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The World Allergy Organization (WAO) 2016 guideline recommends prebiotic supplementation for the prevention of allergy in not exclusively breastfed infants[^].

[^] Cuello-Garcia et al. World Allergy Organization Journal. 2016;9:10

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IN *this* ISSUE

Welcome to the latest issue of *Celebrating Life*! Mum-to-be and Thomson baby Joanne Yim shares why she decided to return to Thomson Medical to deliver her family's first grandchild, and how her relationship with her own mum has evolved (page 8).

Learn more about TCM remedies for women's wellness (page 6), how to prevent sun or age spots (page 16), and common heart issues older women may face (page 12).

Finally, to celebrate Mother's Day, we've put together a pampering skincare pack that would make a lovely gift for the mums in your life (page 22). Happy reading!

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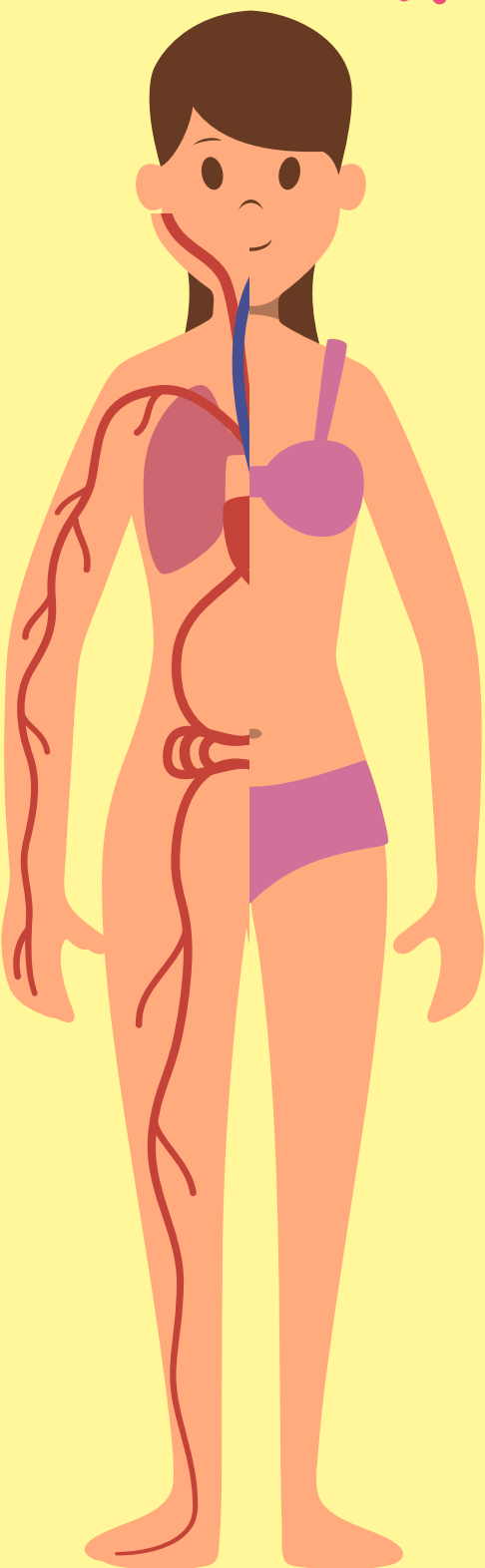
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TCM

Remedies for Women's Wellness

Our TCM physician shares the importance of blood balance for women



In traditional Chinese medicine (TCM), the blood is the basis of a woman's makeup, “女子以血为本”. All important body processes that women go through in life – menstruation, pregnancy, birth and lactation – involve blood. For women to stay healthy and strong, our blood needs to be sufficient to support the life processes that we go through. Consequently, many women's illnesses are a result of disturbances in the blood. Common disturbances include blood stasis (血瘀), blood *heat* (血热) and blood deficiency (血虚). Some of these disturbances may not necessarily lead to diseases, but they may cause certain symptoms that can accumulate in the long run, leading to serious health concerns.

Blood stasis

Symptoms associated with blood stasis include aches and pains in the body, dark complexion, rough and scaly skin, and dark-coloured lips and tongue. If you fall under this category, consume a brown sugar drink, rose flower tea or a little red wine a day to boost blood circulation. More regular exercise will also increase overall energy levels and improve blood flow.

Blood heat

Women with blood *heat* tend to feel warm and develop a sore throat easily. They also tend to be temperamental, develop acne and have a bright red tongue. To counter blood *heat*, you can eat more bitter melon, red beans and water chestnuts, as well as drink chrysanthemum tea and barley water.

Blood deficiency

Heart palpitations, giddiness, insomnia, pallor and a light-coloured tongue are signs that can be associated with blood deficiency conditions. If you tend to have these issues, try incorporating some Chinese herbs in

your diet, such as *e jiao* (阿胶), wolfberry (枸杞子, pictured below), red dates (红枣) and longan (龙眼). You can also eat more black beans, spinach, black fungus and lotus root, which are good for replenishing blood.

It is advisable to visit a TCM physician to get proper advice or treatment, if necessary, to balance the blood disturbances in your body before they lead to other more serious problems. No matter which stage of life you are at now, it is never too late to start nourishing your blood and caring for your body.



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Physician Zhou also practices at Thomson Chinese Medicine (United Square).
See page 20 for more details.

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[^] Excluding Infant formula 0-6 months. Pictures are for illustration only. Valid for first-time requests till 31 December 2018. Other T&Cs apply. * Abbott's calculation based in part on data reported by Nielsen ScanTrack service for the Infant Milk category for the 12-month period ending 14 Jan 2017 in total US scan channels and ending Dec 2017 in total Singapore scan channels. (Copyright © 2017, The Nielsen Company.)





COVER STORY

Coming full circle

One Thomson family
welcomes a third
generation

They say the apple doesn't fall far from the tree, and this couldn't be more true for Joanne Yim and her mum, Madam Wong YT.

Both women consider themselves reliable individuals with a deep, strong sense of duty and responsibility. "We're very disciplined and 'on the ball,'" says Joanne.

The soon-to-be mummy, who is expecting a baby girl in April, is the second eldest of eight children. Much of who she is and how similar she is to her mum is largely due to how she was brought up, she says. Mdm Wong was quite the disciplinarian, who enforced the importance of everyone playing their part in day-to-day chores to keep a household as large as theirs humming.

"On top of my homework, I looked after my younger siblings, and we were all in charge of the cooking and the laundry," says Joanne.

Mdm Wong confirms this: "Formal education

“

Household chores have their unpleasant aspects, and learning to persevere helps mould their character.”

– MADAM WONG ON BRINGING UP HER EIGHT KIDS

is, of course, important, but I feel that teaching my kids life skills – such as time management and personal responsibility – is equally important. Household chores, as with any job, have their unpleasant aspects, and learning to persevere and not give up helps mould their character.”

She reveals that she sees how this has helped her children become “self-starters who have initiative, who are willing to work without complaining.”

Joanne herself attributes her confidence in stepping into her new role as mother to her firm upbringing. Husband Andrew Zhang agrees: “Her mum has taught her how to organise a household – something I think many people tend to overlook – and keep everyone alive!”

MUM KNOWS BEST

Joanne admits that growing up, she did have small differences with her mother, with both women being as opinionated as they are. But as the years went by, their relationship matured and deepened, and Mdm Wong grew from parental figure to confidante.

“I did tell myself, ‘I’m never going to be like my mother!’ But it’s a different story now,” Joanne laughs. “I realise I’m beginning to take on her qualities, and find myself going to her more often for help and advice.”

An example, she says, was when she and Andrew were deciding on which hospital to go with to deliver their baby.

Mdm Wong recommended that they go back to Thomson Medical. “I’d given birth to all my eight babies there,



Joanne Yim (top, second from right) with her siblings

WORDS: JANICE LIN. PHOTOS: CHERYL RAHARJO. YIM PHOTOGRAPHY; ART DIRECTION: GINNY GAY; STYLING AND MAKEUP: MARIE SOH/27.ACO; LOCATION: THE PANORAMA

and going back each time feels like homecoming. The labour ward staff were professional yet warm and friendly, and most of them recognise me.”

For Joanne, even though she knew there were other maternity hospitals, “the default has always been Thomson Medical”, given the family’s history. It was also mum who recommended that Joanne reach out to her gynaecologist, Dr Lim Lean Soon, whom she remembers from visits as a child when Mdm Wong was pregnant with her siblings.

“Mum said that he was very experienced and knowledgeable, but I was a little hesitant at first, because Dr Lim has been around for so long and is getting on in years...”

But after visiting several gynaecologists and finding none with whom she was satisfied, Joanne paid Dr Lim a visit, and that finally put her concerns to rest.

“Experienced doctors can also be quite brusque, but Dr Lim knew what he was doing. He works efficiently, yet is very calm and warm when dealing with patients.

“I guess mums really do know best!” she laughs.



GRANDMOTHER, MOTHER AND CHILD

Everyone in the family is eagerly awaiting the arrival of the first grandchild of the family, reveals Joanne. But for Mdm Wong herself, having had eight children means the excitement is not quite the same.

“I’m pretty cool about all this,” she remarks nonchalantly. She does, however, readily admit she occasionally is unable to help herself from shopping for baby dresses, giving away her anticipation to the rest of the family.

“It’s a scary thought being a senior,” she confesses. Yet, she is confident she has raised Joanne well enough to know she is fully prepared for the journey of motherhood, and that her first child will be in good hands.

“I trust Joanne to be a fair parent, to raise her kids well and not spoil them,

because of how she herself was raised,” Mdm Wong says.

Every relationship between mother and daughter is different, but Joanne hopes to have the same kind of relationship with her own daughter as the one she has with her mum.

“I’m grateful now that I’m older that we have more of a sisterly relationship. I think every daughter does grow up with differences with her mum, but what they say about a mother’s love being unconditional is true,” she admits.

With the imminent arrival of her daughter, Joanne foresees the family dynamics changing even further. “I’ve never really thought of mum as a grandmother, but I do think she will make a great one. She never holds back on giving advice when you need it.”



Her mum has taught her how to organise a household – something I think many people tend to overlook – and keep everyone alive!”

– ANDREW ZHANG

Matters of the heart

Learn about cardiovascular issues women are more prone to face

According to data from the Singapore Ministry of Health, cardiovascular disease is a major killer here, accounting for nearly one out of three deaths in 2015. Among women in Singapore, the leading cause of death is heart disease and stroke combined, but many are still unaware of the dangers posed by this “silent killer”.

Common causes of heart disease are hypertension, coronary artery disease (CAD) and atrial fibrillation (abnormal heart rhythm). These conditions, if undiagnosed or not well controlled, can lead to heart attacks, sudden cardiac

death, heart or kidney failure, stroke and dementia.

The most common trigger of CAD and heart attacks in women is atherosclerosis, which is the narrowing of the inner walls of the coronary arteries due to the build-up of plaque. Plaque is made up of fat, cholesterol, calcium and other substances found in the blood. Over time, plaque can harden or rupture, narrowing arteries and reducing or blocking the flow of oxygen-rich blood to the heart. This can cause chest pain, tightness or discomfort called “angina”.

Atherosclerosis is the “typical” form of CAD with “classic” symptoms of chest angina on exertion or, if more severe, even at rest. It is more common in postmenopausal women and men. Women tend to have this condition about 10 years later than men, likely due to the cardio-protective effect of oestrogen.

ATYPICAL CAD IN WOMEN

In the last 30 years, with great progress in typical CAD therapies, death rates from heart disease have dropped. However, they haven't dropped as much in women as in men, which may be the result of atypical forms of CAD seen more often in women, particularly those who are premenopausal. The more common forms of atypical CAD are:

- **Prinzmetal's angina** due to coronary artery spasms
- **Cardiac syndrome X (CSX)** due to coronary artery micro-vessel blockages
- **Coronary artery erosions**, where the problem is with eroding arteries rather than plaque or constriction

Instead of typical angina chest pains, women are more likely to experience atypical symptoms of CAD and heart attacks. These include:

- A hot or burning sensation or tenderness in the back, shoulders, arms or jaw
- Nausea, vomiting, indigestion, shortness of breath
- Unusual, extreme fatigue

Atypical symptoms do not include anything that may be construed as chest pain. That is why in many cases, women – especially those with diabetes mellitus – may have no noticeable symptoms – the “silent” heart attack.

Another heart issue women are more prone to is commonly known as broken heart syndrome. It is a temporary heart condition where there is a sudden weakening of the heart muscle, which may be triggered by emotional stress – such as the death of a loved one, a sudden relationship issue or constant anxiety. It is more commonly seen in postmenopausal women, and often there is a history of recent extreme (usually negative, but sometimes positive) emotional or physical stress.



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This is to ensure safety of the donor as frequent blood donations without sufficient replacement of iron may lead to iron deficiency anaemia.

The development of iron deficiency anaemia varies with age and sex. The four common causes are:

- 1 Increased physiological demand of the body for iron (e.g. women during pregnancy and breast feeding)
- 2 Loss of blood due to bleeding (e.g. heavy menstruation bleeding or bleeding in the gut)
- 3 Diet low in iron
- 4 Malabsorption

How can I increase my iron level?

Boost your iron by maintaining a well-balanced diet that includes iron-rich foods. Improve iron absorption by consuming your meals with food and liquids rich in Vitamin C. The most effective way to replace the iron lost from blood donation is to consume the full course of iron supplements issued by the blood bank.

Tip!

Avoid taking caffeine together with your meals as this will reduce the absorption of iron.

The following food are high in iron content:



VEGETABLES

- Kang kong
- Spinach (Bayam pasir)
- Chinese kale (Kai lan)



MEAT AND SEAFOOD

- Canned tomato sardine
- Lean beef
- Lean mutton
- Lean pork



RICE AND ALTERNATIVES

- Branflakes
- Cornflakes
- Wholemeal pasta



FRUITS

- Dried figs
- Dried longans
- Dried black dates
- Dried red dates
- Semi-dried prunes



BEANS, NUTS, SEEDS AND SOYA PRODUCTS

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- Cashew nut
- Sunflower seed
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MATERNITY

Pregnancy & Nutrition

Healthy eating habits for expectant mums



is any concern about your weight or the weight of your baby, a dietitian may advise you in this area.

IS IT SAFE TO EAT FISH WHILE I AM PREGNANT?

Fish is a healthy option during pregnancy. However, try to eat no more than two portions of oily fish, such as mackerel or salmon, a

week. Mercury (a substance found in oily fish) can be harmful to the baby's development. Pregnant women should not eat more than two fresh tuna steaks or four medium-sized cans of tuna a week, and should avoid swordfish.

PRINCIPLES OF HEALTHY EATING WHILE PREGNANT

- Meals should be based on starchy foods such as potatoes, bread, rice and pasta, choosing wholegrain if possible.
- Eat at least five portions of different fruit and vegetables daily.
- Eat a low-fat diet and don't increase the number of calories you eat.

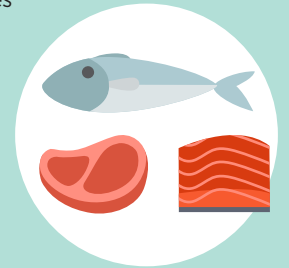
WHAT IS A "HEALTHY" WEIGHT?

We take reference from the BMI (body mass index). This can be calculated by your healthcare team – a healthy BMI is between 18.5 and 23.5. Excessive weight is risky for both you and your baby. The more overweight you are, the greater the risks. On the other end of the scale, if you are underweight, it increases the risk of your foetus being small.

IS IT SAFE FOR ME TO DIET WHILE I AM PREGNANT?

Dieting during pregnancy to lose weight may be harmful to your foetus. If there

- Consume as little fried food as possible.
- Avoid sugary drinks and foods such as sweets, cakes and biscuits that are high in fat or sugar.
- Instead, eat fibre-rich foods such as oats, beans, grains, seeds and brown rice.
- Take some protein every day, such as lean meat, and try to eat two portions of fish a week. Lentils, beans and tofu are also good sources of protein.
- Consume dairy for calcium, but choose low-fat varieties such as skimmed milk or low-fat yoghurt.
- Limit your caffeine intake to not more than two cups of coffee a day. Tea and energy drinks also contain caffeine.
- Eat a balanced diet, and watch the portion size of your meals. Do not "eat for two".



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Reach for that sunscreen!

What causes sun or age spots and how to prevent them



Sun spots (solar lentigines, also known as liver spots) are brown spots that typically appear on the most exposed areas of the skin, including the sides of the face, cheeks, forearms and back of the hands. When they first form, they are flat. With time, some of these spots can become raised with a rough texture – these are typically called age spots (seborrheic keratoses).

WHAT CAUSES SUN OR AGE SPOTS?

They are formed due to an increase of melanin, a skin pigment. Ultraviolet (UV) radiation from sun exposure stimulates an increase in melanin, and excessive melanin can be focused on one particular area, giving rise to the formation of a sun spot. It is important to note that true sun and age spots do not lead to skin cancer; however, skin cancer can sometimes be mistaken for a sun spot. Therefore it is advisable to have your skin screened by a

dermatologist if you are concerned about an increasing number of spots.

ARE THERE HOME REMEDIES FOR THEM? HOW DO I REMOVE THEM?

Please do not try home remedies, which may be potentially harmful or irritating to the skin. Seek proper medical advice so that a diagnosis can be established. Topical treatments can be useful, including products containing hydroquinone (to lighten spots) and tretinoin (a form of vitamin A to help skin renew itself more quickly). Cryotherapy – freezing with liquid nitrogen – can also be effective in some cases.

TIPS FOR PREVENTION

Sun and age spots can come back after treatment, so the most important piece of advice is to use a good sunscreen, and to use it regularly. There are various types of sunscreens – these include physical sunblocks that contain zinc and titanium dioxide that reflect UV rays away, as well as chemical sunblocks, which have active ingredients that absorb UV energy and prevent them from damaging the skin.

If you are balding, remember to protect the scalp by wearing a hat. Try to time your physical activity to avoid outdoor exposure between 11am and 4pm, when the intensity of UV radiation is the highest, and don't forget that certain UV rays can also penetrate glass windows and windshields.



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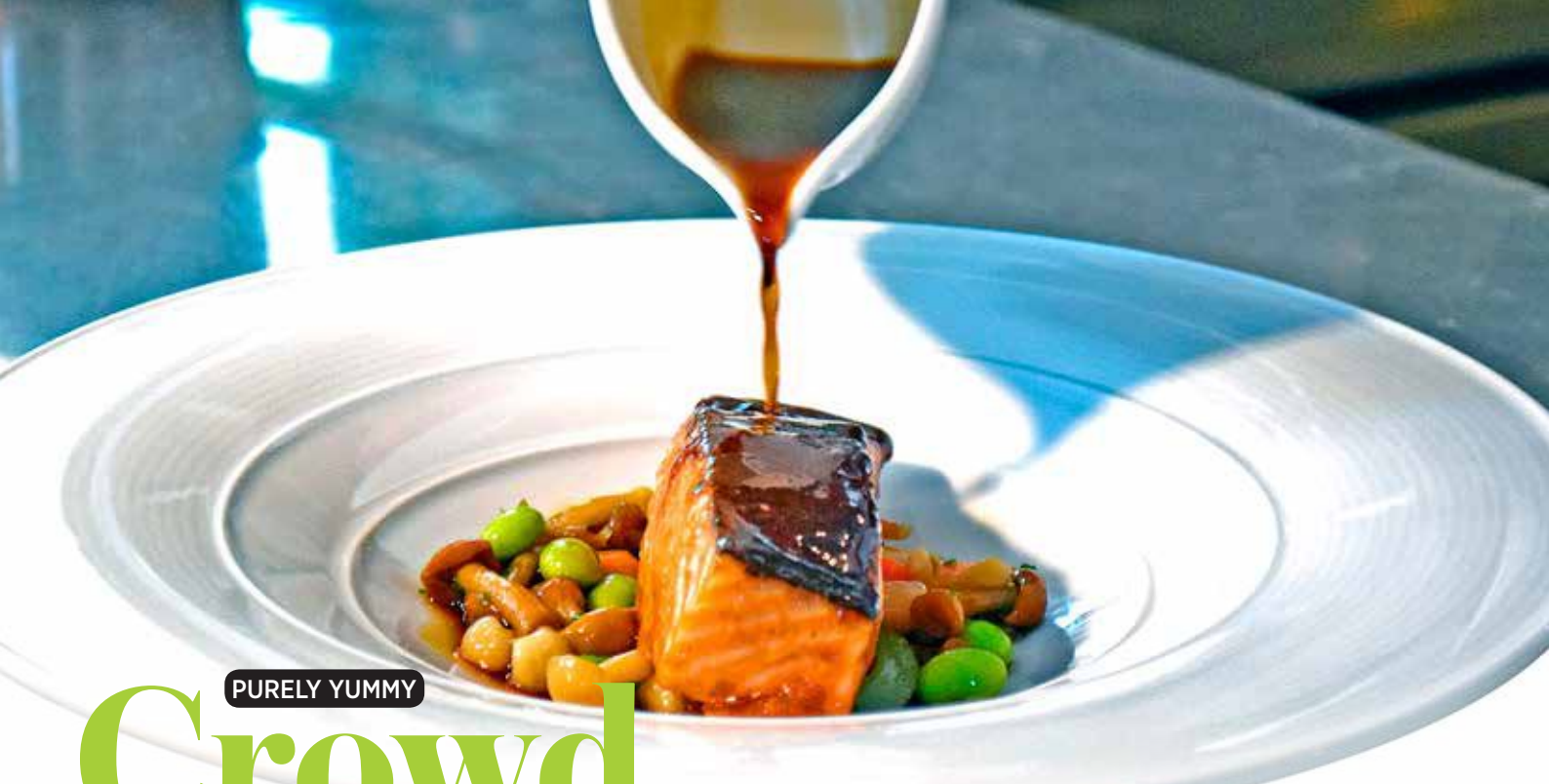
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^Based on a survey done with 302 pediatricians in the US, June 2016.



PURELY YUMMY

Crowd pleaser

Hosting a dinner party? Try this simple Japanese-inspired recipe from Sofitel Singapore Sentosa that will keep health-conscious foodies happy

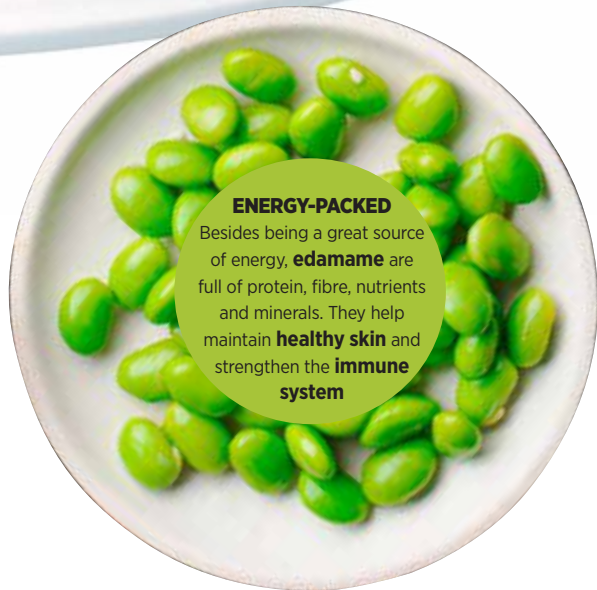
SALMON WITH MUSHROOM AND EDAMAME SALAD

INGREDIENTS (FOR 10 PAX)

1.5kg salmon, cut in fillets
400g kang kong (water spinach)
300g Japanese white turnip
300g edamame
300g nameko mushrooms
100g daikon
250g mirin
200g brown sugar
200g miso

PREPARATION

- Mix miso with 1tbsp brown sugar in a small bowl for the marinade. Coat salmon fillets with miso marinade and set aside for 30 minutes.
- In a separate bowl, add the mirin and the rest of the miso and brown sugar, and whisk until smooth. Set aside for salad dressing.
- Prepare the vegetables for the salad. Boil edamame for 2 minutes, drain and add to large serving bowl.
- Blanch kang kong, white turnip and daikon, then sauté the mushrooms. Add kang kong, white turnip, daikon and mushrooms to the serving bowl.
- Pour dressing over the ingredients in the serving bowl and gently toss together. Set aside.
- Pre-heat oven to 180°C to 200°C.
- Place salmon fillets on parchment paper and bake for about 6-10 minutes or until salmon is tender and cooked to your desired doneness.
- Serve salmon warm with edamame salad.



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WHAT'S *new*

New O&G doctor and TCM physician join Thomson Medical

WE
WELCOME

DR TAN KAI LIT

Dr Tan is the latest obstetrician and gynaecologist to join Thomson Women's Clinic. He has been in medical practice since 2003, and prior to joining Thomson Medical, he served at various hospitals including Whittington Hospital (London), National University Hospital Singapore and, most recently, KK Women's and Children's Hospital, where he was a consultant and adjunct assistant professor.

He has a keen interest in the medical and surgical management of high-risk pregnancies (for example, twins), ultrasound assessment of the at-risk foetus, invasive prenatal diagnostic procedures and gynaecological laparoscopic surgery. He honed his skills in foetal medicine at Hospital Clinic Barcelona, one of the eminent centres of maternal foetal medicine in the world.

Dr Tan is fluent in English, Chinese, Malay and Bahasa Indonesia. He practises at:

Thomson Women's Clinic

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Opening hours:
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5.30pm-8.30pm;
Wed & Fri 9am-1.30pm;
Sat 9am-12.30pm;
Closed on Sun and
Public Holidays

PHYSICIAN ZHOU JING

Ms Zhou holds a double bachelor's degree in biomedical science and Chinese medicine from Nanyang Technological University and Beijing University of Chinese Medicine. Effectively bilingual, she has experience working with renowned specialists from Singapore and China in the areas of internal medicine, gynaecology, paediatrics, traumatology, and pain management. Ms Zhou has a keen interest in using TCM and acupuncture to treat gynaecological, fertility and postnatal-related issues. She also specialises in pain management and paediatric tui na.

"TCM is a very intriguing and rewarding field for me," she says. "Through my own clinical practice as a physician, I have seen TCM herbs and acupuncture work wonders on patients with all kinds of conditions, and it keeps me hopeful of the endless potential that TCM can bring to our healthcare industry." She practices at:

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*Physician Zhou's practicing hours



5 money mistakes to avoid in your 30s



While you can get away with a few bad financial decisions as a young adult, it's time to get serious about your money now that you've hit the big 3-0.

Here are five financial mistakes that you don't want to be making in your 30s.

1. Going all out for first child

Due to lack of experience and the excitement of being first-time parents, many new parents make the mistake of overspending on their first child. You might want your child to grow up in a comfortable environment but ask yourself if it's necessary to spend thousands of dollars on a stroller or fancy clothes in different colours?

Rather than letting your child live comfortably, choose to let them live securely instead. The amount of money you save can be entrusted into his/her savings plan such as Aviva's **MyWealthPlan** which provides a 100% capital guarantee¹.

2. Not prioritising retirement

There are many commitments when you are in your 30s but retirement planning should never be neglected. Money needs time to grow and by starting to build your retirement funding at a young age, it can be easier to retire early and have sufficient funds to last you through retirement.

There are many ways to save and invest to build up your funds. If you are not savvy with investments, consider an endowment savings plan from an insurer or a bank where you can contribute to on a monthly basis.

An example would be Aviva's **MyRetirement** which offers guaranteed returns² of up to 2.38% per annum and choice of retirement age – 50, 55, 60, 65, 70 or 75 Age Next Birthday (ANB)³ before you start receiving the payouts for retirement.

3. Not having a hospitalisation plan

Your employee insurance may cover work-related injuries, visits to the general practitioner (GP) and hospitalisation. But one thing to remember is that the health insurance cover from your company alone isn't enough.

Employee health insurance usually isn't portable which means if you ever leave the company, you won't just lose your job – you'll lose your health coverage too.

It's better – and often cheaper – to take out an insurance policy early when you're still healthy as premiums are likely to be lower.

4. Not having critical illness insurance

Critical illness insurance often gets put on the back burner as most people in their 30s think they are still young and healthy.

While your health insurance takes care of hospitalisation and perhaps outpatient treatment, your critical illness plan gives you a sum of money that you can use to take care of all other costs such as regular bills and daily expenses that still continue despite your loss of income while on no-pay leave.

Each day, 36 people in Singapore are told that they have cancer⁴. Yet, those protected with a critical illness plan will have their policies terminated once they make a claim. This leaves the patient unprotected, as critical illnesses such as cancer is something that can recur.

Insurance plans such as Aviva's **My MultiPay Critical Illness Plan** protects you from such uncertainties. As its name suggests, it provides multiple lump sum payouts in the event of critical illnesses, including recurrence of the same critical illness.

At younger ages, your premiums will also be cheaper. Using Aviva's **My MultiPay Critical Illness Plan** as an example, we look at how age will affect the yearly premiums for your insurance:

Profile	30 year old male, non-smoker	45 year old male, non-smoker
Coverage	\$200,000 sum assured till age 60	\$200,000 sum assured till age 60
Annual Premium	\$1,452	\$3,168

Alternatively, you can simply add on another rider onto your existing life policy. An example would be Aviva's **My MultiPay CI Cover II** rider which is attachable to **MyWholeLife Plan II**.

5. Assuming you will have more money in the future

One common mistake by young professionals nowadays is that they assume their salary will always increase. While this may be true, this is not a legit reason to spend and not save. Relying on future income and always assuming you'll make more money is poor financial planning.

The future is full of uncertainties and you might be faced with retrenchment if the economy is not doing well. Your best bet is to live within your means and be prepared for rainy days and start saving today!

All ready to #adult? Receive free shopping, dining and hotel vouchers when you purchase selected Aviva plans. Speak to us today at 6827 9933 or WhatsApp 9238 7393 to find out more.

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For more useful tips and guides on financial planning, please visit www.aviva.com.sg/money-banter

1 100% capital guarantee: The total Guaranteed Cash Benefits payable will be at least 100% of the total premiums paid over the policy term.
 2 Guaranteed returns of up to 2.38% per annum is only upon policy maturity. This is based on an entry age of 17 Age Next Birthday (ANB) with eight years limited premium payment term where customer will receive Monthly Guaranteed Retirement Income of S\$1,000 based on 75 (ANB) as selected Retirement Age.
 3 At start of the Plan, you can choose from our range of Retirement Ages available. They are 50, 55, 60, 65, 70 and 75 (ANB). Payments of the monthly Guaranteed Retirement Income Benefit will start one month following your selected Retirement Age.
 4 The Straits Times, "Sharp rise in number diagnosed with cancer", published 21 June 2015. <http://www.straitstimes.com/singapore/health/sharp-rise-in-number-diagnosed-with-cancer>

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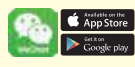
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*Refer term and condition in MamyPoko Singapore WeChat Account.

(1) Based on Internal R&D result conducted by Unicharm Japan on all range of MamyPoko Tape diapers in Singapore.

(2) Researched by Japan Mothers Association (September 2013 - August 2016)



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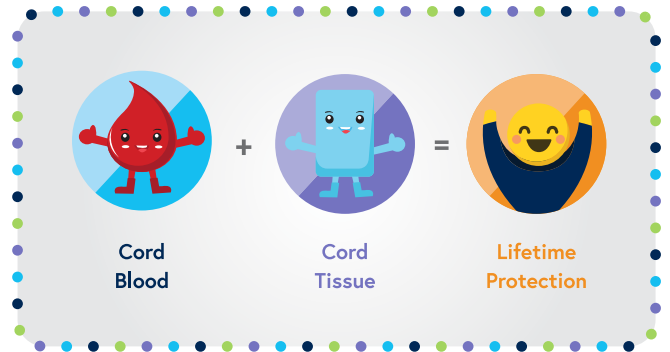
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