

Raffles HealthNews

A PUBLICATION BY *RafflesMedicalGroup*

**Achieve
Work-life
Balance today**

**Fashion Hazards
Inside Out**

**Supercharge
Your Diet with
Superfoods**

**Weekend Warriors
Dos & Don'ts**



Scan here to see our videos for
the latest healthcare tips!



youtube.com/RafflesHospital

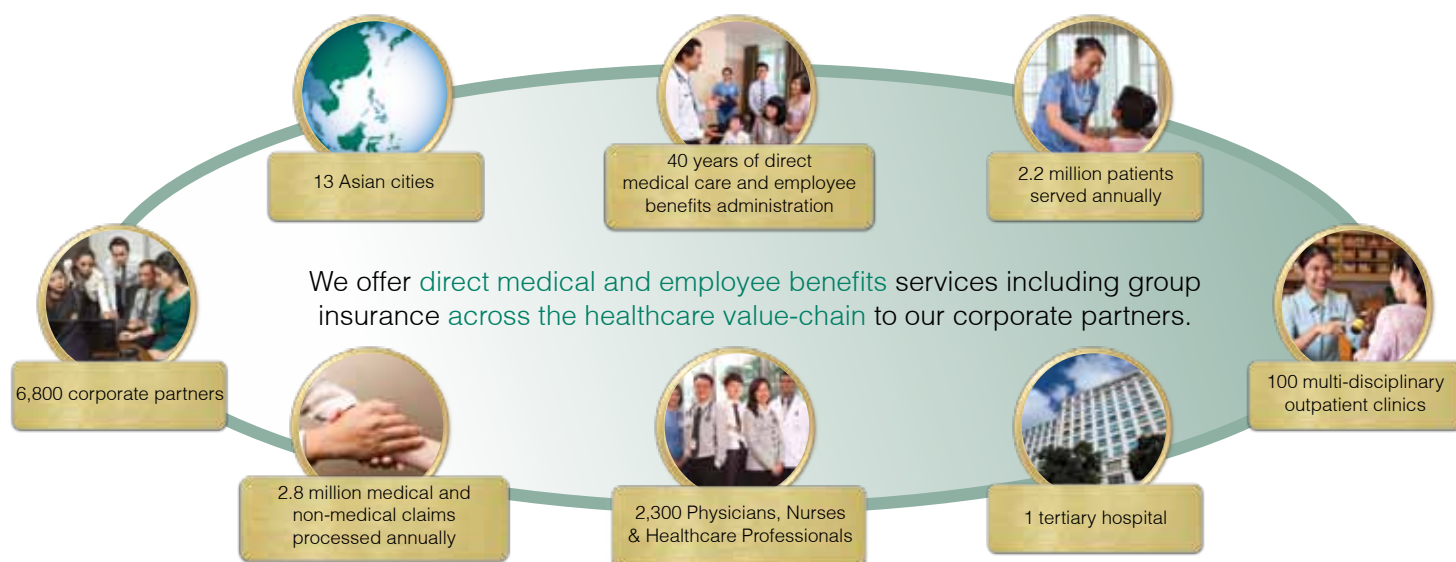




RafflesOne
One Group • One Practice
Your Corporate Healthcare Solution

Your Trusted Partner for Health

Your employees are the most important asset to your business. Ensure they are in good hands with Raffles Medical Group's end to end integrated care plans. Get your healthcare solution tailored to your business needs through a consultation with our corporate service team today!



www.rafflesmedicalgroup.com | rafflesone@rafflesmedical.com | (65) 6557 6861



RafflesMedicalGroup

Singapore • Beijing • Dalian • Hong Kong (SAR) • Nanjing • Shanghai • Shenzhen • Tianjin • Osaka • Hanoi • Ho Chi Minh City • Vang Tau • Phnom Penh

Raffles Hospital • Raffles Medical • Raffles Dental • Raffles Japanese Clinic • Raffles Chinese Medicine • Raffles Medical International • Raffles Health
Raffles Health Insurance • Raffles Healthcare Institute



facebook.com/RafflesMedGrp twitter.com/RafflesMedGrp youtube.com/RafflesHospital



HealthNews Contents

Issue 2 | 2017

LIVEWELL

10 COVER STORY

The Balancing Act Work-life balance is not a dream. Learn how to stay poised for life!

14 Keep the Flu Away We spend most of our waking hours in office. Chase the bug away with these six tips.

16 Project: Workspace Optimisation Your workstation may be causing you aches and pains. Give your desk an ergonomic makeover today.

18 Risky Postings Don't be deceived; occupational hazards abound in every job.

20 7 Health Tips for Busy Workers No matter how busy you get, don't forget to take care of your body so you can function at your peak.

EATSMART

24 Superfoods for a Super You Include these food items to supercharge your diet today.

26 Lunch with a Punch Packing your lunch allows you to avoid poor food choices and save. Try these to enhance your lunch.

28 Cheers to Health Drink up for health! Read on for alternatives to good old plain water.

GETGORGEOUS

30 Fashion Hazards Inside Out These fashion trends may make you look good but carries with them health risks.

32 Natural Beauty at Work Don't let your workplace wear you down. Learn how you can win over these problems with ease.

33 Beauty in a Beat We share makeup advice to help you look your best.

SHAPEUP

34 Weekend Warriors It is a norm working out during weekends where work is not a top priority. We share some advice on the dos and don'ts for our weekend warriors.

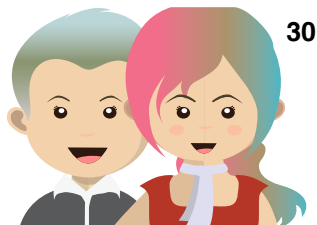
36 Done in 30 If you are planning a workout over lunch, here are some exercises that can be completed in less than 30 minutes.



10



34



30



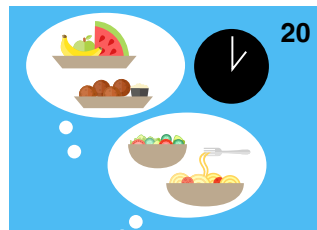
28



26



16



20



24

*Regulars

- 4 RMG Directory + Editorial Team
- 5 Editor's Note
- 6 Newsroom
- 22 Up Close
- 38 Ask the Experts
- 39 Social Media

Raffles HealthNews

Editorial

Dr Melvyn Wong, Magdalene Lee, Queenie Ho

Writers

Joanna Lee, Ashley Tuen, Noel Lee, Stanley Wong

Creative

Tan Wee Yen, Chin Min Jing

Advisory Panel

Cardiology	Dr Abdul Razakir
Orthopaedic Surgery	Dr Bernard Lin
Dermatology	Dr Chris Foo
Psychiatry	Dr Joshua Kua
Gastroenterology	Dr Lim Lee Guan
Physiotherapy	Mr Lim Hun Teck
Urology	Dr Lim Kok Bin
Medical Oncology	Dr Lynette Ngo
Neuro-Interventional Radiology	Dr Manish Taneja
Neurology	Dr N V Ramani
Ear, Nose & Throat	Dr Stephen Lee
Dental	Dr Tay Li Chye
Obstetrics & Gynaecology	Dr Tony Tan
Paediatrics	Dr Wendy Sinnathamby
General Surgery	Dr Wong Kutt Sing

The information contained in this publication should not be regarded as a substitute for detailed medical advice in individual cases.

All rights reserved. No part of this publication may be reproduced in any form or by any means without the written permission of the publisher.

Please address all correspondence to

The Editor, Raffles HealthNews

Email: healthnews@rafflesmedical.com

Raffles HealthNews is published by **Raffles Medical Group Ltd**
585 North Bridge Road, Raffles Hospital #11-00, Singapore 188770
www.rafflesmedicalgroup.com

Printed by **XPOPRINT(ASIA) Pte Ltd**

Issue 02 - June 2017

DIRECTORY

RafflesMedicalGroup

www.rafflesmedicalgroup.com

Corporate Accounts Enquiries 6812 6688
 Fax No. 6812 6534



RafflesMedical RafflesDental
 are CHAS clinics

RafflesMedical
www.rafflesmedical.com

General Enquiries 6311 2222
 Fax No. 6311 2392
 • 80 Robinson Road 6223 1188
 • 112 Katong 6636 3730
 • Anchorpoint 6479 3818
 • Ang Mo Kio 6453 2288
 • Anson Centre 6225 2188
 • Asia Square 6636 0160
 • Bedok North 6441 1736
 • Bishan 6456 7122
 • Bukit Batok Central 6563 3412
 • Capital Tower 6323 5212
 • Causeway Point* 6894 0777
 • Changi Business Park 6781 7337
 • Changi City Point 6636 1251
 • Clementi* 6872 9043
 • Compass One 6385 5057
 • Eastpoint Mall 6636 1458
 • Fragrance Empire Building 6570 6970
 • HarbourFront Centre 6273 3078
 • Hillion Mall 6769 0571
 • Hougang Central 6386 7896
 • Jurong East 6899 6688
 • Jurong Point 6790 0583
 • Lot 1 Shoppers' Mall 6765 3363
 • Loyang Point 6585 3333
 • Marina Square 6339 6644
 • Marina Bay Financial Centre 6636 0390
 • nex 6634 2585
 • Ngee Ann City* 6734 7355
 • Northpoint 6755 0049
 • Our Tampines Hub 6385 8515

• Changi Airport
 Terminal 2* 6543 1118
 Terminal 3 B1* 6242 2819
 Terminal 3 B2* 6241 8818
 Transit 1 6543 1113
 Transit 2 6543 1118
 Transit 3 6241 8333
 • Raffles City 6339 6911
 • Raffles Holland V 6255 1101
 • Raffles Medical@Raffles Hospital* 6311 2233
 • Raffles Place* 6534 2900
 • Rivervale Mall 6385 2154
 • Sembawang Way 6853 7703
 • Seletar Mall 6702 6917
 • Shaw Centre* 6838 0080
 • Siglap Centre 6442 0488
 • Sixth Avenue 6462 3426
 • Tampines 1* 6260 5116
 • Toa Payoh Central 6254 7667
 • White Sands 6585 1279
 • Waterway Point 6384 5655
 • Yew Tee Point 6634 3132

* Clinics near / with X-ray facilities

RafflesDental

www.rafflesdental.com

• Raffles Hospital* 6311 2360
 • Bukit Batok Central 6563 3423
 • Causeway Point 6891 0255
 • Compass One 6385 5067
 • Changi Airport T3 6241 8866
 • Jurong Point 6790 0360
 • Hillion Mall 6769 0641
 • Marina Bay Financial Centre 6636 3780
 • Marina Square 6339 7800
 • Our Tampines Hub 6386 7191
 • Raffles Holland V 6255 2722
 • Raffles Place 6533 3640
 • Sembawang Way 6257 4880
 • Seletar Mall 6702 6481
 • Shaw Centre* 6838 0080
 • Tampines One 6787 0093
 • White Sands 6585 6247

* Specialist dental services

RafflesHospital

www.raffleshospital.com

General Enquiries 6311 1111
 Call Centre Fax No. 6311 2136
 24 Hour Emergency 6311 1555
 Admissions / Business Office 6311 1888
 Raffles International Patients Centre 6311 1666
 Raffles Executive Medical Centre 6311 2288
 Raffles HealthScreeners 6311 1222
 Raffles Japanese Clinic 6311 1190

RafflesSpecialist

www.rafflesspecialist.com

24 Hour Appointments Hotline (RH) 6311 1222
 Appointments Hotline (Shaw Centre) 6733 7373
 Appointments Hotline (Holland V) 6255 2202
 Fax No. 6311 2136
 Email specialist@raffleshospital.com

• Raffles Cancer Centre
 • Raffles Children's Centre
 • Raffles Counselling Centre
 • Raffles Dental
 • Raffles Diabetes & Endocrine Centre
 • Raffles Dialysis Centre
 • Raffles ENT Centre
 • Raffles Eye Centre
 • Raffles Fertility Centre
 • Raffles Heart Centre
 • Raffles Internal Medicine Centre
 • Raffles Neuroscience Centre
 • Raffles Nuclear Medicine Centre
 • Raffles Orthopaedic Centre
 • Raffles Pain Management Centre
 • Raffles Rehabilitation Centre
 • Raffles Skin & Aesthetics
 • Raffles Surgery Centre
 • Raffles Urology Centre
 • Raffles Women's Centre
 • Radiology

RafflesChineseMedicine

www.raffleschinesemedicine.com

• Raffles Hospital 6311 2388
 • Raffles Holland V 6255 1911
 • Shaw Centre 6838 0122

RafflesMedicalInternational

www.rafflesmedical.com/international

rmi@rafflesmedical.com 65 6311 1688

Cambodia

• Phnom Penh 855 12 816 911/ 23 216 911

China

• Beijing 86 10 6462 9112
 • Dalian 86 411 8791 5925
 • Nanjing 86 25 8480 2842
 • Shanghai 86 21 6197 2300
 • Shenzhen 86 755 2669 3667
 • TEDA 86 22 6537 7616
 • Tianjin 86 22 2352 0143

Hong Kong

• Central 852 3168 2102
 • Hong Kong International Airport 852 2261 2626
 • Taikoo Place 852 2525 1730

Japan

• Osaka 81 6 6345 8145

Vietnam

• Hanoi 84 4 3676 2222
 • Ho Chi Minh City 84 8 3824 0777
 • Vung Tau 84 64 3858 776


Regional Representative Office

• Ho Chi Minh City 84 9 4781 5338
 • Jakarta 62812 8400 5991
 • Hanoi 84 9 36328588
 • Surabaya 62812 8400 5986

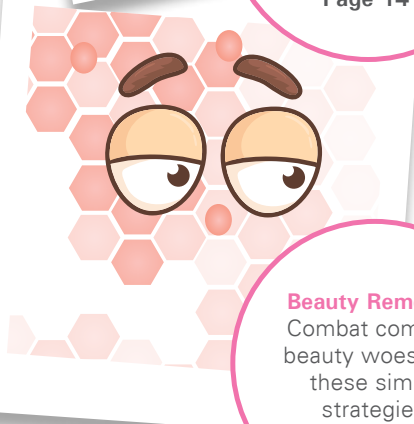
Patient Liaison Office

• Chittagong 88 01713 084406
 • Dhaka 88 01730 727272
 • Semarang 6281 1139 9919
 • Solo 6281 1139 9917
 • Yangon 95 9 5127625


Hello Readers!



Keep the Flu Away!
Don't be "the one".
Stop passing the bug around in your workplace.
Page 14



Beauty Remedies
Combat common beauty woes with these simple strategies.
Page 32



Weekend Warriors
Dos and don'ts every weekend warrior should take note of.
Page 34

All of us spend many hours at work. In fact, it's probably true that we spend more of our waking hours at work than anywhere else. I don't know about you, but I often have to extricate myself from my work to spend quality time with my two young children.

The long hours at work should not mean that our health should take a beating for it. In fact, we should all the more focus on our health to ensure we stay in the best of shape so we can continue to contribute. So it's with these in mind as our editorial team work on this issue.

Our cover story (pages 10 to 12) shares ways to maintain the elusive work life balance, especially in this day and age whereby the line between work and life is getting increasingly blurred with mobile offices and social media. Our doctors chime in to share how they split between their roles to heal lives and to experience life (page 13).

To help you perform better and safely at work, read about good ergonomics tips (pages 16 and 17), occupational health risks (page 18) and five essential health tips even the busiest bee should follow (pages 20 and 21).

Working doesn't mean you have to sacrifice your health with poor food choices. In our Eat Smart section, we discuss about superfoods (pages 24 and 25), as well as provide you with healthy packed lunch ideas (page 26) and nutritious drinks (pages 28 and 29) to keep you nourished, hydrated and energetic through the day.

Get Gorgeous and Shape Up with us as we cover the latest fashion trends and their potential health hazards (pages 30 and 31), and how to get fit and healthy over lunch (pages 36 and 37).

Labour may seem like toil and pain, but when we put work on its rightful place, it can be fulfilling and valuable to yourself and the world. We salute the workforce and thank you for contributing to the society in your big and small ways!

STAY CONNECTED WITH US AT:



Download our mobile app
RafflesMedGrp



Visit us @
rafflesmedicalgroup.com



Subscribe to us @
youtube.com/RafflesHospital

Tweet us @
www.twitter.com/RafflesMedGrp



Follow us @
RafflesMedGrp



Like us @
www.facebook.com/RafflesMedGrp



Like us @
RafflesMedGrp



✿ Also, don't forget to subscribe to our monthly e-Healthnews at
healthnews@rafflesmedical.com

Dr Melvyn Wong
Family Physician Consultant
Raffles Medical



New Docs on the Block

We warmly welcome Dr Tan to the Raffles family! With her addition, we hope to better serve your healthcare needs at Raffles Holland V.

Dr Christelle Tan Xian Ting
Specialist in Paediatric Medicine
Raffles Specialist at Raffles Holland V



Dr Christelle Tan is an accredited Paediatrician and a member of the Royal College of Paediatrics and Child Health, United Kingdom. She received her MBBS and Master of Medicine from NUS and completed her training in Paediatrics at NUH and SGH.

Dr Tan's practice includes all areas of general ambulatory paediatrics

including a wide range of common childhood conditions like asthma, childhood allergies, growth and developmental concerns. She is experienced in developmental assessment and vaccinations.

An avid volunteer passionate in paediatric global health, Dr Tan has spent her time serving in countries around the region.

Thank you Nurses



Have our nurses left a noteworthy experience in you? We want to hear from you on how our nurses have made a difference in your life. From 26 June till 7 July, share your story with us at www.rafflesmedicalgroup.com/nurses-day.

Raffles Medical Group Announces Another Hospital Project in China



Raffles Medical Group has acquired a plot of 28,000 square metres together with an in-construction building located at the Liangjiang New Area in Chongqing for the development of a 700-bed international tertiary hospital. Slated to complete in 2018, Raffles Hospital Chongqing will be able to serve local and expatriate patients in the western part of China as well as foreign patients from Central Asian republics.

Dr Loo Choon Yong, Executive Chairman of Raffles Medical Group said: "We are pleased to have been able to secure the Raffles Hospital Chongqing project. Together with the upcoming Shanghai hospital, we will be a major player in tertiary hospital services in China, where there is significant demand for good quality healthcare from locals and foreigners."

Continuing to Serve Your Healthcare Needs

Our clinics at Asia Square, Bedok and Clementi have been relocated.



Raffles Medical - Bedok North

Serving you from March 2017

Address

Block 203
Bedok North Street 1
#01-467
Singapore 460203

Operating Hours

Mon to Fri
8.30am to 1.00pm
2.00pm to 5.30pm
6.30pm to 9.30pm

Telephone

6844 9291

Sat, Sun & PH

8.30am - 1.00pm

Raffles Medical – Asia Square

Serving you from May 2017

Address

Asia Tower Square 1
Block 8 Marina View
#15-01
Singapore 018960

Operating Hours

Mon to Fri
8.30am to 1.00pm
2.00pm to 5.30pm

Telephone

6636 0160



Raffles Medical - Clementi

Serving you from June 2017

Address

Block 446
Clementi Ave 3
#01-189
Singapore 120446

Operating Hours

Mon to Fri
8.30am to 1.00pm
2.00pm to 5.30pm
6.30pm to 9.30pm

Telephone

6872 9043

Sat, Sun & PH

8.30am - 1.00pm



Memories Café – A Collaboration with Alzheimer's Disease Association



Asian Medical Foundation (AMF) has sponsored a total of 44 island-wide Memories Café sessions since 1 May 2016. Out of these 44 sessions, five were held in Raffles Hospital. The last session was held on 18 March 2017, where Raffles Medical Group employees volunteered to create a heartwarming afternoon for 11 Persons with Dementia (PWD) and their caregivers.

This social event provides a change of environment for PWD and their caregivers, enabling them to share their experiences in a safe and supportive setting. 538 PWD and 735 caregivers have benefitted from the sessions.



Travel worry-free!

Before embarking on your holiday, do seek your doctor's advice on the relevant vaccinations.

Flu vaccination at **\$26.75** per dose

Pneumococcal vaccination at **\$68** per dose

Hepatitis A & B vaccination (Twinrix) at **\$90** per dose (3 doses required)

For general enquiries or an appointment, please call 6311 2222

Terms & Conditions

- Prices quoted are inclusive of GST and excludes doctor's consultation.
- Available at Raffles Medical clinics in Singapore and not available at Raffles Executive Medical Centres, Raffles Health Screeners and 24 Hour Emergency at Raffles Hospital.
- Listed prices and terms are subject to changes without prior notice.

Raffles Hospital Expands its Beds in service to 180



In order to meet the increasing inpatient numbers in Singapore, Raffles Hospital has expanded its beds in service to 180 with effect from 1 April 2017.

Located in the heart of Singapore, Raffles Hospital offers a full range of medical and surgical facilities, including 24 specialist centres, day surgery suites, delivery suites, operating theatres, intensive care unit, neonatal intensive care unit, dental, radiology, clinical laboratory, pharmacy, dietetics and physiotherapy services.

Mother's Day Celebration at Raffles Holland V

MediaCorp Live Presenters Daniel Martin and Daphne Lim were invited down to Raffles Holland V on Friday, 28 April from 12 to 2pm to celebrate Mother's Day with our shoppers. Besides sampling food from various tenants, there was also an informational skincare talk by Dr Lynette Low, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics, and group demonstration exercises (Zuu & Ankor) by Virgin Active Fitness Club instructors.

In addition, shoppers also got to interact with the radio presenters who gave away 100 goodie bags.



Serving the Japanese Community at Raffles Holland V

Raffles Medical has launched its Japanese services at Raffles Holland V, providing medical care to the Japanese community in the West. The clinic is conveniently situated next to Holland Village MRT.

Dr Mami Hirota, who oversees the clinic, has 12 years' experience practising in Singapore. Patients can communicate comfortably with Dr Hirota and our Japanese staff who assists her.

For more information and enquiries:



Address

Raffles Holland V
118 Holland Avenue
Level 5
Singapore 278997

Operating Hours

Mon to Fri
8.30am to 1.00pm
2.00pm to 7.00pm

Sat
8.30am to 1.00pm

Telephone

6266 1195

Website: www.rafflesmedicalgroup.com/jap-service

Email: japaneseservice@rafflesmedical.com

Raffles Health is Now Online!

No time to get your health supplements? We have good news for you!

You can now buy your health supplements at any time, even in the comfort of your own home! It's hassle-free, convenient and easy! To top it off, you can enjoy free delivery to your doorstep with a minimum purchase of \$80.

Raffles Health Online carries a wide range of products, including health supplements and vitamins, personal care like beauty and skin care, oral care and baby products. We are constantly expanding our product selection, so keep a lookout for new products in the future.



Stay tuned for exclusive discounts and promotions and don't forget to subscribe to our mailing list for more updates!

Visit us at www.raffleshealth.com to find out more.



The **Balancing** *Act*

By Magdalene Lee

We live in a world where we are highly connected. It is impossible to go anywhere without our mobile devices. As such, the lines between work and life get increasingly blurred with many professionals working well beyond their standard and stated working hours.

We read about how some people work so hard that they die of exhaustion. Japan, for example, has a history of 'Karoshi', meaning death by overwork, started as a phenomenon back in the 1970s, and continue to dominate the news in Japan.

Other Asian countries are not spared too. China's state media reported back in 2014 that 600,000 Chinese die annually from excessive hard work.

Dr Teo Swee Guan, Specialist in Cardiology & Consultant, Raffles Heart Centre, shares that heart attack and stroke are common reasons leading to such deaths. Many experience high levels of stress and inadequate nutrition during their long hours of work and push their bodies to extreme levels.

The Case for Work-Life Balance

The human body is not designed to toil indefinitely. According to Dr Alvin Ng Chee Keong, Specialist in Cardiology & Consultant, Raffles Heart Centre, sleep, rest, and replenishment by way of food and other sustenance are essential for us to care for this system to ensure that it does not breakdown and that it is kept at an optimal level. Even machines have regular servicing and maintenance checkpoints to keep them running efficiently.

Dr Tan Hwee Sim, Specialist in Psychiatry & Consultant, Raffles Counselling Centre, pointed out: "Dip in effectiveness and productivity, and errors are often the first signs that persons are not taking appropriate breaks at intervals. This may be accompanied emotionally by a sense of dullness and apathy towards their responsibilities. Negative thoughts and constant complaining is also likely to arise from this state."

In the long run, "burn-out" may set in to persons who do not take sufficient breaks from their stressful environment. In such situations, the persons will begin to feel extremely lethargic and de-motivated. Clinical depression may set in for some cases, added Dr Tan.

Employers also stand to gain with work-life friendly policies. Work-life strategies have been found to benefit organisations in the following ways:



Regain your work-life balance with these practical ways.

Say Yes to Life



When off work, go offline

The temptation is real. Instead of checking in on your emails over dinner with your loved ones, spend time engaging them and living the moment. Do yourself a favour, get back to work when you are rested and in the right state of mind.



Take a well-deserved break

This need not be an expensive holiday across the globe but you do need to make sure you cut off access to work. A holiday can invigorate and give you a fresh perspective. In most instances, you will be happier leading to a cheerful environment and positive social dynamics in the workplace.



Healthy living starts with you

Leading a healthy lifestyle is important for your health. After all the hard work, find time to eat right, exercise and sleep well. By using your non-work hours to engage in activities that help keep you healthy, you can perform better when back at work.

It's Not Saying *No* to Work



Multi-tasking is a myth

You may think you are maximising your every moment but do you know that multi-tasking is really task-switching? As your brain switches from task to task, you are actually wasting productivity and you never get into the zone for either activity.



Go flexi

More companies are aware of the importance of work-life balance. If you are struggling to balance the stressors of life and work, find out if you can opt for flexible hours, telecommute, compressed work week, job-sharing, or part-time employment.



Get organised

Time is precious. Plan your day and guard your schedule to avoid distractions. Prioritise your work each day and setup to-do lists. Implement these time management tips and get the most out of your day.



Use technology

Technology can be both a boon and a bane, depending on how you use it. Get organised with it by categorising your emails for faster retrieval or letting colleagues know when you are on tasks and unable to talk. And instead of lengthy meetings, conduct discussions over the phone or via group emails. Remember to be respectful of one another's off-work hours and keep such conversations short.

We speak to medical professionals to learn how they strike a balance between saving lives and living their lives.



Dr Joshua Kua, Specialist in Psychiatry & Consultant, Raffles Counselling Centre

Although work has intrinsic value, I avoid letting it be the sole determinant of my identity and purpose. I also try to guard against the trappings of *'Busy-ism', hedonism and materialism*. I believe in the eudaimonic approach in life which focuses on meaning and self-realisation. I ensure that other aspects of my life such as spending time with my family and friends, doing pro bono work, activities to enhance my well-being such as exercise, reading, and quiet contemplation are also significant part of my life.



Dr Melvyn Wong, Family Physician & Consultant, Raffles Medical

I think we should acknowledge that a clear cut off between work and life does not exist; they are not mutually exclusive entities and once in a while life does encroach into your work and vice versa. *Being at peace* with that helps you cope better when the two spheres clash.

When not at work I try to find time to *indulge in my hobbies*, which helps to fill my tank. I enjoy playing the guitar, watching movies and engaging in sports like badminton and soccer with my kids!



Dr Chris Foo, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics

There is no clear demarcation between these two aspects. We have to *gracefully accept* that one aspect may encroach and take precedence over the other from time to time. Having an understanding family makes this process easier.



Dr Wendy Sinnathamby, Specialist in Paediatrics & Consultant, Raffles Children's Centre



Dr Lynette Ngo, Specialist in Medical Oncology & Consultant, Raffles Cancer Centre

I always tell myself that I can't deliver optimal care to my patients if I don't first and foremost take care of myself. Creating protected time for myself *to rest and exercise* without guilt helps me be the best mother, wife and doctor that I can be.

I try to find balance in life by ensuring that I spend my time each day at three levels: personal, social and community. For *self-enrichment*, I read whenever I have quiet time on the train or before going to bed. Socially, I stay connected to my family and friends through activities such as chatting over coffee or sending a photo to them when I'm overseas. At the community level, I am fortunate to be able to contribute to the *overall well-being* of the society through my work.



Dr Sapphire Gan, Dental Surgeon, Raffles Dental

Work-life balance differs at *different stages of life*. A junior staff with a young family should look at work-life balance differently from a matured individual with grown up children. For short periods of time, it may be inevitable that attention to work or life dominates but in the longer time frame, be satisfied that you are able to avoid getting stuck in either extreme.



Dr Stephen Lee, Specialist in ENT Surgery & Consultant, Raffles ENT Centre

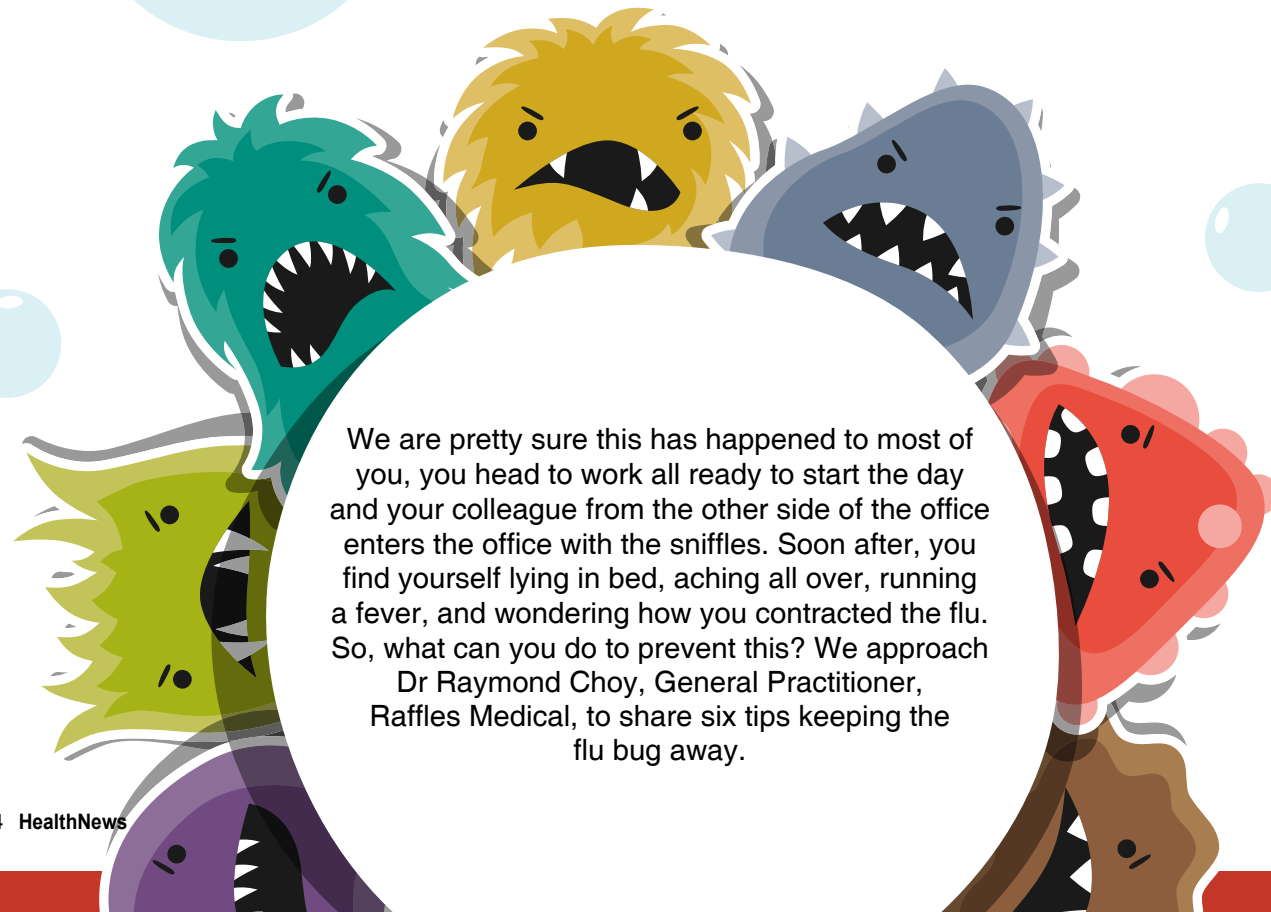
It is never easy to find the *perfect balance*. Both spheres of activity are equally important. Whenever we do one, remember the other exists too. Let our conscience guide us.



Dr N V Ramani, Specialist in Neurology & Consultant, Raffles Neuroscience Centre

KEEP THE FLU AWAY!

What to do to prevent yourself from falling sick in the office. **By Noel Lee**



We are pretty sure this has happened to most of you, you head to work all ready to start the day and your colleague from the other side of the office enters the office with the sniffles. Soon after, you find yourself lying in bed, aching all over, running a fever, and wondering how you contracted the flu. So, what can you do to prevent this? We approach Dr Raymond Choy, General Practitioner, Raffles Medical, to share six tips keeping the flu bug away.

1 Wash Your Hands

Yes, all of us (hopefully) wash our hands every time after we use the toilet. But is that enough? Truth be told, most of us are doing it the wrong way. In order to prevent germs from spreading, we have to clean under our nails, between our fingers, and around our wrists with soap and water. You might want to follow the eight-step hand washing guide below.



2 Avoid the company coffee

Need to get your coffee fix in the morning? You might want to bring your own 3-in-1 mix to the office instead of making that morning half-awake walk to the common pot at the office pantry. Why? That pot and its handle are thriving areas for bacteria to grow. Along with every other coffee drinker going to that same pot, the bacteria transfer and grow through the roof over the course of the day. If you really want to enjoy coffee from the pot in the morning, here's a tip, be the first one there.



3 Get Proper Sleep

Yes, lack of sleep can get you sick. Here is why: during your sleep, your immune system releases certain proteins that will help fight off inflammation and viruses within your body. So, if you do not get enough sleep, your body will be unable to produce those proteins, thereby increasing the chances of you catching the flu and other illnesses. How much sleep will you need? If you're an adult, we suggest seven to eight hours, and for teenagers, as much as nine to 10 hours a day. But do remember that more sleep does not mean it is always better as oversleeping may result in poor sleep quality.



4 Vitamins Help

So, you have washed your hands properly and started avoiding the common pot in the office. What do you do next? After all, falling sick will knock you out of action for a few days. Maybe you could look at your diet. Having a balanced diet will help improve your immune system, thereby helping you stay healthy. Make sure you power up with vitamins, zinc, folate and other minerals. We suggest taking foods rich in vitamins and minerals such as broccoli, citrus fruits, spinach and yoghurt. But if you can't bring yourself to stomach them, you can consider supplements.



5 Stop Eating at your Table

Do you often have that lonely sad lunch at your table in the office? We won't actually recommend it. Why? Take a look around you, just slightly above your bowl of food. Yes, it's your keyboard; we all know how dirty keyboards are. Studies show that it is a breeding ground for really harmful bacteria like E. coli and staph. So, are you sure you want to eat anywhere near that nasty thing?



6 If you're sick, stay at home

No, really, stay at home. Do not be that person.

Project: Workspace Optimisation

By Joanna Lee

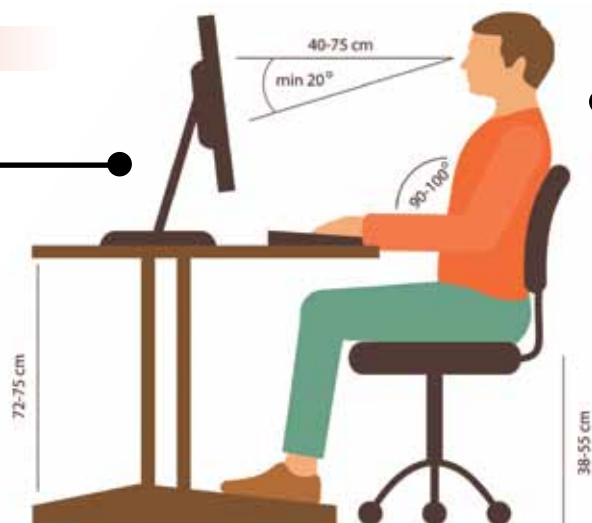
You may not realise how unfriendly your workspace is to your body. If you have been experiencing repetitive aches and pains in your neck, shoulder and lower back, look at your workstation and evaluate your sitting posture.

A number of different factors can cause these discomforts and they may not always be obvious. For example, slouching and tensing your shoulders while concentrating to type on your keyboard, can not only cause pinched nerves in your shoulders, but even hurt your wrists. If you haven't given a lot of thought about the comfort of your workspace, it is probably time to give it an ergonomic makeover. We explore recommended layouts and alternative solutions to make your workspace healthier and better.

Traditional Workspace

Make these changes and turn your workspace into a healthier one.

Position your monitor at least an arm's length away from you with the recommended viewing angle of at least 20 degrees.



Sit up straight in the chair with your hips as far back as they can go in your seat to ensure that your back is fully supported. Keep arms at 90 degrees to the desk.

Place your feet flat on the floor or on a footrest. They should be well supported to reduce pressure on your thighs.

Secondary Zone: Place items that you use less frequently within the secondary zone.

Primary Zone: Place items that you use frequently within the primary zone.

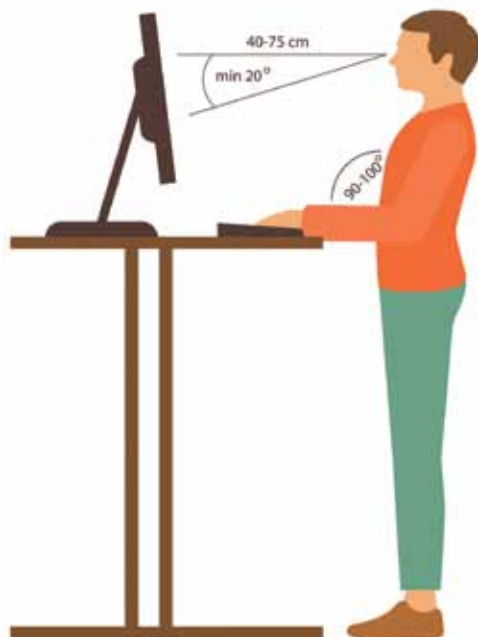


Alternatives for Better Ergonomics

Stand By Me

A standing workstation has gained more popularity over time. If your workplace allows it, switching to a standing desk can help you sit less and move more at work.

With the same layout as a typical seated work station, have the table adjusted to suit your height. Maintain an upright posture and interchange by sitting on an adjustable tall chair from time to time when needed.

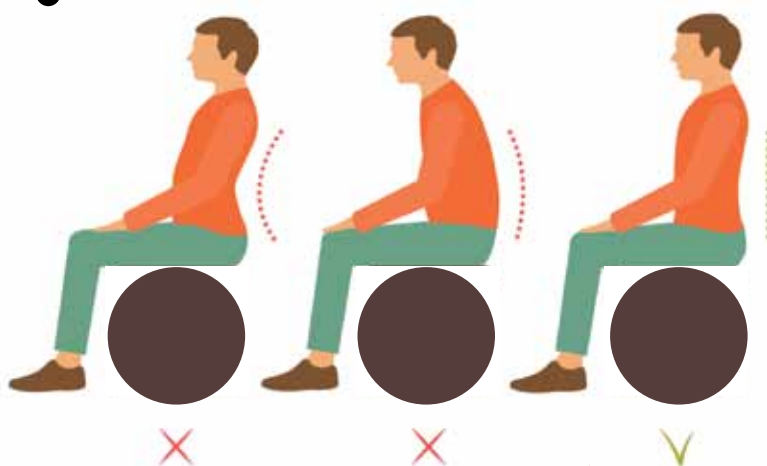


On a Roll

Replacing office chairs with a gym ball is slowly becoming more common, as sitting on one might help relieve lower back pain that comes with prolonged sitting.

The gym ball forces you to sit up straight and the air in the ball provides good support for your tail bone and butt. In addition, you can easily stretch by leaning back slightly or to the sides.

However, it is important to set up the ball's height correctly in relation to your monitor and keyboard. You cannot lean back to relax and for those with poor balancing sense, sitting on a gym ball may increase the chances of falls.



Tips to a Better Posture at Work

"Poor postures can lead to chronic and recurrent back pain," said Dr Ho Kok Yuen, Specialist in Anaesthesiology & Consultant, Raffles Pain Management Centre. "Small changes to your workstation layout and a little mindfulness of your sitting posture can go a long way," advised Dr Ho.

Now that the hardware of your work station is optimised, reap the full benefits by maintaining a good posture. Dr Ho shares four things to be mindful about.

1

Don't hunch or slouch

We subconsciously do that all the time because it seems to be the most relaxed position. Kick the habit by leaning your back all the way into your chair. This way it will keep your back supported and straight.

2

Keep shoulders down and relaxed

Our shoulders tend to tense up unconsciously as we type. Try keeping your elbows close to your body and your wrists straight. Roll your shoulders backward from time to time as a form of stretching your upper back and to ensure that your shoulders are relaxed.

3

Take your gaze off the screen

Look at a far object from time to time to help stretch your eye muscles and keep them relaxed. You could also do some light eye massage or close your eyes to relieve any tension felt due to the near work.

4

Start moving

It is challenging to maintain a correct posture for long periods. Therefore, it is important to take frequent breaks. Make an effort to move your body by standing up to stretch, walking to the pantry or to a colleague to discuss issues face-to-face.

Risky Postings

Every job has some risk to it. Even if it seems like a safe environment, some dangers are lurking around the shadows, waiting for an unsuspecting “victim” to claim.

What’s the worst that can happen? We asked around to find out more. **By Noel Lee**



The Shift Worker

You might be changing your work hours due to your assigned shift, be it during the day or night. But you can’t seem to be getting enough rest, even if you take an entire off day to sleep. This inconsistent sleep schedule can lead to various sleep problems, anxiety, depression and hormonal changes.



Working in the Kitchen

Everyone knows that being in a kitchen is potentially hazardous with all the fire, knives and sharp objects lying around, but there are a lot more risks involved than just that. Chefs can also get this injury called “chef’s foot” or lower back problems due to them bending down constantly while on the job.



Personal Driver

Being a driver does pose a significant amount of risk. Firstly, being a driver means you have to constantly be alert for prolonged periods. After a while you may feel fatigue, which might affect your judgement, reaction time and alertness, leading to accidents.



The Medical Workers

Doctors, nurses or paramedics tend to face many hazards on a daily basis. From the possible needle stick injury, fatigue and musculoskeletal pain from prolonged standing and carrying patients, not to mention their daily exposure to harmful viruses and bacteria that comes along with their job.



Desk-Bound

The office job might seem like a relatively safe environment for anyone to work in. But it also comes with its own set of health risks. Prolonged sitting can cause lower back pains, while prolonged typing may cause carpal tunnel syndrome in your wrists.

Advice from:



Dr Chng Shih Kiat,
Family Physician, Raffles Medical



Dr Victor Seah,
Specialist in Orthopaedic Surgery & Consultant, Raffles Orthopaedic Centre



Dr Joshua Kua,
Specialist in Psychiatry & Consultant, Raffles Counselling Centre.

RafflesMedical

Your Trusted Partner for Health

Raffles
Health Screeners

Bringing Executive Health Screening Closer to You

Your employees are your organisation's most important asset. Be assured that they are in good hands with Raffles Medical Group's end to end integrated care plans. Get your healthcare solution tailored to your business needs with our corporate service team today!

**Raffles Hospital | Marina Bay Financial Centre
Raffles Holland V | Shaw Centre**

(65) 6311 1222 | www.rafflesmedicalgroup.com/health-screening



RafflesMedical RafflesDental
are CHAS clinics



Wi-Fi is available at all Raffles Medical clinics



facebook.com/RafflesMedGrp



twitter.com/RafflesMedGrp



youtube.com/RafflesHospital



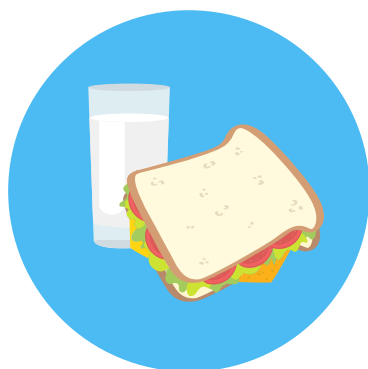
7 health tips for busy workers

Don't let your work compromise your health. **By Stanley Wong**

As working professionals, we may be so caught up with work that it's easy to sacrifice our health to get the job done. Don't do that.

Not only does taking good care of your body helps you function at your peak, your work performance will also improve. Check out these tips to help you get healthier without major changes to your lifestyle.

EAT BREAKFAST



If skipping breakfast is the norm because of that extra few minutes of sleep, or the morning rush time, you need to change that. There's a reason breakfast is the most important meal of the day: breakfast skipping has been linked to moodiness and an increased risk in diabetes and obesity.

GRAB A POWER NAP



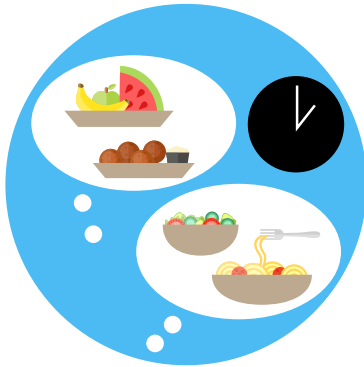
While a power nap won't make up for lost sleep, there are still benefits to it. "Power naps boost your memory and energy, which enhances your work performance," says Dr Chua Siew Eng, Specialist in Psychiatry & Consultant, Raffles Counseling Centre. "All you need is just 10 to 30 minutes."

WALK WHERE POSSIBLE



The word "workout" doesn't mean you need to dedicate time for a workout. Even squeezing some activities into your daily routine can help. From taking a short walk during your lunch break to walking home rather than taking the bus, these activities add up to improve your health and fitness.

MAKE TIME FOR LUNCH



You may end up overeating if you multi-task during mealtimes. “Your brains take time to signal to your body that you are full,” says Ms Kesslyn How, Nutritionist, Raffles Diabetes and Endocrine Centre. “If you rush through your meal, you may end up taking in more calories than you need before your brain signals you to stop.”

Rather than cooping yourself up in the office eating and working, focus on your meal. Or, take a breather and head out during lunchtime for a good meal. This makes your meal more pleasurable, you’ll also feel more refreshed.

CUT DOWN ON COFFEE

Having a cup of coffee first thing in the morning helps kickstart your day, but too much harms your body in the long run.

“Excess caffeine may cause insomnia and nausea, as well as increasing calcium excretion and inhibit iron absorption. This increases your chances of osteoporosis and anaemia,” says Ms How.



KEEP YOURSELF HYDRATED



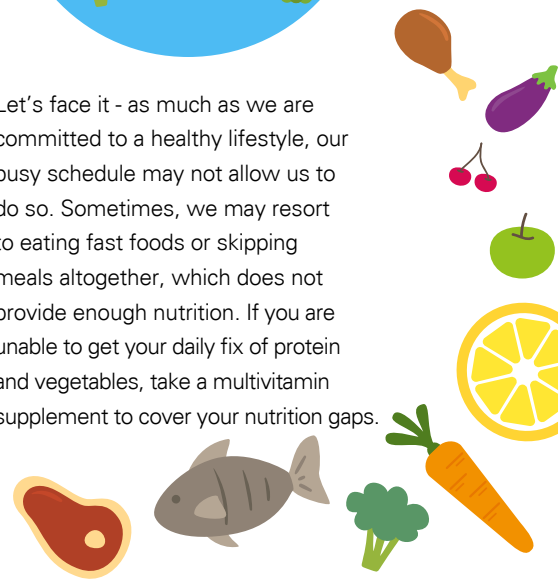
The first signs of dehydration are fatigue, tiredness, or even headaches, which impacts your performance at work. When you are dehydrated, your body is unable to produce energy and its functions slow down, making you sluggish. Once you drink some water, these symptoms will disappear.

Sometimes, your craving for an afternoon snack may also be due to thirst and not hunger. Drinking enough water prevents you from over-snacking in office, keeping your waistline in check.

COVER YOUR NUTRITIONAL GAPS



Let’s face it - as much as we are committed to a healthy lifestyle, our busy schedule may not allow us to do so. Sometimes, we may resort to eating fast foods or skipping meals altogether, which does not provide enough nutrition. If you are unable to get your daily fix of protein and vegetables, take a multivitamin supplement to cover your nutrition gaps.



Alternative Perk-me-up

If you need your morning fix to start your day, try eating these instead:



Vegetables Smoothies

Filled with antioxidants, vitamins and minerals and coupled with high protein yoghurt, it helps to keep your energy going.



Egg

Contains nutrient choline involved in metabolism, keeping our nervous system functioning, maintaining energy level.



Matcha Green Tea

Contains an amino acid called *L-Theanine*, which directly affects the brain and can promote a state of well-being and alertness.




Magnesium-rich Food

(eg wholegrains, almonds, cashews, pumpkin seeds and sunflower seeds)

Magnesium plays a role in converting carbohydrates into energy. Lack of magnesium can drain us.

Trust Winners



Name: Claire Chua
Age: 35
Status: Married with a daughter turning 5 years old
Likes to: Swim, read and participate in activities with daughter

Name: Josh Lim
Age: 37
Status: Married
Likes to: Assemble model kits, watch soccer matches and movies, and trekking

One of the most prized yet fragile things in this world is trust. It is not so easy to gain yet it can be easily broken. What enables our Corporate Services team to win the trust of their clients? I spoke to Senior Manager Claire Chua (C) and Deputy Manager Josh Lim (J) to find out more. **By Joanna Lee**



I chose to be a corporate healthcare consultant because...

C: I enjoy interacting with people and learning from them at the same time. I majored in business studies and have always preferred to work in corporate sales and marketing. I find healthcare industry flexible as there is no hard and fast rule on how to bring an idea across to a client as we are talking about intangible services, and more importantly, gaining the trust of these clients. I started as an executive eight years ago, and am now a senior manager.

J: I like to meet people from different industries. A friend of mine recommended me a position as an executive in the corporate services department of Raffles and I decided to give it a try. Although I didn't have any prior experience working in the healthcare industry, I was fortunate to receive guidance from my colleagues. Today, I'm a team manager and into my sixth year of service in Raffles.

I'm motivated to do what I do because...

C: I have the support of my colleagues. Raffles works like a big family. Nobody works alone. I often leverage on the expertise of our doctors, operations colleagues and clients. I started being both a 'hunter' and 'farmer' where I acquire new contracts and service existing accounts. It was not easy multi-tasking among the different requests, ensuring clients are satisfied and, continuing to grow Raffles' portfolio.

J: I have a personal interest in healthcare and I enjoy the learning process through my daily work. The appreciation that I receive from my clients when I am able to help them resolve their issues also keeps me motivated to do better each time. Besides, I enjoy the sense of satisfaction that my job brings especially from closing a deal after months of hardwork and close fight with a competitor.

The most rewarding part of my job is...

C: Receiving appreciation from my clients. It spurs me on and constantly reminds me that I am supporting them well. I like to be proactive and knowledgeable so my clients can trust and rely on me. Many times, they introduce clients to me and it makes the acquisition process easier.

J: I read up to keep myself updated with the latest medical news and equip myself with relevant knowledge. This helped me to offer professional advice to my clients as a trusted healthcare consultant. I feel affirmed when my clients request for me to continue as their account manager. It encourages me, giving me the confidence that I am on the right track.

The most challenging part of my job is...

C: To remain competent in serving my clients. I am always thinking of ways to value-add and help my clients. Thankfully my supportive boss periodically sends

us for courses to improve our skills. I attained my Health Insurance certificate and attended the Workplace Health Promotion programme while at Raffles. The knowledge enables me to provide a holistic solution to my clients when they require more complex medical and benefits schemes as well as employee preventive health schemes.

J: To stay competitive in the challenging and ever-changing business landscape and healthcare legislation. Clients are constantly seeking quality healthcare at a lower cost for their employees while the Singapore healthcare industry is stringently governed. To stay proficient, I study the latest industry news, legislative changes to employment or work and safety acts, as well as corporate business movements.

The most memorable client I have served so far is...

C: One day after office hours, I received an urgent overseas call from a client who hurriedly explained to me that her boss, who was visiting Singapore, needed specialist help as he was experiencing intense pain in his chest. She requested me to help as her boss was not proficient in English. I gave her clear instructions to send him to Raffles Hospital's 24 Hour Emergency while I went down to facilitate the process. The whole process including admission was hassle free. When my client returned, she came to thank me for what I have done. This is aligned to my philosophy in life - to always give my best and be genuine in treating others.

J: I once had to serve a client who was hostile even through email. As time went by and as I assisted them with their requests and resolve their issues, I managed to gain their trust. Now this client communicates with me via WhatsApp.

I learned to treat my clients as friends and do my utmost to help them resolve their problems. This further confirmed my point when they started introducing other clients to me or still remembered to contact me to engage Raffles' services after they have moved on to a new company.



Superfoods for a Super You

By Ashley Tuen

What is a superfood? It has been defined by some as a nutrient-rich food and considered to be beneficial for health and well-being. In actual fact, there is no official definition. No food, including those labelled 'superfoods', can compensate for unhealthy eating. If you mistakenly believe you can 'undo' the damage caused by unhealthy foods by eating a superfood, you will continue making unhealthy choices and increase your risk of chronic diseases.

We consult Dr Nitish Mitra, Specialist in Endocrinology & Consultant, Raffles Diabetes & Endocrine Centre, on the kind of superfoods to consider in our diet.

AGE will Age You

Advanced Glycation End (AGE) products promote ageing in the body and are one of the biggest factors in diabetes, heart disease and others. AGE products can be found from two primary sources – our diet and produced internally by our body. Minimise the effects of AGE by reducing your intake of grains. Consider including these foods into your diet to combat AGE:

Examples

- Vegetables such as spinach, kale and broccoli
- Fruits such as berries, kiwi and red or black grapes
- Drinks such as green tea, black tea and white tea

Out with Oxidation

You are exposed to free radical damage daily and avoiding it is impossible. Free radicals cause damage to our cells, proteins and even our DNA. Here are various types of antioxidants and phytochemicals that can help protect our cells.

Examples

- Astaxanthin: shellfishes (shrimp, crab and lobster), salmon and red trout
- Beta carotene: spinach, carrots, tomatoes and yam
- Vitamin C: citrus fruits, strawberries, cabbage and green peppers
- Polyphenols: green tea, white tea and oolong tea

The Good Fats

Omega-3 fatty acids are accompanied by a long list of health benefits, which include improving one's mental health, keeping skin smooth, and fighting overall inflammation. In short, eating more foods containing omega-3 fats will help fight ageing internally and externally.

Examples

- Sardines, salmon, mackerel
- Chia seeds and flax seeds

Go Sugar Safe

Too much sugar intake will speed up our ageing process, increasing our insulin levels while decreasing our body's ability in effectively countering the rise in blood sugar. Take in low glycaemic foods to keep your blood sugar stable.

Examples

- Nuts such as walnuts, peanuts and almonds
- Vegetables such as broccoli, onions and sweet potatoes
- Fruits such as grapefruit, cherries, peaches and apples
- Wholegrains such as brown rice and quinoa
- Herbs and spices such as cloves, cilantro / coriander and lemon juice

A Super Meal

Ms Bibi Chia, Principal Dietitian, Raffles Diabetes & Endocrine Centre, shares two recipes that you can try out using superfoods.



▲ Berries-nana Smoothies with Chia Seeds (Serves two)

Ingredients

- 1 ½ cups spinach
- 1 cup Greek non-fat yoghurt
- ½ cup strawberries
- ½ cup blueberries
- 1 tbsp chia seeds
- 1 ripe banana

Directions

Put all ingredients into blender and blend till smooth. Drink immediately.



◀ Quinoa Salad (Serves two)

Ingredients

- ½ cup quinoa
- 1 cup water
- 1 lime, juiced
- 1 cup halved cherry tomatoes
- 1 avocado
- 1 yellow capsicum
- Fresh cilantro

Directions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer 10 to 15 minutes until quinoa is tender and water has been absorbed. Set aside to cool.
2. Whisk olive oil and lime juice together in a bowl.
3. Combine all ingredients together and mix with the dressing in a bowl. Serve immediately or chill in refrigerator.



LUNCH...WITH A PUNCH

Always wanted to pack a healthy lunch but don't know where to start? Here are some tips for a healthy bento lunch. **By Queenie Ho**

Lunch is often neglected when we are at work. Sometimes we work though lunch, postpone it, or skip it all together. Other times we just don't give it the time or attention it deserves, not to mention it takes time to plan and pack your lunch. The perks of packing lunch are many – you avoid poor food choices and save. We speak with Ms Kesslyn How, Nutritionist, Raffles Diabetes and Endocrine Centre on how to level up your packed lunch.

Stock up your pantry (at work)

Sauces like mustard and vinegar elevates flavour while condiments like togarashi (Japanese spice mixture) and pepper gives the umami to the otherwise boring lunch. Olive oil and salt should be a staple in your pantry. However, remember to use salt and sauces in moderation.

Place some nuts and seeds in pantry or even low fat yoghurt in fridge to fight off hunger pangs during the course of the day. These foods can be easily added to a healthy bowl of salad or into yummy smoothies too!

Prep in advance

You have three choices when it comes to food prepping: over the weekend, the evening before or early in the morning. Choices of food can vary between leftovers from dinner to baked pastas made and frozen over the weekend. Give your dinner leftovers a makeover. That cold roasted chicken can be transformed into protein for a healthy salad bowl while your leftover steak can go into a roast beef sandwich.

Indulge occasionally

Pack a small treat with your lunch occasionally. A few squares of dark chocolate, a small packet of chips or a small tub of gelato. These small treats make lunch happy and you will be motivated to continue. Plan an indulge day weekly and enjoy a non-packed meal with the company of your colleagues or friends.

Use staples in different ways

Mix things up using different marinades, sauces, spices and various other ingredients. Food items like grilled chicken and broccoli can be turned into salad, pasta and more with just a few small changes and additions. Fried rice can taste different with different vegetables and proteins.

Balance your meal

Try to plan your meal based on a 9-inch plate. Fill half of the plate with colourful vegetables (eg green leafy vegetables, eggplant, tomatoes), a quarter plate with lean proteins (eg tofu, chicken breast, fish, eggs, beans and lentils) and another quarter plate with wholegrain starches (eg quinoa, brown rice, brown noodles). Complement it with plain water or fruits infused water if you prefer something more flavourful.

Motivation is the key

Sometimes the hardest part is actually the motivation to prepare and eat your healthy lunch. Packing food that you enjoy and having a co-worker who looks forward to joining you at your lunch table will be a strong source of motivation.

Work Healthy Live Healthy

Raffles
Your Trusted Formula for Health



2 for \$42.70

- One a day formula to meet daily nutrient requirements
- Improves energy, fights stress



2 for \$45.30

- Enhances blood circulation
- Improves mental alertness



3 for \$8.80

- Boosts immunity
- Fast acting, great taste

*Promotions are valid from 1 June 2017 till 31 August 2017

*Not valid in conjunction with any other promotion, discounts or vouchers

Quality | Purity | Potency | **Raffles takes pride in providing quality supplements formulated for your healthcare needs.**

For more information on our products, please visit www.raffleshealth.com

Cheers to *Health*

By Queenie Ho

You know it's good for you, but plain water can be boring. If your mind is screaming for a break from plain water, let Ms Kesslyn How, Nutritionist, Raffles Diabetes & Endocrine Centre give you some healthy alternatives.

Infused Water

Add slices of your favourite fruits and vegetables into a pitcher of ice-cold water for a refreshing and flavourful drink.



Benefits

The real benefit of drinking infused water is you drink more water unknowingly.



Caution

Try to finish the water on the same day and if you can't, remember to take out the fruits and vegetables before leaving it in the fridge.



Variations

Try using sparkling water. Freeze cut or bite-sized fruits in an ice tray. When drinking plain water, add a few cubes of fruity ice to add colour and taste.



Green Tea

Sachet or Japanese matcha powder kind

This drink is almost calorie-free and high in antioxidants.



Benefits

Improves blood flow and lowers cholesterol levels. It may prevent high blood pressure. Tea also helps to relax, soothe and uplift mood.



Caution

Tea contains caffeine. If you are sensitive to caffeine, drink within your limits. Pregnant ladies should limit their intake to two cups a day.



Variations

Add in floral tea (like rose buds) or honey to enhance flavour.

Ginger Tea

Steep one or two slices of ginger in a cup of hot water.



Benefits

Source of antioxidant and excellent remedy for tummy troubles. It helps to soothe upset stomach, relieve motion sickness, ease indigestion as well as pregnancy or chemotherapy related nausea.



Caution

Overdose of ginger tea will affect the digestive system resulting in symptoms such as irritation in the mouth, diarrhoea, nausea and even heartburn.



Variations

If you find ginger tea too spicy, add a little honey or wolfberry to bring down the taste.





100% Vegetable Juice

Non-starchy vegetables only, no fruit juices. It should complement with a healthy diet and not act as a meal replacement.



Benefits

Low in calories and contains lots of vitamins and minerals. It may also help to kick start a healthy diet if you don't like to eat vegetables.



Caution

May not be suitable for individual with sodium restriction. Juice only as much as you can drink because freshly squeezed juice can develop harmful bacteria quickly.



Variations

Varying the vegetables for a new taste each time.

Lemon / Lime Juice

Juice, not lemonade, and power packed with vitamin C. Squeeze half a lemon into a glass of cold water to perk you up. Add some honey to reduce the sourness.



Benefits

Detox and helps with digestion. The vitamin C in lemons can also boost your immune system.



Caution

Not for those who has gastric or reflux problems. The acidity of lemon juice can harm your teeth in the long run.



Variations

Crush in some mint leaves or herbs like basil or lavender for that extra flavour.



Plain water is still the best way to get hydrated and if you are not sure if you are getting enough fluid, your urine is the best gauge. Urine colour can range from pale yellow to deep amber. Fluids dilute the yellow pigments in urine, so the more you drink, the clearer your urine looks.

Urine Color Chart

No Color, Transparent	Pale Straw Color	Transparent Yellow	Dark Yellow	Amber or Honey	Syrup or Brown Ale
You're drinking a lot of water	You're normal & well hydrated	Normal	You need to drink some water soon	Your body isn't getting enough water	You need to drink water. NOW & A LOT

Do-It-Yourself Healthy Herbal Teas

Chinese herbal teas have been a very popular option for hydration in the recent years. Typical ingredients are dried flowers, dried fruit, roots, leaves or seeds. Each one has a unique value in Chinese medicine. Physician Tay Jia Yin from Raffles Chinese Medicine suggests two herbal drinks that you can easily make in the office.

Eye Revitalising Tea

Ingredients

Five pieces of Chinese Wolfberry (枸杞子)
Five buds of White Chrysanthemum (杭白菊)
Three pieces Ophiopogon Tuber (麦冬)

Method

Place the ingredients in a cup. Steep in 250ml of boiling water and let it stand for five minutes or until the colour of the water turns to a yellowish-gold.

Benefits

Enhances vision, soothes tired eyes, reduces internal body heat, nourishes Yin.



Energy Power Tea

Ingredients

Five grams (about five slices) of American Ginseng (西洋参)
Two pieces of Chinese Red Dates (红枣)

Method

Rinse dates, cut open to remove pit and place in a cup with American Ginseng. Steep in 250ml of boiling water and let it stand for 15 minutes.

Benefits

Promotes energy, nourishes the blood, reduces internal body heat, improves immune function.

FASHION HAZARDS

>>> *INSIDE OUT* <<<

What others don't tell you about your favourite fashion choices. **By Joanna Lee**

MULTI-COLOURED HAIR



Yes, it has become a common sight to see people wearing a rainbow either on their head or underneath their hair. Apart from being a head-turner and standing out among the rest, Dr Tan Siew Kiang, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics, shares the risks that come with it.

For Asians, dyeing the hair with multiple colours usually require bleaching before repeated hair dyeing. It is not uncommon for the scalp to experience tingling sensation during bleaching.

Sometimes, bleach causes chemical burns, leading to scalp redness, itching and even development of sores. Prolonged and repeated exposure to bleach and hair dye can result in dry, brittle and inelastic hair, breakage and split ends.

However, if you choose to do so, make sure that you are not allergic to hair dye. Hair dye allergy can cause severe allergic reaction such as eye swelling and severe sores over the scalp and face. Discuss with your hair stylist to reduce the number of repeated bleaching and hair dyeing. Pre and post-hair dye treatment can definitely help to replenish hair moisture.

TIGHT-FITTING WORK CLOTHES

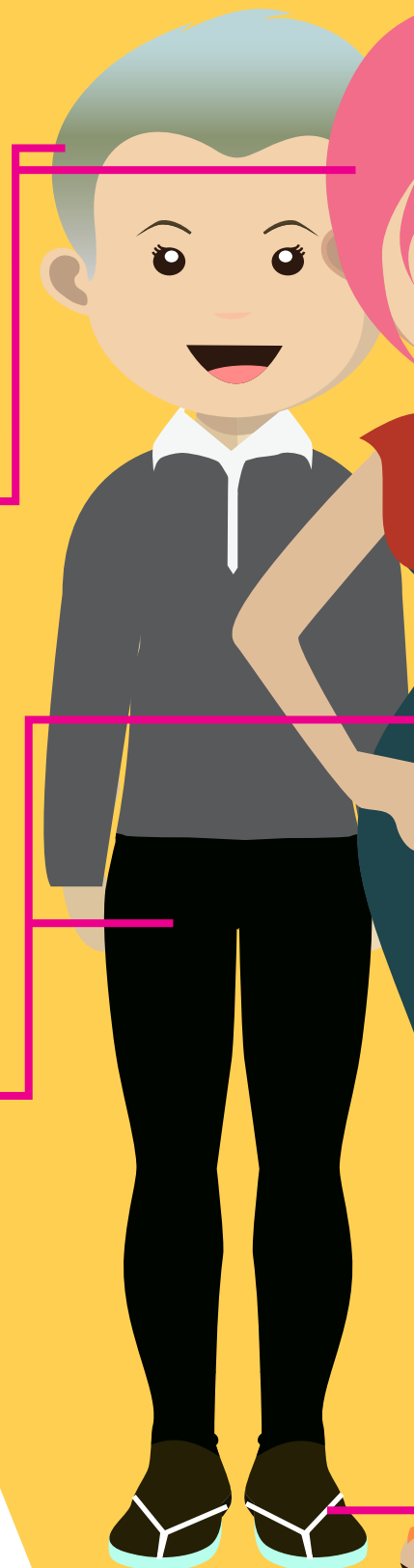


It is not only seen as being at the forefront of fashion to wear figure hugging clothing, but it allows one to flaunt a well toned physique, which is perceived as a symbol of health. Dr Wong Wei Mon, Deputy Medical Director, Raffles Medical, lists the risks beyond appearance.

Generally, tight clothing can restrict breathing, movements and cause discomfort. The health risks that affect the different body parts include restricted blood and lymphatic flow, musculoskeletal pain and strains, reduced blood flow into and out of the heart, poor oxygenation and strains on the vital organs.

Wearing restrictive clothing can also cause gastro-oesophageal reflux symptoms and males wearing tight undergarments or jeans may experience reduce sperm counts.

Dr Wong adds that just like the adage: "love is blind", fashion is very much similar. For the converted, it is advisable to make informed purchase decisions.



EYELASH EXTENSIONS & EYEBROW EMBROIDERY



More ladies, even some men, are opting for their natural eyelashes and eyebrows to be enhanced for various reasons. Whether it is for need or want, Dr Lynette Low, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics, points out the risks.

Eyelash extension is a process of attaching synthetic fibres individually to one's natural eyelashes using an adhesive. The chemicals from the adhesive may cause allergic or irritant reactions resulting in itch, swelling or redness.

Chemicals or the synthetic fibres could also result in conjunctivitis and cornea inflammation. There is also an increased risk of bacterial and fungal infections from the additional eyelashes. Continued use of extension may result in permanent loss of natural eyelashes.

Eyebrow embroidery aims to enhance one's natural eyebrow by filling the desired area with semi-permanent ink using a blade or needle, leading to infection or scarring risks.

Dr Low recommends to seek medical help early if you develop a reaction after any of these procedures. Here's what to look out for if you do try the procedures.

Eyelash Extensions

- Ensure the aesthetician is trained and practises proper hygiene.
- Check that the eyelash adhesive ingredients do not contain formaldehyde and is hypoallergenic.
- Do not choose extensions that are too long or heavy.

Eyebrow Embroidery

- Find a reputable and trained aesthetician.
- Ensure that tools used are sterile and not re-used to prevent transmission of blood borne disease and infections.
- Any scabs formed should be left to heal naturally, and an antibiotic ointment should be used to prevent infection.

G-STRING UNDERWEAR



Many ladies turn to G-strings and thongs when they wear tight fitting bottoms or dresses to prevent undesirable visible panty lines to be seen. But even such undies could be a problem. Dr Siow Woei Yun, Specialist in Urology & Consultant, Raffles Urology Centre, tells us why.

G-strings and thongs are not advisable for women who suffer from urinary tract infections. The to and fro movement of the narrow band of fabric between the front and back may promote the transfer of bacteria from the anus to the vagina or urethra. Therefore, consider other alternatives that can be simultaneously safe, discreet and comfortable.

FLIP-FLOPS



They may look more comfortable and far less dangerous than high heels, but flip-flops can also generate their fair share of health problems. Dr Victor Seah, Specialist in Orthopaedic Surgery & Consultant, Raffles Orthopaedic Centre, shares more.

Thin flip-flops do not give much support and padding to the feet. People who have flat feet may experience discomfort or develop callosities or tendinitis if flip-flops are frequently worn. Diabetic patients are advised to avoid wearing flip-flops, which will expose their toes, as they may get superficial cuts that can develop into serious infection.

If you prefer to wear them, get a pair that provides better cushioning. Ensure proper fit so that your toes or heels do not stick out and get injured unnecessarily.

Natural Beauty at Work

Work brings about a specific set of aesthetic problems, especially if you are office-bound. The dry air-conditioning dehydrates your skin and the glaring computer screen strains your eyes. Snuff out the problems with solutions provided by our experts.

Advice by: Dr Tan Siew Kiang, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics
Dr Sapphire Gan, Dental Surgeon, Raffles Dental

Do you look more tired than you feel recently? Your beauty woes could be due to work stress or your working environment. **By Queenie Ho**

Dry or Oily Skin

Causes

Harsh air-conditioning, or inadequate water intake

Solution

Stay hydrated. If water is too boring, turn to pages 28 to 29 for healthy alternatives.

Dry Skin: Moisturise diligently. If the air-conditioning is blowing on your hands and face, have your hand-cream and face mist near you.

Oily Skin: Oil blotters are the perfect solution for an oily face. Keep a healthy stash in your office drawers.

Did you know?

Your skin will start to produce oil to compensate the dryness caused by the air-conditioning. It usually starts in your T-zone.

Dry or Tired Eyes

Causes

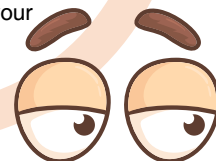
Heavy use of computers

Solution

Take frequent breaks and blink frequently. Adjust your screen brightness and position.

Eye massage - pressure points include the eye socket bones, under the brow bone and the temples.

Apply eye drops if your eyes are dry.



Adult Acne and Pimples

Causes

Stress, dirty office furniture and gadgets, makeup

Solution

Engage in relaxing activities.

Clean your office furniture and gadgets regularly. Give your office phone a good wipe-down every other day.

Try lighter makeup. See tips on page 33.

Teeth Grinding (Bruxism) and Jaw Clenching

Causes

Stress, habit

Solution

Visit a dentist regularly to monitor the grinding and clenching habit.

Your dentist may prescribe a mouth guard to protect your teeth.

Maintain healthy stress levels.



Did you know?

Bruxism often happens at night when you are asleep and unaware, while clenching often occurs during periods of high stress. Bruxism may cause tired jaws when you wake up and extremely sensitive teeth. Clenching can cause stress lines in the teeth which can worsen into crack lines and ultimately, pain and fracture of teeth.

Dry Flaky Lips

Causes

Air-conditioning and inadequate water intake

Solution

Apply lip balm regularly. You can also apply a layer of petroleum jelly before your lipstick.

Sip from a cup, not straw. The repetitive pursing action from sucking a straw forms wrinkles! So, use a good old-fashioned mug.

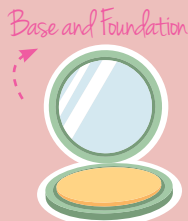


Beauty in a Beat

Match that professionalism with appropriate work makeup in just 15 minutes! **By Ashley Tuen**

Face

Never forget your broadband sunscreen (at least SPF30). If you have a vitamin C serum, apply this on your freshly washed skin before your sunscreen. If using a foundation, keep it light. Light and fluid coverage will work well in a workplace.



Base and Foundation

Soften the appearance of fine lines by applying a light layer of eye cream. This keeps the eye area hydrated too. To avoid a patchy looking makeup, use a sponge or blender. First, glide the product across, then pat it lightly to ensure adherence. Don't leave out the skin on your neck.

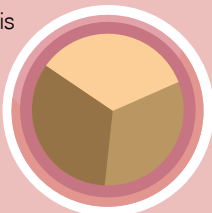
Concealer

Draw an inverted triangle, with the base under your eye and the tip pointing towards your cheek. Blend with your fingers for a natural looking coverage. Use a colour correcting green concealer to offset the redness from any inflamed and reddish looking zit.



Powder

For the natural look, go for loose powders and it is the preferred choice for oily skin. If you need the coverage, pressed powder is your option.



Blush

Powdered blush is suited for all skin types, especially oily skin, giving a matte finish. Cream is better suited for ageing and dry skin, creating a natural flush with a pretty sheen. Remember, a natural glow is our goal.

Eyes

Eyeshadow

Recommended 'safe' colours for work would be ivory, gold and brown. Remember to blend.



Eyeliner

A straight thin line would work. Brown eyeliners work best for the natural look.



Eye brows

Fill them in with a pencil for a natural look. Choose a shade that is close to your natural hair colour.



Mascara

When used accurately, it can replace your eyeliner. However, daily usage, especially waterproof mascara, is not recommended as the continuous tugging action during makeup removal can weaken your lashes, causing them to fall out.



Lips

Seal the natural look with a lip balm that's armed with SPF. Pick a tinted balm if you prefer some colours. Voila! Did you just wake up looking like that?

Lip Balm



Dr Lynette Low, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics reminds and shares the following tips:

- 1 Remove your makeup before heading to bed.
- 2 Keep your makeup and skin cleaning regime simple.
- 3 Wash your beauty tools weekly or fortnightly to remove the grime and bacteria.
- 4 Remember to rehydrate your skin daily with an appropriate moisturiser.
- 5 Try a night cream with retinol or similar ingredients to help shed that dullness.

Did You Know?

Makeup have expiry dates. Look out for the period-after-opening* (PAO) symbol.



WEEKEND WARRIORS

By Noel Lee

It's the weekend and you have two days to rest and recuperate from the hectic five days of work you had. You do what you do every weekend, get up, put on your shoes and prep yourself for that one run you do a week. Cause hey, everyone says that any amount of exercise is good for you right?

So you have been doing this for a while now, exercising once a week and you noticed that you are starting to feel some pain in places that you should not be feeling at. Dr Derek Li, General Practitioner, Raffles Medical shares some advice on what you should or should not be doing.

DO'S

WARM UP

1

Your muscles before warm up are cold and stiff. Think of it like sticky tack which is hard and stiff when just taken out of its packaging. It will take some time for it to become sticky and malleable.

Your muscles are exactly the same; you will need to warm them up before any kind of hard physical activity or you might risk pulling or tearing your muscles.

COOL DOWN

2

You have finished your exercise, and you suddenly feel light-headed as you are standing still. Why is this happening? Exercise is supposed to make you feel better! Well, that is because you didn't cool down.

Rather than stopping suddenly, take five to 10 minutes to slowly cool down with less vigorous exercise such as a walk to the car. Through this, you can reduce your heart rate, bring your breathing back to normal in a controlled fashion, and help remove lactic acid that may have built up during exercise.

STRETCH

3

You have finished your workout, packed up and rested a bit. Suddenly your thighs start to cramp and you feel pain like you never had before. Why is this happening?

You probably did not stretch after your cool down. Basic muscle stretches will help to reduce muscle tension built up during your exercise session and help stave off cramps. Contrary to popular belief, stretching does not reduce muscle soreness after exercise but it will help you improve your performance by increasing muscle elasticity. This would give you that extra flexibility, and in time, help decrease chances of injuries.

BE REALISTIC

4

You have started exercising for a while now and are keen on getting better. That is good and fine, but make sure you are realistic about your goals. Start off slow and slowly build your way up. You might want to be able to deadlift 140kg or run 10km in under an hour but you have to take it slow.

Set lower more achievable goals and increase it as you go. This will help you build up your confidence and morale to carry on as you strive to reach your personal best.

DON'TS

1
IMPROPER
HYDRATION

Remember to drink up before, during and after your workout. Hydration helps you shed excess heat, prevent heat injury or heat stroke. The loss of water in your body can affect your physical abilities dramatically, causing a decrease in your reaction time, speed and agility. Dehydration also puts extra strain on the heart during exercise, and it is a common cause of cramps.

2
IGNORE WHAT
YOUR BODY IS
TRYING TO TELL YOU

If you think you pulled something or have injured yourself while doing physical activity, stop. Listen to what your body is trying to tell you and act accordingly. If you continue pushing yourself, you may face a longer recovery time or a serious injury that might put you out permanently.

3
USE IMPROPER
SHOES FOR EXERCISE

Having improper or worn out shoes might not be able to provide proper support or protection to your feet. This might lead to painful injuries like ankle sprains, fractures and even blisters, bunions and corns. So, get the right shoes that suit your activities as it is well worth the time and effort in the long run.

If you do get
injured, here's
what you can do

1 R.I.C.E Treatment

- This stands for rest, ice, compression, and elevation.
- Works best for swelling and sprains, 24 hours after an injury.
- Tune in to our YouTube channel (www.youtube.com/raffleshospital) to watch how to perform RICE treatment.

2 Anti-inflammatory Medicine

- These consist of medications like ibuprofen and aspirin that are used to reduce inflammation around a sprain / wound.
- Caution: Make sure you aren't allergic to them.

3 Seek Medical Attention

- For serious injuries that cannot be treated at home (eg fractures), you are advised to seek medical attention as soon as possible.

DONE IN

30

By Ashley Tuen

It's halfway through 2017, are you still determined in keeping to your "Keep Fit" resolution? Ms Verin Kaur, Physiotherapist, Raffles Rehabilitation Centre, shares workouts that can be completed under 30 minutes.

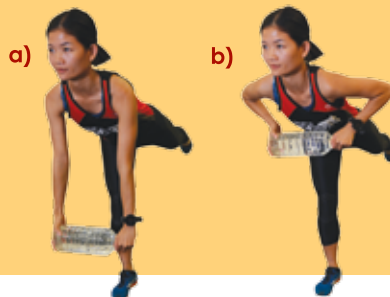
For Women

Time required: 20 minutes | Equipment needed: Dumbbells

You can use a water bottle to substitute dumbbells. Start off with a 500ml bottle and fill it with water / sand / rice to an amount of resistance that you are comfortable with. As your strength improves, increase the size and volume according to your level of tolerance.

If need be, take short 15 to 30-second breaks between moves. Rest a minute at the end of each set.

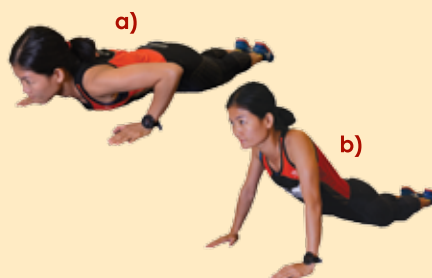
Single-leg Dumbbell Row



Holding a dumbbell, stand on your right leg, bend forward, and raise your left leg behind you, arms straight with palms facing your leg (a).

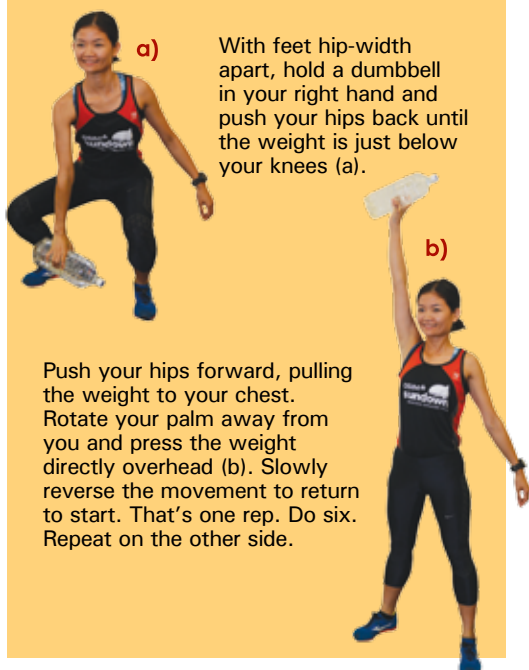
Row the weights to your chest, elbows out (b), then return. Do six reps, switch legs and repeat.

Push-up



Keeping both your neck and back flat, bend your elbows and lower your body as slowly as possible (a). Return to start (b). That's one rep. Do 12.

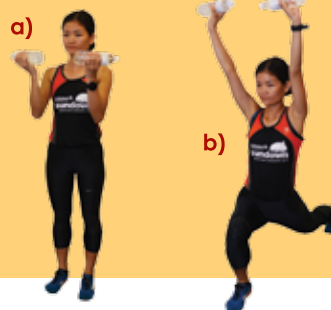
Deadlift with Press



With feet hip-width apart, hold a dumbbell in your right hand and push your hips back until the weight is just below your knees (a).

Push your hips forward, pulling the weight to your chest. Rotate your palm away from you and press the weight directly overhead (b). Slowly reverse the movement to return to start. That's one rep. Do six. Repeat on the other side.

Dumbbell Lunge with Press



Holding a pair of dumbbells above your shoulder, bend your elbows with palms facing you (a). Step forward with your right foot and bend both knees. Press the weights overhead, rotating your palms away from your body (b). That's one rep. Do six. Switch sides and repeat.

Side Leg Raise



Lie on your right, with your body in a straight line from head to toe and your left hip directly above your right hip. Lift your left leg toward the ceiling (a), pause and then return to the starting position (b). That's one rep. Do 10. Repeat on the other side.

For Men

Time required: 30 minutes | Equipment needed: Your own bodyweight and a chair

Aim for three sets of 10 reps unless noted otherwise.



Push-up

Keeping your back and neck straight, your glutes and core engaged, lower yourself slowly, so that your chest almost touches the floor before pushing up.

Try – Prop your feet up on an elevated surface (eg chair). You can gradually load decline push ups by increasing the distance between your feet and the ground.

Dips

With your hands next to your butt on a bench and your feet out front, lift your body, supporting yourself with your hands. Lower your body almost to the bench till your elbows are bent at about 90 degrees, push back up.

Note - Keep your elbows as close to your body as possible throughout this exercise.



Planks

Squeeze your glutes and stomach. Press elbows to the floor to activate shoulder muscles.

Try - From push-up position, walk your hands until your arms are nearly straight. Plank on fingertips and toes.



Mountain Climbers

From push-up position, bring one knee to your chest and back; repeat with the other knee. This counts as one rep. Try doing 25 reps.



Lunges

Keeping your upper body straight and arms raised, lunge forward then return to standing by lifting your back knee as high as you can towards your chest.

Note - Never let the forward knee track beyond your toes as it can lead to knee injuries. Brace your core at all times.



Here are four ways to help you make the most out of your gym time.

Plan it

Know how much time you can spare, including your walking time and time needed for an outfit change. Plan your gym workout in advance to avoid time wastage.

The gym bag

Have everything on hand. Recommended essentials include water bottle, gym attire (including shoes and socks), towel, toiletries, fresh undergarments, and deodorant. Don't forget the comb!

Gear yourself up

Prepare yourself ahead. Don on an outfit that's easy to change or find a way to wear your gym clothes to the office. For the ladies, pull your hair up and go light on your makeup. Remember to pack your makeup remover.

Your lunch bag

Pack your lunch the night before to save on time and money. Plus you can plan what goes into your meal to ensure your workout is maximised!

Ask the Experts

Q: How do you know if you are well enough to go back to work after a bout of flu?

A: The infectious period ranges from a week before symptoms surface to the time when symptoms appear. The germs are carried and disseminated in aerosol of sneeze and cough.

Generally, once the fever settles completely and the coughing and sneezing stops, the battle is over and you should be well enough to return to work.

Dr Wong Wei Mon
Family Physician & Consultant,
Raffles Medical



Q: Is workplace anxiety aggravated by one's personality, or could the workplace be "at fault"?

A: Workplace anxiety can be caused by a combination of factors. For instance, if you have poor coping skills, perhaps a fast-paced working environment is not suitable for you. Your character and mental makeup are other factors.



Furthermore, it is important to be able to see from your employer's viewpoint. Supervisors and family should observe and see if the anxiety is out of proportion to the stress. If so, it might be a good idea to seek help.

Dr Tan Hwee Sim
Specialist in Psychiatry & Consultant,
Raffles Counselling Centre

Q: What are the types of foods to eat when we are stressed? Why does comfort eating exist?

A: When we are stressed, we often crave for foods rich in sugar and fat. Sugar provides a rapid source of energy. In fact, our brain can only use sugar as an energy source. Fat is calorie-dense and a useful form of energy storage. In stressful situations, we tend to look for help or solutions. Some may find comfort eating stress relieving. They derive pleasure from eating and this temporarily distracts them from the stress. Comfort eating may also be habitual. For example, a crying child is often comforted by food. This emotionally-based childhood eating habit can be carried over into adulthood.



Dr Stanley Liew
Specialist in Endocrinology & Consultant,
Raffles Diabetes & Endocrine Centre

Q: Do you have any nutrition tips for the busy working adult?

A: Have a fruit between meals to keep energy levels up. Pack individually packed wholegrain foods such as wholegrain crackers or low sugar oats bars as a healthy snack if you are busy, and lunch or dinner is going to be delayed. The complex carbohydrates in such foods will give you the sustained energy you need.



Try increasing your Omega-3 intake by including nuts in your food. Omega-3 has numerous functions including building healthy cell membrane, protection against cardiovascular heart disease and stroke, and reduction in triglycerides. Finally, ensure sufficient intake of water by having a tumbler of water near you, and aim to finish it by the end of your workday.

Ms Bibi Chia
Principal Dietitian,
Raffles Diabetes & Endocrine Centre

Connect with *Raffles*

We aim to empower you with the latest health news and tips, as well as for you to learn more about the people behind Raffles. Stay connected with us on social media.



RafflesMedGrp




RafflesMedGrp




RafflesHospital





RafflesMedGrp



 *RafflesMedGrp*

Having lost a friend to leukaemia when she was a junior doctor, Dr Yvonne Loh has dedicated her career to saving people with blood disorders. "Her death spurred me to specialise in blood stem cell transplants. Together with the nurses at Ward 9 in Raffles Hospital, we have managed to save many lives in recent years". #cancerawareness #roadtorecovery #weCanIcan #raffleshospital

 Raffles Medical Group





Although nosebleeds can be uncomfortable and scary-looking, they are usually not dangerous. Kids get nosebleeds more often than adults. When adults get nosebleeds, it could be an indicator of a more severe medical problem. But what is the proper way to stop a nosebleed? Let's find out.


 *Twitter* @RafflesMedGrp

Eat and drink right for a good night's sleep. <http://ow.ly/CR48309QbDA>
#eatright #sleeptight #food



 Raffles Hospital videos.....



 Retrenched from his banking job of 20 over years, Mr Mohd Senin bounced back to head the Concierge team of Raffles Hospital. See how he maintains his cheerful disposition and assists patients and visitors to the hospital.

We want to hear from you – tweet, like, subscribe or share a photo with us!
Want more? Subscribe to our monthly e-newsletter at
healthnews@rafflesmedical.com or www.rafflesmedicalgroup.com/subscribe



Dr Ganesan, Orthopaedic Surgeon | Dr Fong Yan Kit, Urologist | Dr Ng Chin, General Surgeon | Dr Clarice Hong, Psychiatrist | Dr Lee I Wuen, Obstetrician & Gynaecologist and Deputy Medical Director | A/Prof. Abdul Razak Jr, Cardiologist and Clinical Director | Dr Nur Farhan, Geriatrician | Dr Stanley Lieu, Endocrinologist and Deputy Medical Director | Dr Tan Siew Kiang, Dermatologist | Dr Lee Yan Ping, Cardiologist

Your Specialist Health Provider, Right at the Heart of Orchard Road

At Raffles Medical Centre Orchard, we provide a seamless experience for your total healthcare needs in one location. Our multi-disciplinary specialists work together to manage your medical needs. We are available for same day or next day appointments, ensuring you have prompt access to specialist care.

1 Scotts Road, Shaw Centre #05-01/11, Singapore 228208

- Cardiology
- Counselling
- Dietetics
- Endocrinology
- Ear, Nose & Throat
- General Surgery
- Internal Medicine
- Neurology
- Neurosurgery
- Orthopaedics
- Skin
- Urology
- Women

For Specialist Appointments

Tel: 6733 7373 | Email: SpecialistsOrchard@raffleshospital.com | www.rafflesspecialists.com