A preview of exciting things to come
For years, Parkway East Hospital has been delivering expert medical treatment in the warmth of a genuine family environment, because we believe there’s no better way to ensure the most comfortable, welcoming care for you and those closest to you.

With each new generation, it’s good to know there are some things you can always rely on.

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Towards Tomorrow

Taking a moment to appreciate yesterday, celebrate today and prepare for tomorrow.

In this first 2017 issue of Mosaic, it is timely for us to recap our many achievements in the six years since Parkway Pantai was incorporated. More importantly, we reflect on how this has laid the foundation for bigger and better things in 2017 (page 4).

While we strive to bring quality healthcare to more people around the world, education remains a core focus. Read about our Malaysia Operations Division empowering its nurses with continuing education (page 8) and how Parkway College continues to deepen the healthcare talent pool in Singapore (page 10).

2017 will also be a time for us to strengthen our organisational capabilities, improve productivity and enhance efficiency. Learn about the steps we’re taking in our third home market by reading about our India Operations Division Leadership Summit (page 14).

With people and patients at the heart of all that we do, corporate social responsibility and community engagement continues to feature highly on our agenda. We share how Mount Elizabeth Hospital supported a mother of four’s battle against breast cancer (page 32) and how Gleneagles Kota Kinabalu saved the life of a three-year-old patient with open heart surgery made possible by our Life Renewed programme which is sponsored by the Khazanah IHH Healthcare Fund (page 34).

We are excited to begin 2017 with these inspiring stories and more, and look forward to sharing another meaningful year with you.

Lim Bee Ling
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Since it was incorporated in 2011, Parkway Pantai has made significant strides in the global healthcare arena, bringing quality healthcare to the doorsteps of more people around the world. Here’s a look back at some of its key milestones and a preview of exciting things to come in 2017.

- Parkway Pantai was formed following the merger of healthcare assets belonging to Singapore’s Parkway Holdings and Malaysia’s Pantai Holdings.
- Mount Elizabeth Novena, Parkway Pantai’s fourth hospital and first greenfield in Singapore, began operations. The hospital is built to patient-centric specifications and even secured the Green Mark Platinum Award from the Singapore Building and Construction Authority for its environment-friendly features.
- Parkway Pantai won a historic land bid to build the first private hospital in Hong Kong since 1995.
- It entered Vietnam through a hospital management agreement with City International Hospital.
- The Group launched ‘Life Renewed’, a cornerstone corporate social responsibility programme that provides medical treatment to needy patients in Singapore and Malaysia, sponsored by the Khazanah IHH Healthcare Fund. To date, Life Renewed has helped over 1,100 patients requiring eye, heart, bone, cancer and various other surgeries.
Pantai Hospital Manjung began serving patients in the northern part of Malaysia.

Parkway Pantai expanded its healthcare network in China from primary to tertiary care with Shanghai International Medical Centre, operated under a hospital management agreement.

It completed acquisition of Continental Hospitals and Global Hospitals in India, establishing a third home market.

Danat Al Emarat Hospital, another Parkway Pantai-managed facility, began to provide specialist care in Abu Dhabi to women and children.

Parkway Pantai also extended its Malaysia footprint to Johor and East Malaysia with the opening of two new hospitals – Gleneagles Kota Kinabalu in May followed by Gleneagles Medini in November.

Parkway Pantai organised its inaugural Quality Summit for staff across all its three home markets, as a significant move to synergise standards and processes in all its operations.

It formalised a lease agreement for Gleneagles Chengdu Hospital in western China and entered into a land contract for Gleneagles Shanghai Hospital.
Pumping up for 2017

New facilities and technologies to support Parkway Pantai’s commitment to best-in-class patient experience and outcomes.

GLENEAGLES HONG KONG OPENS

Parkway Pantai's new 500-bed flagship hospital in Wong Chuk Hang, Hong Kong is slated to receive patients in March.

The hospital is in its final stage of preparations and recruitment, staff training, setting up of departments and services are in full swing.

The hospital has credentialed around 400 visiting doctors and aims to bring onboard 30-40 resident doctors to provide more comprehensive care to patients.

As the first private hospital in Hong Kong to offer fixed-price packages, Gleneagles Hong Kong will launch all-inclusive packages from day one for 50 procedures. These packages will be expanded gradually to 150 in the months to come.

GLENEAGLES SHANGHAI BREAKS GROUND

China continues to be a key market that Parkway Pantai focuses on in 2017.

This year will see the ground breaking for Gleneagles Shanghai, its 450-bed multi-specialty hospital in the New Hongqiao International Medical Centre. Built to international standards, the hospital will leverage its close proximity to the Hongqiao airport and high speed railway station to provide integrated healthcare services for residents in the Yangtze River Delta and beyond. Over the next few months, it expects to formalise the agreement to open a new hospital in the Yangzi River Delta region.

Parkway Pantai’s first hospital in mainland China, Gleneagles Chengdu, is gearing up to commence operations in the first quarter of 2018. The 350-bed multi-specialty hospital is strategically located in the Perennial International Health and Medical Hub with direct connection to the Chengdu East High Speed Railway Station.

2017 will see the ground breaking of Parkway Pantai's multi-specialty hospital Gleneagles Shanghai in the New Hongqiao International Medical Centre.

It will provide specialised care and clinical services to a catchment of 148 million residents in Chengdu and other cities in Sichuan and western China.
"I am confident that as we continue to forge ahead as a team, we will remain robust and can look forward to another year of growth."

DR TAN SEE LENG,
GROUP CHIEF EXECUTIVE OFFICER AND MANAGING DIRECTOR

DEPLOYING SMART TECHNOLOGY

Increasingly, Parkway Pantai is leveraging e-technology to improve patient outcomes and empower its doctors and staff.

In Singapore, for example, Parkway Pantai continues to trial the IBM Watson™ cognitive computing system in its Mount Elizabeth Novena intensive care unit, as a means to enhance early assessment and medical intervention of diseases.

A product of artificial intelligence, IBM Watson™ works by reading patient data from connected sources such as electronic medical records and equipment, and adapting and learning from user responses to generate clinical hypotheses.

Smart technology is also seen as an important tool to boost productivity.

Parkway Pantai is exploring various e-platforms that will provide added convenience to patients and doctors. These technologies are expected to free up the nursing staff so they can devote more time to patient care.

Across its operations, particularly in India where it acquired nine hospitals in 2015, Parkway Pantai will continue to focus on synergising its operations and processes to achieve cost efficiencies and savings.

With a stable of 31 hospitals across the region, it taps on its extensive network to enjoy economies of scale for procurement of equipment and supplies. This helps in Singapore, for example, as it invests in new e-technologies and medical equipment to provide better patient care.

It continues to build on Gleneagles as its global hospital brand in the new key markets it enters, including China and India.

Above all, Parkway Pantai is committed to leveraging its deep talent pool to share knowledge and best practices. Its people can look forward to upskilling opportunities, even opportunities to work abroad and cross-border collaborations, as the organisation expands.

With all these and more, Parkway Pantai is poised to continue its mission of delivering quality healthcare to people in 2017 and beyond.
Excellence in Education

For Parkway Pantai in Malaysia, a focus on continuing education for its nurses translates into better care for its patients.

Nurses are on the frontline when it comes to caring for patients with all sorts of conditions, so for Parkway Pantai in Malaysia, ensuring that its nurses are well prepared starts with continuing education.

Chiristien Rajathi, Assistant Director of Nursing (Education), Gleneagles Hospital Kuala Lumpur, explains, “The healthcare field is constantly evolving with new diseases, technological advances, patient care trends, new and revised protocols, medical breakthroughs and new research findings. New information is always coming in. This affects how nurses carry out their work and provide patient care. A commitment to continuing education and the ongoing pursuit of the most up-to-date and accurate information enhances the competency, knowledge and skills of our nurses, which in turn lead to better patient care and more positive outcomes.”

EDUCATION IN NUMBERS

In 2016, Parkway Pantai nurses in Malaysia proactively sought to upskill themselves through a variety of training programmes, including higher education certifications.

- **Post Basic Diploma**
  - > 130 nurses completed

- **Degree in Nursing**
  - 97 nurses completed
  - 50 nurses pursuing

- **Masters in Nursing**
  - 2 nurses completed
  - 7 nurses pursuing

Continuing education helps nurses deliver better patient care.
To this end, Parkway Pantai’s Malaysia Operations Division offers a host of upskilling opportunities for its nurses, who are required to complete at least 32 hours of training each year. They can take their pick from a wide range of in-house training programmes as well as external workshops, symposiums and short courses.

Nurses who choose to pursue a part-time Degree or Masters in Nursing can also apply for sponsorship aid from the organisation. This sponsorship also extends to Post Basic and Advanced Diplomas, with additional allowances for nurses who successfully complete their Post Basic and Degree courses.

In addition, Parkway Pantai offers support and counselling for those who face difficulties in their studies while allowing nurses to conduct research studies at all Glenegales and Pantai Hospitals across the country.

“Continuing education empowers the nurses and heightens their sense of personal fulfilment, self-esteem and confidence. Professionally, it also puts them in a stronger position for career advancement and professional recognition,” concluded Daphne Lee, Head of Education Unit, Pantai Hospital Ayer Keroh.

“A love for nursing can fuel a passion for learning, as Pantai Hospital Ipoh’s Assistant Nurse Manager Sr Jeyakali recently discovered. She took the Post Basic Renal Course in 2016 to improve her knowledge in managing haemodialysis patients and ended up topping the course nationwide!

Jeyakali began her career with Pantai Hospital Ipoh as an Infection Control Nurse in the Intensive Care Unit. Two years later, in 2013, she chose to join the Haemodialysis Unit.

“Dialysis was my option because I enjoy working in critical care. I also wanted to be exposed to different experiences,” she shared. “I was able to perform as the best student in the Post Basic Renal Course because I had good tutors and clinical instructors. I was also motivated to do my best to return the trust that the hospital placed in me by selecting me for the course.”

The process was not an easy one for Jeyakali, whose husband suffered a heart attack during that time. Thankfully, he has recovered.

“I have learnt that nothing is impossible if I really work hard for it. As nurses, learning never ends — it is important to always do our best, give our utmost, enhance our skills and update our knowledge. A nurse’s journey is like a never-ending learning curve.”

Sr Jeyakali is also thankful for the support of the Haemodialysis team as she juggled work and studies.

“In the beginning, it was challenging for Jeyakali to cope with the high operational demands and patient expectations in the Haemodialysis Unit. However, with perseverance and an eagerness to learn, she has been able to surpass these challenges to excel.”

— NORHAYATI HAMZAH, ASSISTANT DIRECTOR OF NURSING & HEAD OF HAEMODIALYSIS UNIT, PANTAI HOSPITAL IPOH
Off to a Great Start

Parkway College sends off its 2016 graduands while marking a series of milestone firsts.

For almost 70 Parkway College graduands, 18 November 2016 marked the start of a new beginning. For Parkway College, the occasion was made extra special as this graduation also marked a series of firsts in its history.

It sent off its pioneer class of 10 students with a Diploma in Optometry, the first and only pathway in Singapore that offers practising opticians a chance to upskill themselves as optometrists.

“As a healthcare professional, your expertise and knowledge is a prerequisite. But what you do with that knowledge — how you value add to that knowledge to make things better for the sick and the infirmed — is the key. You can achieve that through your service.”

- DR KELVIN LOH, CHIEF EXECUTIVE OFFICER OF SINGAPORE OPERATIONS DIVISION
With effect from 2016, its Bachelor of Science (Honours) Diagnostic Radiography and Imaging programme has also become the first of its kind to be recognised by the Allied Health Professions Council in Singapore. This means that its graduates need not take a further qualifying exam to practise in Singapore. With this affirmation of the programme’s quality, it is unsurprising that Parkway College welcomed a full-capacity cohort of 40 students in its latest intake.

Parkway College was established in 2008 as the education arm of Parkway Pantai in Singapore.

“In the final year, through tie-ups with Lions Club, we conducted eye examinations for older patients. It was a meaningful experience, both in terms of learning and helping others.”

– DARREN LIM, VALEDICTORIAN, CLASS OF 2016, DIPLOMA IN OPTOMETRY

In the final year, through tie-ups with Lions Club, we conducted eye examinations for older patients. It was a meaningful experience, both in terms of learning and helping others.”

– DARREN LIM, VALEDICTORIAN, CLASS OF 2016, DIPLOMA IN OPTOMETRY

A LEARNING ENTHUSIAST

40-year-old Darren Lim is an engineer by training, an entrepreneur by practice and now, the valedictorian of the first graduating class of Parkway College’s Diploma in Optometry.

For over 12 years now, Darren has been running his own eyewear business. A desire to better serve customers motivated him to take the 36-month part-time course to upgrade himself from an optician to an optometrist.

“The Diploma in Optometry by Parkway College was the only upgrading option available to me and it was extremely helpful in strengthening my foundation and fundamentals,” he shared. “The final year of the course was my favourite part as it focused more on hands-on experience.”

Armed with the knowledge, skills, passion and confidence to practise optometry, Darren intends to focus on growing his business.

“To encourage lifelong learning and career employability, Parkway College has always and will continue to offer new pathways and improvements in the curriculum that will aid in skill upgrading and career advancement.”

– DR LEE HONG HUEI, CHIEF EXECUTIVE OFFICER OF PARKWAY COLLEGE
AWAY FROM HOME

For To Man Ki, valedictorian of the Diploma in Nursing Class of 2016, her dream of being a nurse led her to a foreign land. Up until three years ago, she had never, once stepped foot in Singapore. But the then 19-year-old made the bold decision to relocate here to pursue her dream of becoming a nurse.

“At the time, I was looking for options and chanced upon a Parkway College advertisement in the newspaper. When I looked it up, I discovered that Parkway College is an arm of Parkway Pantai, which is a leading healthcare company with an extensive portfolio of hospitals. I felt that choosing Parkway College would afford me many valuable learning and career opportunities,” she shared. The young nurse-to-be was also excited at the prospect of living in a new country and experiencing Singapore’s multi-racial culture.

“When I first arrived, I had no friends or family here. I wasn’t acquainted with the other Hong Kong students either but during the course, we became much closer. It was helpful and comforting to have fellow countrymen by my side,” said Man Ki.

With a strong support network, she was able to deliver excellent results, which placed her at the top of her class. In her valedictorian speech, Man Ki said: “I am glad to be surrounded by determined, ambitious and sincere classmates, who turned our goal of becoming a professional nurse into a reality.”

Parkway College’s 36-month full-time Diploma in Nursing course provides a professional foundational education for students. Through collaborative arrangements with industry practitioners, nurse educators and Parkway Pantai’s network of hospitals in Singapore, students benefit from both practical training and industry-based learning.

A YOUNG DREAM

“I was inspired to become a nurse by someone I met when I was younger,” revealed To Man Ki. “I was hospitalised once. The nurse who attended to me really made a deep impression. She handled her duties well and was patient and kind in explaining my situation to me. I decided that I wanted to be just like her — a nurse who is professional and great with patients. It became my dream to enter nursing and help others.”
PICTURE-PERFECT PASSION

Interest led to excellence for Bernice Shermaine Wong, who graduated top of her Bachelor of Science (Honours) Diagnostic Radiography and Imaging class.

While many people still mainly associate healthcare with doctors and nurses, Bernice Shermaine Wong discovered the diversity of a healthcare career from a young age. Her curiosity about different healthcare roles and functions blossomed into a passion for radiology when her mother brought her to tour her workplace one day — in the radiology department of a Parkway Pantai hospital.

Enamoured by the imaging machines and equipment she saw during that trip, a young Shermaine was captivated by the technology she saw. As she grew up, she found herself naturally drawn to photography too. She enjoys playing with filters before sharing photos on social media platforms, likening it to diagnostic images in radiology. This combination of interest and passion, with some exposure courtesy of her mother, motivated Shermaine to enrol in Parkway College’s Bachelor of Science (Honours) Diagnostic Radiography and Imaging course.

“I’ve never once felt pressured to perform well. Mom always says: ‘You don’t have to do well as long as you have done your best,’” said Shermaine during her valedictorian speech. She also shared how she and her course mates once choreographed a silly dance in an attempt to memorise the different positions and anatomical planes used in radiology.

But the 36-month full-time course was not all fun and games. It took excellent time management to handle the demanding curriculum — from juggling clinical attachments to meeting assignment deadlines. So Shermaine has this piece of advice for future students: “Always have a good balance of work and play. Learn to manage your time well, and don’t be afraid to ask questions.”

A BROADER HORIZON

As part of the course, Shermaine Wong had the opportunity to participate in a two-week overseas attachment to the United Kingdom. It turned out to be a memorable and rewarding experience for the budding radiographer.

“It was an enriching and fun opportunity to get to explore healthcare in a different country and culture. The difference in pace and workflow procedures, for example, was an eye-opening experience. I was also able to gain valuable takeaways that I would not have otherwise learnt in a classroom or local setting,” said Shermaine.
For the first time, the key operations, quality and support function employees from Global Hospitals, Continental Hospitals and India Operations Division corporate office were brought together by a commitment to create a high-performing culture characterised by the ability to align, execute and renew. This was the India Operations Division Leadership Summit 2016 — a milestone initiative by Parkway Pantai held in November 2016 in Hyderabad.

While Parkway Pantai’s third home country may be diverse in language and ethnicity, cuisine and weather, India Operations Division employees recognise that the delivery of quality healthcare services calls for consistent standards, unified processes and a high-performance work culture.

The two-day event began with a theme-setting forum led by Ramesh Krishnan, Chief Executive Officer of India Operations Division. It also welcomed Dr Ravindranath, Chairman of Global Hospitals, who spoke about the one-year-old partnership between Global Hospitals and Parkway Pantai and the value this brings to the ethical delivery, equitable...
“We envisioned the 2016 India Operations Division Summit as a platform to share collective experiences and discuss the way forward. I believe the summit has had its desired effect in redefining the way we do things, reinventing the way we think and recharging the way we do business.”

RAMESH KRISHNAN, CHIEF EXECUTIVE OFFICER OF INDIA OPERATIONS DIVISION

The summit also involved participants in a string of inspiring games meant to nurture stronger teams, generate ideas and strengthen cross-cultural awareness. This included one led by Head of Human Resources Suvro Raychaudhuri, which focused on the essential elements to building a high-performance work culture — minimising dissonance, building trust through credibility, respecting fairness and camaraderie, and balancing long- and short-term goals.

The summit’s success was reflected in the feedback, with all participants agreeing it was a great initiative!

96% I found this forum a great place to meet up and get to know colleagues better
92% I could relate to what was discussed on creating high-performance work cultures
94% I feel I can apply some of the learning takeaways in my workplace
100% Overall, the India Operations Division Summit 2016 was a great initiative!
For two days in November 2016, the nurses of Continental Hospitals gathered for their first International Nursing Conclave, organised around the theme of ‘Nursing Beyond Challenges – Futuristic Nursing’.

“The nursing profession needs to begin to recognise new trends and patterns that are emerging in healthcare. It is crucial that nurses learn to generate new ideas for care, utilising the new medical and communication technologies that are blossoming daily,” explained event programme director and Director of Nursing, Josephine Cyrill.

With the guidance of a course faculty comprising 29 accomplished healthcare experts from within and beyond Continental Hospitals, the two-day programme delved into current trends, challenges and innovative technology. The mix of presentations, panel discussions and breakout sessions created an engaging environment for nurses to learn and exchange knowledge.

“It is also important that nurses learn the business concepts that are driving healthcare systems today,” said Josephine. “This is a time of opportunity. Nurses and nurse educators are in an excellent position to lead, rather than follow.”

THANK YOU TO OUR DISTINGUISHED SPEAKERS!

- Abanty Gopan
  Retd Professor, NABH Assessor
- Ajitha Nair
  Chief of Nursing, Premium Medical & Healthcare
- Bobby Ramesh
  Director – Nursing, Apollo Hospitals
- Caroline Mwende Munyaasya
  Matron – Safe Care Farm Access, Kenya
- Elaine Ng
  Group Director of Nursing,
  Parkway Pantai
- Geetha Rejy
  Education Consultant, MoH, UAE
- Dr Guru N Reddy
  Chairman, Continental Hospitals
- Josephine Cyrill
  Director of Nursing, Continental Hospitals
- Dr Jothi Clara
  Group Nursing Director, Global Hospitals Chennai
- Judith Vasan
  Chief of Nursing, Aware Global Hospitals
- Prof Pity Koul
  Director, School of Health Sciences, IGNOU
- Dr Rajendra Vajrapu
  Chief Intensivist, Aware Global Hospitals
- Sasikala
  AGM Nursing, Continental Hospitals
- Prof Shirley David
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- Shubhada Sakurikar
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- Dr Sr Vijaya M Uдумala
  Principal, St Joseph’s College of Nursing, Guntur
- Sr Marianne Adayadil
  Founder, JMJ College of Nursing
- Sugandha Naik
  Deputy Director of Nursing,
  Jaslok Hospitals
- Sunitha Talwar
  Chief of Nursing, Virinchi Hospitals
- Thankam Gomez
  Executive Vice President, Health Education
- Dr Vishwanbar Nath
  Chief of Urology, Continental Hospitals
- Vivian Tan Vui Vui
  Programme Developer, Singapore

Continental Hospital celebrates a successful first nursing conclave.

Nurses explored the future of nursing through a series of seminars and discussions.
At the Forefront

Continental Hospitals saves patient with rare cardiac procedure, the first of its kind to be performed in the twin Indian states of Telangana and Andhra Pradesh.

The life of a 38-year-old woman from Maharashtra in west India was recently saved by the skilled and timely intervention of the Continental Hospitals cardiac team.

In October 2016, Jyothi Chobey was diagnosed with a large swelling in the main blood vessel extending from the diaphragm to the abdomen. The swelling also affected branches to the liver, kidneys, stomach and small intestines. If left untreated, it would continue to grow and eventually lead to rupture and leakage of blood into the abdomen, causing a serious threat to her life.

“The problem in this patient was that blood supply to all the important abdominal organs was arising from this swollen blood vessel,” explained Dr Bharat Purohit, Chief of Cath Lab & Interventional Cardiology. “To overcome this, we decided to take a hybrid approach in which we first performed Aortic Debranching before implanting a stent graft.”

This is considered an extremely complex procedure and had never been performed in Hyderabad and the twin states of Telangana and Andhra Pradesh before.

Dr Purohit and his team worked with their Cardiothoracic and Vascular Surgery colleagues led by Chief Cardiothoracic & Vascular Surgeon Dr Avinash Dal on the 18-hour surgery. Dr Dal’s team took up the challenge of performing Aortic Debranching to insert six artificial bypass grafts to all the major organs of the abdomen. Once it was ascertained that the artificial grafts were supplying adequate blood supply to these organs, Dr Purohit and his team performed Endovascular Aneurysm Repair (EVAR) to implant the stent graft.

The procedure went smoothly and the patient has since recovered and returned home.

"Although the procedure involved almost 18 hours of surgery, it carried less risk when compared to other methods.”

DR BHARAT PUROHIT, CHIEF OF CATH LAB & INTERVENTIONAL CARDIOLOGY, CONTINENTAL HOSPITALS

Patient Jyothi Chobey and her husband Rupesh (far right) with the cardiac team from Continental Hospitals.
A Different World View

Gleneagles Penang’s Consultant Haemato-Oncologist and Physician
Dr Leong Kin Leong is unabashed about being different and challenging norms.

It is not often we meet a doctor who did not dream of becoming one as a child. Given the choice, however, Dr Leong Kin Wah, a Consultant Haematology and Oncologist at Gleneagles Penang, could have become an architect instead because he always loved ‘building things’.

The 53-year-old father of two said in jest that he ended up being a doctor ‘by chance’ because he excelled in his studies, making medicine a sure option. Yet, his choice to specialise in oncology was no accident when he lost a close friend to cancer in the late 1970s.

“In those days, cancer was considered incurable, and there were limited medical facilities for cancer patients. That sparked my early interest in cancer treatment, which developed over the decades into a deep-rooted passion for clinical research,” he explained.

In 1998, Dr Leong found his calling when he joined Gleneagles Penang, specialising in the treatment of cancer and blood disorders. Cancer treatment today, he said, has progressed far beyond the days when he was a student, with new medications and treatment modalities previously unthought of. Prognosis for cancer patients had also improved significantly, with new treatments such as immunotherapy.

A trend-starter, Dr Leong had been instrumental in introducing the use of bone marrow/stem cell transplantation for leukaemias in Penang in 2004 at a time when stem cell use was still in its infancy.

What remains his concern is accuracy in diagnosis and the high costs of treatment. Both are often inter-related, he stressed, as diagnostic errors cause delays in treatment, while jacking up costs unnecessarily.

This is where Gleneagles Penang is different. He points out that cancer treatment is long-drawn and needs holistic planning from start to end. Financial planning is crucial so that patients do not run out of money halfway through their treatment.

“We find out their treatment budget in the beginning and customise treatment accordingly or find ways to help patients get through treatment successfully. We feel that is more important than having high-tech equipment that only adds to the costs and impairs patients’ treatment progress,” said Dr Leong.

While acknowledging that technology is the way forward, nothing can replace the human touch, he insists. And that is what defines good medicine.

Doctor’s Note

My name is Leong Kin Wah and I am a proud Penangite. I am an avid Arsenal supporter and enjoy outdoor activities such as swimming, trucking and cycling in my free time. I never take things at face value, and my questioning mind sometimes drives people up the wall. I often ask myself “Why are you here?”, only to find different answers every day.

ENHANCING THE PATIENT EXPERIENCE

When Dr Leong joined Gleneagles Penang, he was given the opportunity to be involved in the design of the hospital’s Haematology and Oncology Unit. This allowed him to put into place several environmentally-conscious and patient-friendly elements.

• Glass partitions instead of walls, allowing natural light to brighten the whole centre. This reduces the need for electricity in the day while providing a warmer, less clinical environment.
• Back-to-back chairs for chemotherapy so patients have more privacy as they would not be facing each other during treatment. This also makes it easier for doctors and nurses to oversee the entire proceedings at one sweeping glance.
Aside from being a passionate medical practitioner, Dr Leong Kin Leong is also a literary enthusiast with two published books to his name.
A Prescribed Path

Dr John Law, Respiratory Specialist at Gleneagles Hospital, followed his family’s wishes to pursue medicine and discovered a rewarding career unlike any other.

“I had intended to study business but my parents wanted me to pursue medicine,” revealed Dr John Law, Respiratory Specialist at Gleneagles Hospital. Considering his family’s hopes that he would succeed in the traditionally well-respected profession, a young Dr Law decided to read medicine.

Studying came naturally to me, so I made it through my undergraduate days just fine even though textbook learning was rather boring at times. Medicine only really came to life for me when I started practising,” he shared.

Once he started interacting with patients and journeying with them through the healing process, Dr Law found deep meaning in his work. That experience ignited his passion for medicine and drives him to do his best for every patient, every day.

The breath of life

This passion also directed Dr Law to specialise in respiratory medicine with a sub-specialisation in intensive care medicine. “Respiratory conditions are actually very common. I have special interests in asthma and Chronic Obstructive Pulmonary Disease (COPD), which is an acquired condition primarily caused by smoking. More importantly, these conditions are treatable,” he said.

“Asthma is usually a chronic condition that requires long-term management but, with the right treatment, we often see rapid improvement in patients. And while fatalities arising from asthma still exist, they are completely avoidable. My work allows me to help more patients lead normal, healthy lives.”

“The sense of satisfaction that I get from helping patients is something that I would never have experienced in any other career.”

After a stint in a restructured hospital where Dr Law received the Best Medical Officer Award in 2007 and 2009, and the Best Registrar award in 2010 and 2011, he joined private practice in 2014.

“I enjoy private practice because it allows continuity of care. I’m able to spend more time with each patient and journey with them through the recovery process,” he said.

Dr Law has been practising at Gleneagles Hospital since June 2016.

Doctor’s Note

My name is John Law and I became part of the Gleneagles family in June 2016. I’ve always been quite a collector — from the coins and stamps of my childhood, to the contemporary art pieces that I enjoy today. There are several pieces on display in my clinic, so feel free to come by and have a look!
To Dr John Law, meeting and helping patients is the best part of the job.
Healthcare of the Future

Dr Kelvin Loh, Chief Executive Officer of Singapore Operations Division, shares his vision of healthcare in 2035 at The Straits Times Future Economy Forum.

"Healthcare has traditionally been inconvenient," said Dr Kelvin Loh, Chief Executive Officer of Singapore Operations Division in a bold opening statement at The Straits Times Future Economy Forum on 20 October 2016.

"Illness is inconvenient. It involves people who are already ill making their own logistical arrangements to see a doctor, take blood tests, do X-rays and queue up several times along the way. The provision of healthcare has also largely been reactive; we are always trying to heal something that has broken or play catch-up with the next big disease. And people only come to the hospital when they fall ill or meet with an accident. But in the era where consumer is king and with the rise of the digital economy, healthcare will cease to be inconvenient and reactive," he suggested.

"By 2035, people won’t go to healthcare; healthcare will go to people."

Dr Loh was speaking on a panel together with corporate leaders from the banking, oil and gas and professional services sectors. Together, they painted possible scenarios of Singapore’s socio-economic and political landscape in 2035 in front of an audience of 450 people at the invitation-only forum.
HOSPITALS WITHOUT WALLS
Dr Loh suggested that we are not that distant from a future where healthcare is delivered to people, wherever they are.

- A patient’s condition is remotely monitored via devices that send results to the doctor’s office.
- The doctor reviews results and sends a message to the patient.
- If a physical visit is unnecessary, medication prescription can be electronically transmitted to a pharmacy.
- The pharmacy delivers the medication to the patient’s home.

PREDICTIVE HEALTHCARE
With new innovations and technological advancements, Dr Loh believes that the shift from reactive to predictive healthcare — “to find the disease and do something about it before it finds you” — is afoot.

- Genetic testing is gaining momentum. Many genes, which can accurately predict the occurrence of future illnesses, have already been identified.
- This allows us to take preventive action such as lifestyle modifications and early/regular screening to mitigate the impact of the illness.
- The ethical dilemma is real but, rather than running away from it, we can choose to use such technology for the collective good.
- Regulators, lawmakers and society can work together to seek the best balance.

AGEING, REIMAGINED
Given Singapore’s fast-ageing population, the country may be home to more than one million seniors by 2035. With healthcare of the future, however, the elderly need not be an economic burden; they could be a whole new regenerated workforce.

- Advanced medical care and predictive healthcare may help people ‘age well’ in their 90s and beyond 100 years of age.
- This can help seniors remain as actively contributing members of the economy.
- For this to work, however, employers must be willing to embrace the regenerated workforce by putting in place virtual technologies, flexi-hour arrangements and other non-traditional methods to support them.
- In turn, employers will benefit from their vast experience and know-how.
Mount Elizabeth Hospital hosts inaugural Singapore Cardiac Intervention Congress with Live Case Demonstrations for the regional cardiology community.

On 30 September and 1 October 2016, Mount Elizabeth Hospital played host to 79 interventional cardiologists and cardiac catheterisation lab staff from nine countries at its Singapore Cardiac Intervention Congress.

The Inaugural Singapore Cardiac Intervention Congress is conceptualised and brought to fruition by the organising chairman Dr Lim Ing Haan. It focused on Intravascular Imaging Technology with Optical Coherence Tomography (OCT) in cardiac intervention. Attendees were given the opportunity to participate in the review of evidence and clinical trials, hands-on training and a debate over the use of Intravascular Ultrasound (IVUS) versus OCT technologies.

The congress highlight was live case demonstrations where two Mount Elizabeth Hospital patients with complex coronary anatomy underwent cardiac coronary intervention.
while a panel of cardiologists featuring Dr Giulio Guagliumi, one of the pioneers of OCT technology, led a discussion in the hospital seminar room, where the procedures were transmitted live.

Within the cardiology practice, live case demonstrations are important forums for an objective discourse, where best practices can be established with expert opinions. As such discussions allow cardiologists to learn from one another in an open discussion, it was very well received.

Mount Elizabeth Hospital’s Singapore Cardiac Intervention Congress 2016, was a resounding success. It was endorsed by Singapore Cardiac Society and Asia Pacific Society of Cardiology and supported by local cardiologists from Gleneagles Hospital, Mount Alvernia Hospital, National Heart Centre, National University Hospital, Tan Tock Seng Hospital, Changi Hospital, Khoo Teck Puat Hospital and Ng Teng Fong Hospital.

Dr Lim Ing Haan and Dr Julian Tan led the first live demonstration on a 50-year-old patient who has stents in two other coronaries. OCT technology was used to guide the implantation of a Bioresorbable Stent in a moderately calcified vessel. This is an FDA-approved polymer scaffold that resorbs completely in three years, leaving no stents and no residual blockages.

Dr Dinesh Nair and Dr Stanley Chia performed the second demonstration, using OCT technology to optimise the implantation of a Metallic Stent in a highly calcified, diffusely diseased vessel. Mount Elizabeth Hospital is among the first few hospitals in the region to be equipped with the Angiocoregistration software and Metallic Stent Optimisation software used in this procedure.
Bringing the World Together

Parkway Pantai in Malaysia and India do their part to raise public awareness about three common killers.

WORLD DIABETES DAY

All Eyes on Diabetes

In conjunction with World Diabetes Day 2016, Pantai Hospital Ayer Keroh organised The Blue Walk – 10,000 steps on 19 November. This is the second consecutive year that the hospital is engaging its management, staff, doctors and community to promote the screening and early diagnosis of diabetes.

Diabetes can cause a host of complications including diabetic retinopathy, which is the most common cause of vision loss among diabetics and the leading cause of vision impairment and blindness among working adults. The careful management of diabetes and regular screening for diabetic eye diseases can help save sight.

“We are happy to support the awareness campaign for World Diabetes Day and we would like to continue this yearly effort. Diabetes is a very dangerous disease. To reiterate our event slogan: ‘Diabetes - Don’t sugar coat it! Together, let’s stop it!’” said Gan Kong Hoe, Chief Executive Officer of Pantai Hospital Ayer Keroh.

THE DIABETES COUNT

415
415 million sufferers worldwide

3.3
3.3 million cases were detected in Malaysia in 2015

1.7
1.7 million cases are left undiagnosed

Source: International Diabetes Foundation
WORLD HEART DAY

The Heart to Make a Difference

Parkway Pantai in India stood in solidarity with the global community on World Heart Day 2016. Continental Hospitals, in association with Sakina Foundation Trust, organised a public health awareness programme in Charminar with V Satyanarayana, IPS, Deputy Commissioner of Police - South Zone, Hyderabad as Guest of Honour. The event featured a walk as well as awareness talks by the doctors of Continental Hospitals.

Over at Global Hospitals, the team created a #heartychallenge that reached out to over 2.5 million online and inspired 5,000 people to take up heart healthy challenges at the hospital’s Pledge Wall. The wall was installed at all the regional units of Global Hospitals with the management teams and senior doctors being the first to place their pledge. Screening coupons were also given away to encourage more people to pay attention to their heart health. Finally, as a gesture of appreciation for their tireless efforts in fighting heart disease, cardiac doctors were presented with a large card filled with thank you messages from their staff.

WORLD STROKE DAY

A Stroke of Understanding

Two days before World Stroke Day 2016, Global Hospitals paid tribute to stroke survivors and healthcare workers with the release of its ‘Stroke is Treatable’ video. The World Stroke Organisation propagated the video, which is available in three versions, on their online channels, amassing a global viewership of about 270,000 people.

In addition, Global Hospitals organised a Stroke Awareness Walk in Mumbai and Bangalore to raise awareness about the silent killer. Over 2,000 people supported its efforts by participating in the walkathon.

STROKE FACTS

2
Every two seconds, someone in the world is having a stroke

6.2
6.2 million lives are lost each year

#1
#1 killer for people aged 60 and above

HEART TRUTHS

#1
Coronary heart disease is the #1 cause of death in the world

3.8
3.8 million men die from coronary heart disease each year

3.4
3.4 million women lose their lives to it each year

Source: World Health Organisation

Source: World Stroke Campaign
According to Cancer Research Malaysia, about 5,000 Malaysian women between the age of 30 and 60 are diagnosed with breast cancer every year. With one in 19 Malaysian women at risk of breast cancer, Gleneagles Penang, Pantai Hospital Cheras and Pantai Hospital Kuala Lumpur joined the worldwide movement to raise awareness about breast cancer this past October. The hospitals rallied their staff and the communities they serve in taking a stand against breast cancer, and showing support for patients and their families through a series of fundraising and public engagement events.

Parkway Pantai hospitals in Malaysia get creative in supporting Breast Cancer Awareness Month 2016.

- Parkway Pantai in Malaysia is an ardent supporter of Breast Cancer Awareness month.
Every year, Gleneagles Penang hopes to raise not just awareness about breast cancer, but also funds to help financially needy patients and their families. Its Charity Fun Day was organised for this purpose, with over 200 visitors participating in Zumba, the high-energy fitness workout, and telematches on 2 November 2016. A garage sale was also held to encourage visitors to donate to a meaningful cause.

All proceeds collected went to Penang Hospice Society to care for patients with cancer and other advanced critical illnesses.

The hospital also organised a Women’s Health Seminar as a tribute to the brave women who never let up against their fight with breast cancer. The session, which also seeks to encourage a healthier and more balanced lifestyle among women, was delivered by a team of expert speakers. Touching on disease prevention, diagnosis and treatment for women of all ages, the seminar was both an informative and inspirational experience for participants.
Walk with Pantai Hospital Cheras

For the fourth year in a row, Pantai Hospital Cheras turned the streets into a parade of pink umbrellas on 15 October 2016. Over 500 members of the public joined the 1.3km walk from the hospital to Cheras Leisure Mall, proudly holding up the event’s signature pink umbrella.

“Community events serve as a great platform to educate people from all walks of life on the necessary steps in early detection of cancer. I applaud Pantai Hospital Cheras for their relentless effort in getting the message across to the community every year,” said Guest-of-Honour YB Tan Kok Wai, Member of Parliament for the Cheras Constituency, as he flagged off the walk.

Themed ‘Love Life. Fight Cancer’, the event was supported by Breast Cancer Welfare Association Malaysia as well as a host of corporate sponsors. As part of the event, health booths were set up to teach women to perform breast self-examinations while the hospital provided free blood pressure, blood glucose and body mass index checks.

“As we continue to do our part in educating the public, we hope the participants will help spread the word on the importance of early breast cancer detection to people around them,” said Rachel Yew, Chief Executive Officer of Pantai Hospital Cheras.

Pantai Hospital Cheras benefited from the support of beauty retailer Sasa, which donated the sales proceeds of its ‘Shop for a Cause’ campaign to Breast Cancer Welfare Association Malaysia at the event.
Pantai Hospital Kuala Lumpur’s annual Wear it Pink Campaign took on two different shades in 2016 with a Health Camp for the Orang Asli female community on 18 September and a Charity Hi-Tea fundraiser on 23 October.

For the Health Camp, Pantai Hospital Kuala Lumpur joined hands with Making Orang Asli Mothers Independent (MOAMI) to organise the knowledge-sharing session for about 100 mothers in the community.

“We set out to empower the Orang Asli women by helping them understand what breast cancer is all about so that they can in turn educate their next generation,” explained Consultant Breast Surgeon Dr Patricia Gomez, who led the session.

Shortly after the Health Camp, Pantai Hospital Kuala Lumpur held its annual Charity Hi-Tea fundraiser to help underprivileged breast cancer patients acquire breast prostheses and special mastectomy brassieres.

“By providing women who have completed their cancer treatment and are now in remission with free breast prostheses and custom-designed brassieres, we can help them recover their confidence and self-esteem as they get on with their normal lives,” explained Dr Gomez, who was also Chairperson of the Wear It Pink Charity Hi-Tea 2016. Officiated by Tan Sri Rafidah Aziz at Eastin Hotel as patron of Wear It Pink Campaign 2016, the event successfully raised funds for the Breast Cancer Welfare Association of Malaysia and the National Cancer Society Malaysia.

“At Pantai Hospital Kuala Lumpur, we strongly advocate breast cancer screening. To further this cause, we are subsidising the cost of Digital Mammograms in October and November 2016 to encourage more women to consider this early detection method.”

ANWAR ANIS, CHIEF EXECUTIVE OFFICER OF PANTAI HOSPITAL KUALA LUMPUR

At Pantai Hospital Kuala Lumpur, we strongly advocate breast cancer screening. To further this cause, we are subsidising the cost of Digital Mammograms in October and November 2016 to encourage more women to consider this early detection method.”

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ANWAR ANIS, CHIEF EXECUTIVE OFFICER OF PANTAI HOSPITAL KUALA LUMPUR
Mosaic learns about a mother’s determination to triumph over breast cancer and how Mount Elizabeth Hospital’s cancer treatment fund helped.

When Lois Lim decided to take a career hiatus, she was looking forward to spending more time with her family. But the mother of four was suddenly diagnosed with breast cancer.

“I breast-fed my kids from 2002 to 2014 and always suffered from a blocked milk duct in my right breast. When I felt a lump in April 2016, I wondered if that was the cause. A month later, the lump was still there so, on a doctor friend’s advice, I decided to seek medical attention. The General Practitioner marked my case as ‘urgent’ and referred me to a hospital. At the hospital, my file was again marked ‘urgent’ and I was sent for breast imaging immediately. That was when I knew something was very wrong,” recounted the 45-year-old.

When she was told it was breast cancer, Lois remembers being calm. As a mother to four school-going children, she knew she had to stay strong.

“I sat down to catch my breath. Then, logic took over; there was no time for emotions. In my line of work, we are well trained in crisis management, so I let my head guide me forward,” she said.

That June, Lois was sponsored for breast cancer treatment at Mount Elizabeth as a beneficiary of the hospital’s S$1.2 million cancer treatment fund. The surgery was a success and Lois is currently undergoing chemotherapy.

Lois was treated by Dr Tan Yah Yuen, General Surgeon (Breast) at Mount Elizabeth Hospital.

“I can’t express my gratitude to Dr Tan enough. She accepted my case in just a week and took such good care of me,” said Lois.

“In the fight against cancer, knowledge is power and preparedness is key,” she added.

“Don’t be afraid to let your friends know. I was hesitant at first because I have always been on the giving, rather than receiving, end of help. But I am glad and grateful that I opened up and learnt to ask for help and support.”

“To all the busy working parents out there, I just want to say that neglecting your own health is not the right way to care your family. Only when you are healthy will you be able to protect those you love.”

LOIS LIM, BREAST CANCER PATIENT
SUPPORTING THE FIGHT

The nurses of Mount Elizabeth Hospital took a stand against breast cancer, with over 100 of them participating in the Pink Ribbon Walk on 1 October 2016. A week later, they organised a successful charity drive that raised over S$13,000 in support of the Singapore Breast Cancer Foundation. At the event, the nurses also took the opportunity to spread awareness about the importance of early breast cancer detection by teaching participants to conduct breast self-examinations.

LET MOUNT ELIZABETH HELP

Mount Elizabeth Hospital Life Renewed programme sponsors financially needy Singaporeans to undergo screening and treatment for breast cancer, colorectal cancer and cervical cancer.

CHAS Blue and CHAS Orange cardholders in need of cancer treatment can apply for financial assistance by writing to mpac@parkway.sg or calling 6250 0000 during office hours.
Gleneagles Kota Kinabalu gives a new lease of life to a three-year-old with Sabah’s first paediatric open heart surgery by a private hospital.

Just three months after Jafarlie Matusin and his wife welcomed their baby girl, they were told that she needed heart surgery. Little Fisyah was born with ventricular septal defect (VSD), which people generally know as hole in the heart. VSD is the most common congenital heart disease, affecting up to 10 in every 1,000 newborns. In Sabah, about 400 new cases of congenital heart disease are diagnosed every year.

“During a check-up at Queen Elizabeth Hospital in October 2016, we were given the option to do the surgery in Kuala Lumpur or Kota Kinabalu,” said Matusin.

“After considering the logistics problems, travelling costs and the undue stress of having to leave behind the rest of our family, we chose to do it locally. We are happy and relieved that she is recovering well — thanks to the Khazanah IHH Healthcare Fund that we received.

Much to the delight of her parents, Fisyah was back to her energetic self in no time.
and the excellent team of doctors and staff at Gleneagles Kota Kinabalu Hospital.”

In November 2016, at three years of age, Fisyah underwent surgery at Gleneagles Kota Kinabalu. She was discharged just eight days later.

The surgery was performed as part of the hospital’s Corporate Social Responsibility programme, in collaboration with the Ministry of Community Development and Consumer Affairs Sabah through The Society for Sabah Heart Fund. The hospital expenses were fully paid for by the Khazanah IHH Healthcare Fund, which provides partial and fully sponsored medical treatment to needy patients in IHH’s home markets of Malaysia, Singapore and Turkey.

“Previously, most children with congenital heart disease had to travel to Peninsular Malaysia or abroad to get treatment. With the establishment of Gleneagles Kota Kinabalu in Sabah, we are now able to perform paediatric heart surgeries locally, giving them a new lease of life,” said Consultant Paediatric Cardiothoracic Surgeon Dr Abu Bakar bin Mamat.

The hospital continues to engage the Ministry to provide help to members of the local community who may require paediatric heart surgery.

“With the diligent care of the Gleneagles Kota Kinabalu team, Fisyah was allowed to return home eight days after her surgery.

ABOUT GLENEAGLES Kota Kinabalu

Opened in 2015 as Sabah’s first international standard hospital

200
200-bed tertiary hospital with 73 medical suites

7
7 Centres of Excellence

• Bone & Joint
• Brain & Nerve
• Cardiac
• Digestive Health
• Emergency & Critical Care
• Eye Health
• Imaging
• Women & Children
Mosaic scours the globe to understand the healthy eating habits of different cultures.
**THE JAPANESE SECRET TO LONGEVITY**

The Land of the Rising Sun is also home to one of the world’s longest-living populations, with the World Health Organisation estimating that Japanese women live to 87 years of age while their male counterparts live to 80.

Many believe that part of the reason is the traditional Japanese diet — high in certain carbohydrates (like rice and noodles), vegetables, fruits as well as fish and meat, and low in saturated fats. In 2005, the Japanese government presented a food guide for its people. Called the food spinning top (like the children’s toy), the inverted cone diagram outlines food groups and recommended daily servings from grain-based dishes on top, to vegetable-based dishes, fish, egg and meat dishes. The guide also recommends drinking plenty of water and tea instead of sweetened beverages, and regular exercise. About a decade later, the National Centre for Global Health and Medicine in Tokyo found that people who followed the guide had a 15 per cent lower mortality rate.

Source: The Independent & Food and Agriculture Organisation of the United Nations

**THE SWEDISH WAY**

For a cuisine that doesn’t feature much fruits and vegetables, the Swedish diet is surprisingly healthy. This is mainly thanks to dairy, dark breads, berries and fish. The calcium in dairy (and the Swedes’ love for winter sports) helps the body burn fat while berries like their perennial favourite, lingonberries, are rich in antioxidants. The Nordic country also consumes plenty of heart-healthy salmon and herring and relies on bread as a staple. In fact, in the 1970s, the Swedish National Board of Health and Welfare ran a campaign encouraging its people to eat six to eight slices of bread a day. This includes rye crispbread, a traditional hard bread that has been baked in Sweden for 500 years.

Source: Forbes & Sweden.se

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**Italianos and Tomatoes**

Pizza, pasta and other traditional Italian food may not immediately come across as the healthiest choices but the cuisine uses a host of star ingredients: tomatoes, olive oil, garlic, oregano, parsley, and basil.

According to some studies, the lycopene in tomatoes could protect women from breast cancer. The antioxidant has also been associated with reduced inflammation and lowered risk of stroke and you can get up to 20 milligrams from just half a cup of tomato sauce. Plus, a medium tomato contains more than 25 per cent of your daily vitamin C quota. Toss in some garlic for an immunity boost and you have a delicious recipe for good health!

Source: CNN, Men’s Fitness & Oprah.com
VIETNAM’S FRESHEST PICKS
The water or broth-based cooking method is one of the standout qualities of Vietnamese cuisine. The result is far from bland because the Vietnamese opt for herbs (rather than oil or heavy coconut-based sauces) to add plenty of flavour to their food. Cilantro, mint, Thai basil, star anise and red chilli all feature strongly in Vietnamese cooking, and many of these have long been used as alternative remedies for ailments. Mint, for example, is known to ease digestion while cilantro and anise are said to fight inflammation.
Source: CNN & BBC
Go Greek

The Greek diet is widely regarded as one of the healthiest in the world. Based largely on fruits and vegetables, wholegrains, fish and some cheese and yoghurt, a traditional Greek meal relies more on beans and legumes than meat for protein. To put this in context, consider that a study by Harvard University that examined 85,000 women over a period of 12 to 14 years found that those who ate the most fruit and vegetables had a 20 per cent lower risk of heart disease. There have also been other research studies indicating that such a diet can be helpful in lowering the risk of stroke and some cancers.

The Greeks are also famous for their love of olive oil. In fact, the average Greek is said to use about 23 litres a year! Olive oil is rich in antioxidants and thought to be an excellent source of good monosaturated fat, so go ahead and drizzle it onto your frying pan or directly on your next salad.

Source: CNN & The Huffington Post

Eat Your Veggies like the Koreans

Almost every meal in South Korea involves vegetables — fresh, pickled or dried. Aside from the ubiquitous kimchi (fermented vegetables), South Koreans love their seaweed. This is good news because a 2010 study by Newcastle University found that seaweed can lower the rate of fat absorption by as much as 75 per cent. Touted by some as a superfood, seaweed is also rich in iodine, and some varieties are also high in protein and vitamins A, B and C. To go with their kimchi and seaweed, South Koreans also enjoy plenty of tofu and fish. And while Korean grilled beef is a popular culinary export, the locals actually eat it rather sparingly. On average, South Koreans consume just seven kilograms of beef a year, less than a quarter of the American average (30 kilograms).

Source: Forbes & The Telegraph

SAVOUR LIKE THE FRENCH

In France, every meal is taken seriously — and slowly. The French typically spend two hours over lunch and while that would be a tall order for most working adults in our part of the world, we should at least not be bolting down our food. While the French aren’t big fans of fast food, for comparison purposes, the University of Pennsylvania took to McDonald’s to observe the difference in eating habits between the French and Americans. They found that, while the French eat less, they seem to eat for a longer period of time. Doing so allows time for physiological feedback, thus lowering the chances of overeating. Eating slowly is commonly associated with better digestion, so perhaps it’s time that we all learn how to savour our meals.

Source: The Guardian
Our body stores energy and nutrients in two main sites — skeletal muscles and liver. For recreational exercise that lasts about 90 minutes, our body taps on the energy stored in muscles in the form of glycogen. Once depleted, our body reaches for glycogen in the liver to sustain activity levels. The greater the liver glycogen store prior to exercise, the better the endurance exercise capacity. This makes it important to replenish our glycogen storage through nutritional methods like carbohydrate loading — increasing carbohydrate intake one to four days prior to a marathon.

Marathon runners should ensure higher protein intake so that your body has the nutrients to repair muscle damage post-exercise. Meanwhile, fat intake should be maintained at general population levels of 25 to 35 per cent of total energy intake. Instead, focus on balancing good monounsaturated fats (from olives, peanuts and avocados) and essential omega-3 fatty acids (from fatty fish like salmon and tuna, or walnuts and soy beans).

Before popping vitamin and mineral supplements, marathon runners should be aware that these generally do not have a favourable effect on performance unless your body is deficient in certain nutrients. Vegan diets, for example, may lead to zinc, iron, and vitamin B12 deficiencies while people who turn their nose at fruits and vegetables may not have enough B complex vitamins as well as vitamins A, E and C.
The Gleneagles Touch

Delivered to you by people with passion.

With over 300 multi-disciplinary specialists, Gleneagles Hospital has been fulfilling its legacy of providing quality healthcare services for more than 50 years. Through the years, one thing has remained constant – our commitment to putting the patient in the centre of all we do. That is our Touch. That is our Promise.

Call us and get a specialist appointment within 48 hours.

Gleneagles Patient Assistance Centre
24-Hour Hotline: +65 6575 7575
Email: gpac@parkway.sg
www.gleneagles.com.sg
6A Napier Road, Singapore 258500
A new partnership.

And a mark of friendship.

Building leadership in India

Parkway Pantai, a leader in private healthcare, now has a bigger presence in India, through partnerships with Continental Hospitals and Global Hospitals across key metropolitan cities.