

A SIMPLE GUIDE

ISSUE 73 | JUNE / JULY'23

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is in
*Our
Hands!*

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EXERCISE TO MAINTAIN THE
FLEXIBILITY OF YOUR JOINTS

KEEP WELL | GET WELL | LIVE WELL

This newsletter is jointly brought to you by:

Health Up!
Keep Well, Get Well and Live Well
A SingHealth community programme

ECHO
Eastern Community Health Outreach

Dear readers,

We are speeding into the second half of 2023 and I hope you have been keeping well. In this issue, Dr Timothy Lim from the Singapore Cancer Society Women's Gynaecological Cancer Awareness Committee will be sharing on Human Papilloma Virus (HPV) and the importance of vaccination. Globally, cervical cancer is the 4th most common cancer among women and getting vaccinated is a safe, effective way to reduce this. We also have an article on managing osteoarthritis with exercise that we hope you will be able to put into practice. Do check out the past events done by the Health Up! team and visit the Health Up! website to look out for future events and activities that you can participate in. Stay well and keep active!

ECHO Programme Director,
Dr Linsey Utami Gani



HPV and The Importance of Vaccination

What is HPV?

The Human Papilloma virus (HPV) is a cause of cervical cancer, which usually does not occur until years after infection. HPV infection is very common and though the majority of infections do not cause illness, persistent infection can result in disease. 70% of cervical cancers are caused by HPV types 16 or 18. Globally, cervical cancer is the 4th most common cancer among women, with approximately 570,000 cases annually. According to the Singapore Cancer Registry Report 2019, it is the 10th most common cancer among women in Singapore, with an age standardised incidence rate of 7 per 100,000 women, which has remained unchanged for the past decade. However, peak incidence occurs in women in their prime and it is the 4th most common cancer in women aged 30-39 years old. In addition to cervical cancer, HPV can also lead to other anogenital cancers such as vulva, vagina, anus, and penis, as well as some oropharyngeal cancers.



AUTHOR
DR TIMOTHY LIM
Chairman of SCS Women's
Gynaecological Cancer
Awareness Committee

Dr Timothy Lim is the current Chairman of the Singapore Cancer Society Women's Gynecological Cancer Awareness Committee. He is also a Specialist in Obstetrics and Gynaecology with a special interest in the management of gynaecological cancers.



Importance of HPV Vaccination

There are three prophylactic HPV vaccines available in Singapore. The first generation vaccines were launched in 2007 and protect against HPV types 16 and 18, whereas the second generation HPV vaccine which was launched in Singapore in 2017, adds a further protection against an additional 5 types of high risk HPV (31,33,45,52,58). Two of these vaccines also target HPV types 6 and 11, which can cause genital warts. All three HPV vaccines have excellent safety, efficacy, and effectiveness profiles.

Cervical cancer prevention remains the priority for HPV vaccination. The World Health Organisation (WHO) recommends that HPV vaccines be introduced as part of a coordinated and comprehensive strategy to prevent cervical cancer and other diseases caused by HPV.

Get Immunised From HPV

The Singapore Cancer Society (SCS), together with Temasek Foundation launched the **Human Papillomavirus (HPV) immunisation programme** to provide HPV 2 vaccination at no cost to eligible females (CHAS subsidy) from low income backgrounds. This new initiative helps eligible women cover the out-of-pocket expenses after government subsidies, for three doses of the HPV vaccination. The programme subsidies will be valid till the end of September 2024.

Get your HPV vaccination at no cost* at our participating clinics^.



Blue or Orange CHAS Cardholder

- ✓ 18 – 26 years old
OR
- ✓ 27 – 45 years old
who have received
their first dose

*Terms and conditions apply.

^Please check your eligibility below.



For those with CHAS Green cards or non-CHAS cardholders, the HPV vaccination is available through the school vaccination program (free for 13-year-olds), as well as at the polyclinics, GP clinics, specialist clinics, and hospitals. Medisave can be used for the vaccination for girls aged 9 to 26 years old, and 2 doses instead of 3 are sufficient for those aged 9 to 14. HPV vaccination is also approved for usage in the prevention of HPV in males and the age limit is now up to 45 years old.

Cervical cancer is the most preventable cancer. HPV vaccination is safe, efficacious, and highly recommended to prevent this disease.

Free Cervical Cancer Screening for You

The Singapore Cancer Society provides cervical cancer screening (Pap smear/HPV test) **at no cost** to eligible Singaporean/PR women @ Bishan clinic.



CHECK YOUR ELIGIBILITY

⇒ Click Here! ⇐

Check your eligibility to be vaccinated at no cost here.

BOOK NOW

⇒ Click Here! ⇐

Click here to register for an appointment or call 1800 - 727 - 3333.

LEARN MORE

⇒ Click Here! ⇐

Click here to visit the SCS website.

Keep Well & Stay Fit!

Manage Osteoarthritis with Exercise

Osteoarthritis is a progressive local degenerative joint disease and is associated with risk factors including obesity, history of joint injury or surgery, genetic predisposition, and ageing. In Singapore, about 10% of the population is diagnosed with arthritis. Osteoarthritis is most prevalent in older adults aged 60 to 69 years with about 20% of them having arthritis and chronic joint symptoms such as joint stiffness, swelling, redness and pain.

Though it may sound intuitive for one to minimise movement when suffering from osteoarthritis, the right form of exercise will help to keep our joints healthy because:

Repetitive movements in aerobic exercise causes loading and unloading of the joints, which facilitates the delivery of nutrients to the cartilage.

Resistance exercise strengthens the muscles around the joint, helping with better shock absorption and relieving of pressure from the joints.

Exercise, in general, minimises functional decline while reducing pain and joint stiffness.



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.

Choosing The Right Form Of Exercise To Manage Osteoarthritis

Lower impact exercises such as cycling, tai chi, aqua exercises and seated leg exercises are beneficial for individuals with knee osteoarthritis to begin with. The seated position during these activities alleviates the body weight loading and exposes the joints to appropriate amounts of resistance. The pain rating scale is a useful tool that can be used before, during and after exercise to evaluate if the exercise performed is safe and appropriate.

Wong-Baker FACES® Pain Rating Scale



Source: Wong-Baker FACES Foundation (1983)



Always Listen to Your Body

A slight increase in pain during and immediately after exercise is normal but should not increase exponentially. The pain should also subside after 2 hours. Switch to alternative exercises of a lower intensity, targeting the same muscle group, if necessary.

Stretch It Out!

Flexibility exercises can help preserve the full range of motion of the joints, preventing further joint stiffening and loss of function due to osteoarthritis.

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.

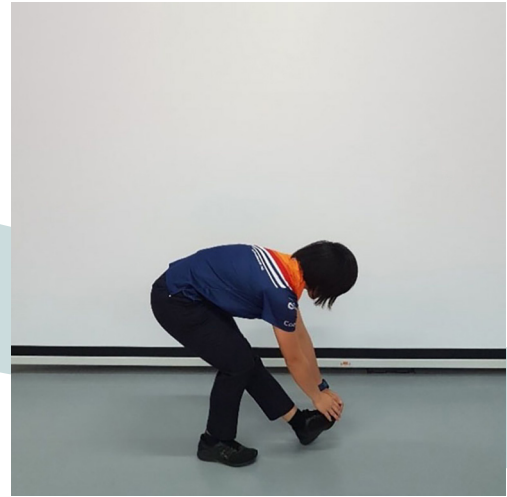
a) Quadricep Stretch



This exercise lengthens the front thigh muscles, or quadriceps which can help reduce tension on the knee.

- ① Bend your right knee to bring your foot up. Hold onto a support with your left hand if necessary.
- ② Hold your right ankle with your right hand and pull your right heel slowly towards your buttock.
- ③ Hold the stretch for 10 to 30 seconds.
- ④ Repeat exercise with the other leg.

b) Hamstring Stretch



This exercise lengthens the back thigh muscles, or hamstring which can help reduce tension on the knee.

- ① Straighten your right knee and point your toes towards the ceiling. Hold onto a support with your left hand if necessary.
- ② Reach forward with your right hand as far as you can.
- ③ Hold the stretch for 10 to 30 seconds.
- ④ Repeat exercise with the other leg.

Where can I learn more?

If you currently have mild to moderate hip or knee osteoarthritis and wish to learn how exercise can help with your condition, join us for our **6-week Manage Osteoarthritis with Exercise programme** guided by our Active Health Coaches who will support you in your Health Plan at your nearest Active Health Lab!

(Cost: \$48 for 6 sessions, further discounts apply for citizens who are ActiveSG members.)



Find out more about the programme here.

We would like to thank former Sport Singapore colleague, Chen Bokai, for his valuable contribution to this article.



This delicious, warming soup features an innovative way of using cabbage as dumpling wrappers, a creative way of delivering a healthy dish!



Live Well by Eating Right!

Seafood Dumplings in Bonito Broth

Preparation Time: 45 minutes
Serves 4

PER SERVING

| | | | |
|--------------|----------|-------------|---------|
| Calories | 164 kcal | Cholesterol | 141.8mg |
| Carbohydrate | 3.0 g | Fibre | 0.8g |
| Fat | 2.4 g | | |

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

METHOD:

- ① Using the back of a knife, mince prawns and fish together. Place in a mixing bowl and add water chestnut, egg white, garlic, salt and pepper and mix well. Set aside.
- ② Bring a pot of water to the boil. Blanch cabbage leaves for about 15 seconds, then drain and lay out on a flat work surface.
- ③ In the middle of each leaf, spoon in 1-2 Tbsp prawn and fish mixture. Gather sides of leaves up together and secure using spring onion leaves, like a parcel. Set aside.
- ④ In a pot, combine soy sauce, Hondatsu and water. Bring to a gentle simmer over low heat for 5 minutes. Gently lower cabbage dumplings into stock and leave to simmer for 5-7 minutes.
- ⑤ Dish out and serve immediately.

INGREDIENTS:

- Prawns – 300g (11oz), peeled and deveined
- Boneless red snapper fillet – 300g (11oz)
- Water chestnuts – 30g (1oz), peeled and finely chopped
- Egg white – 1
- Garlic – 1 clove, peeled and chopped
- Salt – a pinch
- Ground white pepper – a pinch
- Chinese cabbage – 12 leaves
- Spring onions (scallions) – 4 stalks, roots removed, blanched + a handful for garnish
- Light soy sauce – 1tsp
- Hondatsu – 1tsp
- Water – 500ml (16 fl oz)

Past Events

Healthy Dishes Made Simple – Health Up! Cooking Demo Event

On a bright Saturday afternoon on April 3rd, a group of Health Up! members gathered to watch the program's very first healthy cooking demonstration. There was an air of excitement amongst the crowd as this is also the first time that Health Up! members met each other in person.

Chef Bryan Tan from Changi General Hospital's Dietetic & Food Services department was invited to demonstrate his skills in whipping up two delicious dishes – fish papillote & dim sum chicken.



The members did not just get to watch and learn, they were also given opportunities to help Chef out with stir-frying the ingredients. When preparing the fish papillote dish, each member also had hands-on experience placing the fish on a piece of baking paper and folded it into pretty curry puff looking shapes before steaming them.

Participants watched up close and some even took notes as Chef Bryan demonstrated ways to cut and prepare the ingredients. Chef Bryan also explained a few tips on how to ensure store-bought vegetables stay fresh longer in the fridge.



Each participant was given copies of the recipes and they also took home samples of the cooked food. Our HU members thoroughly enjoyed the cooking demo and mentioned that they would love to attend more of such events in the future.

HU members can look out for one more cooking demonstration coming their way later this year, in September 2023! More details on this event will be publicized and sent out to members 😊



Health Up! Launch @ East Coast GRC

The Health Up! program was officially launched for East Coast residents on 28th June 2023, Saturday, at Bedok Town Square. The launch event was graced by Deputy Prime Minister Heng Swee Keat, advisor to East Coast GRC.



Various community partners participated in the event, and an array of booths were set up to attract the crowd. Bedok Town Square was filled with members of the public as early as 10am, as they walk around to participate in the various activities offered by our community partners such as Active SG, Health Promotion Board (HPB), Community Nursing, National Library and many more. These booths served as informative resources, providing information on the different programs and activities that are readily available in the community. This is also in line with the core objective of the Health Up! program – connecting residents with resources to live better through Health Eating, Physical Activity, Screening and Community Education.

Over at the Health Up! booth, a group of Wellbeing Coordinators were seen attending to residents' inquiries on the Health Up! program and signing up residents who were keen to join. Visitors were also given goodie bags upon completion of the game cards that were given out at the event.



The event ended with a mass morning workout session, conducted by two Active Health coaches - Ms Christabelle and Mr Vye Rern. Mr Heng Swee Keat, invited VIPs as well as members of the public took part in the ten minute warming up exercise and enjoyed the benefits of cardiovascular activity while having fun.

More than 300 East Coast residents signed up for our Health Up! Programme after the successful launch! Look out for more Health Up! Roadshow events near you!



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>

