

# TOTAL **HEALTH** NEWSLETTER



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MANAGEMENT CENTER

## *Diabetes and Plant-based Diet*

Did you know...?

***The BEST** diet for managing diabetes is **NOT** about **RESTRICTING CARBOHYDRATE**, but to:*

Dr. Mia Holm obtained her PhD in Public Health with specialization in Community Health Education. Prior to returning to HKAH—SR, Dr. Holm held teaching and management positions at the School of Public Health, HKU and CUHK, respectively.



**Avoid animal products**



**Minimize oils**



**Eat low GI foods**

According to Dr. Neal Barnard, Adjunct Associate Professor of Medicine of George Washington University USA, the key to manage type 2 diabetes is not about counting carbs and restricting carbs, but to avoid eating animal products such as meats, fish, eggs and dairy products. It is the fat, especially saturated fat, that accumulates in the muscles that prevent the sugar in the blood from being utilized. He described insulin is like a key to open up for sugar in the blood to enter into our muscle cells: when there is too much fat in the cells, it's like the lock is jammed with gum, even the key is working perfectly, the lock cannot be opened and the sugar cannot go into our body cells, causing insulin resistance. Fat in the muscle also disrupts insulin signaling within the cells.

Isn't it wonderful being a diabetic can eat carbs again? Wait... not all carbs are created equal. Whole grains such as brown rice and steel-cut oats, legumes, fruits and vegetables, these with high-fiber and low GI are the preferred carbs. White bread, white rice, sugary drinks and dessert are not recommended. Sorry!

A whole food plant based diet is the key to good health, chronic disease prevention and even reversal. A diet based on whole grains, legumes, nuts, seeds, vegetables and fruits will supply almost ALL your nutritional needs (except vitamin B 12 for vegan, and if you don't get enough sunshine, vitamin D supplementation might be needed).

A low fat whole food plant based diet can prevent, manage and reverse diabetes is not an opinion from one professor, but a conclusion after many research studies published in peer-reviewed scientific journals.

What if you can't do a 100% whole food plant based diet yet? Maybe for some people meat is just too delicious to give up? If you can't do 100% plant based immediately, try 60% first, progress to 70%, 80% and eventually 90%. Even an 80-90% plant based diet can reap many health benefits!

Reference:  
Barnard, N. (2017). *Dr. Neal Barnard's program for reversing diabetes: The scientifically proven system for reversing diabetes without drugs*. Rodale.

# How Fit are You?

The fitness tests below can help evaluate our fitness level, set goals, and monitor our progress for various trainings:



Fitness test item (indoor)	Testing aim	Procedure*	Average range reference*
<b>Lifestyle Index</b>	Lifestyle behaviors and habits	Fill out a lifestyle questionnaire from Lifestyle Management Center, HKAH-SR	Lifestyle score above 60%
<b>Resting heart rate</b>	Efficient heart function	Measure resting heart rate per minute	60 - 100 beats per minute
<b>30 seconds chair stand test</b>	Leg strength and endurance	Complete as many full stands and sits as possible within 30 seconds	At least 8 times per 30 seconds
<b>3-minute step test</b>	Cardio respiratory endurance	Step up and down on the platform at the given rate for a total of 3 minutes	Scores are based on gender and age group Post-exercise heart rate per minute, lower is better <b>Age 36-45</b> Men: below 112, Women: below 118 <b>Age 46-55</b> Men: below 116, Women: below 120 <b>Age 56-65</b> Men: below 112, Women: below 118 <b>Age 65+</b> Men: below 113, Women: below 122
<b>Push up</b>	Upper body strength and muscular endurance	<ul style="list-style-type: none"> <li>- Keep a straight line from the toes to hips, and to the shoulders, lower the upper body so elbows bend to 90 degrees, then push back up to the start position</li> <li>- Complete as many repetitions as possible</li> </ul>	Scores are based on gender and age group <b>Age 25-34</b> Men: at least 28, Women: at least 20 <b>Age 35-44</b> Men: at least 21, Women: at least 19 <b>Age 45-54</b> Men: at least 16, Women: at least 14 <b>Age 55-64</b> Men: at least 12, Women: at least 10 <b>Age 65+</b> Men: at least 10, Women: at least 10
<b>One-minute sit-up</b>	Strength and endurance of the abdominals and hip-flexor muscles	<ul style="list-style-type: none"> <li>- Lie on a soft floor with your knees bent at approximately right angles</li> <li>- Squeeze your stomach, push your back flat and raise high enough for your hands to slide along</li> </ul>	Scores are based on gender and age group <b>Age 25-34</b> Men: at least 44, Women: at least 39 <b>Age 35-44</b> Men: at least 40, Women: at least 30 <b>Age 45-54</b> Men: at least 35, Women: at least 25 <b>Age 55-64</b> Men: at least 30, Women: at least 21 <b>Age 65+</b> Men: 24, Women: 12
<b>Chair sit and reach</b>	Lower body flexibility	<ul style="list-style-type: none"> <li>- Sit on the edge of a chair. One foot must remain flat on the floor. The other leg is extended forward with the knee straight</li> <li>- Place one hand on top of the other with tips of the fingers even. Then reach forward toward the toes</li> <li>- Measure the distance between the tip of the fingertips and the toes</li> </ul>	Scores are based on gender and age group <b>Good:</b> Fingertips touch the toes
<b>Waist circumference</b>	Risk of central obesity and other chronic diseases	Use a tape to measure all the way around your body waist, level with your belly button	<b>Men:</b> less than 36 inches (90cm) <b>Women:</b> less than 32 inches (80cm)
<b>Body Mass Index (BMI)</b>	Risk of chronic diseases	$BMI = \text{Weight (kilograms)} / \text{Height (meter)}^2$	Normal range: 18.5-24.9 (Non-Asian) 18.5-22.9 (Asian)

\*For further details of the test procedure and result, please contact Lifestyle Management Center by email [lmcc@hkah.org.hk](mailto:lmcc@hkah.org.hk)

#### References:

WHO: <https://www.who.int/bulletin/volumes/96/11/18-213728/en/>

GovHK: [https://www.jcsd.gov.hk/healthy/physical\\_fitness/concept.html](https://www.jcsd.gov.hk/healthy/physical_fitness/concept.html)

Mayo Clinic Fitness: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20046433>

WC: <https://www21.ha.org.hk/smartpatient/MiniSites/en-US/BMI/Waist-Measure/>

PFA: <http://www.hkpfa.org.hk/>

HKPFA: <http://www.hk-pfa.com/>

RHR: <https://pubmed.ncbi.nlm.nih.gov/30761923/>

CST: [https://www.physio-pedia.com/30\\_Seconds\\_Sit\\_To\\_Stand\\_Test](https://www.physio-pedia.com/30_Seconds_Sit_To_Stand_Test)



# 21 days of Quarantine

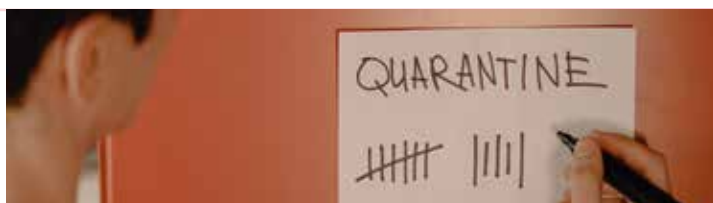
Christmas day 2020 was not a happy day for me. Waking up to the cries of pain of my dying mother, I was rattled even more when I read the news that Hong Kong had implemented a 21-day (from the former 14-day) forced quarantine for anyone arriving in Hong Kong (except for arrivals from mainland China, Taiwan and Macau). To make matters worse, the quarantine period was to be endured only at any of a selected and expensive- 36 specific hotels confinement.

**After the 21 days were over, I was able to look back and realize that I had learned a great deal during that time. Allow me to highlight the following three things:**

**First,** I learned that silence can be beautiful. Living in a city like Hong Kong with all the hustle and bustle and the constant noise pollution, we tend to forget the beauty of solitude. I would, however, like to point out, that solitude and loneliness are two completely different things. During these quiet hours of my time in this room, I have taken use of this opportunity to meditate, to give forgiveness to others, and even to myself. I have learned the importance of personal growth as a way to bless others.

**Second,** during a quarantine period you learn to appreciate the people that truly care for you. There are a few greater expressions of love and appreciation than to send someone food. Receiving gifts of food packages sent to my room by friends from work truly made this experience more bearable. Do not remember when you give gifts to others, but never forget when others give gifts to you.

I believe that a strong scientific argument can be presented against such draconian measure (21-day quarantine). However, life has taught me that arguing for the sake of arguing without any expectations of a positive change or outcome, is just a waste of time. So, when you cannot change something that you want change, its best to change your attitude about it, and that is what I did. I changed my attitude, and decided to learn lessons from my time in solitary confinement.



**Third,** I learned to put things in perspective, to learn that when you concentrate on your misfortunes, they become too big to handle. I learned to measure my troubles in the light of the calamities suffered by others, not because my own troubles are not worth considering, but learning that in the large scope of things, many of my own issues are so insignificant compared to how others suffer.

My 21-day hotel quarantine experience will stay with me for the rest of my life. I hope you will not have to travel during these pandemic times, but if you have to, and find yourself forced to endure quarantine, I tell you, there is much to learn, and you can become a better person after such undesirable ordeal.

## 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**





# Fan Lau, **LANTAU ISLAND** HIKING TOUR



Hospital staff with their families joined a hiking tour on Feb 28 organized by Lifestyle Management Center (LMC). Fan Lau country trail is located on the southwest tip of Lantau Island. Along the trail, hiking group enjoyed the scenic viewpoint overlooking the West Fan Lau Bay. After passing by a sandy beach, they discovered the area's landmarks, the stalagmite stone on the top of a hill and the ruins of Fan Lau Fort, which are the remains of a fortification once built to protect the sea routes in the area. After exploring the historical area, the group walked along the beach of the Fan Lau Sai Wan until they reached the edge of the sea. The hiking group had lots of fun and finished the day tour at Tai O.



**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.

## DONATE TODAY



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

**WEBSITE:**  
[www.hkahf.org.hk](http://www.hkahf.org.hk)

## DONATE FOR A BRIGHT FUTURE



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.

 **TEL: (852) 2835 0555**

