

Raffles HealthNews

A PUBLICATION BY **RafflesMedicalGroup**

*The Stigma
of a Mental
Illness*



*Types of Mental
Illnesses as Observed
by a GP*



*A Recipe
You'll be
Happy to Try*



*Your GP, Your
First Port-of-Call*



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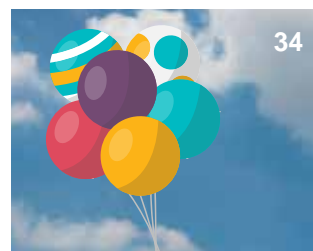
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Hello Readers!

Let's Talk Mental Health

Meet Dr Joshua Kua on what being a psychiatrist is all about.

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Lift Me Up

We examine the positive effects of exercise on mental health.

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The Stigma of a Mental Illness

Coping and dealing with stigma of mental illnesses.

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This issue, we focus on the topic of mental health and mental health disorders. Let's start by asking ourselves this – **What is mental health?**

According to the World Health Organization, mental health is defined as a state of well-being in which each and every one realises their potential, having the ability to cope with the normal stresses of life, able to work productively and fruitfully, and make a contribution to his or her community.

So, what is mental illness then?

Mental illness is a wide range of mental health conditions that affects how you feel, think and act. Examples of mental illnesses include the various types of anxiety disorders, schizophrenia, eating disorders, and addictive behaviour, just to name a few.

Many of us will have mental health concerns at different stages of our lives. It becomes a mental illness when ongoing symptoms cause frequent stress and affect our quality of life. Mental illness can cause misery and problems in our daily life, be it at school, work or play. By and large, the symptoms can be managed by a combination of medication and sessions with a counsellor or a psychiatrist.

What is the current situation in Singapore?

One in seven people in Singapore will experience a mood and anxiety disorder, or succumb to alcohol abuse or other vices to cope in their lifetime. Major depressive disorder (major depression), alcohol abuse and obsessive compulsive disorders are the top three mental disorders on our shores. Moreover, there is a large proportion of people with various mental health disorders who, sadly, are not seeking help. Surveys done in 2010 and 2016 showed an increase in lifetime prevalence of mental illness from 12 per cent in 2010 to 13.9 per cent in 2016.

In this edition, the cover story addresses the stigma faced by Singaporeans with a mental illness and how it affects their lives. It also highlights ways to cope with discrimination, and how we can reduce stigma in our communities. We also discuss about how your family doctor can be your first port of call by helping you to spot symptoms for early diagnosis, and propose suitable intervention to manage mental health disorders.

Suicide is the leading cause of death for those aged 10 to 19, and one to two teenagers end their lives by suicide monthly. This is an alarming figure. We want to point people to resources and help them cope with their mental health.

We hope this issue can help readers learn more about the pertinent issues of mental health, and understand what a person, who is struggling with a mental illness, is going through. If you know someone who may benefit from reading this, do share this issue with them.

With this, let me wish you a Merry Christmas and a Happy New Year!

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Dr Hoo Kai Meng
Deputy Medical Director
Raffles Medical



Merdeka Generation Fiesta

On Saturday, 16 November 2019, an enthusiastic crowd of about 300 participants turned up at a Merdeka Generation Fiesta that was held at the Raffles Specialist Centre. Raffles Medical Group partnered the Agency for Integrated Care and Health Promotion Board to bring a series of health talks and a stretch band workout to engage the Merdeka Generation participants on the importance of leading a healthy lifestyle.

Among other booth activities participants were able to better understand their state of health at the Raffles Chinese Medicine booth, and have their eye sight and hearing ability checked by other event sponsors at the event.



Dr Samuel Loh, Dental Surgeon, Raffles Dental, shares about teeth replacement options.



Dr Nur Farhan, Specialist in Geriatric Medicine & Consultant, Raffles Internal Medicine Centre, advises participants on what they need to know about dementia.



Dr Leyland Chuang, Specialist in Infectious Diseases & Consultant, Raffles Internal Medicine Centre (pictured right), answering a participant's question after his talk about whether vaccines are only for children.



Dr Lim Kok Bin, Specialist in Urology & Consultant, Raffles Urology Centre, shares more about prostate health.



Stretch band workout conducted by a trainer from HPB.



Physician Miao Meng, Raffles Chinese Medicine, determining a participant's state of health through pulse diagnosis.



An optometrist conducting an eye check for a participant.



A participant downloading the Raffles Connect platform that enables users to consult a Raffles doctor conveniently via teleconsult or obtain a queue number before arriving at a preferred Raffles Medical clinic.

Raffles Hospital is Now BFHI Accredited

Raffles Hospital embarked on its Baby-Friendly Hospital Initiative (BFHI) accreditation journey since July 2017. Staff across different departments have worked together tirelessly over a period of two years to implement the 10 Steps to Successful Breastfeeding and help mothers understand the importance of breastfeeding. It was conferred the BFHI certification on 10 October 2019.

To celebrate this milestone, Raffles Hospital invited Dr Amy Khor, Senior Minister of State for Health, as the guest of honour for a celebratory lunch. It was a fun-filled afternoon as staff, mingled with one another over food on this joyous occasion.



Senior management of Raffles Medical Group posing for a group photo with Dr Amy Khor. (Left to right) Dr Kenneth Wu, General Manager of Raffles Hospital; Dr Loo Choon Yong, Executive Chairman of Raffles Medical Group; Dr Tan Hsiang Lung, Deputy General Manager of Raffles Hospital; Ms Lilian Yew, Chief Nurse of Raffles Hospital; Dr Lee I Wuen, Deputy Medical Director of Raffles Hospital; and Ms Jessica Tan, Director, Group Commercial of Raffles Medical Group.



All smiles and posing for the camera.



Scan to watch Raffles Hospital's BFHI accreditation journey, and find out what took place during the celebratory lunch.



Staff from Raffles Hospital with invited guests from KKH (starting from 5th person from right): Dr Chua Mei Chien, Chairman of the BFHI Steering Committee; Ms Julie Tay, Assistant Director of Nursing, and Ms Cynthia Pang, Assistant Director of Lactation Services.

Raffles Hospital Partners Prudential to Bring Seamless Healthcare Experience to Their PRUExtra Premier Policyholders

Raffles Hospital is pleased to partner Prudential to offer seamless quality private healthcare to more individuals.

Prudential's private hospital Integrated Shield Plan (IP) rider plan, PRUExtra Premier policyholders, can benefit from the integrated medical services that Raffles Hospital offers to its patients from appointment making and consultation, to hospital admission and discharge. Patients of Raffles Hospital can have peace of mind because the unique group practice model of Raffles Medical Group allows its team of multi-specialty physicians, nurses, allied health professionals, and healthcare managers to work together. This offers patients the best treatment option for their total healthcare needs.

"We are pleased to be a chosen partner of Prudential to provide quality tertiary services to its policyholders. We trust that this strategic partnership will enhance our joint value proposition to meet the evolving healthcare needs," said Dr Kenneth Wu, General Manager of Raffles Hospital.



(From left) Dr Kenneth Wu, General Manager of Raffles Hospital with Mr Wilf Blackburn, Chief Executive Officer of Prudential at the Memorandum of Understanding signing ceremony.



This strategic collaboration allows both Raffles Hospital and Prudential to leverage each other's strength to offer seamless private healthcare to more individuals.

Raffles Hospital and NTUC's Healthcare Services Employees' Union (HSEU) Signs Memorandum of Understanding (MOU)

On 11 November 2019, Raffles Hospital and HSEU signed a MOU that offered about 60 per cent of Raffles Hospital's total workforce across both rank-and-file workers and professionals, managers and executives. This translates to some 500 employees, including nurses, allied health staff, as well as ancillary and administrative staff.

To mark the occasion, Raffles Hospital presented a cheque to HSEU, which would go towards engagement activities for staff, on top of the union membership fees for eligible employees.

Dr Loo Choon Yong, Executive Chairman of Raffles Medical Group said: "At Raffles Hospital, our employees play a key role in providing the best care for our patients. This collaboration with HSEU will allow our employees to stay ahead and remain relevant with ongoing industry transformation. We are committed to building a future ready workforce together with our employees, to enable us to be the trusted partner for health for our patients and stakeholders."



Dr Kenneth Wu, General Manager of Raffles Hospital exchanging handshakes with HSEU President Thanaetchimi.



(Third from left) Dr Loo Choon Yong, Executive Chairman, Raffles Medical Group presenting a cheque to HSEU President Thanaetchimi that would go towards engagement activities for staff.

New Doc on the Block



Dr Leyland Chuang Lee Ren
Specialist in Infectious Diseases
Consultant, Raffles Internal Medicine Centre

Dr Chuang's clinical interests are in healthcare associated and urinary tract infections. He had contributed to the National Infection Prevention and Control Guidelines for Acute Healthcare Facilities by the Ministry of Health, as well as the Urological Association of Asia - Asian Association of UTI / STI Guidelines for Urinary Tract Infections and Sexually Transmitted Infections.

He had led several quality improvement programmes focusing on prevention of catheter-associated urinary tract infections and optimising care of soft tissue infections. Dr Chuang was involved in both undergraduate and postgraduate training, and was appointed as Clinical Lecturer at the Yong Loo Lin School of Medicine.

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The Stigma of a Mental Illness

By Jonathan Yap

In this issue, we address the stigma people often face when they are diagnosed with a mental illness. Stigma is when someone views you in a negative way because you have a certain characteristic or personal trait that is thought to be, or in actual fact, a disadvantage (a negative stereotype) as defined by the society.

Dr Joshua Kua, Specialist in Psychiatry & Consultant, Raffles Counselling Centre, shares his tips on coping with mental health stigma and how to reduce it.

According to the World Health Organization, mental health is an integral and essential component of our overall health and states that:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

According to the 2018 second Singapore Mental Health Study that was spearheaded by the Institute of Mental Health in collaboration with the Ministry of Health and Nanyang Technological University, the results depict that

one in seven people or 15 per cent in Singapore has experienced a mental disorder in their lifetime. What is troubling though, is that many people with mental disorders are not seeking the help that they need, due to the fear of



how society will perceive them. There is a possibility that someone around you, such as a loved one, may be battling with mental health issues alone and in silence. It could be a new mother with post-natal blues, a celebrity with anxiety attacks, or a colleague who has an eating disorder. Why is it then that people are unwilling to share and confide in others?

What do local celebrities Michelle Chong, Jeanette Aw and Stephanie Sun have in common? Did you know that these local celebrities suffered from depression at some point in their lives? They decided to share about their depression with the intent to create more awareness, and to normalise the stigma of having depression.

A poll conducted by the National Council of Social Service in 2018 set out to discover how society felt about mental health, and derived at the following:



Key Findings

More than 5 in 10

Are not willing to live with or nearby, or work with, a person with a mental health condition.



5 in 10

Believe that persons with mental health conditions should not be given any responsibility.



6 in 10

Believe that mental health conditions are caused by a lack of self-discipline and willpower.



7 in 10

Believe that persons with mental health conditions experience stigma and discrimination in their daily lives.



8 in 10

Feel that the best therapy for persons with mental health conditions is to be part of the community.



9 in 10

Feel that there is a need to adopt a far more tolerant attitude towards persons with mental health conditions.



Source: National Council of Social Services's Study On Attitudes Towards Persons With Mental Health Conditions In Singapore (2017)

There is a jarring stigma surrounding mental illnesses and the people who live with them. Sadly, negative attitudes and beliefs towards people with mental health conditions are extremely common.

Discrimination may be obvious and direct, such as someone making a snide remark about your mental condition or your treatment. It may be unintentional or subtle, such as someone avoiding you because the person assumes you to be 'insane', 'psychotic', violent or even dangerous due to your condition. Mental illnesses could happen to

anyone, even to you and I, and it is not nice to discriminate.

The worst discrimination however, is for people with mental illnesses to condemn themselves.

Ways to Cope with Mental Health Stigma



Seek help

You may hate to admit it but don't allow the fear of being labelled with a mental illness delay seeking help. Treatment reduces the identified symptoms that interfere with your work and personal life.

Don't allow self-doubt and shame to creep in



Stigma doesn't just come from others. You may mistakenly believe that your condition is embarrassing, or that it is something you can manage on your own. Seeking help from a counsellor, understanding your condition, and connecting with others who have been in a similar situation as you, helps you regain your self-esteem and overcome destructive self-judgment.

Effects of Mental Health Stigma

- 1

Reluctance to seek help or treatment.
- 2

Feelings of being misunderstood by family, friends and colleagues.
- 3

Diminished career opportunities and admittance to a choice school, trouble finding housing etc.
- 4

Bullying, physical violence or harassment.
- 5

Health insurance that doesn't adequately cover your mental illness treatment.
- 6

The belief that you'll never succeed at certain challenges or that you can't improve your situation.



Don't shut yourself out

If you have a mental illness, you may be reluctant to tell anyone about it. Your family and friends can offer you support if they know about your suffering. Reach out to people you trust for the compassion, support and understanding you need. Having a support system that you can lean on makes a world of difference.



Don't equate yourself with your illness

You are not an illness. So instead of saying "I'm bipolar," say "I have bipolar disorder." Instead of calling yourself "a schizophrenic," say "I have schizophrenia."



Get help from school

If your child has a mental illness that affects learning, teachers, school

leaders and counsellors can work closely with parents to support students on their social, emotional and mental health issues. School counsellors with the Ministry of Education may also refer students to medical professionals and the Response, Early Intervention and Assessment in Community Mental Health (REACH) teams - a mental health service that works closely with schools, if more help is required.



Accept and love who you are

Learn to accept your condition and recognise what you need to do to treat it. Seek support, and help others who face similar situations to overcome their fears is extremely rewarding.



Scan the QR code below to find out more about REACH.

How to Reduce Stigma

If you like to do your part to stamp out the stigma surrounding mental illnesses, here are five small ways for you to start making a difference!

1. Don't label people who have a mental illness

You may have heard someone describe an individual who has a mental illness with name calling. "He's a ding dong" or "she is a schizo". People are people, we are beings that feel emotions and should not be judged by diagnoses. Instead, you can try saying that he or she "has a mental illness" instead of "is mentally ill". Use a "person-first" language – it's more respectful as it recognises that the illness does not define the person.



2. Don't be afraid or shun people with mental illness

People living with mental illness may display unusual behaviours when their condition becomes more severe. Just because we don't understand what they are going through, it does not mean they are not suffering. However, contrary to popular belief people with mental illness do not display violent tendencies. In fact, they may even be victims of violence themselves.



3. Don't be insensitive or blame people with mental illness

Don't say things like, "Get a grip and man up or don't be an emo nemo". It is akin to telling someone to calm down when they are angry.

Furthermore, don't assume that someone is okay just because they look or act fine. Comedians are often the saddest folks in the room. Depression, anxiety and other mental illnesses can often be skin deep, and the affected may be in considerable distress internally. Provide support and reassurance if you know someone who is having difficulty managing their illness.



4. Be a role model or advocate

Stigma is often fuelled by the lack of awareness and misinformation. Help to educate others with the above-mentioned three ways to stamp out stigma, and share them with your family, friends and colleagues. Encourage someone you know who is going through difficult times that seeking treatment works and recovery is possible. Attitude change needs time but every little step goes a long way.

As former US President Bill Clinton described it best: "Mental illness is nothing to be ashamed of, but stigma and bias shame us all."



Understanding Teenage Suicide and What Parents Can Do to Prevent It

By Shermaine Lee

Taking one's own life is tragic - and all the more tragic because suicide can be prevented. The tragedy of the death of a young person is devastating to his / her loved ones. Parents, siblings, and friends might be left wondering if they could have done something to prevent the person they know from turning to suicide.

The reasons behind a teen's suicide or attempted suicide can be complex. Although suicide is relatively rare among children, the rates of suicides and suicide attempts increase greatly during adolescence.

According to the Samaritans of Singapore, the number of suicides in Singapore rose 10 per cent in 2017, with suicides among boys aged 10 to 19 at a record high.

Learning more about what might lead a teen to suicide may help prevent further tragedies. We speak to Dr Tan Hwee Sim, specialist in Psychiatry & Consultant, Raffles Counselling Centre, on why it is important to be aware of suicide warning signs, knowing how and when to reach out, and take action to help a troubled teenager.



What seems minor to you may not be minor to them

What seems like a minor issue to an adult may not mean that it is minor to a young person, such as problems in school or the loss of a friendship.

In some cases, the young one may feel suicidal due to certain life circumstances that he / she may not want to talk about, such as:

- Being the victim of bullying
- Being uncertain of sexual orientation
- Having a psychiatric disorder, including depression
- History of physical or sexual abuse
- Loss or conflict with close friends or family members
- Problems with alcohol or drugs
- Physical or medical issues, for example, becoming pregnant or having a sexually transmitted infection
- Reading or hearing an account of suicide or knowing a peer who died by suicide



Which teens are at risk for suicide?

Caught in that grey area between childhood and adulthood may be a period of stress and worry for some teens. They face pressure to act responsibly, to fit in socially and to perform academically.

Adolescence is also a time where youths explore relationships, their sexual identity, and a need for independence that often conflicts with the rules and expectations set by others.

Young people who are at higher risk for suicidal thoughts include those with mental health problems such as anxiety, depression, bipolar disorder, or



insomnia. Teens going through major life changing events such as parents' divorce and financial changes, and those who are victims of bullying are at greater risk of suicidal thoughts.



How can I tell if my child is suicidal?

You can start by asking your child if he / she is thinking about suicide. Be sure to ask them in clear, straight-forward language like, "I'm worried about you. Have you been having thoughts about wanting to die or killing yourself?". Asking direct and non-judgmental questions can encourage them to share their thoughts and feelings with you.

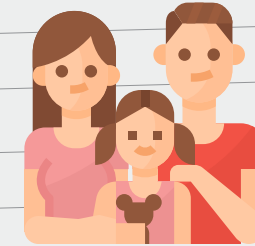
People who attempt or complete suicide often exhibit a number of warning signs, either through what they say or by what they do. The more warning signs a teenager exhibits, the higher the risk of completing suicide.



Warning Signs

Teens who are thinking about suicide might:

- Engage in risk-taking behaviours
- Experience changes in eating or sleeping habits
- Give hints that they might not be around anymore
- Have trouble concentrating or thinking clearly
- Lose interest in school or sports
- Lose the desire to take part in favourite things or activities
- Pull away from friends or family
- Start giving away treasured possessions to siblings or friends
- Talk about feeling hopeless or feeling guilty
- Talk about suicide or death in general
- Write songs, poems, or letters about death, separation, and loss



What can parents do?

Many teens who commit or attempt suicide have given some type of warning to loved ones ahead of time. Hence, it's important for parents to be able to identify them so teens who might be suicidal can get the help they need, and prevent an attempt. It is also important to note that keeping an open communication with your child and his / her friends, gives you a chance to help when needed.

Sometimes, adults may feel that young people who say they are going to hurt or kill themselves are "just doing it for attention." It is important to realise that if teens are ignored when seeking attention, it may increase the chance of them harming themselves (or worse).



How is a teen treated for suicidal behaviour?

Treatment will depend on factors such as the child's age, mental health state and history, and diagnosis. It will also depend on how severe his / her condition is.

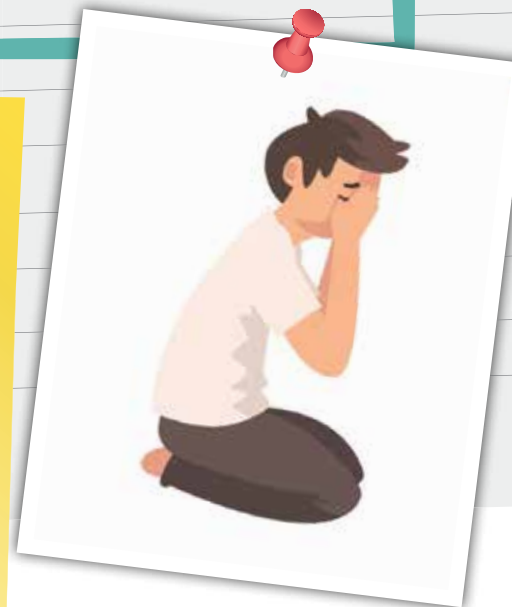
Treatment usually involves an integrated care plan that may include:

- Education
- Medications
- Family therapy (parents play a vital role in treatment)
- Individual therapy
- Hospital stay, if needed, because this gives the child a supervised and safe environment

How are teens assessed for being suicidal?

Threats of suicide are a cry for help. One should always take such statements, thoughts, behaviours, or plans very seriously. Anyone who expresses thoughts of suicide should not be left alone, and should be evaluated right away by a medical professional.

Any teen who has tried to commit suicide needs a physical checkup first to rule out life-threatening health problems. He / she should then get a mental health evaluation and treatment until he / she is stable.



WARNING

Signs of Mental Illness

Courtesy of the Mayo Clinic Care Network



Mental illness, also called mental health disorders, refers to a wide range of mental health conditions – disorders that affect your mood, thinking and behaviour. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviours.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).



Symptoms

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviours.



Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

When to see a doctor

If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.



Helping a loved one

If your loved one shows signs of mental illness, have an open and honest discussion with him or her about your concerns. You may not be able to force someone to get professional care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You may even be able to go along to the appointment.

If your loved one has done self-harm or is considering doing so, take the person to the hospital or call for emergency help.



Causes

Mental illnesses, in general, are thought to be caused by a variety of genetic and environmental factors:

- Inherited traits. Mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.
- Environmental exposures before birth. Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.
- Brain chemistry. Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

Risk factors

Certain factors may increase your risk of developing a mental illness, including:

- A history of mental illness in a blood relative, such as a parent or sibling.
- Stressful life situations, such as financial problems, a loved one's death or a divorce.
- An ongoing (chronic) medical condition, such as diabetes.
- Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head.
- Traumatic experiences, such as military combat or assault.
- Use of alcohol or recreational drugs
- A childhood history of abuse or neglect.
- Few friends or few healthy relationships.
- A previous mental illness.



Prevention

There is no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control. Follow these steps:

- Pay attention to warning signs. Work with your doctor or therapist to learn what might trigger your symptoms. Make a plan so that you know what to do if symptoms return. Contact your doctor or therapist if you notice any changes in symptoms or how you feel. Consider involving family members or friends to watch for warning signs.
- Get routine medical care. Don't neglect checkups or skip visits to your primary care provider, especially if you aren't feeling well. You may have a new health problem that needs to be treated, or you may be experiencing side effects of medication.
- Get help when you need it. Mental health conditions can be harder to treat if you wait until symptoms get bad. Long-term maintenance treatment also may help prevent a relapse of symptoms.
- Take good care of yourself. Sufficient sleep, healthy eating and regular physical activity are important. Try to maintain a regular schedule. Talk to your primary care provider if you have trouble sleeping or if you have questions about diet and physical activity.

Your General Practitioner, Your First Port of Call

By Dr Hoo Kai Meng

Mental disorders are recognised as a major public health problem all throughout the world.

In most countries, mental health issues are treated by psychiatrists in restructured hospitals with minimal involvement from general practitioners (GPs). This includes Singapore. However, this changed in 2008 when the Ministry of Health began training GPs to manage long-term but stable patients within the community.

Today, many GPs are stepping forward to learn by attending the Graduate Diploma of Family Medicine Programme that has an emphasis on diagnosing and managing mental health disorders.

THE ROLE OF YOUR GP AND YOUR MENTAL HEALTH

A GP can:

Act as a stable touchpoint and first port of call for patients. Your doctors will be able to offer early diagnosis, intervention, management and referral to specialist care.

A GP can:

Act as a source of information and support for patients and their caregivers, and aid in patients' decision-making processes.

Seeing a family doctor for management of mental disorders is certainly less stigmatising for patients and their families.

A GP can:

Diagnose and manage uncomplicated mental health disorders. In more difficult / problematic disorders, the patient will be referred to a specialist, and subsequent follow up will be by the referring GP for their care and attention.



Staying physically healthy through exercise and diet is something that is common knowledge to everyone. Few people place equal importance for their mind and emotions. Here are some self-care tips:



- Take mini breaks of about five to ten minutes without any external interruptions (ie. your digital devices and other people included).



- Do something relaxing to unwind, such as listening to music or go brisk walking / jogging.



- Do something with friends and family, such as having a day out at the movies, or community work at an elder care centre.

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Self-care Assessment

Your first step towards better mental health.



Self-care activities are the things you do to maintain good health and improve well-being. You will find that some activities that you engage in are already a part of your normal routine.

This assessment aims to help you learn about your self-care needs by identifying patterns and recognising areas of your life that need more attention.

Note: There are no right or wrong answers on this assessment. This list is not comprehensive, but serves, as a starting point for self-awareness and think about your self-care needs.

- | | | |
|---|---------------------------------|---|
| 1 | I do this poorly | I do this rarely or not at all |
| 2 | I do this OK | I do this sometimes |
| 3 | I do this well | I do this often |
| ★ | I would like to improve at this | I would like to do this more frequently |

1 2 3 ★

Physical Self-care



				Eat healthy foods
				Take care of personal hygiene
				Exercise
				Wear clothes that help me feel good about myself
				Eat regularly
				Participate in fun activities (eg. walking, swimming, dancing, sports)
				Get enough sleep
				Go to preventative medical appointments (eg. checkups, teeth cleanings)
				Rest when sick
				Overall physical self-care

1 2 3 ★

Psychological / Emotional Self-care



				Take time off from work, school, and other obligations
				Participate in hobbies
				Get away from distractions (eg. phone, email)
				Learn new things, unrelated to work or school
				Express my feelings in a healthy way (eg. talking, creating art, journaling)
				Recognise my own strengths and achievements
				Go on vacations or day-trips
				Find reasons to laugh
				Do something comforting (eg. re-watch a favourite movie, take a long bath)
				Talk about my problems

1 2 3 ★

Social Self-care



				Spend time with people who I like
				Call or write to friends and family who are far away
				Have stimulating conversations
				Meet new people
				Spend time alone with my romantic partner
				Ask others for help when needed
				Do enjoyable activities with other people
				Have intimate time with my romantic partner
				Keep in touch with old friends
				Overall social self-care



1 **2** **3** ★

Spiritual Self-care

				Spend time in nature
				Meditate
				Pray
				Recognise the things that give meaning to my life
				Act in accordance with my morals and values
				Set aside time for thought and reflection
				Participate in a cause that is important to me
				Appreciate art that is impactful to me (eg. music, film, literature)
				Overall spiritual self-care



1 **2** **3** ★

Professional Self-care

				Improve my professional skills
				Say “no” to excessive new responsibilities
				Take on projects that are interesting or rewarding
				Learn new things related to my profession
				Make time to talk and build relationships with colleagues
				Take breaks during work
				Maintain balance between my professional and personal life
				Keep a comfortable workspace that allows me to be successful
				Advocate for fair pay, benefits, and other needs
				Overall professional self-care

Feeling Pain?

Traditional Chinese Medicine (TCM) can help by improving *Qi* and blood flow. It targets the root of your health issues to manage acute and chronic pain with minimal side effects.



Treatment Types

At Raffles Chinese Medicine, we offer several treatment methods to manage your condition. Each method can either be used on its own, or in combination with others.



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Cupping



Tui Na



Acupuncture



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Raffles Chinese Medicine

Types of Mental Illnesses as Observed by a GP



By Dr Hoo Kai Meng

Anxiety is a normal reaction to stress and it serves as useful protective function. For example, our heart rate goes up when we meet a robber on the streets. Our muscles tense up, and we breathe harder and perspire more. This is the body's way of preparing us for fight or flight.

Anxiety disorder occurs when a person's reaction to stress is disproportionate to the threat on hand, and prolongs even when the stress factor has been neutralised. This results in significant distress that impairs how a person handles social interactions; leading them to become a recluse and avoid society.

There are different kinds of anxiety disorders. Here are some of them:

1 Panic Attacks: Sudden onset of severe fear or discomfort in which the patient feels his / her heart racing and pounding, starts sweating and even fainting.



2 Specific phobias such as fear of heights or flying on a plane may trigger panic attacks in some people. Some fears may lead to panic attacks more than others, such as a nomophobia (fear of being without a mobile phone) as compared to agoraphobia (fear of enclosed or open spaces).

3 Generalised anxiety happens when a person displays excessive and difficulties in controlling anxieties, and worry over many things happening in their lives.



What are the symptoms of an anxiety disorder?



Dizziness / light headedness



Shortness of breath



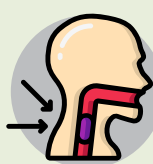
Fast heart beat



Sweating



Tremors



Choking sensation



Chest discomfort



Vomiting, abdominal pain or discomfort



Numbness

Psychological



Feeling tense or nervous



Excessive and unnecessary worries



Sleep disorders (eg. insomnia)



Feeling irritable



Sexual dysfunction



Poor concentration, tiredness or restlessness



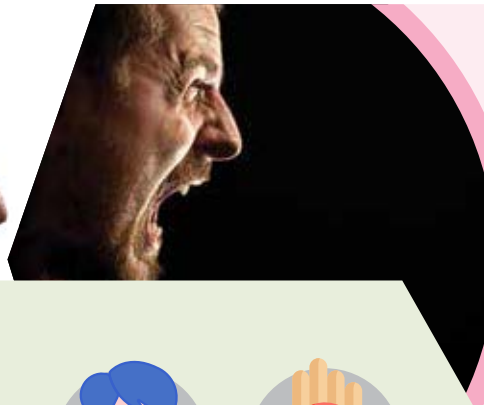
What can we do if we encounter a person who displays severe anxiety symptoms?

1. Persuade him / her to sit down.
2. Stand or sit in front of the person and ask him / her to look into your eyes.
3. Ask the person in a calm voice to concentrate on his / her breathing. Demonstrate how this is done by taking a deep breath and holding it for a short while before breathing out. Ask them to follow after you.
4. Repeat the above three steps until they have successfully calmed down.
5. Advise them to see their family doctor for further management of their anxieties.



Depression

This is one condition that can be managed by family practitioners. Your doctors can be the frontline assessors to adult patients, and also help manage this condition with either medicine or counselling therapy, or a combination of both. Doctors may refer them to a specialist when they are unable to manage their condition.



What are the symptoms of depression?

- Sleep and / or appetite changes: dramatic sleep and appetite changes or decline in personal care.
- Mood changes: rapid changes in one's mood (eg. a happy person suddenly feels sad / apathetic without notice).
- Withdrawal: person seems to not want to mix socially. Prefers to be alone, and stops all his / her favourite hobbies and pastimes.
- Drop in performance at work, school or sports (below par from their usual standards).
- Poor concentration or memory loss.
- Increased sensitivity: feels agitated, restless or sometimes displays violent tendencies.
- Loss of self-worth: feelings of guilt. Harshly criticising oneself for matters not caused by themselves.
- Feeling helpless and hopelessness: thoughts that nothing will get better and can be done to improve a situation.
- Suicidal thoughts.

Should you or someone you know encounter some of these symptoms, please see your family doctor for further advice. If someone you know is suicidal, do have them keep the Samaritans of Singapore (SOS) hotline close by for emotional support.

HELPLINES TO CALL

Raffles Medical Clinic Hotline: 6311 2222
Raffles 24 Hour Accident & Emergency Hotline: 6311 1555
SOS Hotline: 1800-221 4444



The Importance of Omega-3 in Your Diet

By Jonathan Yap

The importance of omega-3 fatty acids for physical health is well recognised, and there is increasing evidence that omega-3 fatty acids may also be important to mental health. The two main omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and they have important biological functions in the central nervous system.

Some studies indicate an association between depression and low dietary intake of omega-3 fatty acids, while other studies have shown reduced levels of omega-3 fatty acids in red blood cell membranes in both depressive and schizophrenic patients. Apart from mental health, omega-3 fatty acids may reduce inflammation that can damage your blood vessels and lead to heart disease and strokes.

Other possible benefits of omega-3 fatty acids:

- Decrease triglycerides.
- Lower blood pressure slightly.
- Reduce blood-clotting.
- Decrease risks of strokes and heart failure.
- Reduce irregular heartbeats.



Contrary to popular belief that these fats are only found in cold-water fish, omega-3 is also present in flaxseeds, walnuts and canola oil. Examples of fish high in omega-3 include sardines, salmon, herring, trout and tuna. Eating fish a few times a week

may provide your body with these healthy oils. In addition to food sources, omega-3 supplements are being studied as a possible treatment for depression and depressive symptoms in people with bipolar disorder. Doses for depression range from less than 1g per day to 10g per day, but most studies use doses between 1g and 2g per day.

There is research to suggest that what we eat may affect not just our physical health, but also our mental health and well-being. People who follow a Mediterranean diet have a longer life expectancy, lower rates of chronic diseases, and improved mental health than those who don't.

So what's the Mediterranean diet you ask? The Mediterranean diet emphasises consuming plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts. It replaces butter with healthy fats, such as olive oil and canola oil, and uses herbs and spices instead of salt to flavour foods. Red meat is limited to no more than a few times a month, while fish should be on the menu twice a week.

The Mediterranean diet is also about enjoying delicious foods. Let Ms Bibi Chia, Principal Dietitian, Raffles Internal Medicine Centre, share with you one of her favourite recipes: **Grilled lemon garlic salmon with green beans and quinoa**.



Bibi's Grilled Lemon Garlic Salmon with Green Beans and Quinoa



Instructions

For quinoa

Boil mixed quinoa for about 10 minutes in a large pot and strain. Note: do not overcook.



For grilled salmon

- In a small bowl, mix the first five ingredients and rub over fillets. Let fillets stand 15 minutes. Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly.
- Place salmon on grill rack with skin side up. Grill and cover over medium heat for about four minutes. Turn and grill three to six minutes further, or until fish begins to flake easily with a fork.

For green beans

- Mix all ingredients except beans and set aside.
- Cook beans in a large pot of boiling salted water (1 tablespoon salt for 5L water), uncovered, until crisp-tender, for about six minutes, then drain.
- Toss beans into mixture.

To serve, place quinoa at the bottom and salmon fillets on top with green beans on the side.

Let's Talk Mental Health

Meet Dr Joshua Kua, Specialist in Psychiatry & Consultant, Raffles Counselling Centre. We got up close with Dr Kua as he sheds some light on what being a psychiatrist is all about.

By Jonathan Yap

Dr Joshua Kua
Specialist in Psychiatry
Consultant, Raffles Counselling Centre

How long have you been working at Raffles?

I have been with Raffles since August 2012.

Can you tell us a fun fact about yourself?

I am a nerd! There is also the fact that my wife and I were born just six hours apart at the same hospital – that's serendipity! I am also pretty proud that I completed my first (and last) marathon when I was 13 years old, and without any prior training.

What are you normally up to when you are not seeing patients?

I have various hobbies. They include jogging, gardening, reading, travelling and an inexplicit fascination with helicopters.

What is a typical day at work like for you?

I am usually up by 7am. I relish my quiet time, so I arduously avoid contact with anyone before clinic starts at 9am.

Lunch hour is spent catching up with colleagues at the doctors' tea room (my second cup of coffee is mandatory), or see my patients in the ward. I may also use the time for paperwork or reply to emails.

I head home for dinner once the day ends. Dinner with the family is sacrosanct, for it is where I get to catch up with my family. I may go for pilates or running, and also relax by doing some gardening. I end the day by watching the news or reading a book before going to bed at 11:30pm.

Once a week, I provide consultation for the Community Mental Health Division at the Agency for Integrated Care (AIC), where I chair a committee of case managers who deal with helping people with all forms of mental health challenges to access various community-based mental health services.

Tell us how or why you chose to do psychiatry?

I like the diverse and multi-disciplinary nature of psychiatry that covers the biopsychosocial aspects of the human mind and behaviour. It also entails understanding of diverse cultures, spirituality and the philosophical aspect of humanity. The work of a psychiatrist can bring relief to a wide range of emotional sufferings.

What is the most challenging part of the job?

It can be mentally exhausting to listen and reflect on people's problems. I think you need to be able to find the sweet spot between being empathetic, and being objective in dealing with their emotional issues.

Sometimes, medications may be necessary to treat a mental health issue. Herein lies the problem for psychiatrists. Patients with depressions are often pessimistic about their conditions and choose not to accept treatment, whereas the anxious ones are unduly worried about the potential side effects of medications. Then, there are patients with a psychosis but do not think they are unwell, and therefore reject the use of medication.

What are some of the common mental health issues that patients come to see you for?

1. Anxiety
2. Depression
3. Insomnia
4. Relationship problems
5. Stress
6. Addiction
7. Dementia

Additionally, I assess patients' mental capacity and occasionally, there are also medico-legal cases that I am required to sit in at court hearings as an expert witness.

Can you tell us about a memorable case you have encountered?

I have many, but two stories stood out for me. I remembered there was a young man who was severely depressed and suicidal, but he became well after treatment and managed to complete his National Service before going on to complete his degree at an overseas Ivy League university with first class honours!

Another one that I recalled was a medico-legal case that involved a retrospective analysis of the medical records of a deceased patient to ascertain her testamentary capacity. I was called to the court as an expert witness for the defendant, and the judgement was ultimately ruled in the defendant's favour.

What are some common misconceptions about people diagnosed with mental illnesses?

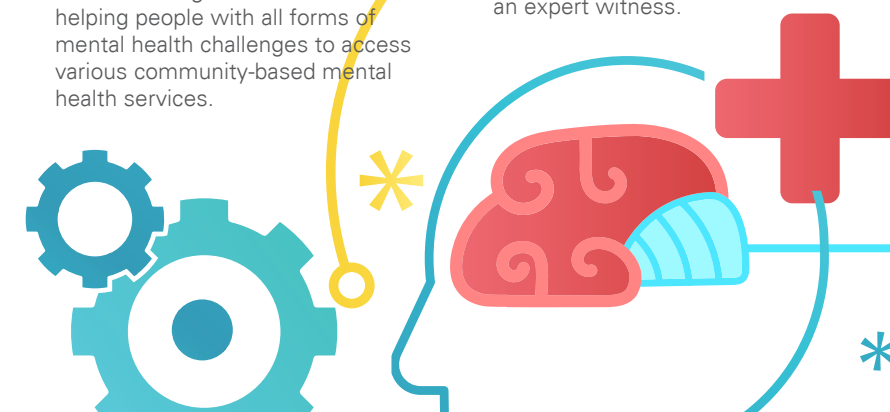
People with mental health issues might be perceived by others as being weak, or with character flaws. Many also believe that those people can just "snap out" of their mental health challenges if they just try or "not think too much".

How can we support a friend or family member who is suffering from a mental health issue?

The most important thing is to be supportive and listen. Be patient and not be too quick to judge or give unsolicited advice. Encourage the patient to seek help early.

What advice would you give to someone who wants to join this profession?

This is not the most lucrative or glamorous medical specialty to join. However, the journey is exciting and the destination is fulfilling. It helps one to be more self-aware and most importantly, to be more human.



Sudoku

Take a break, it's time for some Sudoku! Did you know that Sudoku makes you practise your logical thinking process when you are solving a puzzle, and also reduces your chances of developing Alzheimer's? Try the two puzzles below, and time yourself to see how long you take!

PUZZLE ONE

					7		4	
			6	3	2	1	5	7
1					5	8		
3	2			6				
7								3
				8			1	5
		7	5					2
2	9	4	3	7	1			
	3		9					

PUZZLE TWO

	6	4		3				9
1			7		9		6	4
				2				
	9				2		5	
5			8	6	3			7
	8		9				1	
				1				
6	4		2		7			3
8				4		2	9	

8	7	1	3	4	5	2	9	6
6	4	5	2	9	7	1	8	3
2	3	9	6	1	8	4	7	5
3	8	7	9	5	4	6	1	2
5	1	2	8	6	3	9	4	7
4	9	6	1	7	2	3	5	8
9	5	8	4	2	6	7	3	1
1	2	3	7	8	9	5	6	4
7	6	1	5	3	1	8	2	9

Puzzle Two

5	3	6	9	2	8	4	7	1
2	9	4	3	7	1	5	6	8
8	1	7	5	4	6	9	3	2
4	6	9	7	8	3	2	1	5
7	8	1	2	5	4	6	9	3
3	2	5	1	6	9	7	8	4
1	7	3	4	9	5	8	2	6
9	4	8	6	3	2	1	5	7
6	5	2	8	1	7	3	4	9

Puzzle One



Lift Me Up

By Joanna Lee

By now you would know that exercise brings many health benefits. It not only benefits your physical health, but your mental health too. Let's examine its positive effects, as Dr Lim Yun Chin, Specialist in Psychiatry & Consultant, Raffles Counselling Centre, shares some helpful exercises to get you started.



The Positive Mental Effects of Exercise

- The release of feel-good endorphins, natural cannabis-like brain chemicals (endogenous cannabinoids) and other natural brain chemicals while exercising promotes happiness and can enhance your sense of well-being.
- Shifts your focus from negative thoughts that feed depression and anxiety.
- Boost your self-confidence in the process of meeting your exercise goals. Getting in shape can also help you feel better about your appearance.
- Gives you a platform to interact and socialise with others. Whether it is simply exchanging a friendly smile or greeting others while exercising, it can help you feel good in the process.
- Having a healthy coping strategy is better than coping otherwise like indulging in alcohol, dwelling on how you feel, or hoping that depression or anxiety will go away on its own.

Start Moving

Exercise can be a modestly beneficial supplementary treatment option for depression and anxiety disorder. This is especially for treatment-resistant depression, unipolar depression, and post-traumatic stress disorder.



Tai Chi and Qi Gong

Tai chi and *qi gong* are mind and body practices that combine postures and gentle movements with

mental focus, breathing, and relaxation. The movements can be practised while walking, standing or sitting.



Mindfulness-based Meditation

Although meditation does not have a single definition, it is generally agreed that it is a form of mental training that requires calming the mind with the goal of achieving a state of "detached observation".

There are meditation approaches that have been studied in people with depression and anxiety disorders. They include mindfulness-based interventions (MBIs), mindfulness-based training, mindfulness-based stress reduction, and mindfulness-based cognitive therapy. Even though these approaches differ, they depend on calming the mind as their core modality.

Mindfulness-based interventions are effective as adjunctive treatment for depression, with positive effects persisting through follow-up. Their effects on anxiety disorders also seem to be positive.

"People who are physically active have greater general feelings of excitement and enthusiasm than those who are less active. Beyond its protective effect against feelings of depression, exercise may help one to reduce stress and secure a better night's rest. This is why adding your favourite fitness routine into a depression treatment plan is helpful," said Dr Lim.



Get Started and Stay Motivated

Starting and sticking with an activity could be challenging to some. Try these helpful steps to get started.

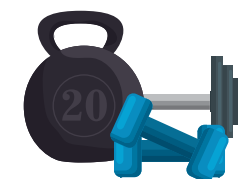
Identify what you enjoy doing

Think about what physical activities you enjoy and will most likely do. Next, consider and plan which part of the day you will most likely do it, and how you would most likely follow through. Do what you enjoy to help you stick with the plan.



Set reasonable and achievable goals

Think realistically about what you may be able to do and advance gradually. Customise your plan to suit your needs and abilities rather than setting unrealistic guidelines that you cannot meet.



Change your mind set – exercise is not a chore

Have you heard? Exercising is a celebration of your body's ability to perform a certain movement. Instead of viewing it as another "must" or "should" in your life, why not look from a different perspective and appreciate what your body can do for you, and get better as you go through each workout session.



Analyse what's stopping you

Think carefully and identify the barriers that are stopping you from exercising or being physically active. For example, if you need someone to motivate you, find a friend to work out with, or who enjoys doing the same physical activities as you. You can get physically fit without paying for a gym membership or spend on expensive exercise gear. If you are able to identify a barrier, chances are you will also be able to find an alternative solution.



Get support from your mental health professional

Discuss about an exercise programme or physical activity routine with your doctor or mental health professional to see how it fits into your overall treatment plan.



Dementia: How to Keep an Active Mind

Dementia is the progressive decline of memory and other thinking skills due to the gradual dysfunction and loss of brain cells. There is no known cure for dementia, or any evidence that exercising the brain in different ways can delay the onset of Alzheimer's. We speak to Dr Mohammed Tauqeer Ahmad, Specialist in Neurology & Consultant, Raffles Neuroscience Centre, to find out more about this condition, and ways you can keep your mind active.

By Shermaine Lee

The symptoms of dementia include forgetfulness. Unlike normal or age-related forgetfulness, this is associated with the following features:

1. The memory problems are more persistent.
2. It generally becomes worse with time.
3. It is associated with recent events whereas the long term memories remain intact unless the dementia is at an advanced stage.
4. It is associated with other symptoms of dementia (see below).
5. It significantly affect the functioning of an individual.

Today, 1 in 10 people here aged 60 and above is diagnosed with dementia. It affects about 40,000 people in Singapore, and the number is expected to double by 2030.

To prevent dementia, it is important to keep your mind active, and you would be pleased to know that keeping your mind active is relatively easy! There are mainly three approaches: engaging in physical activities, cognitive stimulation, and socialisation.

Cognitive Stimulation

Be cognitively active by seeking to learn new things. Use your brain actively and creatively, because it helps to stimulate your brain mentally and keeps your mind sharp.

Engaging in activities that involve analysis, planning and problem-solving help build up the brain's cognitive reserves, protecting it from decline in function.

Chess



Chess is an activity that simultaneously stimulates all the parts of the brain, keeping your mind sharp and alert. It involves cognitive activities such as analysis, planning, and problem-solving, that help build up the brain's cognitive reserves. Even though part of the brain has been damaged or disrupted, this cognitive reserve allows the brain to retain its normal function.

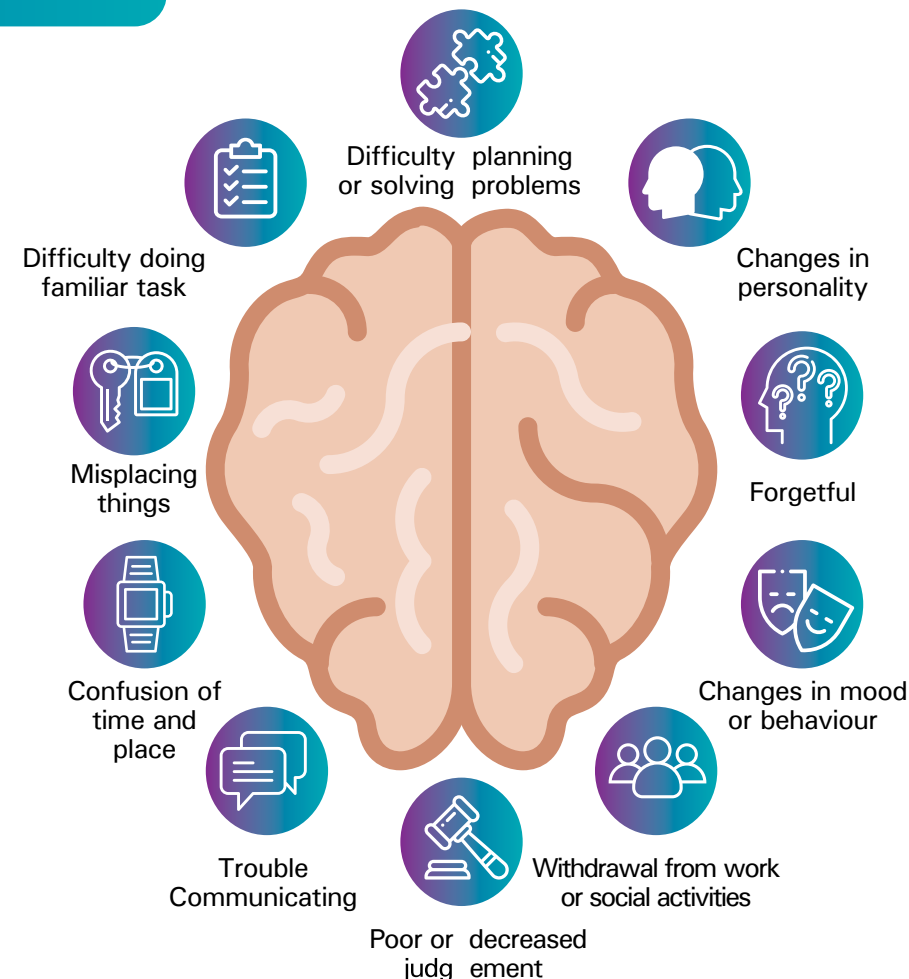
Mahjong



Mahjong can delay decline in certain cognitive domains even in those with significant cognitive impairment.

A popular game among the Chinese; this culture-specific game requires complex ability of cognitive and psychomotor functions, and there is always social interaction among the players. There is evidence suggesting that engaging in this activity may be helpful in reducing the risk of cognitive decline.

The 10 signs of Dementia



It is widely known that physical activity plays an important role in maintaining a healthy psychological function, and even low doses of regular activity are favourable for mental health. Studies suggest that it decreases mortality, improves cardiovascular function, enhances cognitive functioning, decreases coronary heart disease, reduces fall risk in older persons, and improves depression.

Yoga



This 'brain exercise' engages different parts of the brain, such as breathing, concentration, movement, posture and visualisation. The mindfulness training nature of yoga also helps to boost grey matter in various brain regions, and may improve emotional regulation, learning and memory. In a study published by the Journal of Psychiatry Research in 2011, participants who underwent mindfulness training showed significant increase in grey matter than those who did not.

Socialisation

Socialisation refers to engaging with other people (eg. friends and family) in social situations. Not only does it support brain health, it also shares similar benefits to physical exercise, such as keeping the muscles and bone mass strong. Furthermore, it helps the elderly improve focus, strengthens his / her sense of time and place, and generates a stronger sense of inclusion.

Music Therapy



Music therapy is an effective intervention for maintaining and improving active involvement, social, emotional and cognitive skills, and for decreasing behavioural problems of individuals with dementia.

Reminiscence Therapy



Reminiscence therapy uses all of the senses, be it smell, touch, sound or taste. The use of multiple faculties of the brain helps demented people to remember / recall things better. Story telling is one way of reminiscence therapy – sharing about past events can help individuals with dementia feel less isolated and alone. Another form of this therapy is through watching iconic movies or listening to songs of yesteryear that can help bring back pleasant memories.



Ask the Experts

Q: Can man suffer from post-partum depression?

A: Transition to parenthood represents an important life event that can increase vulnerability to psychological disorders. Growing scientific evidence suggests that both mothers and fathers are involved in this developmental crisis. The post-partum depression (PPD) manifestation is different between mothers and fathers. The key paternal PPD symptoms, unlike female clinical picture, are anger, self-criticism, exhaustion and increased alcohol use. They may have physical symptoms like indigestion, increased or decreased appetite, weight gain, headache etc. Furthermore, the paternal PPD could begin a year after the baby is born, later than for mothers who may suffer from PPD soon after the child is born.



Dr Joshua Kua
Specialist in Psychiatry
Consultant, Raffles Counselling Centre

Q: How can I help my child to deal with the bullying?

A: Firstly, talk to your child. Find out about the bullying incident and encourage the child to share his / her fears. Strategise with your child on how to respond to the bullying. Teach your child to respond assertively and use simple unemotional language. Help your child to avoid isolation. Tell him / her to stick with friends wherever the bullying reoccurs. Approach a teacher or counsellor at the child's school who can help or keep an eye on the situation. Lastly, know when to step in, especially when the child no longer feels safe in school.



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

Q: How does one distinguish premenstrual syndrome (PMS) from depression / dysthymia?

A: Depression is a symptom that many women may experience during their menstruating years. What distinguishes PMS from other forms of depression is the timing of symptoms. More than 150 symptoms have been ascribed to PMS. Specifically, they occur during the two weeks prior to the onset of menstruation (around the time of ovulation). Women suffering from PMS-related depression experience significant relief from their symptoms once the menstrual flow is underway.



Clinical depression on the other hand lasts more than two weeks, and it is often associated with feelings of helplessness and hopelessness. Major depression is often associated with an inability to perform daily tasks and to interact socially, as well as a loss of interest in activities that were enjoyable earlier.

Dr Lim Yun Chin
Specialist in Psychiatry
Consultant, Raffles Counselling Centre

Q: What are five tips for parents to help them cope with the stresses of parenting?

A: Coping with parenting involves recognising, preventing and managing stress. Here are some suggestions:

- Prioritise your health (eg. healthy diet, regular exercise and sleep, reduce alcohol / smoking).
- Make time to unwind (eg. doing something or a hobby that you enjoy).
- Communicate clearly and consistently with family members (to try and preserve harmony).
- Try to stay calm. Rationalise and encourage the child, and practise a safe and regular home routine (children can pick up good habits this way).
- Consider seeking professional advice if you feel stressed or not coping as before.



Dr Chua Siew Eng
Specialist in Psychiatry
Consultant, Raffles Counselling Centre

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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.



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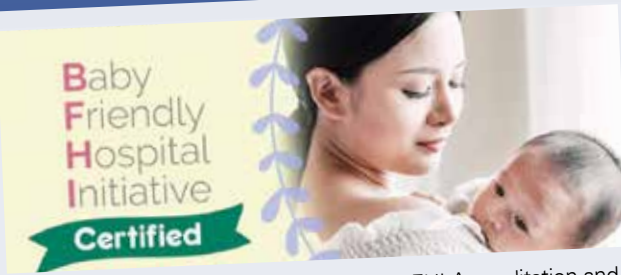


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Baby Friendly Hospital Initiative Certified

Raffles Hospital has been conferred the BFHI Accreditation and fulfilled all the requirements by the Association for Breastfeeding Advocacy, Singapore. Breastfeeding is truly the best gift for your newborn. We thank all our staff who worked tirelessly on this accreditation journey.

Instagram RafflesMedGrp



Last Friday at @PhilipsSG, our Principal Dietitian, Ms Bibi Chia, shared the benefits of consuming smoothies and the types of superfoods that can be incorporated into smoothies for a nutrient-packed boost. It was an insightful afternoon indeed!

YouTube Raffles Hospital videos.....




合谷 (He Gu)
Location: On the back of hand, between the thumb and forefinger

If you are suffering from allergies, acupressure is one useful method to ease discomfort in the head, nose and eyes. Here are five acupoints (acupressure points) that can help relieve allergy symptoms.

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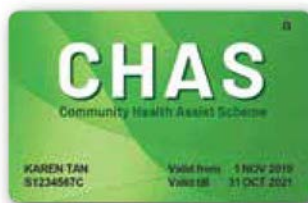
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Happening right now! Raffles Medical Group's Walk-in Interview is off to a start! Come on down if you think you are what we are looking for! We will be here till 3pm today. See you!

We want to hear from you – like, subscribe or share a photo with us!
You can also write to us at healthnews@rafflesmedical.com and share how we can better engage you.

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