

# Raffles HealthNews

A PUBLICATION BY **RafflesMedicalGroup**

## A GP SPECIAL

Things You  
Never Knew  
Your GP Could Do

**ANTIBIOTICS –**  
**The Miracle Cure?**



**Jab These Vaccine -**  
Preventable Diseases

Smart Apps For A  
**HEALTHIER YOU**

***STEP IT UP!***



## DOES IT HELP?

Home Remedies Demystified

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



[youtube.com/RafflesHospital](https://youtube.com/RafflesHospital)



# Aesthetic Tooth Whitening

Tooth whitening doesn't just give you a pretty set of teeth, it boosts your confidence and helps you make a better first impression.

## Take Home Whitening Kit

Duration of treatment: 1-2 weeks

- Fabrication of a bleaching tray which fits over teeth
- Place whitening gel in the tray
- Wear it for 30 minutes to a few hours a day

## In Office Whitening

Duration of treatment: 1.5 hours

- Application of gel directly over the teeth
- Gel is activated with a light

## Find us at level 2 of Raffles Hospital

Take home  
whitening kit  
**\$400.20\***

In office  
whitening  
**\$950.20\***

Consultation, scaling  
and polishing  
**\$100.00**

*\*Excludes consultation charges*

### Terms and Conditions

1. Only available at Raffles Hospital
2. Prices quoted are inclusive of 7% GST
3. Prices exclude consumable fees of \$10.70

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Dental emergency services are available through

**24 Hour Emergency at Raffles Hospital.**

[d\\_hospital@rafflesmedical.com](mailto:d_hospital@rafflesmedical.com) | [www.rafflesdental.com](http://www.rafflesdental.com)

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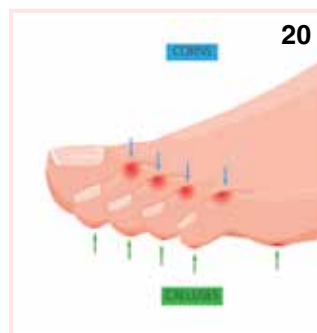
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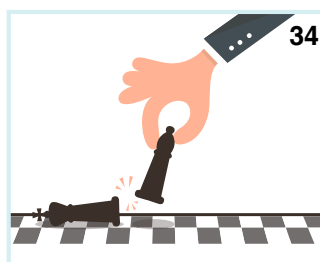
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# Hello Readers!

## Antibiotics - The Miracle Cure

Common questions on  
antibiotics answered.

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## What's On My Skin?

Find out what are the  
common lumps and  
bumps on your skin.

Page 20

## Watching A Gout Patient's Diet

Diet tips to take  
note for gout sufferers.

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Welcome to our special issue of Raffles HealthNews. I think this is the first time that we have dedicated a whole edition to our family physicians. Raffles Medical is 42 years old this year, and its roots are in Family Medicine. Our founders were family physicians, and one of them (Dr Alfred Loh) continues to practise to this day!

It is important to recognise the importance of family medicine in Singapore, especially in this changing healthcare landscape. As you are probably aware, Singapore's population is getting older and with an ageing demographic comes an increase in the prevalence of chronic diseases and corresponding healthcare costs.

Find out how much a General Practitioner or Family Physician can help in your healthcare issues on pages 10 to 13. Understand how antibiotics are prescribed (pages 18 and 19) and check out the vaccinations needed to stay healthy on pages 16 and 17.

We also explain how some home remedies for common illnesses works (pages 26 and 27) and share ways to stay healthy with walking (pages 36 and 37). In our SmartHealth section, we explain what is a cyberchondriac (pages 30 and 31) and recommend some apps you can download to help manage your health (page 33).

"Beyond the Hospital to the Community", one of the Ministry of Health's initiatives to reduce the number of hospital visits, involves working with GPs to lower overall healthcare costs. Please do not think of us as just cough and cold doctors who issue you MCs.

## STAY CONNECTED WITH US AT:



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**Dr Melvyn Wong**  
Deputy Medical Director  
Raffles Medical





## New Doc on the Block



**Dr Charmain Zhao Liling**  
Specialist in Otorhinolaryngology  
Consultant, Raffles ENT Centre

Dr Zhao is a Ministry of Health accredited specialist in Otorhinolaryngology (ENT). She graduated from NUS in 2008, and completed her ENT training at Tan Tock Seng Hospital and Khoo Teck Puat Hospital in 2017. She is a member of the Royal College of Physicians and Surgeons (Glasgow) and a fellow of the Academy of Medicine Singapore.

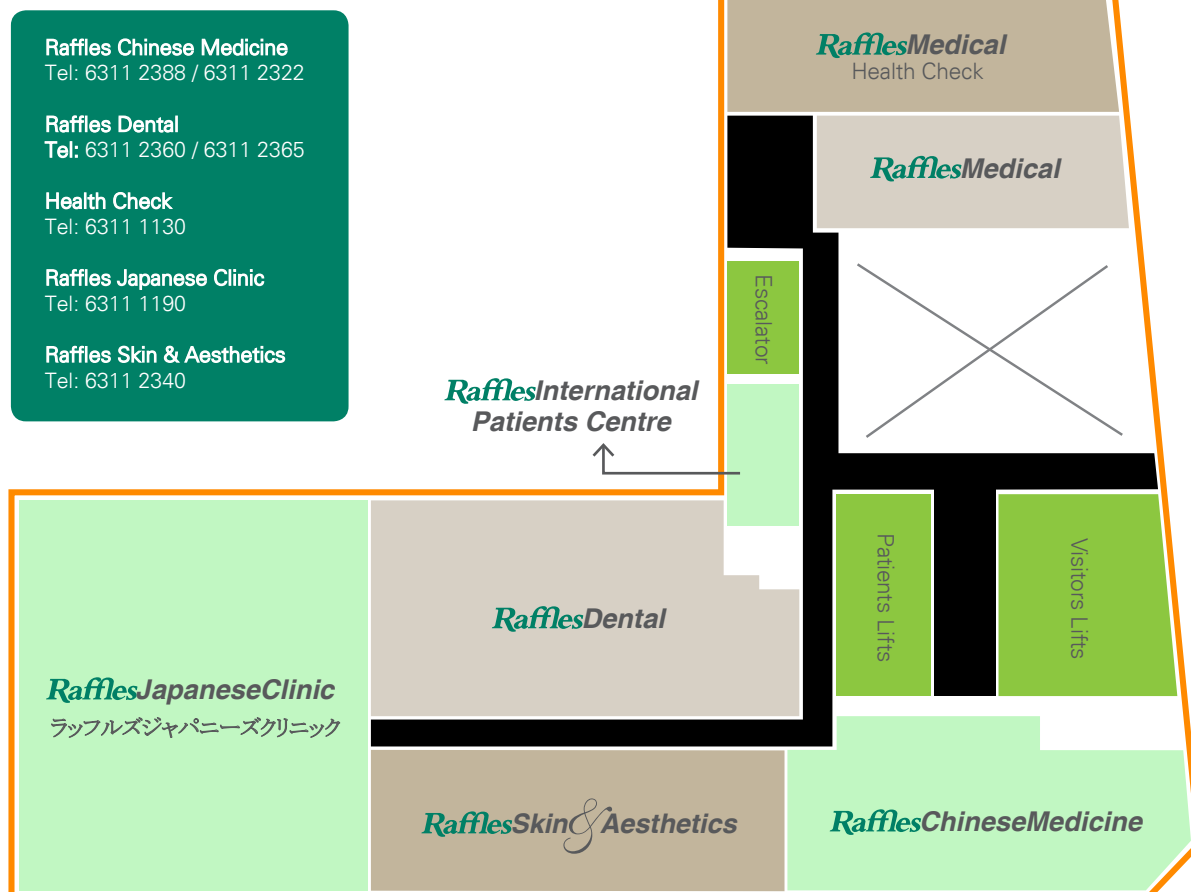
Prior to joining Raffles ENT Centre, Dr Zhao was practising ENT at Khoo Teck Puat Hospital and was also a clinical tutor for the NTU Lee Kong Chian School of Medicine. Aside from clinical practice, Dr Zhao is active in ENT research and has published scientific articles in peer-reviewed international medical journals. Her work has also been presented at many local and international conferences. Dr Zhao is fluent in English, Mandarin and Bahasa Melayu.

Dr Zhao has experience in the management of general adult and paediatric ENT conditions including sinus disease, ear disease, snoring, voice and head and neck conditions.

## We have Relocated

The following centres in Raffles Hospital have been relocated to level 2 of the same building with effect from May 2018.

### Location of Centres at Raffles Hospital Level 2:



## New SOC's to Meet Growing Needs

To better serve our patients, Raffles Hospital opened two Specialist Outpatient Centres in 2018. **For general enquiries, please call 6311 2222 or email: [enquiries@raffleshospital.com](mailto:enquiries@raffleshospital.com).**

### Raffles Vascular Intervention Centre Level 9, Raffles Specialist Centre | Tel: 6311 2250

Raffles Vascular Intervention Centre is established to care for disorders relating to the circulatory system, primarily the arteries and veins. These include treatment of aneurysms, vascular malformation, blood pressure and hypertension.

### Raffles Breast Centre Level 13, Raffles Specialist Centre | Tel: 6311 1150

Raffles Breast Centre provides patients a one-stop experience for their breast related medical conditions. Services provided include screening, biopsy, surgery, reconstruction and post-operative physiotherapy and lymphedema care.



## Satisfy your taste buds @ Heritage Food Street

Located at basement 1 of Raffles Specialist Centre, Heritage Food Street boasts a seating capacity of 600 and comprises 15 stalls — of which six are serving halal food. Find local favourites such as chicken rice, fried kway teow and also other cuisines including Japanese and Korean.


Did we mention? Heritage Food Street operates daily, from 7am till 11pm.

*Exclusively*  
for Raffles HealthNews Readers

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Enjoy 30% off Raffles health supplements when you shop at [www.raffleshealth.com](http://www.raffleshealth.com)

Use code  
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Health | Wellness | Pharmacy

## Raffles Hospital Chongqing is Recruiting

Raffles Medical Group (RMG) is a leading integrated healthcare group in Asia, publicly listed on the Singapore Stock Exchange since 1997. We own and operate over 100 medical facilities across 13 major cities in Asia as well as a tertiary hospital in Singapore – Raffles Hospital. As the first member in Asia to join the Mayo Clinic Care Network, RMG physicians practise together as a group.

Today, our team of 2,400 staff, including 370 multi-specialty physicians, provides care to over 2 million patients and more than 6,800 corporate clients. In addition to our clinic network in China, we will be opening our Raffles Hospital Chongqing in second half of 2018 and Raffles Hospital Shanghai in second half of 2019.

We invite experienced management professionals, medical specialists and nursing professionals to join us in our new hospitals.

Visit [www.rafflesmedicalgroup.com/careers-at-raffles/overseas-recruitment](http://www.rafflesmedicalgroup.com/careers-at-raffles/overseas-recruitment) for more information.



## SCREEN FOR CERVICAL CANCER TODAY



Gynaecological cancers are among the top 10 most common cancers affecting women in Singapore today. Women between the ages of 25 and 69 are advised to get a Pap smear to screen for cervical cancer. Regular screening and early detection can help save your life.

Under the Enhanced Screen for Life Programme, if you hold a valid CHAS card, the Singapore Cancer Society (SCS) will be funding the cost of screening (\$2)\*.

For more information, please visit [www.rafflesmedicalgroup.com/screen-for-life/](http://www.rafflesmedicalgroup.com/screen-for-life/).

*\*Terms and conditions apply.*

Source: Singapore Cancer Society





## Parenting Knowledge at Your Fingertips

Looking for a parents support group to exchange tips and advice? Hoping for medical experts to share their views in the group? From conception to pregnancy, from post-delivery to baby care, from your child's development to medical concern, join Raffles' Parents Support Group on Facebook to receive and exchange tips!

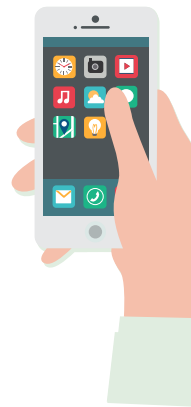


Scan the QR code now to join the Raffles Parents' Support Group!

## Changes in Clinic Operating Hours

**Marina Bay Financial Centre**  
12 Marina Boulevard #17-05  
Marina Bay Financial Centre  
Tower 3  
Singapore 018982  
Tel: 6636 0390

Mon to Fri  
8.00am to 5.30pm



**Our Tampines Hub**  
1 Tampines Walk  
#B1-04/05  
Our Tampines Hub  
Singapore 528523  
Tel: 6385 8515

Mon & Wed  
8.30am to 1.00pm  
2.00pm to 8.00pm

Tue, Thu & Fri  
8.30am to 1.00pm  
2.00pm to 5.30pm

Sat  
8.30am to 1.00pm

**Download our app (RafflesMedGp) or visit our website ([www.rafflesmedical.com](http://www.rafflesmedical.com)) to access the full list of our clinic operating hours.**

## Put a Stop to Colorectal Cancer

Colorectal cancer arises from the lining of the colon or rectum, usually from cells that secrete mucus. In Singapore, colorectal cancer is the most common cancer in males and the second most common cancer in females. Early detection can save your life. If you are aged 50 and above, take a few minutes today to test for colorectal cancer.



**Raffles Hospital will be offering FOBT (Faecal Occult Blood Test) kits and screenings in 2018.**

**Collect your FOBT test kit from Raffles Hospital or any Raffles Medical clinic today. Call 6311 1152 to find out more.**



Both men and women are at equal risk of developing Colorectal Cancer.



Colorectal Cancer often starts with no symptoms.



People with a first-degree relative who has Colorectal Cancer have two to three times higher risk of developing it.



Colorectal Cancer is very treatable and highly curable if detected early.

# Things You Never Knew Your GP Could Do

By Joanna Lee

If you think that General Practitioners (GP) or Family Physicians (FP) can only treat cough, headache, flu, stomachaches and provide you with a specialist referral letter when you need one, you should read on as they do more than that.

Here's what Dr Chng Shih Kiat, Family Physician & Consultant, Raffles Executive Medical Centre, and Dr Wong Wei Mon, Family Physician & Consultant, Raffles Medical - Holland V, have to share.

## *What Can My GP / FP Do?*

According to Dr Wong, the World Health Organisation recognises Family Medicine as a discipline that provides personalised (patient-centred), primary, prevention, comprehensive, coordinated and continual care to people of all ages (from cradle to grave).

GPs / FPs with the necessary qualifications and training can provide patients with the following services.

### Acute / Emergency

1. Emergency medical treatment
2. House calls
3. Minor office-based surgeries such as:
  - Ear syringing
  - Suturing of wounds / lacerations
  - Drainage of abscess
  - Wound debridement
  - Excision of lumps and bumps
  - Excision of ingrown toe nails
  - Cryotherapy for warts
  - Intra-articular (joint) injections
  - Cauterisation
4. Orthopaedic and sports injury management such as:
  - Reduction of fracture
  - Splinting and casting

### Behavioural Modification

- Smoking cessation programme
- Weight management programme
- Exercise prescription

### Disease Prevention

- Health screening
- Health promotion
- Childhood vaccination
- Adult vaccination
- Travel vaccinations
- Advisory on travel medicine
- Family planning and birth control advisory

### Chronic Problems

Chronic disease management such as:

- Diabetes
- Hypertension
- Hyperlipidemia
- Asthma
- Chronic obstructive lung disease
- Chronic kidney diseases
- Benign prostatic hypertrophy
- Osteoarthritis
- Osteoporosis
- Rheumatoid arthritis
- Mental health issues – anxiety, depression, etc
- Epilepsy
- Dementia
- Parkinson's disease
- Psoriasis

*“Communication is key in getting good outcomes from a GP visit. Avoid doctor hopping unless necessary, as time is needed for your doctor to monitor the progress of your illness and provide suitable treatment,” advised Dr Wong.*



### ***General and Statutory Medical Examinations***

- Fitness for work medical examination
- Driving license medical examination
- Advance Medical Directive
- Lasting Power of Attorney
- Advance Care Planning
- Functional and Disability Assessment (eg. ElderShield)

### ***GPs with Special Interest***

- Aesthetic procedures such as Botox and filler injections, chemical and photo rejuvenation, and laser hair removal.
- Aviation medicine
- Sports medicine

### ***Unique Features***

GPs work in diverse settings ranging from:



GPs can help patients tap into relevant community resources to better management their illnesses.

### ***5 Things that Establish Good Outcomes When Seeing a GP / FP***



1. Communication and trust are vital components between a doctor-patient partnership in treating a medical condition effectively.



2. Dialogue and share relevant information so that your GP / FP understand your fears, concerns and expectation in the context of your personality and background.



3. Time is needed for the GP / FP to know you and monitor the progress of your illness, especially in illness with undifferentiated symptoms, chronic diseases and continuing problems.



4. Comply with pharmacological and non-pharmacological treatment given. Report any adverse effects of treatment to your GP / FP so that they can make the necessary adjustment.



5. Avoid doctor hopping unless you really have to. A GP / FP who knows and cares for you over a long period of time will be able to provide care that meets your physical and mental health needs.

## GPs and FPs - What is the Difference?

Dr Chng shared that GPs and FPs are primary care doctors mostly working in clinics in the community and polyclinics. Some of them work in the community hospitals and Family Medicine divisions in tertiary hospitals. Those who work in the community clinics and polyclinics are usually called Family Doctors.

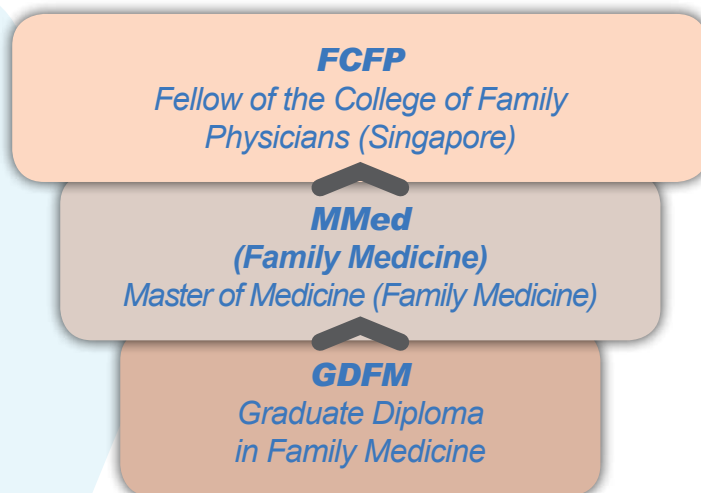
They graduate with a Bachelor of Medicine, Bachelor of Surgery (MBBS). The difference between a GP and a FP is whether the doctor has undergone training in Family Medicine and is accredited and recognised as a Family Physician in the Singapore Medical Council.

The entry level for training in Family Medicine is the Graduate Diploma in Family Medicine (GDFM). Doctors can also go through more vigorous training and be awarded the Master of Medicine in Family Medicine (MMed FM). The trainings allow doctors to handle more complex medical conditions and meet the rising healthcare needs of the ageing population, as well as more complex chronic medical conditions.

Doctors who have attained Master of Medicine in Family Medicine can further develop their professional skills and be recognised by the Family Medicine fraternity as a Fellow of the College of Family Physicians (FCFP), Singapore.



## The Route to Becoming a FP Specialist





### **“One Singaporean, One Family Doctor”**

*is what the Ministry of Health advocates. The foundation of our healthcare system is the primary care provided by the FPs and GPs. Therefore, a trained FP or GP will be able to provide holistic care for the patients. This will minimise unnecessary and costly treatment and management, as well as reduce potential complications from chronic diseases,” said Dr Chng.*



## **What Do the Credentials Mean?**

There are many training opportunities for primary care doctors. Although they are not actual Family Medicine training, but these add to their existing skill set.

The next time you visit a GP / FP, pay attention to your doctor's credentials on his / her name card. The different abbreviations tell you what type of training your doctor has undergone. Hence, they can provide you professional advice to a certain extent about your medical condition.

### **GDOM - Graduate Diploma in Occupational Medicine**

Trains doctors in managing occupational health problems. This also allows them to be accredited by the Ministry of Manpower to function as Designated Workplace Doctors for health surveillance of the different types of work places.



### **GDMH - Graduate Diploma in Mental Health**

Helps doctors, who have received training, to better manage psychiatric conditions in the community.



### **GDPM - Graduate Diploma in Palliative Medicine**

Enhances doctors' skill sets to manage patients under palliative care for terminal illnesses such as cancers.



### **GDFPD - Graduate Diploma in Family Practice Dermatology**

Provides further training opportunities for doctors to enhance their management of dermatological conditions.



### **GDGM - Graduate Diploma in Geriatric Medicine:**

Enhances the knowledge and management skills of doctors with interest in caring for the elderly.



### **GDSM - Graduate Diploma in Sports Medicine:**

Allows doctors to develop greater skills in managing and helping patients with sports injuries.





# 4 Things You Need To Know About Raffles PCN

By Letitia Koh

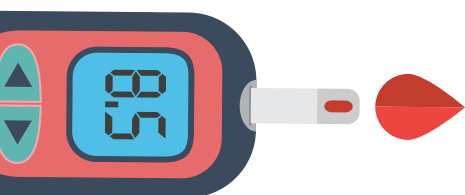
The Primary Care Networks (PCN) Scheme is a government initiative that allows General Practitioners (GPs) to organise themselves into a virtual network, and deliver more holistic and effective care through a multi-disciplinary team of doctors, nurses and allied health professionals. Read on to find out everything you need to know about Raffles' very own Primary Care Network.



1

## Raffles Medical launched three Primary Care Network (PCN) clusters in the East, Central and West

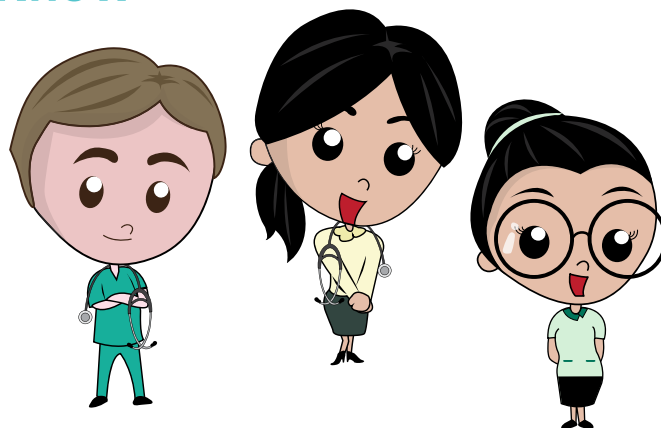
The PCN clusters are launched in line with the national emphasis on chronic disease management. Located conveniently all over Singapore, you can now visit your nearest Raffles PCN clinic for follow-up care for your chronic conditions. You can also expect a shorter waiting time and the same medical care you will receive at a polyclinic / hospital.



2

## Diabetic care services are available

Diabetic care services are now readily available at the convenience of the community, with Raffles PCN clinics offering retinal photography and foot biothesiometry test.



3

## Support by case management team and nurse counsellors

Your chronic condition will be properly managed by an integrated medical team comprising nurse counsellors and care coordinators. The nurse counsellors will help you better understand your condition, set goals and support you in managing your chronic condition. You will be able to achieve your goals easily with their careful monitoring and guidance.

The care coordinators work with community service providers and public healthcare institutions to ensure that your care is holistic and integrated. As part of the programme, you will be enrolled into a chronic disease register for systematic tracking of your health data and treatment outcomes. The care coordinators will keep track of your chronic condition through the register to ensure that your condition is monitored continuously.

Adequate management of chronic conditions is critical in ensuring good outcomes, and minimising premature losses such as disabilities, morbidities and mortality. This means that patients should adopt regular follow-ups with their family physicians to ensure control of their condition.



4

## Patients are eligible for CHAS card subsidies

You can enjoy your CHAS / PG subsidies at Raffles Medical PCN clinics.

For more information on Raffles PCN, visit [www.rafflesmedicalgroup.com/pcn](http://www.rafflesmedicalgroup.com/pcn) or call us at **6282 4150**.



# The Truth About Medical Certificates (MC)

By Letitia Koh

To most, a Medical Certificate (MC) is merely a piece of paper obtained from the doctor to certify that one is unwell. To some, however, it means more than that—it doubles up as a convenient and convincing excuse to rest at home.

We speak with Dr Rupert See, Family Physician & Associate Consultant, Raffles Medical - Shaw Centre to find out under what circumstances an MC can be issued.

## What does an MC excuse a patient from?

An MC can only cover for absences from work or school. The patient is not excused from any other matters, such as court attendance.

## Is there a set of criteria to help you decide if a patient requires an MC?

There is no specific set of criteria. In essence, if a patient is unwell and shows symptoms of illness, he may be deemed unfit to work. For instance, a patient having an upper respiratory tract infection may have an inflamed throat, swollen lymph glands or a fever. These symptoms will help guide the doctor in deciding on whether an MC is needed.

## What was the weirdest reason that a patient provided to request for an MC?

The patient wanted an MC because "I have not taken an MC all year and need to use up my entitlement before the year ends"; needless to say this request was gently turned down.

## TIP:

### DON'T BE A MALINGERER

*At the end of the day, faking an illness to get an MC is never the solution. If you are having psychological or emotional issues that are causing you to avoid school / work, it is better to discuss them with your doctor who may be able to advise and help you.*

## If the patient requests for a particular number of days of MC, will you adhere to it?

It depends on the situation. During the consultation, the patient may advise the doctor on the nature of his work. He may need more days of rest because he may be too ill to perform his job. However, the final decision rests with the physician and not the patient "asking" or "demanding" for the preferred number of days of MC.

## Have you ever met patients who weren't sick, but requested for MC due to other non-medical reasons? How did you deal with the situation?

Yes. I gently turned them down and explained that medical leave is for patients who are ill and not well enough to work. Hence, an MC should not be given for any reason other than for medical illness.

# JAB THESE VACCINE- PREVENTABLE DISEASES

Do you know that even adults need vaccination too? Even though our immune systems are more developed than that of babies and children, we are still vulnerable to certain vaccine-preventable diseases. Several considerations include age, pre-existing medical conditions, occupation and vaccination history play a part in determining our health. As such, adults are advised to discuss their vaccination needs and suitability to receive the recommended adult vaccines with their doctors.

By **Shermaine Lee**

## Adult Vaccination Guide

Dr Emily Pwee, General Practitioner, Raffles Health Screeners, recommends the following vaccinations for persons aged 18 years and older.

### HPV

#### HUMAN PAPILLOMAVIRUS

- It is a group of more than 150 related viruses
- Transmitted through sexual intercourse. Mostly associated with cancers of the cervix but can also cause genital warts and cancer of the mouth / throat / anus / rectum

**CERVICAL, VAGINAL  
AND VULVAR  
HPV CANCERS  
GENITAL WARTS**



**PENILE  
HPV CANCER  
GENITAL WARTS**



Three doses

### PCV

#### PNEUMOCOCCAL DISEASE

- Causes a range of problems including



- May also cause meningitis and blood poisoning (septicaemia)



**Recommended for adults with specific conditions only. Speak to your medical provider to find out if you are eligible for this vaccination**



Two doses, each taken one year apart

### INFLUENZA



- Contagious viral respiratory illness commonly known as the "flu"
- More severe condition than the common cold
- Attacks the respiratory tract in humans (nose, throat and lungs), causing inflammation of the mucous membranes
- Spreads when an infected person coughs, sneezes or speaks as it is transmitted into the air through droplets



**Recommended for adults with specific conditions. Speak to your medical provider to find out if you should have this vaccination**



One dose annually

## DID YOU KNOW?

- (1) Booster doses may be given to enhance previously given vaccines at different intervals.
- (2) Vaccines work best when administered at the right time.

## TDAP



## DIPHTHERIA

A respiratory disease that causes breathing problems, heart failure, paralysis and even death



## TETANUS

Attacks the nervous system and causes muscle spasms that may lead to death if left untreated



## WHOOPIING COUGH

A bacterial infection typically known to cause coughing spasms. It can lead to seizures, pneumonia, brain damage and death



Every 10 years and one booster dose for each pregnancy

## VARICELLA

Also known as “CHICKEN POX”

- Blister-like rash, which first appears on face and trunk, and spreads throughout the body
- An acute and contagious disease that is highly transmissible through direct contact with an infected person or via respiratory droplets



Two doses

## HEPATITIS B



- Virus that can cause a long-term infection of the liver, leading to liver damage and cancer
- Spread through mucosal exposure to infected blood and having unprotected sex



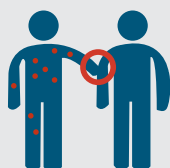
Three doses

## MMR

## MEASLES



- A type of rash that covers the whole body and can lead to diarrhoea, ear infections and pneumonia



- Spread through physical contact with an infected person, being near infected people if they sneeze or cough, and touching surfaces\* that has infected droplets of mucus and then placing fingers in the mouth, nose or eyes

\*Virus remains active on an object for two hours.

*Note: Adults over the age of 20 are at the highest risk of complications from measles if unvaccinated.*

## MUMPS



- A virus that causes salivary glands under the ears to swell, giving the patient a “hamster-like” face



- Transmitted by respiratory secretions (eg. saliva) from an infected person, sharing food and cutlery with the infected and through sneezing or coughing



- May lead to an inflamed pancreas, swelling of the brain and / or spinal cord covering (rare complication) and painful swelling of the ovaries or testicles

## RUBELLA



- Different from measles even though they share the common red rash characteristics



- May cause severe harm to fetus (including deafness) if infection occurs during pregnancy



- Predominantly transmitted by cough



Two doses

Not suitable for:

- 1) Women who are pregnant or plan to become pregnant soon
- 2) People with a serious allergy to gelatine or neomycin, an antibiotic

## LEGEND



People aged 18 to 26




People aged 27 to 64



People aged 65 and above

Note: Vaccinations are recommended for adults who have not been previously vaccinated or lack evidence of past infection / immunity. Please speak to your doctor for more details.



# ANTIBIOTICS – THE MIRACLE CURE?

This is the second time you visit your doctor in a week, and you ask your doctor for antibiotics. He tells you that antibiotics are not necessary because you are not having a bacterial infection. Confused? Dr Lim Wooi Tee, General Practitioner, Raffles Medical - Changi Airport T3, answers your common questions on antibiotics. **By Queenie Ho**



Scan to find out more about the use of antibiotics from our YouTube video “Get Wise About Antibiotics”

## WHY

**is my doctor not prescribing antibiotics?**

According to Dr Lim, doctors must first ascertain that the patient is suffering from a bacterial infection as antibiotics do not work on infections caused by viruses. Taking an antibiotic for a viral infection will not aid recovery, and may even cause unnecessary and harmful side effects.

If you take an antibiotic when you actually have a viral infection, the antibiotic attacks beneficial or unrelated bacteria in your body. This misdirected treatment will then promote antibiotic-resistant properties in harmless bacteria that can be shared with other bacteria, or create an opportunity for potentially harmful bacteria to replace the harmless ones.

## WHAT

**should I take note of when prescribed with antibiotics?**

You should never take antibiotics prescribed for another person. If you are prescribed antibiotics, you should

- Use antibiotics only as prescribed by your doctor.
- Never take leftover antibiotics for a later illness. They may not be the correct antibiotic for your condition and would not constitute a full course of treatment.
- Finish the whole course as prescribed.

“Many patients stop after they feel better as they are afraid that the antibiotics will kill the ‘good’ bacteria. Failure to take an antibiotic as prescribed can result in the need to resume treatment later, and may promote the spread of antibiotic-resistant properties among harmful bacteria,” explained Dr Lim.

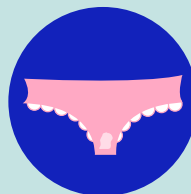


**DO****antibiotics have  
any side effects?**

As with all medicines, there are a number of side effects related to antibiotics. While most side effects are not serious, you need to visit your doctor if you are experiencing the following:



Feeling sick and vomiting



Signs of a vaginal thrush  
(vaginal itching or discharge)



Signs of an oral thrush (white  
patches on the tongue)



Signs of a serious bacterial infection  
of the gut (severe watery diarrhoea  
and abdominal cramps)



Signs of an allergic reaction, such as  
shortness of breath, hives, rash, swelling  
of the lips, face, or tongue or fainting

## *Viral Infections*



### **VIRUSES**

Illnesses caused by viruses include:

- Chickenpox
- AIDS
- Common cold
- Flu
- Sore throat

Treated using antiviral drugs or prevention by vaccinations

# VS

## *Bacterial Infections*



### **BACTERIA**

Single-celled microorganism that thrive in many different types of environments

Infections caused by bacteria include:

- Strep throat
- Tuberculosis
- Whooping cough
- Urinary tract infections

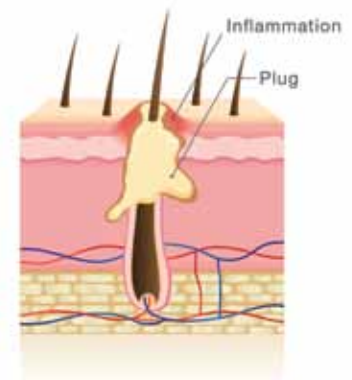
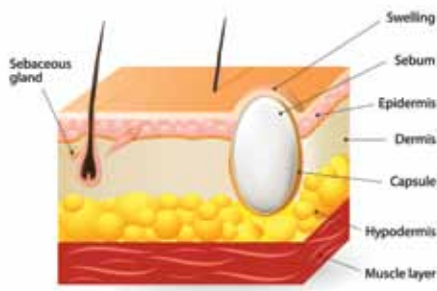
Treated using a prescribed course of antibiotics

# What's on my skin

Courtesy of the Mayo Clinic News Network

## Your GP can help

Dr Tan Hui Suan, General Practitioner, Raffles Medical - Singapore Land Tower advised: "If there is any doubt, always consult your family doctor for an accurate diagnosis. Do not take the appearance of a minor skin condition lightly as they can be sometimes the first sign of a significant medical problem. For example, the appearance of acne for women with Polycystic Ovarian Syndrome (PCOS)."



## Epidermoid Cysts

### What?

Non-cancerous small bumps beneath the skin

### Where to find them?

Anywhere but most common on face, neck and trunk

### Signs & Symptoms

- Small, round bump under the skin
- Tiny blackhead plugging the central opening of the cyst
- Redness, swelling and tenderness in the area if inflamed or infected

### When to seek help?

If it grows rapidly or the cyst ruptures, becomes painful or infected

## Corns & Calluses

### What?

Thick, hardened layers of skin that develop when your skin tries to protect itself against friction and pressure

### Where to find them?

Most often develop on the feet and toes, or hands and fingers

### Signs & Symptoms

- Thick and rough area of skin
- A hardened and raised bump
- Tenderness or pain under your skin\*

\*Corns can be painful when pressed.  
Calluses are rarely painful.

### When to seek help?

- If it becomes very painful or inflamed
- If you have diabetes or poor blood circulation, call your doctor before self-treating as even a minor injury to your foot can lead to an infected open sore

## Folliculitis

### What?

Inflamed hair follicles that are usually caused by a bacterial or fungal infection. Types of folliculitis include hot tub rash, razor bumps and barber's itch

### Where to find them?

Everywhere except palms, soles, lips and mucous membranes; mostly on scalp

### Signs & Symptoms

- Itchy and burning skin
- Pus-filled blisters that break open and crust over
- Clusters of small red bumps or white-headed pimples

### When to seek help?

If it is widespread, or the signs and symptoms don't go away after a few days

# Skin?

Our skin is prone to bumps, lumps and rashes from time to time. But sometimes, we are unable to figure out what exactly they are. Will those bumps eventually clear up without intervention or are they a concern?

Find out what are common lumps and bumps, their signs and symptoms, and when to seek medical help. **By Ashley Tuen**



## Acne

### What?

Occurs when your hair follicles become plugged with oil and dead skin cells. It often causes whiteheads, blackheads or pimples

### Where to find them?

Usually appears on the face, forehead, chest, upper back and shoulders

### Signs & Symptoms

- Small, red and tender bumps
- Pimples with pus at their tips
- Painful and pus-filled lumps beneath the surface of the skin

### When to seek help?

If self-care remedies don't clear the acne, or if it is severe and persistent

## Hives

### What?

A skin reaction that causes itchy welts, which can range in size from small spots to large blotches several inches in diameter

### Where to find them?

Anywhere including the face, lips, tongue, throat, or ears

### Signs & Symptoms

- Intensely itchy
- Red or flesh-coloured
- Roughly oval or shaped like a worm

### When to seek help?

Most hives go away within 24 hours. Seek help if symptoms continue for more than a few days. Seek emergency care if you feel your throat is swelling or have trouble breathing

## Skin Tags

### What?

Painless and non-cancerous growths that are connected to the skin via a small and thin stalk

### Where to find them?

Anywhere but most commonly found at skin folds, such as armpits, thighs and eyelids

### Signs & Symptoms

- Threadlike and resemble grains of rice
- Mostly tiny, typically smaller than two millimetres in size
- Can be smooth and round, or they may be wrinkly and asymmetrical

### When to seek help?

If the skin tags are painful, bleeding, or irritated





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**RafflesMedical RafflesDental**  
are CHAS clinics



Wi-Fi is available at all Raffles Medical clinics

# IN THE PINK OF HEALTH OR NOT?

By Letitia Koh

Finding it tougher to fall asleep recently? Can't seem to remember what someone said even though it was just five minutes ago? Or feeling your mind constantly drifting and having difficulties focusing at work?

If you are experiencing any of the above, you may be suffering from a sub-health condition. Sub-health, or suboptimal health status, is an intermediate state between health and sickness whereby the individual experiences frequent symptoms of discomfort and malaise, but without any apparent medical conditions that can be detected by conventional medicine. Therefore, the individual is neither considered "healthy" nor "ill".

## What Results in Sub-health Conditions?

According to Ms Tan Weii Zhu, TCM Physician, Raffles Chinese Medicine, emotional stress and undesirable lifestyle habits can upset the body's physiological balance, resulting in various pathological imbalances. Examples of such imbalances include stagnation of *Qi* (energy) and blood, and depletion of *Qi* and blood. These imbalances eventually manifest as sub-health symptoms like insomnia or disturbed sleep, poor memory or decreased concentration, low energy levels, mood swings and muscular aches.

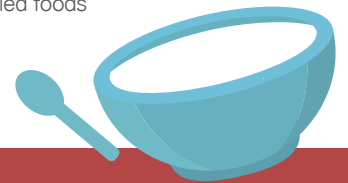
## Keep Sub-health at Bay

### Dos

- Get sufficient rest
- Stick to a proper diet
- Engage in relaxation activities to release the build-up of emotional stress

### Don'ts

- Stay up late
- Engage in strenuous mental activity before sleeping
- Indulge in foods that increase the burden of the digestive system, such as spicy, oily or fried foods



## Porridge for the Soul

What do you eat when you are hungry, but feeling under the weather? Put that curry puff down and read on. Physician Tan shares two porridge recipes that nourish your body.

### Chinese Yam and Lily Bulb Porridge

山药百合粥

#### Ingredients

- 100g fresh Chinese yam (山药), peeled and cut into pieces
- 30g dried lily bulb (百合), washed and soaked till soft
- 150g rice, rinsed

#### Method

- Add all the ingredients into a medium pot of water. Bring to a boil, lower the heat and simmer for 30 to 40 minutes.
- Stir occasionally, and add water according to preference. Serve warm.

#### Benefits

Invigorates, dispels heat and calms the mind.

#### Caution

Not suitable for individuals with constipation as Chinese yam has an astringent effect that will aggravate symptoms of constipation.



### Millet Pumpkin Porridge

小米南瓜粥

#### Ingredients

- 100g hulled millet (小米), rinsed
- 200g fresh pumpkin (南瓜), peeled and cut into pieces

#### Method

- Add all the ingredients into a medium pot of boiling water.
- Lower the heat and simmer for 30 minutes, stir occasionally and add water according to preference. Serve warm.

#### Benefits

Rich in vitamins, nourishes the digestive system.

#### Caution

Individuals who suffer from frequent urination should refrain from consuming this as both millet and pumpkin promote urination.





# Watching A Gout Patient's Diet

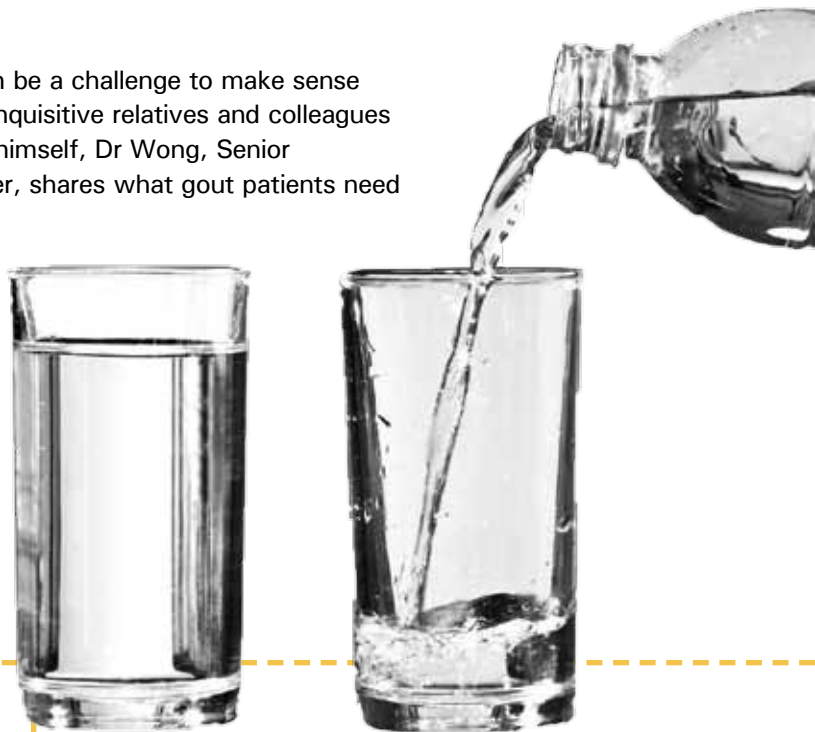
By Dr Melvyn Wong

If you suffer from gout, you may know that it can be a challenge to make sense of the diet advice provided by your doctor, your inquisitive relatives and colleagues and what you read in the media. A gout sufferer himself, Dr Wong, Senior Physician, Raffles Medical - Singapore Land Tower, shares what gout patients need to take note of when they eat.

## ✓ The good

### WATER

Keep yourself well-hydrated with plenty of fluids during the day. More water intake has been shown to lower the frequency of gout attacks.



### COMPLEX CARBOHYDRATES

Eat more complex carbohydrates such as fruits, vegetables and wholegrains. Try to avoid white bread, white rice, cakes and sweets. Stay away from high fructose corn syrup (HFCS) that can be found in sugar-sweetened sodas and drinks, as well as sauces.

### CHERRIES

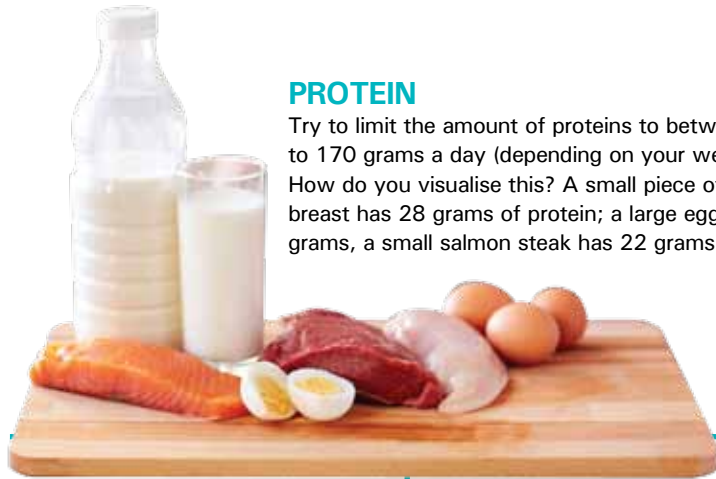
Cherries have been shown to reduce the frequency of gout attacks. Personally, I think there is some truth to it. The only problem is that fresh cherries are hard to come by and tend to be quite expensive. You can get cherries in juice form, but they are usually loaded with sugar. The alternative is buying cherry supplements from a pharmacy.



## ✖ The *bad*

### PROTEIN

Try to limit the amount of proteins to between 113 to 170 grams a day (depending on your weight). How do you visualise this? A small piece of chicken breast has 28 grams of protein; a large egg has 6 grams, a small salmon steak has 22 grams.



### ANIMAL ORGANS

Avoiding animal organs should be well known among gout sufferers. Liver, kidney and intestines also commonly found in local hawker delights such as Kway Chap and Lor Mee. Just don't.



### SATURATED FATS

Reduce the amount of saturated fats in your diet. This comes in the form of fatty red meats (wagyu anyone?), fatty poultry (chicken with skin), and high-fat dairy products.

### ALCOHOL

Alcohol contributes to gout attacks in two ways. Alcohol metabolism increases uric acid production and causes dehydration due to its diuretic effect. Should we then avoid all forms of alcohol? If you must drink, stick to red wine and avoid the pint and spirits.



## ? The *question mark*

### HIGH PURINE VEGETABLES

Should you stay away from vegetables such as mushrooms, tomatoes, beans and lentils? Studies have shown that they do not increase the risk of gout or gout attacks. However, I found that I do get attacks when overeating mushrooms. I tend to avoid lentils and chickpeas too as I have had an almost immediate gout reaction after consuming these common ingredients found in Indian cuisine and salads.



### VITAMIN C AND COFFEE

Vitamin C may help to lower your uric acid levels, and there is some joy for coffee lovers, as some research has shown that moderate coffee consumption might be associated with reduced risk of an attack.



### DID YOU KNOW?

- Controlling the frequency of gout attacks does not come from managing diet alone. Following general rules for living a healthy lifestyle should be priority.
- If you are overweight, you are more likely to suffer from gout, your weight will also cause stress problems on your joints and may contribute to gout flares in them. Losing weight will lower the levels of uric acid in your blood.



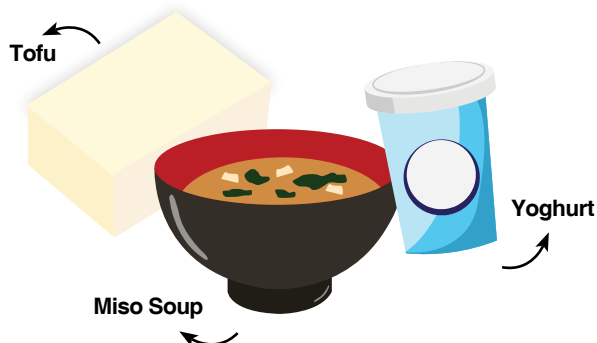
# Home Remedies:

## Do They Help?

### BLOATING

#### PROBIOTICS

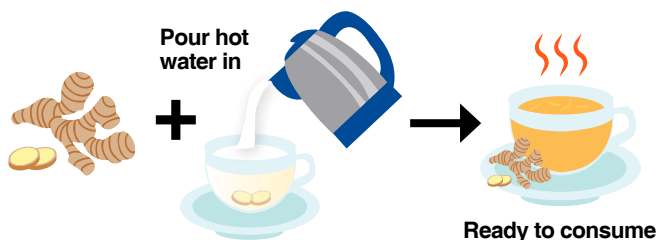
*Claim: Probiotics are known as the good bacteria. They can help reduce bloating.*



Why and how probiotics work remain a mystery. Some studies suggest that probiotic supplements, especially those with a predominance of *Bifidobacterium infantis*, may alleviate symptoms of abdominal pain, bloating and irregular bowel movement.

#### GINGER

*Claim: Drinking ginger tea can help relieve the gases trapped in the digestive tract.*

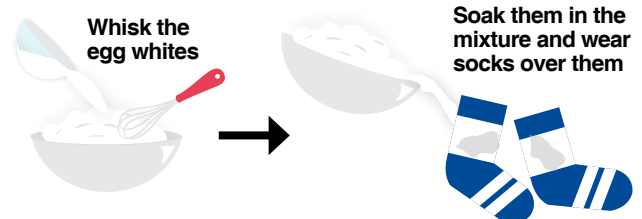


Research indicates that ginger helps to reduce nausea, indigestion, and minor gastric upsets. Ginger is also effective for motion sickness and morning sickness in the early stages of pregnancy.

### FEVER

#### EGG WHITES

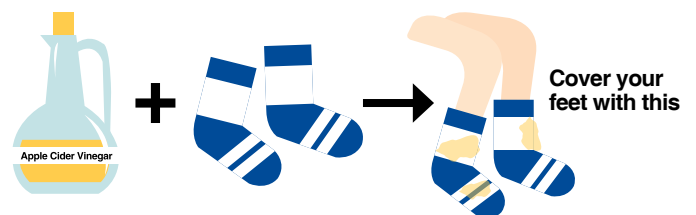
*Claim: Applying whisked egg whites to the soles of your feet and wearing socks over them can reduce fever.*



They have been used to bring down fevers before the availability of paracetamol or aspirin. One working explanation is that egg whites absorb the body heat through the sweat glands present on the soles of the feet.

#### APPLE CIDER VINEGAR SOAKS

*Claim: Wearing a pair of socks soaked in apple cider vinegar (ACV) can bring down a fever.*



This is a popular Austrian home remedy for fevers. It may take up to an hour to bring down the fever. ACV appears to lower body temperature by stimulating blood flow.

**Note: This method is not suitable if patient is shivering.**

When you are running a fever, the increase in temperature results in fluid losses and may lead to other complications. Many home remedies for fever work by increasing perspiration. This may lead to abnormal fluid loss from the body, especially if your fever is accompanied by vomiting and diarrhoea.

Thus, it is crucial that there is adequate fluid intake when patient is suffering from a fever.

“Are you feeling unwell? People have tried this natural method and it worked! Why not try it out?”

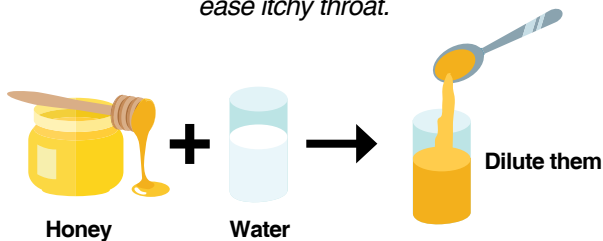
You would have heard this before, tried that said method that may or may not have worked. Dr Foo Yu Yet, General Practitioner, Raffles Medical - Singapore Land Tower, sheds light on these commonly publicised home remedies.

By Ashley Tuen

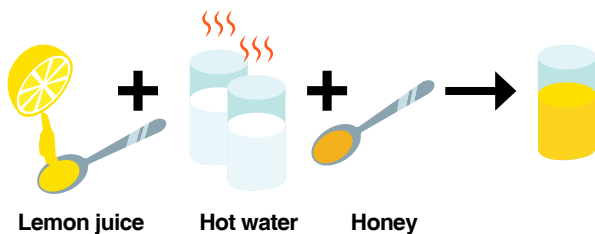
## SORE THROAT / TONSIL STONES

### HONEY

*Claim: Gargling with diluted honey can help ease itchy throat.*



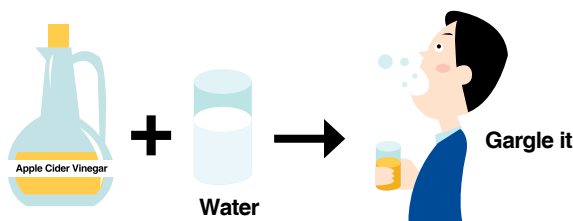
or



Moisturising a sore throat can provide temporary relief. To reduce the itch, try using a thick, viscous gargle made with honey itself, or by adding apple cider vinegar. Alternatively, dilute one tablespoon of lemon juice with two cups of hot water and mix in one teaspoon of honey. Cool the mixture to room temperature before gargling.

### APPLE CIDER VINEGAR

*Claim: Gargling with apple cider vinegar can help to dissolve tonsil stones*

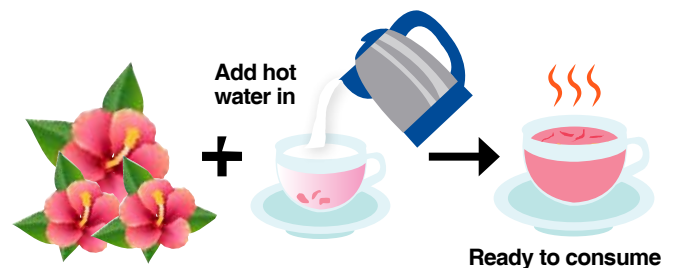


Vinegar contains acidic properties that can dissolve the calcium-based tonsil stones with time. In this method, the vinegar directly comes into contact with the tonsil crypts, and slowly start dissolving the tonsil stones present.

## HYPERTENSION

### HIBISCUS TEA

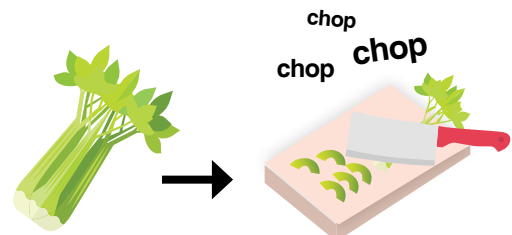
*Claim: Drinking hibiscus tea daily can help to lower blood pressure.*



A small study showed that drinking hibiscus tea blends lowered systolic blood pressure by an average of seven points. That was significantly more than the one point drop observed in people who were given a sample in the form of hibiscus-flavoured water. However, more studies are needed to determine if the effect can actually be sustained over the long haul.

### CELERY

*Claim: Celery juice contains phthalide that helps to relax the walls of blood vessels.*



The compound found, known as 3-n-Butylphthalide (NBP), helps to relax the tissues of the artery walls, thus increasing blood flow and reducing blood pressure. To maximise its benefits, it is recommended to consume or eat a cup (roughly four stalks) of chopped raw celery. As celery contains high amounts of fibre, you may notice changes in stool consistency.



# Always Ready for His Patients

General Practitioners are usually the first medical professional a patient sees for most medical conditions. Do you know what pressure they face and how they cope with it? We find out more from Dr Davinder Singh Dhaliwal, General Practitioner, Raffles Medical - Sixth Avenue.

By Queenie Ho







### **Happiness in Life**

*I enjoy my time off by travelling overseas and catching up with old and new friends over coffee.*

*I like going for courses even if it is not medical related as I believe in lifelong improvement of my skills, knowledge, and professionalism.*

*In life, happiness is being simple. I feel happy just by sharing a meal with loved ones.*

### **A typical day for you is...**

I wake up by 7am and read the newspapers over breakfast before getting ready for work. I aim to reach the clinic 10 to 15 minutes prior to clinic hours as this allows me to follow up on my previous day's work.

The bulk of my day involves patient care – seeing a mixture of both acute and chronic cases, as well as performing scheduled minor procedures and routine health screenings before breaking for lunch, or dinner if I am on night shift. When I am performing medical procedures, I try to communicate and share knowledge with my patients and assisting staff to make it interactive and interesting for all.

In between patients, I try to read up on the latest medical developments and guidelines to keep abreast of current medical issues. The clinic also has medical students on attachments, where I try to impart my knowledge and give some useful career advice. My day ends with family time and relaxation through reading or watching the television.

### **What would you be if you are not a doctor?**

I am somewhat fortunate that I fulfilled my childhood dream to become a doctor!

However, I suppose I could have followed the footsteps of my father and ventured into banking and finance, as I have always looked up to him and tried to walk in his shoes. At some stage eventually, I would like to pursue a MBA and develop executive management capabilities.

### **How do you cope with the pressure of being the first medical professional a patient sees?**

I'm sure all doctors have different approaches to this question, but I am certain that the underlying principles are similar for most. For me, the best way of coping with pressure is to be prepared. GPs must be armed with up-to-date medical guidelines, new procedures and practices, as well as new medication.

Being the first line of defence requires one to be alert, observant and thorough, to ensure no "red flag" symptoms or signs are missed. Taking a clear medical history and performing a detailed, but focused medical examination, while comprehensively addressing patients concerns are the cornerstones of my approach. Lastly, provide 'safety netting' advice to patients. Advise them on potentially worrisome signs and symptoms to look out for, and to return if necessary is a good way to end a consultation.

### **What are your favourite past times when you are not seeing patients?**

I have been a keen sportsman since school days. On days when I end clinic sessions at 5.30pm, I usually go home to exercise for an hour. It is usually a mix of core strength training, calisthenics and short runs. I usually try to do a long 10 to 12km run on Sundays.

I enjoy sports - especially Formula 1 motor racing, boxing and football. Motor racing has been a childhood interest and

I usually watch a grand prix from start to finish even if it ends at wee hours in the morning.

I enjoy watching movies and TV dramas too.

### **The most memorable patient you have come across is...**

An elderly lady in her 70s whom I initially treated for the common cold. Over the next few routine visits, I got to know her better. She turned out to have the same passion for boxing and motor racing (which caught me by surprise, given her age!) as me. She was full of jokes and stories of her youth and her grandchildren. After exchanging old stories, it turned out that one of her grandchildren was my primary school classmate and we had met more than 25 years ago. She knew it was me from the first consult but did not want to make me feel shy. Over the years, she has turned from a patient to a friend!



# Dr Artificial Intelligence

By Ashley Tuen

At some point in time, we must have searched the Internet and self-diagnosed our own condition. While the Internet does provide us with useful information, could it also end up being a double-edge sword?

If you feel worse after web surfing, doubt your doctor's assurance and move quickly from disbelief to believing you have a certain condition, you might be a "cyberchondriac".

We speak with Dr Nandha Kumar, General Practitioner, Raffles Medical - Causeway Point to find out more.

## What advice do you have for patients who self-diagnose?

There are too many "health" websites out there. Many are not reputable and are anecdotal rather than evidence-based. Many diseases have common symptoms and a proper medical examination is required to diagnose the ailment correctly.

## How do you reassure a cyberchondriac?

You have to seek medical advice early. Over-searching for information on the Internet will end up providing you with a mountain of confusing information. Most symptoms are due to benign conditions and are treatable.

## How can we help someone who is cyberchondriac?

Similarly, explain to them that the mountain of information available on the internet can confuse a person. Advise them to seek medical help early.

## How often do you come across patients who have searched their medical condition on the internet?

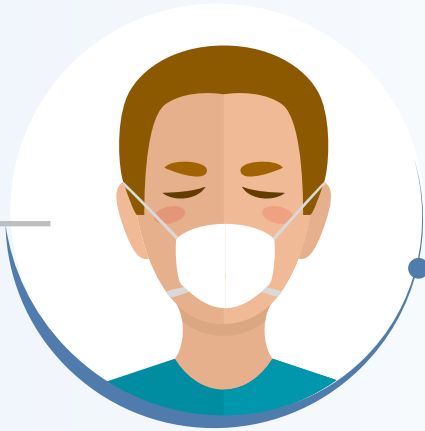
It's actually around one in every 100 patients I see.

## What are the perils of self-diagnosis via the internet?

Very often, self-diagnosis is made based on symptoms, which is very non-specific and broad, resulting in wrong diagnosis most of the time.

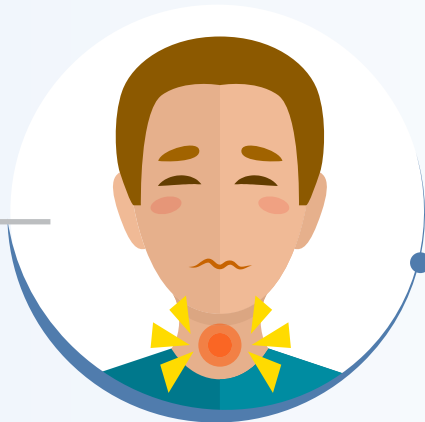
## Is it worse than what we think it is?

While certain symptoms can signify more, we tend to overthink and believe we are having something worse than what they actually are. What are the likely causes of such symptoms?



### Chronic cough

Asthma, lung infections, [post-nasal drip](#)\*, chronic bronchitis and Gastro-Esophageal Reflux Disease (GERD)<sup>#</sup> are some possible reasons for chronic cough.

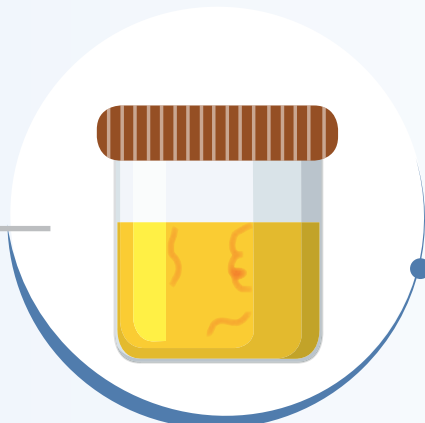


### Sore throat

One of the possible reasons for sore throat is infections (viral or bacterial), [post-nasal drip](#)\* and [GERD](#)<sup>#</sup>.

\*Post-nasal drip happens when mucus accumulates in the back of the nose and throat, dripping downwards from the back of the nose and irritating the throat.

<sup>#</sup>GERD happens when acid reflux from the stomach irritates the throat.



### Blood in urine

This can be due to infections, vigorous activities such as long distance running, tumours or cancers, or kidney stones.



If you are in doubt,  
always seek  
immediate medical  
attention rather than  
believe what you read  
on the internet.

### Defining Cyberchondriac

A person who compulsively searches the internet for information about either real or imagined symptoms of an illness.

### Signs of a Cyberchondriac

- Searching the internet at the first sign of any symptom
- Feeling more worried while searching for information
- Trusting the internet more than the doctor
- Assuming the first searched result is the most possible condition for your symptom
- Searching for vague symptoms and believing that you have one of the many diseases that appear in the results

# Select Raffles Health Screening Services and Vaccinations Online



1

Visit  
[www.raffleshealth.com](http://www.raffleshealth.com)  
and select service



2

Checkout and  
receive email



3

Make your appointment\*  
(24-hour Call Centre)



4

Cashless checkout after  
completion of service



*\*Applicable for health screening.*

*Prices are inclusive of GST. Terms and conditions apply.*



Scan here for hassle-free  
health service

# Smart Apps for A Healthier You

By Shermaine Lee

In Singapore, one in four Singaporeans above the age of 65 developed a chronic disease according to a study done in 2015. People with chronic diseases can take up to 10 pills a day for high cholesterol, diabetes and hypertension. Some issues they face include not knowing the kinds of medications they are taking, how to take it, and may be confused as to when to take the medications.

Healthcare is no longer confined to the four walls of hospitals and clinics. Technology has paved the way for accurate and real-time data feedback at our fingertips through health apps. They engage users by involving them in monitoring their health, motivating them to stay healthier by helping them make precise, better and fast informed health choices, thus empowering users to transform their health by taking charge.

## Before Downloading The App

Dr Raymond Choy, Senior Physician, Raffles Medical - Changi Airport T3, shares the following to consider before downloading health apps.

- How can the app help or improve your health and / or your existing medical conditions?
- Are there costs incurred to use the apps? Is it sustainable?
- Personal Data Protection Act – Is your personal data safe? How will the provider use your data, and where do they store your data?
- Is the platform user friendly?
- Does the platform have all the basic functions?
  - For medication reminder apps – do they remind you to take your medication or refill them?
  - For health monitoring apps – are there alerts for alarming signs like high blood pressure?

## Blood Pressure Monitoring Apps



A staple for patients with chronic diseases, there are numerous blood pressure monitoring apps that track your health data across different platforms, from diastolic and systolic pressure to pulse and weight. Several track your body mass index and blood sugar levels and offer a wide range of sharing options that allows you to update caregivers of your medical condition, making it convenient to share data at your fingertips.

## Diabetes Tracking Apps



Diabetic patients can look to track important health parameters like body weight, cholesterol levels, blood pressure and more. These apps also offer various forms of reminders, let you choose your glucose targets and opt for daily, weekly or monthly graph analysis of your results.

## Medication Reminder Apps



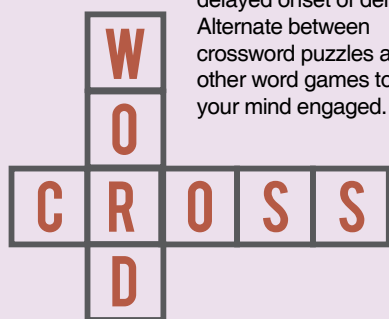
Developed for those who are on lifelong medications, there are apps that not only enable you to sync your data across all your devices instantly, but also offer a comprehensive database of drugs and reports that allow you to share your medical journey with your families and doctors. Some also have the function to remind you when it is time to refill your prescription too – how neat!

There are limitations to health apps: they cannot predict your meal times accurately if you work in shifts, and remind you to take your medication on time. Furthermore, not every user is literate with technology, and there is a chance that data will be interpreted wrongly. Remember that these apps are meant as a tool to complement your health.



# 9 WAYS TO SHARPEN YOUR MIND

The brain is like a muscle and when it is kept active, you can keep it working. Dr Joshua Kua, Specialist in Psychiatry & Consultant, Raffles Counselling Centre, shares nine activities you can do today to sharpen your mind. **By Magdalene Lee**



Studies show that playing crossword puzzles have a strong correlation to the delayed onset of dementia. Alternate between crossword puzzles and other word games to keep your mind engaged.

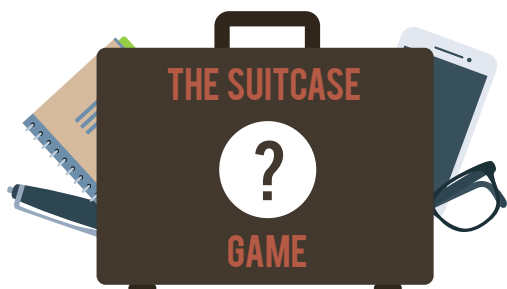


Place random items on a tray. Have a brief peek at the tray before covering it with a cloth. Then try to remember what all the items are.



## CONCENTRATION

Lay cards facing down. Flip two cards at a time to match a pair. If this gets too easy for you, try a messier arrangement to increase the difficulty levels.



In a group, try this roundtable memory game. The first player will share what he is packing in the suitcase. The second player will repeat the first item and add an item. Repeat.

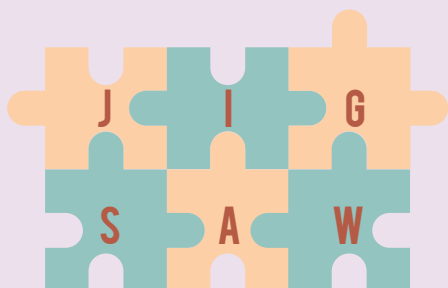


## MULTI-TASK

Allow yourself to multi-task when doing activities. This will allow you to cope with distractions and improve your concentration levels.



Use the peg system to memorise your shopping lists. If you split your purchases up with a friend or family member, you can see who would remember the most items and in what order.



Jigsaw puzzles engage your short-term memory as your brain differentiates between different pieces to form up the full picture. Jigsaw puzzles are great because they create dopamine as you get them right.



Sudoku requires you to keep numbers in your head as you try fitting them into the grids. This works your working memory. Once it gets easier, it's time to try something different.



Skilful chess players use strategies from their long-term memory while new players tend to rely on short-term memory to analyse the board. Either way, chess is an intellectual game that works the brain.

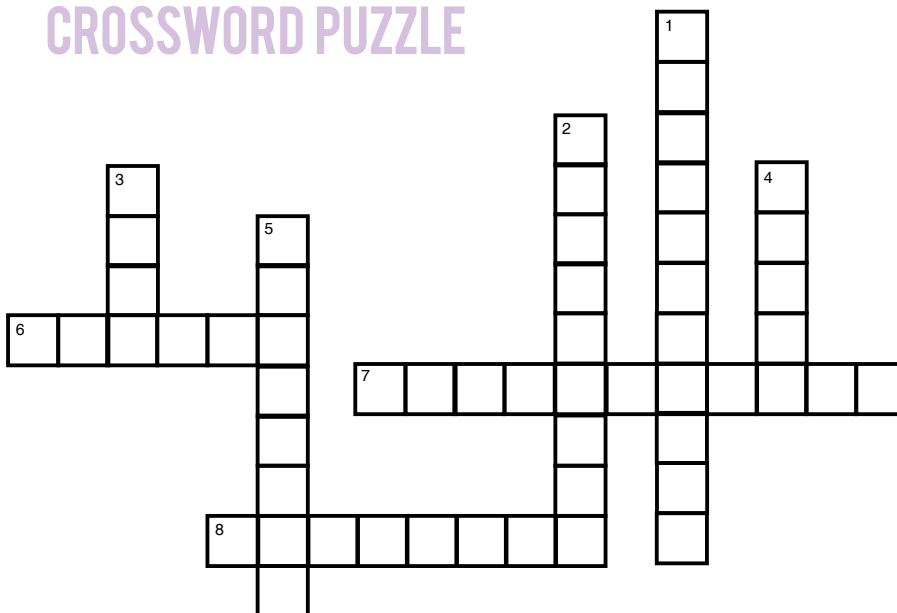
## WORD SEARCH

## WORD LIST

Family medicine  
 Doctor  
 Patient  
 Care  
 Clinic  
 Prescription  
 Chronic illness  
 Cough  
 Flu  
 Stethoscope  
 Visit  
 Sick

C E P R E S C R I P T I O N L  
 C H N E P O C S O H T E T S N  
 F L R I L N J T Y M Q Z Q R B  
 X L I O C T M K G R Z J J T K  
 H D U N N I P D R Z T Z N D Z  
 N G R P I I D N Z M N Z M Y C  
 V K U T D C C E V L Q T V A J  
 M T T O O Y P I M I P Z R N R  
 N Y P Q C A J Z L Y S E Y P P  
 T X L V T P B Z G L L I Y L D  
 J X D I O K K R Y J N I T L N  
 T W E T R C M J M B W E M D Q  
 J N K J I G V R G G M Q S A D  
 T X T S X Y L B B T Q J J S F

## CROSSWORD PUZZLE



Answers:  
 1. Vaccination  
 2. Influenza  
 3. Gout  
 4. Fever  
 5. Diabetes  
 6. Asthma  
 7. Cholesterol  
 8. Dementia

## DOWN

1. Boosts the immune system's ability to fight certain infections
2. An infectious disease caused by a virus
3. A form of arthritis caused by excess uric acid in the bloodstream
4. Temporary increase in your body temperature, often due to an illness
5. A chronic condition associated with abnormally high levels of sugar (glucose) in the blood

## ACROSS

6. A chronic lung disease that inflames and narrows the airways
7. A waxy, fat-like substance that's found in all the cells in your body
8. An illness that affects the brain and its ability to function

# STEP IT UP

Do you own a pedometer? If yes, how many steps do you clock a day? We share ways to stay healthy by simply stepping up to the challenge! **By Magdalene Lee**

Are you part of the 26 per cent of adult Singaporeans who do not exercise? Or are you part of the 70 per cent of Singaporeans who consume more calories than the recommended? Either way, Singapore is getting obese. By 2024, we are expecting obese Singaporeans to increase from 11 per cent to 15 per cent. How can we stop this?

Walking is a low-impact exercise suitable for all fitness levels and age groups. To increase the difficulty level, try brisk walking. Studies have also shown that walking can have better health impact than running.

Dr Derek Li, Senior Family Physician, Raffles Medical - Nex, explained: "Excessive amounts of high intensity exercise can be hazardous to your health. Running at a slow to moderate pace less than thrice a week for one to 2.4 hours reduces the risk of death most. And if you are overweight, walking is a better option as your body is exposed to less stress."



**Did You Know?**

Singaporeans are 3kg heavier than we were 15 years ago. We are also exercising slightly more but eating so much that it outweighs any health benefits.

Source: HPB, 2017

## REDUCE RISKS BY WALKING OR RUNNING

Health Risk	Running	Walking
Heart Disease	↓ 4.5%	↓ 9.3%
First-time Hypertension	↓ 4.2%	↓ 7.2%
First-time High Cholesterol	↓ 4.3%	↓ 7%
First-time Diabetes	↓ 12%	↓ 12%

# HEALTH BENEFITS OF WALKING



Weight loss



Increase metabolism



Healthier heart



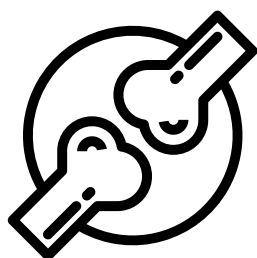
Improve self-esteem



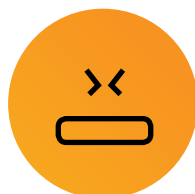
Tone muscles



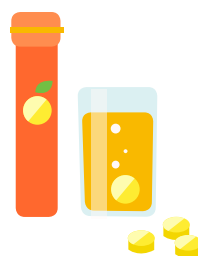
Increase energy



Strengthen bones and joints



Relieve stress



Strengthen immune system

## THREE TIPS TO REACH 10,000 STEPS

1. Don't be a weekend warrior. Include walking as part of your daily routine.
2. Pull a friend along. Walking with friends will motivate you to go the extra mile.
3. Instead of a coffee chat, go for a stroll chat.



## Better Health with 150 Minutes a Week

"Rather than to focus on reaching the numbers, you should aim for 150 minutes of moderate-intensity or 90 minutes of vigorous-intensity physical activity weekly," said Dr Li. "By getting your heart pumping faster, you reap the greatest health benefits."

And it's not that tough. In fact, you actually spend less time working out, take way less steps and you will probably find it easier to achieve. Try fitting in two to three sessions of 10 minutes brisk walk to your daily routine and feel healthier today!

## EXAMPLES OF EXERCISES

### Moderate-intensity Physical Activity (Approximately 3–6 METs)

- Brisk walking
- Dancing
- Gardening
- Housework and domestic chores
- Traditional hunting and gathering
- Active involvement in games and sports with children / walking domestic animals
- General building tasks (eg. roofing, thatching, painting)
- Carrying / moving moderate loads (<20kg)

### Vigorous-intensity Physical Activity (Approximately >6 METs)

- Running
- Walking / climbing briskly up a hill
- Fast cycling
- Aerobics
- Fast swimming
- Competitive sports and games (eg. traditional games, football, volleyball, hockey, basketball)
- Heavy shovelling or digging ditches
- Carrying / moving heavy loads (>20kg)

Source: World Health Organisation



## Ask the Experts

**Q:** Why do I wake up groggy and even more tired after a nap sometimes?

**A:** If you want to wake up refreshed, you will have to consciously keep track of your sleeping hours. Refreshing sleep occurs during deep sleep where rapid eye movements (REM) occur. REM sleep occurs in cycles of about 90 to 120 minutes, so make sure short naps are kept to below 30 minutes to avoid slipping into the deeper stage of sleep. You will be more likely to feel groggy if you are woken up in the deeper stage of sleep. Otherwise, take longer naps of 90 minutes to allow the completion of one sleep cycle, where you go from the lightest to the deepest stage of sleep, then back again. This way, you will wake up feeling refreshed.



**Dr Wong Wei Mon**  
Family Physician & Consultant  
Raffles Medical - Holland V

**Q:** When is it okay to self-medicate for problems like stomachache, constipation and nausea?

**A:** It is not okay to self-medicate if you are experiencing the above symptoms for the first time. As a general rule, if you find the symptom unusual and are not sure what is causing it, go see your doctor. It is only okay to self-medicate if you are fully aware of your symptoms; have experienced them many times before and have consulted with your doctor about them, such as period pains, recurring gastric pains and recurring constipation.



**Dr Melvyn Wong**  
Senior Physician  
Raffles Medical - Singapore Land Tower

**Q:** If I am having a headache, chest pain or back pain, when should I visit the doctor?

**A:** There is no arbitrary period. However, a safe period to wait for mild headaches and back pain to subside will be about one week. If your pain continues to trouble you despite taking pain medication, it is advisable to seek medical help. For instance, if one suffers from a severe chest pain, there may be a chance that it could be a heart ailment. This type of chest pain tends to be "compressive" in nature, as though a heavy weight is placed upon the chest. The person may become breathless, and the pain may radiate up the neck or down the arm. An immediate visit to the doctor is advised for such severe chest pains, and for regular pains in the head and back that do not respond to the usual over-the-counter medicine. As a rule, always seek further advice from your doctor when in doubt.



**Dr Rupert See**  
Family Physician & Associate Consultant  
Raffles Medical - Shaw Centre

**Q:** What are some hidden spaces at home that are breeding grounds for germs?

**A:** Hidden corners and spaces do not transmit viruses easily because contact with them is uncommon. However, such spaces accumulate dust and increase the risks of dust mite proliferation. That can result in allergic conditions, such as sensitive nose, and the worsening of eczema and asthma.

**Dr Chng Shih Kiat**  
Family Physician & Consultant  
Raffles Executive Medical 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



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RafflesHospital



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RafflesMedGrp





What are the signs of Parkinson's disease? If you are experiencing a tremor in your hands when they are at rest, slower movements and changes in your speech and writing, it is time to see a doctor - not just to diagnose your condition, but also to rule out other conditions.  
#raffleshospital  
#parkinsonsdisease  
#tremor #slow #doctor













Raffles Medical Group



Are you lacking quality sleep? Dr Raymond Choy, General Practitioner, Raffles Medical shares that people who suffer from disturbed or disrupted sleep may find it difficult to fall asleep. And when they do fall asleep, they only remain asleep for a short period of time. Some may wake up early in the morning and find it difficult to fall asleep again.

Other symptoms include generalised malaise and lethargy during the day, irritability, poor concentration, memory loss and headache.



Twitter
@RafflesMedGrp


When should you start worrying about your #cough? If your cough lasts for three weeks or more, and #blood comes with it, it's time to see the #doctor. #tuberculosis











Raffles Hospital videos.....



Polypharmacy refers to the concurrent use of multiple drugs by a patient. It is most common in elderly patients to treat different types of illness, but this can lead to various side effects at the same time. Find out how you can avoid polypharmacy in this video.

We want to hear from you – tweet, like, subscribe or share a photo with us!

You can also write to us at [healthnews@rafflesmedical.com](mailto:healthnews@rafflesmedical.com) and share how we can better engage you.



Are you more of a visual learner? Scan the QR code on the right to watch our videos and share your comments with us.

A photograph of the Raffles Hospital building, a tall, modern structure with a glass facade, set against a blue sky with white clouds. The building is the central focus of the top half of the page.

*Expanding our  
landmark for you*

## **RafflesHospital**

### **LEVEL 13**

Ward 13

### **LEVEL 12**

Fertility Centre  
Health Screeners  
Raffles Executive Medical Centre  
Women Centre

### **LEVEL 11**

Corporate Office  
Eye Centre  
Learning Centre

### **LEVELS 8 TO 10**

Wards 8 - 10

### **LEVEL 7**

Angiography Suite  
Clinical Laboratory  
Day Surgery  
Dialysis Centre  
Intensive Care Unit  
Operating Theatre

### **LEVELS 3 TO 6**

Car Parks

### **LEVEL 2**

Chinese Medicine  
Dental Centre  
Health Check  
International Patient Centre  
Japanese Clinic  
Raffles Medical  
Skin & Aesthetics

### **LEVEL 1**

24 Hour Emergency  
Nuclear Medicine Centre

## **RafflesSpecialistCentre**

### **LEVEL 13**

Breast Centre  
Surgery Centre  
Urology Centre

### **LEVEL 12**

Orthopaedic Centre  
Pain Management Centre  
Rehabilitation Centre

### **LEVEL 11**

Radiology

### **LEVEL 10**

Cancer Centre  
Heart Centre

### **LEVEL 9**

Diabetes & Endocrine Centre  
Internal Medicine Centre  
Neuroscience Centre  
Vascular Intervention Centre

### **LEVEL 8**

Children Centre  
Counselling Centre  
ENT Centre