

TOTAL HEALTH NEWSLETTER



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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.

BREAST CANCER Prevention

1. SOYBEAN CAUSES BREAST CANCER?

Soybeans contain phytoestrogen called isoflavones. Isoflavones and human estrogen are not the same. Many studies have shown eating soy products in moderation will not increase the risk of breast cancer, but has a protective factor against it.

2. CUT DOWN ON MILK AND DAIRY PRODUCTS CONSUMPTION

Researchers from Loma Linda University had spent eight years following nearly 53,000 women, published a paper in 2020 on the association of milk consumption and breast cancer risk. According to statistics, the researcher concluded: "Drinking 1/4 to 1/3 cup of milk a day increases the risk of breast cancer by 30%; drinking a glass of milk a day increases the risk by 50%; if you drink two to three cups a day, the risk will be further increased by 70% to 80%."(1). In fact, milk not only contains insulin-like growth factor-1 (IGF-1), it also stimulates our bodies to produce more IGF-1. Excessive IGF-1 in the body is closely related to cancer growth. It is better to obtain calcium from plant based sources such as tofu, nuts or sesame seeds.

3. AVOID HIGH-TEMPERATURE COOKING

Cooking animal proteins such as fish and meat at high temperatures releases heterocyclic amines (HCA) which increases the risk of cancer. The longer the cooking time and higher the temperature, the more HCA is produced. Another type of chemical substance-polycyclic aromatic hydrocarbons (PAH) has been linked to breast cancer. This substance forms in smoke produced when fat burns or drips on hot barbecue charcoal.

4. AVOID BISPHENOL A (BPA)

Bisphenol A is an industrial chemical, many plastic food containers and the inner layer of cans contain BPA. Studies have indicated that BPA increases the risk of breast and prostate cancer, and may also cause endocrine disorders. Although there are many BPA free plastic products on the market, it has not been verified whether these BPA replacements are 100% safe. Therefore, it is best to use glass, stainless steel or ceramic products to store food and reduce eating canned products. Furthermore, avoid using plastic containers to hold high-temperature and oily foods because it will increase the chance of leaking out harmful substances. Receipts made of thermal paper also contain BPA, thus it is best to reduce contact.



HOMEMADE LUNCH BOX IDEAS



FOR OFFICE WORKERS



1 Veggie Protein Burritos

INGREDIENTS:

- 1 package of whole wheat burrito wraps
- 2 cups of cooked quinoa
- 2 small zucchini
- 1/4 cup or more of shredded carrots
- 1/4 cup of diced onions
- 1/2 cup of black beans
- 1/2 bell pepper, diced
- 1/5 cup almond sauce
- Salt
- Pepper

PREPARATION:

1. Once the pan is hot, add zucchini, onion and bell peppers to cook for about 4-6 minutes. Once softened a bit, add the quinoa and beans. Add a pinch of salt and pepper.
2. Warm the tortilla wrap in the microwave for about 15 seconds. Lay it down and spoon about 1/3 of a cup of the filling in the center of the wrap. Put the almond sauce on the wrap afterwards. Then fold the bottom up and roll to the top.
3. Wrap the roll in foil. Place it in a large sealable baggie and then put into the freezer.
4. To warm, remove the foil. Wrap in a piece of paper towel and microwave until warmed through.



2 Tofu Pad Thai

INGREDIENTS:

- 14 oz. extra-firm tofu, drained
- 2 tbsp. cornstarch
- 8 oz. whole grain rice noodles
- 1/4 cup low-sodium soy sauce
- 1/2 cup lime juice
- 1 cup bean sprouts
- 1 clove garlic, minced
- 1/4 cup chopped peanuts

PREPARATION:

1. Slice tofu to 1/2-inch thick and cut it into small pieces, transfer them to bowl and toss with cornstarch.
2. Cook noodles per package directions and rinse with cold water and drain.
3. In small bowl, combine soy sauce and lime juice.
4. Stir-fry tofu and garlic until golden brown, for around 4 to 5 minutes. Add noodles and sauce and toss to combine. Fold in chopped peanuts and sprouts and cook for 2 minutes.

OF HOPE AND COVID-19



The last quarter of each year is my favorite time of the year. As an American, I look forward to the thanksgiving celebration. Thanksgiving! A special holiday that regardless of race or religion, is celebrated by all Americans. Then comes Christmas, which for many is the best time of the year. However, this year is very different.

As we look back to what has taken place in 2020, one could easily argue that there is no much to be thankful for. Our world has been turned upside down, our ways of life have changed and a “new normal” has come to place. We have added new terminology to our vocabulary: “Social Distancing” and the theme of much of 2020 has been the dreadful Covid-19 virus. With so much sickness and uncertainty happening all around, the future looks bleak and it seems that hope is lost. But, what is hope? Hope is feeling of expectation and desire for a particular thing to happen. When we lose hope we can easily lose our will to live or fight life’s daily battles. There is a very close connection between hope and good health. Dr. Paula Davis, from Psychology Today declares that: “How hopeful you are has important work and life implications. It impacts how well you age, how you take care of your health, and how productive you are at work.” The positive physiological effects of hope are well-documented, most eloquently in Jerome Groopman's "The Anatomy of Hope," where he writes: "Researchers are learning that a change in mind-set has the power to alter neurochemistry.

Whether you’ve lost hope or you’re trying to avoid the loss of hope, there some very practical ways to help you stay on track. No matter what you believe or faith tradition you have, you can learn to understand that nothing is impossible to overcome. No situation, no matter how dire or bleak, can defeat you if you don’t let it. Remember to stay in the present and not to borrow troubles from the future. In the words of Max Ehrman: “Do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness”.

There is hope to be had even in the current state of world affairs. God has promised his children complete peace and assurance. “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27). We do not know what the immediate future will bring us, but whatever that may be, it will be easier to handle while having hope in our hearts.



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 9am to 9:30am 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**

ONE-STOP Shop

The Adventist Medical Center—Taikoo Place is a new, modern day procedure center that aims to meet all your health maintenance, medical and surgical needs.

Maintaining your health has never been more important—that includes conducting regular health checkups to deal with any potential problems as they arise—ideally in a comfortable environment with an empathetic, professional team and minimal inconvenience with one stop services in health check, GP and SP consultations, diagnostic imaging, endoscopic and surgical procedures, as well as physio, occupational therapy, exercise training in rehabilitation center.



Expanding the health maintenance and medical care offerings in Hong Kong Island's Eastern District is the Adventist Medical Center, which opened in Taikoo Place on 2 July, 2020. The spacious, 11,300sqft center is located on the 19th floor of Oxford House and boasts a comprehensive range of services administered by a team. The centre's services range from consultation and treatment to health education and vaccinations, surgical and endoscopic procedures.



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

**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.

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