

TOTAL HEALTH NEWSLETTER



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A Doctor's Guide to Men's Health: Building a Foundation for Longevity

As a general practitioner, I see a recurring pattern in my clinic: men often wait until a minor symptom becomes a major medical crisis before booking an appointment. Whether it is due to a demanding work schedule, a sense of stoicism, or simply the "it will pass" mentality, delaying medical care can be dangerous. The truth is, the most common diseases affecting men—heart disease, prostate issues, type 2 diabetes, and depression—are largely preventable with a proactive approach to your daily lifestyle. The earlier measures are taken, the lower the chance that serious health issues will arise.

Protecting Your Heart

Cardiovascular disease remains the leading threat to men's health worldwide. The foundation of prevention starts on your dining table and in your daily routine. We should aim for at least 150 minutes of moderate aerobic exercise a week. Swap processed meats and refined sugars for a diet rich in lean proteins, healthy fats (like olive oil and nuts), and plenty of high-fiber food such as whole grains, legumes, vegetables and fruits. High blood pressure and elevated cholesterol are often called silent killers because they rarely show symptoms until a heart attack or stroke occurs. Annual blood pressure and lipid panel checks are advisable.

Prioritizing Prostate Health

As men age, prostate health becomes paramount. Benign prostatic hyperplasia (BPH) and prostate cancer are incredibly common. If you are over 50—or over 40 if you have a family history of prostate issues—you should have PSA (Prostate-Specific Antigen) screenings.

Never ignore symptoms like frequent urination, especially at night, or difficulty starting a stream and urgency. Early detection drastically improves treatment outcomes.

Managing Metabolic Health

Type 2 diabetes is another highly preventable epidemic. Carrying excess body weight, particularly visceral fat around the abdomen, significantly increases your risk. Focus on the quantity of your food intake and incorporate resistance training into your routine to build muscle mass, which improves your body's insulin sensitivity. Furthermore, 7 to 8 hours of quality sleep each night plays a crucial role in regulating the hormones that control appetite and blood sugar.

Breaking the Mental Health Stigma

Finally, we must address mental health. Men are statistically less likely to seek help for depression and chronic stress, often masking their struggles with irritability, anger, or substance use. Unmanaged stress wreaks havoc on your immune and cardiovascular systems. Whether it is through regular exercise, engaging in hobbies, or speaking to a therapist, finding healthy outlets for stress is just as critical to your longevity as working out in the gym.

Health is not a destination; it is a daily practice. By prioritizing regular medical screenings, exercising your body, eating wisely and prudently, and checking on your mental well-being, you take control of your future. Do not wait for a wake-up call to start caring for your body. Book an annual check-up today—your future self will thank you.



Power Lentil & Quinoa Strength Bowl

High-Protein • Heart-Healthy • Hormone-Supporting • Ready in 30 Minutes

Ingredients (Serves 2)

Base:

- 1 cup quinoa (uncooked)
- 1 cup cooked green or brown lentils

Veggies:

- 1 cup cherry tomatoes, halved
- 1 cup roasted beets
- 1 cup fresh spinach
- 1 avocado, sliced

Crunch & Boost:

- 2 tbsp pumpkin seeds
- 1 tbsp extra virgin olive oil

Simple Dressing:

- Juice of 1 lemon
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- Salt & black pepper to taste

Instructions:

1. Cook quinoa according to package instructions (about 15 minutes). Fluff and let cool slightly.
2. In a large bowl, combine quinoa and lentils.
3. Arrange spinach, tomatoes, beets, and avocado on top.
4. Whisk dressing ingredients together and drizzle over bowl.
5. Finish with pumpkin seeds and a drizzle of olive oil.

Nutrition Highlights (Per Serving – Approximate)

Protein: ~22–25g. **Fiber:** ~15g

- Rich in plant-based protein, fiber, and essential minerals
- Supports muscle repair, heart health, and steady energy
- Lentils and quinoa provide complete protein
- Spinach and pumpkin seeds supply iron, magnesium, and zinc for immune and hormone support
- Avocado and olive oil provide healthy fats for cardiovascular health
- Helps reduce inflammation
- Promotes overall strength and wellness

This recipe has been adapted from: <https://chelseyamernutrition.com/quinoa-and-lentil-power-bowl-gluten-free-vegan-option/>

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.

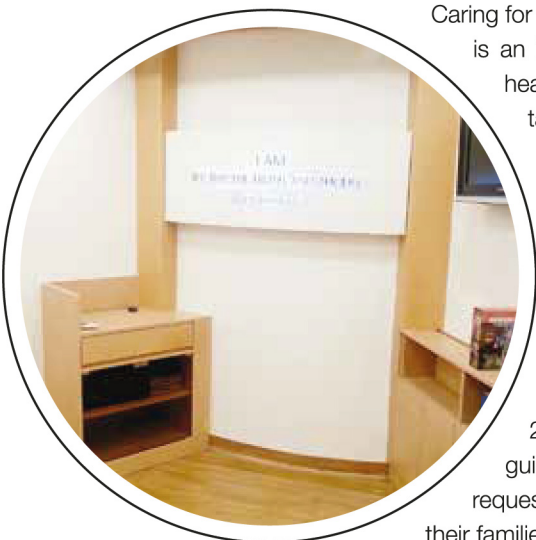
Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

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





Of Marriage and Divorce

Relationships are often celebrated through milestones—anniversaries and years together. Yet both lived experience and research suggest that what truly sustains relationships is not perfection or longevity, but the steady work of grace, forgiveness, and daily commitment.

In a fast-paced city like Hong Kong, relational strain is common. According to the Hong Kong Census and Statistics Department, there were over 430,000 divorced or separated individuals as of 2024, highlighting the complexity of modern family life (Women and Men in Hong Kong Key Statistics, 2024). Behind these numbers are deeply personal stories of both connection and loss.

Many ancient spiritual traditions teach that marriage is a profound union—“no longer two, but one.” Yet these same traditions also recognize that human relationships can break down when people become hardened or unwilling to forgive. This dual perspective allows space for both commitment and compassion.

At the same time, wisdom traditions consistently ground human worth outside of relationship status. Whether married, single, or divorced, dignity and value remain intact. A person's worth is not defined by relationship status.

Ellen G. White (1827–1915) was an American author and religious leader who co-founded the Seventh-day Adventist Church. She wrote over 5,000 periodical articles and 40 books on topics including marriage, health, education, and spiritual life. Her writings remain widely read today, especially her book *The Adventist Home*, which discusses family and relationships.

White emphasized that strong relationships are formed through daily, intentional effort rather than ceremony alone: “The form of words spoken over the two who take the marriage vow does not make them a unit. They must blend their lives... each, forgetful of self” (*The Adventist Home*, p. 104). She also acknowledged that when harmony becomes impossible, “it is better for them to separate” (*The Adventist Home*, p. 342), recognizing that choosing to part with honesty can itself be an act of courage.

Beyond theology, professional research supports the importance of communication and support. Meta-analyses show that couple therapy produces statistically significant improvements in relationship satisfaction for a substantial proportion of couples (meta-analysis of couple therapy, PubMed, 2020). In healthcare settings, supportive care—including spiritual care—can reduce emotional exhaustion among staff, helping colleagues manage the intersection of personal and professional burdens (*Journal of Religion and Health*, 2019).

Across these perspectives, a consistent theme emerges: healing and stability are often found in small, steady practices. A gentle answer can turn away anger, while harsh words stir up conflict. Honest conversation and the willingness to listen to one another foster healing. Many wisdom traditions encourage beginning again with hope, reminding us that compassion and love can renew us each day.

In the end, relationships—whether flourishing or strained—are part of a broader human journey marked by imperfection. What remains constant is the invitation to live with patience, extend grace, and recognize that personal worth is never defined solely by relational outcomes.

Whether you are celebrating an anniversary, navigating a difficult separation, or simply feeling lonely in a crowded city, there is an invitation to release what was never yours to hold and to extend the same grace to yourself that you might offer a struggling friend.

Sources

- **Hong Kong Census & Statistics:** *Women and Men in Hong Kong Key Statistics* (2024) | www.censtatd.gov.hk
- **Ellen G. White:** *The Adventist Home* (1952), pp. 104, 342 | whiteestate.org
- **Couple Therapy Meta-analysis:** Hedges $g = 1.12$, $p < .001$ | PubMed (pubmed.ncbi.nlm.nih.gov/32551734)
- **Healthcare Staff Support:** Balboni et al., *Journal of Religion and Health*, 58(6), 2019 | Springer Publishing
- **Ellen G. White Biography:** GotQuestions.org; Adventist Pioneer Library | gotquestions.org; aplib.org



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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