

# DOCSG

INTERACTIVE

11

STEPS

TOWARDS  
PREVENTING  
MACULAR  
DEGENERATION

Diabetic  
Retinopathy

PROTECT YOUR EYES:  
**SUPER VISION**

Dr  
**LEONARD  
ANG**

The Ophthalmologist who can help you  
see the world in a new light

**AMD**

ADVERSITIES  
FOR AN AGEING  
POPULATION

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Protect your eyes:  
Super Vision



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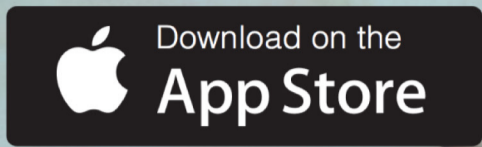


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# Diabetic Retinopathy

Diabetic retinopathy can cause blindness. This can be treated early only if it is diagnosed early. Therefore, getting the eyes screened every year is not an option but a necessity.

Simon Wong's family and relatives had a history of diabetes. Before he was diagnosed with the disease in his late thirties, he thought that diabetes had given him a miss. Months after his diagnosis, he noticed black spots in his vision while looking at the buildings in front of him. Initially, he thought there might be some dirt in his eyes. But this kept recurring, and he kept seeing black spots more and more often in his field of vision. Finally he visited an eye specialist who told him he was suffering from Diabetic Retinopathy.

## DIABETIC? BEWARE OF DIABETIC RETINOPATHY

In Diabetic Retinopathy, the blood vessels in the retina are abnormally leaky and can leak fluid. If the fluid that leaks out accumulates at the macula, which is the centre of the retina and the most important part of the eye for clear vision, one will have blurred vision. Abnormal new blood vessels can also grow on the surface of the retina. These abnormal blood vessels have very thin friable walls and can easily bleed into the vitreous. This leads to the phenomenon of seeing black spots in one's vision. If left untreated, diabetic retinopathy can cause blindness. As this is a very serious eye condition, people with diabetes should get their eyes checked annually.



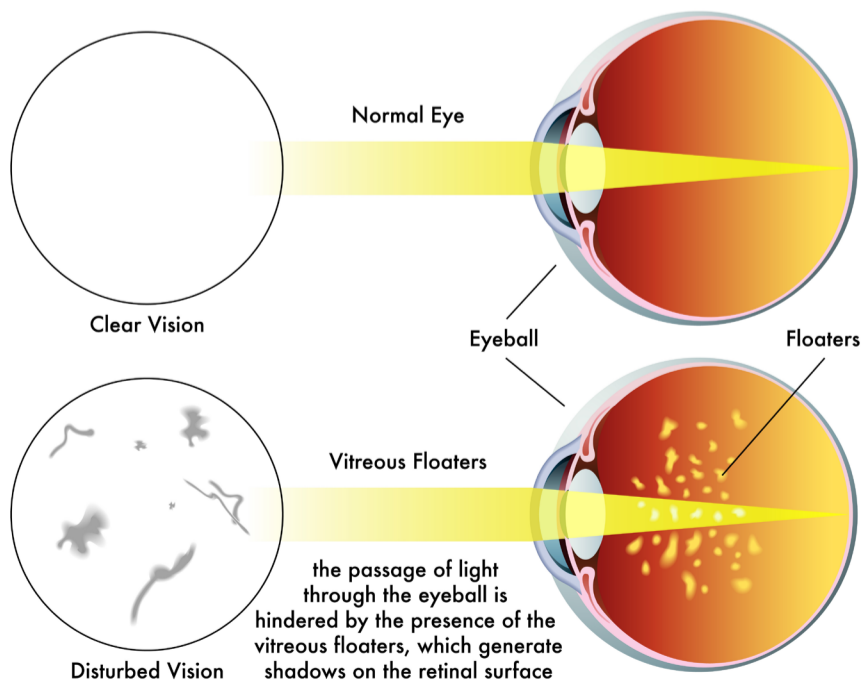
## CAUSES

The elevated sugar levels in diabetes can lead to diabetic retinopathy. But not all diabetics get this eye disease. It is seen more often in people with long-standing diabetes and in those who have very high blood sugar levels. The risk of developing retinopathy is higher if the patient has high blood pressure, along with regular eye screening by an eye specialist can help prevent diabetic retinopathy and vision loss.



## SYMPTOMS

Often there are no symptoms in the early stages of diabetic retinopathy. Over time, there may be progressive blurring of vision and the appearance of dark spots in the field of vision due to bleeding inside the eye. Some people have also encountered floating shapes in their line of vision or have difficulty seeing in the night. But few experience pain or any other irritation in the eye, which is also why this is a silent condition.



## PREVENTION

Since diabetic retinopathy can cause blindness, getting the eyes screened every year is not an option, but a necessity. This disease can be treated early only if it is identified. If you have been diagnosed with diabetic retinopathy, alert your eye specialist the moment you notice any changes to your vision rather than wait for your next eye appointment. Other measures include taking your medication as prescribed, maintaining a healthy lifestyle by eating a healthy, balanced diet and exercising regularly.



## DIAGNOSIS

Diabetic Retinopathy is best diagnosed with a dilated eye examination. For this check, eye drops will be instilled in your eyes to make your pupils open widely. This allows your specialist to have a better view inside your eye. The drops may cause blurring of your vision until the effect wears off several hours later.



## TREATMENT

Once diagnosed, your eye specialist will discuss the treatment options. Early-stage retinopathy may not need any immediate treatment, but a laser treatment may not need any immediate treatment, but a laser treatment may be recommended in advanced stages - especially if there is a considerable amount of bleeding from the blood vessels in your eye.

Small laser beams aimed at the damaged area of the retina will seal any leaking blood vessels and destroy any abnormal blood vessels that have grown in your retina. This relatively painless process takes a few minutes and is done as an outpatient procedure. You might need multiple sessions of laser, depending on the severity of the condition.

In selective cases, eye specialists may also choose to inject medicines in the eye to minimise the swelling at the macula or prevent the growth of new blood vessels.

There are surgical procedures like vitrectomy, but it is recommended only in severe cases and is considered as the last resort, says Dr Chan.

Of course, you have to remember that once a person is diagnosed with diabetic retinopathy, any treatment suggested is not curative, but preventive. This means that your specialist will aim to contain the condition and prevent its growth. So, make it a habit to get your eyes screened regularly.



“

**Diabetic Retinopathy is a common complication of diabetes. It occurs when the high blood sugar levels in a diabetic person causes damage to the retina cells. The retina is a thin layer of light-sensitive tissue that lines the back of the eyeball. Light rays entering the eye are focused onto the retina before they are transmitted to the brain, thereby allowing us to see images.**

**Dr Chan Choi Mun, Senior Consultant  
Singapore | National Eye Centre**

”

# PROTECT YOUR EYES: SUPER VISION

**Your eyes are the windows to your soul - read on to learn some simple ways to protect your sight!**



## **Wear your shades**

Protect your eyes from the sun, even when it's cloudy as UV (ultraviolet) rays can get through the clouds. Long-term exposure to UV rays can cause irreversible damage to the retina, including cataracts and possibly cancerous growth on the eye. Wear sunglasses that block both UVA and UVB radiation and have grey lenses for proper colour recognition.



## **Get your antioxidants and carotenoids**

Carrots contain the carotenoids lutein and zeaxanthin - naturally found in the eyes which can help ward off cataracts and macular degeneration. Foods rich in antioxidants can also reduce risks of developing age-related eye disease and cataracts. Boost your intake of antioxidants by eating a combination of vitamins C and E.

## **Eyebright**

Eyebright contains tannins and the flavonoids quercetin and rutin. Tannins act as astringents to help dry up secretions and relieve inflammation of the mucous membranes - especially helpful when treating conjunctivitis. Quercetin plays a role in eye health by protecting fine capillaries in the retina from deterioration and leaking. Both quercetin and rutin are important for a healthy macula, optic nerve health and lens support.



## Carrots



Beta-carotene is a carotenoid found in carrots. Carotenoids turn into a usable form of Vitamin A, known as retinol in the body after indigestion and helps to remove free radicals from the cells of the eyes and other parts of the body. Carrots also contain lutein, an important antioxidant that may increase the density of pigment in the macula, the yellow-shaped oval area in the centre of the retina. A higher pigment density protects the retina, reducing the risk of macular degeneration.

## Bilberry

Bilberry extract contains a compound called anthocyanidin, a strong antioxidant which enhances the flexibility of blood vessels and helps to build strong capillaries. In addition, it increases the production of rhodopsin - a pigment which helps the eye adapt to light changes and improves night vision.



## Drink water

The eye is surrounded by fluid, which protects it by washing away debris and dust every time we blink. In order to maintain a healthy balance of fluid in the eye it is important to stay hydrated. Avoid alcohol as it affects the liver and causes a drop in the level of glutathione, an antioxidant that helps protect against eye diseases. **PRIME**

## TAKE A BREAK

### 20 - 20 - 20 - RULE

Every  
**20**  
Minutes

Break for  
**20**  
Minutes

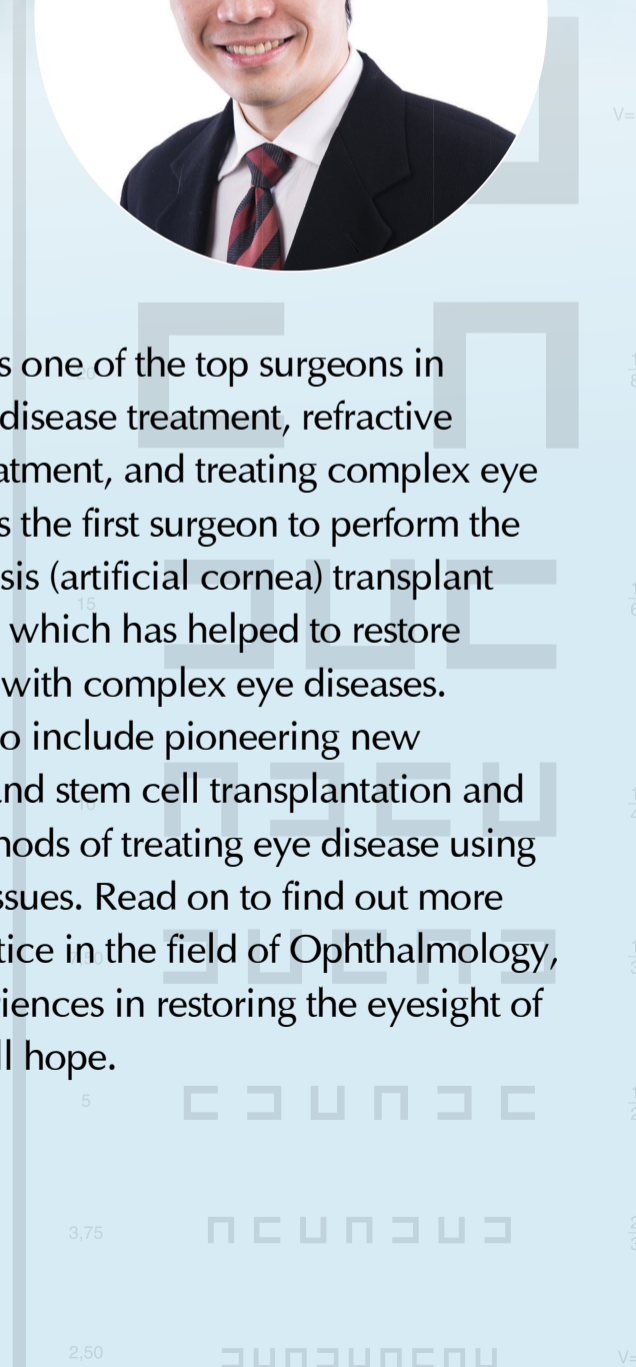
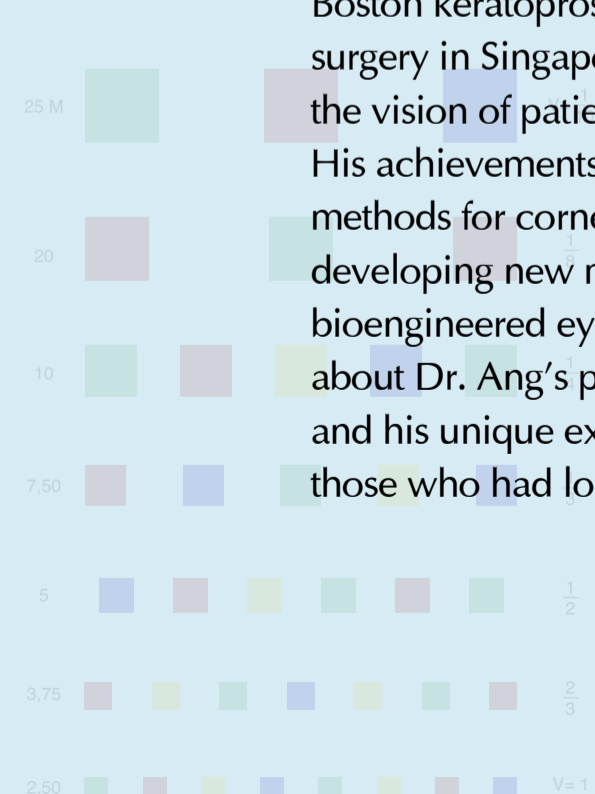
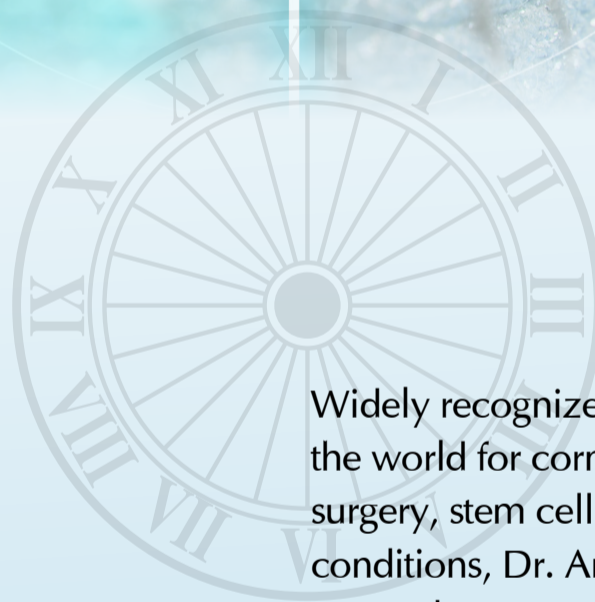
Look at  
**20**  
Feet Away

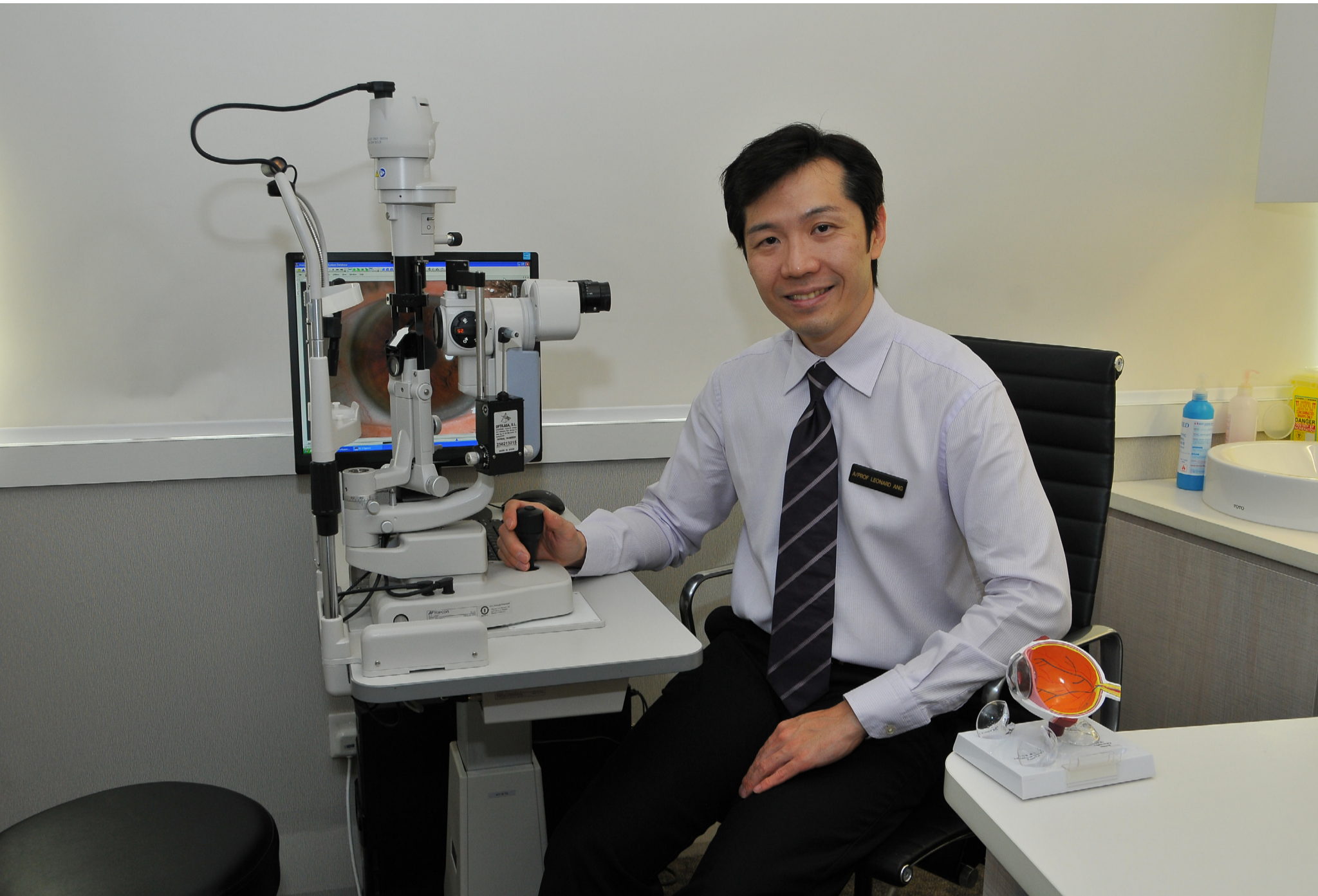
# Doctor LEONARD ANG

The Ophthalmologist  
who can help you see the  
world in a new light



Widely recognized as one of the top surgeons in the world for cornea disease treatment, refractive surgery, stem cell treatment, and treating complex eye conditions, Dr. Ang is the first surgeon to perform the Boston keratoprosthesis (artificial cornea) transplant surgery in Singapore, which has helped to restore the vision of patients with complex eye diseases. His achievements also include pioneering new methods for cornea and stem cell transplantation and developing new methods of treating eye disease using bioengineered eye tissues. Read on to find out more about Dr. Ang's practice in the field of Ophthalmology, and his unique experiences in restoring the eyesight of those who had lost all hope.





**A** champion athlete in school, Dr. Ang went on to study Medicine in NUS which he completed in 1994. His decision to specialise in Ophthalmology stemmed from his belief that sight is the most important of all the senses in the body; he wanted to help restore vision in people with poor vision and eye disease. Dr. Ang has always been fascinated by the complexity of the eye - despite its size of a mere 2.4cm, it is the most complex organ in the body after the brain. Each component is critical for vision and should any part be affected or damaged by disease, a person's vision would be affected. The delicate and precise surgery involved is also something that particularly attracted Dr. Ang to the field of ophthalmology.

Dr. Ang went on to obtain his Ophthalmology specialist degrees from Singapore, Edinburgh and London. After completing his specialist training in Singapore, he went on to complete advanced training fellowships in

**“ Eyes are the window to our soul and sight is arguably one of the most important senses in our body. ”**

the top eye centres around the world, including University of Pennsylvania School of Medicine in USA, Kyoto Prefectural University of Medicine in Japan, and Harvard Medical School, Massachusetts Eye and Ear Infirmary in USA.

A gifted surgeon, Dr. Ang carried out groundbreaking eye research and quickly rose through the ranks to become one of the youngest doctors to be appointed Associate Professor at the Singapore National Eye Centre (SNEC) and the Department of Ophthalmology at Yong Loo Lin School of Medicine, National University of Singapore (NUS). He was the Principal Investigator and Group Leader of the ocular surface stem cell and tissue engineering programmes at SNEC and the Singapore Eye Research Institute. In 2013, he opened

a new centre, Lang Eye Centre, where he is the Medical Director and Senior Consultant Ophthalmologist.

Dr. Ang has made many contributions in the field of Ophthalmology. Some of his achievements include pioneering new methods for cornea and stem cell transplantation, cornea and ocular surface stem cell expansion and bioengineering of eye tissues for ocular surface transplantation and reconstruction. His group pioneered the use of serum-free derived bioengineered conjunctival tissues for treating eye diseases. He also pioneered bioengineered oral (mouth) stem cell transplantation for severe cornea disease in Singapore. In addition, he was the first surgeon to perform the Boston keratoprosthesis (artificial cornea) transplant surgery in Singapore. Having specially trained at Harvard Medical School in this artificial cornea transplantation procedure, Dr. Ang has helped to restore the vision of many local and international patients with complex cornea diseases.

For his groundbreaking work and contributions to the field of Ophthalmology, Dr. Ang has won 30 international and local scientific awards, including the prestigious Singapore National Academy of Science Young Scientist Award in 2005, Singapore's highest honour in Science and Technology, as well as the NUS Research Excellence Award and the Singapore Clinician Investigator Award. He has also written more than 100 articles in international journals, scientific



Advanced surgical fellowship with Prof Dimitri Azar (3rd from left) at Harvard Medical School, Massachusetts Eye and Ear Infirmary, USA in 2006.

“ **I am happy when I am able to restore vision and improve the quality of life of my patients, including patients with these complex eye diseases where patients were blind for many years. When these patients can finally see again, their overwhelming joy gives me a sense of fulfilment and satisfaction that is immeasurable.** ”

publications and book chapters.

When asked about the key challenges in his field of medicine, Dr. Ang answered that he often feels like Sherlock Holmes - ophthalmologists often have to rely on small clues to diagnose and treat each eye condition appropriately. Furthermore, as the eye is such a small organ, surgery for the eye is extremely delicate and precise which can make it more challenging and arduous.

For Dr. Ang, a typical day at the clinic starts at about 7.30am with surgery, followed by running outpatient clinics till about 1pm. He then takes a quick 10-minute break for lunch before continuing with his clinics and surgery. His day usually ends at about 6pm, but on days where he has scheduled



evening operations this can go till much later. He rushes home after work to spend some time with his wife and children. After dinner, he helps his children with some of their homework before putting them to bed. He later takes some time to finish administrative work, write articles and answer emails before finally going to bed between 11pm and midnight. Being a family-oriented person, Dr. Ang enjoys spending most of his free time with his family. He enjoys taking his children out on excursions during the weekend, be it doing activities together as a family or simply spending some quality time together.

In his practice as an Ophthalmologist, Dr. Ang has encountered many patients who have come to him with very severe complex blinding eye diseases. Deemed to be untreatable or too difficult to treat by other specialists, these patients turned to Dr. Ang who employed cutting-edge treatment methods such as cornea or stem cell transplants to help restore their vision. In some cases, Dr. Ang has even had to reconstruct almost the entire surface of the eye. Dr. Ang finds great fulfilment in helping his patients to finally see again after years of being blind - their overwhelming joy gives him a sense of satisfaction that is immeasurable.

He recalls one of the more memorable cases where a 51-year-old lady had suffered a severe and horrific acid attack with burns to her face and eyes in 2007. She had lost her right eye and was left with only one eye. She had previously undergone

reconstruction of the eye surface and a partial cornea transplant in her left eye. In Apr 2014, she underwent a cornea transplantation overseas which ended up getting severely infected. The severe infection spread into the eye and she underwent 2 further emergency corneal transplants to try to control the infection. However, during these 6 months, the teams of doctors who were involved in her treatment were unable to control the infection. When the doctors felt there was nothing else that could be done to save the eye, they suggested that her only eye would need to be removed to prevent the spread of infection to her brain.

When she went to Dr. Ang in desperation, despite the complexity and devastating nature of her condition, he felt that her eye could be saved. He meticulously removed all the infected areas and transplanted a new cornea, as well as started her on additional medication to better control the infection. With his treatment, the infection was finally controlled. To restore her vision, he went on to perform the Boston Keratoprosthesis (artificial cornea) transplant, which was the best option for preserving long-term vision, as it minimises the risk of graft rejection and failure. The combination of the highly specialised surgery and medical treatment eventually helped to save her eye and restore her vision so that she can function independently.

This dramatic case demonstrates that for even the most complex and dismal eye conditions where there appears little hope of recovery, in the hands of highly experienced doctors using the latest cutting-edge treatment, patients may still have a chance of achieving a successful outcome. These new treatments could help restore good long-term vision of patients with the most complex cornea diseases.

Dr. Ang hopes to continue to make a difference in people's lives by helping to improve or restore vision and improving their quality of life. He credits his success

to his parents who have supported and guided him through various challenges across both his student years and his career, as well as his mentors during his training in Singapore and overseas, who taught him valuable lessons in patient care and management.

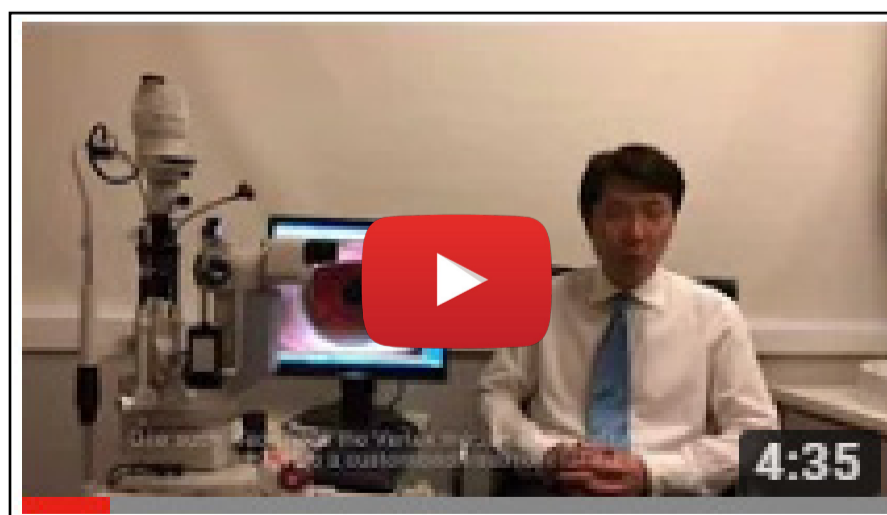
Dr Ang shares with us some important facts about an eye condition that would impact everyone, and yet many are not aware of. Everyone would eventually develop cataracts with age, and it is therefore important that we educate ourselves on its treatment. Many people have misconceptions about cataract treatment and delay its treatment till it is at a very severe stage. The fact is, modern cataract surgery is one of the safest and most effective operations, which is also painless, and patients can enjoy a relatively fast recovery. Cataracts can be removed when they start to interfere with a person's lifestyle, and patients need not wait for their condition to be very severe or the vision to be very bad before removing them. With new and improved lenses, cataract surgery can help to correct all the refractive errors in the eye and reduce a person's need for glasses. It would therefore be best to have the cataract treated at an earlier stage to enjoy a better quality of life, when the risk is lower, and the recovery is faster.

Dr. Ang advises that patients should seek medical attention immediately when they develop any eye symptoms, especially if the symptoms persist. Many only seek treatment when their condition has already progressed to a very advanced stage and the damage may be irreversible at this point. Some common eye symptoms to look out for include blurring of vision, redness, pain, eye discharge, itchiness, floaters or flashes of light. Dr. Ang stressed that patients should undergo a proper eye screening from the age of 45 and have regular checks at least once a year thereafter. 80% of blindness in the world is actually preventable - patients should consult an Ophthalmologist early if they have any



symptoms so that any potentially serious eye conditions may be detected and treated early.

Finally, he leaves us with some advice and tips on caring for the eyes, Dr. Ang advised that it would be best to protect them from sun and ultraviolet exposure with protective sunglasses. It is also important to have a healthy diet of green leafy vegetables and fresh fruits, fish (salmon, tuna), avoid smoking, exercise regularly, control any cardiovascular diseases like hypertension and diabetes, and taking breaks to rest the eyes during prolonged work. One of the most important aspects of preserving eye health and preventing blindness is to go for eye screening and regular eye examination with an eye specialist, who would be able to detect and treat eye diseases in the early stage, which would help to prevent patients from losing vision.



[Click here for more videos](#)

# AMD: A morass of adversities for an ageing population

**Vulnerability is our new reality. While ageing population and the complexities it brings are inevitable issues that have to be dealt with by both governments and citizens, one's susceptibility of falling into this web of complexities that plague the aged can be avoided**

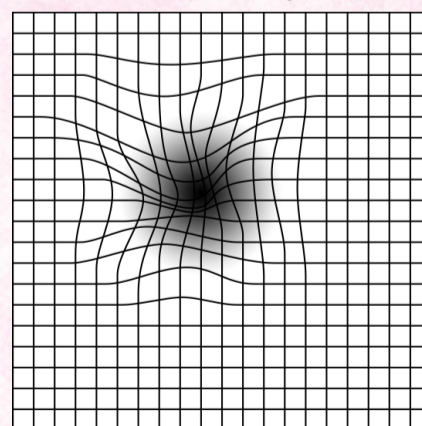


For years and across all countries, the advent of an ageing population has been dreaded by both governments and citizens alike. Insurance plans, Elder-Shield, Medisave - these are just a few terms of the conglomeration of healthcare jargons that give us convoluted headaches. Besides having to grapple with these complex schemes, an ageing population also faces increased susceptibility to diseases and dysentery that plague our nation today and that are aggravated by the effects of our economic and cultural globalizations. For the aged, life is an endless brawl of illnesses and insurance plans. Our mortality is our commonality. How then do we circumvent this maelstrom of healthcare expenses, doctor visits, medical tests and not to mention, mitigate the chances of an untimely accident? The answer is simple: increase our immunity, decrease our vulnerability.

Vulnerability is our new shared reality. As if failing immune systems and organs aren't enough, poor eyesight that comes with ageing irrevocably foments an increased susceptibility to accidents that

have domino effects on every aspect of our lives. Accounting for almost half of the cases of blindness and visual impairment in people aged 65 and older, Age-related Macular Degeneration (AMD or ARMD) is an insidious disease that has already hit 1.75 million US citizens and is predicted to reach 3 million by 2020. Allowing you to read, recognize small images, and thread a needle, the macula is essentially the focal point of the eye. A major cause of blindness and visual impairment, sufferers of macular degeneration despite having enough peripheral vision to survive, will gradually be unable to recognize faces, central images, read or drive which inevitably increases their liability to untimely and tragic accidents.

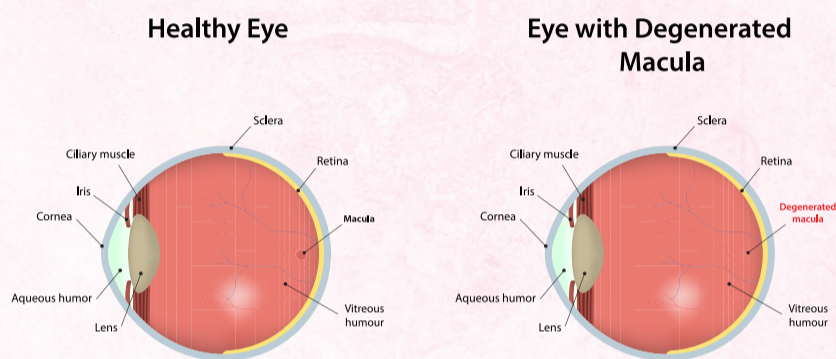
However, discovering AMD, like the symptoms experienced, often paints a fuzzy picture - not in the fact that it is hard to diagnose, but in the fact that our lives being fraught with endless other more pressing matters, we tend to confuse these seemingly innocuous symptoms of visual impairment as due to stress or a lack of sleep, hence delaying treatment of AMD and worsening it.



Sun Tzu once said "Know thy enemy, know thyself." Through seemingly

inconsequential, it is imperative that we understand the nature of the main cause of such “enemies“. AMD occurs in two ways: Dry or Wet. Dry AMD is an early stage of the disease. It arises when debris or deposits from deteriorating tissue accumulate over prolonged periods of time in yellowish spots known as drusen, in and around the macula. Gradual central vision loss may occur. Dry AMD through a period of years manifests to late-stage geographic atrophy (GA) - gradual degeneration of retinal cells that also can cause severe vision loss.

## Macular Degeneration



Severe and prolonged suffering of dry AMD can lead into the more dangerous form of AMD - Wet AMD. Trying to supple more nutrients and oxygen to the eye's retina in the face of dry AMD, new blood vessels grow beneath the retina and leak blood and fluid, permanently staining light-sensitive retinal cells, which die off and create blind spots in central vision. This occurs in about 10% of untreated cases of dry AMD. The less severe form of wet AMD, occult AMD occurs when the new blood vessel growth beneath the retina is not as pronounced and leakage is less evident. In more extreme and severe cases, classic wet AMD sees more distinctive delineated outlines of scarring occurring beneath the retina.



## VITAMINS



What causes such a tragic fate? Research carried out by Duke University and Columbia University Medical Centre have discovered the development of AMD to be due to the presence of two genes known as complement factor H (CFH) and complement factor B. This gene deficiency is associated with almost half of all potentially blinding cases of macular degeneration.

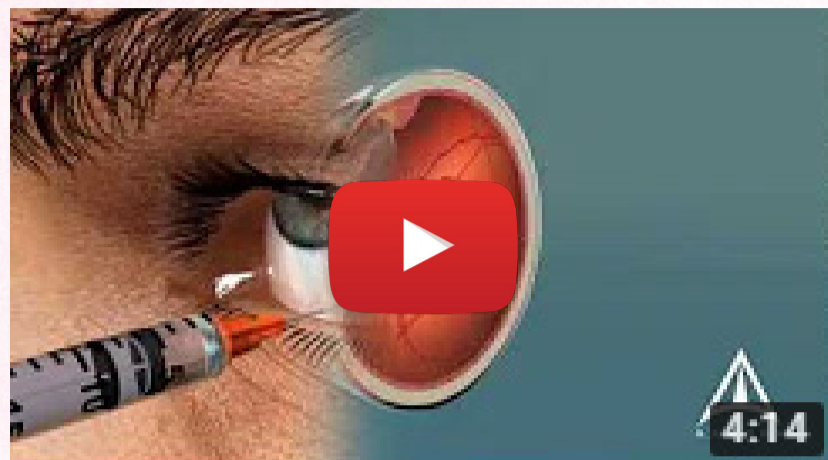
However, while genetic deficiencies and the like are beyond our control, we can adjust our lifestyles to allay the onset and progress of AMD, as it can be further aggravated by a lack of oxygen supply to the retina, ageing, obesity and inactivity, heredity, hypertension, smoking, lighter eye colour and drug side effects. Moreover, it has been discovered that certain nutrients such as Vitamins A, C and E may help prevent or slow progression of dry macular degeneration and may reduce risk of early stage AMD progression by 25%. Eye doctors also recommend that dry AMD patients wear sunglasses with UV protection against potentially harmful effects of the sun. FDA approved drugs that stop excessive bleeding or abnormal blood vessel growth have also been used to treat and mitigate the advancement of wet AMD.



Guarding ourselves is probably the first step to prevent our falling into labyrinth of issues that pervade an ageing population. All it takes is a simple adjustment of our lifestyles to substantially increase our immunity and decrease our vulnerability, preventing untimely accidents, and obviate our entrapment in an intricate web of healthcare plans and finances, enabling us to better enjoy a healthy and quality enhanced life in our golden years.

Growing old comes with a host of complex issues that pervade an ageing population from illnesses to careful appropriation of healthcare finances and resources. All it takes is a simple adjustment of our lifestyle to decrease our vulnerability that deprives us from being able to enjoy our golden years to the fullest.

**Want to find out more about  
Macular Degeneration?**



[Click here for more videos](#)



# 11 STEPS TO HELP PREVENT MACULAR DEGENERATION



## Stop Smoking

The British Medical Journal reported that smokers are up to four times more likely than non-smokers to have macular degeneration and current and past smokers have a 1.9- and 1.7- fold greater risk, respectively, of AMD compared with non-smokers.

## Consider an AREDS nutritional formula

The National Eye Institute reported in a study that high levels of antioxidant vitamins such as vitamins C, E, beta-carotene and zinc reduced the risk of intermediate or advanced macular degeneration and associated vision loss by 25%.



## Eat plenty of greens to prevent AMD

Carotenoid-rich vegetables including dark, leafy greens, especially raw spinach, kale and collard greens decrease risk of wet AMD.

## Take multivitamins / multiminerals to improve general eye health



## Prevent AMD by eating more fish

Studies shown that eating fish at least twice a week can help reduce risk of macular degeneration in senior men by 40-45% as compared to eating fish less than once a month or not at all. Those who ate fish at least thrice weekly were less likely to have late-stage AMD.



## Control blood pressure and cholesterol

Cholesterol is a fatty substance that builds up in blood vessels, inhibiting blood flow necessary for maintaining health of eye tissue

## Reduce refined carbs in your diet

Highly refined foods such as white bread, baked white potatoes, donuts, pretzels and watermelon have a high glycemic index, causing a rapid increase in blood sugar and insulin release, increasing risk of AMD. Low glycemic index foods include most fruits, spaghetti (especially whole wheat), brown rice, multi grain and whole grain breads, apple juice and carrot juice.





## Wear sunglasses with UV & blue light protection

Some findings suggest an association between AMD and cumulative eye damage from overexposure to both UV and high energy visible (HEV) or “blue” light

## Have regular eye exams

Doctors recommend a dilated eye exam at least every two to three years if you're between 45 - 60 and every year after the age of 60.



Exercise regularly and maintain a healthy weight

## Eat fruit and nuts daily

Regular intake of fruits and nuts help deter worsening of early or intermediate AMD.



# The Way To Healthy Blood Sugar Levels

When your blood sugar level goes awry, your body suffers and this gives way to diseases and other complications. Find out how you can keep your sugar levels in check!

A recent report by the International Diabetes Federation revealed that Singapore has the second highest proportion of diabetics among developed nations. Don't shun sugar though, because glucose is the important fuel that keeps you moving each day; it's only when sugar levels in the blood exceed normal levels that we suffer from diseases and its complications.

High sugar levels affects your body's ability to make insulin, a hormone which controls blood sugar levels. Initially, the pancreas overcompensates with high levels of insulin, but over time, this organ gets damaged and can no longer produce insulin. High blood sugar levels can also lead to many health complications.

If you have been guilty of neglecting your health, it is not too late to start living healthy. Ensure you get sufficient sleep, plenty of exercise and a nutritious diet each day. To get you started, we share with you three foods which not only offer great health benefits, but have the added bonus of helping to control blood sugar levels.

## Gymnema Sylvestre

Gymnema Sylvestre extract uses in treatment for diabetes goes back 2000 years in Ayurveda treatment. The leaves of the plant contain Gymnemic acids which are known to be beneficial in supporting healthy blood sugar levels. Studies have also shown that Gymnema acids can reduce the sensitivity of taste buds to sweet substances, thus may be useful in curbing sugar intake.



## Fenugreek Seeds

The key to good health starts with a healthy and happy digestive system! Fenugreek seeds are rich in fibre and antioxidants, and are beneficial to the body. The mucilage of fenugreek seeds also may help to soothe irritated gastrointestinal tissues. Galactomannan, the soluble fibre component of fenugreek seeds, reduce the rate of glucose absorption into the blood.



## Bitter Melon

True, the bitter melon lives up to its name and has an extremely bitter taste, but the benefits it provides are amazing. Want glowing, blemish-free skin? The free radicals in bitter melon are known to be beneficial to skin. Worried about high blood sugar levels? Polypeptide-p found in bitter melon may help to lower blood sugar by mimicking the action of human insulin in the body.



## PRE DIABETIC BLOOD SUGAR LEVELS



[Watch Video Here](#)

# Which Emotional Type Are You?

How do you relate to people? Take this quiz and find out your emotional type!



## What makes you feel good?

- a. Solving a challenging puzzle or problem
- b. Reading
- c. Talking to people
- d. Getting a compliment

## How do you usually approach problems?

- a. I analyse the problem from all angles and come up with a rational and logical solution.
- b. I rely on my gut feeling to make decisions.
- c. I consult with someone I trust about the pros and cons.
- d. I discuss the problem with all my friends

## When on a trip, do you plan your itinerary right down to the last detail or do you prefer to go with the flow?

- a. I plan everything in detail so that I can make full use of every second of my holiday.
- b. I rely on my mood at the moment to decide what to do.
- c. I do whatever my friends have planned.
- d. I prefer to get recommendations from the locals.

## Do you have trouble falling asleep?

- a. No. I fall right into dreamland the moment my head touches the pillow.
- b. Yes, all the time. I constantly worry about what other people are thinking or feeling.
- c. Only when I have an important task to do the next day.
- d. Sometimes. Because i'm up all night talking about a problem with my friends.

## Have you ever been told that you are too sensitive?

- a. Never. On the contrary, people often accuse me of being too detached.
- b. Yes. People are afraid to talk to me because they are afraid of upsetting me.
- c. No. I'm easily upset.
- d. No. I usually get over things that upset me pretty quickly.

## Do you enjoy being in a crowd and being around people constantly?

- a. Yes. I love to share my thoughts and opinions with others.
- b. No. I do not enjoy being around people all the time because i', easily affected by the emotions of others.
- c. Yes. I enjoy talking to people about anything and everything under the sun.
- d. Yes. I thrive on the energy of the crowds.

## Are you more of a listener or talker?

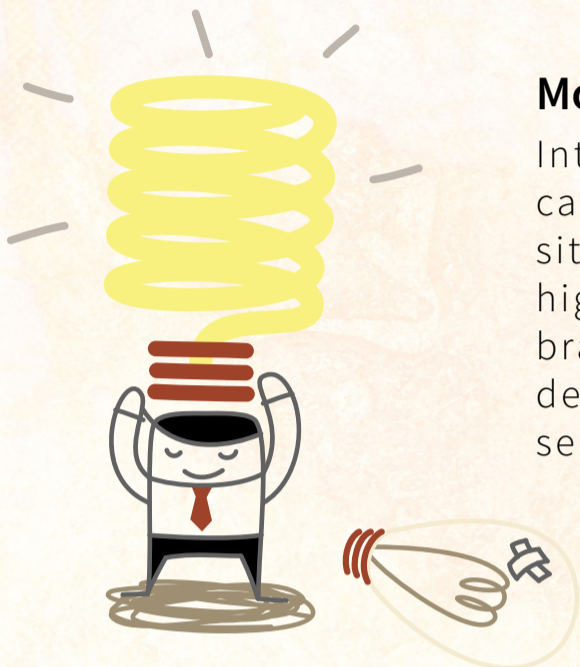
- a. I enjoy discussing thought-provoking topics with others.
- b. People usually come to me when they need a listening ear.
- c. I usually talk more because people always come to me for advice
- d. I like to talk about my feelings.

## How would your friends describe you?

- a. The Serious One
- b. The Emo One
- c. The Dependable One
- d. The Chatty One

## What is your dream job?

- a. CEO of a large corporation
- b. Musician
- c. Motivational Speaker
- d. Psychologist



### Mostly As: The Intellectual

Intellectuals are cool cucumbers who can keep their head in the most heated situations. They are rational, intelligent and highly analytical individuals who enjoy a good brain workout. However, they often struggle when dealing with emotions and may often be perceived as being too serious and stern.

## What do you think is your greatest trait is?

- a. My logic
- b. My compassion
- c. My open-mindedness
- d. My sociability

**Check  
out your  
results!**

### Mostly Bs: The Empath

Empaths are extremely sensitive to their surroundings and tend to feel everything intensely. They are naturally giving, and they are good listeners and nurturers as well. On the downside, Empaths easily absorb the emotions, whether positive or negative of those around them which can exhaust them quickly.



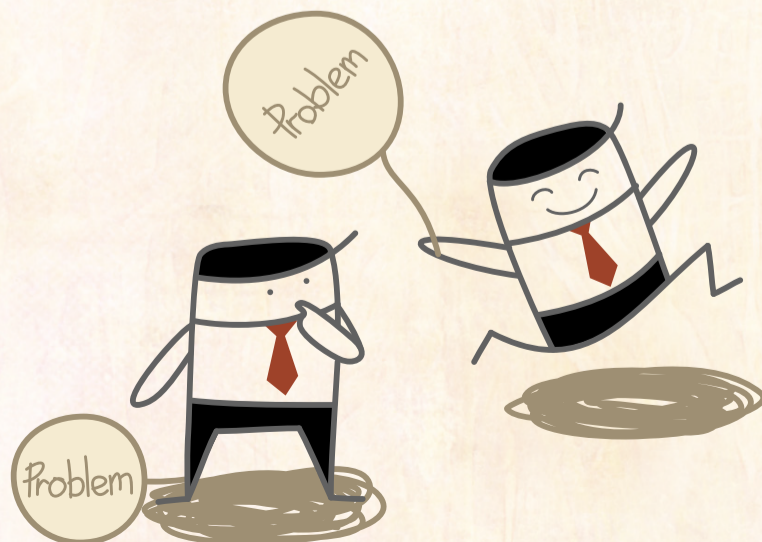
### Mostly Cs: The Rock

As their names suggest, Rocks are dependable and stable - they can always be counted upon to be there for their friends and families. They are not quick to anger or judge but these hardy Rocks often find it difficult to express their own feelings.



### Mostly Ds: The Livewire

Livewires are quick to bounce back from setbacks and move on. Livewires enjoy interacting with people and are not afraid to share their thoughts and feelings though they tend to share too much sometimes which can intimidate the other party.





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