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mummy's
breastfeeding
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for the first day
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IN *this* ISSUE

Welcome to the latest issue of Celebrating Life! New mother Celine Lioe shares her breastfeeding experience – get a sneak peek at Thomson’s “Breastfeeding Essentials” bag for 2018 (page 8). As the school year begins, get tips on how to prepare for your child’s first day of school (page 12). Learn why it’s important to see an orthodontist (page 14) and go for a health screening (page 16). Finally, we are excited to officially launch Thomson Celebrating Life (page 20), a loyalty programme to reward all who come

through Thomson Medical’s doors. Happy reading and happy holidays!

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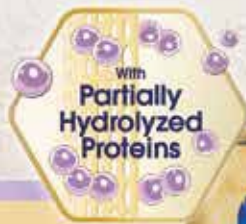
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TCM 4 TCM remedies for your home



These natural herbal concoctions fight illnesses and ailments common in the family and help strengthen and heal the body

1 HUO XIANG ZHENG QI SAN (藿香正气散)

What it treats: Mild food poisoning, symptoms such as vomiting and diarrhoea, and abdominal pain. It is also recommended for *feng han* flu (风寒感冒), which causes vomiting and diarrhoea during winter seasons.

2 XIAO CHAI HU TANG (小柴胡汤)

What it treats: Flu with fever, and symptoms such as sneezing, sore throat, bitter taste in the mouth and loss of appetite.

3 BAO HE WAN (保和丸)

What it treats: Indigestion and bloating, aids digestion and promotes gut movement.

4 YIN QIAO SAN (银翘散)

What it treats: *feng re* flu (风热感冒), for symptoms like sneezing, sore throat, thirst and fever.

How do I use it?

These formulations come in both powder and pill forms. You can mix powder with some warm water and drink it. If the taste is too strong or bitter, drink more water to flush it away, but avoid adding honey. Take only the recommended dosage as indicated on the product.

How long does it take for the herbs to take effect?

This depends on the type of condition and its severity. For example, a fever can usually be managed within 24 hours (a high fever reduced to a low fever), while indigestion symptoms can be eased within two to three hours after consuming the herbs.

Are there any precautions?

The herbs generally present no side effects. But if you have never used TCM remedies before, consult a TCM physician first before consuming. If symptoms do not improve after a day or two, it is advisable to see a TCM physician or doctor.



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*Based on Nielsen Retail Audit as at MAT Dec'16 for Total Children Toothbrush and Toothpaste in Singapore.

^ INTAGE SRI, No.1 Company Oral Care Category, Value Sales, CY2016.

COVER STORY

“Glad I didn’t give up”

New mummy Celine Lioe shares the importance of getting ready to breastfeed

Some new mums will have wonderful stories to tell when beginning their breastfeeding journey, but for first-time mummy Celine Lioe, her experience was a painful one. She found that her commitment to exclusively breastfeed her newborn was tested almost from the get-go.

While her first two days went well, with baby Keira latching on within the first hour of birth, by the third day, Celine found that her milk supply had really kicked in. She began producing milk faster than she was able to express it, causing her breasts to become engorged.

While some engorgement is normal for nursing mums – it typically only lasts about a week – Celine’s breastfeeding journey started out painfully, as her breasts hardened and became uncomfortably full. She soon developed clogged ducts as her milk supply began to back up, causing painful, hardened lumps to form in her breasts.

“I was in agony for the first couple of weeks,” says Celine. “It came to a point

that when I heard my baby cry for milk, I was terrified to nurse because my nipples were sore, bruised and cracked from nursing and pumping.”

Pumping her milk did not help ease the discomfort, and despite trying out numerous recommended solutions from online articles and videos, she still could not clear her clogged ducts. Unable to bear the pain any longer, Celine sought help from Dr Wong Boh Boi at Thomson Medical’s ParentCraft Centre, where she helped show her how to unclog her milk ducts. Her hardened lumps also disappeared immediately.

The nurses at the centre also demonstrated to her the right pumping technique, so that her nipples would be less sore and stretched out. “I didn’t know there was a technique to pumping so that my breasts wouldn’t feel sore after,” says Celine.

Preparation is key

This experience has taught her that it pays to be fully prepared for the

breastfeeding journey. While she looked forward to nursing Keira, Celine says that in hindsight, she was not sufficiently ready for it.

“I didn’t expect it to be so tough. I thought breastfeeding was something that was easy, that it just involves my baby latching on,” she says.

She now highly recommends breastfeeding preparation courses, such as those offered by Thomson Medical’s ParentCraft Centre, to new mummies. “It’s a must. Being mentally and emotionally prepared with the know-how eases one into breastfeeding comfortably. It’s really not as simple as it looks,” she says.

Now a happy nursing mummy, Celine is fully enjoying her time with her newborn. But that doesn’t mean she hasn’t made any plans for her eventual return to work when her maternity leave ends next month. To ensure Keira continues to be exclusively breastfed, Celine has been pumping regularly so that her baby has enough milk supply





Breastfeeding fostered the bond between Keira and I, and I'm thankful I didn't give it up”

when she's not around during the day. Her husband, Daniel Yap, has also been supportive of her goal to breastfeed and pitched in to help, by buying a small freezer to store the milk supply.

One item that she considers a must-have in helping her cope with breastfeeding when she returns to work: a manual breast pump, which is included in Thomson Medical's new "Breastfeeding Essentials" bag for 2018 (see facing page).

"It's something that I've always wanted to get," Celine says. "I don't have a manual breast pump yet, so I don't pump when I'm outdoors. If my breasts get engorged, I will have to wait till I get home to pump." She also shares that the multi-function mummy's bag is "super cool! I especially like the padded laptop compartment and cooler bag."

Having overcome the initial hurdle, Celine says she is now more prepared to handle the rest of her breastfeeding journey. She calls her nursing experience so far a very rewarding one. "Breastfeeding fostered the bond between Keira and I, and I'm thankful I didn't give it up," she says.

DID YOU KNOW?

- The World Health Organization (WHO) recommends that mothers breastfeed their newborn babies exclusively for at least six months, so that the child achieves optimal growth, development and health.
- Breast milk, with its mix of vitamins, fat and protein, provides the best nutrition for your infant. More importantly, it contains antibodies that help your newborn fight viruses and bacteria.
- Breastfeeding benefits new mothers as well, by lowering their risk of breast and ovarian cancer, and helping them lose their pregnancy weight.

If you are a new mummy, here are some ways you can prepare for your breastfeeding journey:

1. GET INFORMED

Learn as much as you can about breastfeeding before your baby is born. Read books to acquaint yourself with the techniques and possible problems you may encounter, talk to other women who have breastfed or who are breastfeeding, and attend classes like those offered by ParentCraft in your third trimester.

2. FIND SUPPORT

Build a list of contacts whom you can turn to after birth, such as your gynaecologist or your lactation consultant. It helps to know who you can go to when you encounter problems breastfeeding.

3. MAKE A BIRTH PLAN

Create a birth plan that includes having your newborn placed on your chest right after birth, and let the medical team helping to deliver your child know your wishes. This can encourage your baby to latch on and jump-start the breastfeeding process.

4. CHOOSE A HOSPITAL THAT SUPPORTS BREASTFEEDING

Some hospitals have practices that include rooming-in, allowing your baby to stay with you day and night. This makes it easier for you to nurse your infant whenever he/she needs it, and helps foster breastfeeding on demand.

BREASTFEEDING ESSENTIALS

As you embark on motherhood, Thomson Medical is dedicated to offer the best possible support, education and services for breastfeeding. For 2018, Thomson Medical has put together something special to help make your breastfeeding journey as smooth as possible – the “Breastfeeding Essentials” bag* comes packed with everything you need during your stay and beyond. Besides a personalised postnatal consultation after discharge from the hospital, all Thomson mummies admitted from 1 January to 31 December 2018 will receive the “Breastfeeding Essentials” bag, which includes Aviva’s MyJoyfulBundle insurance plan, *SmartParents* magazine, a reusable freezer ice pack, breast milk storage bags, a maternal nutritional beverage and much more!

Multi-function Mummy Bag

The stylish and versatile multi-functional bag is lovingly designed for mummies returning to work and is specially equipped with a padded laptop compartment and cooler bag. It can be used as a sling bag or backpack.

Multi-way Nursing Scarf

A trendy and lightweight nursing scarf that functions as a privacy cover, scarf, shawl, head band and stroller/bag accessory all in one!

Cooler Bag

Store your expressed breast milk on the go.

Calcium Supplements

This organic calcium supplement is a wholesome form of calcium suitable for children and expectant and breastfeeding mothers.

Sanitary Pads

Panty liners offer antibacterial protection, eliminates odour and keeps mum fresh and dry throughout the day

Breast Pads

To help breastfeeding mummies stay dry and comfortable.

Skin Care (Hand Cream)

Moisturises, soothes and prevents the recurrence of itchy, dry or irritated skin.

Nursing Tea

The Nursing Mother Blend (100% organic caffeine-free tea) contains fenugreek and honey bush, recommended for breastfeeding, post-delivery, anti-ageing and hormone balancing.

Guide to Breastfeeding Book

A must-read handbook filled with useful tips to help all mothers grasp the know-hows of breastfeeding.

Manual Breast Pump

Complement your nursing experience with this breast pump to help ensure your children get nature’s best nutrients in their diet.

Set of Gentle Washing Gel and Rinse-free Cleansing Water

A gentle 2-in-1 shampoo and shower gel that are paraben-free, phenoxyethanol-free and made from plant-based ingredients. The gentle rinse-free water can be used to clean the baby’s or mummy’s skin with a cotton pad.

*Terms and conditions apply. Photo for illustrative purposes only. Please visit thomsonmedical.com for the full list of items. For enquiries, please email contact@thomsonmedical.com or call Annie at 8111 6104 (office hours)

FAMILY LIFE First day of school!

Preparing your child early can help make that big day a happy experience

Attending school for the first time is an important milestone for both parent and child. Expect a mix of emotions – fear, anxiety and stress – one minute, and excitement and curiosity the next. Here's how to cope.

Your child is ready for school if he or she...

- Is able to follow simple one-step instructions, such as placing a water bottle inside a basket
- Is comfortable being with another caregiver without the parents
- Plays well alongside other children
- Shows an interest in learning

How do I prepare my child for school?

- Try role playing – be the teacher and your child a student. Discuss school rules – no running or hitting, pay attention, and raise one's hand for permission to speak
- Buy a backpack and water bottle featuring your child's favourite cartoon character – these create a positive impression of school
- Accompany your child on orientation day to introduce them to the teachers. Let your child know who will be accompanying him or her to and from school
- Share stories about the first day of school or read them storybooks that tackle the subject

What is separation anxiety?

Separation anxiety is a strong reluctance to be separated from one's caregiver. When this happens...

- Stay calm and cheerful so as not to make your child feel even more anxious
- Don't get frustrated if your child cries or has a meltdown. Threats and scoldings can worsen the situation
- Assure them that school is a safe place where they will enjoy themselves

If your child refuses to go to school the next day, acknowledge his or her emotions with a simple "Okay". Children are more inclined to deal with difficult feelings when they know you understand.

Get through the morning routine quickly, and do not react to cries or tantrums. Instead, remind them that school has lots of fun activities.

When our children are upset, our instinct is to make them feel better. But giving in is not advisable. By letting them cope with tough situations, kids learn to become resilient.



TIPS FOR A TEAR-FREE GOODBYE

- **Give your child a kiss and hug before leaving**
- **Remind them that if they miss you, they can picture mummy and daddy in their mind**
- **Don't prolong your departure, always stay calm and keep your anxieties to yourself**



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* 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 2016 in total Singapore scan channels. (Copyright © 2017, The Nielsen Company.) ^Valid for Similac Follow-on Stage 2 and Similac Gain IQ Stage 3. Valid for first-time requests only till 31 December 2017. Other terms apply.

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ORAL HEALTH

Setting it straight

Having a set of straight teeth gives you more than just a confident smile. Our orthodontist talks about the benefits

Why should I see an orthodontist?

Orthodontics focuses on alignment of the teeth and jaws. If your teeth are crowded and difficult to clean, having well-aligned teeth can significantly improve oral hygiene and maintenance, as well as prevent tooth decay and gum infection. Misaligned teeth can also result in cheek- or lip-biting and difficulty in chewing. Protruding teeth also affect your lips from closing – in children, the risk of injuring their teeth in this instance is higher. If there are wide spaces between your teeth, closing the gaps can prevent food from getting trapped and help you avoid excessive saliva build-up when talking. Beyond providing straighter teeth for a better smile, orthodontic treatment actually improves oral health and dental functionality.

When is the best age to start?

The American Association of Orthodontists recommends that children as young as 7 should see an orthodontist – early treatment in children helps guide the growth of their jaws and prevents a bad bite from developing. Traditional braces are done when the child has a complete set of permanent teeth – usually at about 12 years of age.

Am I too old for orthodontic treatment?

You are never too old, as long as your teeth and gums are healthy.

What are the options available for braces?

Fixed appliance is the traditional combination of brackets, wires and tiny rubber bands called ligatures that are fixed onto the teeth. Today, there are ceramic or porcelain fixed braces that blend well with the actual teeth. Metal wires can also be replaced with clear polymer composite wires.

Aligner treatment is gaining popularity as unlike fixed braces, it makes use of removable clear trays to track tooth movement. For treatment to be successful, patients must also cooperate. This means keeping their appointments, maintaining oral hygiene and taking care of their braces.

Do I need to extract any teeth?

Not necessarily. The orthodontist will assess factors such as the soft tissue profile of the face and the degree of dental crowding before determining if extraction is required.

How long is the treatment?

Treatment via fixed braces can take about two years to complete. However, this depends on factors such as complexity, nature of the bone, objective of the treatment, a patient's age, how compliant he or she is, and the type of braces used.

After my braces are removed, what do I have to do?

You need to wear retainers or some tooth movement (relapse) will occur. Wear them properly and consistently, and retainers will help maintain your straight teeth.



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SKIN CARE

Combat adult acne

Learn about treatment options and how to deal with acne scars

Acne is not a problem faced only by teenagers. In fact, it is common among adults too, particularly women.

Acne is caused by a combination of oil gland activity, obstruction of follicular openings and inflammation caused by the *Propionibacterium acnes* bacteria. Stress and hormones also come into play – women usually have acne breakouts around their menstrual cycles. Often a chronic condition, acne can ease up, only to flare up again.

Adult acne can be distressing, even if there are only a few spots on the face. If you've been using an over-the-counter product for your acne for a month but there's no sign of improvement, seek medical advice.

Depending on the severity of the acne and your doctor's assessment, there are four main treatment options available:

Topicals

The most common is vitamin A-derived retinoid. Topical products also include antibiotics such as clindamycin or erythromycin, and benzoyl peroxide – these are sometimes combined into one formulation.

Oral antibiotics

Common antibiotics include doxycycline, erythromycin and minocycline, which are useful in reducing inflammatory lesions

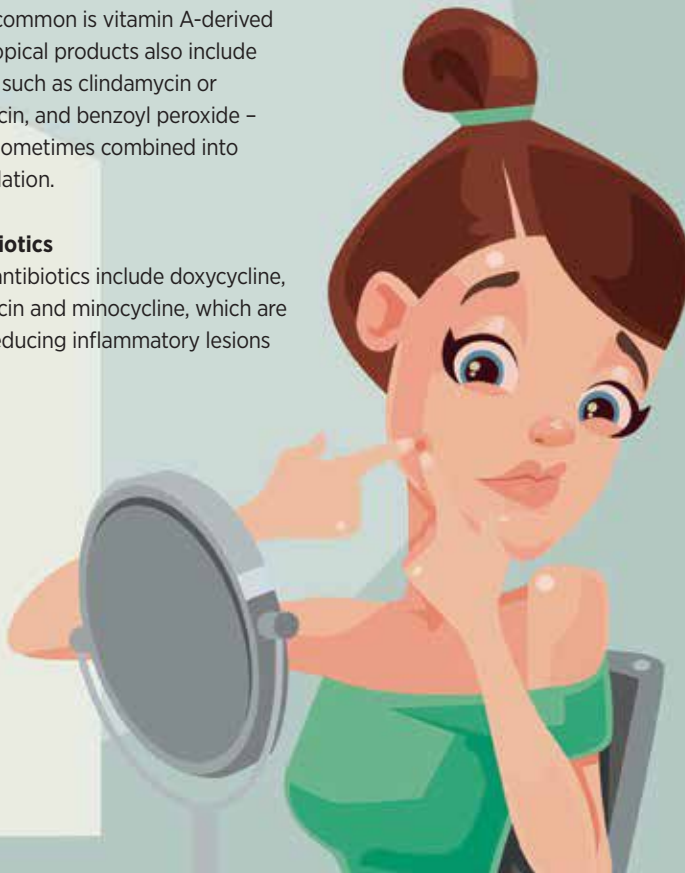
(the ones with pus, or those that are large and tender). These should be taken for two to three months.

Oral contraceptives

For women on contraception who have acne, many combined oral contraceptive pills are useful, such as formulations containing both ethinylestradiol and cyproterone acetate. These tend to reduce acne flares that occur around menstruation and, to some extent, facial oiliness.

Oral isotretinoin

This is probably the most effective oral medication for severe acne. It controls oil production, reduces inflammation and prevents clogged skin pores. Isotretinoin should be used only under strict medical supervision. Women who take it should avoid getting pregnant, as the drug runs a high risk of causing birth defects.



SMOOTH THOSE SCARS

Superficial acne scars or pits can be treated with chemical peels and non-ablative laser therapy. The latter – done every four to six weeks for up to six sessions – remodels and plumps up the collagen below scars to reduce the appearance of the pits. For chemical peels, four to six sessions every other month are usually required.

Deeper scars respond better to stronger laser treatments that penetrate deeper to remodel collagen and scar tissue. At least three to four sessions are recommended.

Keloids are lumpy scars that tend to occur on the jawline, chest and shoulders of people predisposed to it. Injections are required in the lumpy areas to flatten and soften them.

Post-inflammatory hyperpigmentation can develop, causing dark spots to appear. This can be treated with lightening creams, as well as chemical peels and some lasers.



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Have you been screened?

Don't put off your health screening – early detection can save your life

Good health underpins our ability to enjoy life and live well. Making time for a health screening is therefore important. Not only will it assess your overall wellbeing, a screening can detect any disease or health risks before they happen. The most effective health screenings are those tailored to your needs, where tests are recommended based on your doctor's assessment after taking into consideration factors such as your age, gender, lifestyle habits, pre-existing diseases and current symptoms.

At Thomson Wellth Clinic @ Novena, health screening packages can be customised to your needs. While the types of tests can vary, there are some standard ones.

BLOOD TESTS

Checks for:

- Levels of cholesterol, sugar and uric acid
- Levels of key nutrients in our bodies like vitamins D3 and B12, folate and iron. These are important if conditions like osteoporosis or anaemia are detected.
- Organ functions like the kidney, liver and thyroid. Important for diabetics as diabetes often affects the kidney, and those who consume alcohol, which affects the liver.
- Immunity against common infections like hepatitis A and B, as well as rubella. Depending on your risks, your doctor can advise whether you will need to be immunised.
- Infections like syphilis, HIV and also *H. pylori* (a stomach infection associated with stomach ulcers and even cancer).

- Possibility of cancer through cancer markers. However, these run a chance of false positive results.

URINE AND STOOL TESTS

These detect the presence of microscopic or occult blood, which suggests the possibility of bleeding in that particular urinary or gastrointestinal system. If the tests are positive but the cause is unclear, further tests would be ordered.

RADIOLOGICAL INVESTIGATIONS

Ultrasounds, X-rays and mammograms check for structural abnormalities as well as the presence of tumours and stones. However, to avoid significant radiation exposure, CT scans are advised only after consultation with the patient. What can radiological investigations detect?

- An ultrasound and mammogram help detect breast cancer in women over 40.
- Ultrasounds often detect ovarian cysts and uterine fibroids in older women, as well as other common cancers in the area.
- Scans can detect liver cirrhosis and cancer for those at risk, such as hepatitis B carriers and alcohol drinkers.

Based on a patient's presenting symptoms, scans for thyroid, gallbladder, kidney and bladder will be advised.

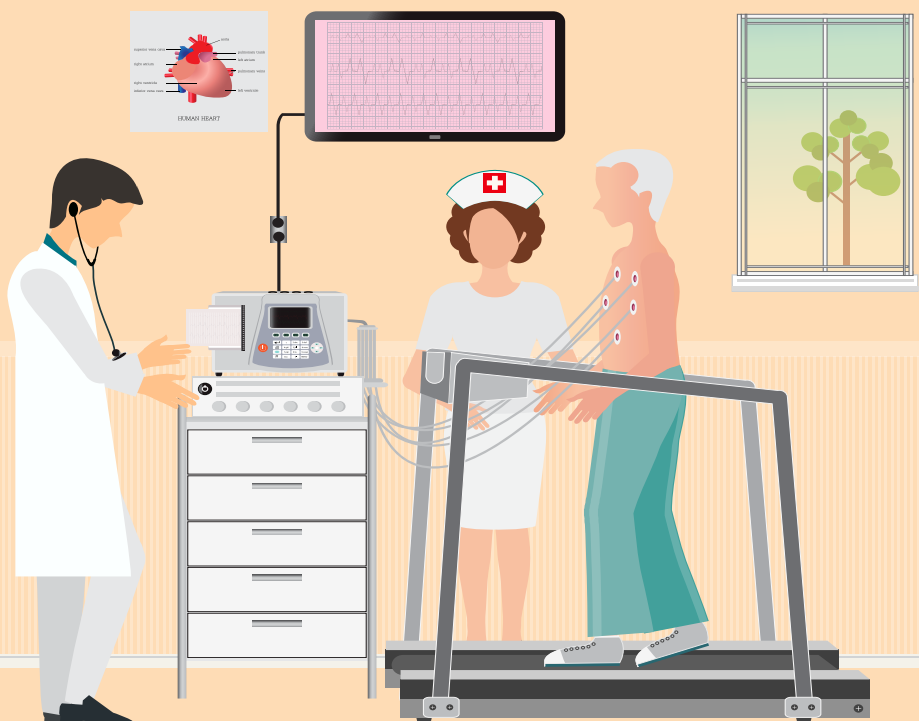
TREADMILL ECG

An ideal test for those at risk of heart diseases, as well as a sedentary person planning to embark on strenuous exercise.

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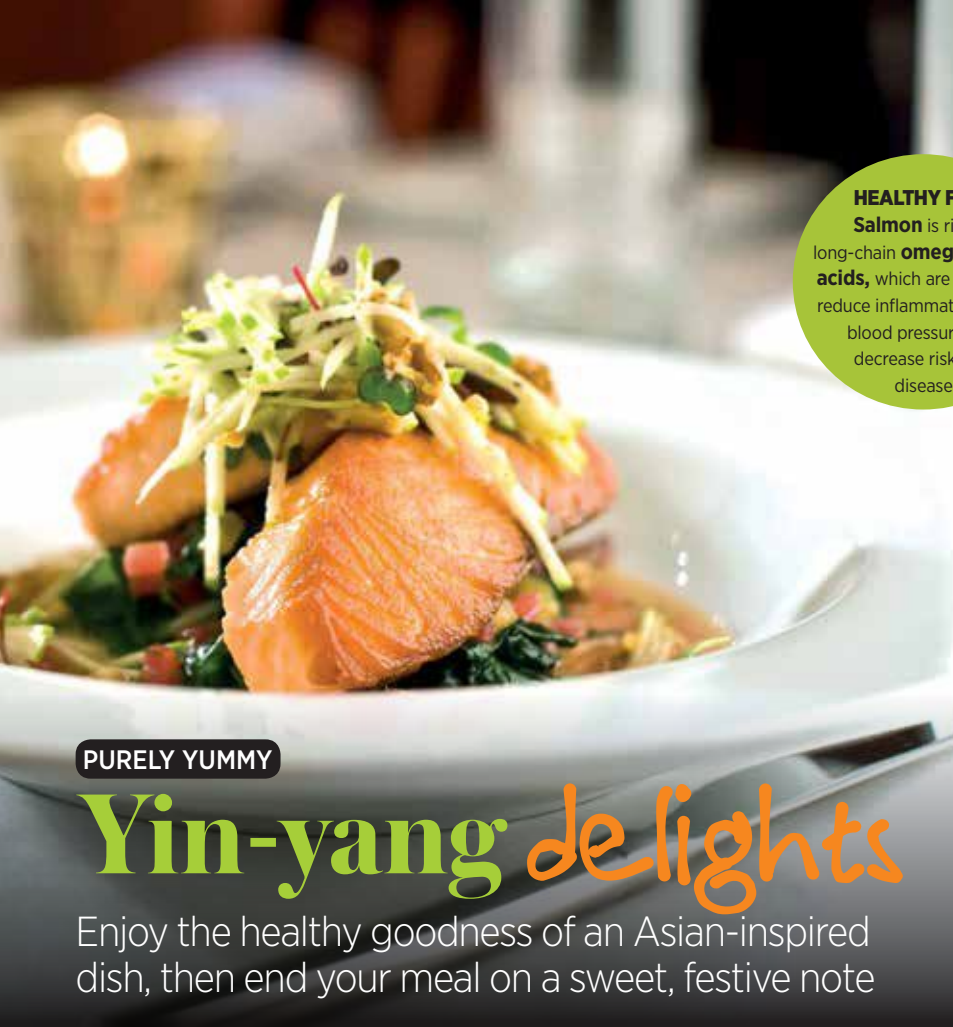
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HEALTHY FATS

Salmon is rich in long-chain **omega-3 fatty acids**, which are known to reduce inflammation, lower blood pressure and decrease risks for disease



HAZELNUT LOG CAKE

INGREDIENTS FOR CAKE

100g cake flour
2½ eggs
30ml water
25g melted butter

INGREDIENTS FOR FROSTING

1 egg white (20g)
15g sugar
45g cold butter (cubed)
12g hazelnut paste

Icing powder

PREPARATION

- 1 Preheat oven to 375°C. Line a 40cm X 30cm baking tray with parchment paper.
- 2 Beat eggs and flour with electric mixer on medium speed for 3 minutes, then beat on high speed until volume is doubled. Pour in melted butter and whisk for 10 minutes.
- 3 Spread batter evenly onto baking tray and bake for 12 minutes. Once done, set the cake aside to cool.
- 4 To make the hazelnut frosting, whisk egg white at medium speed while boiling the sugar in water. Once boiled, pour the sugar mix into the egg white.
- 5 Continue whisking until smooth, then slowly add cold butter cubes and whisk for 10 minutes.
- 6 Once blended, add in hazelnut paste and whisk for another 3 minutes.
- 7 Spread some hazelnut frosting evenly onto the cake, then carefully roll it into a log shape.
- 8 Refrigerate cake until ready to frost. Spread remaining hazelnut frosting over log cake. Decorate the top with a dusting of icing powder.

MISO SALMON

INGREDIENTS

3tbsp light miso paste
750ml fish stock
2 kaffir lime leaves
1-2 red chillies, seeded and finely chopped
3cm fresh root ginger, peeled and finely sliced
500g side of salmon, skin on, scaled and pin-boned
1 bok choy
150g tender-stem broccoli
2 small bunches of enoki mushrooms, separated
1tsp toasted sesame oil
Sea salt
Coriander leaves, to garnish

PREPARATION

- 1 Place the miso paste in a pan and whisk in the stock. Bring to a simmer, then add the lime leaves, chillies and ginger.
- 2 Cut the salmon in half, width-wise. Add it to the stock, skin side down, and simmer for 8-10 minutes, basting it in the liquid till cooked through.
- 3 Separate the bok choy leaves from the stems. Chop the stems into bite sizes and shred the leaves. Slice broccoli into bite sizes.
- 4 Transfer the salmon to a plate, spoon some broth over it and bring remaining stock back to a boil.
- 5 Cook the broccoli in the broth for 30 seconds, add the bok choy stems. Cook for 1-2 minutes, then add the shredded leaves. Cook till the leaves wilt. Flake the cooked salmon into large chunks, discarding the skin.
- 6 Add half the mushrooms to the broth. Rub serving bowls with toasted sesame oil, and divide remaining mushrooms between them. Add flaked salmon and vegetables to each bowl, then spoon some broth over it. Garnish and serve immediately.

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As Thomson Medical celebrates 38 years of service to generations of families, we hope to reward all who come through our doors with a new loyalty programme – Thomson Celebrating Life. Officially launched on 3 December 2017, it is the first comprehensive healthcare loyalty programme in Singapore in collaboration with the Health Promotion Board.

Focused on family and loyalty, the launch event was held at *SCAPE on Orchard Road and attended by Guest-of-Honour Mr Chee Hong Tat, Senior Minister of State, Ministry of Health and Ministry of Communications and Information. More than 1,000 Thomson mummies, Thomson babies and their family members were invited to join us, and the event saw returning TMC patients and long-service staff recognised for their loyalty, as well as the introduction of the Thomson Celebrating Life mobile application.

All Thomson Medical patients are entitled to this free lifetime membership, which lets them enjoy benefits from TMC and participating partners like AccorHotels, Aviva, Clarins, Phillips AVENT, SPH Magazines, Tim Ho Wan and more.

Thomson Celebrating Life members' benefits include:

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2. Exclusive offers* from TMC and partners
3. Earn points* and redeem rewards
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5. Health and wellness tips
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*Selected non-medical products and services. Terms and conditions apply

Thomson Medical patients can now sign up at thomsoncelebratinglife.com, through the mobile app or at Thomson Medical clinics.



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Thomson Wellth supplements are available at both Thomson Wellth Clinics, Thomson Medical Centre Pharmacy and online at thomsonbaby.com.



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- Suitable for newborns and babies weighing up to 15kg (approximately 3 years of age)



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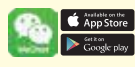
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(1) Based on Internal R&D result conducted by Unicharm Japan on all range of MamyPoko Tape diapers in Singapore.

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



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