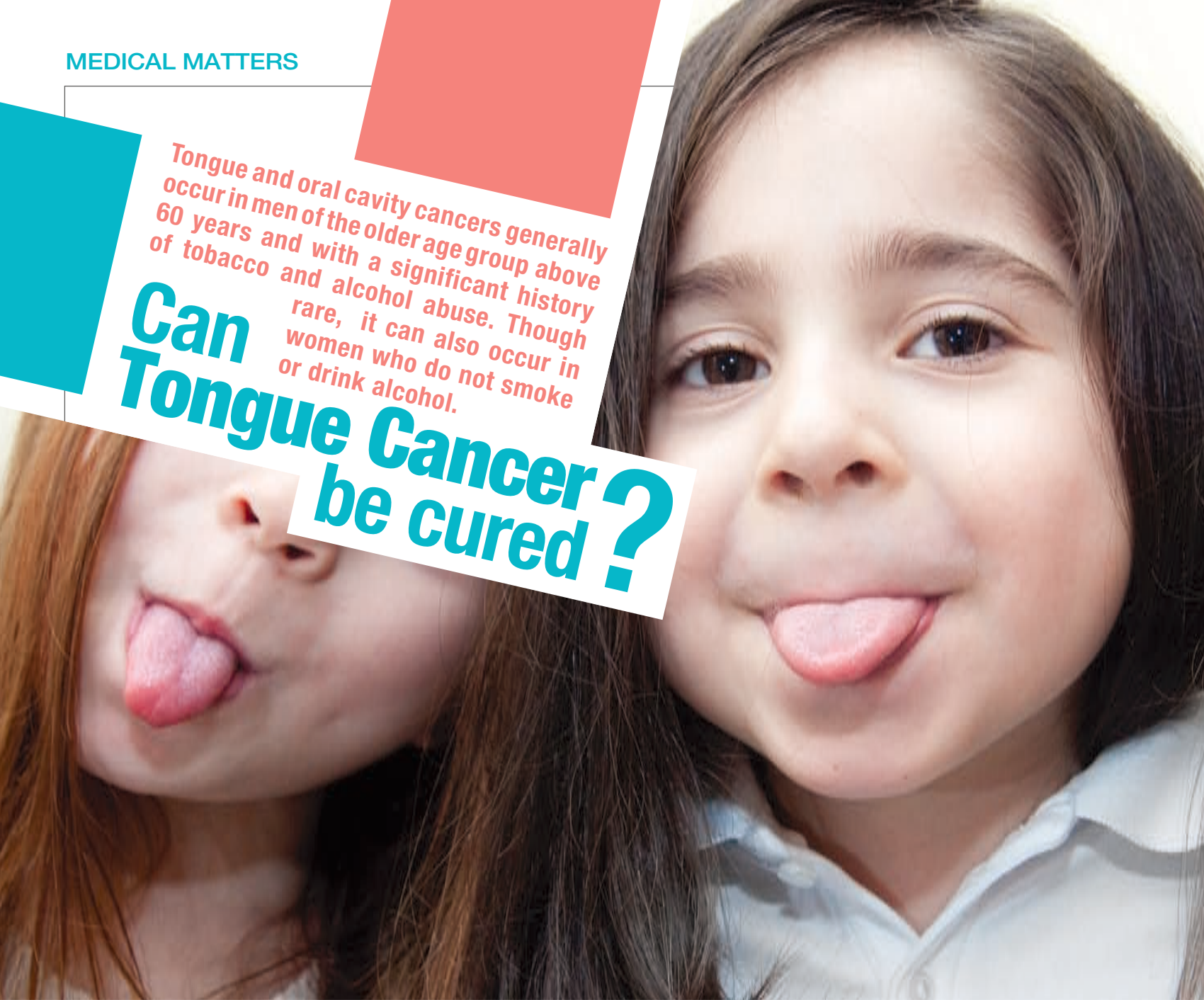
The latest form of radiosurgery available now in Singapore is Micro-Multi Leaf Collimator Radiosurgery or Micro-(MLC) Radiosurgery. This uses a sophisticated computer-controlled system to best fit the high energy X-rays from the LINAC to the 3D shape of the tumour. Together with fractionation, this method has the potentially minimises side-effects while still maintaining the potential for a good result. New imaging modalities such as PET can be merged with MRI and CT to provide a better road map for treatment. Intensity Modulation (IMRT and IMRS) can improve results and potentially reduce risks.

This combination approach is potentially superior to older methods including the Gamma-knife. No head pin or screw fixation is needed with fractionated Micro-(MLC) Radiosurgery. This means greater patient comfort and less pain. In addition larger volumes can be more readily treated in comparison to the Gamma-knife method. Finally lesions in other body areas including the spine can potentially be treated, which is currently not possible with the Gamma-knife. **HT**



Dr Prem Pillay
MBBS (Singapore), FRCS (Edinburgh)
FAMS (Neurosurgery), FRCS Canada (Neurosurgery)
Dr Prem Pillay is the senior consultant neurosurgeon at Singapore Brain, Spine, Nerves Centre located within the Mount Elizabeth Medical Centre. He was featured consistently in the past on various TV and radio channels including the BBC, Channel News Asia, Channel 5 and 93.8 FM. With over two decades of experience, he specializes in various neo-surgery and microsurgical interventions for the brain, spine and the nerves. He also performs keyhole spine procedures, including day procedures, for many spine problems causing back and neck pain.

www.drprempillay.org
www.spine-neuro.org



Tongue and oral cavity cancers generally occur in men of the older age group above 60 years and with a significant history of tobacco and alcohol abuse. Though rare, it can also occur in women who do not smoke or drink alcohol.

Can Tongue Cancer be cured?

The presentation is usually that of a chronic non-healing ulcer or a mass in the oral cavity. See figures below.



Tumour of buccal mucosa



Non-healing ulcer of the upper lip

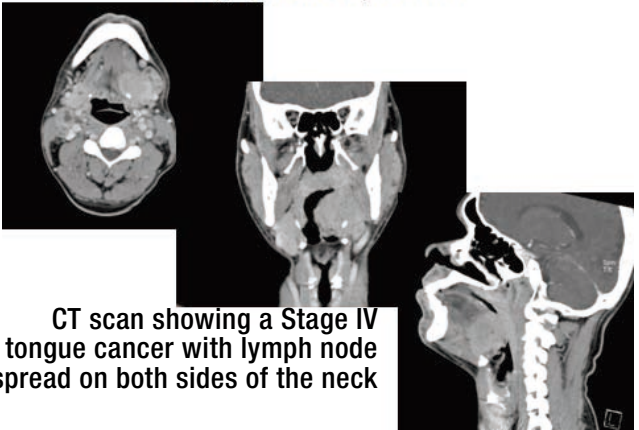
These symptoms are usually of a fairly long duration and initially ignored by the patient until bleeding, pain or increasing size force them to seek medical advice. Frequently, the fear of the unknown and the misinformation that tongue cancer cannot be cured, further delays the diagnosis and treatment.

The reality is that tongue and other oral cavity cancers can be cured if discovered early. In cases where cure is not possible, it can be effectively palliated with greatly decreased pain and suffering.

Imaging the tongue and oral cavity cancer

Detailed imaging is needed for accurate staging. A multi-planar spiral CT scan is done to assess the three dimensional nature of the cancer.

Imaging: Multi-plane CT



CT scan showing a Stage IV tongue cancer with lymph node spread on both sides of the neck

A new modality of imaging is the Positron Emission Tomography (PET), which has great potential for detecting distant spread and recurrence after treatment. It uses a radiopharmaceutical called FDG, which is injected intravenously. This then detects any spread of cancer in the body.

PET scan showing metastatic spread of cancer to right adrenal (arrowed), spleen and both axillae



used internationally for tongue and other oral cavity cancer is the TMN staging of AJCC - American Joint Committee on Cancer, Cancer Staging Manual, 6th Edition. The criteria used are the size of the tumour, and the presence of spread - to regional lymph nodes and to distant sites like the lungs and liver.

Staging is vital for guidance in treatment, prognostication and comparison of treatment results. For example, a stage I tongue cancer or oral cavity cancer, which is less than two cm in size with no spread to lymph nodes or distant sites, can be treated by surgery alone with a cure rate of up to 90 percent. On the other hand, a stage III tongue cancer, with spread to lymph node will need a major operation, followed by six-weeks of radiation therapy to achieve a five-year cure rate of up to 80 percent.

Treatment

The type of treatment required will be dependent on the stage of the tumour, the age and the physical fitness of the patient and the facilities available. Even though surgery is the main treatment option, for higher stages, this alone is not sufficient. Such patients are usually put through a six-week course of radiation therapy after the surgery. The aim is to remove the cancer completely while preserving bodily functions along with acceptable cosmetic outcomes.

In patients with metastatic disease - when cancer has spread to lungs or other parts of the body, chemotherapy and/or radiation can help alleviate the symptoms.

Conclusion

Tongue and oral cancer can be cured if diagnosed and treated early. Surgery may be complex but the result can be long-term survival with good functional and cosmetic outcomes. HT



Dr Dennis Lim is a general surgeon with a subspecialty expertise in head and neck surgery and surgical oncology. He graduated from National University of Singapore (NUS) in 1987 and attained his surgical Fellowships in Royal College of Edinburgh and Royal College of Glasgow in 1992.
www.dennislim.com.sg

Diagnosis and staging

The diagnosis of oral cavity cancer is done by doing the biopsy with a small punch biopsy forceps or a needle biopsy under local anaesthesia. The staging system

HOW TO DETECT BREAST CANCER at an EARLY stage?

Breast cancer is the most common cancer among women worldwide and also in Singapore. About 1,200 new cases of breast cancer are diagnosed each year in Singapore and about 270 women in Singapore die annually from this disease.

The aim of understanding breast health for women is to detect breast cancer early when treatment is more successful and chances of surviving the disease are better. This is done through the following three methods - monthly breast self-examination (BSE), regular screening mammography and clinical breast checks by the doctor.

Breast self-examination

Most breast lumps or changes are found by a woman herself through regular checks. It is important to get used to how your breasts feel at different times of the menstrual cycle and to know when there is a change. Furthermore, BSE is quick, free and requires no help. It should be done once a month, about one week after the menstrual period as this is when your breasts are least lumpy from hormonal influences. Women as early as in their 20s can start examining their own breasts.

Symptoms

The things to look out for are breast lumps, breast pain, breast asymmetry, nipple discharge, nipple retraction, nipple rash, skin changes and axillary lumps.

Not all breast lumps are cancerous. Eight out of ten lumps felt by a woman are benign. That includes fibroadenoma in women in their 20s, and fibrocystic disease affecting women in the 30s and 40s. Breast abscesses commonly occur in women who are breastfeeding. Regardless of the woman's age, a painless lump which is hard, irregular and has changed to the overlying skin or nipple, should not be ignored.

Breast pain or mastalgia is a fairly common symptom experienced by most women, about a week before the menstrual period. This is due to the hormonal influence on the breast tissue, causing breast swelling. This form of mastalgia tends to be cyclical and involves both breasts. However, if the mastalgia persists after the end of the menstrual period or affects only one breast, medical advice needs to be sought. The most common cause of mastalgia is the fibrocystic disease and this benign condition is common in women in their mid thirties. Only 10 percent of breast cancer presents as mastalgia.

Another symptom to look out for is nipple discharge. During the monthly breast self-examination, the nipples should be lightly pressed to elicit for any discharge. Any nipple discharge that is bloody, persistent, affects only one nipple and is associated with a breast lump should be brought to the attention of your doctor.

Regular screening mammography

Mammography is the best tool in screening breast cancer because it improves the ability to detect breast abnormalities even when they are very small. In fact, regular mammograms have been shown to confer a 15 percent reduction in breast cancer mortality in women above 50 years old. Recent advances in mammography include full field digital imaging, which minimizes the amount of radiation exposure to the patient.

The recommendations are for women between the age of 40 to 49 to undergo regular screening mammograms once a year and for women 50 years old and above, to be screened once every two years.

The benefit of the mammogram is less pronounced in women aged 40 years and below because younger women tend to have denser breasts. For younger women, who detect a lump during BSE, a breast ultrasound with elastography is useful in determining if the lump is suspicious or not. There is no radiation involved in a breast ultrasound.

Clinical examination by a doctor

Regular breast examinations by the doctor are important during routine health physical check-ups. It is recommended that this is done once every three years for women above 20 years of age and every year for women aged 40 years and above. However, this may need to be done more frequently if there is a strong family history of breast cancer.

During the consultation, a detailed medical history for menstrual cycles, pregnancies and breastfeeding is taken, followed by a thorough breast and axillary examination.

In essence, breast self-examination and the doctor's clinical examination are important methods of breast cancer detection and these should be performed with regular mammography. Together, these three methods provide complete breast cancer screening. Remember, early detection gives you the best chances of cure. **HT**

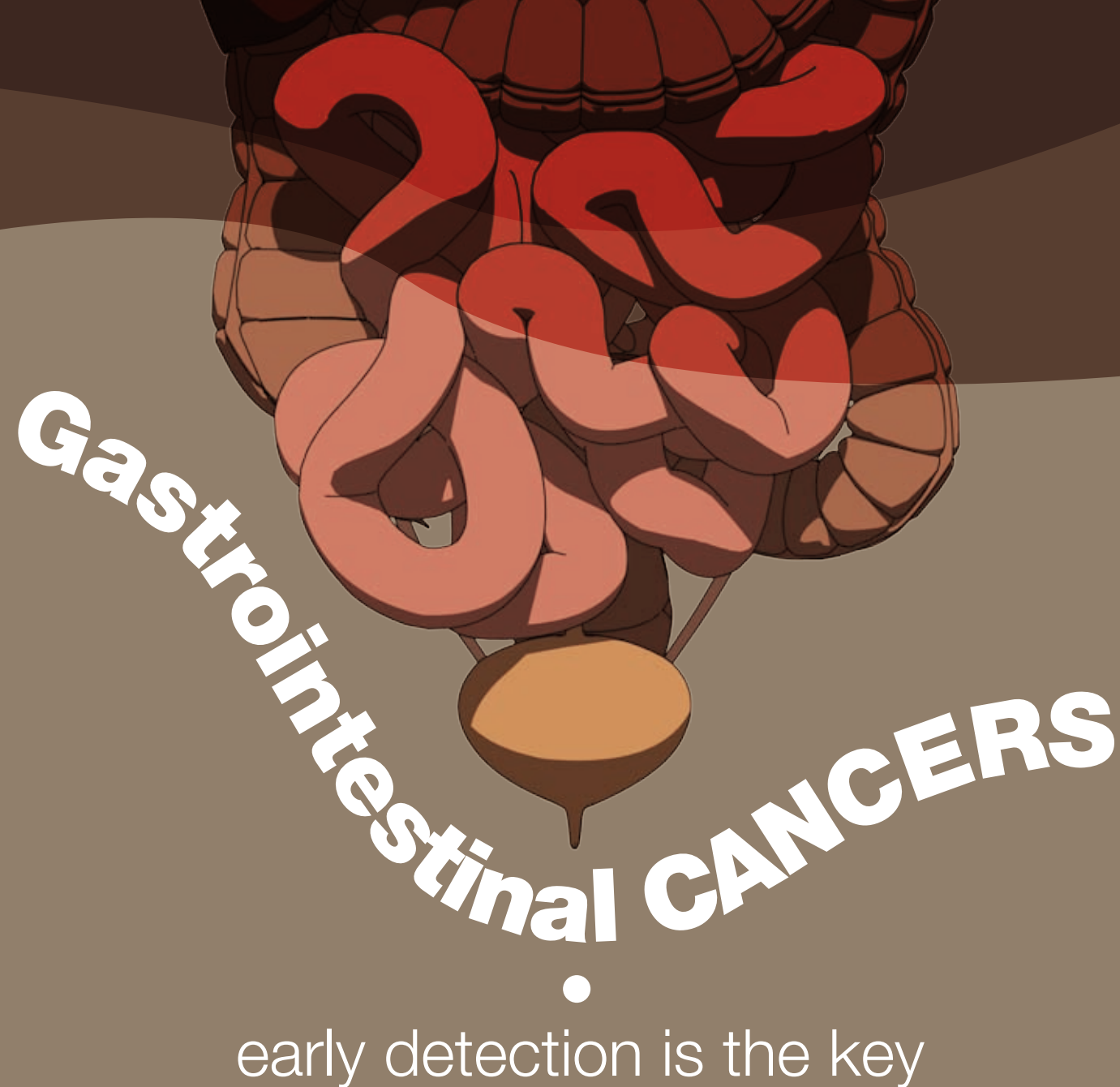


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Consultant Breast and General Surgeon
MBBS (Singapore), M.Med (Surgery), MRCS (Edinburgh), FRCSEd (General Surgery), FAMS.

Dr Georgette Chan is a female breast and general surgeon who obtained her post-graduate degrees in general surgery from both the National University of Singapore and the Royal College of Surgeons of Edinburgh.

www.thebreastsurgerycentre.com





Nowadays, more and more patients are asking for cancer screenings with an increase in public awareness about the disease. Media reports related to the chances of one in 20 Singaporeans contracting colorectal cancer in their lifetime, especially if they have risk factors, have made people sit up and notice.

Screening of digestive tract cancers

The concept of screening means testing people with no symptoms. To be effective, screening methods must detect the cancer at a stage when interventions are still useful. This could be at the pre-malignant stage, or if a cancer is already present, at an early malignant stage. Screening tests must be safe, simple, sensitive and specific.

The screening starts with a consultation during which a good medical history is obtained and a thorough clinical examination is performed on the patient. After that, some of the following tests are carried out depending on the doctor's assessment: blood tests (including cancer markers); faecal immunochemical test; digestive endoscopy including gastroscopy (for oesophagus, stomach and

duodenum), sigmoidoscopy (viewing only the left side of the colon), colonoscopy (viewing the entire colon), ERCP (to examine the bile and pancreatic ducts); endoscopic ultrasound; imaging modalities like x-rays, barium studies, computerised tomography (CT) scan; magnetic resonance imaging (MRI) scan; and positron emission tomography (PET) scan.

Cancer of the colon and rectum

Screening has proved to be the most appropriate for colorectal cancer (CRC). Adenomatous polyps (benign tumours of the colon and rectum) are known to be pre-malignant conditions that can be removed when found, thus preventing cancer from developing. Screening tests have proved to achieve accurate detection of polyps or early stage CRC. There is evidence that removal of adenomatous polyps reduces the incidence of CRC. It has been shown that detection of early stage CRC reduces mortality.

It has been established recently by the American College of Gastroenterology that the most reliable method of screening for CRC is Colonoscopy, as all the other methods have methodological issues and variable sensitivity and specificity.

Those who should be screened include people with average risk – asymptomatic and over 50 years of age; people aged 45 years but with risk factors such as obesity or heavy smoking; people with close relatives who have had CRC or colon polyps at a young age (screening should start at age 40 or 10 years younger than the youngest relative diagnosed); people with a family history of familial adenomatous polyposis (FAP); people with a family history of hereditary non polyposis colorectal cancer (HNPCC); those with a family history of CRC in multiple close relatives across generations, at young age, should be screened from age 20; people with a history of adenomatous polyps previously removed; people with a history of CRC after curative surgery; and people with long standing

inflammatory bowel disease (IBD) affecting the colon, which increases the risk of CRC development.

Symptoms of colorectal cancer

If a patient has symptoms and presents these to a doctor for investigation, this is not called 'screening'. It is the investigation of symptoms to discover the cause.

Unfortunately, by the time CRC shows itself by symptoms, it usually represents the more advanced stages of either a larger cancer or more widespread disease or both. Some of the symptoms of CRC are visible bleeding in the stools; change in bowel habit; constipation or diarrhoea or alternating constipation and diarrhoea; obstruction of the colon leading to inability to pass motions, pain and bloatedness (this would be a medical emergency); tenesmus, which is painful desire to defaecate, but with little stool passed; occult bleeding/anaemia discovered during health checks for other reasons; rectal pain/rectal mass; malaise; and weight loss.

Patients who have any of these symptoms must immediately seek medical advice because even though it may be due to CRC at a more advanced stage, it is often still treatable. **HT**

This article is the first of a two-part series. In the concluding part to be published in the next issue, cancers of the oesophagus, stomach, liver and pancreas will be discussed.



Dr Tan Chi Chiu
Gastroenterologist & Physician

With more than 27 years as a doctor and 17 years as an accredited Gastroenterologist, Dr Tan is a specialist in diagnostic and therapeutic endoscopy. He was trained in Singapore General Hospital, National University Hospital Singapore and in the United Kingdom. He is also the elected member as well as the chairman of the Medical Ethics Committee of the Singapore Medical Council.

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Nature's Essentials presents an easy and convenient way to gain the benefits of Vitamin D without the risk of sun damage through its new Vitamin D3 (Cholecalciferol) supplement.

Now get your
Vitamin D,
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With its proximity to the equatorial belt, Singapore basks in the warmth of the tropical sun all year round. While this makes it a lovely escape for those wanting to flee the chilly confines of winter, this climate is not so appealing to its residents and avoiding sun has become a part of our lifestyle. Moreover, prolonged sun exposure has been linked to premature ageing and skin cancer.

But there is a dark side to this avoidance as well. Our bodies are being deprived of an essential body nutrient, vitamin D

– also called the sunshine supplement. Since very few food items contain this vitamin type, it is left to our body to produce it internally via direct exposure to the sun. Vitamin D helps in cell formation and regulates the immune system of our body. It also gives strength to our bones, makes our teeth stronger and protects the body against osteoporosis, by aiding the absorption of calcium.

To prevent you from vitamin D deficiency as well as negate the dangers of over-exposure to the sun, Nature's Essentials has come out with its Vitamin D3 (Cholecalciferol) health supplement tablets.

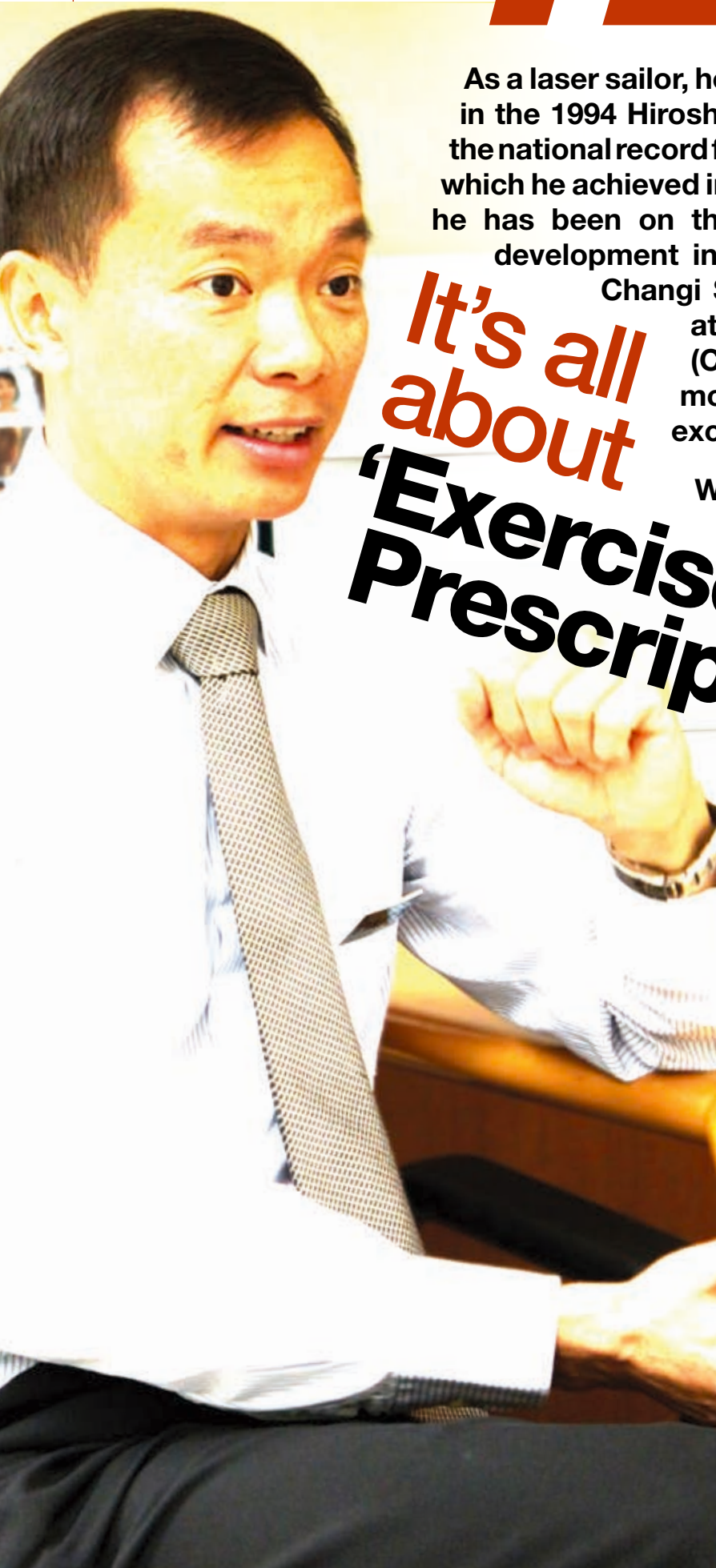
A recommended intake of between 100IU and 400IU for children and adults is sufficient to ensure your body gets its full sunshine dose. Keeping its health benefits to the entire population in mind, Nature's Essentials has kept the introductory price to the lower end of S\$25 and is available island-wide.

Like every Nature's Essentials product, this new supplement is also formulated in-house by certified pharmacists and is being manufactured under WHO cGMP (Good Manufacturing Practice) guidelines meeting the most stringent quality standards.

(Available at Essentials pharmacy, Nishino pharmacy, and selected Guardian pharmacy outlets and Watsons stores at Changi Airport).

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Nature's Essen+ials



As a laser sailor, he won a gold medal for Singapore in the 1994 Hiroshima Asian games and still holds the national record for best performance in Olympics, which he achieved in Atlanta, US in 1996. As a doctor, he has been on the forefront of sports medicine development in Singapore and now heads the Changi Sports Medicine Centre (CSMC) at the Changi General Hospital (CGH). He is Dr. Benedict Tan – a motivation for those who want to excel in all spheres of life.

It's all about
'Exercise Prescription'!

With the successful completion of the inaugural Youth Olympic Games (YOG) and the entire nation looking forward to imbibe a vibrant sporting culture, Dr. Tan talks to Gaurav

Sharma on the road ahead and explains the utility of sports medicine in such a scenario.

“ How do you rate Singapore as a sporting nation? Are events like YOG a help in attracting young sporting talents?

Tan: I would say that Singapore as a sporting nation is certainly on the right track as more and more people are getting aware of the advantages of healthy living. Various surveys done by the Singapore Sports Council (SSC) over the years clearly hint towards an increasing percentage of the population making exercising a part of their lives. Another indicator is the gradual rise in participation in various marathons throughout the year.

Events like YOG are certainly a big help in this as they raise the spectatorship. It's a cycle. People go and watch sports, which generates revenues and that in turn raises the quality. As quality increases, sports attract even higher viewership.

So, I urge that more such events be organised to keep this cycle running and attract young talent to sports.

Can you explain the discipline of sports medicine to our readers?

Tan: Sports medicine is a very broad term and probably doesn't encompass everything that we do. The correct term should be 'sports and exercise medicine' – a medicinal branch dealing with everything related to exercises. For example, we deal with athletes, both competitive and recreational, and sedentary people who need to start exercising, such as diabetes patients. We also device anti-doping measures and assist in injury-prone sports. The catch word is 'exercise prescription.' It means our job is to prescribe an exercise regime according to an individual needs and requirements.

You have been credited for developing the sports medicine scene in Singapore. How has been the journey so far?

Tan: Although the journey of sports medicine in Singapore started in 1973, it was stagnant for

a few decades. The watershed year was 2003, when CGH asked me to start its sports medicine centre and bring sports medicine on par with other medical disciplines. Subsequently, sports medicine, which was previously being looked after by the SSC, was also brought under the Ministry of Health, giving it a major boost.

Now, apart from CGH, four other main hospitals in Singapore also provide sports medicine services and additionally, there is a growing list of private sports medicine practitioners. So, I would say that we have come a long way but still, there is a long way to go.

You gave up competitive sailing more than a decade ago and now run in marathons. Please share with us your secret of keeping fit?

Tan: My secret is simple – a regular exercise and running schedule. Depending on the training cycle, I run for anything between 80 and 120 km, on an average every week. This also includes one weekly long run of 38 km.

You have also penned three books. Please share with us the details.

Tan: I have three passions in life – laser sailing, sports medicine and running. So my three books deal with each one.

The first book was 'The Complete Introduction to Laser Sailing,' which was edited by me and seven top sailors from all over the world contributed. It has sold more than 10,000 copies worldwide and is a huge hit. The second book was 'Fight the Fat,' which deals with what you must know and do to lose weight. Lastly, I wrote 'Run for Your Life,' which is a complete marathon running guide.

Finally, we have seen many great sporting careers cut short due to injuries. What's your advice to existing and budding sportspersons to avoid such injuries?

Tan: The foremost thing is to have a systematic approach to training. A sportsperson should know how to periodise and when to step-up, taper or hold. By having an exercise prescription, the athlete must realise the importance of playing around with the training's intensity and volume.

The other aspect is to incorporate recovery in the training cycle. Don't wait until the muscle is torn or strained to get into a recovery cycle. Recovery strategies like sauna, massage, cold water dripping, etc. should be a vital component of an athlete's everyday training. **HT**

”

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Patents & Registration

45437 Global Medical Device Number
5,973,905 Patent. Negative Air ion generator with selectable frequencies
A561720 Trade Mark. Being a medical apparatus or device included in class 10

What is an air-ioniser?

An air ionizer is a device intended to purify the air by creating ions which remove microscopic particles from the air. *Healthy Times* explains in detail.

Air – a vital life support system – is a combination of both positive and negative ions in a ratio of 5 parts to 4. In this, most of the negative ions are created by the breakdown of naturally occurring radium in the earth's crust to radon gas, as well as by lightening, rolling surf crashing on rocks, cosmic rays and waterfalls.

Due to the expansion of highly polluted urban areas where most of the ground is covered by concrete and asphalt, the ionising action of earth's surface is inhibited. Air-conditioning, electrical appliances, and synthetic fibres in furniture and clothing also add to the problem. This imbalance and excess of positive ions in our urban homes and offices need to be restored as it is scientifically proven now that positively charged air has a debilitating effect on the human body. In contrast, the negative ions stimulate, energise, and destroy airborne bacteria and mould spores.

Benefits

That is where the air ioniser comes into picture and is highly recommended for providing an environment that enables us to breathe and sleep as nature intended while our body repair itself. Air ionisers replicate the naturally found bio-active negative oxygen ions and produce numerous positive therapeutic effects. These include boosting the body's immune system, accelerating its healing process, alleviating allergy symptoms, eliminating airborne infections, increasing lung capacity, improving concentration and productivity, and helping to deal with insomnia, fatigue and stress.

Ionizers also conserve power and run silently, unlike fan driven air purifiers. Another advantage is that none of the parts need regular replacement because there are no physical filters. Even though most air ionizers do not have a motorized fan, the ionization creates a faint breeze that helps to distribute the ions throughout a room. Some are also outfitted with screens or prongs that catch the particles of dust as they fall to the ground. **HT**

A day in the life of **NOVENA SURGERY**

taking ambulatory care to greater heights

With Singapore emerging as a regional medical hub, we often take the healthcare services offered to us for granted - not realising the amount of effort, compassion and hard work that goes into providing these services to us. More so, in the case of **Novena Surgery**, which only in its second year, has emerged as a convenient, hassle-free, outpatient surgical alternative in the health map of the region. To provide an insight into behind-the-scene action, Florence Ching, Manager, Operations and Marketing, and N L Wong, Nurse Manager, talk to the *Healthy Times* and describe a typical day at **Novena Surgery**.

Florence Ching

“The excitement starts at day-break with the first check-in at 7 am, when the patient arrives with accompanying relatives. Our admission process is a breeze with pre-registration performed well ahead of time. After that, the patient is financially counselled, pre-clinical assessment performed and continually assured until the time of surgery.

During a patient's surgery and recovery period at our single occupancy suites, his or her family can indulge into the cosy serene ambience at **Novena Surgery** or use our movies-on-demand facility. Being located within the Novena Medical Center, we are seamlessly integrated with the Square 2 shopping mall and the famous orchard road is just two stops away. At **Novena Surgery**, we offer one-to-one nursing care; full concierge service with a personal touch. A choice of meal order is also offered and served.

Florence S Ching, Manager, Operations & Marketing



Once the patient is medically fit to go home, we arrange for the transportation, fix the next appointment date, collect prescription drugs and operate a 24-hour medical hotline to support the recovery process.

The average time spent at **Novena Surgery** is between two to six hours. Occasionally, overnight stay is recommended if a patient requires longer monitoring. 'The ambient 'healing space' serves that purpose perfectly.

Novena Surgery is a 'Patient-Physician Oriented Centre.' We believe that every patient deserves a gold plated service standard and care. So, we give them shorter waiting time, lesser hospitalisation costs and far easier access to diagnosis and treatment, as we have a long list of accredited specialists at **Novena Surgery**. The facility is conveniently located out of the CBD belt, with ample parking spaces and reasonably priced services; offering the patient every reason to optimise the experience.

A boutique lifestyle outpatient surgery facility is a rising trend in most developed nations. This is achieved through trusted and efficient care coordination, high focus on clarity and reliability of the system to ensure good patient outcomes.

The key to success is empowering staff to participate, invest in process designing centred on patients and doctors, as well as enabling them to perform optimally in an enjoyable and rewarding environment. We have created a unified messaging system with timeline set to increase efficiencies, benefiting the patients, doctors and our staff.”

N L Wong

“The day starts with guiding and helping the scrub nurse in preparing the sterile trolley and instruments. After reassuring the patients, I assist the anaesthetist during intubation and help the surgeon carry out the operation. After the procedure, our nurses give personalised care to post-op patients, as the ratio of patients to nurses at **Novena Surgery**



is one to one. Our nursing staff is highly trained, competent and efficient.

My daily clinical operational activities include supervising and allocating assignments for new cases, overseeing the daily running of cases as well as the recovery of post-op patients. We also plan for the next day's operations list and ensure the availability of special instruments or consumables needed.

Our surgical facilities include three state-of-the-art modular operating theatre suites with cable-less pendant systems; two endoscopy suites, GI endoscopes and camera-video systems; cardiac monitoring (TEE); private recovery suites and 12 bed recovery units.

Equipped with such infrastructures, Novena Surgery offers speciality surgeries in Orthopaedic, Colorectal, Plastic, General, Dental, Urology, Micro-reconstructive, Gynaecology, Ear-nose-throat, Aesthetic and Hand. In addition, besides curative care, Novena Surgery offers comprehensive health screening services for early detection of diseases.

One of the most enriching and satisfying experience for the doctors and the staff at **Novena Surgery** is when we receive that 'wow' factor remark from our patients when they leave **Novena Surgery** hale and hearty. This tells us that the promise has been delivered.”

NOVENA SURGERY

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Glimmer of HOPE for

ADVANCED LIVER CANCER PATIENTS

Life span of patients suffering from inoperable advanced liver cancer or hepatocellular carcinoma (HCC) as it is called in clinical terms may be extended by nine months or more. This according to the recently-completed phase II multi-centre trial that combined systemic therapy and selective internal radiation therapy as the treatment.

These findings assume significance as almost 80 percent of HCC patients are found in the Asia-Pacific region and most are diagnosed at the advanced stage when surgery is not an option. The Asia-Pacific Hepatocellular Carcinoma (AHCC) trials group that conducted the clinical trials administered two existing treatment modalities – systemic therapy (Sorafenib) and selective internal radiation therapy (SIR-Spheres), as combination therapy to patients. The result was a median overall survival of 11.75 months for the entire group of 35 patients. In the subgroup of patients with no distant spread of disease, a median survival of 18.25 months was achieved. These results were better than those with treatment by either therapy alone.

The trials were led by Associate Professor Pierce Chow, senior clinician scientist at Singapore General Hospital and visiting consultant at the National Cancer Centre Singapore (NCCS). It commenced in June 2008, recruited patients from four countries (Malaysia, Myanmar, Singapore and South Korea) and closed a year after in June 2009.

“The trial result is very encouraging as it gives HCC patients a glimmer of hope. This is an excellent example of various centres pooling resources and talents to work together to understand a disease which is prevalent in this part of the world,” said Professor Soo Khee Chee, Group Chair of the AHCC trials group and director of NCCS.

In view of the success of the latest AHCC trial – fifth in the series – the trials group will launch a phase III multi-centre trial, to be known as AHCC06. It will determine which of these two efficacious therapies would help patients survive longer and be the first-line therapy in advanced HCC. More than 20 centres from 13 countries in the Asia Pacific region, including Australia, Republic of Korea, Singapore and Taiwan, are expected to be part of the AHCC06.

Patients who are 18-years-old and above with inoperable locally advanced HCC have to be determined suitable for the trial by clinical assessment conducted by the investigator. The public can call +65 6326 6337 if they wish to find out more about the trial. HT

NATIONAL CANCER CENTRE to lead trial for COLORECTAL CANCER

In an effort to establish a new standard of care and treatment for colorectal cancer, the National Cancer Centre Singapore (NCCS) will be leading an investigator-initiated multi-centre phase III clinical trial across Asian countries to evaluate the efficacy of aspirin in reducing the risk of recurrence of colorectal cancer post surgery and chemotherapy.

“Aspirin costs a mere three cents a tablet. Imagine the impact and the number of lives we could potentially save in the developing and developed world if the trial is proven beneficial using such a low-cost drug with a wide ranging reach,” said Dr. Toh Han Chong, who heads the medical oncology department at NCCS. “This study outcome may change everyday clinical practices worldwide and impact the management of stage III and some stage II colorectal cancer globally.”

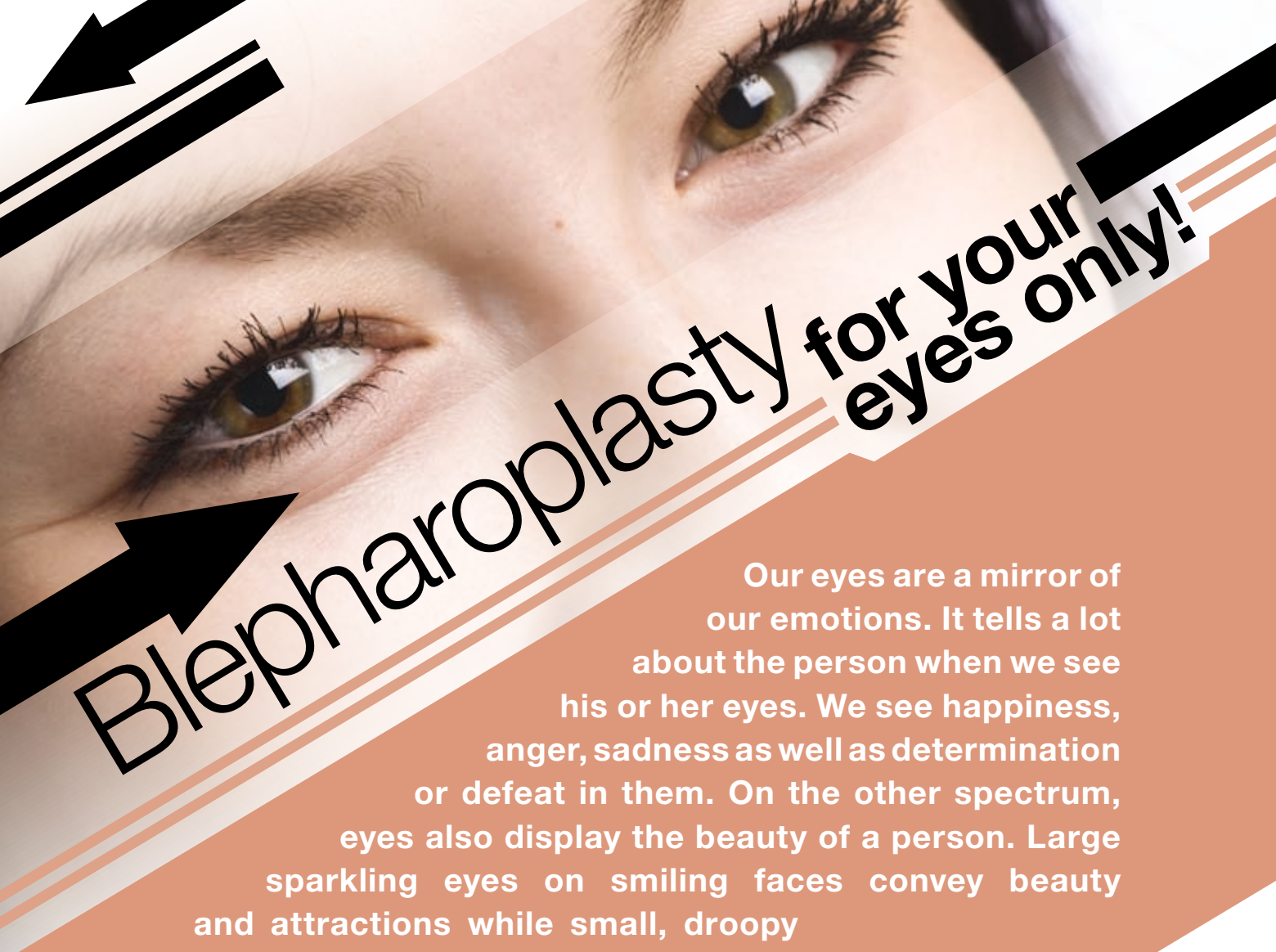
Colorectal cancer is the third most common cancer worldwide and new effective and affordable therapies are urgently needed to tackle this. Although in the past two decades many drugs have been evaluated in an attempt to improve outcomes for patients with stage II and III colorectal cancer, only oxaliplatin chemotherapy has shown to improve patient survival.

But now, NCCS informed that there is a strong biological basis as to why aspirin may work in colorectal cancer. Abnormal inflammation appears to be a driver of tumour growth in many cancers types and several studies have correlated high blood inflammation markers with a higher cancer relapse risk. Although some studies lend strong indirect support, no randomised trial has ever been conducted to provide a definite answer as to whether aspirin really works.

Hence, NCCS has set up a network of 19 centres across Asia including Malaysia, Hong Kong, Indonesia, the Philippines, China and India, and more centres are currently lined up to join the study.

“We are trying to build a community of like-minded research-focused individuals willing to devote their time to answer this question as well as share the collective intellectual ownership of this clinical trial. Eventually, we hope to build a foundation that will enable us to perform future clinical trials. This will enable us to answer clinical questions relevant to our local communities. As Asia modernises, we should not constantly rely only on trials designed in the West,” said Dr. John Chia, who is a medical oncologist at NCCS.

This clinical trial is open to accrual in Singapore. After completion of standard surgery and chemotherapy, patients with high risk stage II or stage III colorectal cancer will be given either aspirin or a placebo for a period of three years and be followed up intensively for recurrence over a period of five years, NCCS informed. HT



Blepharoplasty for your eyes only!

Our eyes are a mirror of our emotions. It tells a lot about the person when we see his or her eyes. We see happiness, anger, sadness as well as determination or defeat in them. On the other spectrum, eyes also display the beauty of a person. Large sparkling eyes on smiling faces convey beauty and attractions while small, droopy and sleepy eyes will often fail to draw attention. That's where 'blepharoplasty' comes to your rescue. It's a cosmetic surgery procedure to restore the function and beauty of your eyes. The upper blepharoplasty is to allow the droopy eye to open fully and the lower blepharoplasty is to remove the 'eye bags' and make the person look younger, beautiful and more alert.

For upper eyelids

The upper eyelid is the one that often determines the size of the eye. The eye is opened by the pulling action of a small muscle called the levator palpebrae superioris. It is connected to the orbital bone and cartilaginous plate of the upper eyelid, and the contraction will pull to open the eye. Any weakness of this muscles due to congenital defect or acquired as a result of gradual degeneration or loss of nerve innervations would result in varying degree of failure to open the eye fully.

It is called ptosis of the eyelids.

Weakness of this muscle in the younger patient called congenital ptosis can be corrected by strengthening of the muscles and also by the creation of a natural eyelid fold to enhance the appearance. If there is complete absence of the muscle action, we can use the forehead muscles to help lift up the eyelid. In the older age group where there is progressive weakening of this muscle we can also improve the strength of the muscle by carefully dissecting out the muscle and shortening it. This enables the pull to be stronger and hence wider opening of the affected eye.

In cases where levator muscle are not at fault and the problem is due to the descent of the forehead skin and muscles, we have to decide on either an endoscopic brow or forehead lift to lift up the drooping forehead skin. This is a minimal invasive surgery using the camera operating system to release the soft tissues from its bony attachment and advancing it upwards so that the skin would be sufficiently tight to lift up the droopy upper eyelids.

For lower eyelids

As we age our lower eyelids started to bulge due to the accumulation of the infra-orbital fat called 'eye bags'. These makes one appear tired and old. People may also remark at your condition saying – "Didn't you sleep last night? Had a fight with your spouse? Do you have a kidney problem?" These are undesired comments, which can hurt emotionally.

In addition there is a general descent of the facial soft tissues and skin thus causing the naso-labial folds (cheek lines) to appear and deepen. The jowls lines start to develop and deteriorate till we see the prominent heaping of the skin and fat at the sides. These undesired developments will magnify the ageing features and naturally erode the once solid self-

confidence. The person realises that age is catching up and this unfortunately can affect him or her psychologically and may make him or her withdrawn from society. This is a very disheartening situation.

Fortunately, with advances in plastic surgical techniques there are various remedies to these problems. The eye bags can be removed and the descended malar fat pad together with the skin can be restored surgically. The lower blepharoplasty is usually used to remove the excess accumulated fat. Through the same incision we redistribute the fat and release the descended soft tissues by careful sub-periosteal (above the bone) dissection. Then, we anchor the release tissues with a special absorbable device called the endotine stubs anchored onto the bone or strong tendinous tissues. This was developed by the Department of Plastic Surgery of Stamford University, USA. The lower blepharoplasty combined with this additional surgical procedure has given excellent results in correcting eye bags and associated ageing problems. We can also perform the minimally invasive sub-periosteal mid-face lift to re-position the descended malar fat pad and other soft tissues.

Conclusion

Physical defects due to birth, degenerative or ageing factors will certainly bring varying effects on all of us. The congenital ptosis can be easily corrected so that the affected person can have a boost of self-confidence in life. In the ageing population we need not subject ourselves to psychological traumas and loss of self confidence due to this definite natural progression of ageing deteriorations. We can seek appropriately trained and certified specialist like plastic surgeons to help us.



Dr. Yeap Choong Lieng
Plastic Surgeon

Dr Yeap Choong Lieng is a graduate of from the Medical College of the University of Singapore. He was admitted as a Fellow into the Royal College of Surgeons of Edinburgh and subsequently as a Fellow in Plastic Surgery of the Academy of Medicine, Singapore. He was trained in the Department of Plastic Surgery in the Singapore General Hospital and was sent on a government scholarship for further advanced training and exposure

in plastic surgery in the United States of America. He was Consultant Plastic Surgeon and Deputy Head of the department until he resigned to start his private practice in the Mount Elizabeth Medical Centre/ Hospital. He actively keeps pace with the latest developments in the field of Aesthetic Surgery and He also teaches and lectures on various topics like Vaser Liposuction for removal of fat and laser surgeries. He goes on yearly teaching trips to underdeveloped countries to teach surgeons on reconstructive surgeries.

www.dryeapplasticsurgery.sg

in CONVERSATION

“

Dr. Shiao Ee Leng is one of the pioneer doctors in Singapore with years of experience in medical aesthetics and cosmetic lasers since last decade. To date, she has performed more than 50,000 lasers for various skin conditions. She believes in a holistic 3Ps therapy: integrating pharmaceutical and cosmetics products with aesthetic procedures and professional consultation. Here, she talks to *Healthy Times* on her experiences in advanced Botox and other aesthetic treatments.

Q. What, in your opinion, are the top five most sought after aesthetic treatments by women in general?



Shiao: These are Intense Pulsed Light (IPL), laser, Botox, chemical peel and face-firming treatments.

Q. Can you elaborate your holistic 3Ps therapeutic approach for our readers?

Shiao: Basically to obtain optimum results, we believe in our clinical integrative treatments. We combine quality products and pharmaceuticals, with FDA approved, proven procedures such as lasers, to professional assessment and advice. This gives our patients the most effective results for their problems.

Q. What are the different skin conditions that come to you every day? What are the various treatment options? How do you select the most appropriate one?

Shiao: The most common skin conditions that we face everyday are pigmentation, acne, scars and wrinkles.

The various treatment options include laser, IPL and peels for pigmentation; medications, aqua peel, chemical peel, blue IPL for acne; deep chemical peel, aqua peel, PIXEL laser and ematrix subablative treatment for scars.

There are a lot of factors to consider while recommending the appropriate treatment. We assess the skin types, skin sensitivities or allergies, severity of the skin, lifestyle as well as the patient's budget. Generally the more aggressive treatments and our integrative combination therapy give faster results.

Q. What are the reasons for the growing popularity of Botox as a treatment option? How effective it is? Are there any side effects?

Shiao: Botox is very popular as it is fast, effective and fantastic as a quick-fix. When administered by well-trained experienced doctors, you get good results in soon as 24 hours, up to 4-6 months for smoothening of forehead lines, frown lines and crowfeet. For

jaw slimming, most start to see improvement as fast as two weeks.

Side effects are mild bruising but in the hands of experienced doctors you get an individualised BOTOX treatment tailored to your needs targeting the wrinkles based on their location and depth.

Some rare side effects written in certain media are due to deep BOTOX treatments in high doses for nerve problems and the use of other problematic versions of the Botulinum Toxin.

Q. Facial aging is not just about lines and wrinkles. It is also about volume loss in the cheeks, lips and so on. Which treatment would you recommend to address volume loss?

Shiao: Currently, Hyaluronic Acid (HA) fillers are the safest and a highly effective way to correct volume loss. HA is naturally occurring in our body tissues and thus do not interact with the skin or body.

HA fillers have the look and feel that is very natural. It can be injected into the cheeks, nose, chin, deep wrinkles or folds to give a smoother contour. We have been using the French Juvederm HA filler, which has a pain-relieving agent added in, to make the procedure comfortable and long lasting, up to 12 months.

Q. Getting rid of unwanted hair is also a major issue for

most women. What are the various methods you employ to help women achieve that?

Shiao: We have a signature hair removal treatment that uses Nanolight Cold IPL and the new SHR Super Hair Removal by ALMA lasers. The first is an improvement from conventional hot IPL, which can make the skin tender during the hair removal.

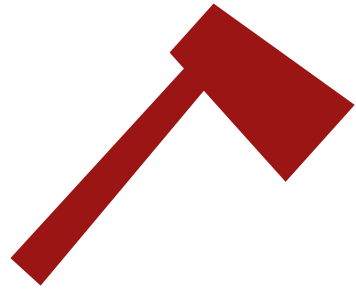
For people with really sensitive skins or very low pain threshold, our SHR with its patented cool multi-pulse technology can be used on all skin types, even on dark skin and sensitive zones like Brazilian and upper lips. It also gives the treated skin a smooth glowing appearance after treatment.

Q. Lastly, as the medical director at ClearSK, you lead a team of female doctors qualified in lasers, aesthetics and dermatology. Is there any specific reason of employing female doctors only? Do you think that women open up more and discuss their bodily issues freely and in a more relaxed environment if the doctor is of the same gender?

Shiao: Yes. Our lady doctors are passionate about aesthetics since they themselves are the users of the procedures they practise. I believe this is the reason why ClearSK can reach out to our patients better. **HT**

”

Heart attacks at work and emergency preparedness 'I work with heart'



In line with World Heart Foundation's this year's theme of 'Workplace Wellness' and to mark the World Heart Day on September 26, Healthy Times talks to Dr Tan Yong Seng, vice-chairman of Singapore Heart Foundation (SHF) - a non-profit charitable organisation at the forefront of the battle against heart diseases in Singapore - on emergency preparedness with regards to heart attacks in workplaces.

“

Why is this year's theme based on 'Workplace Wellness'? Please explain in detail?

Seng: See, heart attack is caused when the interior passage of a coronary artery, which is already narrowed by atherosclerosis, becomes completely blocked due to a blood clot or arterial plaque. The oxygen deprivation thus caused give rise to an acute chest pain characteristic of a heart attack. Other physical symptoms may include a choking sensation, heartburn, indigestion and nausea, shortness of breath, sweating, palpitations and giddiness.

When the heart stops beating, brain damage sets in after three minutes, and death is virtually certain if no resuscitation is given to the victim within the first ten minutes. Thus, the timing of treatment is critical for heart attack victims as their chances of survival decrease rapidly with every passing minute. In this respect, knowledge of cardiopulmonary resuscitation (CPR) is a valuable asset.

Is the knowledge of CPR so important?

Seng: Statistics indicate that 70 to 80 percent of heart attacks occur either in the home or in public places. In such cases, the person nearest at hand to the victim is often a bystander with no medical expertise such as a relative, an office colleague, or a passer-by. There CPR comes into picture. It is a basic life-saving technique aimed at helping a person whose heart and/or breathing has stopped. Comprising of mouth-to-mouth respiration and manual chest compressions, it provides emergency life support by

sustaining the flow of oxygenated blood to the victim's brain and other vital organs until appropriate medical help arrives.

How can SHF help in raising awareness and educating our population on CPR?

Seng: There is a training program called 'CPR+AED Certification @ SHF', which is an effort to get more people trained in CPR and the use of Automated External Defibrillator (AED). It equips the participants with the necessary life-saving skills and confidence to respond during cardiac emergencies. The CPR+AED Certification @ SHF is a four-hour course that enables participants to learn how to determine unresponsiveness, activate emergency medical

services as well as perform CPR and use AED on adult casualties.

I urge every employer in Singapore to get at least few of its employees CPR+AED certified. This core group may be able to save lives in case of any heart related medical eventualities at their respective workplaces.

This is about what to do when we or anyone near us have a heart attack. It's always believed that prevention is better than cure. So can we work towards a healthy heart?

Seng: A healthy heart is the by-product of a healthy lifestyle, which can be achieved by adopting SHF's '3-5-7 Healthy Heart Principles.'

For diet, it signifies 3 Highs of fibre, freshness and plant-based

protein; 5 Lows of fat, cholesterol, salt, sugar and alcohol; and eating your meals to only 70 percent of your capacity.

For exercise, it signifies exercising at least 30 minutes on at least five days every week. In addition, the target exercise heart rate must be according to the formula: Exercise Heart Rate = (170 - age) beats per minute.

Giving up smoking is also a very good idea. Consuming plenty of fruit, vegetables, soy products, beans and legumes; and choosing lean meat and skinless poultry cooked in healthy way (steam, poach, grill, stir fry, bake, boil, stew) also helps. Salt, sugar, seasoning and pickle intake must also be done in moderation.

In short, start taking responsibility for your own heart health. HT

”

Making your workplace heart healthy

- Insist on a smoke-free environment - Demand a tobacco ban and ensure your workplace is 100 percent smoke-free. Encourage your employer to provide help to those wanting to quit smoking.
- Bring exercise to the workplace - Include physical activities in your working schedule like cycling to work if possible, taking stairs, exercising or going for a walk during your lunch breaks.
- Choose healthy food options - Ask for healthy food at your work canteen, or find nearby cafes or restaurants that serve healthy meals.
- Strive for stress-free moments - Although stress has not been shown to be a direct risk factor for heart diseases and stroke, it is related to smoking, excessive drinking and unhealthy eating, which in turn causes such medical complications.

- Take time for lunch away from your workplace to get some fresh air.

- Have regular breaks during the day. Try stretching or exercising for five minutes twice a day



The Singapore Medical Association (SMA) organised its 41st National Medical Convention on July 10, 2010 with the theme being “20/10 Trends in Eye Care.” The focus was on generating public awareness as well as educating the doctors on major eye diseases. SMA also tied up with the Singapore National Eye Centre (SNEC) and organised a free eye screening camp alongside the convention so that the public can benefit from early detection of diseases. Doctors from SNEC, Khoo Teck

SMA's 41st National Medical Convention A BIG SUCCESS!

Puat Hospital, Tan Tock Seng Hospital and the National University Hospital participated in the camp. During the convention, doctors from various healthcare institutions across the island presented updates on early prevention and treatment of common eye problems such as cataract, age-related macular degeneration (AMD), glaucoma, myopia and diabetic retinopathy.



Gaurav Sharma caught up with Dr. Chong Yeh Woei, President, SMA, on the sidelines of the convention and discussed the past, present and future of the healthcare sector in Singapore. Here are the excerpts of the interview:

Can you summarise the health sector scenario in Singapore for us?



Chong: In the last few years, the government has realised that there had been under-investment in the healthcare sector in Singapore in the past and is now going great lengths to change the situation rapidly. With heavy investments in medical infrastructure and increase in the number of doctors, the medical sector is witnessing an uptrend now. It is set to grow in excess of five percent annually for the next few years.

Another defining factor has been the focus on mental health and a realisation that Singaporeans are a rapidly ageing population. With initiatives like residency training program, medical registration act, etc. I would say that the Ministry of Health (MOH) is also on the right track.

We have also been able to build up a complementary relationship between the public and private health enterprises here in Singapore, which is growing by the day.

How far will you say has Singapore been able to tap its potential as a major regional health hub?

Chong: Quite frankly, I would say that we have done well. We have many patients visiting us from Indonesia and some from Malaysia and Thailand. The last two countries have their own well-established healthcare sector making our penetration in those markets relatively low.

Our main advantages are world-class infrastructure, highly-trained doctors and a regulatory mechanism giving protection to patients. Hopefully, these factors will propel us further in the direction of establishing ourselves as a regional healthcare hub.

Can you throw some light on the cost of healthcare in Singapore as compared to the western countries?

Chong: As far as primary care sector goes, our costs are very cheap. You can get a general practitioner (GP) to diagnose your illness in as low as SGD 30, which is quite affordable when compared to the living standards in Singapore. For specialist care, it is expensive but only when you compare it to our neighbouring developing countries. Otherwise, it is still lower than the western world's healthcare costs.

Lastly, can you please reflect on the past and future plans of SMA?

Chong: The two main events in our recent history, which actually tested the medical fraternity of Singapore, were the SARS and H1N1 pandemics. And it gives me great pleasure to say that we came out with flying colours in both. In future too, we will continue to engage with the Ministry of Health and various non-governmental organisations to spread health awareness among our population. We also work with various foreign governments like the US embassy regarding health issues and look forward to such partnership in future as well.

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For more information, please visit: www.gendingkedis.com

**includes breakfast but excludes air fare.*

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Chiropractic for children

Yes, they have spines too!

“Chiropractic care for my child? Why? Her back doesn’t bother her.” Many parents appreciate the importance of regular checkups for their children’s teeth, hearing and vision but draw a blank when it comes to a spinal check-up. Dr. David Lim explains why a chiropractic check-up may be one of the most important health checkups in your child’s life.

Throughout your child’s life - from infancy to adulthood - chiropractic care can help ensure his or her physical and emotional health. With over a century of success in helping children regain and retain their health, chiropractic is now the healthcare choice for millions of parents and their children throughout the world.

Chiropractors are specially trained to locate and release blockages commonly caused by misalignments of the spine. These blockages called subluxations create disharmony, which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness.

Toddlerhood

Toddlerhood is a very physical time for our children. Those first hesitant steps soon evolve into jumping, running with falls and accidents accompanying each new skill. Even a small fall can cause damage with potential long term consequence.

It is not unusual to hear parents say that since starting chiropractic care, their children get sick less frequently and less severely, and take less or no antibiotics and other medicines. Many conditions such as asthma and allergies have responded well to chiropractic care.

Benefits

For your children to reach their true academic potential, they need to be free from any interference in the nervous system. Chiropractic care has been a blessing to many children who were experiencing learning problems by correcting their subluxations.

Both clinical reports and research validates chiropractic’s success with dyslexia, attention deficit hyperactive disorder (ADHD), lack of energy or low mental stamina, anxiety, behavioural problems and other learning disabilities. Researchers as well as parents have reported improvements in both grades and IQ as a result of chiropractic care.

Even in children without any learning problems but under regular chiropractic care, parents have noticed improvements in their child’s focus and concentration as well as improved sleep patterns which translates into better grades in school.

Chiropractic care does not make your child “smarter”; your children are already smart. It is just removing subluxations enabling the children to realise their full health potential.

Athletic performance

Improvements in coordination and athletic ability have also been noted as a result of chiropractic care. Chiropractic care helps athletes function at their peak to maintain their competitive edge. Chiropractors can help prevent injury by keeping your child balanced and functioning free of subluxations. Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery. That is why you see chiropractors as “team doctors” for all kinds of sports such as golf, swimming, badminton, tennis, rugby, soccer, table tennis and basketball.

Chiropractic check-ups are vital

Chiropractic is whole body healthcare. All children, especially if they are ill, need a body free of blockages in their nervous system. That can make a

big difference to your child’s physical and emotional health. If your child is suffering from any of the following conditions, it is essential to get his or her body checked for subluxations. These include poor posture, scoliosis, eczema/skin conditions, sinus problems, asthma and allergies, poor focus and concentration, neck/backaches, frequent colds and infections, gastric/stomach pains, and headaches.

Warning signs

Because children may have subluxations and not know it, all children need periodic chiropractic checkups. There are, however certain warning signs indicating that their body may be out of alignment. These are one hip or shoulder higher than the other, one hand appears lower than the other, shoulder blades flared out, head tilt, a foot turned in or out, one leg shorter and hyperactivity.

Conclusion

Chiropractic care for children makes a big difference no matter what their age. Keep your children healthy, ensure their natural self-healing ability functions at its peak and help them grow into their physical and emotional potential with chiropractic care. Make an appointment with the doctors at Wellness for Life Chiropractic for your whole family to learn how. HT



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 over ten years, working in successful offices in the United States, Malaysia and Singapore. Currently, Wellness for Life Chiropractic has three locations to serve the community of Singapore - Bishan, Harbourfront, and a new location opening in October 2010, at Raffles Place.

www.wellnessforlife.com.sg



Women who feel happy,



And what a journey it has been!

The company started in 2007 with its product 'Naturalpad of Snow Lotus', for which there was no apparent market. Though this proved to be a challenge, there were latent business opportunities in it. "When I decided on targets, I never cared about what I lost. I only cared about what I can get as we were the only company in the market," said Wang firmly.

"At first, in order to sell a box, I had to deliver it personally to the customers. Then with brave pioneering spirit, after a year and a half of ice-breaking period, the sale of JR Naturalcare became better and better. During the next three years, the company's sale performance doubled every year. In 2009, we opened our own health physical therapy club at the Central in downtown Singapore. The same year we became the first company in Singapore to launch the physical therapy program - Eco-healthcare and Natural Regimen, and built the first healthcare management centre with the focus of reproductive health care in Singapore."

The title aptly summaries Ann Wang and the ethos of JR Naturalcare - the company she founded and which has since grown to become a pioneer in feminine health and beauty products in Singapore. "No matter how old she is, a woman is the prettiest when she's the happiest," remarked Wang while explaining the driving force that led to the inception of JR Naturalcare.

Why Singapore?

On question of choosing Singapore as the base for JR Naturalcare, Wang says: "Singapore is small, has a sound market mechanism and possesses the essence of Chinese culture. If you want to promote the splendid Chinese culture and health knowledge accumulated through generations, it provides the best platform."

look pretty!

Reproductive health - as a core business

With the accelerated pace of modern life, people are facing increasing pressure from work and other aspects of life, making them suffer from progeria syndrome and health problems such as sallow and dim complexion, loose and dry skin, rough pores, lackluster and splash skin, chloasma, deepened wrinkles, acne, pimples, blackheads, mastoptosis, obesity, body out of shape, anxiety, insomnia, frigidity and so on.

Now, the question is how to deploy an approach, that could help people resist aging, keep intrinsic and extrinsic well-being, and bring power, confidence and sheen back in their lives? The answer lies in ecological preservation. It is based on the source of women's beauty and health - her reproductive system, and preserves its ecological condition in an integrated,

sustainable and scientific way. It sterilises, detoxifies and preserves ovaries, while keeping up the normal ovarian secretion of estrogen, thereby integrating health and beauty in the most perfect state.

Wang happened to be the one of the first in 2005, who benefited from 'Eco-healthcare and Natural Regimen', and has been its biggest advocate since then. "This regimen that usually takes three to five times of physical therapy brings significant improvement in our customers, so it doesn't take long for doubts to change to trust."

Elean, a 50-year-old, who recently finished physical therapy at JR Naturalcare says: "I could feel the difference immediately after the first half-hour therapy. This regimen has changed my entire lifestyle and I feel healthier than before."

Staff training – ensuring ethos and ethics are maintained

To ensure quality, all new employees at JR Naturalcare go through a rigorous three to six months training where they are given inside knowledge of the therapies, helped to develop an easy-going and approachable attitude, and coached to give customers the best curative effect.

Looking ahead

"The aim is that while maintaining good performance in Singapore, we would like to venture into the overseas markets. We want to build JR Naturalcare as one of the world's top brands. At present, our focus is to increase investment in R&D and continuously develop relevant products to achieve all-round success in healthcare," Wang concludes. **HT**

Are all drinking water systems the same?

In the market today, you hear of so many different water systems. From alkaline water filters, super-oxygenated water, energy water, distilled water to clustered water. It is really confusing.

Which then is really the best? Which is the best water system for me and my family? Rather than approaching this question by telling you the difference between the water systems, we prefer to start with the more important question ~ what does your body need and why does it need that?

The old adage of drinking eight glasses of water every day may not hold "water", pardon the pun, now! Also in today's context is it enough? Our lifestyle has become more hectic and more stressful. Coupled with

the environmental issues of EMF waves, food toxicity, anti-oxidants, free radicals etc., we need to evaluate ways to stay healthy.

Water is one of the most underrated but important part of a healthy lifestyle. In a middle age person, about 75 percent of the body is made up of water, which increases to 80 percent in the context of the brain. But, in an average 70-year-old this drops to 59 percent. In 1912 Dr. Alexis Carrell conducted an experiment by cutting a small sample of heart tissue from a chicken embryo and immersing it in a solution, which was changed everyday and supplied all the necessary nutrients. That tissue lasted 26 years! This compares dramatically to the life span of a chicken which is between 6 – 8 years.

“ The cell is immortal. It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals; give the cell something on which to feed (nutrients) and, so far as we know, the pulsation of life may go on forever... ”

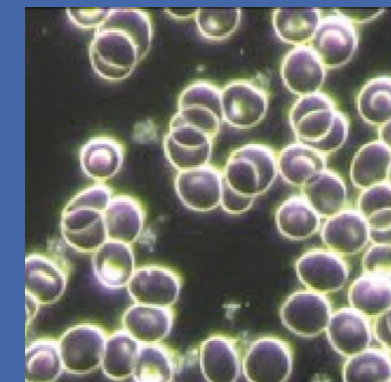
, concluded Dr. Carrell.



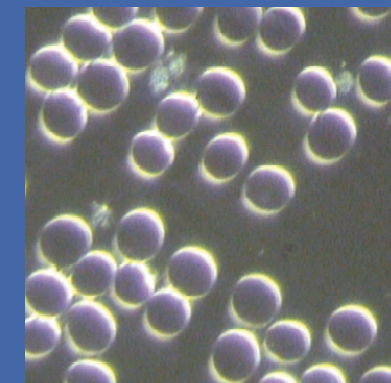
Aging is associated with cellular dehydration where our bodies are not taking in sufficient good quality water to hydrate the system and keep the cells healthy. In short, our body needs the best quality water to hydrate our cells at the cellular level and permeate the body system in the shortest time possible. The belief that we drink water only when we are thirsty must change now to one that recognizes our need for consistent hydration.

MRET (Molecular Resonance Effect Technology) is one of the best quality water system available. Dr. Igor Smirnov discovered why a certain group of villagers near the Chernobyl nuclear disaster did not contract cancer – the reason was the water they had been drinking. Dr. Smirnov replicated this process and secured a US PATENT for his invention. In 30 minutes the resonated water had its molecular structure changed from a clustered to a linear pattern that had its viscosity lowered by 300 – 400 percent. By drinking this MRET water our

bodies can be adequately hydrated in 20 minutes, which is three times faster than normal water. This means that our cells can be hydrated in the shortest time possible after drinking the MRET water. Tests were done to show this effect. Using darkfield microscopy equipment, below is a photo shot of the subject's blood cells before and 20 minutes after drinking MRET water.



Cells before drinking MRET



Cells 20 minutes after MRET

Over the years various scientific journals and laboratory tests were done to show the efficacy of this MRET resonated water. The key benefits of MRET resonated water are:

- Enhanced cellular hydration and nutrient transport in our body
- Increased detoxification
- Increased energy
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- Suppression of harmful bacteria and viruses
- Production of strong and flexible cells
- Rejuvenation of skin
- Stronger, glossier and softer hair
- Improved cell to cell communication in our body

Those who benefitted from the MRET resonated water include those with eczema, psoriasis, cancer, weak immunity system and cellular dehydration issues.

An invitation to trial MRET resonated water

Come down to our showroom and make reference that you read about MRET in Healthy Times. We will present to you a 5 litre bottle of MRET resonated water. And show you the copious amount of information to prove that MRET is the best quality water available.



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For more enquiries on the laboratory tests and journal reports on MRET please come down to our showroom or visit our website:
www.honeycombtechnology.com



‘To die young as late in life as possible’

screening for older adults in Singapore

Aiming to give greater independence and better quality of life to older adults in Singapore, the Ministry of Health (MOH) and the Health Promotion Board (HPB) has jointly developed the Clinical Practice Guidelines (CPG) on functional screening covering seven domains. These include physical functions, vision, hearing, oral health, continence, mood and cognition, and will be used by healthcare professionals and health service providers to improve the care of older adults living in the community.

For a start, the HPB will conduct a pilot of the Community Functional Screening Programme, based on the recommendations of this CPG at the wellness programmes sites during the 12-month period starting September 2010 till August 2011 at Jurong Central, Jalan Besar, Kebun Baru and Kreta Ayer-Kim Seng.

HPB aims to conduct between 30 to 40 functional screening sessions during the year-long pilot with an estimated 60 to 70 participants per screening session. The cost to each participant is a nominal S\$5.00, which includes the screening, interpretation of the results, advice on the appropriate follow-up treatment if any, and educational materials on the management of functional decline and healthy lifestyle.

HPB officials informed that during the pilot, the areas observed will be improvement in quality of life (for selected interventions); proportion of seniors who have functional decline in the domains screened; proportion of referred older adults who underwent follow-up intervention (based on one month follow-up call); and health-seeking behaviour after functional screening such as the barriers and challenges faced by older adults.

“To help our seniors enjoy a happier and active life, HPB will work with its community partners to make functional screening accessible in the community. This will encourage many older adults to be screened. We urge older adults who receive abnormal results to seek treatment early from healthcare professionals. HPB will also be working towards facilitating family physicians and other healthcare professionals to optimally manage conditions detected by the screening,” said Dr. Shyamala Thilagaratnam,

Director, Healthy Ageing Division, HPB.

Medical experts also widely welcome the move citing Singapore’s rapidly ageing population. It is estimated that one in every five residents will be over the age of 65 by 2030, a marked increase from the current figure of one in 11 today. “Older adults may experience a certain degree of functional decline. For example, loss in balance and difficulty in walking can affect their ability to move about safely. The early detection of functional decline, through screening, targeted evaluation to determine its causes, along with appropriate management and a healthy lifestyle can help older adults perform daily activities with confidence and lead a fulfilling and active life,” concluded Associate Professor Ding Yew Yoong, Senior Consultant, Dept of Geriatric Medicine, Tan Tock Seng Hospital and co-chairperson of the 17-member Functional Screening CPG Workgroup. HT

About CPG

FUNCTIONAL DOMAINS	SCREENING TOOLS	DESCRIPTION	FOR ABNORMAL SCREENING RESULTS REFER TO...
Physical Function	Vulnerable Elders Survey-13 Short Physical Performance Battery	A questionnaire and a performance-based test to screen for functional disability in the older adults	Family Physician Structured community-based physical activity programme
Oral Heath	Oral Health Assessment Tool	Physical check to assess lips, tongue, gums, oral tissues, saliva, natural teeth, prosthesis (dentures), oral cleanliness	Dentist
Vision	Snellen Chart & Pinhole	A visual acuity chart and pinhole test to identify the presence of visual impairment	Optometrist / Ophthalmologist
Hearing	Single Global Screening Question Hearing Handicap Inventory Elderly – Screening Audioscope	Questionnaires and a hand-held device to screen for hearing impairment in older adults	Audiologist / Ear, Nose, Throat (ENT) specialist
Mood	Geriatric Depression Scale – 15	A questionnaire to screen for possible depression among older adults	Family Physician
Incontinence	Incontinence Questionnaire Urinary Incontinence – Short Form	A simple questionnaire to assess if the person is at-risk for urinary incontinence	Family Physician



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A new era is now evolving yet again with Panasonic’s latest offering, the Real Pro EP30002. Simulating the massage techniques commonly practiced by professional masseurs, this ultra kneading massage chair is able to sooth deep-tissue stiffness by placing pressure on a stiff point and moving it in quick tight circles. So get one now and experience a rubdown that’s as good as a professional masseur anytime at home.



REAL PRO

New look TM Expo this year

All those cooking aficionado Singaporeans who always wanted to incorporate traditional herbs into everyday cooking, are in for a major treat at this year’s Traditional Medicine (TM) Expo 2010 to be held from October 15-17 at Suntec City International Convention Centre.

Better than last year

Organisers hope that TM Expo 2010 will better the success of last year’s expo, which featured 90 international exhibitors and attracted close to 7,181 local and foreign trade visitors from Europe, US, middle east and Asia.

TM Expo 2010 is being jointly organised by Singapore TCM Organisations Committee (STOC) and the Singapore TCM College. One other important feature this year will be the Marketing Trends Workshops, which aim to offer a macro perspective on the latest trends and future developments in the TM sector. It will cover topics like ‘Are natural products safe’, ‘Does taking health supplements make you healthy’, among others.

“To provide networking opportunities for local exhibitors who are keen to expand overseas, we have also invited fellows from ASEAN Alliance of TM Industries (AATMI) trade organisations to participate in this event,” said Lee Tiong Sa, Chairman, TM Expo 2010. The Singapore pavilion will feature Defu Foodstuff, Eu Yan Sang, Kaiser Pharmaceuticals, Leung Kai Fook, Science Arts Co., Tong Jum Chew and the Wen Ken Group, among others. Also, exhibitors from China, Hong Kong, Indonesia, Japan and Malaysia will be present.

The TM Expo 2010 is supported by International Enterprise Singapore, Ministry of Health, SPRING Singapore and the Singapore Tourism Board. HT

TM Heritage Showcase

Professor Zhang Zhen Zhong of Nanjing University of Traditional Chinese Medicine (TCM) - a renowned food and nutrition expert specializing in herbal plants and tonics with over 30 years of experience, will be on hand to discuss the applications and health benefits of various medicinal herbs. Apart from displaying 12 different types of Chinese tea that can alleviate various common ailments, Zhang will educate the public on how to maximise the benefits of herbs in the preparation of medicinal foods, as part of the TM Heritage Showcase.

Ayurvedic Cooking Demonstration

Organisers of TM Expo also informed that another major addition this year will be the Ayurvedic Cooking Demonstration by local celebrity chef Irene Jansen. Reiterating the age-old belief that all healing begins with the digestive system, it will showcase how ayurvedic herbs can be incorporated into nourishing meals for balancing the body and mind.

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• 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.

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Break through the Advertising Clutter

Features and Benefits

- Wide viewing angles
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- Low color shift
- Can be cut easily
- With optically matched adhesive and will minimize reflections
- Easily removable



3M Vikuiti Rear Projection Film transforms transparent surfaces into dynamic, digitally-projected imagery and messages.

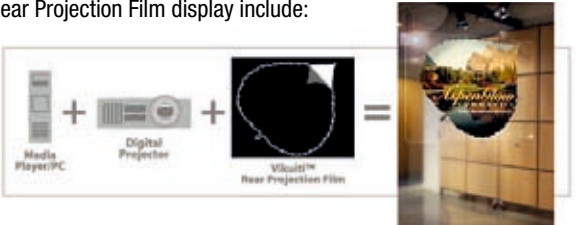
Capture your audience's attention with sharp and vivid displays using 3M Vikuiti Rear Projection Film. This removable film transforms virtually any transparent surface it is applied to, such as shop windows, into a digital projection screen for delivering your advertising messages. Unique 3M microbead technology enables you to project static images, video and multimedia content under a wide variety of lighting conditions (day and night) and wide viewing angles.

Thin and flexible, 3M Vikuiti Rear Projection Film can be cut into any shape or size and even integrated with other graphics to create a compelling display. The film is easy to apply and remove, enabling quick turnaround times to fit your marketing campaign schedules. It can also be changed often, allowing you to create different eye-catching graphics for sales promotions, tradeshow, point-of-purchase promotions and more.

Getting Started

Typical system components for a 3M Vikuiti Rear Projection Film display include:

- A projection surface with 3M Vikuiti Rear Projection Film
- A digital projector
- A PC or media player with digital signage software and display content



Introducing 3M™ Mobile Ambassador

An innovative mobile lightweight floor-standing human shaped sculpted digital terminal - delivers rich interactive content in consumers' natural line of vision to provide information to influence their buying decisions.

It does not displace products on shelves or force consumers to look at TVs hanging from the ceiling.

3M Mobile Ambassador can be conveniently assembled and displayed in any retail premise – such as airports, banks, malls, office lobbies, and store aisles – to advertise, inform or entertain consumers in high-traffic public and retail environments.

Features and Benefits:

- 3M Mobile Ambassador integrates 3M Vikuiti Rear Projection technology, a projector, with advanced content management tools
- Allows customized advertising content
- Capable of communicating full-motion, customized content video projection with or without audio, or displaying several images on a screen in various forms
- Can be conveniently assembled



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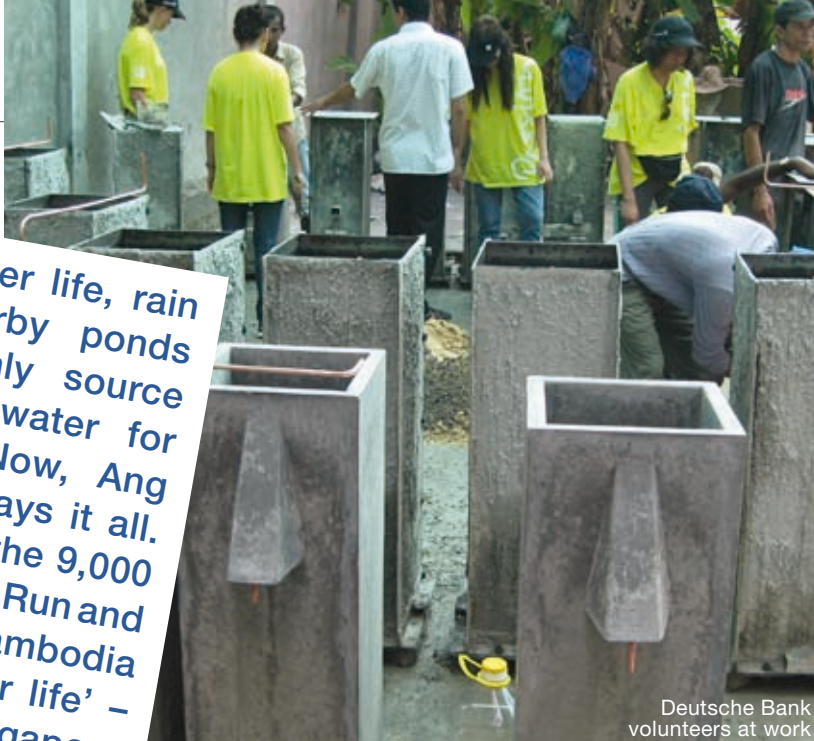
‘Water for life’ SIF’s initiative in Cambodia

For nearly 50 years of her life, rain water collected in nearby ponds was the only source of drinking water for her family. Now, Ang Ron’s smile says it all. She is one of the 9,000 villagers of Dan Run and Dam Diek communes in Cambodia to be benefited by ‘Water for life’ – the first direct project by Singapore International Foundation (SIF), a non-profit, aiming to provide convenient access to clean drinking water through installation of around 2,000 bio-sand filters in rural households. Gaurav Sharma visits the launch ceremony for the *Healthy Times* and shares his experiences.

Cambodia of today is very different from its past. Traces of a glorious history are found only in the temples of Angkor Wat as UNICEF estimates, more than 30 percent of children in Cambodia have no access to safe drinking water. With one of the highest infant mortality rates in Asia, majority of deaths are attributed to water-borne diseases like diarrhea, hepatitis A and typhoid.

And that’s what pained Mieko Morgan, a Japanese, who first came to Cambodia as a student in 1995. “There was misery all over. Even basic amenities were not available to masses. I just couldn’t resist coming back,” says Morgan. She now manages the Siem Reap Water Quality Laboratory (SRWQL), which started manufacturing and distributing these bio-sand filters in neighboring villages of Siem Reap. “Financial resources were always a problem. Now, with SIF’s help, we want to make sure that clean water becomes a human right and not remain a luxury in Cambodia.”

Ang Ron smiling with her newly installed bio-sand water filter



Deutsche Bank volunteers at work



A make-shift classroom in progress

To generate a sense of ownership among the villagers, these bio-sand filters are not distributed free. “Every household needs to pay a nominal fee of \$7 - a small fraction compared to the cost of \$50 that we incur in manufacturing one bio-sand filter. We educate the villagers about the benefits of clean drinking water so they realize and purchase the filters. This also ensures that the filters are properly maintained,” explains Heng Sathya, who looks after the manufacturing of bio-sand filters along with Morgan in SRWQL.

Meanwhile, SIF has partnered Middletown Rhode Island Rotary Club, US and Angkor Hospital for Children (AHC) to implement the Water for Life project. Deutsche Bank and Ngee Ann Development Pte Ltd. are providing the main sponsorship. The other components of the three-year project, apart from providing safe drinking water, include improving medical infrastructure at a rural health centre in Dan Run and facilitating literacy classes in villages.

“The health centre dispenses medication for common ailments, conducts public education about illness prevention and provides midwifery services. The serious cases are referred to us in Siem Reap. With help from SIF, we aim to upgrade the medical skills and knowledge of the centre’s existing staff as well as raise their numbers,” hoped Dr. William Housworth, Executive Director, AHC, who shifted to Cambodia from America in 2008.

SIF also stationed one in-field data analyst in SRWQL to help improve its research capability and analyse its existing programs. Diane Liang, who ended her tenure in August said, “Being here has been a complete life changing experience for me. I have learned to appreciate little things in life and will not take anything for granted, ever.”

Another initiative by SIF in Cambodia is its library management workshop in the Mean Chey University (MCU) in Banteay Mean Chey province. “Apart from helping to enhance our capacity to acquire and manage the knowledge resources, SIF has also made available book donations from Institute of Southeast Asian Studies and Institute of Policy Studies in Singapore,” said Tauch Choeun, Rector, MCU. He also emphasized that apart from higher studies, the university is also playing its part to help the nearby villagers learn English.

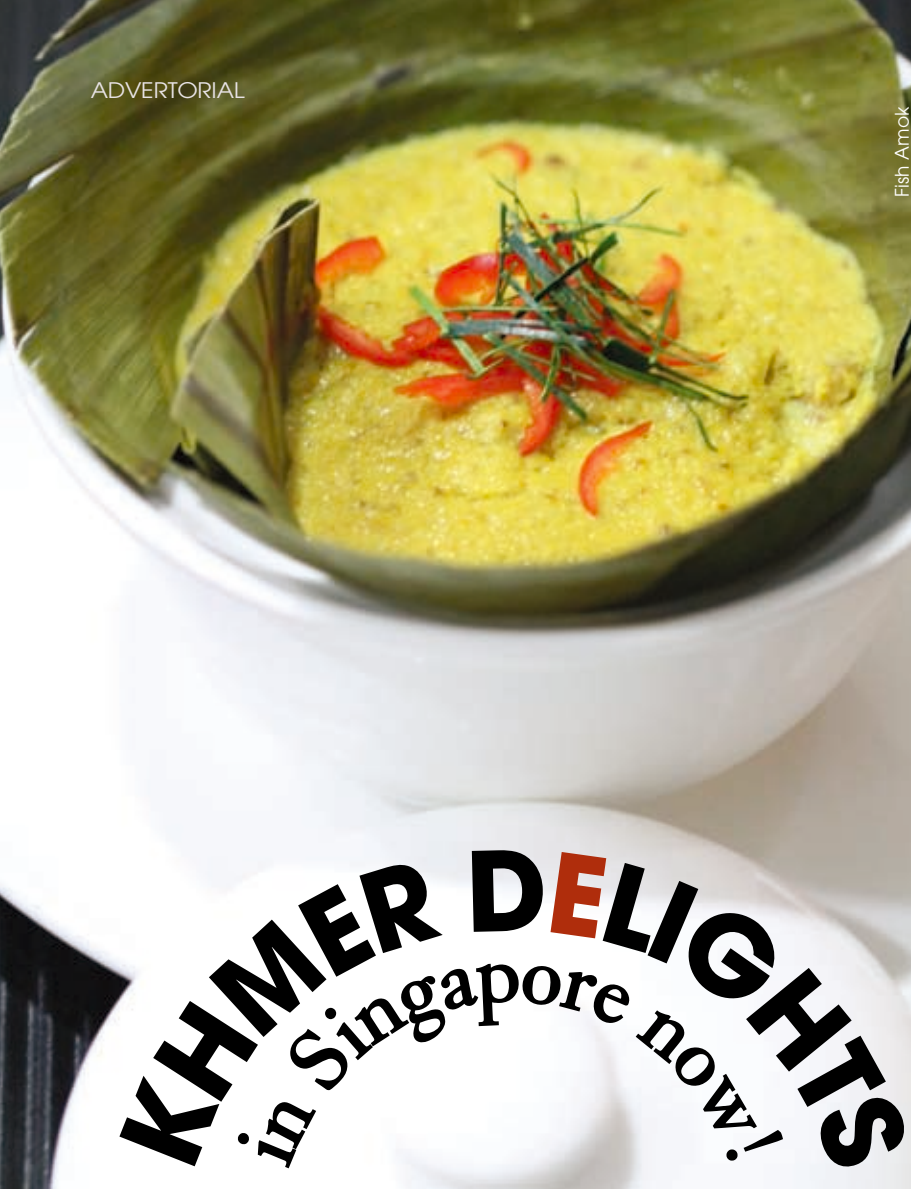
Help is coming in from all quarters. “I hope this help from SIF becomes a continuous process and many more organisations chip in,” added Baiki, a lecturer who came to MCU from Manipur, India and now teaches Global English to anyone and everyone who is interested.

The gravity of the situation is summarized by Police Inspector Chhouy Sarit, who presides over 13 villages in the Dan Run province. “Even though Cambodia’s Thirty Years War ended a decade ago, the scars have yet to heal and life is a struggle for most Cambodian seven now. We need assistance and we need it soon.”

Acknowledging that was Anita Fam, one of the governors at SIF’s Board, who attended the launch ceremony. “It’s a humble beginning but we are certain that it will go a long way,” she concluded.



Inspector Chhouy Sarit outside his police station



Fish Amok



Banana Blossom with Chicken



Khmer Spring Roll

with the neighbouring Thai and Vietnamese cuisine, though generally not as spicy.

Not only that, the entire ambience at the restaurant embodies the Khmer culture. The walls are decorated with paintings depicting Cambodian livelihood and traditional Khmer music plays in the background. For the curious types and to keep you engaged

while your food is being prepared, the restaurant also boasts a small collection of books informing about the Khmer culture, history and tourism.

At Khmer Delight, you can start your meal with the crispy spring rolls filled with home-made seasoned taro and minced pork fillings. Follow it up with the restaurant's clear sweet and sour 'Khmer Delight Signature Soup' garnished with Khmer mixed herbs. Then go for eggplant with minced pork, either with rice or noodles. The hugely popular Khmer dishes like fish amok and banana blossom salad are also a must try.

So, for getting a taste of Cambodia in Singapore, Khmer Delight is the place to go. It will surely delight your day!

Khmer Delight Cambodian Restaurant

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Singapore 459 114**

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(65) 6449 1529

OPERATING HOURS:
Weekdays (12pm to 10pm)
Weekends (12pm to 10.30pm)

enquiry@khmerdelight.com

KHMER DELIGHTS in Singapore now!

One thing that you would surely miss after a visit to the land of Angkor, besides its most humbling people, is the Khmer cuisine, which is a fascinating jumble of adaptation, ingenuity, and creativity.

But not anymore as bringing to Singapore all the delicious Khmer dishes, with its authenticity intact since December 2009, is 'Khmer Delight' – Singapore's first and only fully fledged Cambodian restaurant. Owned and managed by Singaporean - Andrew Tay and his wife from Cambodia - Alicia, this restaurant has created a niche for itself in a very short span of time.

Andrew's experience of working in the hotel industry in Cambodia as well as supervision from Alicia's Cambodian aunt as chef consultant has ensured that the taste of mouth-watering Khmer recipes stick to their roots. For those who haven't had the luck to indulge in Khmer cuisine, it shares much in common



In the last issue, we learnt to make yogurt in our homes with the help of the 'yogurt maker.' In continuation, here are five recipes for you to try and surprise your loved ones.

Home wonders with your **Do-It-Yourself** homemade **YOGURT**



Dr Budwig's Fruity Salad 2 to 3 servings

Ingredients

½ medium pineapples
1 red apple
2 kiwi fruits
Some organic sunflower seeds
Some organic pumpkin seeds
Some raisins or dried cranberries

Dressing

200ml Do-It-Yourself (DIY) yogurt
1 tbsp udo's oil 3.6.9 blend or flaxseed oil

Method

Dice all the three fruits into bite size cubes. Place them in a salad bowl. In a separate bowl, mix the DIY yogurt with udo's oil 3.6.9 blend or flaxseed oil thoroughly. Pour the dressing into the salad bowl and toss it together with the fruits. Garnish the fruit salad with organic sunflower seeds, pumpkin seeds and raisins or dried cranberries before serving.



Cold Noodles with Sesame Yogurt Dressing 2 servings

Ingredients

100g organic lomein
½ medium carrot
½ medium Japanese cucumber
Some peppermint leaves – chopped
1 tbsp white sesame paste
1 tsp organic honey
½ tbsp miso
1 tsp white sesame oil
75ml DIY yogurt

Method

Bring the noodles to boil over a medium fire. Drain the noodles in a colander and run cold water over it. Shred the carrot and Japanese cucumber into thin slices.

Dressing

Mix the white sesame paste, organic honey, miso and white sesame oil together with the DIY yogurt. Stir the dressing thoroughly. Pour the dressing over the noodles. Garnish the noodles with the shredded carrot, Japanese cucumber and peppermint leaves. Serve chilled.



Healthy Yogurt Tartar Sauce

Ingredients

- 5 tbsp DIY yogurt
- 3 tsp dijon mustard
- A few slices of Pickles
- 1 medium size yellow onion

Preparation

Scoop the yogurt into a muslin bag. Allow the yogurt to filter dry with the muslin bag in a bottle for 24 hours in the refrigerator.

Method

Chop the onions and pickles into small bite size pieces. Rub a pinch of salt into the onions before mixing it with the pickles. Scoop the yogurt into a bowl. Add in the dijon mustard and mix it thoroughly with the yogurt. Add in the onions and pickles. Serve as a salad or seafood dip, or as a sandwich dressing. The liquid that is drained from the yogurt can be added into fruit juices as it is rich in whey protein.



DIY Breakfast Yogurt Muesli

Ingredients

- 200ml DIY yogurt
- 4 tbsp muesli
- 1 tsp raisins
- 1 tsp dried cranberries
- ½ banana (optional)
- ½ golden kiwi (optional)
- 1 small slice of pineapple (optional)

Method

Scoop the DIY yogurt into a bowl. Add in muesli, raisins and cranberries. For a heavier breakfast, add in banana, golden kiwi or pineapples, diced into small cubes.



Summer Passion Greens
4 to 6 servings

Ingredients

- 1 medium carrot
- 1 Japanese cucumber
- 1 medium guava
- ½ medium turnip
- ½ corn
- 1 red apple
- 2 stalks celery
- Some lettuce – torn into small pieces
- Some dried cranberries or raisins
- Some organic cashew nuts

Dressing

- 200ml DIY yogurt
- 2 tsp Chen Jiah Juang passion fruit jam
- Whisk the DIY yogurt and passion fruit jam together.

Method

Dice all fruits and vegetables into bite size cubes. Put them into a salad bowl and toss. Add the yogurt dressing into the salad bowl and toss the fruits and vegetables. Garnish the salad with dried cranberries or raisins and organic cashew nuts before serving.



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Regardless of the height and curve of the human back, Panasonic's EP30002 has fine tuned

sensing with precision mechanical pressure sensors, which sense the stiffness of your body muscles to provide a soothing total body massage from the neck to the hips.

For those experiencing severe stiffness, one can choose any from among the 4 Auto Programs. To relieve the tired muscles, EP30002 offers Shiatsu and Deep tissue Kneading. Additionally, one can choose to rejuvenate the entire body with the soft Swedish massage or stretching to relieve the aching muscles.

EP30002 is also equipped with 36 air bags controlled by the high speed air supply pumps. It pampers the user with air massage providing full body relaxation to the outer shoulders, arms, thighs, buttocks, calves and soles.



All in all, with EP30002, you get the full body sensation of a massage. It's like having four different personal masseuses ready to serve you at the "push" of a button, quite literally!

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

To experience our range of massage chairs, visit our service counters at Best Denki (Vivo City, Ngee Ann City, Parkway Parade, IMM) and Harvey Norman (Millenia Walk, Jurong Point, Suntec City).

GREAT LIFESTYLE SHOW

Singapore Expo Hall 6B
19 - 21 Nov 2010



A Mega Lifestyle event which comprises various distinguish "ZONES" suitable for all visitors. With over 100 booths that showcase more than 500 brands of products and services all under one-roof, the "Great Lifestyle Show 2010 @EXPO" is certainly the event worth exploring !!

Another exciting event by:



Looking for a luxury escape in Bali

Well, it doesn't get bigger than Kanishka villas

Two bedrooms luxury villas

Each villa has two spacious bedrooms with en-suite bathrooms – each with bathtub, shower and two vanities. Living arrangements are centred on the generous and inviting private swimming pool, with large relaxing sofas, wide open dining, fully equipped kitchen, sundeck with loungers; all designed for undisturbed relaxation. And, with 42-inch television, sound system, dvd, and high speed internet access, you remain connected and informed!

Located close to the beach and in the heart of Bali's most fashionable area – Seminyak, and just 15 minutes drive from the international airport, Kanishka villas, with their path-breaking concept of 'private pool villa' have raised the bar for comfort and luxury holidaying to an entirely new level.

These 15 brand new villas with inspired interior furnishings are developed and managed by G K Resorts - the group that also owns the Gending Kedis villas and spa estate in Bali.

The popular Bali Deli and Made's Warung restaurants, designer boutiques, spas and Seminyak's nightlife is in the immediate neighbourhood. For avid golfers, there is the famed Nirwana Golf at Tanah Lot to the west, and Bali Golf and Country Club to the east.



Facilities

Apart from 24-hour security, the facilities and services offered include round the clock butler service, in-villa spa treatment, high-speed internet access, music system, safe deposit box, chauffeur and airport transfer, laundry and dry cleaning, and babysitting service.

At Kanishka, the skilled spa therapists offer a range of services including Balinese massage, Swedish massage, Ayurvedic massage, honeymooner's special package and their signature Shirodhara massage.

Other activities

Guests can indulge in various activities besides golf, which include Balinese cooking classes, excursions to nearby exotic locations, sightseeing, horse riding, surfing, diving, yoga and dance classes, and even Balinese massage training.

To sum it all up, great location, fantastic shopping and the most hospitable staff you will ever meet, makes Kanishka luxury villas an ideal choice for your next visit to Bali. **HT**

ESCAPE



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50plus Expo is back bigger and better than before!

Building on the enormous success of the 2010 event, which saw a total of 75,000 visitors, the Council for Third Age (C3A), will be organising its key signature event, 50plus Expo 2011 at Suntec Singapore International Convention and Exhibition Centre from April 1 to 3, next year.

The expo will be the largest and only such event in Singapore specifically targeted at baby boomers and seniors. It will provide a platform for community and commercial organisations to showcase products and services that meet the needs and interests of this segment of our population. With the seniors market in Singapore expected to grow to \$10.8 billion by 2015, the mature consumers form a burgeoning market with lucrative business opportunities.

The expo will be based on the theme – ‘Live, Learn and Play’, and C3A has planned exciting all-day activities to ensure huge crowds. Among these, most notable is the mega exhibition comprising of four thematic zones of Celebrate, Energise, Inspire and Rejuvenate.

All in all, with over 85,000 visitors expected to visit the 50plus Expo 2011, it will be an ideal setting for industry partners and businesses to promote their brand and maximise the exposure in this ever-growing market.

For enquiries, please contact:

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Email: melanieevangelista@mpinetwork.com

Jacqueline Song

Tel: (65) 6478 5048

Email: jacqueline.song@c3a.org.sg

Established in May 2007, the C3A is an independent body in Singapore that promotes active ageing to enable seniors to achieve a better quality of life in all the six dimensions of wellness – social, intellectual, physical, vocational, emotional and spiritual. C3A also partners community and commercial organisations to develop products and services that meet the various needs and interests



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World Cancer Day

Led by a global consortium of over 350 cancer fighting organisations in more than 100 countries, International Union Against Cancer, the World Cancer Day is held every year on February 4 to raise the awareness of cancer and encourage its prevention, detection, and treatment. Each year, over 12 million people receive a cancer diagnosis and 7.6 million die of the disease. Fortunately, approximately 40 percent of cancers are potentially preventable. In 2011, the focus is on teaching children and teenagers how to avoid UV exposure by being "sun smart". [HT](#)

World TB Health

World TB day falls on March 24 and is designed to build public awareness about the global epidemic of tuberculosis and efforts to eliminate the disease. Today tuberculosis causes the deaths of about 1.6 million people each year, mostly in the third world. Recently however, the disease has shown some uptrend in Singapore. March 24 commemorates the day in 1882 when Dr. Robert Koch astounded the scientific community by announcing that he had discovered the cause of tuberculosis, the TB bacillus. [HT](#)

ANNOUNCEMENT:
The contest winners from Healthy Times issue 43 will be announced on www.healthytimes.com.sg/blog

Inaugural Youth Olympics Games in Singapore

“Years from now, when you reflect on your sports career, you will be able to say ‘I was in Singapore, where it all began’. You will keep this Singapore spirit alive in your countries as true role models.” This was International Olympic Committee president Jacques Rogge emotionally speaking to the 3,600 young athletes at the closing of the first Youth Olympic Games (YOG), accompanied by the sombre notes of a flugelhorn.

That spirit also showed in the enthusiasm of more than 20,000 volunteers who worked behind the scenes. For hosts Singapore, there were moments to savour as it bagged two silvers and four bronzes but gold medal hopeful Darren Choy finished empty-handed in the sailing competition. Archer Abdul Dayyan Jaffar won a bronze with his Turkish partner in a mixed event.

China retained its grip atop the medal standings, ending with 30 golds, 16 silvers and five bronzes. Fourteen junior or youth world records were rewritten, and future Olympic gems look to have been unearthed in China’s six-gold swimmer Tang Yi and Russia’s triple-gold gymnast Viktoria Komova.

The Games also provided a fillip to businesses, with about \$260 million worth of contracts awarded to local companies, and estimated tourism receipts of \$57 million.

300 cyclists sought for the 30km World Hospice Day Ride for hospice patients

Life is like a cycle. Share the care with those on the journey rocked by life-limiting conditions. The Singapore Hospice Council (SHC) is seeking more than 300 cyclists to take to their wheels for 30km in support of Singaporeans battling end stages of their lives.

Their participation in Singapore’s inaugural World Hospice Day Ride on Saturday, October 9, 2010 will also mark the World Hospice and Palliative Care Day, where people from all walks of life and around the world unite to raise awareness and support those in need of hospice and palliative care. This year’s theme for this annual global day of action is “Sharing the Care”. HT

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Dr Johnathan Wee
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F: 65 62530409

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F: 65 62749962
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www.wellnessforlife.com.sg

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