

Health



ParkwayHealth™
Medical Centers

SPRING
2010



New Year - New Look!

ParkwayHealth Magazine Spring 2010



2 New Locations Opening Soon!

- Jinmao Building, Lujiazui
- Expo Village, Pudong

see P12

Get Moving in 2010!

Preventing Head Injuries
佩戴头盔的意义

see P6

Staying Active During Pregnancy
孕期健身

see P14



PARKWAYHEALTH MAGAZINE - YOUR GUIDE TO WELLNESS IN CHINA www.parkwayhealth.cn

Singapore • Malaysia • India • Brunei • Vietnam • China



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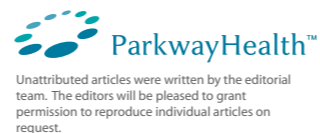
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Welcome to the 4th issue of the ParkwayHealth Magazine - your guide to wellness in China!

As you may know, the New Balance JinQiao 8K Run will be taking place on Sunday, March 21st. ParkwayHealth will be sponsoring this event, and we encourage everyone in the community to get involved. 10% of all proceeds from this event will be donated to Roots and Shoots, a non-profit organization of the Jane Goodall Institute that promotes environmental initiatives.

At ParkwayHealth, we not only serve the international community but are also a part of it, particularly because the majority of our doctors are either from overseas or have been trained abroad. Naturally, we share the same concerns about day to day life in China as you, and therefore do the most we can to help address these issues for the good of the community.

As your healthcare partner, it is our obligation to help you better understand the health-related issues that you and your family are facing here in China. In an effort to be a better partner, we are now organizing health talks, seminars, and classes for various schools, companies, and organizations. Recently, we've been running a series of running clinics leading up the JinQiao 8K event.

ParkwayHealth also provides first aid support at sporting, community, and corporate events. For example, we have provided support for Shanghai visits of former US Presidents Bill Clinton and George Bush, former US Vice President Dick Cheney, and President Obama. We've also provided first aid support at international school events for the Shanghai American School, British International School, Concordia, and Dulwich College, just to name a few.

But ParkwayHealth's ability to support the community in its various activities is made possible only through the hard work and dedication of individual community members who help draw our attention to situations where our help is needed. If you, your company, or organization feels that ParkwayHealth should be doing something to help in any way or would like our assistance, please feel free to contact us. Only by working together can we truly make a difference, not just in the lives of individuals, but for the well-being of the entire community.

Best wishes,

Dr. Jeffrey Staples

Divisional President of ParkwayHealth China



**Jinmao, Lujiazui
Expo Village, Pudong**

In order to better serve you, we are expanding our locations with the opening of two new clinics!

When I was a resident in training, one of my supervisors was a specialist in sports medicine. He told me that if I kept telling people over the age of 35 to exercise, that I would never be short of patients. Since I started my medical practice 15 years ago, my supervisor's words have proven true time and time again. You see, many people don't realize the importance of preparing the body to remain active.

I've found that it's often hard to convince people of the importance of maintenance work for the body. A healthy and active lifestyle requires adequate preparation and the right precautions. There are a number of things you need to take into consideration when it comes to your health and fitness.



Does Exercise Have to Hurt?

By Dr. Yong Lee, Vice President of Medical Services

As you get moving in 2010, here are **10 quick tips to help you prevent injuries and stay safe:**

- 1 Talk to your doctor.** If you are just starting to get serious about exercising, talk to your doctor about choosing the exercises that are safest for you.
- 2 Get the right gear.** Make sure that you have the right equipment to exercise, for example - don't skimp on getting good shoes!
- 3 Warm up properly.** Be sure to get your muscles warmed up and ready to go before you begin your workout.
- 4 Take one step at a time.** Don't ramp up too fast. Instead, implement exercise programs gradually.
- 5 Listen to your body.** Do not continue exercising past your personal tolerance point. Closely gauge the intensity and length of your workouts.
- 6 Change it up.** Be sure to vary the types of exercises done and muscle groups used. You don't want to hurt yourself by stressing the same muscles and joints repeatedly.
- 7 Grab a dumbbell.** Maintain and increase muscle mass by adding weight lifting to your routine.
- 8 Rest.** Get plenty of rest between exercise sessions. This gives your body time to recover and build muscle.
- 9 Eat healthy.** Forget about fad diets. Instead, focus on sustainable healthy eating habits.
- 10 Water, water, water.** Keep well-hydrated at all times. You should be aiming to drink a minimum of 2 liters of water per day.

Sometimes it's hard to separate facts from fiction, especially when it comes to our health. Here are some **common myths about health and fitness:**

-Stretching immediately before exercising will prevent injuries. This is only true if you take the time to stretch routinely and do it properly. If you only stretch on occasion, it may not do you any good.

-Eating right before or while exercising is dangerous. Your eating schedule will depend on how long you plan to exercise. Long distance athletes routinely eat prior to and while exercising.

-Drinking a lot of water while exercising is safe. It is possible to drink too much water. The longer you exercise, the more moderate your water intake should be. On average, you should drink 400mL of water per hour of exercise.

-If you have a cold, you should not exercise. A mild viral infection does not mean that you shouldn't exercise, although you may have to adjust the intensity. You should, however, be careful that you don't get others sick.

-If you exercise hard enough, you will be able to weigh what you did when you were 20 years old. Our metabolism, exercise tolerance, and energy expenditure all change as we get older. Weight gain is common and not necessarily unhealthy. After the age of 20, even very active individuals may gain about 0.5kg per year. Do not obsess about your weight- rather, focus on being fit.

As you get into shape, remember-fitness is not primarily about your weight, but rather about your ability to do and enjoy physical activities for the long term. We are all getting a little older each day and limitations will increase as we continue to age. The key is to not get frustrated, but to instead learn to adapt by getting more creative with your physical activities. Caring for your physical, mental, and spiritual wellbeing is part of living a balanced life. So remember to have fun- don't just be part of the rat race!



"A healthy and active lifestyle requires adequate preparation and the right precautions."

Dr. Yong Lee  

In addition to being a U.S. Board Certified Family Physician, Dr. Lee is also the Vice President of Medical Services of ParkwayHealth. Dr. Lee holds a Bachelor of Science Degree in Nutrition and Dietetics from the University of California at Berkeley in the US and an MD from the Faculdade de Ciencias Medicas da Santa Casa de Sao Paulo in Brazil. Dr. Lee is a member of the American Academy of Family Physicians (AAFP) and sees patients at our Specialty & Inpatient Center located near Xintiandi.



Why Exercise?

By Dr. Lauren Muhlheim

The Psychological Benefits of Physical Activity



Dr. Lauren Muhlheim 

Dr. Lauren Muhlheim is a clinical psychologist from the United States who has extensive training in Cognitive Behavioral Therapy (CBT) and years of experience working with adults with a variety of problems, including eating disorders, anxiety, and depression. Dr. Muhlheim sees patients at our Shanghai Centre and JinQiao Clinics.

I commonly see patients in my psychology practice for depression, anxiety, and other emotional complaints. When I'm taking someone's history, there's one question I always ask which may surprise you:

"Tell me, how often do you exercise?"

Exercise has been shown to protect against coronary heart disease, high blood pressure, diabetes, osteoporosis, and some cancers. Regular exercisers also benefit from leaner bodies, improved flexibility, and increased stamina. While most people are aware of these physical health benefits, many are not familiar with the range of mental health benefits that can also be derived from regular exercise.

Relatively simple and inexpensive, exercise is a great way to manage stress and maintain life balance. Its potential to invigorate, improve mood, reduce anxiety and stress, boost self-esteem, and improve focus and concentration is enormous. In fact, people who exercise regularly may inoculate themselves against symptoms of anxiety and depression.

Exercise provides a change of scenery, gets you out of the house and into a routine, and allows you to meet new people and feel less isolated. Its benefits last longer than

quick-fixes such as comfort-eating, smoking, or drinking. I know from my own experience that exercise clears my head and generates new creative ideas.

Adding or increasing exercise is often one of the single most potent lifestyle changes you can make to improve your emotional life. It can catalyze other positive lifestyle changes as well. Exercise has been shown to have a positive influence on our perception of ourselves, providing a sense of accomplishment as we master skills, improve our body image, and increase our self-worth. Taking a proactive step such as exercising to manage depression or anxiety is a positive coping strategy that leads to active feelings of self-efficacy and positive self-esteem, as opposed to dwelling on unpleasant feelings, numbing them with alcohol, or hoping that the anxiety and depression will go away on their own.

Even small amounts of activity – as little as 10 to 15 minutes at a time – can bring about some improvements in mood. However, more is better – research suggests that it may take at least 30 minutes of exercise a day at least three to five days a week to significantly improve depression symptoms.

The American College of Sports Medicine and the American Heart Association provide the following guidelines (www.acsm.org):

- Moderately intense cardio 30 minutes a day, 5 days a week or
- Vigorously intense cardio 20 minutes a day, 3 days a week and 8 to 10 strength-training exercises twice a week

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Of course, while the suggestions above may be helpful to many people, bear in mind that anxiety and depression, like other medical matters, should not be treated lightly. If your symptoms persist or are severe, making it hard for you to function, consult a mental health professional. Psychotherapy and medication also offer a great deal of help to individuals suffering from anxiety and depression.

But if you're feeling only mildly stressed out, overwhelmed, or blue, as a first step you might consider going for a brisk walk. You may be amazed, as many have been, at the difference regular exercise can make in your life.



By Dr. Robert Kohlbacher

Preventing Head Injuries



correct position. To ensure the proper fit, follow these simple instructions:

- ▶ *Ensure that the front edge of the helmet is not more than 1 to 2 finger widths above the eyebrows and that the helmet is level on your head.*
- ▶ *Use foam pads to ensure the helmet fits snugly.*
- ▶ *Adjust the straps carefully according to the manufacturer's instructions. Straps should fit around (not over) the ears and be taut.*
- ▶ *Do not wear any headgear, including hats, bandanas, or barrettes, under the helmet.*
- ▶ *Take your time adjusting the helmet the first time you wear it. You may make mistakes if you're rushed.*
- ▶ *Test the fit of your helmet every time you put it on and make adjustments as needed. Your helmet should fit snugly but still be comfortable to wear.*
- ▶ *Inspect your helmet regularly to check for damage.*

In addition to ensuring that your helmet fits properly, it's important to choose the right helmet for the activity you're doing. For example, single impact helmets, such as bicycle helmets, are designed to protect your head against one hard fall. These types of helmets will need to be replaced after a single heavy impact, even if there's no visible damage. On the other hand, multiple impact helmets, such as those worn for hockey, are designed to withstand several hard impacts and to protect the wearer against other objects that may hit the head, such as pucks or sticks. Other types may do more than just protect the head against injury. For example, skiing helmets also provide added warmth.

Sometimes, despite our best intentions, it can be difficult to convince our children of the necessity of wearing helmets. There are, however, some ways to make this situation a bit easier:

Get your kids in the habit of wearing a helmet when they're young. The younger they are when they start, the easier it will be to make it a habit. Young children should wear a helmet whenever they're on wheels, whether they're on their own bike or riding on the back of yours.

Give children the opportunity to choose their own helmet. Encourage them to pick brightly colored helmets as this will not only be more appealing to them, but will also increase their visibility to others.

Set a good example by always wearing a helmet yourself.

Enforce the rule of wearing a helmet and don't let kids ride unless they're wearing theirs. Encourage your child's friends to wear helmets when they're together as well.

No matter what, though, never underestimate the safety value of protecting your head. Wearing a helmet is one of the easiest and most effective ways of preventing serious brain injuries and should become a habit for you and your children any time you're on wheels or engaged in an activity in which you could injure your head.

According to statistics published on www.wearahelmet.org, 50% of children 14 and under who are hospitalized for bicycle, in-line skating, and skateboarding related injuries are diagnosed with a brain injury.

In the US in the year 2000, 90% of bicycle fatalities occurred to riders not wearing helmets. Non-helmeted riders are 14 times more likely to sustain fatal injuries than helmeted riders. But between 85 and 88% of critical head and brain injuries can be prevented through the proper use of a bike helmet. Additionally, it's estimated that 75% of bicycle fatalities among children can be prevented simply by wearing a helmet.

In order for a helmet to be effective, it must be worn properly. Children whose helmets fit incorrectly are twice as likely to suffer a head injury in a crash compared with children whose helmets fit properly. Additionally, children who wear their helmets tipped too far back on their heads have a 52% greater risk of sustaining a head injury than those who wear their helmets further down on their foreheads in the



"Wearing a helmet is one of the easiest and most effective ways of preventing serious brain injuries."

Dr. Robert Kohlbacher 

Dr. Kohlbacher holds an MD from the University of Oklahoma and is U.S. Board Certified in Family Medicine. He is a Diplomate of the American Board of Family Practice and has extensive experience in Emergency Medicine, including certifications in Pediatric, Cardiac, and Trauma Life Support. Dr. Kohlbacher sees patients at our HongQiao Clinic and specializes in preventative medicine and the treatment of illnesses in both adults and children.



佩戴头盔的意义



据一项被刊登在www.wearahelmet.org上的统计调查结果显示，在十四岁以下（包括十四岁）因骑自行车、溜冰或玩滑板而受伤住院的儿童中，有一半被诊断为脑部受伤。2000年，在因骑自行车而意外丧命的美国人中，有90%是因为没有佩戴头盔。骑自行车时，因未佩戴头盔而遭遇致命伤的几率是佩戴头盔的14倍。如果正确佩戴自行车头盔，那么大约有85%–88%的人可以避免严重的头部和脑部受伤。此外，光佩戴头盔一项保护措施就可以使大约75%的儿童避免因骑自行车而丧命。

正确佩戴头盔是确保头盔能够对头部进行有效保护的一个必要条件。头盔佩戴错误的儿童在碰撞中遭遇头部受伤的几率是正确佩戴头盔的儿童的两倍。此外，佩戴头盔时，错误的将头盔向脑后倾斜的儿童遭遇脑部受伤的几率要比那些正确的将头盔附在前额上的儿童高出52%。以下几点注意事项可以确保头盔佩戴正确：

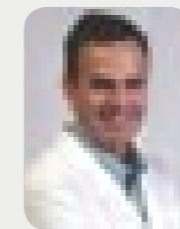
- ✓ 保证头盔的前沿与眉毛之间的间隙不超过1-2指，且头盔佩戴后必须保持水平。
- ✓ 泡沫垫可以确保佩戴舒适并与头部完全贴合
- ✓ 严格按照产品的使用说明调节头盔带，头盔带应该放置在耳后（而非耳部上方）并且呈拉紧状态
- ✓ 佩戴头盔前，应取下头饰，包括帽子、丝质手帕和发夹。
- ✓ 首次佩戴头盔时，应仔细调节以确保头盔与头部完全贴合。草率行事可能会造成错误佩戴。
- ✓ 每次佩戴时，应检查头盔与头部的贴合度并在必要时进行调整。头盔与头部之间应做到贴合、舒适。
- ✓ 定期检查头盔看是否有损坏。

除了要确保头盔的大小合适外，根据不同的运动选择适合的头盔也同样重要。举例来说，单次撞击头盔，如单车头盔，可以在某一次的剧烈撞击中为头部提供保护。上述头盔在经过一次剧烈撞击后，即使表面没有明显受损，也必须在下次使用时更换。而多次撞击头盔，比如曲棍球运动员所佩戴的头盔能够承受数次猛烈的撞击并保护头部免受来自其他物体，比如球体或曲棍的打击。其他类型的头盔还具备除保护头部以外的其他功能，比如滑雪用头盔，不仅可以保护头部，还具有保暖的功能。

有时，尽管我们极力劝解，却仍然无法说服我们的孩子佩戴头盔。以下几个小窍门或许对您有所帮助：

- ✓ 培养从小佩戴头盔的习惯。头盔佩戴的时间越早，就越容易成为一种习惯。只要是骑自行车，无论是自己骑还是坐在自行车后方的座椅上，儿童都需佩戴头盔。
- ✓ 让孩子有机会选择自己喜欢的头盔。鼓励他们选择色彩鲜艳的头盔，色彩鲜艳的头盔不仅在视觉上具有美感，还容易引起其他人的注意。
- ✓ 以身作则，为孩子树立佩戴头盔的好榜样。
- ✓ 订立必须佩戴头盔的规矩，禁止不佩戴头盔的孩子骑单车。如果孩子与他人结伴而行，鼓励孩子的其他小伙伴也佩戴头盔。

在任何情况下，都不得忽视保护头部安全的重要性。佩戴头盔是防止脑部严重受伤的最简单也是最有效的方法之一。因此，无论是骑车出行还是参加可能会造成头部受伤的活动，都应该让自己和自己的孩子养成佩戴头盔的好习惯。



 Robert Kohlbacher 医师，
家庭医疗



Comprehensive Sports Medicine and Injury Care



Whether you are a professional athlete or a weekend warrior, our dedicated team of overseas trained Sports Medicine Specialists are available to help you deal with a wide range of musculoskeletal related injuries. Our medical team includes orthopedists, specialized surgeons, chiropractors, physical therapists, and Pilates specialists.

With access to the latest medical technology, including onsite diagnostic radiology and x-rays, our medical team is able to quickly provide a diagnosis and begin treatment, getting you on the road to recovery as soon as possible.

Our services include:

- Injury prevention and advice
- Injury diagnosis and treatment
- Recovery plans
- Surgery
- Pain management

We provide treatment for the following common ailments:

- General injuries
- Fractures
- Sprains
- Joint pain
- Muscular related pain and injuries
- Tendonitis
- Arthritis
- Back and spinal problems

Sports Medicine Team

Orthopedic Surgery



Bin (David) Jiang MD
English, Japanese, Mandarin, Shanghainese



Chiropractic



Atipa Limpivasti B.Sc. M.Chiro
English, Spanish, Thai



Physical Therapy



Baerbel Funk
English, German



Eva Liu DC
English, Mandarin



Pilates & Physical Therapy



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Michelle Gong MD, MSc, BMR
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Mark Wu
English, Mandarin



Carmen Silvia Fellippa PhD
English, Portuguese, French, Spanish



Podiatry



Julie Verpiot Master Degree of Medical Podiatry
English, French, German, Mandarin



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- Family Medicine
- Gastroenterology
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- Pediatrics
- Physical Therapy
- Pilates
- Podiatry
- Psychiatry
- Psychology Services and Counseling
- Radiology
- Traditional Chinese Medicine and Acupuncture
- Ultrasonography

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Expo Medical Center
Expo Village
世博村

2 New Locations Opening Soon!
-Jinmao Building and Expo Village

Jinmao, Lujiazui Expo Village, Pudong

Staying Fit During Pregnancy

By Dr. Shio-Ching Wang, Chief of OB/GYN Services



Dr. Shio-Ching Wang

Dr. Wang received her MD from the University of Kansas School of Medicine and her PhD in Reproductive Physiology from the University of Illinois at Urbana, both in the US. Dr. Wang is a Diplomate of the American Board of Obstetrics and Gynecology and a Fellow of the American College of Obstetrics and Gynecology. She has over 19 years of experience as an OB/GYN and specializes in laparoscopy, hysteroscopy, colposcopy, colporrhaphy, pregnancy care, labor, and delivery. Dr. Wang is the ParkwayHealth Chief of OB/GYN and sees patients at our Specialty & Inpatient Center near Xintiandi.

About ParkwayHealth's Physiotherapy Services

ParkwayHealth's physiotherapy services adhere to the same strict international standards as our medical services. Our highly qualified physiotherapists are all overseas-trained. In addition to having years of experience, they are also up-to-date on all the latest therapy techniques.

The physiotherapy team at ParkwayHealth works closely with our various medical departments to provide patients with individually customized therapy programs, including Pilates instruction. ParkwayHealth's Pilates classes are all held by trained physiotherapists who are also certified Pilates instructors. Our doctors and physio-Pilates instructors work together closely to ensure that you receive the best care possible.

As you're probably already aware, regular exercise helps build bones and muscles and increases your energy level. For these reasons and many others, continuing to exercise during pregnancy is extremely important.

Some additional reasons to exercise during pregnancy include:

- *Increased confidence, helping you to look and feel better*
- *Reduction in backaches, constipation, bloating, and swelling*
- *Helps in the prevention and treatment of gestational diabetes*
- *Increased energy*
- *Improved mood*
- *Improved posture*
- *Increased muscle tone, strength, and endurance*
- *Better sleep*
- *Helps your body prepare for the hard work of labor and delivery*
- *Gives you a head start in getting back in shape after the baby is born*

During pregnancy, your body will undergo a series of changes. Some of these changes may affect your ability to exercise as you had been doing previously.

- ✓ **Joints.** The hormones produced during pregnancy cause the ligaments that support your joints to become more relaxed. This makes the joints more mobile and therefore more at risk of injury. Avoid jerky, bouncy, or high-impact motions that can increase your risk of injury.
- ✓ **Balance.** Remember that during pregnancy you are carrying extra pounds—as much as 25–40 pounds at the end of pregnancy. The extra weight in the front of your body shifts your center of gravity and places stress on joints and muscles, especially those in the pelvis and lower back. This can make you less stable, cause back pain, and make you more likely to lose your balance and fall, especially in later pregnancy.
- ✓ **Heart Rate.** The extra weight you carry during pregnancy causes your body to work harder. Exercise increases the flow of oxygen and blood to the muscles being worked and away from other parts of your body. For this reason, it's important to not overdo it. Try to exercise moderately so you don't get tired quickly. If you are able to talk normally while exercising, your heart rate is at an acceptable level.

One great way to stay fit during pregnancy and afterward is through prenatal and postnatal Pilates classes. Pilates was developed in the 1920s by Joseph Pilates as an exercise system that creates flexibility and strength for the entire body. He believed that physical and mental health are completely dependent upon one another.

Benefits of Pilates movements include:

- *Improved alignment*
- *Enhanced breathing and circulation*
- *Increased strength, flexibility, and balance*
- *Improved muscle tone*
- *Increased energy and mental concentration*

In addition to being useful for injury prevention and recovery, Pilates can also help keep you fit during pregnancy. Pre and post natal Pilates focuses on:

- *Breathing techniques*
- *Stabilization of the spine*
- *Pelvic floor muscles strengthening*
- *Neck ache and back ache prevention*
- *Relaxation*

If you decide to exercise on your own, there are certain warning signs that you should look out for. These include:

- *Vaginal bleeding*
- *Dizziness or feeling faint*
- *Increased shortness of breath*
- *Chest pain*
- *Headache*
- *Muscle weakness*
- *Calf pain or swelling*
- *Uterine contractions*
- *Decreased fetal movement*
- *Fluid leaking from the vagina*

If you experience any of these symptoms, stop exercising immediately and call your doctor.

Remember, no matter which form of exercise you decide to do during pregnancy, it's important that you do it safely!

* Some article content sourced from the American Congress of Obstetricians and Gynecologists, www.acog.org.

孕期健身



王秀卿
Shiu-Ching Wang
医师，
妇产科主任医师

本文部分内容摘自美国妇产科医生协会官方网站www.acog.org.

定期锻炼有助于强健骨骼和肌肉并让人精力更加充沛，对这一点您可能比较了解。因此，考虑到上述以及其他原因，在孕期坚持锻炼就变得十分重要。

除上述原因外，其他可以证实孕期锻炼十分有必要的理由：

- 增强自信心，让您看上去容光焕发并心情愉悦
- 缓解背部疼痛、便秘、胃胀气和浮肿
- 有助于预防和治疗妊娠期糖尿病
- 使人的精力更加充沛
- 改善心情
- 改善身体的姿势
- 改善肌肉松弛、增强体力和耐久力
- 改善睡眠
- 为分娩打下良好的基础
- 有助于产后迅速恢复

怀孕期间，您的身体会发生一系列的变化。其中，有些变化可能会导致您无法进行之前所进行的某些运动。

-关节。孕期所产生的荷尔蒙会导致关节处的韧带变松弛，这就会使关节更加松动，因此也使身体更容易受伤。避免做一些动作猛烈、弹跳性或高强度的运动，因为这些运动会使关节受伤的几率增加。

-平衡性。您的体重会在孕期有所增加。从孕期开始到分娩前，体重最多可以增加25-40磅。不断隆起的小腹会使身体重心转移，使关节和肌肉承受压力，尤其是骨盆和腰部的肌肉。上述身体变化会导致您的重心不稳，后背疼痛，并很容易因为失去平衡而摔倒，这种情况在孕晚期尤其明显。

-心率。怀孕期间额外增加的体重会加剧身体的负担。适当的锻炼有助于增加所锻炼肌肉的氧气和血液流量，同时加快全身的血液和氧气循环。但需要注意的是，请勿过度运动。运动时，身体应尽量做到缓慢柔和，这样就可以避免在短时间内陷入疲劳。如果您能够在运动期间正常讲话，那么这说明您的心率在一个比较正常的水平。

在孕期和分娩结束后保持体形的一个重要方法是参加产前和产后

的普拉提课程。普拉提是约瑟夫·普拉提（Joseph Pilates）于上世纪20年代推出的一套锻炼方法，这套锻炼方法可以提高整个身体的柔韧性和肌肉力量。普拉提认为，良好的体魄和健康的心理是不可分割的一个整体。

普拉提运动的益处：

- 改善身体的协调性
- 改善呼吸和血液循环
- 增进肌肉的力量、身体的柔韧性和平衡性
- 改善肌肉松弛
- 增进体力和改善注意力

除了能够有助于防止身体受伤并帮助您在产后迅速恢复外，普拉提还可以确保您在孕期仍旧保持良好的身材。产前和产后的普拉提运动主要包括以下几项内容：

- 呼吸技巧
- 脊椎的稳定性
- 加强骨盆肌肉
- 防止颈部和背部疼痛
- 放松身体

独自一人锻炼时，应时刻关注身体状况以及身体所发出的危险警告：

- 阴道出血
- 眩晕或浑身乏力
- 呼吸急促
- 胸口疼痛
- 头痛
- 肌肉无力
- 小腿肚疼痛或肿胀
- 宫缩
- 胎动减少
- 羊水破裂

如果运动期间出现上述症状，请立刻停止运动并向医生咨询。

注：无论您选择在孕期做哪种运动，都必须确保安全。

关于百汇医疗理疗服务的介绍

百汇医疗的理疗服务同医疗服务一样均严格遵守国际相关标准。百汇医疗所有具有资质和良好专业素养的理疗师都有在海外接受培训的经历。百汇医疗的理疗师不仅具有丰富的理疗经验，而且还对所有最新、最先进的理疗技术都了如指掌。

通过与各科室的密切合作，百汇医疗的理疗团队可以根据客户的需要为其提供独有的，包括普拉提在内的治疗方案。百汇医疗所开设的普拉提课程全部由受过专门培训的理疗专家讲授。这些理疗专家同时也是具有一定资质的普拉提教练。我们的医师与理疗和普拉提教练密切合作，以确保您能够得到最优质、最贴心的呵护。

Remember, having exercise induced asthma doesn't mean that you shouldn't be exercising! With proper care, it's possible to lead a very healthy and active life.



Dr. Lida Farid 

Dr. Farid has a Bachelor of Medicine and Surgery Degree from the University of Adelaide in Australia. Additionally, she has a Master of Health Science Degree in Herbal Medicine from the University of New England in Australia. Dr. Farid has over 15 years of experience in Family Practice and specializes in the care of women and children, as well as the integration of Western and traditional herbal medicines. Dr. Farid is fluent in English and Persian and sees patients at our HongQiao Clinic.



Controlling Exercise Induced Asthma

By Dr. Lida Farid



If you experience coughing, wheezing, or a feeling of being extremely short of breath while exercising, you may be wondering if it was simply due to the physical exertion, or if something more serious was happening. While feeling a little short of breath during a work-out is normal, especially if you are not particularly fit, these symptoms may also be a sign of exercise induced asthma (EIA). EIA is a condition of breathing difficulty that is triggered by exercise, in particular aerobic exercise. The exact mechanism is not known, but the symptoms occur as a result of swelling of the airways in the lungs (bronchospasm). The irritated airways also produce large amounts of mucus which, together with the swelling, lead to a partial blockage of the airways. EIA may resemble allergic asthma by causing a variety of symptoms, such as:

- **Coughing**
- **Wheezing**
- **Shortness of breath**
- **Chest tightness or pain**
- **Extreme fatigue during exercise**
- **Poor athletic performance**

EIA is quite common, affecting about 12% of the general population. In fact, 90% of asthmatic individuals and 40% of people with allergic rhinitis experience EIA. Exercise can even induce an asthma attack in up to 10% of people who have no other triggers and who do not experience asthma under any other circumstances. It is not exactly clear why some people are affected while others are not, but EIA sufferers are believed to be more sensitive to changes in the temperature and humidity of the air.

Certain factors, such as cold or dry air, may trigger or worsen symptoms. As a result, EIA seems to be more prevalent in some winter or cold-weather sports. Up to 50% of competitive-caliber figure skaters, ice hockey players, and cross-country skiers suffer from EIA. Other factors that may trigger EIA include:

- **Strenuous activity**
- **Air pollution, including smoke and smog**
- **An existing respiratory infection, such as a cold**
- **Lack of fitness**
- **Exposure to certain chemicals, such as chlorine, paint, fertilizers, or herbicides**

Though different people experience symptoms at different points in their workout, EIA symptoms usually begin about 5 to 20 minutes after starting exercise. These symptoms often peak about 5 to 10 minutes after stopping exercise and then gradually diminish within the next hour. In some cases, however, symptoms can last longer.

If you experience symptoms related to exercise induced asthma, promptly make an appointment with your doctor. In many instances, the history of the symptoms is the most important clue in making a diagnosis. If a diagnosis of EIA is made, your doctor will help you work out an action plan in advance, including instructions on how to prevent an attack while exercising, what to do when an asthma attack occurs, when to call your doctor, and when to go to a hospital emergency department. Oftentimes your doctor will empirically trial a medication for EIA to be used just prior to exercise. The effectiveness of the medication can then be assessed during follow-up visits with your doctor.

Since EIA is a chronic condition, treatment is required on a long-term basis, and in some cases, medication is required for life. The best way to improve your condition and live your life to the fullest is to learn all you can about your asthma and what you can do to make it better. Remember, having exercise induced asthma doesn't mean that you shouldn't be exercising! With proper care, it's possible to lead a very healthy and active life.

Coping With a Dental Emergency

By Dr Nikola Urosevic, DDS

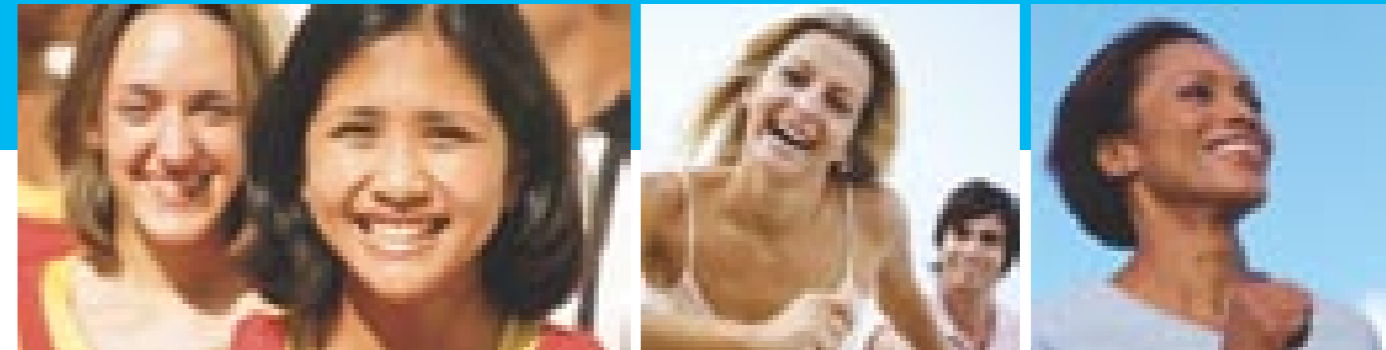


Trauma is one of the most common reasons patients seek urgent dental treatment. Children who are just learning to walk (1-3 years old) are at the highest risk of injuring their primary (baby) teeth and incurring minor facial injuries, while most injuries to permanent teeth are caused by falls, traffic accidents, sports, and violence. Facial traumas that involve fractures, displacement, or loss of teeth can have negative functional, esthetic, and psychological effects.

Although it is not really possible to predict when, where or if an injury will happen, we can take some steps to lower the risk. When playing sports, particularly contact sports, the teeth and gums are exposed and easy to injure. If your child participates in activities such as rugby, hockey, karate, bike riding, winter sports (i.e. skiing), skateboarding, or any other sport that involves potential trauma to the facial area, ensure that he or she wears a helmet and/or uses a mouth guard.

When an injury does occur, it's essential to properly manage the situation. It's important to remain calm, despite the fact that soft tissue injuries are usually accompanied by a lot of bleeding. Try to keep the person from panicking and seek professional help immediately.

Traumatic injuries of supporting tissues include different levels of tooth mobility and/or displacement. Teeth can also be intruded or extruded from the socket or be completely torn out. All of these injuries require immediate professional attention and treatment. If an adult tooth is knocked out, hold it by the crown and rinse it with water. Then get to the dentist as soon as possible. The tooth should be transported in a medium, such as cold milk or saline solution, that will maintain the vitality of the periodontal fibers. If neither is available, the next best



course of action is to put the tooth in the mouth between the cheek and the other teeth.

In some cases, the tooth can be replanted. If treatment is available soon enough and the tooth and surrounding tissues are otherwise sound, replantation is performed and the tooth is immobilized. Your dentist may also recommend a tetanus booster and/or antibiotic therapy to minimize complications. Follow-ups are necessary over a prolonged period of time and additional treatments are usually required. Primary teeth are NOT replanted if knocked out, but professional attention is necessary in order to diagnose other related complications.

It's important to consult your dentist as soon as possible after any tooth injury, whether it is just a simple chip or a more serious trauma. Some consequences of mild trauma can present symptoms months or even years after the initial injury, especially if the primary teeth are involved. Not treating dental traumas promptly can cause oral and phonetic impairments, as well as esthetic issues that are not always easy to fix after a period of time.

Positive outcomes depend primarily upon appropriate first aid measures and immediate attention by a professional. ParkwayHealth's dentists are on call 24 hours a day to provide you with advice and treatment. To make an appointment at any time, please call our 24-hour Appointment Service Center or visit our website at www.parkwayhealth.cn.



Dr. Nikola Urosevic 

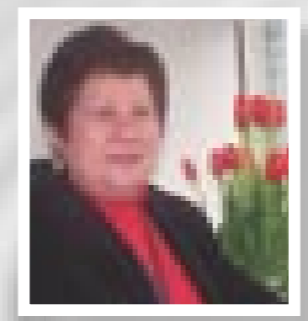
Dr. Urosevic holds a Doctor of Dental Surgery (DDS) degree from the Faculty of Stomatology at the University of Belgrade in Serbia. He is a member of the Serbian Chamber of Private Dental Practitioners and the Serbian Association of Managers. In addition to years of experience practicing general dentistry, Dr. Urosevic has extensive training in Esthetic Dentistry, Prosthetics, Oral Surgery, and Dental Implants. Dr. Urosevic sees patients at our Shanghai Centre Dental Center.

Spring Flowers CROSS PUZZLE

Spring is almost here and with it come a series of beautiful flowers.
Find the flowers in this puzzle and have a happy, fun and healthy spring time!

O F V G C U D B Y L I L
 D S L L E B E U L B C A
 A S V I O L E T S T G D
 F P O P P Y C T T J T Y
 F O R G E T M E N O T S
 O R I N Y X C R O C U S
 D D S U S S I C R A N L
 I W R S P I L U T F W I
 L O J X O L H P Z Z C P
 S N Q D D P G S I R I P
 D S N H T N I C A Y H E
 P K O M E Z D A W I P R

- | | |
|-----------------------|-----------------------|
| BLUEBELLS | LADY'S SLIPPER |
| BUTTERCUPS | LILY |
| CROCUS | NARCISSUS |
| DAFFODILS | PHLOX |
| FORGET ME NOTS | SNOWOROPS |
| HYACINTH | TULIPS |
| IRIS | VIOLETS |



Yoong Choong
Vice President of Nursing,
ParkwayHealth China

A Note from Yoong Choong...

With spring in the air, many of us are spending more time outdoors and preparing to come out of hibernation. Although much of this issue's content focuses on the importance of exercise and being active, I'd like to also emphasize the importance of emotional wellness.

At ParkwayHealth, we believe that in order to truly provide you with a comprehensive health service, we must go beyond just caring for your medical needs. We must tend to your mental and emotional well-being as well. Our Mind-Body Wellness Program, designed by our top international counselors and psychologists in cooperation with our physicians, addresses the issues that may be affecting your psychological state, or that of your children, employees, or students.

We provide immediate support when problems occur, but also offer courses and training to maintain psychological health and to prevent complications. We work closely with schools and families with children experiencing behavioral problems and approach each case with a multi-dimensional strategy that includes counselors, physicians, and other professionals, such as educational, occupational, and speech therapists.

We have developed several specialized programs, including Executive Coaching, Stress Management, Anger Management, Relaxation Management, Progressive Muscle Relaxation (PMR), Educational Therapy, and Employee Assistance Programs, to help with many of the aforementioned problems that may be affecting your mental health. These packages can be offered as one-to-one private sessions, to couples, or to groups. Individual customized packages are also available following an initial consultation.

Whatever your situation, it's important to remember that psychological and physical health often go hand in hand, and that we must give time and thought to both.

Here's wishing you a happy and healthy spring!

Yoong Choong
Vice President of Nursing,
ParkwayHealth China

Run Easy, Run Injury-Free

Running is one of the easiest and most popular ways to stay fit. It doesn't seem complicated- placing one foot in front of the other, striding along. It is free, easy to do, and can be a lifelong activity. But running, if not done properly, is also one of the easiest ways to develop an injury. So, before you set out to be the next Forrest Gump, take note of the following common knee injury to increase the odds of staying on your feet.

Meniscus Injuries

The meniscus is the crescent-shaped structure that provides cushioning and stability in the knee joint. A tear in this cartilage may occur from twisting in a squatted position; with runners, however, it tends to occur as a result of overuse. Some symptoms may include a locking or catching sensation in the knee and swelling. Dr. Chang Haw Chong, Consultant Orthopedic Surgeon at Gleneagles Hospital in Singapore, cautions that meniscus tears should be treated vigorously as these structures are vital structures absorbing shock while walking and running. These structures protect the articular cartilage from wearing out prematurely. Dr. Yegappan Muthukaruppan, Consultant Orthopedic Surgeon at East Shore Hospital in Singapore, adds that the average age of runners with a meniscus injury is about 40 years old, and that males are twice as likely to experience a tear. Degenerative meniscus tears are more common in older runners and may or may not cause any symptoms.

Treatment

In most situations, treatment of a meniscus injury initially follows the basic RICE (Rest, Ice, Compression, Elevation) formula, and combines it with non-steroidal anti-inflammatory drugs. If the knee is stable and does not lock, this conservative treatment may be all that is required. Because blood vessels help nourish the outer edges of the meniscus, in some cases, the injury heals quite well on its own. However, the majority of meniscus injuries require surgery to repair the damage and restore function.

When surgery is recommended, Dr. Yegappan says that keyhole arthroscopic surgery will be used to visually assess and repair the knee injury. In addition, dependent upon

several factors, he might elect to repair or trim the torn meniscus during the arthroscopic procedure. The patient can expect to be up and walking the same day as the surgery. If the patient has had the meniscus partially trimmed, they can go back to running in about two weeks. If cases where the meniscus is repaired more extensively, it is better to wait about six to eight weeks before running again.

Dr. Chang shares that patients who end up with little or no meniscus material due to injury or surgery may be candidates for meniscus transplantations using cadaveric donor meniscus. Meniscus transplantation may be a good solution for the athlete who still experiences pain, even after undergoing a subtotal meniscectomy.

About ParkwayHealth

Understanding a running injury is the key to effective treatment. As you may know, ParkwayHealth currently operates eight modern medical facilities throughout Shanghai. But what you may not know is that all of the ParkwayHealth facilities in Shanghai are part of a much broader, highly prestigious global network. Operating 16 hospitals with more than 3,400 beds in Asia, as well as Patient Assistance Centres throughout the world, ParkwayHealth is committed to leading the way as a global leader in value-based integrated healthcare.

As one of Asia's leading private healthcare providers, ParkwayHealth is renowned for its high quality clinical outcomes and service excellence in various multi-disciplinary specialties, including orthopedic surgery. In Singapore, we have more than 44 sports medicine specialists and orthopedic surgeons under one roof- specializing in treating sports injuries, as well as adult and pediatric orthopedic conditions.

For more information, please visit our Parkway Singapore website at www.parkwayhealth.com





ParkwayHealth

Your Total Healthcare Provider

Our international team of highly qualified and dedicated doctors, dentists and nurses are working to provide you and your precious family with the best healthcare. As Asia's largest private healthcare provider, we give you access to:



- **80** internationally trained doctors
- **8** convenient locations across Shanghai
- In patient and outpatient care with over **40** specialties
- More than **20** direct billing insurance partners



2 New Locations Opening Soon! -Jinmao Building and Expo Village

OUR LOCATIONS IN SHANGHAI

Jinmao, Lujiazui
Expo Village, Pudong

- Jin Qiao, Pudong
- Luwan, Xintiandi
- Jinmao, Lujiazui

- Gleneagles, People's Square
- Shanghai Centre, Portman
- Expo Village, Pudong

- Hongqiao, Changning
- Mandarin City, Minhang