HealthyTimes

INSPIRES HEALTHIER LIVING

Cover:
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SPECIAL FEATURE

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Due to its preeminence in cancer research, Johns Hopkins Medicine was approached about setting up a hospital on our island nation 10 years ago.

MEDICAL MATTERS

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AMD is the most common cause of blindness in developed countries and the third most common cause of blindness worldwide…Adjunct Associate Professor Au Eong Kan Guan.

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During deep sleep, the brain re-enacts daytime neuronal patterns allowing us to encode memory and improve learning.

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Cosmetic dentistry treatments aim to make a person look better, but the results actually do more for your oral health…Dr Juliet Tay

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Thirty percent of patients die within a year after hip fracture and only 20% manage to walk unaided after surgery…Dr Low Chee Kwang.

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Diabetes is fast becoming a world pandemic… Dr Low Lip Peng.

34 Walk with Diabetes
Singapore, with the highest rate of diabetes in Asia, has approximately 300,000 sufferers. Another 450,000 are predisposed to have diabetes.

35 Dealing with Diabetes
People with pre-diabetes can prevent or delay the development of Type 2 diabetes by up to 58% through lifestyle changes...Dr Goh Su-Yen.

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SHF hopes to increase the survival rate in out-of-hospital sudden cardiac arrests in Singapore that currently stands at a dismal rate of 2.7%.

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Acute Coronary Syndrome is caused by blood clots forming over plaques within a coronary artery, interfering with the oxygen supply… Dr Lim Ing Haan.

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Had Dr Micheal Lim Chun Leng not become a medical doctor, he would have opted to become an artist.

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Some 70% of working adults in Singapore suffer some form of back, shoulder and neck pain...Dr David Lim explains.

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Whether we realize it or not we have all been in a hypnotic state some time or the other. Basically, all hypnosis is self-hypnosis…Cassiopea Yap