

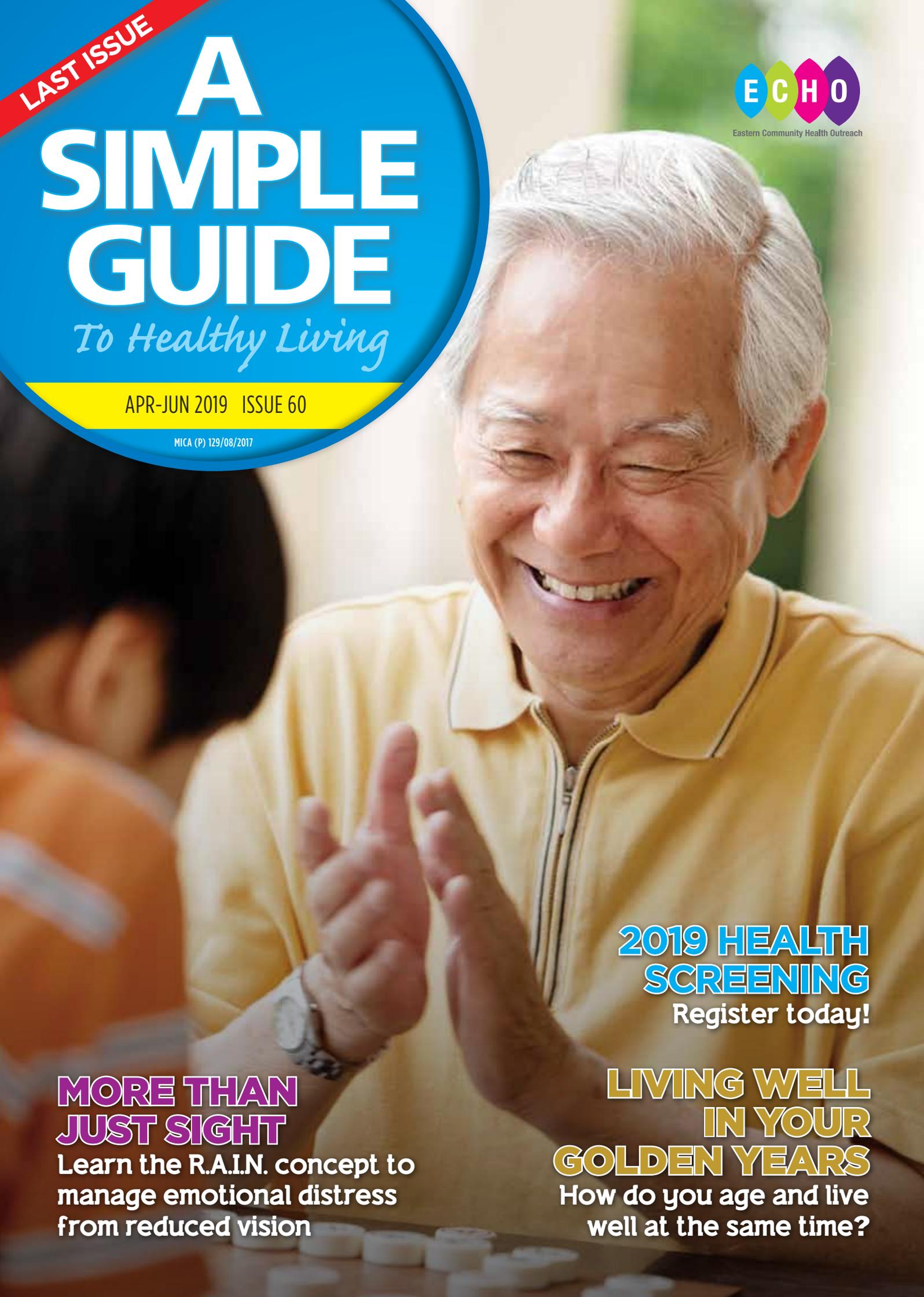
LAST ISSUE

A SIMPLE GUIDE

To Healthy Living

APR-JUN 2019 ISSUE 60

MICA (P) 129/08/2017



**2019 HEALTH
SCREENING**
Register today!

**MORE THAN
JUST SIGHT**

Learn the R.A.I.N. concept to
manage emotional distress
from reduced vision

**LIVING WELL
IN YOUR
GOLDEN YEARS**
How do you age and live
well at the same time?

LIVING WELL IN YOUR GOLDEN YEARS

AUTHOR DR BARBARA HELEN ROSARIO, Senior Consultant, Geriatric Medicine, Changi General Hospital



BY 2030, 1 IN 5 RESIDENTS WILL BE OVER THE AGE OF 65 AND CITIZENS ARE EXPECTED TO LIVE UP TO 85 YEARS. AGEING WELL MEANS WE HAVE TO TAKE BETTER CARE OF OURSELVES SO THAT WE CAN ENJOY THIS LONGEVITY.

To age well and live well, it is necessary to nip problems in the bud. Functional screening is a way of detecting health problems at an earlier stage, allowing us to age more healthily. There is a nation-wide functional screening programme for Singaporeans over the age of 60, called Project Silver Screen, which offers checks for vision, hearing and oral health.



VISION

As you age, problems with vision are common and can be treated if detected early. Cataracts for example, may result in loss of vision if untreated. Ideally, you should have an eye check every 1-2 years and for those with diabetes, checks should be done every year.



HEARING

Hearing can deteriorate due to simple problems such as the building up of ear wax

but some may need hearing aids. A loss in hearing affects our ability to hold a conversation, resulting in less interaction with friends and family, which can lead to depression. If your family thinks you have hearing problems, it's time to do a check.



ORAL HEALTH

Oral health is linked to other parts of our body – people with deep gum infections are at higher risk of heart attacks, strokes and pneumonia. Kidney disease is also more common in diabetics with gum disease which can worsen control of diabetes. A good routine for oral hygiene is important, and dental checks should be done every 6 months.



VACCINATIONS

Prevention is better than cure! Vaccinations for common diseases are recommended for those above 65. Influenza vaccine should be given annually. Other than influenza, pneumonia (lung infection) vaccines are also available. There are two vaccines for pneumonia which should be given one year apart and are particularly important for those with chronic diseases such as heart disease, diabetes and chronic lung disease.



STAYING WELL

Staying well is not just about early detection. There are active methods to adopt to improve health and quality of life. Poor sleep patterns can affect memory and



worsen depression, and muscles waste very quickly if they are not used regularly. It is thus important to exercise and get good sleep. When you move more, especially your shoulders and knees, your joints will stiffen less. When joints stiffen, it can become difficult to wash, dress and comb your hair.

To find out where and when functional screening is available in your community, you may go this website: <https://www.healthhub.sg/programmes/144/functional-screening>

Let's take an active step today to enjoy our golden years!

A PLEASANT AND MEANINGFUL JOURNEY

AUTHOR DR LINSEY UTAMI GANI, ECHO Programme Director



Dear Readers,

We hope you have been keeping well! This issue is a special issue for us as it marks our last issue for "A Simple Guide" in its current form. We thank you for your support and feedback over these few years. We look forward to providing you with more relevant and pertinent health news in our new form as part of the Changi General Hospital's 'Caring Magazine'. There's a saying that "Change is the only constant in life", so in this same spirit of embracing change, we touch on the important topic of 'Ageing Well'. As we age, changes are bound to occur and the most important thing is not to deny or refuse to accept the changes but rather learning to be prepared and take changes as part of our normal life.

Dr Barbara Rosario, one of our consultant geriatricians will be sharing about the importance of functional screening as we change and age. These include screening our vision, hearing and oral health, not forgetting other aspects of our health such as vaccination and sleep. Do access the link we have provided in the article to learn more about the availability of these functional screening programmes in our community. And most importantly, participate or bring your loved ones who may benefit from these community screening programmes.

In this issue, our health counsellor and occupational therapist will also be sharing about ways to remain safe, confident and maintain a good quality of life with reduced vision. Our family physician will also be discussing a common scalp condition – dandruff – and how to manage this, in our GPFIRST section. We hope these articles will offer some insight and be helpful for us. Not forgetting in these months of May and June – we would like to wish our Muslim friends "Selamat Berpuasa" and "Selamat Hari Raya"! We wish you a most joyous festive season from the ECHO team.

The ECHO health screenings in Joo Chiat, Pasir Ris & Kembangan-Chai Chee are happening in May-June, so please proceed to your respective community centres for registration. We look forward to meeting all of you on our screening dates! Stay health and safe!

YOUR GPs CAN TREAT THIS CONDITION



AUTHOR **DR ALVIN NEO**, Family Physician

In January 2014, Changi General Hospital (CGH) launched the GPFIRST Programme to encourage patients in eastern Singapore to see their general practitioners (GPs) for mild-to-moderate conditions rather than heading to the emergency department at the first instance. In this regular series, our Eastern GPs offer advice on common ailments the community might face and how they can be treated.

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. Read on to learn more about dandruff and what you can do about it.

Dandruff, an inflammation of the skin, is a mild form of seborrhoeic dermatitis that may occur after puberty or later in life. It usually affects areas with many oil glands such as the scalp, face, upper chest and back.

In the initial stages, dandruff is often characterised by fine, white scaling and redness of the scalp skin. It can also be accompanied by itching. This condition may then progress to affect the skin behind the ears and other facial areas. This tends to appear as dry, cracked skin.

If you think that you are suffering from the above, it is important to visit your GP for a detailed consultation and examination as the same symptoms can be caused by other types of conditions such as fungal infection of the scalp (tinea capitis), inflammation of the skin due to allergies (allergic dermatitis) or psoriasis which is a chronic inflammation of the skin. Your GP will be able to diagnose seborrhoeic dermatitis based on the appearance and location of the rash, and no further investigations are usually required.



Treatment for seborrhoeic dermatitis includes applying cream and ointment that contain steroids or antifungals (medicine that kill fungi). Your GP may also prescribe shampoos with antifungal or steroid contents. It will be helpful to bring your current shampoo along when consulting your GP as he/she will then be able to advise you if they are suitable to use. Such shampoos can also be obtained over the counter. One anti-dandruff shampoo is called 'Selsun', which contains selenium

sulfide. Anti-dandruff shampoos are typically used on a daily basis until there is reduced dandruff. Once the condition improves, the usage can be reduced to twice weekly. The shampoo should ideally be left on your hair for 5-10 minutes before rinsing it off.

Lastly, stress is known to be a trigger for seborrhoeic dermatitis. It is thus important to take time off your busy schedule for activities that can help you alleviate stress.



Lose sight, not hope

AUTHOR LIM HUI KHIM, Principal Mental Health Counsellor, Health Wellness Programme, Changi General Hospital



IN RECENT YEARS, STUDIES HAVE SHOWN AN INCREASING NUMBER OF PEOPLE NEEDING GLASSES, AND STARTING AT A YOUNGER AGE. WHILE WE MAY NOT BE ABLE TO TURN THE TIDE WITH STATISTICS, WE CAN LEARN HOW TO COPE.

More people need glasses these days. This could be due to multiple factors related to our environment, health, ageing, genetic or hereditary factors. Lifestyle habits such as excessive use of mobile devices and monitors are obvious reasons to this phenomenon. Needless to say, our eyesight has become weaker than that of our ancestors.

Vision changes, such as difficulty focusing or distinguishing colours, can occur at any age. These changes can interfere with a person's ability to complete simple daily tasks, like grocery shopping, taking transport or doing housework. Ageing is not the only factor that can affect your vision. Health conditions like

diabetes and hypertension can also cause eye problems.

MORE THAN JUST SIGHT

People suffering from reduced vision or vision loss are twice as likely to suffer from emotional distress leading to risks of depression or other types of mental health conditions, such as anxiety or social withdrawal. This is especially so for the older population. Common eye conditions associated with ageing such as cataract, low-vision or blindness can make it more difficult for senior citizens to navigate their life. Furthermore, visually impairment will affect the mobility of elderly resulting in risks of falls or other accidents. With significant vision impairment, they may have difficulties maintaining social contact, thus resulting in social isolation, disengagement and loneliness.

ALL IS NOT LOST

While corrective devices, treatment and surgery can be effective in managing some types of vision loss, adjusting and adapting to such changes can still cause significant amounts of distress to a person. Like any other major life event that can occur in our lives, both acute and chronic vision loss requires a lot of

adjustment. Through strong family support and professional counselling, one can learn to understand the process of grief associated with vision loss and can help loved ones cope with these physiological and emotional changes.

Let it R.A.I.N.

The R.A.I.N. concept comes from a mindfulness practice introduced by Ms Tara Brach in 2013. It is used to manage sudden and overwhelming emotions. Here is an example of how to use R.A.I.N. to manage emotional distress to vision loss:

- **R - Recognise what's going on**
e.g. "My eyesight is getting poorer, it's time for an eye check."
- **A - Allow the experience to be just as it is**
e.g. "Even though I can't see as well as before even after the cataract surgery, I accept as it is."
- **I - Investigate the inner experience with interest and care**
e.g. "Although I feel frustrated with myself and feel helpless at some tasks because I can't see as well as before, it's not my fault and I don't have to blame myself for it."
- **N - Natural awareness and nurture self-compassion**
e.g. "I can still enjoy a lot of other activities, and am capable of doing a lot of other things. My family is also there for me."

Take in the R.A.I.N., and learn to emotionally manage the distress of not having the kind of sight you have had before. All is not lost and remember that the quality of life is in the mind, not in the eyes.



BE SAFE AND CONFIDENT WITH REDUCED VISION



AUTHOR CINDY KOE, Senior Occupational Therapist, Changi General Hospital

OUR EYES ARE WINDOWS TO THE WORLD. WITH REDUCED VISION, WE WILL HAVE TROUBLE EXPERIENCING OUR SURROUNDINGS, LET ALONE READING. DON'T FRET, WE CAN STILL MOVE AROUND SAFELY AND CONFIDENTLY WITH SOME TIPS!

Not having perfect vision can have significant impact on daily tasks, such as cooking, using the telephone, going to work and getting around the neighbourhood. Some may feel discouraged for not being able to engage in activities they previously enjoy and avoid leaving their homes. All is not lost without perfect eyesight. We have some general strategies that can be adopted to enhance confidence, well-being and safety when moving around.



MANAGING GLARE

- Sunlight can be harmful and momentarily blinding. Put on protective wrap-around sunglasses (Figure 1) or a visor (Figure 2) to help reduce glare when you are outdoors.



Figure 1: Wrap-around sunglasses

Figure 2: Visor



SLOW DOWN

- Allow time for your eyes to adapt as you move from a dark area to a brightly lit area and vice-versa.
- Slow down when moving around in an unfamiliar environment or moving around in low-light conditions.

USE ALL YOUR SENSES

- Sometimes environmental conditions are not within your control. Thus, using your other senses, like hearing and touch, can make up for your reduced vision.
- It is important to pay attention to your surroundings.
- Only cross the road at traffic light junctions and obey the traffic lights.
- Hold onto hand rails when climbing steps or stairs.
- Use the pedestrian walkway whenever possible (Figure 3).
- For a shared walkway, keep to the sides instead of being in the middle to reduce the risk of having an oncoming cyclist or mobility device colliding with you (Figure 4).



Figure 3: Use the pedestrian walkway whenever possible



Figure 4: Keep to the sides for a shared walkway (as shown by red box) whenever possible

MOVING AROUND AT NIGHT

- Use well-lit path and routes.
- Avoid going out alone at night.

PLAN AHEAD

- Plan your route when going to a new place, for example, track the number of stops to your destination inform the bus driver of your destination so that they can alert you when arriving at the correct stop.

SEEK HELP

- If you need assistance to find your way, do seek help.

Having reduced vision does not mean you can no longer do the things you enjoy. The use of appropriate visual aids or strategies will enable you to still be mobile and continue your daily activities. Do seek advice from your occupational therapist to further learn how to manage the activities you like if you have reduced vision.



Home Recipes

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



CRISPY SALMON WITH FIERY ASIAN SLAW

PREP TIME: 7 MINS
COOK TIME: 7 MINS
TOTAL TIME: 14 MINS
YIELDS: 4

RECIPE ANALYSIS (PER SERVE):

	Per Serving
Calories (kcal)	267
Carbohydrate (g)	8.7
Protein (g)	22.0
Fat (g)	16.6
Cholesterol (mg)	50.0
Fibre (g)	2.6
Sodium (mg)	342

INGREDIENTS

4x 100g salmon fillets
1/2 teaspoon salt, divided
Pinch of black pepper
Cooking spray
1/8 cup fresh orange juice

Coleslaw Marinade:

2/3 tablespoon rice vinegar
2/3 tablespoon balsamic vinegar
2/3 tablespoon olive oil
1 1/3 teaspoons chilli sauce
2/3 teaspoon bottled ground fresh ginger
1/3 teaspoon honey
320g coleslaw mix or 220g grated cabbage + 100g
grated carrot
1/3 cup chopped fresh coriander leaves
2/3 tablespoon toasted sesame seeds

INSTRUCTIONS

1. Heat a large non-stick skillet over high heat. Sprinkle salmon fillets evenly with 1/4 teaspoon salt and pepper.
2. Coat pan with cooking spray. Add salmon to pan, skin side down and cook for 3 minutes. Turn salmon over and cook for another 2 minutes.
3. Add orange juice to pan; cook 30 seconds or until liquid almost evaporates and fish flakes easily when tested with a fork.
4. While fish is cooking, combine remaining 1/4 teaspoon salt and ingredients for coleslaw marinade in a large bowl, stirring with a whisk. Add coleslaw mix to bowl and toss well to coat.
5. Strain coleslaw mixture, return to bowl, add coriander leaves and toss to mix well.
6. Sprinkle toasted sesame seeds over coleslaw and serve with salmon.

2019 ECHO HEALTH SCREENING

The ECHO health screening in Joo Chiat, Pasir Ris & Kembangan-Chai Chee is happening! **SPREAD THE NEWS!** If you have family members, friends or relatives residing in these constituencies, please encourage them to register for the ECHO health screening!

Health Screening Fee

Pioneer Generation:	\$0
CHAS:	\$2
Non-CHAS:	\$5
Permanent Resident:	\$10 (Walk-in only)



Screening Eligibility:

For Singapore citizens, 40 years old and above with no known chronic disease and have not been screened for the last 3 years.

How To Register?

Please bring along your NRIC, PG Card*, CHAS Card*, together with your cash payment to register at the Community Club/Centre listed.

NOTE: Registration through ECHO website is no longer available.

Screening Site	Health Screening Day	Registration Start Date (2019)
Siglap South CC	25 May 2019 (Sat)	9 Apr
Pasir Ris Elias CC	15 Jun 2019 (Sat)	
Kampong Ubi CC	22 Jun 2019 (Sat)	

* If applicable.

MERGING WITH CARING MAGAZINE

ECHO's quarterly newsletter "A Simple Guide" will be merging with *Caring Magazine* starting from 1 July 2019!

Caring magazines will be distributed at ECHO health screening sites and various community clubs and centres. Posting out of newsletters to mailing addresses will cease after the last issue of *A Simple Guide* (Apr-Jun, Issue 60). For more information, please contact ECHO via hotline or email.



CONTACT ECHO!

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

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



This newsletter is printed on environmentally friendly paper.



A Simple Guide is published quarterly for ECHO Programme by **Native Studio**.

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