

A SIMPLE GUIDE

To Healthy Living

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PAINFUL KNEES

Why do they hurt
when I get older?

CONQUER THE FEAR OF FALLING

Let the expert teach you
how to overcome the anxiety

HAVING SORE THROAT?

Dont worry, GPs can
treat your swollen tonsils



WHY DO MY KNEES HURT WHEN I GET OLDER?



AUTHOR DR SEAN LEO, Visiting Consultant & Orthopedic Surgeon, Changi General Hospital

AS WE GROW OLDER, IT IS COMMON THAT JOINT ACHES TEND TO OCCUR MORE FREQUENTLY. MANY TIMES, THESE ACHES, PAIN AND STIFFNESS ARE REGARDED AS THE PRICE OF GETTING OLD AND HENCE MOST PEOPLE PUT UP WITH THE DISCOMFORT WITHOUT SEEKING HELP. IS PAIN REALLY UNAVOIDABLE?

Osteoarthritis is a common condition that affects older people. It refers to the wearing out of the joint lining and underlying bone, and happens most commonly from middle age onwards. It causes pain and stiffness especially in the hip, knee and thumb joints. It has been traditionally thought to result from wear and tear of the joints through years of hard work when one was younger. Osteoarthritis involving the knee tends to start insidiously and slowly builds up over numerous years to result in persistent pain and swelling

of the knee joint. This condition though not life-threatening, affects most people in their quality of life by affecting their daily activities.

While osteoarthritis may not be completely preventable, there can be some simple measures that can slow down its progression.

1. SEEING THE DOCTOR EARLY TO GET AN ACCURATE DIAGNOSIS

A common attitude among the elderly population is to avoid seeing a doctor unless it is absolutely necessary. As such,

even after sustaining an injury of the knee such as falling on the knee or twisting it, many people do not seek medical attention as long as they are able to continue walking (or limping). This may be detrimental because there may be some internal structures that may be damaged. By leaving them untreated, the wear and tear of the knee could be accelerated. Today, there are radiological investigations such as the MRI (magnetic resonance imaging) available to accurately diagnose injuries within the knee. This is a painless and non-invasive investigation that can quickly and accurately find out whether there are injuries sustained, allowing for prompt treatment. One can also be educated on activities that they should avoid in order to prevent aggravation or worsening of the condition.



2. MAINTAINING A HEALTHY WEIGHT AND BMI (BODY MASS INDEX)

A healthy weight is important in maintaining joint health. Being overweight adds mechanical stress to the joints and scientists have recently discovered that an increased fat content in the body also increases circulating chemicals (called inflammatory mediators) that causes joints around the body to be inflamed, accelerating degeneration. As such, maintaining a good BMI lowers the risk of joint stress and inflammation.

3. PARTICIPATING IN REGULAR EXERCISES

Muscle strength and function is important in joint movement because muscles provide stability to the knee joint and act as shock absorbers when in motion. This is the reason why physiotherapy and controlled exercises are an integral part of managing osteoarthritis. While exercising the normal way may be difficult due to joint pain, there are ways of modifying certain exercises to suit people with osteoarthritis. If you live in a place where a swimming pool is readily available, then one of the easiest exercises is to walk in the pool. Ideally, the depth of the water should be approximately waist-high. The buoyancy of the water helps to support your body weight while the resistance of walking in water exercises the muscles. This exercise can also be an effective cardio workout, which aids in weight control.

Ageing may bring on joint degeneration but we can take these simple steps to slow it down. If you are affected by knee pain, speak to a medical professional to explore suitable medical or surgical interventions that help improve your quality of life. Don't let age take over!

DON'T GIVE IN TO PAIN

AUTHOR DR LINSEY UTAMI GANI, ECHO Programme Director

Dear Readers,

Welcome to the second half of 2018! Happy Hari Raya for those who just celebrated them, I hope you had a wonderful time gathering with family and loved ones.

This month, we are focusing on an aspect of life that many of us are familiar with – how we stay active as we age, especially when aches and pains, along with the risk of falling, come in. I'm sure we have all had our share of experience with joint, knee pains and injuries. Those who have experienced this can attest to how these have significantly impacted their ability to be active and participate even in regular activities. For some of us, this pain may be the very reason why we have stopped being active altogether.

We start off this issue with Dr Sean Leo, one of our orthopaedic surgeons, who will be sharing about the common things that may cause knee pain and what we can do to prevent and treat it. On the same token our physiotherapist has also written an article to share about the importance of exercise to maintain our joint health and prevent knee pains. And for many of us who struggle with the fear of falling as we age, there are some tips that we have on how to overcome your anxiety of falling. We would also like to remind our readers of the availability of good GPs in our region that can help us address common ailments like sore throat and tonsillitis.

The ECHO health screening dates from the month of September onwards are out for the areas of Fengshan, Kampong Chai Chee, Bedok, Changi Simei, Eunos and Kaki Bukit. Do check these dates out and bring your friends or family along, especially those who have not participated in health screenings before. We look forward to meeting you on one of our health screening days!



GPFIRST

YOUR GPs CAN TREAT THIS CONDITION



AUTHOR DR LYE TONG FONG, Family Physician

In January 2014, the GPFIRST Programme was launched to encourage patients in eastern Singapore to see their general practitioners (GPs) for mild-to-moderate conditions rather than head to the emergency department first. In this regular series, our Eastern GPs offer advice on common ailments the community might face.

Visit www.gpfirst.sg or see your GP for more information on common conditions such as cuts, bruises, mild scalds, nausea, headaches, sprains and fevers. This issue touches on a very common condition experienced – acute tonsillitis.

YOU MUST HAVE EXPERIENCED SORE THROAT WHICH CAUSES PAINFUL SWALLOWING. DO YOU KNOW WHAT CAUSES IT?

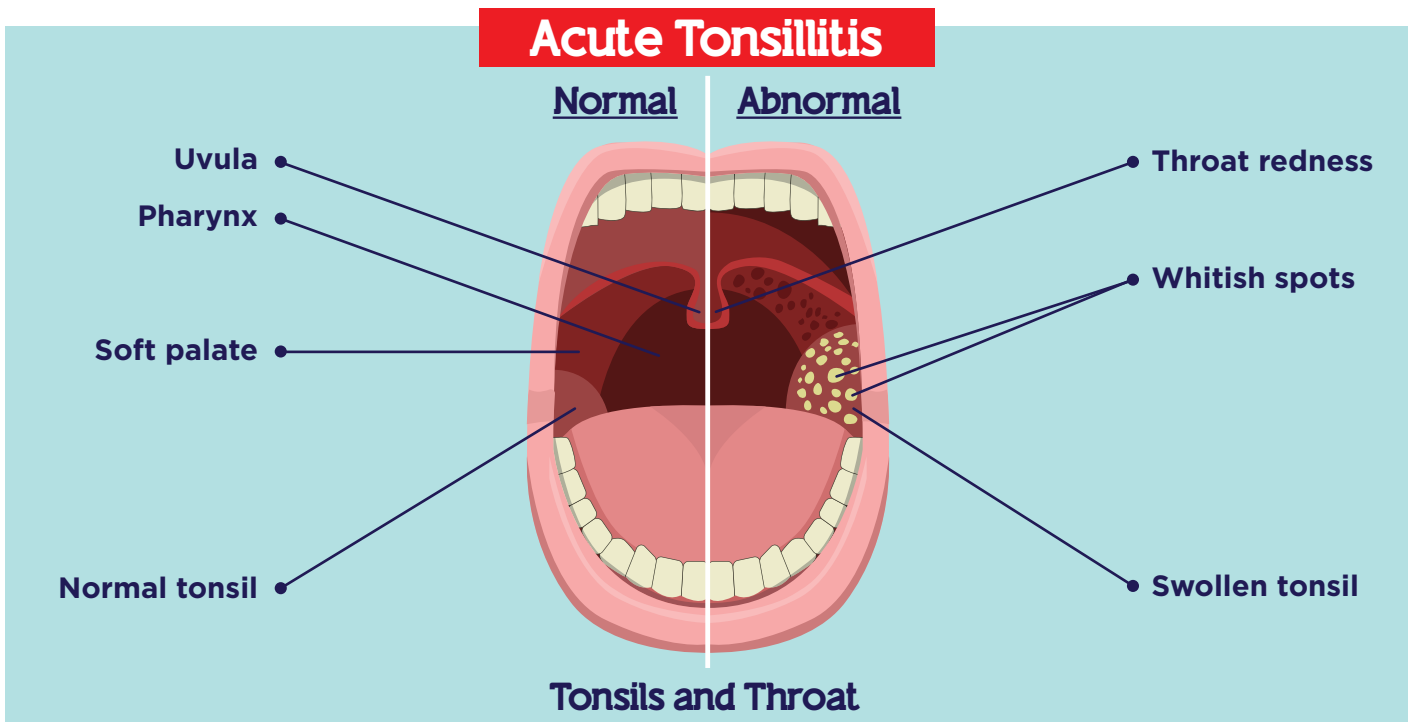
Tonsillitis occurs when the throat and tonsils become infected with bacteria or virus. Tonsils are the two lumps, which look like small grapes that act as a guardian to our airway. Many times, microbes such as bacteria or virus get picked up by tonsils during breathing or ingestion of food.

Our tonsils contain lymphoid tissues, which act as our body defenses against foreign microbial invasion. Quite often, we do not feel anything when these reactions happen but unfortunately, for some of us, our tonsils do get infected. During then, fever and throat swelling may occur, due to chemical release during an inflammatory reaction. The tonsillar bodies also swell up which makes swallowing difficult. Occasionally,

we can also feel nauseated due to the swollen tonsils.

However, tonsillitis can be treated by GPs and very often, it is due to streptococcal infection. Most GPs will prescribe a basic course of antibiotics to clear the infection first, followed by some medication to reduce pain and swelling. It is advisable to go on a soft diet (non-fried or non-spicy food) to reduce throat irritation and swallowing discomfort. It is also recommended to use an antiseptic mouth gargle to clear the throat. Keeping well hydrated is also important, especially for those experiencing high fever or poor appetite.

Occasionally, surgery may be required for patients who are unresponsive to treatment or those with very frequent relapses. Visit your GP first as he or she can assess your condition and provide you with relevant treatment options and advice.

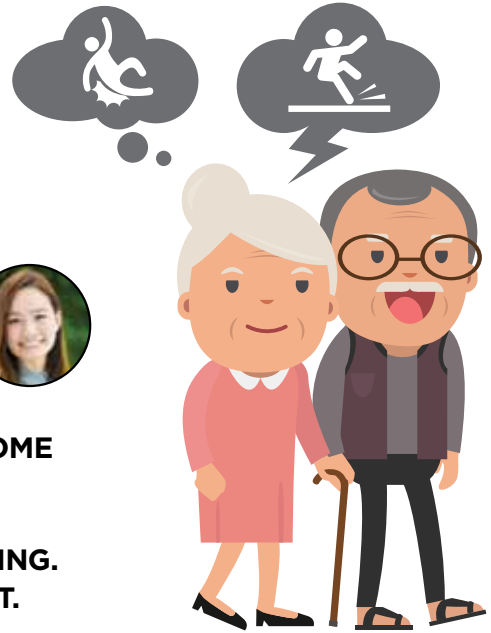




Conquering the Fear of Falling



AUTHOR DR SOON SIEW PENG, Senior Clinical Psychologist, Health Wellness Programme, Changi General Hospital



ANYONE CAN HAVE A TRIP OR FALL. HOWEVER, FOR SOME WHO ARE EXPERIENCING PHYSICAL WEAKENING WITH AGEING OR HAVE EXPERIENCED A FALL, THE FEAR OF FALLING MAY BECOME OVERWHELMING AND DISTRESSING. READ ABOUT THIS ANXIETY AND HOW TO COPE WITH IT.

In our later years, we typically become less confident in things we used to do easily, such as moving or walking around steadily. Worrying about falling is common. It arises when you feel that you cannot control your physical condition or potential consequences of falls. However, this worry can become a serious problem if it is stopping you from doing things you want to do, is constant and distressing, comes with intense anxiety sensations, or prevents you from living a fulfilling life.

How do you know you are experiencing anxiety about falling? Here's a quick checklist.

- ✔ Have you been preoccupied with the idea that you might fall?
- ✔ Has someone told you that your fears of falling are excessive?
- ✔ Have you avoided going outdoors for fear of falling?
- ✔ Do you experience rapid/pounding heartbeat, breathlessness, or feeling dizzy/lightheaded when you think you might fall?

Overcoming Anxiety

If you find yourself ticking some of the boxes, here are some tips that may help you overcome your fear.

1. CREATE A FALLS PLAN

In case you really do fall, this will help you cope with the fear of being unable to get help. Have someone you can call – either loudly to a neighbour or on the phone to an emergency contact. Once you know you have help if a fall occurs, you will feel more at ease.

2. ADDRESS ANY HAZARDS

What might cause you to fall? If you had a fall once, reflect on what caused it and try not to repeat that situation. Were you in a hurry? Were you using correct walking aids? If you can't be sure why, see the next point.

3. REDUCE RISK OF FALLING

We can change our environment to reduce risk. Avoid clutter in your surroundings and never leave it wet or slippery. Do not hurry or move around when you experience dizziness.

4. CHALLENGE YOUR THOUGHTS

Are your negative thoughts excessive and unhelpful? Check this by considering whether there is evidence for these thoughts, what is the likelihood of these fears coming true, or discuss them with a trusted person. Learn to challenge unhelpful thoughts with more balanced, realistic ones.

5. PRACTICE RELAXATION TECHNIQUES

Calm your body and mind when you feel the signs of anxiety arising. Some effective techniques include abdominal breathing, muscle relaxation exercises, imagining a calming scene, or meditation practices. These must be practiced regularly for benefits to be reaped.

6. SEEK PROFESSIONAL HELP

If you are unable to overcome your anxiety, visit your doctor for a referral to a psychiatrist and/or psychologist. He or she can guide you in learning some of the skills outlined above, set small goals towards the fulfilling life you want, or build confidence.

Don't let fear overwhelm you, because you can overcome it!

Reference:

<https://www.nhsinform.scot/healthy-living/preventing-falls/fear-and-anxiety-about-falling/how-to-deal-with-anxiety-about-falling>

NO WALK NO PAIN? DON'T FALL FOR IT!

AUTHOR ANGELINE LOH PEI YEE, Physiotherapist,
Changi General Hospital



MANY OLDER ADULTS THINK THAT WALKING LESS WILL LOWER CHANCES OF FALLING. ON THE CONTRARY, REDUCED PHYSICAL ACTIVITY CAUSES A DECREASE IN MOBILITY THAT MAY RESULT IN HIGHER RISK OF FALLING.



Knee osteoarthritis is a common condition amongst older adults. This happens when the knee cartilage gradually wears away. When this happens, the protective space between bone and cartilage decreases, causing the bones of the joint to rub more closely against one another, thus resulting in pain, swelling and stiffness in the knees.

For older adults with severe osteoarthritis, sometimes pain becomes the limiting factor of their mobility. They might cut down on physical activities such as walking to reduce knee pain. This mentality of 'no walk, no pain' might in turn increase the risk of them falling down. This happens because the reduction of mobility can result in a decline of muscle strength and balance for older adults. Approximately one third of people aged 65 years and above suffer from physical injuries, loss of function, and even death due to falls.

Ageing, and not pain, is natural. It is possible to build a strong body system that keeps joint pains at bay. An older adult with knee osteoarthritis can consider doing non-weight bearing activities when the knee pain is severe. Examples of non-weight bearing activities are cycling and exercises in a swimming pool. When the knee joint is less painful or stiff during movement, they may consider switching to weight-bearing activities such as walking, taichi or zumba. These exercises help improve strength, balance, flexibility and endurance. It is also important to warm up and cool down before and after exercise to prevent injuries and muscle soreness. If the knee pain is too severe or limits daily activities, it is best to seek medical advice.

For older adults, the recommended amount of physical activity is a minimum of 150 minutes of moderate intensity a week. It can also be 75 minutes of vigorous intensity aerobic activity a week. Apart from aerobic exercises, older adults should spend time working on resistance training at least twice a week.

Exercise can be fun! ActiveSG Masters club has many exercise programmes for adults above 40 years old; and for those who are not sure which programmes to take up, they may approach the fitness instructors at ActiveSG sport centres for a free consultation. Programmes like Pool Walk for Functional Fitness and Introduction to Strength, Cardio, Balance and Flexibility for Seniors are suitable activity sessions for older adults with joint pain.

Overcome your fears and start exercising now! Say bye-bye to knee pain and say hello to a better self!

Reference:

<https://www.myactivesg.com/programmes/academy/masters>
<https://www.healthhub.sg>



Home Recipes



AUTHOR **BRYAN TAN**, Sous Chef, Dietetic & Food Services,
Changi General Hospital



Steamed Salmon Rolls with Lime-Coriander Dipping Sauce

YIELDS 4

RECIPE ANALYSIS (PER SERVE):

	Per Portion
Calories (kcal)	155
Carbohydrates (g)	4.6
Protein (g)	15.4
Fat (g)	8.6
Cholesterol (mg)	66.9
Fibre (g)	0.6
Sodium (mg)	92

INGREDIENTS

Roll mixture:

300g soft tofu, mashed
150g fresh salmon, cut into strips
2 sprigs Chinese coriander, coarsely chopped
30g shallots, peeled and finely chopped
10g garlic cloves, peeled and finely chopped
1 sprig spring onion, finely chopped
10g shitake mushroom, coarsely chopped
1 pinch of five spice powder
1 egg
1 pinch of pepper
Bean curd sheets

Dipping Sauce:

15g big red chili, finely chopped
5g garlic clove, finely chopped
1 sprig Chinese coriander, finely chopped
3 tablespoons lime juice
1 pinch of sugar

METHOD

1. Soak bean curd sheets in a shallow plate of water and set aside.
2. Combine remaining ingredients for roll mixture in a mixing bowl.
3. Mix gently and divide into 4 portions. Set aside.
4. Lay one bean curd sheet onto a chopping board. Place a portion of mixture onto bean curd sheet. Roll bean curd sheet to form a roll. Cut away excess bean curd sheet.
5. Repeats the sequence for the remaining portions of mixture and bean curd sheets.
6. Put rolls in a steamer and steam for 10 minutes or until cooked.
7. While rolls are steaming, prepare dipping sauce by combining all ingredients for sauce in a small bowl and mix well.
8. When rolls are ready, place on a plate and serve hot with dipping sauce.

SHARE YOUR RECIPES!



Send in the recipes of your home-cooked food to the ECHO team! Our Dietitian from Changi General Hospital will review and provide suggestions to make it better and healthier and share the recipes in A Simple Guide!

Guidelines for recipe submission

1. The recipes should include ingredients and methods
2. All ingredients should have a unit of measurement (e.g. 1 teaspoon oil, 150g skinless chicken fillet)
3. Each recipe should indicate how many people the dish serves
4. The cooking equipment used to cook the dish should be mentioned (e.g. pot, non-stick pan, wok)

2018 ECHO HEALTH SCREENING



The ECHO health screenings in Fengshan, Kampong Chai Chee, Changi Simei, Bedok, Eunos and Kaki Bukit are happening! **SPREAD THE NEWS!** If you have family members, friends or relatives residing in the following constituencies, please encourage them to register for the ECHO health screening!

Note: You will no longer be receiving invitation letters by post! If you need to change your mailing address, please email to ECHO@cgh.com.sg or contact our ECHO coordinators during office hours.

HOW TO REGISTER?

- 1) Log on to www.echohealth.com.sg for online registration when registration starts, payment by VISA / MASTERCARD only.
- 2) Register in-person @ respective CCs listed (below) when registration starts. Bring along your NRIC, together with your cash payment to register.

Screening Site	Health Screening		Registration Start Date
	Day 1	Day 2	
Fengshan CC	1 Sep (Sat)	-	3 July 2018
Kampong Chai Chee CC Heartbeat @ Bedok	15 Sep (Sat)	-	
Eunos CC	29 Sep (Sat)	-	
Changi Simei CC	6 Oct (Sat)	7 Oct (Sun)	
Bedok CC	3 Nov (Sat)	-	
Chee Hoon Kog Moral Senior Citizens Activity Centre (Kaki Bukit) BLK 544 Bedok North St 3	24 Oct (Wed)*	-	28 August 2018
Kaki Bukit Garden RC BLK 526 Bedok North St 3	10 Nov (Sat)	-	

* Pre-registration via online or Kaki Bukit CC only! ECHO reserves the right to reschedule walk-in participants to the next available screening date.

CONTACT ECHO!

Please keep your subject: **ATTN to ECHO Programme**

✉ Mailing Address: 5 Tampines Central, Tampines Plaza
#08-01/05, Singapore 529541

@ E-mail Address: ECHO@cgh.com.sg

🌐 Website: www.echohealth.com.sg

☎ Telephone: 6788 8833

Monday – Friday, 9am – 5.30pm (excluding eve & public holidays)



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