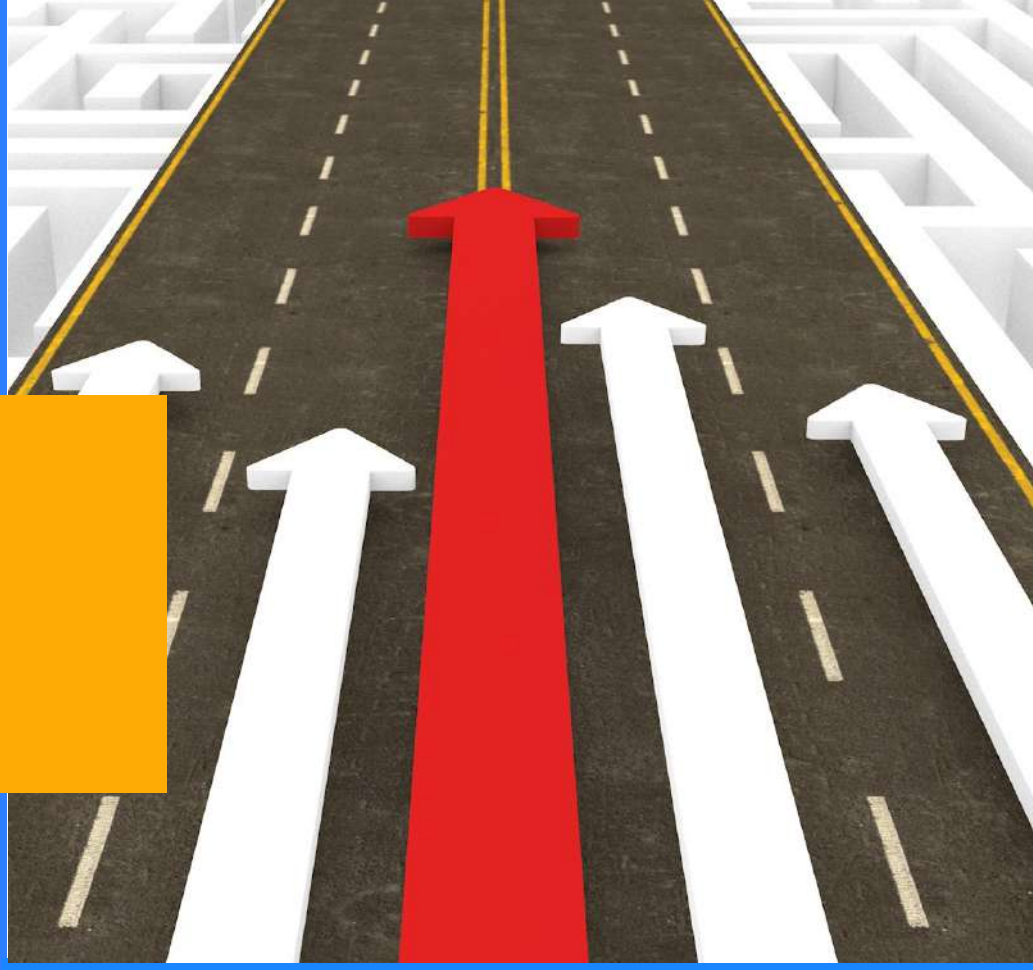
sata CommHealth

E-NEWS

November 2021 | Issue 17



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www.sata.com.sg

sata.commhealth

enquiries@sata.com.sg

6244 6688

We are
HERE TO CARE

Last quarter of the year...

As we are in the last quarter of the year, please find our latest achievement updates in this issue.

For those who have participated in our Osteoporosis and Fall Prevention Festival, we hope you have enjoyed the various topic webinars organised for you!

The SATA CommHealth team continued to be involved in the Singapore government's initiative to offer COVID-19 vaccinations to the public and elderly.

We are now also available for appointment booking for booster jabs and Sinopharm vaccinations.

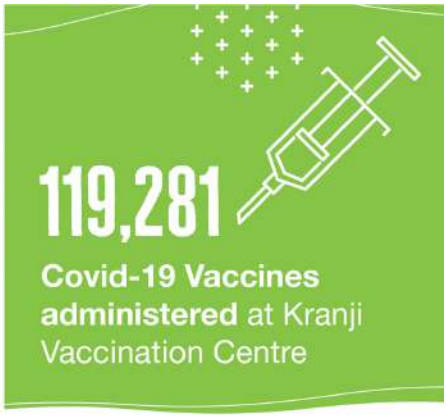
Find out more in this issue!

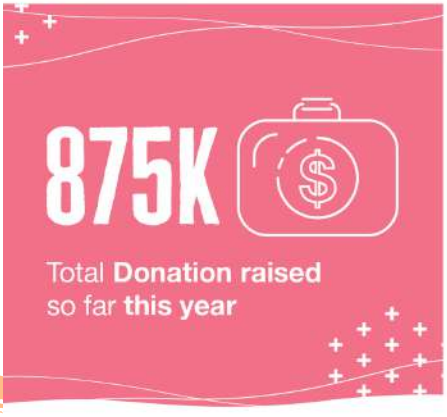
Our Commitment to Community Healthcare (Jan - Sept 2021)

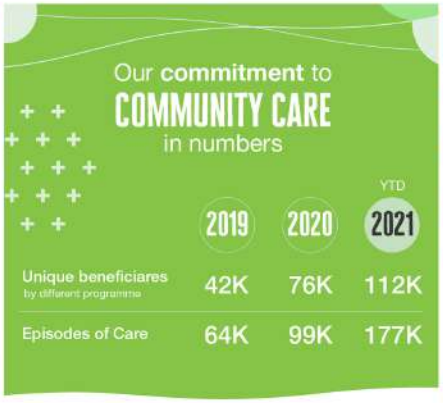
At SATA CommHealth, we are proud to be caring for the health of seniors and the vulnerable in the community for over 70 years. Here are the updates of our achievement highlights for the third quarter of 2021.

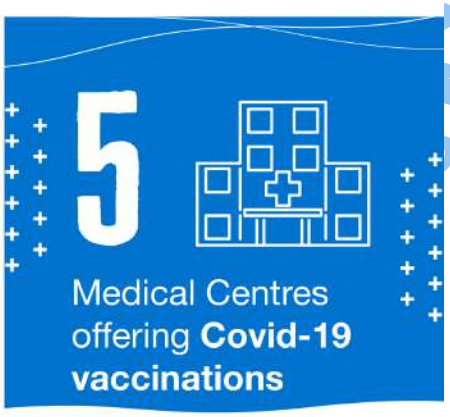
Help us continue our work in promoting community healthcare by donating at: https://www.sata.com.sg/donate/.

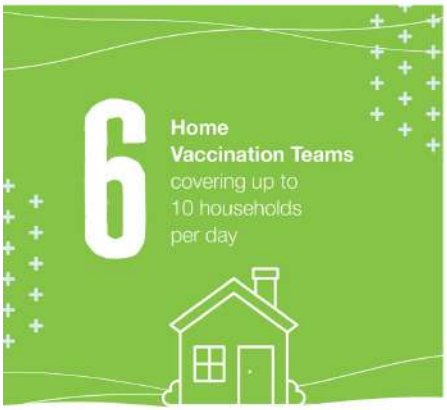
At SATA CommHealth, we are HERE TO CARE.











Vaccinations

We provide Sinopharm COVID-19 Vaccine at SATA CommHealth Potong Pasir Medical Centre.

Please call our hotline at 6244 6689 to book an appointment now. For more information, please visit here.

COVID-19 booster vaccinations are now available at selected SATA CommHealth Medical Centres.

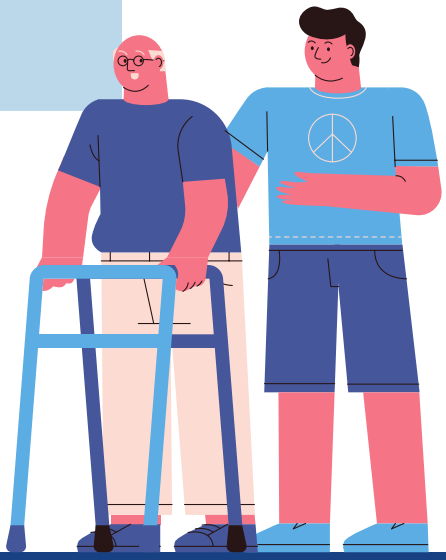
For queries, please call our hotline 6244 6689.

International Volunteer Managers Day

5 November is International Volunteer Managers Day (IVMD), and we would like to thank all the Volunteer Managers for their contributions and achievements in providing selfless care to the community.

Their excellence in community voluntary work definitely helps to empower and impact more lives, and we are grateful to have them around!

Watch our TikTok video where we pay tribute to all Volunteer Management Practitioners (VMP) in Singapore.



Osteoporosis and Fall Prevention Festival
19-21 November 2021

Our Osteoporosis and Fall Prevention Festival has officially ended.

We would like to thank all the attendees who have participated in our Zoom webinars and hope you have gained more knowledge on osteoporosis, fall prevention, risk factors associated with fractures, nutrition for good bone health and other technology topics presented by our esteemed speakers.

If you would like to view our zoom webinars again, you can visit the link here.

Our special thanks to Mr Tan Kiat How, Minister of State, Ministry of Communications and Information & Ministry of National Development, our Chairman Mr Stanley Sia, all local and overseas speakers, sponsors and community partners for their great support throughout the whole festival.

We look forward to your participation in our future events and webinars!

Bone Mineral Density Scan to screen for Osteoporosis

As an organisation that cares for the seniors and vulnerable in the community, we carry out initiatives to raise awareness on Osteoporosis, as it is most prevalent in elderlies who are over 60.

A bone mineral density scan will help you detect osteoporosis early and even halt the progression. All PG, MG & CHAS Cardholders (orange & blue) are eligible for a 10% subsidy. Terms & Conditions apply.

Visit here for more information and call our hotline at 6244 6688 to make an appointment.

Are LPA and ACP important?

The Lasting Power of Attorney (LPA) is a legal document that allows a person aged 21 years and above (known as Donor) to appoint one or more individuals aged 21 years and above (known as Donee) to make decisions and act on your behalf for the management of your welfare, property, and affairs if you lose mental capacity in future to make your own decisions.

Advance Care Planning (ACP) is a series of conversations to help individuals discuss and plan for their future health and personal care needs. Their healthcare preference will be recorded to enable their nominated healthcare spokesperson (NHS) to be their voice if he/she loses mental capacity. By making their wishes known on record, their loved ones, caregiver, and medical personnel do not have to guess what the patient might want or not want.

Keen to find out more about their importance and how they can help in your future health care planning? Read on more here.

News on SATA CommHealth

10 November 2021 The Straits Times

Taiji and yoga strengthen core muscles and improve balance. These help reduce the incidence of falls, which can cause fractures in people with osteoporosis. PHOTO: ISTOCKPHOTO

Akshita Nanda
Correspondent

BONE UP in pandemic

People with osteoporosis are finding it harder to maintain bone health or are seeing their condition decline as the pandemic puts restrictions on movement and activity.

Until last year, Mrs Lohambal Rajkishnan used to exercise outdoors twice a day.

The 82-year-old retired teacher has been careful to take long walks

Anecdotes from patients and doctors reveal that many find it challenging during the pandemic to stay active and get enough sun for their daily dose of vitamin D, which helps the body absorb calcium for strengthening bones.

A study led by a specialist from Singapore General Hospital (SGH) and published this August in peer-reviewed medical journal Osteoporosis International found that the circuit breaker last year in Singapore disrupted patients' medication regimen.

According to the paper, 74 per cent of patients taking injectable osteoporosis medication administered by health professionals were receiving such injections regularly before the pandemic.

ple remaining indoors".

Another risk factor is that people are deferring hospital visits for fear of contracting Covid-19. This affects the management of chronic diseases such as osteoporosis.

Dr Aravind Kumar, orthopaedic and spine surgeon, Mount Elizabeth Novena Hospital, says a large number of people with "significant orthopaedic issues" are delaying consultations, and he sees two or three cancellations every week.

"Some specifically mention Covid-19 as the reason for deferral. For others, the restrictions on companions in hospitals leads to postponing surgery for elderly relatives," he adds.

"Thankfully, most orthopaedic conditions can be safely deferred

To read the 2 articles, visit here

Stay active and get enough sun

FROM C1

Tour guide Charlotte Chu, 60, who was diagnosed with osteoporosis eight years ago after getting a bone mineral density scan, works out at home using exercise videos. ST PHOTO: ALPHONSUS CHERN

People with osteoporosis often do not take the condition seriously until they suffer a fracture and find it difficult to heal, say specialists.

That is why osteoporosis is known as a silent condition or epidemic in countries with ageing populations, such as Singapore.

Tour guide Charlotte Chu, 60, was surprised when she was diagnosed with osteoporosis eight years ago because she thought she had an active lifestyle.

"It was very scary because I had no symptoms. I had no pain, no aches, so it's easy to not think about it. That's very dangerous because if I have a fracture, there will be so many complications."

She used to visit the gym three to four times a week, but now works out at home using exercise videos.

"I try to do something every day, but the gym was better because I used to work out for an hour there each time," she says.

She adds that it takes discipline to work out at home. "You have to put your mind to it. You don't want to sit on the condition because it's not going to get any better."

Dr Ang Seng Bin, president of Osteoporosis Society (Singapore) and president of Asian Federation of Osteoporosis Societies, says osteoporosis can be managed even amid the current challenges.

Among his patients, those who became active or maintained their activity levels during the pandemic managed to maintain their bone mass.

He gives the example of a 68-year-old woman who started jogging three months ago. Not only has she maintained bone density, but she also has less joint pain and feels better overall.

However, Dr Ang cautions people to take it slow and exercise safely and with proper form. Many have become deconditioned over the past year and must get back into condition sensibly, he says.

He finds that many people wrongly assume that taking calcium supplements alone can maintain bone health.

Weight-bearing exercise and sun exposure for vitamin D are also critical, especially for older people – notably post-menopausal women, who see drastic drops in bone mass after age 50.

He adds that the best time to accumulate bone density is from age 11 to 13, and that is where Singaporeans are disadvantaged, because children of that age are often made to reduce outdoor activity to study for the Primary School Leaving Examination.

Dr Ang encourages children and adults to maintain active lifestyles, eat healthily and get enough sun.

"It's good to spend more time exercising outdoors. It's not just important for your bones and vitamin D needs, but it's also good for your mental health," he says.

akshitan@sph.com.sg

Tips for healthy bones

Healthcare professionals call osteoporosis a silent disease as people with the condition may not be aware of it until they fracture a bone.

Osteoporosis refers to the weakening of skeletal bones due to a reduction in bone density, which leads to an increased risk of fractures from even minor trauma, says Dr Jonathan Ti, chief medical officer at DTAP Clinic.

People's bone density and bone health have been affected during the pandemic as they exercise less and stay home.

First, people are getting less sunlight, which "is essential for the formation of vitamin D in the skin cells, which plays a vital role in calcium absorption and healthy bone formation", says Dr Ti.

A low level of activity is another problem. "Weight-bearing exercises and other forms of resistance training have been shown to improve bone density and reduce the risk of osteoporosis and fracture," he adds.

Dr Ti suggests getting outside in the sun for at least 20 minutes a day; doing weight-bearing or resistance exercises for at least 30 minutes three times a week; and eating a variety of foods high in calcium and vitamin D, including green leafy vegetables, beans, soya milk and fish like salmon and sardines.

Dr Ang Seng Bin, president of Osteoporosis Society (Singapore) and president of Asian Federation of Osteoporosis Societies, suggests following the Shape Up formula for bone health.

S top smoking.

H ealthy eating.

A lcohol in moderation. If one does not drink, do not start.

P eaceful mind, improving one's situational awareness to reduce the risk of accidents and falls.

E xercise regularly, targeting not just the bones, but also muscle mass and balance. Walking and running are good for strengthening bones. Planking, taiji and yoga are good exercises for developing core muscles and balance.

Understand the risk. A family history of osteoporosis, prior fractures, irregular periods or early menopause can increase one's risk of developing osteoporosis.

Preventative health through bone mineral density scans to check whether one has osteoporosis. Dr Ang suggests doing these scans at age 65 (for women) and age 70 (for men), or earlier if one is in a higher-risk group.

Akshita Nanda

More on osteoporosis, bone health

Sata CommHealth Osteoporosis & Fall Prevention Festival

From Nov 19 to 21, Sata CommHealth will host online seminars on how to manage osteoporosis and prevent fractures through better nutrition, exercise and fall-proofing the home. Info: str.sg/3Gqa

Singapore General Hospital's Osteoporosis and Bone Metabolism Programme

This includes information about osteoporosis, managing bone health during the pandemic, and how older people can exercise at home to maintain bone health. Info: str.sg/3GqR

Osteoporosis Society (Singapore)

This non-profit society advocates for education on and management of osteoporosis. Members include patients and healthcare professionals. The society hosts events such as a Nov 27 webinar on managing bone health through different life stages. Info: str.sg/3GqD

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General Tips on Fall Prevention

1. Proper footwear
·Wear well-fitting flat shoe with nonslip sole

2. Exercise
·Exercise regularly to maintain balance, flexibility and muscle strength

3. Regular Check up
·Perform regular eyesight check

4. Safe Home Environment
·Ensure good lighting, provide grab bar supports and remove tripping hazards

5. Understand your medications
·Some medications may cause drowsiness or giddiness, resulting in a fall

Falls are a common cause of injuries among older adults and the incidence of falls increases sharply with age.
Take special care to prevent falls by following the above tips.

Home Safety tips on Fall Prevention

- Remove tripping hazards such as loose mats, wires and small items on the floor

- Ensure good lighting for night-time toileting

- Keep frequently used items at waist level or easy-to-reach storage

- Install grab bars at kerb thresholds and inside toilets for support when standing

- Provide heavy and sturdy chairs with backrest for sitting. Avoid having light plastic stools or chairs with wheels

SATA CommHealth Day Rehabilitation Centre (DRC) provides an extensive range of Physiotherapy and Occupational Therapy services to people who require treatments and care advice due to falls.
Contact our DRC at 6244 6732 for enquires or booking of appointment.