

A SIMPLE GUIDE

ISSUE 69 | OCTOBER 2022

Our Health
is in
*Our
Hands!*

Pg1

OWN YOUR ANXIETY

LEARN WAYS TO TAKE CONTROL
OF YOUR ANXIETY.

Pg2

SLOW DOWN MUSCLE LOSS AS YOU AGE

UNDERSTAND IMPORTANCE OF
STRENGTHENING EXERCISES
TO TAKE CHARGE OF YOUR
MUSCLE HEALTH

KEEP WELL | GET WELL | LIVE WELL

This newsletter is jointly brought to you by:

Health Up!
A SingHealth community programme

ECHO
Eastern Community Health Outreach

Dear readers, How are you?

ECHO Programme Director,
Dr Linsey Utami Gani

With the loosening of social and travel restrictions, work and leisure are picking up its frantic pace. This transition to a more hectic lifestyle may inadvertently lead to increased tension and uneasiness. In this issue, we have Dr Sanjiv Nair, a psychiatrist,

who will be sharing on how to anchor our lives amidst anxiety in a holistic manner. Wherever you find your lives to be, I hope this will encourage you to better “care” for your anxiety.

To boost your mental health, it is also important to remember to eat well. As part of a special collaboration with Singapore Cancer Society (SCS), we have invited a Principal Dietitian from SCS to share more about “Nutrition and Cancer Prevention”. This talk will be happening on the 17th November 2022. We hope to see you online then!



Anchoring Ourselves Amidst Anxiety

Sail joyfully through your worries by understanding how to tackle anxiety

Despite all the modern-day conveniences, we are collectively riddled with a constant state of tension and uneasiness. This dis-ease - ‘anxiety’ - is an apprehension of the future, rooted in a preoccupation with the past, robbing us of the gift of the present. Anxiety cripples our health, handicaps our relationships, and constricts our life experiences. In confronting this modern anxiety plague, we ought to shift beyond symptom control to thriving exuberantly.

Body – Mind – Spirit

Notwithstanding advances in neurobiology, our understanding of the nature of consciousness is limited. We are in a unique time when the healthcare system is trusted with helping individuals not only with their medical ailments but with navigating life’s problems. Systems of community and faith traditionally undertook this task. Inadvertently, we may be tricked into wanting a ‘cure’ for anxiety. We may need to look at how to ‘care’ for our anxiety instead.

A (3) Step Reflection ANCHOR, AFFIRM, ASCEND

1. Is my body anchored?

An excellent place to start is to care for our body’s building blocks – eating nourishing food, getting adequate sleep, and supplying our sense organs with that which is natural and pleasant (think aromatherapy or being in touch with nature). These may seem like a distraction from ‘the actual problem’ of anxiety – but the body and the mind are inextricably linked.

2. What is my mind affirming?

We internalise many stories about ourselves – some of these get in our way. We may not be able to ‘stop thinking’ – but the act of observing our thoughts can bring much relief. Picking up mindfulness – either in the form of mindful gardening or a meditation session provides sufficient distance from the constant chattering of the mind.

3. Can I utilise anxiety to ascend?

Ultimately, anxiety is a boost response. States of excitement and anxiety are similar physiologically. Only if anxiety is excessive and persistent do we run into trouble. Anxiety can be a vehicle to help us transcend limitations, discover inner resources and enter into states of ‘flow’. Confronting anxiety does precisely this. If we are sufficiently anchored and affirmed, anxiety can be a gift of guidance to a higher self.



AUTHOR
DR SANJIV NAIR SASIDHARAN,
Associate Consultant Psychiatrist,
Assessment & Shared Care Team
(ASCAT), Changi General Hospital

Dr Sanjiv Nair is an Associate Consultant with the Department of Psychological Medicine at Changi General Hospital. He works closely with primary care physicians to deliver holistic mental health services in the community.



Combat Age-Related Loss of Muscle with Active Health

The Importance of Resistance Exercise for Active Ageing



AUTHOR
CHRISTABELLE HO,
Active Health Coach

Christabelle Ho is an Active Health Coach with Sport Singapore and is Exercise is Medicine certified as well as in health and wellness coaching. Graduating with a degree in Sport Science & Management from Nanyang Technological University, she is passionate in empowering the community, especially seniors, to adopt healthier lifestyle habits to live actively and age gracefully.

The saying goes **"If you don't use it, you lose it"**.

This applies to our muscles and its strength. Strength is required to perform many of our daily activities such as walking, grocery shopping, opening a jar, even carrying your grandchildren or enjoying sporting activities with friends. It is especially crucial for seniors who wish to stay mobile and independent in their old age.

Our bodies experience a gradual and progressive loss of muscle mass associated with ageing which is termed "sarcopenia". We lose between 3% and 8% each decade after age 30, averaging approximately 0.2kg of lean weight loss per year. This accelerates to 5% to 10% each decade after the age of 50, averaging approximately 0.4kg per year.

But here's the good news!

This natural ageing process can be slowed down through performing regular resistance (strength) exercise. Resistance exercise can help strengthen our body alongside other benefits such as:

Maintaining walking ability and reduce risk of falls



Maintaining bone health and reduce risk of developing osteoporosis



Reducing risk of arthritis and joint problems



Better control of blood pressure



Reducing risk of heart disease



How much and what do I need to do? .?

Based on the Singapore Physical Activity Guidelines (SPAG), which is a set of refreshed guidelines for physical activities, older adults aged 65 and above would achieve significant health benefits and mitigate health risks by engaging in muscle strengthening activities on 2 or more days a week, at moderate or greater intensity.

Unlike aerobic exercises such as brisk walking, swimming, or cycling, strength exercises typically involve some form of weight or resistance such as one's body weight, resistance bands, dumb-bells, or gym machines. A rule of thumb is to start low, go slow and you may start with resistance band exercises in the comfort of your home to move strong and be balanced!

FIND OUT MORE ABOUT SPAG ON



Try this out!

Leg Press with resistance band

This exercise works on your lower body. Having strong muscles in these areas can help to better support your body weight and relieve the load on your knees and ankles. If you have any medical or musculoskeletal conditions that might affect your ability to be physically active, please consult your doctor or a healthcare professional first.



In a seated position, hold the ends of the resistance band in each hand at hip level.

- Place one foot in the center of the band with knee bent
- Keep back straight and step towards the ground
- Return slowly to start position
- Perform 10 repetitions before changing to the other leg
- Aim for two to three sets of 10 repetitions for each leg

Where can I learn more?..?

If you are aged 60 and above, and you want to learn how to prevent sarcopenia or delay the age-related loss of muscle, join us for our 8-week Combat Age-Related Loss of Muscle (CALM) programme guided by our Active Health Coaches at an Active Health Lab nearest to you!

FIND OUT MORE ABOUT CALM ON



“

With the ageing population, there are age-related problems with falls being one of them. A fall tends to be the start of a downward spiral. Therefore, for prevention, do not fall! While we cannot control ageing, what we can control is our strength and balance, which have been strongly proven to prevent falls.

”

A/Prof Benedict Tan,
Head, SingHealth Duke-NUS Sport
and Exercise Medicine Centre





For those who love to eat bread, this is a lovely recipe to try as it is tasty and satisfying even eaten on its own. It is also high in fibre and cholesterol free.

Live Well by Eating Right!

Vegetarian Focaccia

Preparation Time 1 hour 30 minutes

Makes 1 (Weight) Loaf

PER SERVING (69 G/SLICE)

Calories	135 kcal	Fibre	1.6g
Carbohydrate	26.3 g	Protein	4.2g
Fat	1.7 g	Sodium	167mg
Cholesterol	0 mg		

This recipe is brought to you by the Department of Dietetic and Food Services, Changi General Hospital.

INGREDIENTS:

Bread Flour – 350g (12 ¼ oz)
 Maltitol – 20g (2/3 oz)
 Salt - 1 tsp
 Bread Improver – 1 tsp
 Yeast – 2 tsp
 Mixed Dried Italian herbs – 1 ½ tsp
 Cold water - 200ml (6 ½ fl oz / 4/5 cup)
 Olive oil – for brushing

FILLING

Cooking oil – 1 tsp
 Garlic – 3 cloves, peeled and minced
 Carrots – 30g (1 oz), peeled and finely sliced into strips
 Turnips – 80g (2¾ oz), cleaned, peeled and finely sliced into strips
 Chinese Cabbage – 55g (2 oz), finely sliced into strips
 Black fungus – 30g (1 oz), soaked until soft, hard gritty bits, trimmed and finely sliced into strips
 Dried Chinese mushrooms – 30g (1 oz), soaked until soft and finely sliced into strips
 Water – 100ml (3 1/3 fl oz / 3/5 cup)
 Salt – a pinch
 Ground black pepper - a pinch

METHOD:

- ① In a mixing bowl, combine bread flour, maltitol, salt, bread improver, yeast and mixed herbs and mix well. Gradually pour in cold water and olive oil and mix until a smooth dough is formed. Cover with a clean cloth and leave dough to rest at room temperature for 20 minutes.
- ② Meanwhile, prepare filling. In a wok, heat oil over medium heat. Add garlic and fry until fragrant, then add carrots, turnips and cabbage. Stir-fry for 3 to 5 minutes, then add black fungus and mushrooms and stir-fry for another minute.
- ③ Add water and reduce heat to low. Leave to simmer uncovered, until water is mostly absorbed. Season with salt and pepper and stir to mix well. Remove from heat, drain excess water and set aside to cool.
- ④ On a lightly flouted work surface, roll out dough to 0.5-cm (1/4-in) thickness. Arrange cooked vegetables on top of dough and fold sides in towards the centre, overlapping one side. Carefully flip dough over and leave to rest for 25 minutes. Preheat oven to 200°C (400°F).
- ⑤ Using a fork, prick holes into dough. Brush lightly with olive oil and bake for 20 minutes, or until focaccia is light golden brown. Remove from heat and leave to cool before serving.

ANNOUNCEMENTS AND EVENTS

Attention to all! ECHO Connect! is back again with another exciting online health talk, specially curated for you!



NUTRITION AND CANCER PREVENTION

Let's hear from Ms Lau Tze Ching, a principal dietitian from Singapore Cancer Society as she discusses the current dietary recommendations for cancer prevention, based on evidence that was proven to be consistent over years of research.

How to register?

- 1) Simply click on the "Register Now" text to sign up for the talk!
Registration closes on 15th November 2022.

**Register
Now!**



⇒ Click Here! ⇐

DATE & TIME	SPEAKER
17th November 2022, 12pm – 1pm	Ms Lau Tze Ching Principal Dietitian, Singapore Cancer Society



Eastern Community Health Outreach

Health Up!TM

A SingHealth community programme

CONTACT US!

SEND IN YOUR INQUIRIES TO:

- ECHO Programme: echo@cgh.com.sg
Visit ECHO website: <https://www.singhealth.com.sg/rhs/keep-well/Health-Screening-in-the-East>
- Health Up! Programme: health.up@singhealth.com.sg
Visit Health Up! website: <https://www.singhealth.com.sg/rhs/health-up>



ALWAYS WANTED TO GET HEALTHIER
BUT TOO BUSY TO ACT?

Health Up!™

Keep Well, Get Well and Live Well
A SingHealth community programme



IS THE PROGRAMME FOR YOU!

Health Up! is a SingHealth initiative that aims to encourage individuals to adopt healthy lifestyle habits and complete age-appropriate health screenings.

Kickstart your journey to better health now!

- **Complete the Onboarding Survey** to help us understand your health status and lifestyle habits
- **Receive a H e a l t h A c t i o n P l a n P e r s o n a l i s e d f o r Y o (H.A.P.P.Y)** based on your current health and fitness levels
- **Be recommended to selected health screening(s)*** if you are eligible
- **Get connected to various fitness activities** and pick up health and wellness tips from trained professionals



Register [now!](#)

Only open to:
Singapore Citizens & PRs
Aged 40 and above
Living in the East



*Obesity, Diabetes, Hypertension, High Cholesterol, Selected Cancer Screenings (i.e. Colon, Cervical and Breast) based on recommendation and eligibility. Subsidised fees applicable.
For more enquiries, visit <https://www.singhealth.com.sg/rhs/health-up>

SingHealth

Defining Tomorrow's Medicine

Mild to Moderate Medical Conditions?

Your GP can **treat it!**



The GPFirst Programme is an initiative by Changi General Hospital's A&E Department in partnership with over 170 participating GP clinics in eastern Singapore.

Patients with mild to moderate symptoms are encouraged to seek treatment at the GP clinics first instead of going to the A&E.

Should the patient be given an A&E referral from the GPFirst GP, he or she will:

- ✓ Be accorded higher priority over non-emergency cases
- ✓ Receive a \$50 subsidy* on the prevailing attendance fee at CGH A&E

For more information, visit www.GPFirst.sg

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*Terms and Conditions apply

GPFIRST
YOUR FAMILY DOCTOR, YOUR FIRST STOP

