

Raffles HealthNews

A PUBLICATION BY *RafflesMedicalGroup*

Myths
about
Healthy
Lifestyle

**Modern Day
Lifestyle**

**Overloading
on Nutrients**

Hair Matters

**Stretch
Your Pain Away**

**Play the
Game of
Health**

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choices will determine
your health

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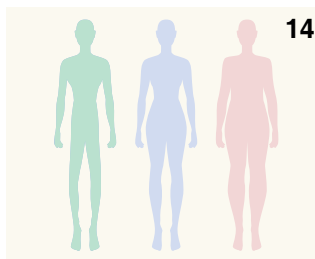
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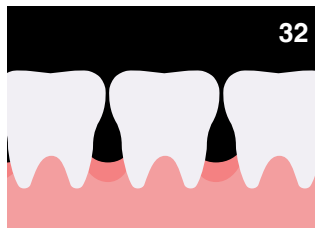
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Hello Readers!

Are you Hooked?

Learn how to recognise the traits of an addiction and how you can help.

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Fad Foods

Learn the nutrition value of fad foods before following the trend.

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Skincare Routine 101

Frequently asked questions on skincare regime answered.

Page 30

“YOLO!” – A short form for “You only live once!” This phrase has been popular with youngsters of this era. In life, there is no take two. The choices you make will affect your lifestyle and health. In modern day lifestyle, people talk about getting healthier but how healthy is healthier.

As a Family Physician who has worked in the CBD area for almost two decades, I can tell you that a good proportion of my patients that I see daily do not just come in with coughs or colds. A lot of them come in with symptoms like insomnia, headaches, unexplained aches and pains that if they took the time to dig a little deeper they would find a link to some sort of stress in their personal or work life.

That’s living in the city for you, we are bombarded daily with gigabytes worth of information that come in the form of advertising for a better sexier life, social media that seem to show that all your friends are having nicer lives than you do, pressure from peers to get your kid into that particular primary school, that really good tuition centre, I could go on and on. You only live once but it is your life to live and you set your own rules as to how you write your life story. This edition will help you navigate some of the hazards we face daily.

First, play a game of health (pages 20 to 23) to find out how some lifestyle choices affect your health, then read on as we debunk some myths about healthy lifestyle (pages 10 to 11). Find out more about exercising as we sieve out some effects of over and under exercising (pages 34 to 35).

To help you relax, try the massages recommended by our TCM physician (pages 16 to 17) and the stretching exercises for common pain relief (pages 36 to 37). Food is an important part in your daily lifestyle. However, overloading of nutrients may harm you instead (pages 26 to 27).

Our dental surgeon also shares some teeth-whitening tips and busts some common teeth whitening myths (page 32), and if you are worried about greying or losing hair, we share the causes and preventive measures (page 33).

Love yourself enough to live a healthy lifestyle. You don’t need to overhaul your lifestyle at one go. Start today by making small steps and decisions, and look forward to a healthier you!

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Dr Melvyn Wong
Family Physician & Consultant
Raffles Medical



New Docs on the Block

We warmly welcome the following doctors to the Raffles family! With their joining us, we hope to better serve your healthcare needs.

Dr Chin Tan Min
Specialist in Medical Oncology
Consultant, Raffles Cancer Centre



Dr Chin graduated from NUS in 1997, and completed her internal medicine and oncology training at NUH. She was awarded

membership with the Royal College of Physicians in 2002, and specialist accreditation in medical oncology in 2005. She was subsequently awarded the HMDP fellowship and underwent further sub-specialisation training in thoracic oncology with a clinical and research fellowship at the Massachusetts General Hospital Cancer Centre, USA in 2006-2007.

Prior to joining Raffles Cancer Centre, Dr Chin was practising as a senior consultant at the National University Cancer Institute at NUH, and visiting consultant at Ng Teng Fong Hospital. Her commitment to patient care has been recognised by Spring's excellent service award.

Dr Chin's area of interest is in lung cancers, especially non-smoking related lung cancers, in addition to general oncology.

Dr Chong Jin Ho
Specialist in Paediatric Medicine
Consultant, Raffles Children Centre



Dr Chong graduated with MBBS from the NUS in 2004 and obtained his MRCPCH(UK) in 2010. He completed his paediatric training in KKH and was accredited as

a specialist for Paediatric Medicine in 2013. He subsequently obtained his Diploma in Practical Dermatology in 2014 and the Master of Science in Practical Dermatology in 2016 from Cardiff University, United Kingdom.

Prior to joining Raffles Hospital, he was a Consultant in the Department of General Paediatrics as well as the Dermatology Service at KKH. In recognition of his efforts in patient care, he was awarded the Jane Prize in Pediatrics in 2003, the CEO Patient Safety Award in 2011 and the Singhealth Quality Service Silver Award in 2015.

In addition to general paediatric conditions, childhood vaccinations, developmental assessment and common paediatric illnesses, Dr Chong has special interest in paediatric dermatology which includes conditions like atopic dermatitis (eczema), urticaria and skin infections.

Dr Chitra Gangadaran Ramalingam
Specialist in Paediatric Medicine
Consultant, Raffles Children Centre



Dr Chitra graduated from the Madras Medical College, India in 2000. She obtained her MRCPCH (UK) in 2004 and

is a Fellow of the Royal College of Paediatrics and Child Health (UK). She completed her specialist paediatric training in UK and has worked as a Specialist in Paediatric Medicine at New Cross Hospital, Wolverhampton, UK for six years.

Dr Chitra has been practicing as a consultant doing assessments for children with developmental delay, speech and language delay, learning problems, behavioural problems, attention deficit hyperactivity disorder, autistic spectrum disorder, other neurodevelopmental problems, cerebral palsy and common paediatric illnesses including epilepsy.

Dr Chitra's main areas of interests are neurodevelopmental and behavioural disorders, epilepsy and neurodisability.

Raffles Health Mobile @ Shaw Centre



On 12 May 2017, Raffles Medical Centre Orchard and Mediacorp Radio 938LIVE collaborated to share an afternoon of health and lifestyle advice relating to skin treatments, heart health, sub-health and oral hygiene. During the event, we also gave out goodie bags and provided health screening to 20 members of the public.

Speakers for the day included Dr Chris Foo, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics, A/Prof Abdul Razakjr Bin Omar, Specialist in Cardiology & Consultant, Raffles Heart Centre, Ms Ong Fang Ying, TCM Physician, Raffles Chinese Medicine and Dr Natasha Pang, Dental Surgeon, Raffles Dental.

Dr Abdul Razakjr shared the symptoms of sudden cardiac arrest during the event.

Continuing to Serve Your Healthcare Needs

Raffles Medical at Northpoint City will be reopening at #03-35 in September 2017. We look forward to continue serving your healthcare needs at our new location.



Raffles Medical – Northpoint City

Address

Northpoint City (North Wing)
930 Yishun Avenue 2
#03-35
Singapore 769098

Telephone

6755 0049

Relocation of Taikoo Place Clinic in Hong Kong

With effect from 10 August 2017, Raffles Medical - Taikoo Place in Hong Kong will be relocated at Tsim Sha Tsui, Kowloon. The new clinic will include specialist services.

Raffles Medical – Tsim Sha Tsui

Address

Unit 708, Albion Plaza
2-6 Granville Road
Tsim Sha Tsui
Kowloon

Telephone

(852) 2525 1730

Fax

(852) 2877 2416

Congratulations to our Nurses' Merit Award Recipient



TOP Nurses' Merit Award 2017 Recipient, Ms Sadiah Mohd Yusof, Manager of Obstetrics & Gynaecology Ward

BOTTOM Ms Sadiah receiving the Award from Minister for Health, Mr Gan Kim Yong.

Ms Sadiah Mohd Yusof, Manager of Obstetrics & Gynaecology Ward, was presented the Ministry of Health Nurses' Merit Award on Friday, 7 July 2017, for her outstanding performance and dedication to the nursing profession.

When asked why she chose nursing as a career, Ms Sadiah replied, "As a little girl, I saw how nurses cared for my mum who was hospitalised. Their work resonated in me and when I had to decide on my career, nursing was the obvious choice."

Sadiah added, "As nurses, we need to develop care, compassion, empathy, commitment, dedication, interpersonal and individual skills. Being a nurse is a calling; everything you have learned and experienced not only enhances the well-being of others, but also helps us grow."

Gear Up for your Marathon with our Screening Packages

Get your pre and post marathon screening to ensure you are in good health and ready to take on a physical challenge!

Pre-Marathon Screening @ \$297.46

- Physical examination and interview on medical history by Doctor
- Height and weight
- Blood tests: Full Blood Count, Renal Panel & Lipid profile*
- 12-Lead Electrocardiogram (ECG)
- Chest X-ray
- Treadmill Stress Test
- Physical Activity Readiness Questionnaire (PAR-Q)

Post-Marathon Screening @ \$80.25

- Physical examination and interview on medical history by Doctor
- Height and weight
- Blood tests: Renal panel & Creatinine Kinase
- Urine FEME

* Fasting is required eight hours prior. Please bring along your sports shoes and exercise attire for the treadmill test.

For appointments or enquiries, please call the respective clinics below.

Anson Centre: 6225 2188 • Asia Square: 6636 0160 •

Capital Tower: 6323 5212 •

Marina Bay Financial Centre: 6636 0390 •

Raffles Place: 6534 2900 • Robinson Road: 6223 1188

Prices quoted are inclusive of GST | Terms and conditions apply



Health Screening with Lab-only Analysis Packages Available at Raffles Medical

Enjoy greater flexibility and choices for your health screening. Our standard packages with lab-only analysis are now available at all Raffles Medical clinics island-wide.

Raffles Deluxe	\$299.60
Raffles Deluxe Plus	\$342.40
Raffles Executive	\$620.60
Raffles Elite (Men)	\$941.60
Raffles Elite (Ladies)	\$1,048.60

For general enquiries or an appointment, please call 6311 2222.

From left to right: Dr Fong Yan Kit (Specialist in Urology), Physician Ho Chin Ee (TCM Physician), Dr Joan Thong Pao-Wen (Specialist in Obstetrics & Gynaecology), Channel NewsAsia presenter Ms Yvonne Chan, Dr Sheila Loh (Specialist in Obstetrics & Gynaecology) and Dr Seng Shay Way (Specialist in Obstetrics & Gynaecology)



Dr Sheila Loh sharing her insights on IVF during the seminar.



Health Seminar on Fertility Issues

On 27 May 2017, Raffles Hospital and Channel NewsAsia co-organised a health seminar on fertility issues. More than 400 participants attended the seminar "Fertility Issues Explained", and learnt about common fertility issues and available treatments, and the ways to help increase their chances of conception.

Specialists from the Raffles Fertility Centre presented on Polycystic Ovarian Syndrome, IVF and other surgical treatments for fertility. Physician Ho also explained the different TCM treatments for fertility issues, while Dr Fong elaborated on how men's health played an important part in family planning.

We would like to thank our sponsors for supporting this seminar.

Vietnam's International SOS Clinics Rebranded as Raffles Medical Clinics

In 2015, a joint venture between with Raffles Medical Group and International SOS was formed to enhance and expand the services of our clinics in China, Vietnam, and Cambodia. March 2016 saw the seven China and Cambodia clinics rebranded to Raffles Medical clinics. From 5 June 2017, the three clinics in Vietnam have been rebranded as well.

Patients will receive the same high level of service and renowned quality of care, with continued access to our panel of international and local doctors. Patients and onshore panel of doctors can also expect to benefit from access to the clinical expertise and support from the Raffles specialists in Singapore.

We look forward to being your trusted partner for health throughout Asia.



TOP Raffles Medical clinic in Ho Chi Minh City, Vietnam ➡

BOTTOM Raffles Medical clinic in Hanoi, Vietnam

Happy Nurses' Day!



On 1 August 2017, we celebrated Nurses' Day at Raffles. The day started out with the Senior Management walking around the hospital, to thank nurses for their relentless efforts in taking care of patients.

Following which, a celebration was held at the Learning Centre with a cake cutting ceremony, lucky draw and presentation of Best Nurse Award. The Award was based on nomination from colleagues and the public before an internal vote was cast.

In addition, an exhibition was held in the hospital's lobby from 24 July to 9 August, profiling nurses on their different nursing journey as well as featuring a Nurses' day video (<https://tinyurl.com/rmgnursesday2017>). Members of the public and colleagues also penned down their appreciation messages for nurses.

We would like to take this chance to wish all nurses a Happy Nurses' Day!

Myths about Healthy Lifestyle

By Magdalene Lee

Many of us live much like the common refrain of Bon Jovi's hit: "It's My Life". Our lifestyle choices, be they diet, habits or exercise (or the lack of it), can impact our health. While we may not feel it in our younger days, the effects come fast and furious as we age and the build-up of the lifestyle choices we made in our youth comes to haunt us. Get common misconceptions corrected and learn how to keep lifestyle diseases at bay.

Myth #1

Busted!

Healthy eating is expensive and troublesome.



While processed foods are cheaper than organic foods, price does not necessarily equate nutrition. To save cost, buy in bulk, go for seasonal food items, load up on fruits and vegetables, and go for variety whenever possible. Prepare your meals in advance and freeze them to make your healthy eating efforts go an extra mile.



Ms Bibi Chia, Principal Dietitian,
Raffles Diabetes & Endocrine Centre

Myth #2

Busted!

Moderate drinking can offer benefits, especially to the heart.



You may have heard studies that drinking a glass or two can reduce risk of heart diseases and even diabetes. If you don't drink, don't start! Its possible benefits outweigh its health risks especially if you are predisposed with conditions such as pregnancy, family history of alcoholism, pancreatic or liver disease, heart conditions etc.



Dr Nitish Mishra, Specialist in Endocrinology &
Consultant, Raffles Diabetes & Endocrine Centre

Myth #4

Busted!

Cancer is hereditary.

Research has shown that poor diet and not being active are two key factors that can increase a person's cancer risk. While cancer genes can be inherited, the way you live your life, especially in terms of your dietary habits and activity levels, can affect your risks of cancer.



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

Myth #3

Busted!

I can repay my sleep debt by sleeping in over the weekend.



For optimum health and function, adults should be sleeping between six to eight hours daily. Losing sleep, be it due to insomnia or burning the midnight oil, will result in poor concentration, irritability, and fatigue. Sleeping in over the weekend may not fully compensate for the adverse consequences of inadequate sleep over the weekdays. So ensure you recharge your body by sleeping enough hours on a daily basis. Besides quantity, the quality of sleep is also important and can be had by adopting good sleep hygiene.



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



Myth #5 **Busted!**

Keep my BMI in the healthy range.

Most of us are familiar with the Body Mass Index (BMI), an easy and fuss-free way to determine if your weight is commensurate with your height. However, instead of focusing solely on BMI, you should also monitor your waist hip ratio (WHR) which is another useful obesity measurement to determine the overall risks of mortality, heart disease, kidney disease and diabetes.



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

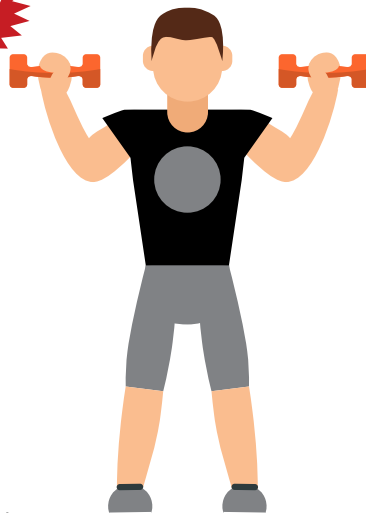
Myth #7 **Busted!**

Any amount of exercise is good.

The benefits of exercise are well-established. Latest recommendations call for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity weekly, preferably spread throughout the week. And rather than sitting and engaging in screen time, walk and stretch frequently. On the other hand, over-exercising can be detrimental to health as well. Your body needs time to recover especially from high intensity exercises. (HIIT is specifically designed to allow for max recovery during the exercise despite the high intensity.) So if you are experiencing soreness or fatigue for days or falling ill easily, you may wish to reconsider your routine.



Dr Derek Li, Senior Family Physician, Raffles Medical



Myth #6 **Busted!**

The occasional cigarette is fine.

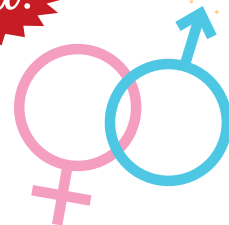
Cigarette smoking is well known to increase the risk of lung cancer, heart disease, stroke and chronic lung disease. But do you know that even light smoking can shorten your life? Those who smoked less than one cigarette a day over their entire lives were 64% more likely to die earlier than people who had never smoked. For those who smoked an average of one to 10 cigarettes a day, the risk increases to 87%.



Dr Steve Yang, Specialist in Respiratory Medicine & Consultant, Raffles Internal Medicine Centre

Myth #8 **Busted!**

As long as I have protected sex, it's ok.



Sexually transmitted diseases (STDs) are passed from person to person. Latex condoms, when used consistently and correctly (every time, all the time from start to finish) provide excellent protection from acquiring or transmitting STD pathogens. Male condoms provide greater protection against STDs that are transmitted only by genital fluids (gonorrhea, chlamydia, trichomoniasis, and HIV infection) compared with STDs transmitted primarily by skin-to-skin contact (genital herpes, human papillomavirus [HPV] infection, syphilis, and chancroid) because the male condom may not cover all infected areas in all cases. As good as condoms are in preventing STD transmission, no single method (other than abstinence) provides 100% protection from STDs. Various types of condom failures (inconsistent use, non-use, and misuse are far more common than product failure) may result in STD transmission.



Dr Changa Kurukularatne, Specialist in Infectious Diseases & Consultant, Raffles Internal Medicine Centre

ARE YOU HOOKED?



By Queenie Ho

Can't stop shopping? A need to look at your social media accounts every 10 minutes? Sleeping pills needed in order to get a good night rest? Feeling hungry all the time? You may have a problem. Dr Tan Hwee Sim, Specialist in Psychiatry & Consultant, Raffles Counselling Centre shares how addiction can affect your life.

Understanding Addiction in 1 Minute

Addiction is:

- The compulsive use of a substance or behaviour despite negative or dangerous consequences.
- A progressive mental health disorder which increases in severity over time, unless treated.
- A chronic, progressive, and relapse-prone illness.
- An illness that affects a person both physically and mentally.

The greatest difference between habit and addiction is whether or not you can control the behaviour or use of substance. Addiction can sometimes lead to serious problems at home, work, school and socially.

2 Broad Categories of Addiction

1 Substance Addiction



Addictive Medication



Inhalants



Nicotine or Tobacco



Alcohol



Drugs



Caffeine

2 Behavioural Addiction



Gambling



Internet



Sex or Pornography



Shopping



Exercise



Gaming

3 Characteristics of an Addict

- The person continues the addictive behaviour despite the consequences.
- The frequency or intensity of the behaviour increases over time.
- When the behaviour is stopped, the person experiences unpleasant feelings and emotions.

4 Tell-tale Signs of Early Addiction

- Lack of interest in activities that used to be important
- Neglecting relationships
- Increased secrecy, like lying about the amount of substance used or time spent
- Ignoring the negative consequences of their actions

5 Myths about Addiction

Addicts can just stop when they want.

Addicts often deny the severity of the problem and think they can stop whenever they want. However, they underestimate the power of addiction and eventually find difficulties quitting. If they do get to the point where they accept change is needed, they often don't have the ability to stop without professional treatment.

Addiction is a disease; there's nothing that can be done about it.

Addiction is a disease that affects the brain, but that doesn't mean addicts are helpless victims. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.

You can't force someone into treatment; they need to accept treatment willingly.

Successful treatment doesn't have to be voluntary. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. Many formerly-resistant addicts decide they want to change after they sober up and thought through clearly.

Treatment didn't work before, so there's no point trying again.

As with other treatments, setbacks will happen. A relapse doesn't mean that treatment has failed. Take it as a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

Addicts have to hit rock bottom before they can get better.

Recovery can begin at any point in the addiction process—and the earlier, the better. The longer the addiction continues, the stronger it becomes, and the harder it is to treat. Don't wait until the addict has lost all hope before intervening.

How Can We Help?

Addiction affects almost everyone close to the person with the illness. People suffering from addictions often do not want to talk about their problems. They hide their behaviour out of shame and experience feelings of despair. Many have unsuccessfully tried to quit their addictions on their own several times before they seek professional help.

As soon as you start to notice the signs and symptoms of addiction, have an honest and supportive conversation with the addict. It's important to urge them to seek help from qualified professionals. Specialists will be able to help the patient identify the root cause of their addiction while also helping them create a treatment plan that works for them. Along the way, be sure to provide the person you love with all of the support that they need. Overcoming addiction is a huge challenge and results in a complete lifestyle change, and they will certainly need help, assistance, and support along the way. Consult a psychiatrist if the addiction worsens.



When Food Consumes YOU

By Magdalene Lee

Eating disorders are serious and potentially life-threatening conditions that affect a person's emotional and physical health. One in three patients may require hospitalisation for significant weight loss and associated cardiac, skeletal, or malnutrition. We speak to Dr Chua Siew Eng, Specialist in Psychiatry and Consultant, Raffles Counselling Centre, to understand the conditions better.

COMMON SIGNS

Anorexia

- severe caloric restriction
- significant loss of body weight
- self-evaluation based on weight or shape
- fear of gaining weight
- excessive exercise
- mood disturbance or self-harm
- obsessive-compulsive behaviour

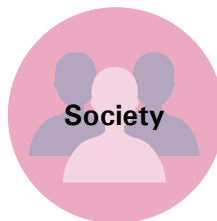
Bulimia

- eats a lot without control
- purging through self-induced vomiting, laxatives or diuretics
- shame or guilt
- self-evaluation based on weight or shape
- excessive exercise
- mood disturbance or self-harm

Binge Eating

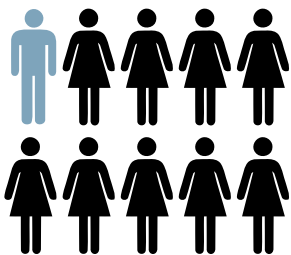
- eats a lot without self-control
- speed eating
- eating when not hungry
- overweight or obesity
- overeating to point of pain
- shame or guilt
- mood disturbance or self-harm

POSSIBLE CAUSES

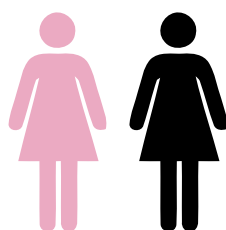


Rise of Social Media: Selfies are all the rage online, along with discussions on the 'ideal' body, often shaming and praising certain body types. Online fads such as the A4 waist challenge and the thigh gap challenge may serve to perpetuate the 'ideal' body type.

EATING DISORDERS AT A GLANCE



1 in 10 sufferers are males



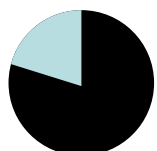
1 in 2 female youths are unhappy with their body

TREATMENT OPTIONS

The ideal approach is a multi-disciplinary approach.



Aim: Achieve healthy body weight • Stabilise cardiac status • Improve stress-coping ability



Up to 20% mortality in anorexia nervosa

Had past experience of being teased for being overweight



Help is available!

- ◆ Consult your family physician
- ◆ Get a referral to a specialist (psychiatrist or paediatrician) or dietitian, psychologist, social worker
- ◆ Visit an eating disorder centre or hospital

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Recharge

Your Tired Self

By Joanna Lee



合谷 (He Gu)

Located between the first and second metacarpal bones, right beside the midpoint of the second metacarpal bone.

Knead this point in a circular motion for three to five minutes. You should feel a slight sore and aching sensation when you have located it correctly.

Benefit

Relieves frontal headaches (or forehead pain) and improves Qi and blood circulation.

Note: Pregnant ladies should avoid pressing on this point.



外关 (Wai Guan)

Located three fingers from the wrist line and between the two bones.

Press this point on the forearm using your thumb. While applying pressure, close your eyes and turn your neck slowly from side to side for 20 times. Repeat this on the left side.

Benefit

Improves blood and Qi circulation. Relieves neck aches and tension.



内关 (Nei Guan)

Located three fingers (use second to fourth fingers) above the wrist line and between the two tendons.

With your eyes closed, use your thumb to press down on this point for three to five minutes while taking slow and deep breaths.

Benefit

Relieves nausea and stress, and improves Qi circulation.



中渚 (Zhong Zhu)

Located in the groove between the fourth and fifth metacarpal bones; behind the knuckles.

Press this point on your right hand using your left thumb. While applying pressure, close your eyes and turn your neck slowly from side to side 20 times. Repeat on the left side.

Benefit

Relieves neck and shoulder tension.



Not getting enough sleep, work stress, lifestyle challenges can take a toll on your body. If you are looking for some quick fixes, Ms Ong Fang Ying, TCM Physician, Raffles Chinese Medicine, recommends these simple massages to perk yourself wherever you go.

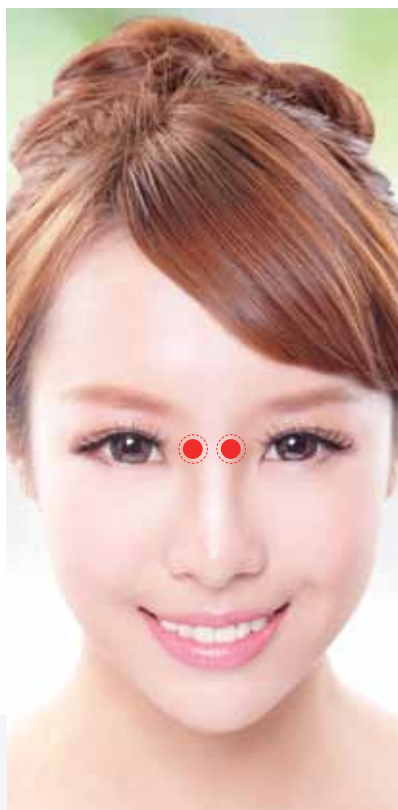
膻中 (Dan Zhong)

Located at the centre of your chest along the nipple line and on the same level as the fourth intercostal space.

Close your eyes. Breathe in and out slowly. Clasp your hands together. With your hands moving up and down rhythmically, apply pressure with the side of your thumbs to massage this point. Repeat 100 times.

Benefit

Helps to relieve stress, dispel anger and improve Qi circulation in the body.



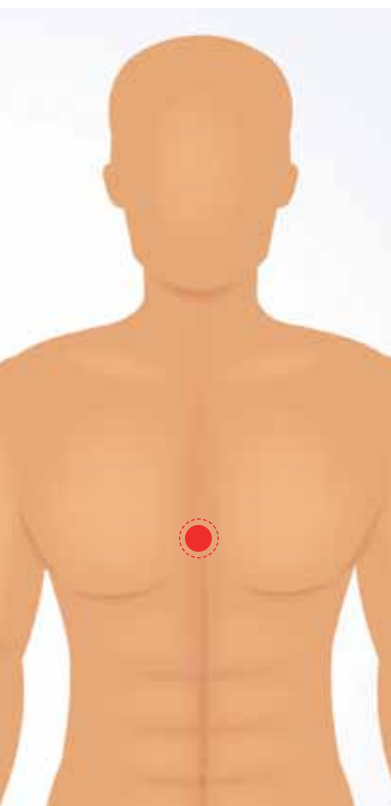
风池 (Feng Chi)

Located at the base of your skull, in the depression between the two longitudinal neck muscles (sternocleidomastoid and trapezius muscles).

Clasp your hands at the back of your head and use your thumbs to massage this point in a circular motion for three to five minutes. Alternatively, lean the base of your skull against the top of the back rest of a chair and rotate slowly from side to side to massage the acupoints there. Apply some pressure while rotating.

Benefit

Relieves tension on head and neck.



睛明 (Jing Ming)

The depression above the inner canthus (the corner of the eye where the upper and lower eyelids meet).

With eyes closed, use your fingers or joint area of your index and middle fingers to massage this point gently 100 times.

Benefit

Relieves eye fatigue.



Ear Massage

Place your ear between your middle and ring fingers. Keeping your fingers straight, slide your fingers up and down briskly. You will feel your ears slowly warming up. Do this 50 to 100 times on both sides.

Benefit

Improves Qi and blood circulation in the head. Helps you to recharge and rejuvenate quickly.



The Running Man

Your family doctor might know your medical history at the back of his hand but how well do you know him? We ask 35-year-old Dr Derek Li, Senior Family Physician, Raffles Medical at NEX to share his lifestyle and tips on running. **By Ashley Tuen**



Dr Li at the BMW Berlin Marathon 2014

A typical day for me will be ...

Waking up at about 8.30am and getting an hour's running. Following that, I have an early brunch before I head off to work at around noon. I typically end work at 9.30pm, after which I get in a second run at around 10pm which lasts for about another hour. The rest of the night is family time, and I try to go to bed by 12.30am.

Many see the lifestyles of doctors to be strict. How's yours?

Actually, I think many doctors probably get flak for not walking the talk. Personally, I clock more than the recommended two-and-a-half hours of exercise a week. On a year's average, I clock over 100km of running per week or about seven to eight hours a week. However this will be overkill for someone who does not enjoy exercising but merely wants to maintain a modicum of physical fitness or pass that annual IPPT test.

Nevertheless, I must admit that I do not adhere to a very strict diet. At work, I usually head for the most convenient meal option during meal breaks, which is mixed vegetable rice. When I have running races on the horizon, I will try to have more vegetables and lean proteins among my food choices. But in the off-season, I tend to follow my cravings, which sometimes means foods with very high salt content, such as fries, if I'm dehydrated from the morning run.

Ultimately, as long as one's body weight is within the healthy range, I think it is fine to have some variety in one's diet.

As both a doctor and one of Singapore's top marathon runners, how do you

manage a work-life balance?

I am fortunate to be able to find a career early where my work schedule allows me to fuse all three together. As I do not work any morning sessions, I get to have a morning exercise without having to wake up at absurdly early hours. The exercise session after work can be a bit tiring, especially after a long day at work but the weather is often much cooler at night. When I met my wife, I was already deep in the throes of my current exercise routine, and she is somewhat accustomed to my current lifestyle. I am very fortunate that she has been very supportive of my passion for running.

Are there any tips or factors that you can share with regards to runs?

I try to ensure that I am well hydrated before the shorter runs and drink lots of water after the run so that I recover quickly from it. For morning runs, this means drinking 500 to 700ml of water before heading out of the door. I tend not to eat or drink during the shorter runs. For longer runs, I will make sure I stay hydrated by drinking every 20 to 30 minutes, and will sometimes take energy gels every eight to 10 kilometres. After every run, I will make sure I have at least a small snack within 30 minutes of finishing the run. This ensures that the muscles start their repair and recovery processes as soon as possible.



Dr Li and his wife who has been very supportive of his passion for running.

Three things about Dr Derek Li

Are there any other sports that you engage in?

Right now, no. Running takes up all of my time.

If you could have any one superpower, which would you choose?

It will probably be the power to stop time. I would love to have more time to get stuff done. Some days, between training and work, everything seems like one big rush.

What is something most people don't know about you?

I wasn't always good at sports. I spent lots of primary and secondary school recesses in the TAF (aka overweight) club. I never ever failed a NAPFA test but I was overweight for a long time until I entered junior college.

START OF A NEW DAY

Add a day to your total life!

12MN

Your bedroom environment is so conducive, you slept like a baby.

MOVE 3 STEPS FORWARD

11PM

Ate late night supper.

TAKE 2 STEPS BACK



Listened to calming music to relax. This melts away the stress you felt today.

MOVE 2 STEPS FORWARD

10PM



Managed to catch up on some reading. This builds memory muscle and enriches your mind.

ROLL AGAIN



1AM

You're still not asleep. That's bad for your health.

TAKE 1 STEP BACK



9PM

Downed more alcohol than you can take. Now you are feeling groggy.

MISS A TURN



You decide to head to bed early after a long, tiring day.

GO TO NEW DAY

12 NOON

Had a healthy lunch. That's one serving each of protein and wholegrains and two servings of vegetables and fruits!

MOVE 1 STEP FORWARD



1PM

Went for a quick lunch filled with processed foods, increasing your risk of cancer.

TAKE 1 STEP BACK

Chance!

DRAW A CARD

2PM



You forgot your sun screen, making you prone to sun burn and skin cancer.

TAKE 1 STEP BACK

The GAME of

All of us have different lifestyles, but do you know our lifestyle can affect our health? Play this game and learn how to prevent health issues through a better lifestyle. (2 to 6 players)

Things you will need:

- 1) 1 die
- 2) 1 token per player

8PM

Chance!

DRAW A CARD

Time to exercise! This builds your strength and weight bearing capabilities. Your mood improves.

ROLL AGAIN

2AM

Chance!

DRAW A CARD



3AM

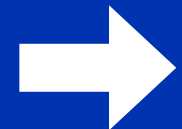
Insomnia strikes and you can't fall asleep. This affects your memory and attention levels.

MISS A TURN

Chance!

DRAW A CARD

4AM



Health

By Noel Lee & Magdalene Lee

RULES:

- Person who stays alive the longest is the winner.
- Person who draws a "Cause of Death" card puts it back into any position in the deck

Player	1	2	3	4	5	6
No. of Days Alive						

11AM


←

Occupational hazards are taking a toll on your body.

MISS A TURN

10AM

Stretched and rested your eyes. This improves your flexibility and range of joint motion.



Chance!

DRAW A CARD


MOVE 2 STEPS FORWARD

9AM

←

3PM

Break time! Had an engaging chat with your colleague allowing you to see your problems in a new light.



ROLL AGAIN

4PM

↓

Stomach feels weird. It must be the poor handling of your food. You got food poisoning!

MISS A TURN


8AM

You had a hearty breakfast, giving you an energy boost. You are more focused too.

MOVE FORWARD 2 STEPS


5PM

Got stuck in a meeting, along with the backlog of work. Help!



TAKE 1 STEP BACK


7PM



Called back for overtime.

MOVE 1 STEP BACK

6PM



You knocked off on time to chill with your family and friends.

MOVE 1 STEP FORWARD

7AM

Skipped breakfast in your rush to get out of the house.

TAKE 2 STEPS BACK

5AM


Chance!

DRAW A CARD

6AM

→


Hit the gym to get your blood pumping. What's more, it helps control your weight too.



ROLL AGAIN

9AM

Woke up feeling refreshed after a full night's sleep. It's time to start the day!



ROLL AGAIN

OKAY, WHAT WENT WRONG?



Sudden Cardiac Arrest

According to Dr Teo Swee Guan, Specialist in Cardiology & Consultant, Raffles Heart Centre, sudden cardiac arrest is one of the most common causes of unexpected death. The heart can suddenly and unexpectedly stop beating due to a variety of heart conditions. While there is not much you can do to prevent it, maintaining a healthy weight and diet helps in the long run.



Head Injuries

Head injuries can be mild or life-threatening. Dr Goh E Shaun, Specialist in Emergency Medicine & Consultant, 24 Hour Emergency, Raffles Hospital, points out that head injuries can range from simple scalp wounds to concussions and even bleeding in the surrounding areas of the brain, which may cause damage to the brain tissue and the spinal cord. If you suspect someone has head injuries, do not attempt to move them unless it is absolutely necessary.



Brain Aneurysm / Stroke

Dr David Choy, Specialist in Neurosurgery, Raffles Neuroscience Centre, explains that an aneurysm is a localised outpouching of the wall of an artery, so a cerebral aneurysm is an outpouching in the arteries in the brain. They usually go unnoticed as they have few signs and symptoms. In some cases, the brain aneurysm ruptures releasing blood into the brain space causing a stroke. If untreated, and depending on the severity of the haemorrhage, brain damage or death may occur.



Occupational Hazards

Most of us spend a good portion of our days seated and staring at a computer. As Dr Raymond Choy, General Practitioner, Raffles Medical – T3 shared, this can cause a real strain to your eyes. Also, prolonged sitting can cause lower back pain, while prolonged typing can cause carpal tunnel syndrome in your wrists. Prevent them by giving your eyes and your body a break every now and then. To relax your eyes and prevent fatigue, use the 20-20-20 rule where you look away every 20 minutes at an object about 20 feet (six metres) away for about 20 seconds. In addition, stand up and stretch your back and arms every half hour to prevent repetitive strain injury.



Sleep Deprivation

Too little sleep can lead to headaches, depression, heart failure, diabetes as well as ageing and dry skin. Studies have shown that adults who sleep less than six hours every night are twice as likely to suffer from a heart attack. Sleep deprivation also leads to hormonal changes which increases insulin resistance, and double your risk of diabetes. And according to Dr Tan Siew Kiang, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics, poor sleep quality increases the signs of intrinsic ageing, diminishes skin barrier function, increases trans-epidermal water loss from skin and leads to dry skin.



Poor Diet

Do you eat simply anything you can get your hands on when you are hard-pressed for time or stressed at work? You are what you eat and consuming junk food can actually affect your productivity. To help you make wiser food choices, consider stocking up healthier snacks in office and choosing a healthy plate for a quick lunch. And before you reach for that pack of potato chips and carbonated drink to curb your hunger pangs, take a few minutes break and opt for a healthy food break to help you better focus and refresh your mind.

CHANCE CARDS

Instructions: Cut the cards out and place them on the game board. Players to draw from the deck when they land on chance.

<p>CAUSE OF DEATH: SUDDEN CARDIAC ARREST</p> <p>You feel a sudden pain in your chest that shoots down your arms and legs. Soon after, you start to lose consciousness and black out.</p> <p>You hear footsteps rushing towards you just before blacking out. Hopefully they managed to get to you in time.</p> <p>GAME OVER.</p>	<p>CAUSE OF DEATH: STROKE</p> <p>Everything seems fine today, other than that headache you seem to get every other week. This one feels a lot worse than usual; you notice weakness in half of your body and have trouble speaking. Eventually, you start losing consciousness and black out.</p> <p>GAME OVER.</p>	<p>CAUSE OF DEATH: HEAD INJURY</p> <p>You have a fall. You don't know how or why but you did. You must have hit your head or broke something. Anyway it's too late now.</p> <p>Were you with someone or alone? Hopefully someone is at the scene.</p> <p>GAME OVER.</p>
<p>CAUSE OF DEATH: CANCER</p> <p>You notice changes in your bowel habits, maybe a strange mole on your skin or unexpected weight loss. You go to your doctor and find out that you have been diagnosed with cancer.</p> <p>GAME OVER. +1 day to life before ending your game.</p>	<p>SEXUALLY TRANSMITTED INFECTION</p> <p>Seems like the "night out" didn't go as well as you think. You may have used protection but there is a burning sensation whenever you use the toilet.</p> <p>MISS A TURN Put this card back randomly in the deck</p>	<p>INFLUENZA</p> <p>You seem to have caught an everyday flu bug. The sore throat and constant running nose is starting to annoy you and you spend the rest of the day lying in bed.</p> <p>MISS A TURN Put this card back randomly in the deck</p>
<p>SECOND CHANCE IN LIFE</p> <p>You get to the doctor on time and due to the miracles of modern medicine, you have been cured from your problems. For now...</p> <p>USE THIS CARD if you drew a card that says "game over". You have been saved. Discard this card and continue with the game.</p>	<p>SECOND CHANCE IN LIFE</p> <p>Seems like someone around you managed to get you to a doctor on time. You made it!</p> <p>USE THIS CARD if you drew a card that says "game over". You have been saved, discard this card and continue with the game.</p>	<p>SECOND CHANCE IN LIFE</p> <p>You wake up on a hospital bed confused and mildly hungry. You don't remember how or why you are there but everyone is happy to see you awake.</p> <p>USE THIS CARD if you drew a card that says "game over". You have been saved, discard this card and continue with the game.</p>
<p>HEALTH SCREENING</p> <p>Your company sent you for a medical assessment and turns out you are in good health, keep up the good work!</p> <p>+1 DAY TO LIFE Put this card back randomly in the deck</p>	<p>HEALTHY EATING</p> <p>You have been eating healthy for a while now. You feel good, more energetic and fresher. It also reduces your chances of getting type 2 diabetes, certain cancers and heart diseases.</p> <p>+1 DAY TO LIFE Put this card back randomly in the deck</p>	<p>LIFE SAVING SKILLS</p> <p>You attend a first aid / CPR and AED course. Now armed with the knowledge of saving lives, you have the ability to save someone.</p> <p>KEEP THIS CARD to save someone who has drawn a card that says "game over". If you do, discard this card.</p>
<p>SMOKING</p> <p>Due to peer influence and stress, you decided to try smoking. Smoking increases the risk of lung cancer and even causes damage to your eyes.</p> <p>-1 DAY TO LIFE Put this card back randomly in the deck.</p>	<p>CAUSE OF DEATH: DRUNK DRIVING</p> <p>Seems like you did not pay attention to all those advertisements on drunk driving. Too late now, hopefully you didn't kill someone in the process.</p> <p>GAME OVER. Every player rolls a die, the player with the lowest roll dies.</p>	<p>DENTAL HEALTH</p> <p>You did your bi-annual dental check-up. Your dental surgeon did some scaling and polishing. Time to go out with a smile.</p> <p>MOVE 1 STEP FORWARD. Put this card back randomly in the deck</p>



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Is Herbal Tea for You?

By Foo Chui Fern

For many of us, herbal teas are our go-to remedy drinks. However, do we really know them?

Herbal tea, commonly known as *Liang Cha*, is a beverage made from the infusion of plants and herbs in hot water. Rich in history, herbal teas are known to contain many therapeutic properties. Let's find out more from TCM Physician Tan Weii Zhu, Raffles Chinese Medicine.



BARLEY

Barley is well known among many for its cooling properties. According to Chinese medicine, it reduces heatiness by promoting urination. It is also loaded with nutrients such as dietary fibre which aids in digestion and heart health.



LUO HAN GUO

Don't be deceived by its thick and dark appearance, *Luo Han Guo* is sweeter than it looks. *Luo Han Guo* is packed with antioxidants and other vitamins that can help to soothe the throat and relief coughs, among other benefits.



ROSE TEA

Brewed from dehydrated rose blossoms, rose tea is popular for its light and fruity taste. Its warm nature aids in blood circulation and is useful for regulating as well as relieving menstrual discomfort. It also helps to improve overall skin complexion.

Did You Know?

It is not recommended to consume store-bought herbal teas on a daily basis.

Herbal teas that are sold in stores frequently contain more sugar and flavouring than actual herbs. Besides, one's body constitution has to be taken into consideration before consuming herbal tea. For example, frequent consumption of chrysanthemum tea might be too cooling for individuals with weak digestive functions, resulting in loose stools or even diarrhoea.

Wolfberry is not suitable for long-term consumption in children.

One herb that parents should take note of is wolfberry (枸杞子). Although popularly consumed to improve eyesight, wolfberry might promote the early onset of puberty in children when consumed in the long-term.

It is not advisable for pregnant women and lactating mothers who are lactating to drink herbal tea.

If you are pregnant or lactating, seek your physician's advice before consuming any herbal tea.

Brew It Yourself!

Seeking a child-friendly herbal tea? The sour taste of roselle and hawthorn tea helps to quench thirst, increase appetite and promote digestion in children.

Roselle and Hawthorn Tea

Ingredients:

60g of roselle (洛神花)
90g of hawthorn berry (山楂)
Candied winter melon (冬瓜糖) or rock sugar (冰糖) to taste.

Method:

- First, rinse the roselle and hawthorn berry.
- Add roselle and hawthorn berry into a pot of water.
- Bring to a boil, then lower the heat, add candied winter melon or rock sugar (according to preference) and simmer for 10 to 15 minutes.
- Allow to cool before consumption.

Rock sugar (冰糖)

Roselle (洛神花)

Hawthorn berry (山楂)

Candied winter melon (冬瓜糖)



Overloading on Nutrients

When good food becomes too much. **By Ashley Tuen**

Protein



Commonly found in red and white meat, dairy products, eggs and soy, protein helps our body to build and repair muscles. High-protein diets can build muscles or lose weight. Prolonged periods of consuming such diets may result in health issues such as heart diseases, and for those with existing renal problems, high-protein diet can worsen kidney issues.

How?

Choose the right type of protein and avoid processed meats such as ham and luncheon meat. Good choices include soy protein, beans, nuts, fish, skinless poultry, lean beef, pork and low-fat dairy products. According to the Health Promotion Board (HPB), we need about three servings of protein a day.

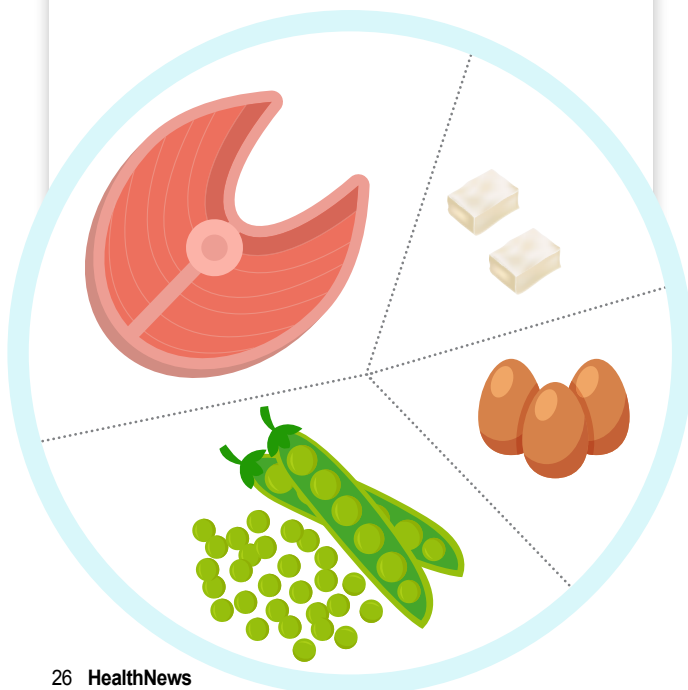
Sugar



Appearing in different forms – glucose, fructose and sucrose – sugar is used by our body for energy. It can be found naturally in fruits and vegetables or added to foods such as desserts, sodas and energy drinks. Eating too many foods with added sugars may lead to increased triglycerides and high blood sugar. The former may increase your risk of heart disease while the latter can lead to diabetes.

How?

Always check for ingredients like sugar or sugar alternative names on food labels. Sugar can be known as honey, molasses, syrup and high fructose corn syrup. Limit foods with added sugar. Focus on nutrient-dense fruits and vegetables as they contain lots of fibre, vitamins and minerals, apart from fructose alone. It is also difficult to overconsume fructose in fruits to a harmful level compared to added sugar in food.



Fruit Fall

While glucose can be metabolised by every cell in the body for energy, fructose, which comes from fruits, can only be broken down in your liver cells. It deposits fats in the liver leading to non-alcoholic fatty liver disease, increases uric acid in blood causing gout, and triggers insulin resistance causing diabetes.



While our body needs nutrition, we often think more is better and end up overloading on nutrients, which may lead to potential health issues. Ms Kesslyn How, Nutritionist, Raffles Diabetes & Endocrine Centre, shares the correct amounts of nutrients that your body needs.



Sodium



Sodium is needed by your body to maintain the right balance of fluids and for proper muscle contraction and relaxation. Main sources of sodium include processed food such as bacon and pizza, and natural sources such as dairy products. If the excess sodium cannot be eliminated by our body, it can lead to fluid retention and increased blood pressure. Persistent pressure can harden blood vessels, leading to high blood pressure, stroke and even heart failure. Studies have found a correlation between sodium intake and urinary calcium excretion. Hence, a high-sodium diet can potentially lead to osteoporosis.

How?

Reduce sodium or if possible, avoid adding salt during food preparation. Instead, try out new flavours with herbs and spices, garlic, ginger, pepper or lemon juice. Food lower in sodium may taste differently initially but allow your taste buds to adjust overtime.



Fibre



Found mainly in fruits, vegetables and whole grains, fibre is known to prevent or relieve constipation. But do you know it can also help lower the risk of diabetes and heart disease? However, too much fibre may cause cramps, bloating and abdominal discomfort. Too much fibre coupled with insufficient water intake can lead to an intestinal blockage, resulting in nutrient malabsorption and potentially surgery.

How?

Eat in moderation and drink plenty of water. Have a balanced diet by following the healthy food plate guide. Have a mix of soluble, for example oats and barley, and insoluble fibre food, for example brown rice and green leafy vegetables.



FAD FOODS

By Magdalene Lee

Unless you live under a rock, you would have seen and probably tasted some of these fad foods. Magdalene Lee speaks to Ms Bibi Chia, Principal Dietitian, Raffles Diabetes & Endocrine Centre to get the lowdown to these foods and explain the phenomenon behind the snaking queues.



Did you know

One salted egg yolk has:

187mg of cholesterol
(more than half the recommended daily intake of 300mg)

680mg of sodium
(daily sodium intake should be 2,000mg or less)

SALTED EGG YOLK

Why?

Touted to be a star ingredient, the humble salted egg yolk has made its way into dishes, breads, pizzas, pastas pastries, cakes, ice cream, and more. It's so popular that it's popping up everywhere and it seems to hit the right spot every time.

Dangers!

Before you decide to go for a salted egg yolk food trail, note that the harmless looking yolk is high in cholesterol and sodium. So unless you want to push your cholesterol and blood pressure levels sky-high, it is good to take no more than one yolk per week.



RAINBOW FOOD

Why?

We were told to eat a rainbow for a healthy diet. One of the latest food craze that is taking social media by storm (#rainbowfood has 57,000 posts on Instagram to date) is that of food in technicolour. And why not, they are pretty to look at and oh so photogenic! And if you are just about getting sick of the psychedelic colours, look no further to the galaxy and aurora for the far-away sisters of the mythical unicorn and rainbow food craze.

Dangers!

Those brightly coloured food dyes may be linked to numerous forms of cancer, along with hyperactivity and other behavioural problems in children. Many rainbow and unicorn food items are often laden with sugar to make them taste good and look pretty. Ask for natural food colouring if you must eat your rainbow. Else, find natural rainbow foods in your fruits and vegetables.



CHEESE TART

Why?

The Japanese baked cheese tarts were born in Singapore, November 2011, at a Hokkaido food fair. They flew off the rack when they finally hit our shores in 2016. Since then, variations have flowed like melted cheese from bakeries all around.

Dangers!

The cheese tart is high in sugar, fat and refined ingredients making it unwise to down them all just because you queued two hours for the box of six. We are talking about approximately 225 kcal and 15.6g of fat per tart! So learn to share the love and limit your intake for your health's sake.



BINGSU

Why?

Bingsu (빙수) is a popular Korean dessert comprising ice shavings and various ingredients, usually sweetened condensed milk, azuki red beans, fruits, Korean rice cake, cereal flakes and ice cream. It resembles our traditional ice kacang but comes with velvet-soft, melt-in-your-mouth snow. Given the sweltering heat of Singapore, who would in his right mind say no to bingsu?

Dangers!

How wrong can you go with just ice shavings and fruits right? A tablespoon of sweetened condensed milk and that tablespoon of chocolate syrup pack 65 kcal and 55 kcal respectively, so ask for the sauces to be on the side and add them to taste. Instead, gobble down the melty snow with real fruits and healthier toppings. Remember, don't go over the top!

BUBBLE TEA

Why?

Bubble tea has survived more than a decade in Singapore. The longevity to this fad could be the way it quenches our thirst and cools us down in the ever-scorching Singapore. Variations of the tea have erupted and you can get dizzy just from the selection of sugar level, flavours, add-ons, cream/milk, toppings and even temperatures.

Dangers!

Drinking empty calories is the easiest way to gain weight. Stop this bad habit today! If you must have that ice cold bubble tea, opt for no sugar or less sugar. And those chewy tapioca pearls and other add-ons? They are carbohydrates and constitute one third of the total calories of that cup of bubble tea. Think twice before adding them.



MATCHA

Why?

Matcha, a stone-ground powdered green tea used in traditional Japanese tea ceremonies, is another star ingredient in different foods and drinks including desserts, drinks, and soups. It is touted to contain various vitamins and minerals and being rich in antioxidants.

Dangers!

Unfortunately, the nutritional benefit of that matcha swiss roll is probably nowhere near the cup of authentic green tea, not to mention the amount of sugar and cream you are consuming in conjunction with the teaspoon of matcha. So take these sweet treats with care and be careful not to overdose yourself.



Skincare Routine 101

By Joanna Lee

How does a recommended daily skincare regime look like?

Your daily skincare regime should include three basic steps: cleanse, moisturise and sun protection (in the day). If your skin leans towards the dry side, adding a serum or ampoule to the regime could boost your skin's balance by keeping it more hydrated and supple, thus reducing formation of fine lines.

When to use a serum and ampoule? Can they be used together?

A serum is a skin care product that contains high concentration of active ingredients that usually targets at signs of ageing and is applied after cleansing and before moisturising. The liquid is made up of smaller molecules that can penetrate into your skin more easily, thereby allowing better absorption.

An ampoule works similarly to a serum. The difference is that it contains more condensed active ingredients than a serum and the molecule size is smaller. Depending on your skin's condition, there is no real need to use both together. But if you do, use an ampoule before serum, and select different ingredients in the two to get a range of vitamins and minerals for your skin.

Is it important to use face scrubs, and how often should it be used?

Depending on your skin type, it is advisable to use a gentle scrub two to three times a week to exfoliate your skin to remove accumulated dead skin cells that could hinder the absorption of your skincare products. It is important to work more on the T-zone of the face that tends to secrete more oil.

Adopting a skincare regime is important as it is an intricate part of your personal hygiene and your highway to having good skin. At some point in your life you would have either seen or used a cleanser, moisturiser, toner, serum, ampoule, day cream, night cream, neck cream, eye cream or sunscreen.

In case you think that taking good care of your skin requires you to go through the drill of piling layer after layer of different products on your face, read on to find out.

Is it better to use a separate cream for day and night?

The two contain different ingredients for the purposes that they are intended for. Some daytime creams contain sun protection to protect your skin from sun damage in the day while helping to keep it energised and firm. The texture of such creams tends to feel light after applying on the skin.

Night creams usually work on skin repair and regeneration while you sleep. They tend to be thicker in texture and contain anti-ageing ingredients to rejuvenate the skin through long hours.

Is there a need to use an eye cream?

There is no magic eye cream out there that can remove wrinkles, dark eye circles and reduce puffiness in the lower eye lids. Habits like frequent squinting, near work and lack of rest all add to the visible problems around the eye.

As the skin around the eyes is more sensitive, thinner and prone to dryness, eye creams are usually formulated to contain active ingredients to address some of these issues. You can still use your facial lotion and pat it gently around the eyes. But if you choose to use an eye cream or serum, choose one that contains hyaluronic acid (hydrates), ceramides (retain moisture), retinol (promotes new cell growth or regeneration) and neuropeptides (increase the production of collagen and elastin production), vitamin C (collagen production), vitamin E (nourishes and soothes skin).

Is using a neck cream necessary?

To keep things simple, treat the face, neck and chest as one body unit. You can use the same products on your face and apply the same on your neck. This includes sunscreen, which many tend to stop at the face, neglecting the neck area.



Dr Paul Chia, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics recommends the following skin care regime for people with oily or dry skin.

Oily Skin

- Use a gentle cleanser to wash away excess oil without penetrating your skin's natural moisture. Find a cleanser for oily skin to prevent stripping your skin of necessary oils.
- Oily skin tends to have extra layer of dead skin cells. Exfoliate your skin three times a week with a gentle wash containing ingredients such as alpha hydroxyl salicylic acid or retinol.
- Choose an alcohol-free toner that is formulated for oily skin. You can either use a cotton pad to apply it, or put it in a misting bottle and spray onto your face.
- Choose an oil-free liquid or serum, which does not contain pore clogging ingredients, to hydrate your skin.
- Choose a mask for oily skin and apply it every night. This will help you to balance your sebum production.
- Protect your skin from the damaging effects of the sun. For oily skin type, choose either a sunscreen that is oil-free or use a mineral powder containing SPF 50 and PA ++.

Dry Skin

- Use a creamy cleanser that is soap-free and fragrance-free to avoid skin irritation as well as stripping of moisture from the skin.
- For people with dry skin, exfoliators can be harsh and drying for the skin. Instead, gently massage your skin in a circular motion with a washcloth to remove dead skin cells before your cleanser and moisturiser. In acne-prone dry skin, a gentle exfoliator like retinol can be used twice a week.
- Moisturising is key for dry skin types. Moisturise your face at least three times a day to keep your skin hydrated and to avoid tightness and roughness of the facial skin. Apply moisturiser immediately after cleansing.

Apply a heavier moisturising cream at night to keep your face hydrated while you sleep. Look for creams containing ingredients like shea butter, hyaluronic acid and glycerin or oils such as olive or coconut.
- Use a hydrating and moisturising face mask once a week to help balance your skin tone. Choose a mask that is meant for dry and sensitive skin.
- Choose a creamy moisturising sunscreen with SPF 50 and PA ++.

A WIDE WHITE SMILE

By Ashley Tuen

Are you reluctant to flash a wide smile due to stained teeth? That yellow tinge may be related to the foods and drinks you consume daily.

Balsamic Vinegar

A healthy salad dressing but its natural dark colour sticks on your teeth which can cause staining if it is not brushed away soon.

Beverages

Coffee, tea, sodas and wine are some of the drinks causing stains due to the acidity found in them. It causes discoloration by wearing off enamel and exposing the darker yellower dentine.

Tomato Sauce

Said to be packed full of nutrients and antioxidants but its acidity, bright red hue and inclination to stick on your teeth makes it vulnerable to staining.

True or False?

Dr Samuel Loh, Dental Surgeon, Raffles Dental debunks common myths associated with teeth whitening.

Myth #1

“This over-the-counter teeth whitening kit has been highly rated. It should work!”

False. Some over-the-counter products may contain hydrogen peroxide (main whitening ingredient) but they are normally in small amounts and do not remain on teeth long enough for a major effect.

Myth #2

“Whitening toothpaste should work in removing teeth stains!”

There are two types of teeth discolouration. Extrinsic stains are on the surface and may be removed with whitening toothpaste. However, as these toothpastes contain abrasives, excessive brushing might cause more damage. Intrinsic stains are subsurface stains and cannot be removed with whitening toothpaste. It is recommended to visit your dentist for professional cleaning or teeth whitening prescription.

Myth #3

“Mixing baking soda and lemon juice will help to whiten my teeth.”

False. This is an unhealthy and damaging method. Baking soda is an abrasive and can remove some surface staining. Lemon juice is very acidic and can erode your enamel, resulting in a “shinier” and “slicker” look! Though you may look like you have whiter teeth, you are actually eroding and abrading your teeth.

To reduce teeth staining, try these tips from Dr Loh:

1. Use a straw, if possible, to reduce dark dyed beverages' contact with teeth.
2. Neutralise acidic foods with protective foods, for example pairing wine with cheese.
3. Avoid brushing your teeth immediately after having acidic foods as your teeth are in a “dissolved” state microscopically, and might erode from the brushing. Instead rinse your mouth with water and brush your teeth after your saliva has neutralised ie after 30 minutes.

HAIR MATTERS

By Noel Lee

GetGorgeous

Some people fuss over their hair to the point where their life depends on it. To them, losing or greying hair can be a devastating occurrence. How does it happen and what can you do about it? We speak to Dr Lynette Low, Specialist in Dermatology & Consultant, Raffles Skin & Aesthetics for some answers.



Hair Loss

How it happens

Hair loss is common and affects most people at some point of their lives.

A variety of reasons could lead to hair loss, including physical and emotional stress, serious illness and post-pregnancy. Low calorie diet, rapid weight loss, consuming too much Vitamin A, and taking too little iron or Vitamin D can also cause hair loss.

Hair loss can also be symptomatic of underlying diseases including systemic autoimmune conditions like thyroid dysfunction, lupus or localised scalp infections.

Grey Hair

How it happens

Greying hair is a natural occurrence as you age. With age, our pigment cells in our hair follicles die and no longer contain as much melanin, leading to white hair.

The process of greying hair is multi-factorial. Although stress may play a role in gradual greying, no clear link has been established.

Grey hair runs in the family. If you notice your parents had white hair when they were younger, it is highly possible that it will happen to you as well. Similarly, the reverse is true too.

Similar to losing hair, hair greying can also be a symptom of underlying autoimmune diseases like thyroid disorders, pernicious anaemia or vitiligo.

PREVENTION

Take care of your overall health and maintain a healthy diet. Try to reduce physical and emotional stress.

If all else fails, you may wish to see a dermatologist who can devise a solution that works best for you.

Maintain good hair hygiene through regular shampooing. When shampooing, gently massage the scalp and rinse off with cool water. Don't scrub or scratch your scalp. Use conditioners on long hair for easier grooming.

Stop smoking. Smokers have a much higher chance of their hair losing pigment as compared to non-smokers.

Eat well to ensure you get sufficient vitamins and minerals. A good diet can help prevent early greying, so consider including Vitamin B5, folates and copper in your diet.





Exercise – the harm of too little and too much

By Queenie Ho

We all know the benefits of exercise. However, are there dangers if we over-exercise and what happens when we under-exercise? Read on to find out from Ms Nur Faradyna Putri Kamarudin, Senior Physiotherapist, Raffles Rehabilitation Centre.

Here are some of the **warning signs** of over-exercising:

Prolonged muscle soreness that does not go away after three days

Falling sick more than normal

Low energy

Lack of motivation to exercise

Feeling extra irritated

Increased resting heart rate

Woes of Over-exercising

Over-exercising is not as simple as pulling a muscle or exercising too intensely or too frequently. It could be a sign of an addiction. If your need to exercise stems from how you need to look, it might be an obsession, which may turn into a serious psychological disorder if not detected in time. Also, too much exercise can lead to injuries, exhaustion, and even permanent physical harm to your organs such as your heart, or your adrenal gland.

When You are Moving Too Little

While over-exercising is a problem, inactivity can also cause serious health problems. The lack of exercise can lead to weight gain, circulatory system problems, diabetes, and joint and bone fragility, amongst other problems.

These are some benefits of exercise:

1 **Strengthens** your heart and enhances its ability to **function**

2 **Improves** sleep **quality**

3 **Increases** your **self-esteem** & self-confidence

4 Reduces mental and **muscular tension** & increases **concentration**

Don't Get Burned Out by Your Workout

Taking a day off is not being lazy. You need to rest to allow your body to recover and rebuild in order to get stronger and leaner. Having a day off does not mean you lie around all day, as you can include some light exercises, such as strolling, mild stretching and housework, which will not excessively stress your body.

Exercise is important for a **healthy lifestyle** and healthy adults should generally include aerobic exercise and strength training in their fitness plans, specifically:

- Muscle-strengthening exercises at least twice a week, and
- At least 150 minutes of moderate-intensity aerobic activity OR 75 minutes of vigorous-intensity aerobic activity a week

Moderate-intensity Activity

- Breathing quickens, but not out of breath
- Light sweat after about 10 minutes of activity
- Able to converse but cannot sing
- Example activities: Brisk walking, dancing, gardening, housework and domestic chores, playing of games or sports with children

Vigorous-intensity Activity

- Deep and rapid breathing
- Sweating after a few minutes of activity
- Pausing for breath after a few words
- Example activities: Running, climbing up a hill, fast cycling, aerobics, fast swimming, competitive sports or games

Should I Exercise When...

I have a flu or fever



Head to your bed and rest. Fever usually comes along with flu and it is advised to skip the workout until you fully recover.

I have a cold



Moderate-intensity workouts are doable, just make sure you are considerate enough not to pass on the bug to your friends should you be exercising together.

I have aching muscles



You can still exercise, but make it a light-intensity workout, such as walking instead of running. If the ache is severe, consider skipping your exercise session and resting.

I am menstruating



Technically, you can carry on with your workouts while you're on your period. However, if you've got bad cramps or are overly tired, take down the intensity or skip the workout altogether. Working out can help boost your mood, reduce your pain, and help you feel less sluggish. Consider yoga, stretching, pilates, and light cardio if you are not feeling well but want to sweat it out.

I am injured



It all depends on the severity of the injury and which area of the body is injured. Some injuries to the upper body will not affect your ability to exercise your core and lower body, and vice versa. If you want to exercise, consult a doctor first to make sure that you can exercise and to clarify on movements that you may need to avoid.

I am pregnant



Consult your gynaecologist if you are just starting to exercise after you are pregnant. Do exercises that are within your capabilities. If you lead an active lifestyle before getting pregnant, you can continue to exercise even after you are pregnant. However, take extra precaution to make sure that you do not hurt yourself and your foetus. Stop if you feel uncomfortable or unwell.

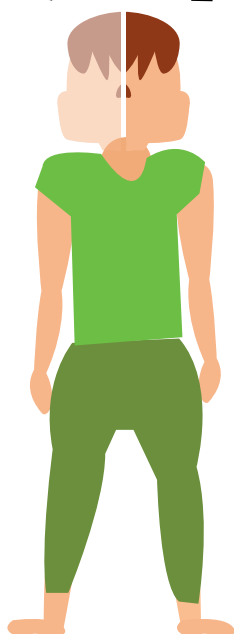
Stretch Your Pain Away

By Joanna Lee

Whether it is due to prolonged sitting at the desk or accumulated tension due to exercise, Mr Lim Hun Teck, Chief Physiotherapist, Raffles Rehabilitation Centre, recommends the following stretching exercises to help relieve common pain experienced in the neck, shoulders and lower back.

THE NECK

Left...Right



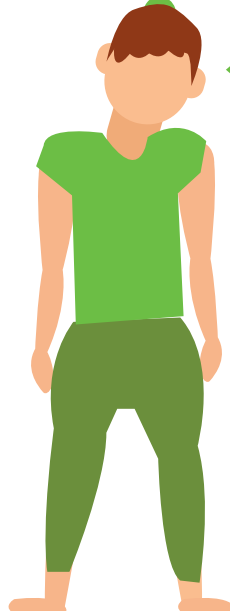
Neck Rotation

Push your chin gently backwards to ensure that your neck does not over-protrude.

Look forward and turn your head slowly from one side and hold the stretch for 10 seconds before returning to the starting position. Repeat the same on the other side.

Do this 10 times on each side.

Tilt side



Lateral Side Bend

In a standing or seated position, use your right hand to gently bring your right ear towards your right shoulder until you feel a stretch on the left side of your neck. Do not over pull the muscle.

Hold the stretch for 10 seconds before slowly returning to the starting position. Repeat for the other side.

Do this 10 times on each side.

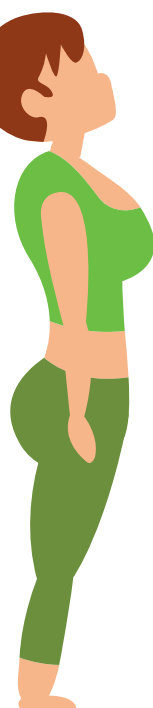
Up...Down



Head Downwards and Upwards

Drop your head forward slowly. Hold the stretch for 10 seconds before returning to the starting position. Next lift your chin upwards and hold the stretch for 10 seconds before returning to the starting position.

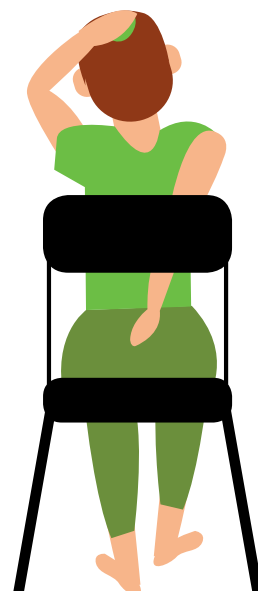
Do this 10 times in each direction.



Diagonal Neck Stretch

In a seated position, place your right arm close to your body beside you on the chair. Use your left hand and pull your head diagonally downwards towards your left armpit until you feel a stretch on your neck. Hold for 10 seconds before returning to the starting position and doing the same on the left side.

Do this 10 times on each side.



THE SHOULDERS

Parallel Shoulder Neck Stretch

Sit or stand upright, bring one arm across your body and parallel to the ground, while placing the other arm at the elbow to pull it close towards you. Hold the stretch for 10 seconds before changing to the other side.

Do this 10 times on each side.

Triceps Stretch

Stand upright. Place one arm behind your neck with elbow pointing upward. Use the other arm to gently pull down your elbow. Hold the stretch for 10 seconds before returning to the starting position.

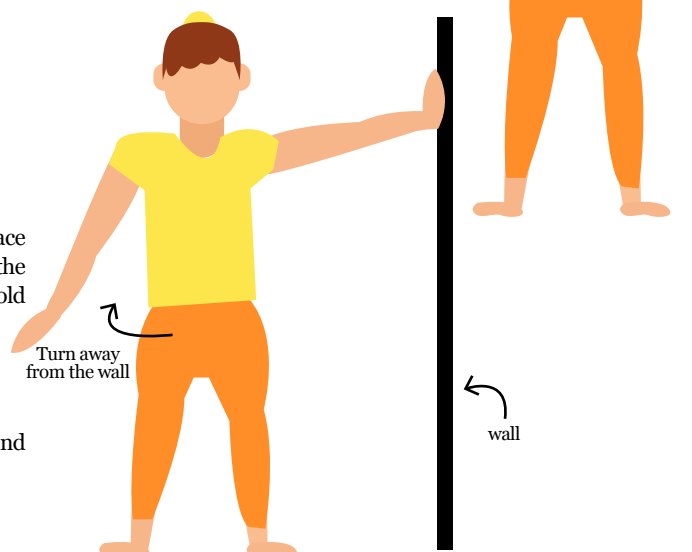
Do this 10 times on each side.

Pectoral Stretch

Stand upright. Start with either side. Stretch out your arm and place your hand against the wall or door frame. Twist your body away from the stretched-out arm until you feel a stretch on your shoulder and chest. Hold for 10 seconds before returning to the starting position.

Do this 10 times.

Alternatively, raise your arm higher to feel more stretch in the trapezius and shoulder blades.



Double Knee Twist

Lie back flat on a cushioned surface and place your feet on the ground. Gently twist your body from one side to another at small angles. Feel the stretch in your lower back.

Do this 10 times on each side.



Spinal Stretch / Lumbar Rotation

Lie back flat on a cushioned surface. Starting on the left side, gently pull your right knee and rotate to as far left as possible by keeping your shoulders firmly grounded. Hold the stretch for 10 seconds before returning to the starting position.

Repeat on the other side and do this 10 times on each side.

Knee to Chest Stretch

Lie back flat on a cushioned surface with knees bent and feet on the ground. Lift one knee and pull it close to your chest. Feel and hold the stretch in your lower back for 10 seconds before releasing it.

Repeat this on the other side and do this 10 times on each side.

THE LOWER BACK

Ask the Experts

Q: My mother likes to keep a lot of things and she refuses to throw them away. What can I do?

A: Your mother's behavior appears to be suggestive of what mental health professionals would term as "compulsive hoarders." Compulsive hoarders cannot differentiate between what is valuable and what is not. They just accumulate "stuff" over the years with no willingness to discard any of it. It is advisable that family members first consult professional help without involving the sick person. After which, they would be able to receive advice and strategies as to how to get their family member into treatment.



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

Q: What constitutes poorly controlled diabetes? What sort of damage can poorly controlled diabetes lead to in the long run?

A: People with diabetes have higher blood sugar levels than non-diabetic individuals. Treatment of diabetes aims to lower the blood glucose levels to as close to normal as possible without any side effects. Poorly controlled diabetes means that the target glucose levels are not achieved. Diabetes is a chronic medical condition that requires careful monitoring and control. If poorly managed, it can lead to serious long-term complications such as heart attack, stroke and kidney failure.



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

Q: Are there cases where exercise can be harmful to the heart?

A: Too much exercise can be harmful to the body if it leads to heat injuries. For patients with undiagnosed blockages in their heart arteries, exercise may lead to chest pains or give rise to dangerous heart rhythms. Knee and ankle injuries may arise from over-exercising due to the constant wear and tear. Those who suffered from a recent viral infection should refrain from exercising as they might have a viral infection of the heart muscle known as myocarditis.



Dr Lee Yian Ping
Specialist in Cardiology & Consultant,
Raffles Heart Centre

Q: What is osteoarthritis? What can people who are suffering from this disorder do to alleviate the pain?

A: Osteoarthritis is a condition that results from the degeneration of the joint cartilage and underlying bone. Contrary to popular belief, young people do suffer from this condition as well. Depending on the patient's age and the site at which osteoarthritis occurs, the approach to treatment will vary. In general, exercise will help to alleviate the pain and prevent further deterioration. Exercising helps to strengthen the muscle and increase the range of movement of the joints. This results in less load bearing on the joint which reduces pain and inflammation. To provide temporary relief of the pain, apply heat and cold to the affected joint. Wearing shock-absorbing footwear gives your joints the extra arch support while walking.



Mr Lim Hun Teck
Chief Physiotherapist,
Raffles Rehabilitation 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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"The best gesture in return is kindness from my patients" As a clinic coordinator at Changi Airport Terminal 3, Raphael looks after the health and safety of passengers travelling through the airport. While his job entails many challenges such as communicating with people of different nationalities, Raphael still finds joy in serving people in need.

#PeopleofRaffles
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Raffles Medical Group



Question: Is it safe for pregnant women to have sex? What precautions should they take?
<http://ow.ly/tQ5a30b94bP>



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Is intermittent fasting a fast way to lose weight? Find out some of the signs to be aware of while fasting.
<http://ow.ly/NQ2v30cxVkl>
#fasting



Raffles Hospital videos.....



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Everyone has experienced a burn before either from accidentally spilling hot coffee, touching a hot pan and or being in the sun for too long. In such instances, what first aid treatment should you do to ease the pain? In this video, we find out.

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

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