

# Health



ParkwayHealth™  
Medical Centers

SUMMER  
2010



## Have a Fun & Healthy Summer in 2010

- Summer Eye Protection see P10
- Water Safety see P14  
水上安全防护措施

## New ParkwayHealth Clinic in JinMao Tower - the Nearest to Expo



Shanghai JinMao Medical Center  
J.LIFE, 1No1, JinMao Tower,  
88 Century Avenue, Pudong  
浦东新区世纪大道88号,  
金茂大厦裙房1N01 (B)



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# Welcome to the summer issue of the ParkwayHealth Magazine - your guide to wellness in China!

At ParkwayHealth, we understand just how important it is to be able to access international standard healthcare wherever you are. That's why ParkwayHealth is opening a new clinic in Pudong this summer, further increasing the convenience and accessibility of our facilities. Centrally located in Lujiazui in the JinMao Tower, our JinMao Tower Medical Clinic is within walking distance of many major office complexes and only a short cab ride away from the Expo site. Services will be available at this facility in English, Japanese, and Mandarin, and will include:

- Family medicine
- Psychiatry
- Adult medicine
- Traditional Chinese Medicine (TCM)
- Pediatrics
- Onsite Laboratory
- Prenatal Checkups
- Onsite X-ray
- Executive Health Screening
- Onsite Pharmacy
- Physiotherapy

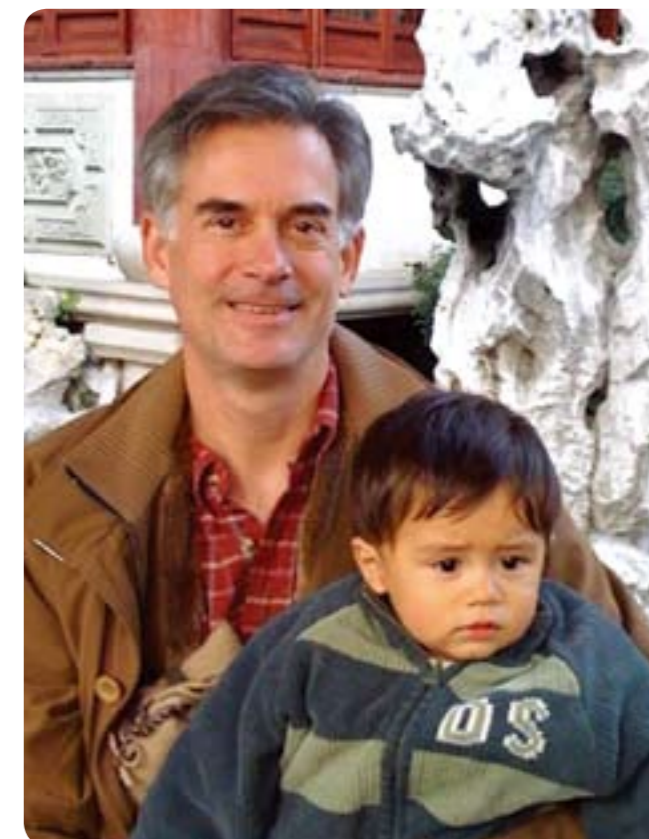
Our new JinMao Tower Clinic will add to ParkwayHealth's extensive network in Shanghai of more than 80 fully-qualified physicians, internationally trained in over 25 specialties. Rest assured that at our new JinMao Tower Clinic, you'll find the same highly-experienced staff and dedicated service that you've come to expect from ParkwayHealth.

I'd also like to take this opportunity to introduce William Pan, the Clinic Manager of our new facility. William holds a dual Master's Degree in Healthcare Administration and Business Administration from the University of Missouri at Columbia and a Bachelor of Science Degree in Finance from Washington University in St. Louis, both in the United States. William has nearly 5 years of management experience with ParkwayHealth here in Shanghai. Before coming to China, William worked within the highly prestigious Yale New Haven Hospital Network in the US.

All of us here at ParkwayHealth are excited by this expansion and look forward to continuing to be your trusted partner in healthcare!

**Best wishes,**

**Dr. Jeffrey Staples**  
Divisional President of ParkwayHealth China



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# First Aid for Sunburns



By Dr. Chunlin Yan

Summer is finally here and many of us are looking forward to soaking up some rays this season. One thing to keep in mind, though, is that **too much exposure to the sun can have long-term and harmful consequences for our health.**

Sunlight contains both UVA and UVB rays. UVB rays are more damaging to the skin, especially when it comes to causing sunburn and skin cancer, but both types of ultraviolet radiation are detrimental to your health and can be responsible for premature aging of the skin. One important note is that tanning beds make use of the same kind of ultraviolet light as the sun, and are therefore just as damaging.

For these reasons, it's important to minimize time spent outdoors when the sun is at its most intense, between 10AM and 4PM. Protect yourself from direct exposure by spending time in the shade and covering up with wide-brimmed hats and long-sleeved shirts and making use of sun umbrellas. Sunburn can occur in less than 15 minutes in certain situations, so it's important to always take appropriate precautions, even if you only anticipate being out in the sun for a short while.

Another important component of your sun protection arsenal is sunscreen. A broad spectrum formula is your best bet as this helps to protect you against both UVA and UVB rays. Choose the highest SPF rating you can find, with a minimum SPF of 30. Keep in mind, however, that the SPF rating indicated on the bottle is only true if you use enough of the product—about 28mL or 1oz— for an adult. Most people do not use nearly enough and therefore do not benefit from the full sun protection of the product. One last bit of information to keep in mind is that sunscreen containing PABA should not be used on children younger than six months of age as it can cause skin irritation.

**If you do, however, end up with a sunburn, it's important to take some first aid steps to minimize the damage to your skin and discomfort.**

As soon as your skin begins to turn red or you start to experience discomfort, get out of the sun immediately. The burn will continue to develop over the next few hours, with the skin being the most painful approximately 6 to 48 hours following exposure. Over-the-counter (OTC) pain killers, such as aspirin, ibuprofen (Advil, etc), and naproxen (Alleve, etc) are most effective when taken immediately. Cool compresses soaked in equal parts water and milk are helpful as well when applied for 15 to 20 minutes at a time. Cool baths (but not ice-cold) baths will help take some of the heat out of the burn, but bath salts, oils, and perfumes should be avoided. Following your bath, dry your skin gently with a soft towel and use a fragrance-free lotion or aloe-based gel to moisturize your skin. Unfortunately, the

only cure for a sunburn is time, so it's best to stay out of the sun while your skin is healing.

In some severe cases, the burn may require professional medical attention. See your doctor immediately if you experience any of the following symptoms:

- Severe pain
- Severe blistering
- Headache
- Confusion
- Nausea or vomiting
- Fainting
- An acute problem with another medical condition

If you are experiencing symptoms of severe sunburn, your doctor may prescribe oral steroids and/or stronger pain relieving medication. If you are dehydrated or suffering from a heat-related illness, you may also be admitted to the hospital and given IV fluids.

As always, the best course of action is to prevent the problem in the first place. Keep in mind that certain medications, including some antibiotics and diuretics, can make you more sensitive to the sun. If you ever notice a skin lesion anywhere on your body that appears suddenly, has an asymmetrical appearance, has edges darker than the center, changes color, or becomes larger than ¼ in (6mm), see your dermatologist immediately.



Dr. Chunlin Yan

*Dr. Chunlin Yan is a dermatologist with more than 17 years of experience. Before joining ParkwayHealth, Dr. Yan practiced in a tertiary referral teaching hospital and was trained in both the US and UK. Dr. Yan specializes in skin allergy, psoriasis, cosmetic skin treatments, as well as the treatment of other skin conditions in both adults and children. Dr. Yan is fluent in both English and Mandarin and sees patients at our Gleneagles Medical & Surgical Center located in Tomorrow Square.*

# Watch Out for Heatstroke!

By Dr. Vaiva Kuehne

Summer has arrived and temperatures are heating up here in the city as well as in many other places around the world. No matter where you'll be these coming months, if it'll be hot outside, you should be on the lookout for symptoms of heatstroke and other heat-related illnesses.

**Heatstroke, one of many heat-related illnesses, is a form of hyperthermia, a condition in which the body's temperature is abnormally elevated, causing a range of physical and neurological problems. Other heat-related illnesses include heat cramps and heat exhaustion, although these are both less severe than heatstroke. If left untreated, heatstroke can be fatal.**

One of the results of the regular metabolic processes taking place within your body every day is the production of heat. Under normal conditions, this heat is dissipated through your skin through radiation or through the process of sweating. In environments with extreme heat or very high humidity, particularly if you are also exercising vigorously, your body will not be able to dissipate the excess heat as quickly as it is being produced. This can lead to a body temperature of 106 degrees Fahrenheit (41.1 degrees Celsius) or higher, causing a range of additional symptoms, such as:

- Nausea and vomiting
- Weakness and fatigue
- Headache
- Dizziness
- Muscle cramps
- Rapid pulse
- Difficulty breathing
- Strange behavior, including hallucinations
- Disorientation and confusion

- Dry skin that is flushed and hot to the touch
- Seizure
- Coma

Heatstroke is frequently accompanied by dehydration, making it particularly dangerous. Signs of dehydration include:

- Dry mouth and tongue
- No tears when crying, especially for young children
- Sunken abdomen, eyes, or cheeks
- High fever
- Listlessness or irritability
- Skin that does not return to normal when pinched and released

Everybody is susceptible to heatstroke and other heat-related illnesses under the right conditions, but some people are at higher risk. These people include infants, the elderly, athletes, and those performing manual labor outdoors. Certain medications can also make people more susceptible, and include:

- Some allergy medicines (antihistamines)
- Some blood pressure and heart medicines (beta blockers and vasoconstrictors)
- Diet pills
- Illegal drugs such as cocaine (amphetamines)
- Laxatives
- Some antidepressants and antipsychotics
- Water pills (diuretics)

In addition to knowing what side effects medications you are taking may affect you, it's important to take other preventative measures in hot weather. Avoid becoming



dehydrated by making sure you drink plenty of water and replace lost electrolytes by drinking sports drinks. Avoid vigorous activities in extremely hot or humid weather, particularly between the hours of 10AM and 4PM when the sun is at its hottest. Avoid beverages that contain alcohol and caffeine as these can act as diuretics. Protect yourself from the sun by wearing a wide-brimmed hat and lightweight, light-colored, comfortable clothing. Also remember to take frequent breaks.

If, however, you suspect you or someone you're with is feeling unwell because of the heat, you should act quickly. Untreated heat exhaustion is less severe than heatstroke, but if left untreated, can lead to heatstroke, a genuine medical emergency. First of all, it's important to get out of the heat, preferably into a building with air conditioning. Your next best option is to move to an area with shade where you can be out of the sun. Remove any restrictive or unnecessary clothing and make yourself comfortable. To lower your body temperature, take a cool bath or shower, or spray cool water on your skin. Also, cool down your head and apply ice packs to your armpits and groin, the areas that will cool the rest of your body down the fastest. Avoid drinking ice cold beverages as these can cause painful cramping. If you do not feel better within 30 minutes of taking these measures, call your doctor.

One last thing to keep in mind is that children suffer from heat-related illnesses more severely than adults do. Never leave children in parked cars, even for a few minutes, as these spaces heat up surprisingly quickly! By taking a few precautions, however, you and your family will be able to safely enjoy the warmer summer weather.



**Dr. Vaiva Kuehne**



*Dr. Kuehne received her MD from the Kaunas University School of Medicine in Lithuania, her MPH from the University of Kuopio in Finland, and her PhD in Childhood Type 1 Diabetes from Linköping University in Sweden. Before joining ParkwayHealth, Dr. Kuehne worked as a pediatrician in both hospital and clinic settings in a range of countries, including Lithuania, Denmark, and Turkey. Dr. Kuehne is fluent in English, Lithuanian, German, and Russian, and sees patients at our Shanghai Centre Medical Center.*



# 谨防中暑!

Vaiva Kuehne 医师

人体内每天的新陈代谢过程会产生一定的热量。在正常情况下，这些热量将通过发热或流汗从皮肤自然挥发。而在极度高温或潮湿的环境中，特别是在剧烈运动后，人体消解多余热度的速度会跟不上热度产生的速度。这会导致体温升至华氏106度（摄氏41.1度）以上，引发一系列其他症状，包括：

- ✦ 恶心、呕吐
- ✦ 虚弱、疲劳
- ✦ 头疼
- ✦ 晕眩
- ✦ 肌肉痉挛
- ✦ 脉搏加快
- ✦ 呼吸困难
- ✦ 行为异常，产生幻觉
- ✦ 神智不清、思维混乱
- ✦ 皮肤干燥、泛红、发热
- ✦ 疾病发作
- ✦ 昏迷

中暑通常还伴随着脱水症状，也正因如此中暑的后果才会特别危险。脱水迹象包括：

- ✦ 口舌干燥
- ✦ 哭泣时流不出眼泪，这一点在幼童身上特别显著
- ✦ 腹部、眼部、脸颊等部位深陷
- ✦ 高烧
- ✦ 精神萎靡、易怒
- ✦ 皮肤被捏、被拍之后不能复原

在特定的条件下，每个人都有可能发生中暑或罹患其他高温引发的疾病，但是某些人发生这些状况的风险较一般人更高。这部分高危人群包括婴儿、老年人、运动员及户外劳力工作者等。某些药物也会增加人们中暑的风险，其中包括：

- ✦ 部分抗过敏药物（抗组胺药）
- ✦ 部分治疗血压或心脏病的药物（β受体阻断剂及血管收缩剂等）
- ✦ 减肥药
- ✦ 违禁药物，如可卡因（安非他命）
- ✦ 通便剂
- ✦ 部分抗抑郁或安定类药物
- ✦ 利尿类药物（利尿剂）

除了要了解自己所服用的药物会产生哪些副作用，掌握一些应对酷暑的防护措施同样十分重要。多喝水，避免发生脱水状况，运动饮料有助于补充流失的电解质。不要在极度湿热的天气做剧烈运动，特别注意上午10点到下午4点是太阳最强烈的时候，这一时段不要从事剧烈运动。尽量避免饮用含酒精或咖啡因的饮料，因为这些饮料会起到类似利尿剂的作用。可以戴一顶宽边帽并穿着质地轻盈、舒适的淡色服装以起到抵御阳光的作用。同时，切记经常小憩。


如果你认为自己或身边的人因酷暑感到不适，应当立即采取相应措施。热衰竭的严重性比中暑轻，但如果不及时处理，也可能导致中暑，这时情况就非常危急了。因此，当发生热衰竭情况时，首先应马上离开酷热的环境，最好能够转移到有空调的室内。如果没有空调，应转移到阴凉处，避免太阳直接照射。脱去所有不必要或者束缚性的衣物，使自己处于舒适的状态。降低体温，可以洗一个冷水澡或者在皮肤上洒一些冷水。同时，让自己的头部冷却下来，并在腋窝和腹股沟敷冰袋，这些部位温度降下来之后，身体其他部位的降温速度会非常快。不要喝冰冷的饮料，因为这可能会引起痉挛。如果在采取上述步骤后30分钟后仍感到不适，需要立即就医。

最后，千万要记得，孩子罹患各种酷热引发的疾病其严重程度较成人甚。不要把孩子留在停泊的车内，哪怕几分钟也不行，因为这样的封闭空间内温度上升的速度极快！当然，只要采取适当的防护措施，您和您的家人一定能够安全地享受夏日风情。

夏天的脚步渐渐临近，随着气温不断升高，酷暑热浪正逐渐向我们袭来。不论你在未来几个月中身处何处，如果室外气温很高，你都应该十分小心各种中暑征兆和其他由酷暑引发的疾病。

中暑是最常见的酷暑引发的疾病之一，其表现形式为体温非正常升高，引发一系列生理与神经性问题。此外，高温还可能引发热痉挛和热衰竭，但是这两种症状均不及中暑严重。若处置不当，中暑可能引发致命的后果。



Vaiva Kuehne 医师简介， 儿科

Kuehne 医师先后就读于立陶宛考纳斯医学院、芬兰库奥皮奥大学和瑞典林雪平大学，并在这三所学校分别获得医学学士学位、医学硕士学位和儿童1型糖尿病博士学位。在加入新加坡百汇医疗集团之前，她先后曾在立陶宛、丹麦、土耳其等国医院和诊所担任儿科医师。她能够熟练地运用英语、立陶宛语、德语、俄语，在我们的上海医疗中心接诊病患。



# Improve Your Body Image!

By Dr. Lauren Muhlheim



**Dr. Lauren Muhlheim** 

*Lauren Muhlheim, Psy.D. is an American psychologist who practices at Parkway Health and has worked in the field of eating and weight related disorders since 1991. She is also a founding member and president of the Shanghai International Mental Health Association ([www.s-imha.org](http://www.s-imha.org)).*

Body image does not refer to one's physical appearance, but rather to the beliefs, perceptions, thoughts, feelings, and actions that pertain to that appearance. In the Western world, a negative body image is so commonplace among women that it is called "normative discontent"—it has become normal to be unhappy. This is demonstrated in study after study. In 1996, *Psychology Today* found that 56% of women were dissatisfied with their overall appearance; in 2009, *Glamour* found that 40% of women were unhappy with their bodies. These results hold true regardless of body size and have a profound effect on self-esteem. Studies confirm that as much as one-fourth of your self-esteem is related to the quality of your body image.

**If you don't like your body, it's difficult to like yourself.**

Contrary to common belief, weight loss is not the best way to improve body image- a psychological problem can

rarely be addressed with a behavioral solution. Research shows that losing weight does not guarantee improved body image. By contrast, improved body image is possible without weight loss. Appearance does not mandate how one feels – therefore, one should separate the goals of weight loss and body acceptance and address each on its own terms.

There are some things you can do to improve your body image regardless of your current shape or weight. But please note- if body image problems are significantly affecting behavior, or are accompanied by an eating disorder, you should consult a mental health professional.

## Don't Put Off Living Your Life

Many people put off pursuing their goals or put aspects of their lives on hold until they have reached their ideal weight. "I'll go on a date," "I'll buy a bikini," "I'll pursue a new job," and so on, "when I lose that 20 pounds." This is a mistake – while you wait to get started, you run the risk of life passing you by. Avoiding things like going to the beach or wearing a swimsuit can actually worsen your body image because you miss out on the activity and feel sorry for yourself. Start doing the things now that you would do if you had your ideal body.

## View the Media Critically and Avoid Unrealistic Comparisons

Comparing yourself to media images and pictures of perfection makes you feel worse about your body. Research shows that even a brief 20 minute intensive exposure to images of typical fashion models provokes an immediate drop in self-esteem. Remember that models and stars spend excessive amounts of time and money on their looks because it is their job. On top of that, media images are further digitally enhanced, creating an even more unrealistic ideal. Stop comparing yourself to them. If you hold more moderate, realistic ideals and stop measuring yourself against unreasonable yardsticks, your body image will improve.

## Stop Negative Body Talk

Focusing on the negative aspects of your body and joking with friends about your "stomach rolls" or "fat thighs" does impair body image and keep you focused on your

flaws. At one Lulu Lemon Athletica store in the US, salesclerks were coached to discourage customers from talking negatively about their bodies. A later survey of the salesclerks showed that they reported improved body image as the result of being exposed to less negative talk. Make a pact with a friend, your spouse, or yourself to stop negative body talk.

## Focus on the Positive

Remember that others don't judge you as harshly as you judge yourself. Do you really focus on your best friend's thighs? When you catch yourself thinking negatively about your body, try to make a correction by saying something positive about that body part, such as "I'm so glad my legs got me through the long walk today." Keep a running list of things you like about yourself – things that aren't related to how much you weigh or what you look like. When you receive a compliment, practice accepting it rather than objecting to it.

## Maintain a Healthy Lifestyle

Regular physical activity in sensible moderation (for health, not weight loss) can benefit your emotional life and your body image. Healthy nutritious eating makes you feel good that you are taking care of your body. Doing something nice for your body, like taking a bubble bath or getting a massage, lets you know that your body appreciates it.

## Groom to Enhance Your Appearance and Feel Better in the Body You Have

Hiding in loose baggy clothes can make you feel (and look) worse. Wear clothes that are sized correctly for your body shape, are comfortable, and make you feel good about your body. Work with your body, not against it. Learn to use mood-altering tools of adornment to enjoy your appearance more- new clothing styles, fabrics and colors, cosmetics, hair care, jewelry, and fragrances.

Reference: *The Body Image Workbook* by Thomas F. Cash, Ph.D.

# Summer Eye Protection



*In addition to causing skin damage and cancer, unprotected sun exposure can also harm your eyes.*

*By Dr. Andrea Sonntag*



**This damage** can be either short-term or long-term but either way is cumulative throughout your lifetime. Short-term damage includes mild irritation and discomfort, excessive blinking, swelling, difficulty looking at bright light, or snow blindness. Snow blindness, also called photokeratitis, is a temporary but painful burn to the cornea. Corneal burns can occur in just one day of unprotected exposure to bright light, such as a day at the beach. These burns are similar to sunburns and are increased when light is reflected off water, snow, pavement, or other surfaces.

Long-term damage, on the other hand, includes cataracts, skin cancer of the eyelids and surrounding areas, macular degeneration, cancer of the conjunctiva, and pterygium. Pterygium is the growth of conjunctiva on top of the cornea and is a non-cancerous illness. Patients with this condition often complain of blurry vision (astigmatism) or a burning feeling (dry cornea). If the pterygium covers the pupil, the patient's vision will be blocked and he or she will not be able to see. In this case, the treatment is to surgically remove the conjunctiva of the cornea. Over time, damage from radiation can affect both the surface tissues and the internal structures of the eyes.

It's important to note that not all sunglasses provide the same level of UV protection. Special filters are needed in order for the lenses to be effective at filtering out radiation-darkened glass or plastic isn't enough. In fact, dark lenses that do not provide a high enough level of protection are more dangerous than not wearing sunglasses at all because they cause the pupil to dilate, thereby increasing the amount of unfiltered radiation that enters the eye.

When choosing sunglasses, be sure to pay attention to the labeling. There currently isn't a universal standard regarding UV protection, but you should look for glasses that block 99-100% of UVA and UVB rays. Some newer lenses also block out blue light, which further increases protection. Remember that a higher price tag does not necessarily mean a higher level of UV protection. Look instead for glasses that are free of distortion and imperfections and that fit your face well. Your glasses should fit close to your face, but not so close that your eyelashes touch the lenses.

Lenses of different colors offer sufficient protection. Darker colored lenses do not necessarily filter out more radiation. Gray, yellow, and brown lenses provide the least amount of color distortion. Gray lenses do not distort colors at all. Brown lenses distort colors a bit, but have the advantage in that they increase contrast. Orange lenses are similar to brown lenses in that they increase distortion, but they also increase contrast and depth perception.

Lenses can be made of either glass or plastic, and each has its benefits and drawbacks. Glass lenses offer the highest level of optical clarity and scratch resistance, but are heavier than

plastic lenses. Plastic lenses, on the other hand, are lighter and more resistant to shattering, but more prone to scratching. Both glass and plastic lenses may be further enhanced with the addition of Polaroid polarized plastic sheeting or mirroring. Polarized lenses reduce glare, for example, from water. Mirrored lenses help deflect some of the radiation and increase depth perception. The color of the mirroring and the lens do not need to be the same.

Some sunglasses have special features that make them especially useful for certain sports. For example, the lenses may be shatter-proof and impact-resistant or fog-resistant. They may feature extra cushioning on the nosepiece if they are designed to be worn for long hours at a time. Sunglasses designed for water sports may be particularly buoyant, making them easier to recover if they're accidentally dropped in the water. Higher levels of UV protection may be needed by those working in high altitudes and with snow, such as mountain climbers, as they are exposed to increased levels of radiation.

## Overall, a combination approach to UV protection is best.

Sunglasses are good, but you're even more protected if you wear a wide-brimmed hat in addition as this will block UV rays from the top. Some contact lenses offer UV protection, but lens wearers should still wear sunglasses when they're outside. Remember, though, that no matter how highly rated your sunglasses are, they will not provide sufficient protection from harm if you look directly at the sun or a solar eclipse!



**Dr. Andrea Sonntag** 

*Dr. Sonntag is originally from Germany and graduated from medical school in her home country with Latin honors, Magna Cum Laude. Before joining ParkwayHealth, Dr. Sonntag worked at various eye clinics in Munich and Augsburg, both in Germany, specializing in lid and orbital surgery. Dr. Sonntag speaks English, German, and Spanish, and sees patients at our Gleneagles Medical and Surgical Center in Tomorrow Square.*

# Specialties and Services

- Adult Medicine
- Cardiology
- Chiropractic
- Dentistry
- Dermatology
- ENT-Otorhinolaryngology
- Family Medicine
- Gastroenterology
- General Surgery
- Integrative Medicine
- Nutrition
- Obstetrics and Gynecology
- Ophthalmology
- Orthopedics and Sports Medicine
- Pediatric Physiotherapy
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**G** Jinmao Medical and Dental Center  
J-LIFE, 1N01, Jin Mao Tower, 88 Century Avenue, Pudong  
浦东新区世纪大道88号, 金茂大厦裙房1N01(B)

**H** Expo Medical Center  
Expo Village  
世博园区

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

Jinmao, Lujiazui Expo Village, Pudong

# Water Safety

By Dr. Celese Beaudreau

Summertime for many people means spending more time outside, particularly around water such as beaches and lakes. Although water sports and activities can be great fun, they can also be very dangerous. The following are some tips to help keep you and your family safe this summer:

- **Always swim with someone else, even if you're an experienced swimmer.**
- **Learn CPR and water rescue techniques so that you're prepared if an emergency strikes. Keep a mobile phone nearby to call for help.**
- **Stay within your comfort zone. Don't swim out farther than you're comfortable or in deep water if you're still learning.**
- **Don't try to keep up with others. If you're starting to get tired or are getting nervous, swim back to shore and take a break.**
- **Only swim in areas that are marked as safe. Rip tides, strong currents, underwater rocks, boat traffic and other hazards can make many areas dangerous to swim in.**
- **If you get caught in a current, don't try to swim against it. Remain calm and swim parallel to the shore until you're free of the current and can make your way back to land.**
- **Keep in mind that swimming in an open body of water, such as an ocean, is very different from swimming in a pool.**

- **Ensure that all drain covers in swimming pools are in place and secure.**
- **Never dive in an area that is marked as "No Diving." Be particularly careful when diving into water that is murky as underwater hazards can be very difficult to see.**
- **Follow the rules posted at water parks. Always go down slides feet first.**
- **Don't mix alcohol and water activities. 50% of all adolescent male drownings are linked to alcohol use.**
- **When supervising children under five years of age, ensure that you are always no more than an arm's length away from them.**
- **If you leave the pool or beach, even for a moment, take your children with you. Never leave children unattended near water.**
- **Take all toys out of the pool when you leave the area so that children aren't tempted to go back in after you're gone.**
- **Never swim during a lightning storm.**
- **Remember that air-filled swimming aids and lifeguards are not a substitute for parental supervision.**
- **Reapply sunscreen frequently. The sun's rays are stronger when they're reflected off the water and sunscreen wears off more quickly when swimming.**

**If**, however, despite following these tips, your child slips under water, don't panic. Get your child out of the water immediately. Carry him with his head lower than his chest. Lie him down and remove any wet clothing. Wrap him in a blanket or towel to get him dry and keep him warm. If he's unconscious, ask someone to call for help while you assess his breathing, pulse, and overall condition. If he's not breathing, begin mouth-to-mouth resuscitation. If he's not breathing and doesn't have a pulse, begin infant/child CPR. Your child should visit the Emergency Room as soon as possible, even if he appears fully recovered, as he may have inhaled water that could lead to lung damage.

Summer should be a time for families to come together, spending time together outdoors and enjoying each others company. By following the above tips, you can help ensure that not only is your summer holiday an enjoyable one, but is also a safe one as well.



**Dr. Celese Beaudreau** 

Dr. Beaudreau is the Chief of Pediatrics at ParkwayHealth, as well as a practicing pediatrician. Dr. Beaudreau received her MD from the Medical College of Georgia School of Medicine in the US. She is American Board-certified in pediatrics and a fellow of the American Academy of Pediatrics. Before joining ParkwayHealth, Dr. Beaudreau worked as a pediatrician in private practice, hospital, and pediatric emergency room settings. Dr. Beaudreau is fluent in English and sees patients at our Specialty and Inpatient Center located near Xintiandi.

In the US, for example, drowning is the second leading cause of accidental death for people 5–24 years old.



对于很多人来说，夏日意味着拥有更多的户外活动时间，特别是能够在海滩或湖泊上进行各种水上活动。虽然水上运动乐趣无穷，但是危险系数也相对较高。以美国为例，在5-24岁的全国人口当中，溺水是第二大主要意外死亡原因。

# 水上安全防护措施

Celese Beaudreau 医师

以下列出了一些帮助您和您的家人安全度过炎炎夏日的实用小贴士：

- ✓ 哪怕你是一名经验十分丰富的游泳好手，也一定记得要与人结伴游泳。
- ✓ 学习心肺复苏法（CPR）和水上救援技巧，在发生紧急情况时有备而战。手机不离身以便及时求救。
- ✓ 不要游出自己的安全水域。初学者游泳的距离不要超过自己的安全距离，也不宜在深水区游泳。
- ✓ 不要试图追赶他人。若开始感到疲惫或紧张，应往岸边游，进行休息调整。
- ✓ 在标示为安全的水域中游泳。大潮、湍流、暗礁、船只等会让许多水域对游泳者造成危险。
- ✓ 如果深陷湍流，不要试图与其逆流而行。保持冷静，与水流方向保持平行，向岸边方向游，这样可以帮助你平安地返回岸边。
- ✓ 切记，在海洋等开放性水域游泳与在泳池中游泳是截然不同的。
- ✓ 确保泳池内渠盖均到位且安全可靠。


- ✓ 不要在写有“禁止跳水”的水域跳水。在黑暗的水域跳水时要特别当心，因为此时肉眼很难发现水下的各种危险因素。
- ✓ 遵守各项水上乐园制定的规定。下水前脚先探探池底。
- ✓ 从事水上运动时不要喝酒。成年男子溺水案例中有50%与酒精有关。
- ✓ 当与5岁以下的儿童一起游泳时，随时保证自己与他们之间的距离不超过一个胳膊的长度。
- ✓ 哪怕仅仅是短暂地离开一会儿泳池或海滩，还是要让孩子们与自己在一起。千万不要让孩子在无人照管的情况下靠近水域。
- ✓ 离开水域前记得把所有的玩具都拿出来，避免孩子们在你离开之后又因为受到玩具的诱惑而折回。
- ✓ 不要在电闪雷鸣的天气游泳。
- ✓ 切记，充气型水上辅助工具和救生衣不能取代父母的监督与照管。
- ✓ 经常涂抹防晒产品。太阳光线经过水面反射会变得更强烈，而且游泳时防晒产品流失更快。



万一在遵循了上述建议的前提下，你的孩子还是不慎落水，千万不要惊慌。立即采取救援措施把孩子从水里救上来。搬孩子的身体时让他的头部位于胸部以下。把孩子平放在地上，脱掉所有湿衣服。用毯子或毛巾把孩子包起来，让他保持干燥和温暖。如果孩子陷入无意识状态，一边找人呼救，一边估测孩子的呼吸、脉搏和其他生命体征。如果孩子停止呼吸，应进行口对口人工呼吸。如果孩子既没有呼吸也没有脉搏，则应采取婴儿心肺复苏法。而且应该尽快送孩子去急诊就医，因为即使他从外表上看起来恢复了，还是可能由于已经吸入了水而造成肺部损伤。

夏日理应是合家团聚、共度美好的户外时光的季节。只要遵循上述防护措施，您和您的家人一定能够安全地享受夏日风情。



Celese Beaudreau 医师简介 

Beaudreau 医师，执业儿科医师，现为新加坡百汇医疗集团儿科主任。Beaudreau 医师获得美国乔治亚医药大学医学院医学博士学位，是美国医学委员会认证儿科医师，也是美国儿科学会成员。在加入新加坡百汇医疗集团之前，她先后在私立医院、公立医院和儿科急诊室担任过儿科医师。她能熟练地运用英语，在我们位于新天地的附近的专科及住院中心接诊病患。



# Do You Need to Have Your Wisdom Teeth Removed?

By Dr Nikola Urosevic, DDS

**Are you worried about your wisdom teeth? Did you know that even if your wisdom teeth aren't visible or causing you any pain, that they could still be causing problems, including permanent damage?** Recent research conducted by the American Association of Oral and Maxillofacial Surgeons finds that wisdom teeth that have broken through the tissue and erupted into the mouth in a normal, upright position may be just as prone to complications as wisdom teeth that remain impacted. Additionally, it's estimated that approximately 85% of wisdom teeth will eventually need to be removed.

Wisdom teeth, also known as third molars, are the last teeth to appear in your mouth. They generally erupt during young adulthood, specifically between the ages of 17 and 25. Long ago, the teeth of early humans would be worn away over time because of the course diet they consumed, leaving space for wisdom teeth to erupt during late adolescence. But now, given our softer diets and increased popularity of orthodontic treatments, there frequently is not room available in our mouths for our wisdom teeth to erupt.

If there isn't sufficient space in the dental arch for the wisdom teeth to erupt, or if they are blocked by overlying gum, bone, or other teeth, wisdom teeth can become impacted. This can not only be very painful, but can also lead to infection, crowding or damage to nearby teeth. If the sac surrounding the impacted tooth becomes filled with fluid and enlarges to form a cyst, more serious problems may occur. As the cyst grows, areas of the jaw may hollow out, causing permanent damage to the teeth, bone, and nerves surrounding the area. In rare cases, if a cyst is not treated, a tumor may develop, necessitating a more complicated surgical procedure to remove it.

As wisdom teeth are generally easier to remove when the patient is younger, the AAOMS strongly recommends

that third molars be removed by the time the patient is a young adult in order to reduce the possibility of complications. Wisdom teeth are usually easier to remove in young people because the roots of the teeth are not fully formed, the surrounding jaw bone isn't as dense, and there is a decreased risk of damaging nearby nerves. As we age, our wisdom teeth grow longer roots, making them more and more difficult to remove as the years pass.

Because of the increased risk of complications with age, you should not wait until you're in pain or experience a problem to have your wisdom teeth removed. Instead, be proactive and schedule an appointment with your oral and maxillofacial surgeon to discuss the procedure, including your choices for anesthesia and what to expect. Most wisdom teeth extractions can be performed in your oral surgeon's office under local anesthesia, IV sedation, or general anesthesia.

Following surgery, you may experience some swelling and pain, both of which are normal. Your doctor can prescribe medications to help alleviate the discomfort and give you advice about cold compresses to reduce the swelling. Additionally, you may have to refrain from eating certain food for a short time while your mouth heals, but soon afterward you'll be able to return to eating normal foods again. At each step along the way, it's important for you to ask any questions and express any concerns you may have. If you'd like to set up an appointment to discuss your personal dental situation, please call our 24-hour Appointment Service Center at **6445 5999** or visit our website at [www.parkwayhealth.cn](http://www.parkwayhealth.cn).

## About ParkwayHealth's Dental Services

Our international team of highly-qualified dentists ensures that our patients receive the very best dental care by providing services that follow strict international guidelines and protocols. Our dental centers, located in our Shanghai Center and JinQiao Clinics, are equipped with the latest state-of-the-art equipment.

### Our dental services include:

**-General dentistry:**

Individualized care, evaluation, diagnosis, and prevention.

**-Preventative dentistry:**

Teeth cleaning, polishing, fluoride treatments, and more.

**-Pediatric dentistry:**

Comprehensive dental care and advice.

**-Emergency treatment:**

Immediate relief from abscesses, accidents, and dental trauma.

**-Endodontics:**

Pain management for injuries and diseases affecting the nerves of the mouth.

**-Periodontics:**

Treatment for problems affecting the gum tissues, roots, and supporting tissues

**-Orthodontics:**

Treatment for bite adjustments and mal-alignment of the jaw

**-Prosthodontics and restorative dentistry:**

Design, fabrication, and fitting of crowns, bridges, and other restorative materials.

**-Dental surgery:**

A wide range of complex procedures are available, and can be performed under local or general anesthesia.



**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.*

# The Buzz on Summer Bugs

By Dr. Lida Farid

Are you plagued by bugs during the summer? If so, you're not alone. With approximately 2,700 different species of mosquitoes in the world, there are plenty of pests around to bother you and your family! Mosquitoes, like many other insects come out during the warmer months, thereby increasing the frequency of insect bites during summer.

For most of us, insect bites are a mere nuisance but in some people, they cause redness, swelling, pain, and itching. These symptoms are caused by the body's autoimmune response to the saliva injected by the mosquito when it feeds. In some cases, it may take several days to heal and stop itching.

So when it comes to mosquito and other insect bites, prevention is your best line of defense. The following are some ways to keep the bugs at bay these coming months:

- *Wearing clothes that cover as much of your body as possible, especially your legs and ankles, will help keep you comfortable when outdoors, camping, or traveling. Mosquitoes are attracted to bright colors and strong smell. Wearing light-colored clothes and avoiding strong perfumes will help keep insects away.*
- *Keep mosquitoes and insects out of your living areas. Using a sliding fine net window allows fresh air to enter your room but will keep out any unwelcome insects. If there are mosquitoes in your home or sleeping environment, use a mosquito net around your bed to protect you. Mosquito nets are also a good idea to cover babies in cribs.*
- *As standing water is the best breeding ground for mosquitoes and other insects, reduce these opportunities by removing standing water around your house, such as in your garden, gutters, and flower pots.*
- *When spending time outdoors, make use of repellents. Repellents don't kill mosquitoes, they simply make it more difficult for them to find a host to feast on. Although some of them are classified as pesticides, when used properly repellents are safe for kids and adults alike.*



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.

The most effective insect repellents contain DEET (diethylmetatoluamide). DEET is a pesticide that has long been the insect repellent of choice. It is available in concentrations of 10-35%. The stronger the solution the longer it protects the skin against insect bites. For example a 10 percent solution repels mosquitoes for about 2 hours. As chemical repellents can be toxic, use DEET with caution and use only the amount that is needed for the time you will be outdoors. DEET repellents go by a range of brand names, so instead of looking for a certain label, check for DEET under the list of active ingredients instead. DEET should not be applied to infants under two months of age and should not be applied to the hands of young children. DEET and other repellents, such as Permethrin, can also be used to treat clothing, mosquito nets, and window screens. This will help repel mosquitoes for up to two weeks.

If you're looking for a natural alternative to chemical repellents that can be safely applied directly to your skin, try products that contain citronella, eucalyptus, Geraniol or Linalool oils. These are all natural oils taken from plants. Geraniol is a natural essential oil derived from Geraniums. When used in candles or in diffusers, it repels mosquitoes and other insects. A recent study showed that Geraniol used in diffusers has a mosquito repellency rate of 97%. However, these products are not as effective and do not last as long as DEET when applied to the skin.

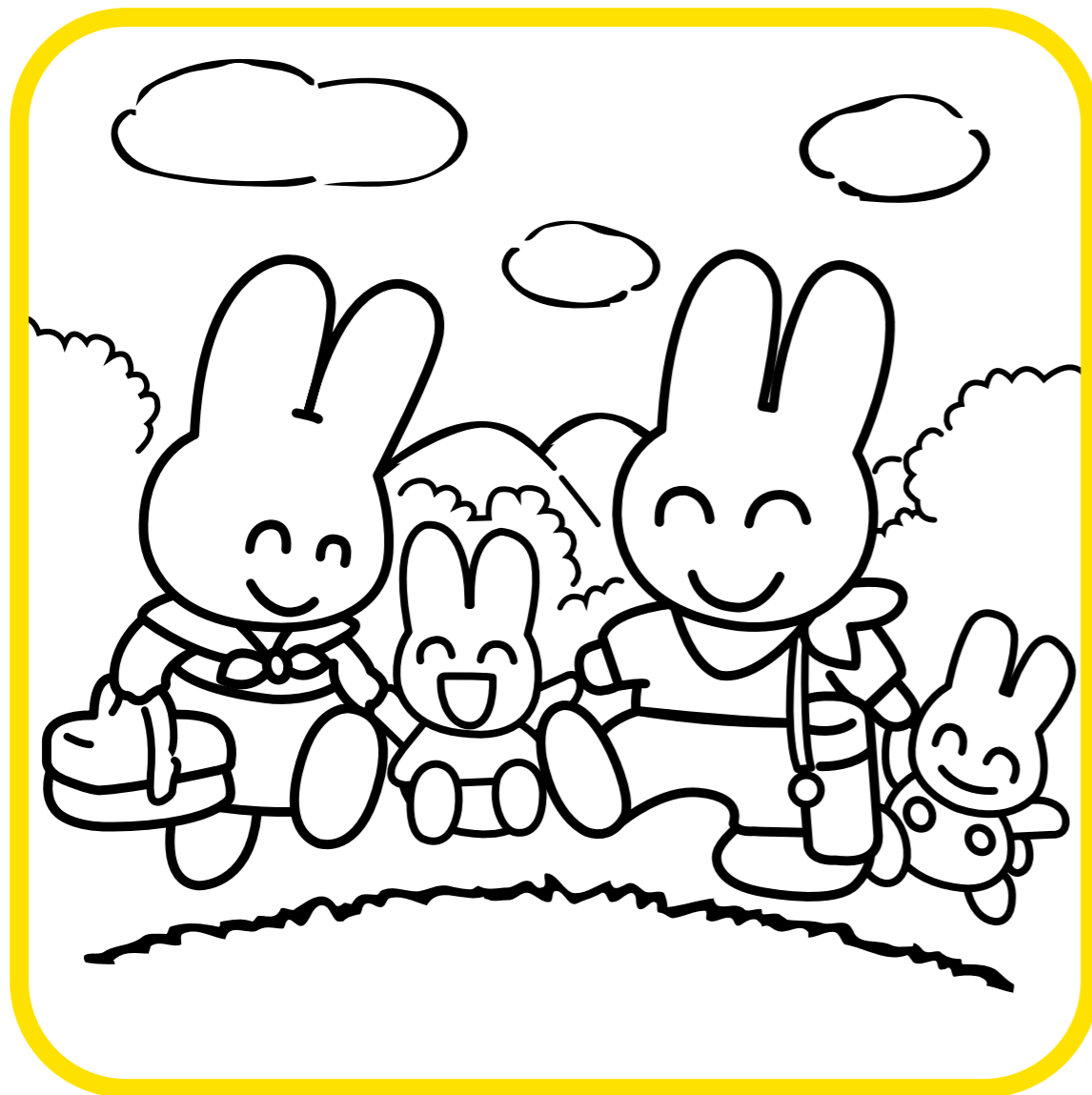
If despite taking appropriate precautions, you still get bitten, fear not. The most important thing is to try not to scratch - as difficult as that is! Scratching starts the "itch-scratch-itch" cycle that releases more histamine into your system and causes more inflammation, thereby worsening the situation and possibly leading to infection. Effective home remedies include cold compresses, aloe vera gel, and the application of a paste made from a combination of baking soda and water. Topical applications of Calamine lotion can also provide temporary relief from symptoms. If these remedies do not work, a single application of a topical steroid cream such as Eloson (mometasone) may be effective. Oral antihistamine medications, such as Benadryl (diphenhydramine) or Zyrtec (cetirizine) can also help to reduce itching and scratching especially where there are multiple mosquito bites.

**Keep in mind, however, that mosquito bites are not just a seasonal nuisance.** In some cases, mosquito bites can transmit diseases such as Malaria, Dengue fever, and Japanese Encephalitis. Japanese Encephalitis is a potentially fatal viral infection that is present in Shanghai. Luckily, you can prevent this illness by receiving the Japanese Encephalitis vaccine.

If you're traveling to other areas where mosquitoes are a problem, do your homework and protect yourself and your family against these potentially fatal illnesses.

# Are you ready for summer

**Summer is around the corner!** Fill color for the happy family and add some must-have things for them (e.g. water bottle, caps,ect...) **have a happy, fun and healthy summer time!**



## A Note from Dr. Yong Lee...

*At ParkwayHealth, we feel it is not only our responsibility to provide you with the very best possible medical care, but also to make every effort to help you achieve and maintain lifelong health. And with our new JinMao Tower Clinic conveniently located in Lujiazui, we make it even easier for busy executives to take time out of their hectic schedules to take care of their health.*

*Our dedicated team of physicians and health professionals, including experts in nutrition, exercise physiology, stress management, and integrative wellness, recognize the need for preventative care and early disease detection and are here to help you achieve optimum health.*

*Our Health Screening Packages are tailored to meet your specific needs and designed to allow you to understand how well your body is currently functioning. All packages begin with diagnostic investigations that enable your doctor to obtain a full profile of your health. During the second session of your health screening, your personal physician will conduct a full physical examination, review the results of your initial diagnostic investigations, and discuss with you details of your current health status. In addition, your doctor will offer specific recommendations regarding your particular health concerns.*

*A comprehensive health screening provides you with an in-depth analysis of your health by combining laboratory testing, advanced imaging, and our medical expertise. Early disease detection through regular health screenings can drastically reduce the cost of treatment, disease progression, other medical interventions, recovery time, length of convalescence, intensity of treatment, and assist you on the path toward a successful recovery from a range of serious illnesses.*

*ParkwayHealth now offers comprehensive health screenings at three of our locations across Shanghai, including our Shanghai Centre Medical Clinic in the Portman, our Gleneagles Medical and Surgical Center in Tomorrow Square, and our new JinMao Tower Clinic in LuJiaZui, making it easier than ever to be proactive about taking care of your health. So ask yourself, with such great options right here in Shanghai, why waste your home leave this year on medical checkups?*

*Wishing you a happy and healthy summer,*

**Dr. Yong Lie Lee**  
Vice President of Medical Services

# Meet Our New Doctors

Because we are always trying to improve and expand our services, we have hired new doctors to fill some of the necessities in the international community in Shanghai.



## Ophthalmology



**Dr. Andrea Sonntag-Vega**  
English, German, Spanish



**Dr. Michael M. Lai**  
English, Spanish, Mandarin

## Psychology and Counseling



**Shailla Virginia Bomfim Moreira**  
English, German, Spanish Portuguese



**Jucara Soares Schweigler**  
Portuguese, German, Spanish

## Physical Therapy



**Nadine Dewes**  
English, German,



**Carmen Silvia Fellippa**  
English, Portuguese, French, Spanish

## Family Medicine



**Dr. Rebecca Sewell**  
English

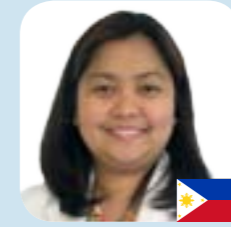


**Dr. Frank Morris-Davies**  
Chief Physician in LW  
English, Italian, Mandarin



**Dr. Martine Vaucourt Vounatsos**  
English, French, Spanish, Mandarin

## Pediatrics



**Dr. Cecille Winnie Joy P. Santos-Brion**  
English, Tagalog



**Dr. George Ducha**  
English, Tagalog

## Anesthesiology and Pain Management



**Dr. Sheena L. Burnell**  
English

## Occupational Therapy



**Ester Kidishman**  
English, Hebrew

Singapore • Malaysia • India • Brunei • Vietnam • China



# 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:

**24-hour**  
**6445 5999**  
APPOINTMENTS  
INFORMATION

- **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 Tower and Expo Village

### OUR LOCATIONS IN SHANGHAI

JinMao, Lujiazui  
Expo Village, Pudong

- JinQiao, Pudong
- Luwan, Xintiandi
- Jinmao, Lujiazui

- Gleneagles, People's Square
- Shanghai Centre, Portman Mandarin City, Minhang
- Expo Village, Pudong
- Hongqiao, Changning