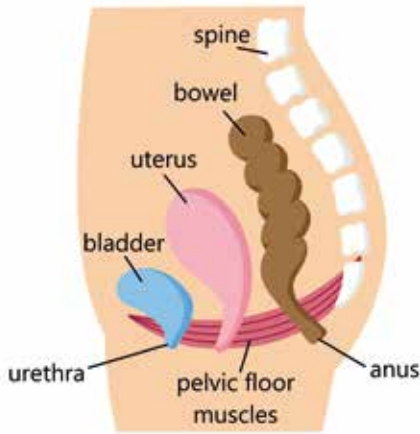


TOTAL HEALTH NEWSLETTER

Pelvic Floor Health

Ms. Jocelyn Tam

Manager of Rehabilitation Center



Aging, childbirth, weight gain, menopause, long-term constipation, chronic cough, and other factors may contribute to weakened pelvic floor muscles, which may then lead to insufficient support of pelvic organs. Pelvic floor muscles that experience added pressure or a loss of control may also bring about vaginal laxity, frequent urination, urinary or stool incontinence. Anxiety about leakage can exacerbate the frequency of urination.

Both men and women can suffer from pelvic floor weakness. In men, it may occur after prostate surgery, chronic inflammation of the prostate, or pudendal neuralgia⁵. Strengthening the pelvic floor muscles can also help reduce symptoms of impotence.

Leakage of urine is often undiagnosed because women say they are “too embarrassed, too busy or fear wasting the doctor’s time” to go and address the issue¹. Incorporating Pelvic Floor Exercises into your fitness regime and other lifestyle changes can help you strengthen your pelvic floor muscles and reduce the severity of the symptoms. They also make sex better, by increasing the sensitivity of the pelvic floor muscles, making arousal effortless and orgasms stronger.

Kegels Exercises²

Kegels Exercises can be done in various positions such as standing, sitting or lying, but it is easier to start with lying on your back. Don’t tighten your buttock, thighs or stomach muscles when you contract the pelvic floor muscles. Remember not to hold your breath!

It may help to imagine that you are sitting on a marble (do not use a real marble) and using your pelvic muscles to lift it off the chair. Think about squeezing the muscles closest to your vagina and anus. For men, squeeze the muscles that control the flow of urine.

1. Lie down on your back with your knees bent and feet on the floor.
2. Tighten the muscles around your vagina and anus. If done correctly, you will feel a lifting of the pelvic floor muscles.
3. Hold the contraction for 6-8 seconds and then let go. This is just as important as contracting the muscle. Repeat 8-12 repetitions per session, and do them three times per day.
4. Also need to work PFM quickly (improve reaction to sudden stress such as coughing, laughing or exercise). Hold for 1 second, and repeat 10 times.

Continue to do the exercises for 15 to 20 weeks unless advised otherwise by your healthcare provider.

You can gradually increase the length of time you hold the contraction and try to increase the strength. If you are not sure if you are contracting the correct muscles; you can insert two fingers into the vagina and see if you can feel the muscles squeezing your fingers when you tighten the pelvic floor muscles.



Squeezy App³

- Designed by physiotherapists specializing in women’s and men’s pelvic health.
- Can track your exercises and keep a bladder diary.
- Notification/ alerts to remind you.

Other Techniques⁴

1. Biofeedback - A sensor is inserted into your vagina and measures the strength of your muscle contraction. Over time you can see your progress more clearly.

2. Electrical stimulation – A device is inserted into the vagina or anus and an electrical current is delivered to the muscles. Another option is to sit on the Emsella chair, which provides the world's only non-invasive rehabilitation method for weak pelvic muscles through electromagnetic stimulation of pelvic floor musculature. A single 28-minute session on the Emsella Chair induces 12,000 painless supra maximal pelvic floor muscle contractions for the treatment of intimate health and wellness issues. Over 80% of patients report significant improvements in terms of incontinence issues after treatment⁶. The Rehabilitation Center at Hong Kong Adventist Hospital – Stubbs Road has recently installed an Emsella Chair; usually 6 to 8 sessions are required, scheduled twice per week. Evaluation and treatment by the physiotherapist includes advice on lifestyle management, home exercise program and bladder training.

3. Vaginal weights – Weighted Cones are inserted into the vagina and you need to contract your muscles to keep them in place whilst you go about your everyday activities. Some people find it helps to train the muscles.



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2. Patient Education: uptodate -Urinary Incontinence in Females(The Basics)
3. <https://youtu.be/bURbR-epIQ>
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6. HIFEM TECHNOLOGY – THE NON-INVASIVE TREATMENT OF URINARY INCONTINENCE
Samuels J., MD1 and Guerette N., MD2;Julene B. Samuels, MD, FACS, Louisville, KY



Mr. Alan Siu

Health Educator and Registered Dietitian (USA)
Lifestyle Medicine Certified Professional DipLM IBLM
Coordinator (HK) and Senior Advisor (China),
Health Promoting Hospital
Lifestyle Management Center

Foods for Pelvic Floor Health

In addition to strengthening and maintaining muscle tone in the pelvic floor, nutrition can play an important role in preventing the onset and managing the symptoms of pelvic floor dysfunction.

Vitamin D¹ may benefit pelvic floor health by assisting with muscle function. Increased vitamin D intake may improve overactive bladder symptoms and reduce the incidence of urinary incontinence. We absorb vitamin D primary through our skin when exposed to sunlight, we can also increase vitamin D from fortified cereals and soy milk. To avoid overdosing on vitamin D supplements, consult your doctor and a dietitian.

Foods rich in inflammation-reducing antioxidants² can help to reduce inflammation, especially when muscles of the pelvic floor are exposed to trauma like pregnancy and childbirth.

Suggestion:

- Berries like strawberries, blueberries, raspberries, and blackberries.
- Fruit like red grapes, cherries, peaches, pears, and apricots
- Natural spices including turmeric, garlic, ginger, lemon zest, and parsley
- Omega-3-rich foods including flax seeds and chia seeds
- Vegetables like broccoli, kale, and carrots



Drinks with diuretic properties have potential to put extra stress on the bladder and exacerbate storage^{3,4}

Avoid:

- Caffeine-containing drinks
- Alcohol
- Carbonated beverages including diet soda
- Sugar or artificial sweeteners



Consult your physician or a dietitian for further assessment and advice.

References:

1. <https://pubmed.ncbi.nlm.nih.gov/22415704/>
2. <https://clinicalgate.com/chronic-pelvic-pain-and-nutrition/>
3. <https://pubmed.ncbi.nlm.nih.gov/30900373/>
4. <https://pubmed.ncbi.nlm.nih.gov/33220819/>



Why Do *Babies Cry?*

Have you ever wondered why babies cry when they are born? I have. From science-based, to folk wisdom-based, there are so many ideas and theories as to why they cry when they are born. As a matter of fact, for anyone in a delivery room, the absence of crying when the baby arrives is particularly worrying, especially as time elapses. It is a signal that something may be gravely wrong. There is some evidence that baby cries have specifically evolved to be as annoying and hard to ignore as possible. Beyond the first few minutes of life and their first feeding, neonatal infants may cry because they are bruised and sore from the trauma of birth.

I have a much more naïve, and infantile theory as to why babies cry when they are born. I believe they cry because of the rude awakening of being thrust into a cold, bright, noisy new environment. They cry because they left the comfort and safety of the womb to face a new beginning, in a world full of threats and dangers.



Most of the time, and for most people, new beginnings are painful, maybe even scary, and often full of anxiety. As we face this New Year 2023, we do not know what lies ahead. The fear of a resurging Covid pandemic, and the threat of nuclear war, keep many awake at night. In the light of all the uncertainty that the world is facing, it is very reassuring that at a time such as this, we can face a new beginning with hope and confidence. Hope that no matter how bad things get, we can choose to trust in a Higher Power. For me, that Higher Power is God, the creator of the new universe, the living God. For me, because He lives, I can face the future, because He lives, all fear is gone, because I know I believe He holds the future, and life is worth the living because He lives. I invite you to get to know Him as you face a new beginning in 2023. Happy New Year.



References:

1. Luiz Villazon, Science Focus, <https://www.sciencefocus.com/the-human-body/why-do-newborn-babies-cry/>
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OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

From the Chaplain's Office





Lifestyle Management Center (LMC) is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

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Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

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