

TOTAL HEALTH NEWSLETTER



DR. BILLY CHIU

Dr. Billy Chiu is a highly experienced Family Medicine Specialist in Hong Kong with over 25 years of clinical practice. He recently joined the Adventist Medical Center as the Chief Medical Executive. Dr. Chiu is known for his expertise in mental health, sleep health, preventative care, teaching, and integrative medicine. He holds multiple postgraduate diplomas and is an Honorary Associate Professor of Family Medicine at both HKU and CUHK.



Preventing Cancer: *Unlocking the Key to a Healthier Tomorrow*

What role does a family doctor serve in cancer prevention?

As family physicians, our responsibility is to serve as health companions for our clients and their loved ones, regardless of age, sex, health status, or complexity of their conditions. We are dedicated to providing patient-centered, holistic, and comprehensive care, including episodic, chronic, and preventative care. In Hong Kong, consultations regarding cancer prevention and concerns usually occur in the context of health screenings, the presence of alarming symptoms, or when a family member or friend is unfortunately diagnosed with cancer. Family doctors provide personalized advice on evidence-based check-ups at different ages and in different contexts. The following are some common important cancer prevention or screening measures:

- Colorectal cancer (CRC) screening through the HK Department of Health's CRC screening program, which is recommended for individuals aged 50-75 who meet the criteria. Colonoscopy is also commonly used for CRC screening in private practice.
- Breast cancer screening: Family doctors provide advice and education on self-breast awareness, self-breast examination, mammogram, and ultrasound screenings at appropriate intervals.
- Pap smear screening for cervical cancer.
- Other cancer screenings for high-risk individuals, such as liver cancer screening for hepatitis B carriers or individuals with a family history of cancer.

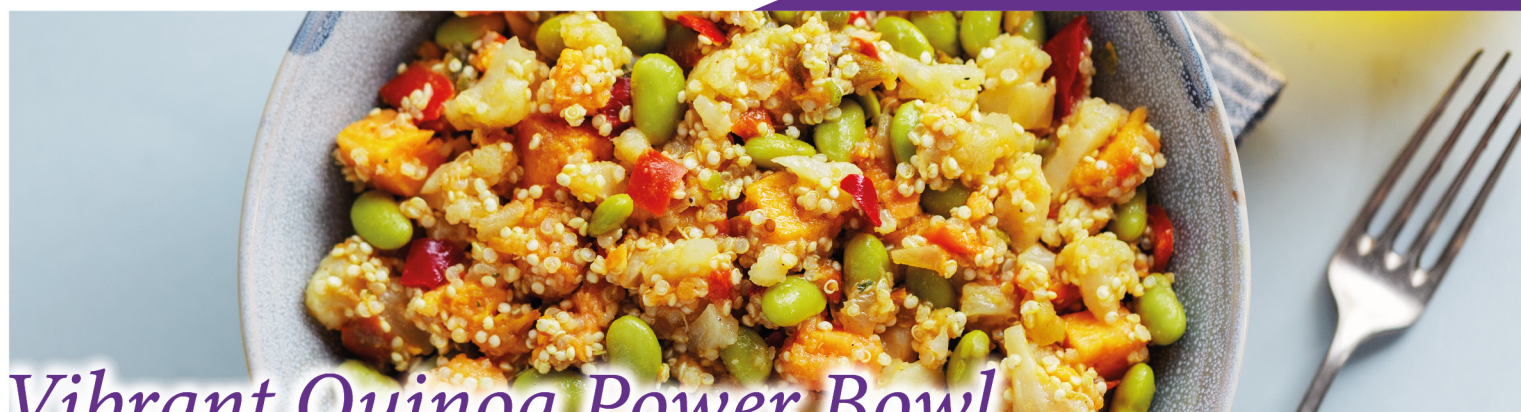
Is cancer preventable?

Prevention is always better than cure, but it is easier said than done. Some individuals are health-conscious and take proactive measures to manage their diet, exercise, stress levels, sleep, and lifestyle. Taking supplements has also become a trend. However, we still encounter people who are diagnosed with various types of cancer. Some of these cancers can be particularly devastating, such as pancreatic cancer, metastatic lung cancer, ovarian cancer in young individuals, or the incidental finding of asymptomatic blood cancer. The question is whether being health-conscious and paying attention to lifestyle choices and health screenings can reduce the chances of developing cancer. Do smokers have a higher risk of lung cancer than

non-smokers? We are currently in the era of genomic medicine, where scientists have successfully identified more genetic markers for various types of cancer, such as EGFR for lung cancer and BRCA1 and BRCA2 for breast cancer. However, not all cancers can be attributed to genetics alone. Therefore, as family doctors, we advise every person to meet with their family doctor at least once or twice a year to discuss their health and recommended essential health screenings. Nowadays, cancer can be more easily diagnosed through sophisticated tests, and many cancers have "manageable" treatments. Some even argue that cancer is now more like a chronic disease rather than an incurable condition.

Why does colorectal cancer screening matter?

Symptoms of colorectal cancer include blood in the stool, changes in bowel habits, mucus in the stool, abdominal discomfort, or systemic symptoms such as weight loss and fatigue in severe cases. While colorectal cancer screening aims to prevent the disease, it involves healthy individuals undergoing screening examinations to detect the disease at an asymptomatic stage for early treatment. The Hong Kong government has supported a colorectal cancer screening initiative for many years. Individuals aged 50-75 are eligible to register for the program after assessment by their primary care physician. Private doctors or medical groups have been highly supportive of this initiative over the years. Typically, individuals with negative stool test results repeat the test every two years, while those with positive results are scheduled for a colonoscopy examination. Nowadays, colonoscopy can be performed as a day procedure with a few simple and standardized steps. Patients do not experience any discomfort during the procedure, as they are either sedated or under Monitored Anesthesia Care (MAC). The most beneficial aspect of colonoscopy is that the endoscopist can visually examine the bowel and remove polyps immediately if detected. Subsequent microscopic examination of the polyp informs the doctor and patient about any potential cancer risk or pre-cancerous stage (yet the polyp was already removed!). The next step is to schedule another follow-up colonoscopy in the recommended interval, such as 1-2, 5, or 10 years later, to monitor for any recurrent polyps. It is generally recommended to start colorectal cancer screening at the age of 50, or earlier for those with a positive family history or suspicious conditions. The key message is that while some cancers are more challenging to prevent and screen, colorectal cancer is one of the few cancers that can be prevented.



Vibrant Quinoa Power Bowl with Sesame-Ginger Dressing

Ingredients:

1 cup quinoa, dry
12 oz shelled edamame, about 2 cups
3 cups thinly sliced green cabbage
2-3 cups thinly sliced curly kale
1 1/2 cups grated carrot
1 large apple, cored and thinly sliced
1/2 medium red onion, thinly sliced
1/2 cup fresh herbs, such as cilantro, green onion or mint
1-2 tablespoons toasted sesame seeds

Ginger Tahini Dressing:

1/2 cup tahini
1/4 cup fresh lime juice
2 1/2 tablespoons tamari
2 tablespoon apple sauce
1 tablespoon apple cider vinegar
1 teaspoon grated ginger
1 teaspoon grated garlic (1-2 cloves)
Salt and red pepper flakes to taste
Water for thinning out, if needed

Instructions:

1. Cook the quinoa by rinsing 1 cup of dry quinoa and simmering it in 2 cups of water for 15-20 minutes until the water is absorbed. Let it cool or use it immediately.
2. Slice the cabbage, kale, red onion, apple, and grate the carrot. Thaw the edamame if using frozen.
3. Make the tahini ginger dressing by combining all the dressing ingredients in a small bowl. Adjust the flavors as needed.
4. In a large bowl, mix the cooked quinoa, edamame, cabbage, kale, red onion, carrot, apple, and fresh herbs. Pour the dressing over the salad and mix well. Add toasted sesame seeds and season with salt to taste.

Potential anti-cancer properties:

Certain foods offer potential health benefits and may help reduce the risk of cancer. Quinoa is rich in fiber, flavonoids, and saponins. Edamame contains isoflavones, which have been studied for their anti-cancer effects. Cabbage and kale are cruciferous vegetables that contain glucosinolates, which may inhibit tumor growth. Carrots are high in beta-carotene, an antioxidant associated with a reduced risk of cancer. Apples provide antioxidants and flavonoids that can potentially inhibit cancer cell growth. Additionally, herbs like cilantro, green onion, and mint offer antioxidants and phytochemicals with potential anti-cancer properties.

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





An Empty Nest

This past week I took a trip that I will remember till the day I die. I dropped off my daughter at her university in a town with a funny name, Walla Walla, in the state of Washington, in the United States. She had recently turned 18, and the emotions of having an adult child, and now a college student, were overwhelming. When the final kisses were given and the final hugs embraced, and last words of advice spoken, I drove away from the school towards the airport, as tears began to fall. It dawned on me that a season of my life had ended, but for her, another had just begun. As for me, I am now an official empty nester.

Although the drive to the airport is not very long, it felt forever, I used that time to think about the ever changing seasons of our lives. We are born, grow up, attend school, discover the power of friendships, experience puberty, get married, have children and then life begins to slowly fade away as we experience the dawn of our lives. In other terms, psychologists and therapists usually identify the seasons of life as follows:

Life in 4 Seasons

- Spring — Childhood. Just like blossoming flowers of spring, childhood is for the most, experienced as a period where we flourish, we see colours everywhere. ...
- Summer — Youth. Here the flourishing is set. ...
- Autumn — Adulthood. Flowers and colours fade away. ...
- Winter — Old hood, death and end of the cycle.

The passing of one season of life to another can present some major emotional challenge for us. Therefore, Emotional resilience is important in order for us to process changes in a healthy, appropriate way. This mirrors the human transitions through the four seasons of life, which are each associated with specific psychological and physical states of being. **As we transition from one season to the next, our circumstances, needs, mindsets, and actions have to evolve—just like the transitions that occur in the environment.** Accepting and evolving alongside these cycles of life allows us to glide through our time on earth effortlessly, knowing that our circumstances are always temporary.

I am reminded of Stevie Nicks, from the American Rock band Fleetwood Mac, when she, in a very soulful way, questions herself in her song Landslide: "Oh, mirror in the sky what is love? Can the child within my heart rise above? Can I sail through the changing' ocean tides? Can I handle the seasons of my life?"

Which season of life are you at now? One of the most comforting reassuring of Christianity, is the assurance that God will be with us, we find the promise in the book of Matthew when Jesus tells us that he "will be with us until the very end of the age." Whatever season you may be experiencing, there is hope. A Seasonal change can bring depression, anxiety or an outpouring of negative stress, but help can be found at every stage of life.

Matthew 28 NIV

<https://www.developgoodhabits.com/seasons-life/>

<https://iqdoodle.com/seasons-of-life/>



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



Healthy Lifestyle Fund

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

