

Raffles HealthNews

A PUBLICATION BY **RafflesMedicalGroup**

Decoding
Lumps
& Bumps

+ Titillating *your*
Tastebuds

Keeping Abreast of your Health

Breast Care:
A TCM Approach

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the latest healthcare tips!



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- Rashes
- Food Allergies
- Hand Foot Mouth Disease

*The above list is non-exhaustive and may also include other diseases and conditions

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- Influenza (Flu)
- Pneumococcal
- Hepatitis A
- Hepatitis B

*The above list is non-exhaustive and may also include other vaccinations

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Hello Readers!

Cyst

Decoding Lumps & Bumps

Spot changes in your breasts early to reduce your cancer risk.

Pg 16



10 Foods to Eat & to Avoid While Breastfeeding

Make healthy and nutritious food choices for yourself and little one while nursing.

Pg 22



The Chest Sculpt Blueprint

Build a chiselled chest with this awesome workout today!

Pg 34

Breasts are amazing – they are beautiful, they nourish babies (see page 22), and they have an intelligence of their own. Breasts have so many incredible benefits for the health of humanity, the power of women, and the nurturing of the future generations. Every year, millions of dollars are spent on breast enhancements (see page 28), from push-up bras to plastic surgery, to showcase the form of the female body.

Caring for your breasts (and chests for the men) is important at any age. While most women who've had breast cancer know that men get breast cancer (quite often because once they've been diagnosed and begin researching the disease, they discover the statistics), many men have no idea they might be at risk.

Men can also develop fatty deposits in their chest area, which are sometimes known as man breasts, or 'moobs' (see page 20). This unflattering condition can be due to high oestrogen levels, which is known as gynaecomastia, or it can be caused by obesity. Having a sedentary lifestyle will often lead to this problem. Being overweight is the most common cause, so a reduction in weight is the best cure.

Learn about proper self-examination techniques (see page 16) and changes that naturally occur in your breasts. Ward off breast cancer by eating the right foods (see page 26) and engage in regular exercise to keep your breasts / chests in shape (see pages 34 to 37). If you're over the age of 40 or have risk factors, such as a family history of breast cancer and diseases, discuss an appropriate screening with your doctor.

Love your breasts! Take charge of your breast health today.

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

Dr Sarah Packer
Deputy Physician Leader
Raffles Medical



New Docs on the Block

We warmly welcome the following doctors to the Raffles family!

Dr Henry Oscar
Specialist in Diagnostic Radiology & Consultant
Raffles Diagnostica



Dr Henry Oscar obtained his undergraduate degree from Boston College (Bachelors of Science - Biochemistry), after which he obtained his basic medical degree from Australia (MBBS). In the University of Adelaide's main teaching hospital, The Royal Adelaide Hospital, he underwent General Internship training (2006 to 2007) followed by a year of General Surgical training before commencing his Radiology training in Singapore.

Dr Oscar's subspecialty interests lie in breast imaging and general oncology imaging.

Dr Chan Siew Chee
Specialist in Otorhinolaryngology & Consultant
Raffles ENT Centre



Dr Chan Siew Chee completed his MBBS at the National University of Singapore in 1970. Subsequently, he obtained his FRCS from the Royal College of Surgeons of Edinburgh, United Kingdom, in the year 1974. He was conferred Fellow of the Academy of Medicine, Singapore in 1980. Dr Chan worked in the ENT Department of Singapore General Hospital from 1972 to 1981 and was promoted to Consultant Ear, Nose & Throat Surgeon in 1979. He went on to establish his own private practice at Gleneagles Medical Centre in May 1981.

Dr Ng Tze Kiat
Specialist in Urology & Consultant
Raffles Urology Centre



Dr Ng Tze Kiat graduated with an MBBS degree from the National University of Singapore in 1995. He completed his basic and advance training in General Urology in Alexandra Hospital, National University Hospital in Singapore and Concord Hospital in Sydney, Australia. In 2005, he obtained Urology Specialist Accreditation from the Ministry of Health (MOH), Singapore.

Prior to joining Raffles Hospital, he was a Senior Consultant Urologist at National University Hospital, with particular interests in kidney cancers, kidney transplantation and urinary continence. Dr Ng's research interest is in medical device innovation. He was awarded the 2012 Singapore Stanford Biodesign Fellowship and is currently a Consultant to Singapore Stanford Biodesign.

Dr Ganesan Naidu
Specialist in Orthopaedic Surgery & Consultant
Raffles Orthopaedic Centre



Dr Ganesan Naidu graduated from the National University of Singapore, Faculty of Medicine in 1990. He was admitted as a Fellow to the Royal College of Surgeons of Edinburgh in 1999, completed his Residency in Orthopaedic Surgery in 2007 and obtained his Fellowship in Orthopaedics and Traumatology from the Royal College. He was awarded a scholarship to further his interest in Orthopaedic Trauma at the Unfallklinik, Mainz, Germany in December 2007.

Dr Ganesan is experienced in Orthopaedic Trauma Surgery. His subspecialty interests are pelvic and acetabular fractures, limb reconstruction and fractures around joints. He also performs primary joint replacement surgery of the elbow, hip and knee and has a keen interest in arthroscopic sports surgery.



New Clinic @ Waterway Point

We are pleased to announce that we have opened a new clinic at Waterway Point with effect from 18 January 2016. The clinic offers health screening, medical practice, vaccinations, obstetrics & gynaecology services.

83 Punggol Central Waterway Point
#02-29, Singapore 828761
Tel: 6384 5655
Fax: 6384 6626

Monday to Friday

8.30am - 1.00pm

2.00pm - 5.30pm

6.30pm - 9.30pm

Saturday / Sunday / Public Holiday

8.30am - 1.00pm



Shockwave Treatment of Erectile Dysfunction(ED)

Low-intensity extracorporeal shockwave therapy (Li-ESWT) is a novel modality that has recently been developed for treating ED. Unlike other current treatment options for ED, all of which are palliative in nature, Li-ESWT is unique in that it aims to restore the erectile mechanism in order to enable natural or spontaneous erections. Results from basic science experiments have provided evidence that Li-ESWT induces cellular microscopic changes, which in turn stimulates the release of factors that promote blood vessel formation and the subsequent vascularisation of the treated tissue. Low intensity shockwave therapy (Li-ESWT) is currently approved in over 20 countries.

If you have symptoms of male sexual issues, contact us at 6311 2000 or email specialist@raffleshospital.com.

Shanghai Hospital Foundation Stone Laying Ceremony



An artist impression of the completed RH Shanghai building in 2018.

Raffles Medical Group inaugurated its Raffles Hospital Shanghai project with a foundation stone laying ceremony on 18 November 2015. The ceremony was officiated by Singapore's Minister for Trade and Industry Mr Lim Hng Kiang and Shanghai Pudong District's Party Secretary Mr Shen Xiaoming.

When completed in 2018, the 400-bed international hospital will offer a full complement of specialist services, combined with state-of-the-art medical technology. The hospital will also invest in expertise and technology to develop selected specialties such as Cardiology, Fertility, Oncology and Orthopaedics as its centres of excellence. Specialist doctors, nurses and healthcare managers will be trained in Singapore to assume positions of clinical and administrative leadership in readiness for the Shanghai hospital as it is being built.

"We have marked yet another major milestone in our journey towards the establishment of Raffles Hospital Shanghai. With the laying of the foundation stone, we have moved one step closer to bringing the Raffles' brand of quality, peer-reviewed healthcare to Shanghai, as a proud addition to Shanghai's infrastructure providing quality healthcare to those who live, work and visit there," said Dr Loo Choon Yong, Executive Chairman of Raffles Medical Group.

Be Wary of Zika

What is Zika?

- Zika virus is spread to people through mosquito bites.
- The most common symptoms of Zika virus disease are fever, rash, joint pain, muscle aches, headache and conjunctivitis (red eyes).
- The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalisation is uncommon.

At a Glance: ZIKA in Singapore

Zika virus infection is now classified as a notifiable infectious disease by the Ministry of Health (MOH), Singapore. All confirmed cases will be admitted to a single room in a public hospital until they recover and test negative for the virus. This is to minimise their risk of being bitten by mosquitoes while they are carrying the virus and to prevent further local transmission. There are currently no cases of Zika virus infection detected in Singapore.

Advisory:

- Travellers to countries with local transmission of the Zika virus should protect themselves from mosquito bites by wearing long, covered clothing, applying insect-repellent, and sleeping under mosquito nets or in rooms with wire-mesh screens to keep out mosquitoes. They should seek medical attention promptly if they become unwell.
- While there is no evidence thus far to suggest that pregnant women are more susceptible to Zika virus infection or that they experience more severe disease during pregnancy, there is increasing evidence of a link between Zika virus infection during pregnancy and brain malformation in foetuses and infants. As such, pregnant women should reconsider their travel plans to countries with ongoing outbreaks and local transmission. If they need to travel there, they should undertake strict precautions against mosquito bites.
- Travellers who have returned to Singapore from affected areas should monitor their health for the next 14 days and consult a doctor if they have symptoms of Zika, such as fever, skin rashes, joint and muscle pains, headaches and red eyes. They should inform the doctor of the areas that they have travelled to.



Ongoing local transmission/ exported cases

Latin America and the Caribbean

Barbados
Bolivia
Costa Rica
Curaçao
Dominican Republic
French Guiana
Guadeloupe
Guyana
Haiti
Jamaica
Mexico
Nicaragua
Paraguay
Puerto Rico
Saint Martin
US Virgin Islands
Venezuela

Oceania

American Samoa
Fiji
New Caledonia
Samoa

Asia

Thailand

Ongoing outbreaks

Latin America and the Caribbean

Brazil
Colombia
El Salvador
Ecuador
Guatemala
Honduras
Martinique
Panama
Suriname

Oceania

Tonga

Africa

Cape Verde

Screen for Colorectal Cancer



The complimentary FOBT kit can be collected at Raffles Hospital and all Raffles Medical clinics islandwide.

In support of Colorectal Cancer Awareness Month in March, Raffles Hospital is proud to offer FOBT (Faecal Occult Blood Test) kits and screenings to individuals aged 50 and above. From 1 March to 30 April 2016, members of the public can collect complimentary FOBT kits at Raffles Hospital and all Raffles Medical clinics in Singapore.

Studies have shown that colorectal cancer is the top cancer killer in Singapore. The cancer develops when malignant tumours form along the lining of the colon and rectum. Those aged 50 and above, with or without a family history of cancer, are at risk of contracting colorectal cancer. Dr Donald Poon, General Manager of Raffles Hospital, shared: "Wiping out colorectal cancer is about extending testing to as many people as possible and detecting it earlier. Raffles Hospital will continue to increase our efforts in helping to reduce the incidence of colorectal cancers and deaths in Singapore."

Dr Ng Chin, Specialist in General Surgery & Consultant, Raffles Surgery Centre, added: "For a preventable cancer, it is unfortunate that colorectal cancer continues to be the leading cancer diagnosed in Singapore. Screening with a FOBT kit can help detect colorectal cancer at its early stages when treatment is more likely to work. Hence, it is important for patients with a positive test result to follow up with a specialist to identify the source of bleeding."

Expanding our Global Presence with International SOS

Raffles Medical Group (RMG) formed a joint venture on 15 October 2015 with International SOS to enhance and expand the services of 10 clinics operating under International SOS (MC Holdings) Pte Ltd (MCH) in China, Vietnam and Cambodia.

In due course, the clinics will be operated and branded under RMG. They will continue to provide privileged access to International SOS member clients, and also expand their patient base to the general public and corporate clients, both local and foreign. With this development, RMG will be present in the following cities: Singapore, Beijing, Shanghai, Hong Kong, Shenzhen, Nanjing, Tianjin, Dalian, Osaka, Hanoi, Ho Chi Minh City, Vung Tau and Phnom Penh. The group of clinics is part of a global network run by International SOS, the world's leading medical and travel security risk services company, which helps multinational corporate clients, governments and NGOs mitigate risks for their people working remotely or overseas.

Dr Philippe Barrault, International SOS group medical director for Asia, said the clinics were started in the 1980s, and "have been our fastest-growing clinics in Asia since". He added: "We have been working with Raffles for 20 years, it's a company that we trust and there is a bond. So when we started looking for partners to grow the clinics further, Raffles was our first choice."



Keeping Abreast of your Health

Meet our dedicated multi-disciplinary team of breast experts who work closely together to guide patients through individualised care, evaluation, diagnosis and treatment of breast diseases.

By Joanna Lee







Dr Anthony Tang
Specialist in General Surgery & Consultant,
Raffles Surgery Centre, Raffles Hospital

Age: 44

Exuding a spirit of good humour and faith, Dr Anthony Tang has more than 15 years of experience as a breast surgeon.

He enjoys good food and great company, watching movies, plays and musicals for leisure. He relaxes by doing sports such as cycling and playing tennis. His favourite quote is "We are here to add what we can to life, not to get what we can from life."

The Restoration Specialist

Why did you choose to specialise in breast surgery?

I can empathise with my patients and see things holistically from their perspective. I have always been interested in all forms of surgery, mainly because of the immediate satisfaction I get when I see my patients back on their feet again.

While many of my colleagues recalled patients by their diseases and bed numbers, I remembered their names and their families. A breast surgery is like an emotional roller coaster ride because the breast is much more than just an organ; it's a symbol of a woman's femininity, sexuality and wholeness. It produces a lot of emotional ups and downs with the feeling of losing a visible part of a woman's body after the surgery. Therefore, displaying EQ rather than utilising IQ is a prerequisite for a good breast cancer surgeon.

What is one little known fact about the breast?

- a) Most lumps are not cancerous, but all lumps must be checked by a doctor.
- b) Not all lumps need to be surgically removed.
- c) Breast cancer is usually not painful and it is most commonly a painless lump that continues to grow.

What is the best part about your job?

I am really fortunate that I enjoy doing what I do, and find great job satisfaction. Of course, working with a great bunch of people at my hospital, especially when everyone is trying hard in ensuring our patients get well, makes it even more pleasurable to come to work everyday.

Share with us the most challenging and rewarding part of your job?

The most challenging part is always breaking bad news to my patients. It is never easy telling a lady that she has breast cancer, no matter her age. Some may be in immediate denial, but all will go through the ordeal with a great amount of grief.

The most rewarding part of my job, however, is in helping my patients go through this journey, from allaying their fears and concerns when the 'big C' diagnosis is given, to the actual surgical treatment, and later on during their road to recovery.

What is the one most impressionable case that you have diagnosed?

Some of my patients are real fighters! There is one lady in particular who has been diagnosed with widespread breast cancer, and continues to live life to the fullest with plenty of stories of far away places she has travelled to every time we meet. This always continues to motivate me to never give up on any of my patients, and to endeavour to do and give my best for them.



Examining mammogram films in the operating theatre.

The Sherpa*

Why did you choose to sub-specialise in treating breast cancer?

As a woman, I find it easier to identify with the psychosocial issues and emotions of female patients better. In medical oncology, communication and holistic patient care are key. Sub-specialising in treating female cancers for me is a natural progression in providing better patient care.

What is one little known fact about the breast?

People as young as 20 years old can get breast cancer too.

What is the best part about your job?

I am learning something new every day. My patients are my greatest teachers.

Share with us the most challenging and rewarding part of your job?

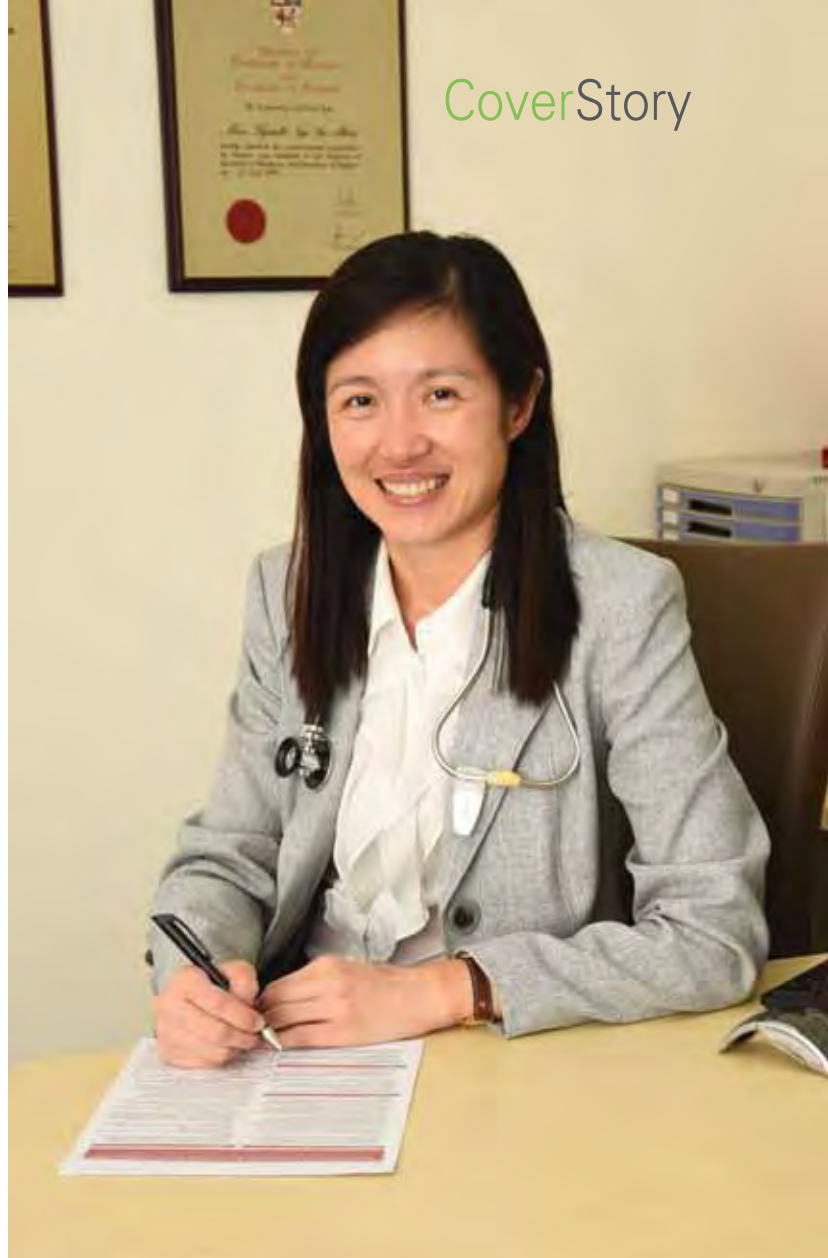
The more challenging part of my job is navigating expectation differences between patient and family members in terms of treatment responses, tolerating side effects and desire to continue treatment. It is also difficult when some family members demand collusion in withholding cancer diagnosis from the patient.

To me, it is rewarding to give patients and families the chance to spend quality time with each other and find meaning in their lives.

What is the one most impressionable case that you have diagnosed?

I may be my patient's doctor but I take home so much from them about life, strength and resilience.

I remember a young patient of mine with stage four breast cancer. She was a single mother to an eight-year old daughter. She had always been very frank and open about her advanced illness. She drew strength from her religion and accepted that life and death were just passing phases. Despite this acceptance, she never wavered or gave up hope. She continued treatment, so that she could make the best use of her time with her daughter. She was a bright ray of sunshine as this was how she wanted to be remembered by her daughter. She really reminded us not to take our loved ones for granted.



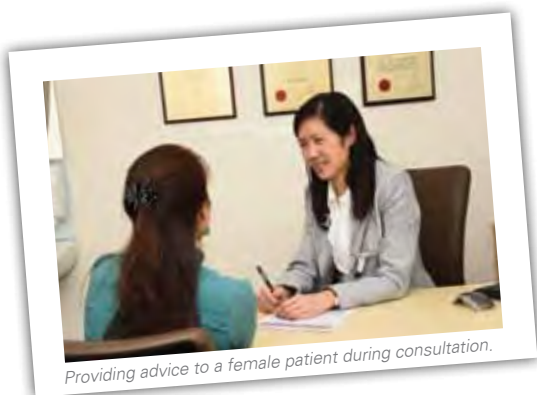
Dr Lynette Ngo
Specialist in Medical Oncology & Consultant
Raffles Cancer Centre, Raffles Hospital

Age: 44

Guided by the principle of treating others the way she would like to be treated herself, Dr Lynette Ngo has accumulated over 12 years of experience as a medical oncologist.

She sees herself as a shepherd who guides her patients to ensure that they are on the safest path, and at the same time lighten their load by sharing in their burden.

When she's not at work, she cycles, travels and spends time with her husband and two daughters aged 16 and 18. Her favourite quote is "There is no path to happiness. Happiness is the path".



Providing advice to a female patient during consultation.

*'Sher' means east and 'pa' means people; which collectively means people from the east in Tibetan Language. Sherpa people are known for their trustworthy customer service in their guiding field. They are also known for their extraordinary capacity to hike and guide people at the high altitudes of the Himalayan range.

The Sculptor

Why did you choose to sub-specialise in breast reconstruction surgery?

I chose this because a significant part of my plastic surgery training in the United Kingdom happened to involve breast reconstruction. The fact that there are several ways of reconstructing a breast, with each method requiring a wide range of plastic surgery skills, appeals to me.

What is one little known fact about the breast?

Humans are the only primates to have permanent breasts. Unlike other primates such as the ape species, which only have a full plump breast during lactation to produce and store milk, human females maintain breasts beyond post menopause.

What is the best part about your job?

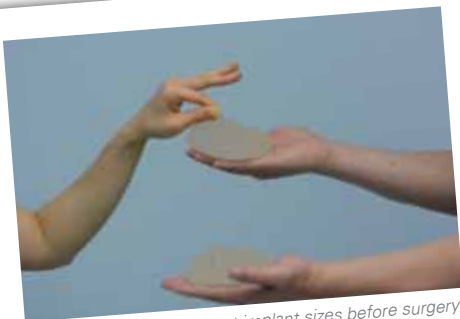
I feel that the best part is being able to see the results of my work instantly. This is almost always true except for procedures such as skin grafting when it usually takes five to seven days to know whether the procedure has been successful.

Share with us the most challenging and rewarding part of your job?

The most challenging part of my job is counselling patients to have realistic expectations about their surgery. The most rewarding part is exceeding these expectations and knowing I have reconstructed a part of people's lives.

What is the one most impressionable case that you have treated?

The case that comes to mind is a young lady who underwent delayed breast reconstruction three years after she had her mastectomy for breast cancer. She had lived without one of her breasts for three years and during this time she became rather withdrawn and self-conscious. It was not until her breast reconstruction that she regained her confidence and her family was extremely grateful that she is now back to her usual self. This shows that breast reconstruction is an integral part of breast cancer treatment and should be offered to every patient undergoing mastectomy or any form of breast cancer surgery that results in significant deformity.



Deciding on different breast implant sizes before surgery.



Dr Darren Ng Specialist in Plastic Surgery & Consultant Raffles Surgery Centre, Raffles Hospital

Age: 39

Dr Darren Ng has 10 years of experience in plastic surgery and believes in enjoying the journey of each goal which he has set for himself.

Outside of work, the bachelor enjoys home improvement, spending time with his family and friends, listening to music, keeping updated with technology developments and travelling around the world.

His favourite quote is: "Perfect is the enemy of good. Sometimes the quest for perfection takes you a full circle to where you were before, only to realise then that the original was the best". It is important to know when to stop.



The Batman

Why did you choose to sub-specialise in breast imaging?
Breast imaging subspecialisation, involves diagnosis as well as intervention and most importantly, breast imaging allows the radiologist to interact with the patient directly.

What is one little known fact about the breast?
They are modified sweat glands.

Share with us the most challenging and rewarding part of your job?

I find that the most challenging part is attempting to detach work from my personal life due to the endless learning opportunities presented to me throughout the course of my job.

What is the best part about your job?

As a radiologist, I feel that I am at the centre of everything. Today, there are very few diagnoses that are done without the use of imaging technology. This allows me to be able to interact with a wide range of physicians and patients.

What is the one most impressionable case that you have diagnosed?

I recall a case of diagnosing a teenager with metastatic breast cancer that had already spread to the bones and lungs. I feel that life is short and we only live once, so we have to learn to make it count and live our lives to the fullest.

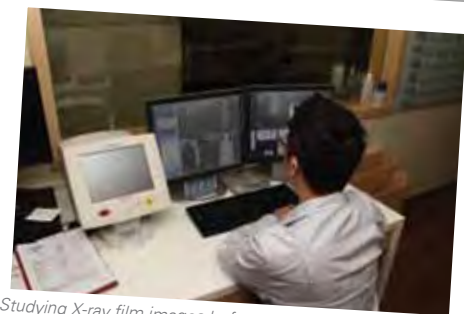
Dr Henry Oscar **Specialist in Diagnostic Radiology & Consultant** **Raffles Diagnostica, Raffles Hospital**

Age: 36

Dr Henry Oscar has three years of experience as a diagnostic radiologist and believes in working hard and smart, and always be kind.

As a family man, he spends most of his free time with his three-year-old daughter and wife who works as a dentist. Apart from travelling, he loves working under dim lighting and playing with nerdy tech toys.

His favourite quote: "Somewhere, something incredible is waiting to be known".



Studying X-ray film images before diagnosing treatment.

Decoding Lumps & Bumps

Learning to distinguish the lumps and bumps in your breasts is key to your long-term health. Here is a quick chart to decode them. By Pameline Kang

Should you start panicking if you feel a lump or bump in your breast?

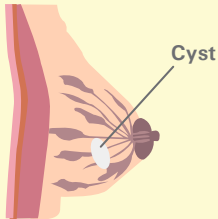
The good news is that nine out of 10 breast lumps are not cancerous. Normal breasts can feel lumpy which is due to normal changes in breast tissue that occur during development.

Benign breast lumps do not necessarily require any treatment, although treatment may be recommended if the lump is particularly large, is getting bigger, or is causing other symptoms such as pain.

Medication can often help relieve breast pain, and antibiotics can treat any bacterial infections that may have caused the lump to develop. In some cases, a needle may need to be used to drain away any fluid or pus within the breast lump. Local anaesthetic will be used to numb the area being treated so you don't feel any pain while this is carried out.

Occasionally, surgery may be carried out to cut out the lump. This will normally be done under general anaesthetic (where you are asleep) and you will usually be able to go home the same day.

Here are several types of lumps and bumps, and what to do if you find one.



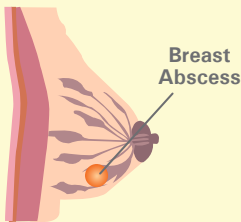
A single lump that's hard on the outside, squishy on the inside

What it is: This is usually a cyst. They feel like a solid, oval-shaped mass and typically occur as a distinct, solitary lump. It's important to have a cyst diagnosed to make sure that it is not a breast cancer lump.



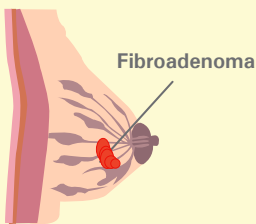
Tender, lumpy breasts

What it is: Painful, lumpy breasts may occur about 14 days before the onset of your period. This can also be triggered by stress, or the consumption of excess salt or caffeine.



A firm, unmovable hard lump in the breast with redness

What it is: Known as *mastitis* or breast abscess, a hard lump in the breast with redness over it could mean you have a deep infection. This is especially if it is accompanied with breast pain and a fever, so get checked by your doctor.



A small, solid round lump that can be moved

What it is: It is often a *fibroadenoma*, a benign and usually painless condition. It commonly appears as a single lump that feels like a small rubber ball inside the breast tissue and can be easily moved around. Be sure to meet your doctor for a biopsy to determine if it is really benign.

WHAT CAN YOU DO IF YOU FIND

ONE?

Don't risk it – ask your doctor or gynaecologist for a clinical breast exam and consider a diagnostic mammogram and / or ultrasound. All lumps should be carefully monitored for changes, as fibrocystic breasts put you at increased risk for breast cancer. Be diligent about regular self-exams and yearly clinical exams. Report any changes immediately to your doctor.

Check Yourself!

The goal of performing regular breast self-examination is not to be your own doctor, but to detect significant changes and developments, as well as reduce the risk of developing breast cancer. There are many ways to conduct an examination, with each position giving you different angles to inspect. We show you some of the ways:



Standing Before a Mirror

- Examine your breasts with your arms up, down and resting on your hips.
- Do look out for any signs of dimpling, puckering or change in skin texture.



In The Shower

- Use three or four fingers of your right hand to explore your left breast thoroughly, working around the breast in a circular motion.
- Do squeeze your nipples for any discharge.



Lying Down

- Instead of examining your breasts in the shower, you may like to repeat the same examination technique while lying down.
- Do remember to check under your nipples as well.

The Breast Years of your Life

Going through puberty means a lot of physical and emotional changes for girls, one of which includes the development of breasts. Our Raffles doctors share key fun facts about navigating the early growth of your bosom buddies. *By Magdalene Lee*

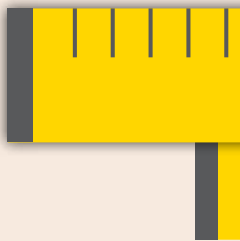
There is
no right
age to bud

Some people wish theirs grew earlier, while others dread the development of breasts, especially when they have to exercise. At the end of the day, there's no best time for your breasts to grow. "Breast development may start anytime between eight to 13 years old," said Dr Wendy Sinnathamby, Specialist in Paediatrics & Consultant, Raffles Children's Centre. All these are normal, and you need not be overly worried.

Your breasts
can be of
different **Sizes**



While your breasts are developing, you may find that your breasts are lopsided in size. There is no reason to worry about the difference even though they can be more than a cup size. Dr Sinnathamby shared that these will usually even out later as it takes about **three to five years** for breasts development. If you are bothered by it, you can wear breast pads in your bra to balance the breasts whilst waiting for them to fully develop.



12 **18**
Breast
development
takes years

"When the breasts first develop, you will see '**breast buds**', which are basically mounds or bumps around or under your nipple," Dr Sinnathamby explained. After this phase, you will see your entire breast getting larger. Shortly after, your nipple and areola (the area around the nipple) will darken and form a separate, small mound. The entire process may take between three to five years.

There are
many options
for your
first bra



Training bras are encouraged when you start to see physical changes to the chest. When you **experience physical pain or see bumps on your chest**, this would be a good time to go shopping for your first bra. Dr Tony Tan, Specialist in Obstetrics and Gynaecology & Consultant, Raffles Women's Centre, suggested that a comfortable first bra can be a simple camisole (for those who have yet to bud), a sports bra or a bra with lining (as opposed to padding).



Your nipples are not weird

As your breasts develop, you will notice that your **nipples undergo changes** as well. Beyond darkening in colour, some people may see hair growing out from their nipples while others may have nipples that are inverted (turned inwards). Some may also have milk discharge from their nipples during puberty. These are all common and not a cause for concern, assured Dr Sinnathamby.

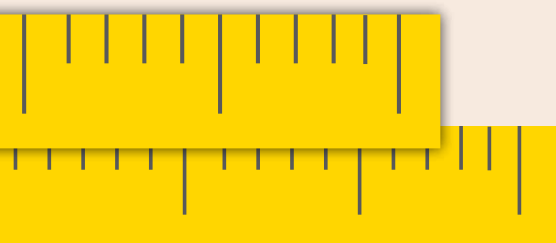


Pain and discomfort is common

Are your breasts feeling sore, achy or tender? As your breasts develop, you may experience discomfort. **The growth stretches the skin and other tissues causing pain** in your breasts. Beyond this, added Dr Tan, "it is also common for breasts to become tender before or during menstrual periods, due to hormone changes."

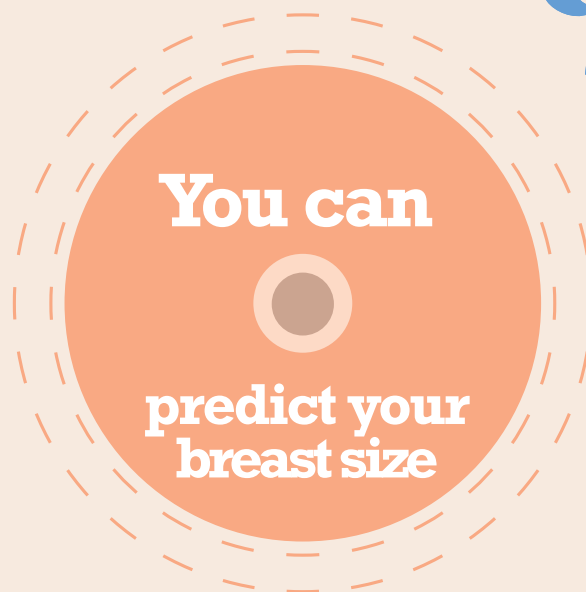


Boys can develop breasts



Know your band and bust size

Before you run out to the stores to buy your bra, you will need **two measurements**. Firstly, run the measuring tape under your bust to determine your band. Next, you should hold the tape across the fullest part of your breasts to get your bust size.



You can predict your breast size

Depending on your **weight, body type and genetics** (what runs in the family), you can actually estimate what breast size you may end up with. Unfortunately, there's nothing you can do to change that size. That said, your breast size will have no effect on whether you will be able to breastfeed your baby, added Dr Tan.

While not all guys may experience it, some **65 per cent may develop breast tissue in a condition known as gynaecomastia**. "This is due to normal hormonal changes during puberty and is almost always temporary," explained Dr Sinnathamby. The breast tissue is not permanent and the swelling will usually dissipate by the age of 20, unless you are overweight.



BANISH

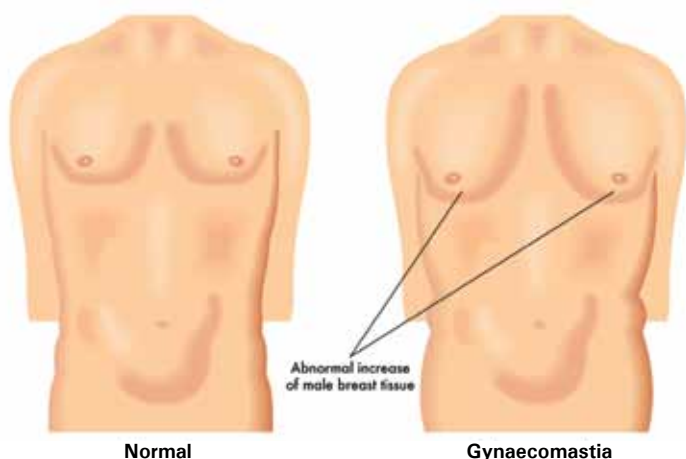
Those 'Moobs'!

Getting rid of man boobs isn't as simple as doing a bunch of push-ups. We break down the reasons behind enlargement of men's breasts and how to lose them. By Stanley Wong

Men usually appreciate a great set of breasts – as long as they're not the one sporting them. But what if the tables are turned and they're the one with an impressive cup size?

Having man boobs, otherwise known as 'moobs', can cause the sufferer to lose self-esteem, become the subject of ridicule and bullying and even develop anxiety disorders.

Men may be so embarrassed about their moobs that they resort to wearing two layers of clothing to hide those puffy nipples, avoid frequenting public places such as beaches or pools, and exhibit more self-conscious behaviour among their friends and relatives.



Normal

Gynaecomastia

1 What causes moobs?

A common misconception that people may have is that only obese men develop moobs. This is partly true. Moobs can either develop as a result of being overweight, or they can develop from a medical condition, also known as gynaecomastia. Unlike man-breasts caused by excess fat, gynaecomastia is a result of swelling breast tissues in men.

2 So, if gynaecomastia is not caused by fat, what causes it?

In general, gynaecomastia is due to hormonal imbalances in men. If there is a change in the ratio of testosterone to oestrogen (which controls breast tissue growth), and the amount of oestrogen is relatively higher, breast tissue will grow.

According to Dr Anthony Tang, Specialist in Surgery & Consultant, Raffles Surgery Centre, there are three periods in life where males are likely to grow breasts:

- **As an infant:** As oestrogen is transferred to babies from their mother, they are likely to develop breasts. It usually goes away completely after the first year of birth.
- **During puberty:** Teens who hit puberty produce increased levels of testosterone and oestrogen. Gynaecomastia will develop in this group of people because they produce oestrogen earlier / quicker than testosterone. After the testosterone production has stabilised over time, their moobs will disappear by themselves.
- **During old age:** As men age, their bodies will naturally produce less testosterone, increasing the chances of developing gynaecomastia.

Dr Tang noted that gynaecomastia may also be a result of drugs such as antibiotics, heart medications, anti-anxiety medications and antidepressants.



Watch Out!

In rare cases, gynaecomastia are also symptoms of breast or testicular cancer. Seek your doctor's advice immediately to find out if you are suffering from other medical conditions.

3 What should I eat to get rid of my moobs?



Ms Bibi Chia, Principal Dietitian, Raffles Diabetes & Endocrine Centre, recommends these foods to help boost testosterone levels for men with moobs:

- **Fruits and vegetables:** Green leafy vegetables and most fruits contain antioxidants to fight off free radicals and provide valuable nutrients to keep the body functioning right and healthy enough to produce testosterone.
- **Vitamin D:** Vitamin D is one of the 24 essential vitamins needed for human survival. It regulates more than 1,000 bodily functions and even increases testosterone levels.
- **Omega-3s and omega-6s:** Adding flax seed oil or fish oil increases your levels of essential fatty acids which help the body produce testosterone.

For men who do not respond to treatment or have severe gynaecomastia, surgery is an alternate option. In this case, the breast gland and excessive fat cells will be removed from your chest.

10 Foods to Eat and to Avoid During Breastfeeding

Nervous about what you should and shouldn't eat now that you're nursing? We give you a list of foods to load up on more of and to avoid in order to provide healthy breast milk for your baby. By Nur Asykin Ismail

It's not false advertising to say that a mother's milk is nature's perfect food – and it's no overstatement either. Like eating well during pregnancy, eating well while breastfeeding entails getting the right balance of healthy foods and steering clear of the less healthy ones to produce good quality breast milk.

Raffles Hospital's Senior Lactation Consultant, Ms Helen Cruz, explained: "You don't need to eat any special or different foods while you're breastfeeding. However, you should try to follow a healthy, balanced diet. Interestingly, you can eat virtually anything healthy that you like while breastfeeding, but in moderation. However, traces of food and drink can sometimes get into breast milk, and this may affect your baby. If you suspect that something in your diet is turning baby off his or her feed (or turning his or her tummy), try eliminating the food for a few days to gauge the response."



Breastfeeding Benefits



Protects the environment with no need for packaging and disposal.



Breastfeeding saves money as there is no need to buy infant formula and feeding equipment.



No heating or sterilising is required as breast milk is safe, fresh and exactly the right temperature.

We offer tips and considerations on some nutrition do's and don'ts while nursing:



What to Eat:

1. Leafy greens

Green and leafy vegetables are excellent sources of vitamins and nutrients like vitamin A, calcium, vitamin C and iron. Spinach and broccoli have high levels of vitamin A that can be beneficial for your newborn, even reducing their risk of death.



2. Wholegrains

Wholegrains contain folic acid, a nutrient that is essential for cellular growth, an essential process for a growing baby or a mother recovering from pregnancy and birth. Healthy wholegrains include whole wheat, oats, buckwheat, bulgar, rye, barley, quinoa and brown rice.



3. Legumes

After iron loss during birth and while breastfeeding, moms need to ensure that their iron levels are sufficient to avoid anaemia. Iron-rich beans like black and kidney beans are a great source of nutrients and contain healthy enzymes that help digestion.



4. Dairy foods

To meet your daily calcium requirements, it is important to include dairy products that are rich in calcium, like milk. Meeting the daily recommended intake of calcium will help strengthen your baby's bones and prevent the weakening of your bones caused by the increased calcium demands during pregnancy.



5. Unsaturated fats

Dietary fat supports normal growth and development and assists in the absorption of vitamins A, D, E, K and carotenoids. Fat also cushions your organs and helps maintain healthy cell membranes. Eat heart-healthy monounsaturated oils, such as olive and canola oils.



What to Avoid

1. Stimulants

Avoid taking stimulants as caffeine found in coffee, tea or sodas can cause irritability and restlessness in you and your baby. Switch to herbal teas such as fennel, chamomile and nettle tea, which are safer.



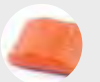
2. Strong herbs and spices

Spicy foods might make your baby fussy, cry inconsolably or cause discomfort. Look for flavours that add zest without adding heat.



3. High mercury fish

Virtually all fish contain some mercury, a common pollutant that's a known neurotoxin which can affect baby's brain. Try having fish that have lower mercury levels, such as shrimp, canned light tuna, salmon and pollock. Avoid eating high mercury fish such as swordfish, shark and mackerel.



4. Citrus fruits

Citrus fruits can cause gastrointestinal refluxes, fussiness and diaper rash. Consider having mangoes, pineapples or strawberries instead of oranges.



5. Peanuts

If your family has a history of peanut allergies, try avoiding having peanuts until you wean your baby, else he or she may suffer from rashes, wheezing or hives. Consider having almonds or walnuts instead.



for Baby & You



Evidence suggests that breastfed children score higher in IQ tests.



Provides all nutrients baby needs for the first six months and contains the perfect amount of protein, carbohydrate, fat, vitamins and minerals.



Encourages closeness and comfort, and can strengthen bonding with your baby.

Stimulating Your Tastebuds

If Popeye could get instantaneous muscles each time he scarfs down spinach, would eating breast-enhancement foods give us voluptuous breasts as well? Raffles Hospital's dietitian Claudia Correia busts some myths and gives us a lowdown on the facts. By Pameline Kang

Human oestrogen plays an important role in breast development and determining their sizes. There are certain foods that are known to enhance bust size due to their high oestrogenic properties. We take a look at how some of these popular breast-enhancing foods fare.

Papaya Milkshakes



Rich in enzymes and vitamin A

Remarkable source of phytoestrogens

Papayas are a popular choice of breast enhancement food. They are rich in enzymes and nutrients, and are believed to be able to stimulate the secretion of female hormones oestrogen and prolactin in the body for breast development.

Fact:

There is no medical evidence confirming papaya milkshake's role in stimulating breast development. According to the United States Department of Agriculture (USDA) Nutrient Database, papaya does not contain any phytoestrogens but is rich in vitamin A.

Ensure that you adopt a balanced diet should you want to drink this milkshake, as it can lead to weight gain. One 250ml cup of papaya milkshake contains up to 200kcal!

Soy Products

Soy is a little bean that is a great source of plant-based protein and contains high levels of phytoestrogens called isoflavones. Soy products like tofu, miso, edamame and soy milk are believed to help in breast growth.

Fact:

There are no studies regarding soy products and their breast-enhancing properties. However, it is true that soy products are very rich in isoflavones and are beneficial in regard to certain cancers lowering cholesterol (particularly LDL), bone health and menopause symptoms.

Soy is a versatile food, providing, besides isoflavones, protein, vitamin B, essential omega-3 fatty acids, fibre and calcium. Do consider consuming soy in its natural or fermented form such as edamame, beans, tofu, miso and tempeh.



Fenugreek Tea



Natural source
of diosgenin

Stabilises blood
sugar levels

Chicken Feet Soup



Rich in collagen

Infused with
anti-ageing properties

Popular in
Taiwan

Of course you've already heard of fenugreek – it is the best-known breast enhancement herb out there. Fenugreek contains diosgenin, which has oestrogenic properties and is used to make synthetic oestrogen.

Fact:

Fenugreek is rich in phytoestrogen and is a soluble fibre. It has been known as the oldest herbal medicine in Egypt and Greece. Even though there are no available studies on breast enhancement, fenugreek has several medicinal properties such as carminative, gastric stimulant, anti-diabetic effects and it can increase milk production.

More recent research has shown that Fenugreek can reduce cholesterol levels and has antioxidant, hepatoprotective, anti-inflammatory, antibacterial, antifungal, anti-carcinogenic and other medicinal effects.

They may look gross but chicken feet are a popular food in many Asian countries due to being an excellent source of collagen. It is said that the collagen in chicken feet can help firm up breasts and strengthen connective tissues, preventing them from sagging.

Fact:

There is no evidence that proves chicken feet soup can increase the body's production of collagen. Chicken feet are mainly skin, which is high in fat. In some animals, toxins are normally stored in their fat, and therefore it should be eaten in moderation.

Vitamin C plays an important role in the production of collagen and some fruits and vegetables rich in antioxidants, like cooked tomatoes, have been proven to help maintain the skin's health. Have them instead!



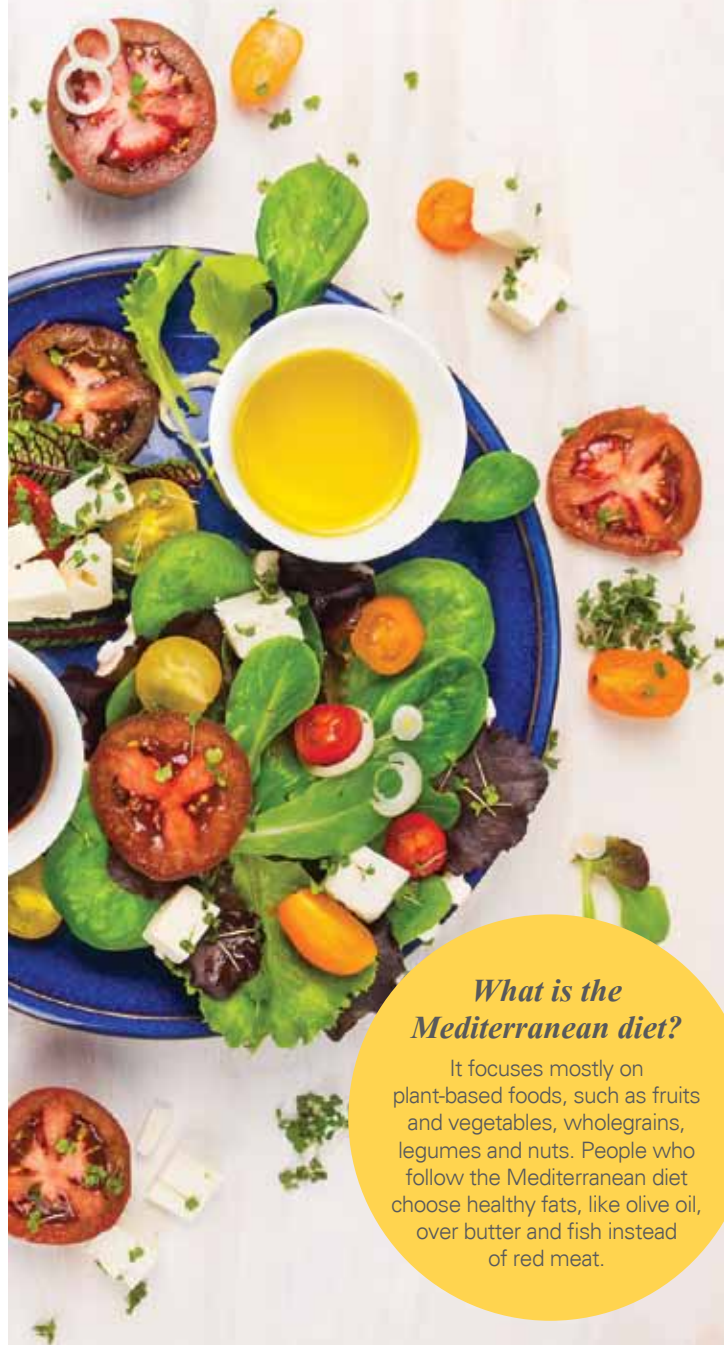
Dietitian's Recommendation

The use of bust-enhancing products should be discouraged because of lack of evidence for efficacy and long-term safety concerns.

Ms Claudia Correia
Raffles Diabetes & Endocrine Centre

Can the Mediterranean Diet Prevent Breast Cancer?

Courtesy of Mayo Clinic News Network



What is the Mediterranean diet?

It focuses mostly on plant-based foods, such as fruits and vegetables, wholegrains, legumes and nuts. People who follow the Mediterranean diet choose healthy fats, like olive oil, over butter and fish instead of red meat.



The Mediterranean diet has long been recognised as an eating pattern that can help ward off heart disease and which may also help prevent some types of cancer. In the Lyon Diet Heart study, participants who followed a Mediterranean diet had a lower risk of all cancers than those who followed another heart-healthy diet. In addition, women in Mediterranean countries have lower rates of breast cancer compared with women in Europe and the US.

To investigate the association between the Mediterranean diet and breast cancer risk, researchers in Spain randomly assigned more than 4,200 women aged 60 to 80 years, to a Mediterranean diet supplemented with extra-virgin olive oil (EVOO), a Mediterranean diet with extra nuts or a control and low-fat diet. While the women in this group didn't meet the criteria for a low-fat diet, they did decrease all types of fat in their diet.

All of the women in the study ate a consistent amount of carbohydrate and protein. There was a slight increase in the percentage of calories from fat in the diets of women in the EVOO and nut groups.

The most significant changes in the diet analysis were:

- More monounsaturated fats from extra olive oil
- More polyunsaturated fat from extra nuts
- Lower mono- and polyunsaturated fats in the control group

The greatest reduction in the risk of malignant breast cancer, a 62 per cent reduction, was seen in the women whose diet was supplemented with EVOO. The women whose diet included extra nuts had a small but not significant reduction in risk compared with the control group.

We cannot jump to the conclusion that the monounsaturated fat in olive oil is the reason for the lower risk of breast cancer in this study. It is possible there are other compounds in olive oil that offer preventive benefits. Or perhaps it's a combination of factors. Any way you look at it, though, this looks to be one more win for the Mediterranean diet.

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- Doctor Consultation
- Height, Weight, BMI
- Blood Pressure Measurement
- Visual Acuity Test
- Electrocardiogram (ECG)
- Fasting Glucose Test
- Fasting Lipid Test
- Stool Occult Blood Test
- Urinalysis

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\$40 for an acupuncture consultation with one treatment

\$40 for Tuina Massage Therapy (30mins)

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Buy any 2 items from the following for \$40

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- Raffles Derma Clear 90s (UP: \$34.90)
- Raffles Spirulina 90s (UP: \$39.90)
- Raffles Salmon Fish Oil 200s (UP: \$42.90)
- Raffles Glucosamine 1500mg 40s (UP: \$37.90)

2016 : Your Calendar to Good Health

JAN	New Year New You • Botox at \$250 per facial region • Red Carpet Glow (Spectra Peel) at \$288 per session • Hyaluronic Acid Fillers at \$648 - \$768 per session • Needleless Facelift or Scar Remodelling (Enerjet) at \$998 per session	AUG	Cervical Cancer Awareness Month HPV vaccination with Pap smear at \$400, inclusive of doctor consultation
FEB	Stay Healthy! Flu vaccination at \$22	SEP	World Heart Day \$220 heart screening packages inclusive of specialist consultation
MAR	Colorectal Cancer Awareness Month \$80 for first specialist consultation and Faecal Occult Blood Test	OCT	Breast Cancer Awareness Month \$80 mammogram screening
APR	Cervical Cancer Awareness Month HPV vaccination with Pap smear at \$400, inclusive of doctor consultation		Stay Healthy Shingles vaccination at \$200, inclusive of doctor consultation
MAY	Osteoporosis Awareness and Prevention Month \$80 bone mineral density test	NOV	Diabetes Awareness Month \$40 diabetic retinography
JUN	Travel Health Month • Flu vaccination at \$22 • Pneumococcal vaccination at \$68 • Hepatitis A + B vaccination at \$90		Rejuvenate for Christmas Botox at \$250 per facial region
JUL	Parent's Day Celebrations • Raffles General at \$136.75 / \$152.15 (with Pap smear) • Optional flu vaccination at \$22	DEC	Travel Health Month • Flu vaccination at \$22 • Pneumococcal vaccination at \$68

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Up your Cup!

Breast implants have been around for years, but not everyone knows the facts.

Dr Darren Ng, Specialist in Plastic Surgery & Consultant, Raffles Skin & Aesthetics, shares what you should look out for when selecting your pair of breast implants.

By Magdalene Lee

If you've always wanted larger breasts and are tired of wearing push-up bras to enhance your silhouette, talk to your doctor about getting breast implants. Breast augmentation is still one of the most popular cosmetic procedures among women and can help you achieve a more feminine figure. Whether you want to go up a cup size or balance out asymmetrical breasts, a breast augmentation procedure could be just what you need to improve your appearance and feel more confident about your body.

The decision to have breast implants should be an informed one that takes into account the potential health risks and financial costs. If you are considering having breast implants, it's a good idea to speak to your GP and a cosmetic surgeon beforehand about why you want them, your expectations of surgery, the procedure itself and the potential risks. Take your time to find out as much as you can beforehand, and don't feel rushed or pressured into making a decision.



1 Implant Filler Types

Silicone filler

All silicone breast implants are pre-filled and may require a longer incision for implant placement. The pros are that they can look and feel more natural and tend to ripple less.

Saline filler

May be filled at the time of surgery to allow for minor modifications in size. They typically cost a little less and require a smaller incision.



Silicone,
round shape,
moderate profile,
275cc

Silicone,
round shape,
ultra high profile,
215cc

Silicone,
teardrop shape,
moderate plus profile,
195cc

2 Shape

Round

Many women prefer the round implant because of the added fullness, lift and cleavage it gives them. Round implants resemble a compressed ball. It can be the ideal choice for women who prefer a full upper pole or upper portion of the breast. In addition, high-profile round implants stick out, or project, further from the body, accentuating the silhouette and giving many women the results they desire.

Teardrop

Patients who choose teardrop-shaped implants often do so because they want the most natural look, and they find that round implants often look artificial – like an obvious ‘boob job’. Like most natural breasts, teardrop-shaped implants are thinner at the top than they are at the bottom, gradually sloping to a fuller and more projected fullness below the nipple.

3 Profile

Your profile type will depend on your anatomy. If you have a wide breast base, you may not be able to use a high profile breast implant. If you have a petite build, don’t assume that your small size automatically qualifies you for high profile implants.

Women who want **modest** increase in volume / projection may opt for low profile breast implants, whereas women who want **significant** increase in volume / projection may opt for high profile implants.

Women with **wider** chests may opt for low profile implants, whereas women with **narrower** chests may opt for high profile implants.

LOW PROFILE

MODERATE PROFILE

HIGH PROFILE



4 Placement

OVER THE MUSCLE PLACEMENT (SUB-GLANDULAR PLACEMENT)

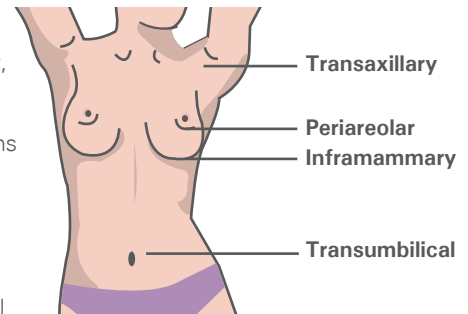
The sub-glandular technique places the implant between the breast tissue and the chest muscle. The surgical procedure is easier and perceived as less invasive. Lower recovery time and less post-operative discomfort is usual as the muscle stays intact.

UNDER THE MUSCLE PLACEMENT (SUB-PECTORAL PLACEMENT)

The sub-pectoral placement is a technique in which breast implants are placed partially under the pectoralis major chest muscle. Results tend to have a more natural look as the implants are covered by both the breast tissue and the pectoral muscle.

5 Incision Pattern

The choice of incision pattern for your breast augmentation depends on your surgeon’s preference or training, anatomy, goals and the type and size of your breast implant. Implants can be inserted through incisions around the nipple (periareolar incision), under the breast in the inframammary crease (inframammary incision), in the armpit (transaxillary incision) and via the belly button or navel (transumbilical incision).



Transaxillary	Usually hidden scar which is not on the breast.
Periareolar	Subtle scar provided it heals well, allows for modest breast uplift at the same time.
Inframammary	Quicker; good access, visualisation and control of implant pocket; less trauma to implants; allows for larger implants and revision surgery.
Transumbilical	Hidden scar which is not on the breast.

Did you Know?

- One to two per cent of breast implants break or deflate each year.
- 84.5 per cent of patients who did breast implants said it was worth it.
- Breast implants are used also in breast reconstruction after cancer.
- Breast implants can help with breast fluctuations due to ageing.

MANSCAPING

101



Does your chest hair make you self-conscious? Let Dr Rachael Teo, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics, share some useful body grooming tips to flaunt a fuzz-free torso and boost your overall sex appeal! **By Stanley Wong**

Let's face it – even though chest hair is a symbol of masculinity, some men simply don't look good with it. Similarly, ladies may not dig their men looking like Chewbacca from Star Wars.

Fortunately, with the rise of the metrosexual, 'manscaping' – otherwise known as body grooming for aesthetics purposes – has gained widespread popularity and acceptance. Thanks to pop culture reference and the word's popularity, manscaping has even been declared an official word in dictionaries.

Even before the rise of manscaping, did you know that body grooming was already widely practised since ages ago? While manscaping today is done mostly for aesthetics purposes, body grooming in the past had cultural significance and served important functions. Egyptians did it to keep themselves cool under the Egyptian heat and to ward off bugs and odour. For the Romans, hair removal was a rite of passage for adolescent boys' transition to adulthood.

Unlike their counterparts in the past, men today have a wider array of tools at their disposal for their grooming needs. From DIY tools to professional equipment, there are various options that suit a man's needs and budget.





DEPILATORY CREAMS

How it Works

Depilatory creams are lotions that dissolve the protein structure of your hair, causing it to separate from the skin.

Pros

- They are easy to use.
- The procedure is relatively painless and convenient.
- High quality creams can also exfoliate your skin by removing all dead cells, making your skin smooth as a result.

Cons

- They can increase the occurrence of acne and even cause skin irritations or chemical burns.
- The cream needs to be reapplied after one week.



WAXING

How it Works

Waxing involves pulling sections of hair out from the roots by applying a molten solution of wax to the area, and pulling it out after the wax solidifies.

Pros

- Its effects are long-lasting – waxing is good for up to eight weeks.
- It is a cheaper alternative to laser hair removal.

Cons

- Some may find the process painful.
- Waxing may irritate your skin, and may even cause an inflammation of the hair follicle and / or ingrown hair, also known as folliculitis.

LASER HAIR REMOVAL



How it Works

Laser hair removal involves concentrating a laser beam onto the skin which is absorbed by the pigment in the hair follicle, retarding hair growth.

Pros

- It is relatively pain-free and safe in the hands of an experienced dermatologist.
- Effects are fairly long-lasting, though touch-up sessions may be needed.

Cons

- Since multiple treatments are required, the procedure can be costly.
- Redness or temporary pigmentation change to your skin may occur.
- As the procedure targets pigments in hair follicles, the procedure only works for people with dark-coloured hair.



SHAVING

How it Works

The hairs at the surface of your chest will be sliced off with a razor or electric shaver.

Pros

- It is the simplest and most accessible method of chest hair removal.
- Not much skill is required for this.

Cons

- Depending on the amount of fuzz on your chest, shaving may be a lengthy process.
- The occasional cuts and nicks to your skin are inevitable.
- Since only the hair will be sliced off at the skin surface, you may be left with an unsightly stubble on your chest after a couple of days.



CLOSE SHAVE

If you prefer shaving your chest hair, here are some tips for a more comfortable experience:

- To avoid irritating your skin, use a sharp blade and cover an area no more than twice.
- Go with the grain to prevent ingrown hairs.
- Shave in the shower – the steam and hot water will plump up the hair shafts making them softer and easier to cut.
- Clean the area afterwards with soap and water, and apply moisturiser to reduce the risk of infection.
- Rather than shaving or waxing, consider using a pair of tweezers to pluck out hairs growing from the nipple.

Breast Care: A TCM APPROACH

TCM physician Goh You Li shares how to get your *qi* flowing for a healthier bosom.

By Magdalene Lee

According to Traditional Chinese Medicine (TCM), the stomach, liver and kidney meridians are closely linked to the breasts. Hence, sufficient and smooth flow of *qi*-blood to these meridians is crucial for breast development. *Qi* is known as the source of vital energy in our bodies and blood is the mother to the *qi*.

“Appropriate acupuncture and acupressure can help in the regulation and smooth flow of *qi*-blood of these meridians to enhance healthy growth of the breasts. *Ru Gen* (ST18: on the chest, directly below nipple, at base of breast) and *Dan Zhong* (RN17: centre of chest) are two acupoints that can be gently massaged for better *qi*-blood flow,” explained Ms Goh You Li, TCM Physician, Raffles Chinese Medicine.

In addition, breast development and breast-related symptoms are usually treated with herbs that direct at

“***Ru Gen*** (ST18: on the chest, directly below nipple, at base of breast) and ***Dan Zhong*** (RN17: centre of chest) are two acupoints that can be gently massaged for better *qi*-blood flow.”

the stomach and liver meridians. In TCM, the liver is closely linked to emotions. On top of a balanced diet, having balanced emotions is also essential for breast development.

Physician Goh recommended seeing a registered TCM practitioner to seek tailored advice as different people may have specific needs.

Breast Care Through the Seasons

Weight loss

While weight loss may cause one's breast size to change or sag, breast appearance doesn't have to change significantly if one maintains a healthy diet and exercise regimen. Physician Goh recommends regular breast check-ups for early detection of diseases.

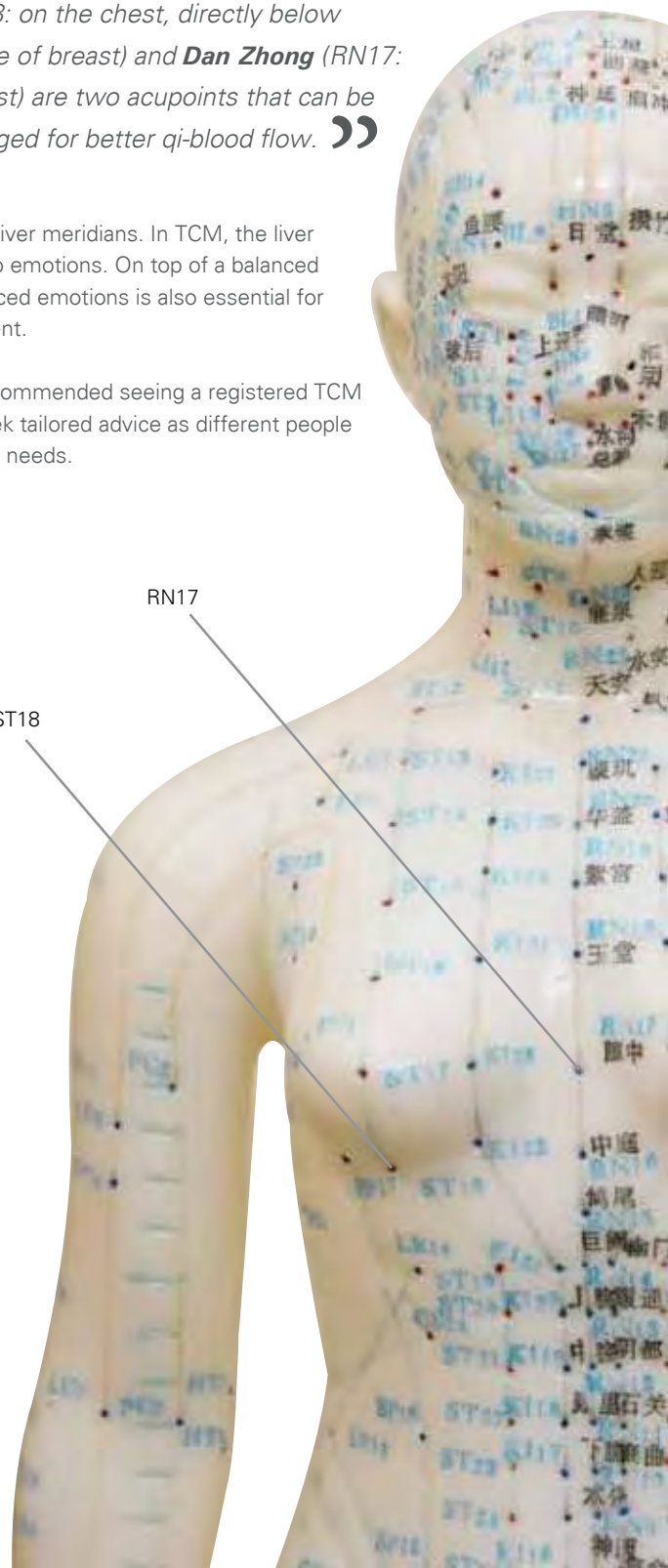
Puberty

A balanced diet with adequate nutrients is essential for healthy growth and breast development during this period.

Confinement

Breast milk production is dependent on the smooth flow of breast milk and nourishment of the stomach, liver and kidney meridians. Appropriate nutrition through food and herbal remedies during confinement can boost breast milk production and increase breast size.

ST18
RN17





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gift with any
\$50 purchase***

STRESSED OUT?

Stress is inevitable in today's hectic lifestyle. Not only does it affect your mind and behaviour, chronic stress may also put your health at risk. Consider supplementing your health with these products to manage possible stress-related conditions.



60 Tablets

Immune System Booster

2 for \$40.00
(U.P \$69.80)

Prolonged exposure to stress may weaken immunity, leaving your body vulnerable to viral and bacterial infections.

Besides having an adequate rest, supplementing your diet with vitamins rich in antioxidant function may help to enhance your body's natural defenses.



60 Capsules

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Any physical or mental stress may have negative effects on your gastrointestinal system.

Besides having a proper nutrition, supplementing your diet with friendly bacteria may help to improve your digestive system.



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(U.P \$52.80)

In addition to poor diet, high blood pressure and high cholesterol level, stress may also inflict strain to the heart.

Besides having a regular exercise regimen, supplementing your diet with fatty acids may help to mitigate stress-related health problems.

*Terms and conditions apply.

The Chest Sculpt Blueprint

Shed those 'moobs' and build yourself some powerful pecs. By Joanna Lee

A well-defined muscular upper body typically signifies strength and power for men. Other than appearance, working the pectorals can help lift a sagging chest or breasts. Having a strong chest helps maintain proper posture, assists you when performing exercises that involve the chest muscles as well as day-to-day tasks that require pushing, such as handling the grocery cart or transporting a heavy load on a trolley.

Mr Shaun Toh, Physiotherapist, Raffles Rehabilitation Centre, shares with us how to work those chest muscles through a range of well-rounded exercises, coupled with variations.

Flat Dumbbell Chest Press

Preparation

1. Hold a pair of equally-weighted dumbbells in your hands.
2. Lie on a bench or mat with your back fully flat and in contact with it.
3. Your feet should be placed firmly on the ground.

Execution

1. Press dumbbells upwards with elbows to sides until arms are extended. Keep your elbows soft and slightly bent.
2. Lower weight to sides of chest until slight stretch is felt in chest or shoulder.
3. Repeat this movement eight to 12 times for two sets.



Incline Push-up

Preparation

1. A bench or an elevated platform.
2. Place your hands on the edge of the bench or platform, and position them slightly wider than shoulder width apart.
3. Position forefoot back from bench or platform with arms and body straight.
4. Your arms should be at an angle that is almost perpendicular to your body.

Execution

1. Keeping body straight, lower chest to edge of box or platform by bending arms. Push body up until arms are extended. Keep your elbows soft and slightly bent.
2. Repeat this movement eight to 12 times for two sets.

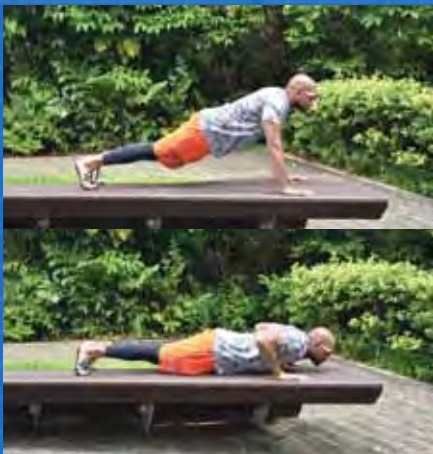
Decline Push-up

Preparation

1. You need a bench or an elevated platform.
2. Position your hands on the floor slightly wider than shoulder width apart.
3. With the bench behind your body, carefully steady your body by placing your feet on the bench.

Execution

1. Raise your body in a plank position with body straight and arms extended. Keep your elbows soft and slightly bent.
2. Keeping body straight, lower your upper body to the floor by bending arms.
3. Repeat this movement eight to 12 times for two sets.



Military Push-up (Close)

Preparation

1. Lie front-facing on the floor with arms under your shoulders or slightly narrower.

Execution

1. Position your body up and off the floor, extending your arms and body straight.
2. Keeping your body straight, lower it to the floor by bending your arms.
3. Push your body up until your arms are extended. Keep your elbows soft and slightly bent.
4. Repeat this movement eight to 12 times for two sets.

Chest Fly and Chest Press (with resistance band)

Preparation

1. Firmly attach the resistance band on a fixture. Ensure that it does not move up or down.
2. Start with a staggered stance by placing one foot in front of the other for stability. Ensure that the resistance band is not slacking. **Note: Maintain an upright and solid posture throughout these exercises.**

Execution

1. Begin with your arms wide open and behind your shoulder line. Keep your elbows soft and slightly bent.
2. Keeping your arms and body at a 90-degree angle, extend your arms forward in a circular motion and slowly return to the starting position.
3. Repeat this movement eight to 12 times for two sets.



Shock your Body

Our bodies are smart and can adapt to routine but when it comes to muscle growth, this becomes a hindrance. To ensure an effective workout each time, be ready to shock your body by changing your workout routine.

The goal is to confuse your muscle memory. This is because after doing a certain type of

exercise for a long time, a big part of the work is done by the neural and muscle memory component, which does not stretch your muscles to grow.

For example, if you have always been doing three reps of push-ups followed by three reps of chest presses for a period of time, consider either doing a

different variation of these two exercises with different weights, or alternate these two exercises after each rep. By doing so, this will prevent your muscle memory to 'anticipate' what you will be doing next, and keeps your muscle growth from hitting a plateau.



WAR AGAINST BOOBS

We all know the typical excuses for missing a workout. But could having large breasts be a reason for fitness delinquency in well-endowed women? Let's find out. By Pameline Kang

Although large breasts are considered an asset in popular culture, they can quite literally be a pain in the neck and back and may pose a serious challenge and hindrance in nearly all aspects of fitness.

Large breasts weigh a lot and can physically get in the way during sports and exercise. For many women, this is burdensome. A pair of D-cup breasts weighs between six to 10 kilograms – the equivalent of carrying around a small bag of rice.

A survey conducted by the University of Portsmouth's Research Group in Breast Health revealed that one out of every five women say their breasts are what prevented them from crunching it out at the gym. Some women describe the pain as 'distressing, horrible or excruciating', with reports of pain intensifying with every increase in cup size.

"If a lot of pain is encountered during exercise, the problem is due to insufficient or inappropriate support. There are a lot of professional athletes who have large busts. Thus, having a larger and heavier front does not exclude one from being able to exercise," said Dr Anthony Tang, Specialist in General Surgery & Consultant, Raffles Surgery Centre.

Is your Bosom in the Way?

Are these one of the reasons why your breasts have kept you from working out too?

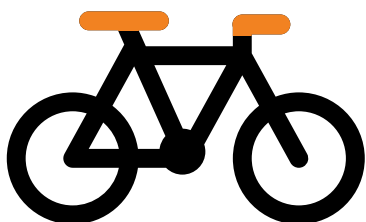
- I am unable to find a good-fitting sports bra.
- I am embarrassed by my breast movement during exercise.
- I think my breasts are too big for exercise.
- I do not like how my breasts look when I work out.
- My breasts hurt when I exercise.

(Source: *Journal of Physical Activity and Health*)

Keep your Ladies in Check

Women with large breasts may find it uncomfortable to do high-impact exercises that cause their breasts to bounce. However, Dr Tang advised that well-endowed women should not skip exercising entirely. “There are also a lot of different sports and modes of exercise. If running and racquet sports are uncomfortable, one could always try water sports like swimming. Likewise, pilates and yoga could also be popular alternatives,” said Dr Tang.

Here are some ‘less painful’ activities you can consider to add into your workout regime:



Cycling

Cycling is good for your muscles and is great for toning. It's also a great low-impact mode of exercise for those with large chests and joint problems.



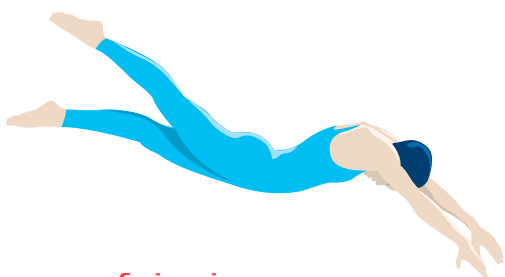
Hiking

Hiking is a fantastic total body workout with a lower-body strengthening routine for burning calories and building muscles.



Rowing

A rowing machine will increase your heart rate and use several different muscles in your body, giving you a great aerobic workout without any bouncing.



Swimming

Swimming is a great workout that burns calories, boosts metabolism, and firms every muscle in your body without putting stress on your joints and breasts.



Pilates / Yoga

A strong back and core is not only important for a healthy posture, it can even alleviate pain and tissue strain in your breasts.



Elliptical Trainer

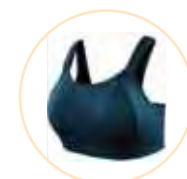
The elliptical is an effective aerobic workout for anyone and everyone. Try the stairs if you do not have access to an elliptical trainer.

Here are some bras to consider

Did you Know ?

Working out without a properly fitting sports bra can wreak havoc on your chest.

- **Encapsulated bras** have separate cups for each breast, like a regular bra. They help protect the Cooper's ligaments, which otherwise would lead to a loss of elasticity and sagging.
- **Compression bras** typically compress the breasts against the chest wall to restrict movement.



Ask the Experts

Q: What are the medicines that breastfeeding mothers must avoid?

A: Generally speaking, the drugs taken by the mum will invariably be present in her milk but in varying and always small amounts. Medications to be avoided are very potent and destructive (to tissue cells) drugs. Examples include hormones, steroids, anti-cancer drugs, some slimming medications, some skin medications, antibiotics and anti-microbes (except for the proven safe ones). It is always advisable to ask the doctor when in doubt.



Dr Chow Kah Kiong

Specialist in Obstetrics and Gynaecology & Consultant,
Raffles Women's Centre

Q: Do men get breast cancer? What are the causes and how can a man check whether he is at risk of breast cancer?

A: Yes, men can get breast cancer too. However, the incidence of male breast cancer is very much lower accounting for less than one per cent of the total number of breast cancer cases.

Male breast cancer is generally attributed to genetic and environmental causes such as obesity and hormonal imbalances.

If a man comes from a family where there are several members with breast cancer, or where one member has tested positive for the breast cancer gene, he may opt for genetic testing. Such carriers (both male and female) have a very significant risk (about 50 to 80 per cent) of getting breast cancer in their lifetimes.

Prof Walter Tan,

Specialist in Plastic Surgery, General Surgery & Consultant,
Raffles Surgery Centre

Q: How helpful is a mammogram screening in saving lives?

A: In Singapore, where not all women are 'breast-aware' or have close relationships with their family physicians and undergo regular physical examinations, there is a place for screening mammograms. Screening mammograms are X-ray exams of the breasts that are used for women who have no breast symptoms or signs of breast cancer (such as a previous abnormal mammogram). The goal of a screening mammogram is to find breast cancer when it's too small to be felt by a woman or her doctor.

Mammographic screening is safe as only a very low dose of radiation is used, and the chance of it saving

your life, by detecting breast cancer, is much greater than that of it harming you. In addition, the compression of your breasts for a few seconds, to ensure that a clear image is obtained, will not harm them in any way.

However, with advances in medical treatment and surgical techniques, the benefits for screening mammograms are decreasing. Hence, it is important for doctors to not only tout its benefits, but to ensure women understand the risks and disadvantages of mammographic screening as well, such as over-diagnosis and the psychological impacts of a false positive result.

Dr Lynette Ngo,

Specialist in Medical Oncology & Consultant,
Raffles Cancer Centre

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Highlights from our Social Media Channels...

Raffles Medical Group




ChannelNews Asia organised a health seminar on 30 January 2016 together with Raffles Hospital and Singapore General Hospital on advances in managing and treating blood disorders and cancers. A total of six haematologists spoke on the causes and latest treatments available for blood disorders and cancers.

Twitter @RafflesMedGrp

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Health experts have warned Asia is particularly vulnerable to the virus, given that the Aedes aegypti mosquito – which carries Zika, dengue fever and the chikungunya virus – thrives in its congested cities.




Indonesia confirms Zika case
bit.ly/1VPrAq

Instagram
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Raffles Hospital celebrated the delivery of our first pair of Irish twins! Baby boy Adam Hariz was delivered at 8.55am on 12 December 2015 by our very own Dr Jazlan Joosoph, Specialist in Obstetrics and Gynaecology & Consultant, Raffles Women's Centre. His elder sister was born on 1 January in the same year. Congratulations from us at Raffles Hospital! :)

Raffles Hospital videos.....



Bathing your baby may be daunting at first, but don't worry! Watch this video as we teach you how to bathe your baby in a safe and proper way.

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