sata CommHealth

E-NEWS

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We are
HERE TO CARE

Cheers to Good Collaboration!

At the Singapore Health Quality Service Awards ceremony on 29 March 2021, we are proud to announce that 52 SATA CommHealth's employees received the Hero Award for their outstanding contributions during the pandemic.

Another collaboration was sealed during our MOU signing ceremony with CuraMaker on 12 April 2021. This MOU marks the strategic partnership between both companies to provide personalised insights on blood glucose response from consuming various foods through CuraMaker's Metabolic Analytics Platform ("MAP"). With that, we also co-launched our 14-days challenge program with the aim of achieving a healthier lifestyle.

Last but not least, from 3rd May onwards, our four big medical centres will continue operations throughout the lunch hour.

Singapore Health Quality Service Awards

The *Singapore Health Quality Service Awards* honours outstanding healthcare professionals who have delivered quality care and excellent service to patients.

This year's Awards is a special COVID-19 edition themed "Celebration of Unity", which celebrates healthcare professionals and partners from 38 healthcare institutions who have contributed significantly in the nation's fight against COVID-19.

AT SATA CommHealth, we salute our winners who were presented the Hero Awards for their outstanding contributions during the pandemic. SATA CommHealth is also part of the SingHealth Community Facility Team, which won the Best Team Award.

Thank you for your selfless contributions!

Announcement for change in operating hours

Bedok

Woodlands

Ang Mo Kio

Jurong

With effect from 3rd May 2021 (Mon), our four big medical centres located at Ang Mo Kio, Bedok, Jurong and Woodlands will continue to operate throughout the lunch hour. The operating hours will be from Monday to Friday 8.30am-5pm & Saturday, 8.30am to 1pm.

The operating hours for the rest of the medical centres remain unchanged.
Please click here for the location details.

MOU Signing Ceremony between SATA CommHealth and CuraMaker

Group Picture: QMD Head Miss Jovin Lee , Medical Director Dr Cheryl Glenn & CEO Dr Kelvin Phua from SATA CommHealth; followed by Co-founder Dr Chong, Miss Siti Ruba'ah, Operations & Business Development Manager and Director Mr Kien Wong from CuraMaker.

One of our 14-days Challenge participants, listening intently to the instructions given.

Our CEO Dr Kelvin and Dr Chong, Co-founder and Director of CuraMaker, signed the Memorandum of Understanding (MOU) at the SATA CommHealth HQ office on 12 April 2021 (Monday).

This MOU marks the strategic partnership between both companies to provide personalised insights on blood glucose response from consuming various foods through CuraMaker's Metabolic Analytics Platform ("MAP").

We also launched the 14 days challenge program, whereby 25 participants signed up to be educated with the correct food diet while shedding off visceral fat. Each participant has to download Curamaker's tools and monitor for a total of 14 days to track their blood glucose swings to ascertain the appropriate food diet they should go for, with the aim to lead a better and healthier lifestyle.

Looking forward to see the results after 14 days!

News on SATA CommHealth!

(ST PHOTO: JASON QUAH)

22 March 2021 Straits Times

A Champion of Inclusivity.
24-year-old quadriplegic seeks greater representation of people with disabilities in society

Miss Fathima Zohra goes to SATA CommHealth Woodlands Medical Centre for her rehabilitation sessions.

She said: "I'm still accepting what had happened to me because this is something you don't just accept very easily. It's going to take me a lot of time to completely accept what has happened to me, but I will say I'm getting there."

Click here to read her full story.

19 April 2021 Straits Times

COVID-19 vaccine take-up rate for seniors in Singapore expected to rise: Experts

In this article, our medical director Dr Cheryl Glenn gave her viewpoints on the take-up rate by the elderly.

Click here to read the full article.

Doctors-On-Wheels
Caring for the Seniors and the Vulnerable

A seemingly simple task of heading to the GP clinic may not be easy for Mdm Leong and Mr Hu. Through our Doctors-On-Wheels (DOW) initiative, we can bring the necessary medical care they require, to a senior activity centre convenient to them.

Donate to our DOW initiative, and find out how it cares for the seniors and the vulnerable.

At SATA CommHealth, we are HERE TO CARE.

MEET SUBCUTANEOUS AND VISCERAL – THE TWO DIFFERENT TYPES OF BELLY FAT

CONTRIBUTED BY AUTHOR: LIANA.GOH

Most of us commonly refer to belly fat with one plural term – fats. Though we often say 'fats', we don't discern between different types of fats in our belly. However, it is important to distinguish between subcutaneous and visceral fat, as each have specific effects on one's well-being.

So, what is the difference between subcutaneous and visceral fat?
When you lament about needing to lose weight and grab at the extra belly roll or loves handles, that's subcutaneous fat. It sits just beneath the skin, on top of the abdominal muscles, hence can be pinched and seen by the naked eyes.

Visceral fat on the other hand, is a hidden fat that can't be seen. It is a type of belly fat that lies deep inside the belly, on the bottom-side of the abdominal muscles, surrounding vital abdominal organs – liver, intestines and kidneys.

Hormones and inflammation-causing substances secreted by visceral fat affects the body's functioning. This can lead to increases in cardiovascular disease, cancer and other chronic diseases. Visceral fat also secretes a protein that makes it harder for the body to effectively use insulin, thereby increases the risk of diabetes. And since visceral fat sits so closely to the liver, it may cause the liver to produce too much cholesterol, which raises the risk of developing high blood pressure, heart attack and stroke. This makes visceral fat the more problematic fat of the two types, as it has serious effects on one's health and well-being.

Do we all have both types of fat in our body?
In short, yes, all of us have varying amounts of both subcutaneous and visceral fat in our body.

Subcutaneous fat is used by our body to :

- store energy
- pad and protect our muscles and organs from external impact
- help regulate body temperature
- connect skin to the muscle and tissue

Like subcutaneous fat, visceral fat is used by our body for storing energy, as well as padding and protection for our muscles and organs.
So, we do need a little bit of both types of fat in our body. However, more often than not, we tend to carry more subcutaneous and visceral fat than is really needed.

Why does the amount of subcutaneous and visceral fat vary in individuals?
Well, as individuals we live a lifestyle that is unique to ourselves. Some of us live a more sedentary lifestyle than others. Some of us exercise more regularly than others. Some of us eat more calories than our body burns. And, for some of us, it can partly be attributed to genetics.

So, how do we find out how much subcutaneous and/or visceral fat is in our body?
One way to determine whether you are carrying excessive subcutaneous fat in your body is by measuring your body mass index (BMI). BMI provides the ratio to of your weight to your height, and observes the following:

- normal weight = BMI of 18.5 to 24.9
- overweight = BMI of 25 to 29.9
- obesity = BMI of 30 or higher

Since visceral fat is 'hidden fat', it is difficult to get a definitive measurement of it, without using expensive radiological imaging techniques, such as MRI or CT scans. That said, these scans are expensive and involves exposure to radiation.

There are a few other (less definitive) ways we can gauge how much visceral fat we have in our body:

- Check your waist size: It has been observed that men with a waist size over 40 inches and women with a waist size over 35 inches have a higher risk of developing obesity-related health issues.
- Know your body mass index (BMI) : This helps with estimating our visceral at levels. On average, the ideal visceral fat percentage hovers around 10% of our body's total fat content. A higher total body fat percentage suggests excessive visceral fat.
- Consult your doctor : During your consultation, your doctor is likely to ask you questions about your diet and lifestyle. He/she will also take measurements of your overall body fat, to gauge what percentage is likely to be visceral fat.

Now that we know how much excessive fats we have, how do we get rid of it?
When excess visceral fat is burned, the body can then begin to tackle excess subcutaneous fat. This is a good thing since visceral fat is more detrimental to one's health.

The good news is, we can decrease the excessive visceral fat build-up in our body, by modifying our lifestyle and food choices. You can start with the following:

- Exercise regularly - We're talking cardio workouts here. Try a 60-minute power walk, 20-minute high intensity interval training (HIIT) session or jog around the block. The goal is to get your heart pumping.
- Eat the right foods - Exercise is just one component of a fat (weight) loss routine. We need to also be mindful about what we eat. Generally, it's best if you can cut out processed foods from your diet, and instead eat more lean proteins, whole grains, fruits and vegetables. Here's a bonus, reduce your consumption of alcohol, as it's pretty much empty calories.
- Get enough sleep - Try and get at least 7 to 9 hours of sleep each night. Our body repairs and recovers during sleep. It needs this rest time to prepare the body to better burn calories.

Does it sound like a fair bit of work needs to be put into getting rid of visceral fat? Well, we may encounter some challenges at the beginning, but with a bit of hard work, good eating habits and regular workout routine, one can reduce belly fat. Should you need some help in figuring out what are the right foods to eat for your body, check out CuraMaker's app.

Perhaps we can heed Jillian Michaels wise words for motivation - "It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens."