

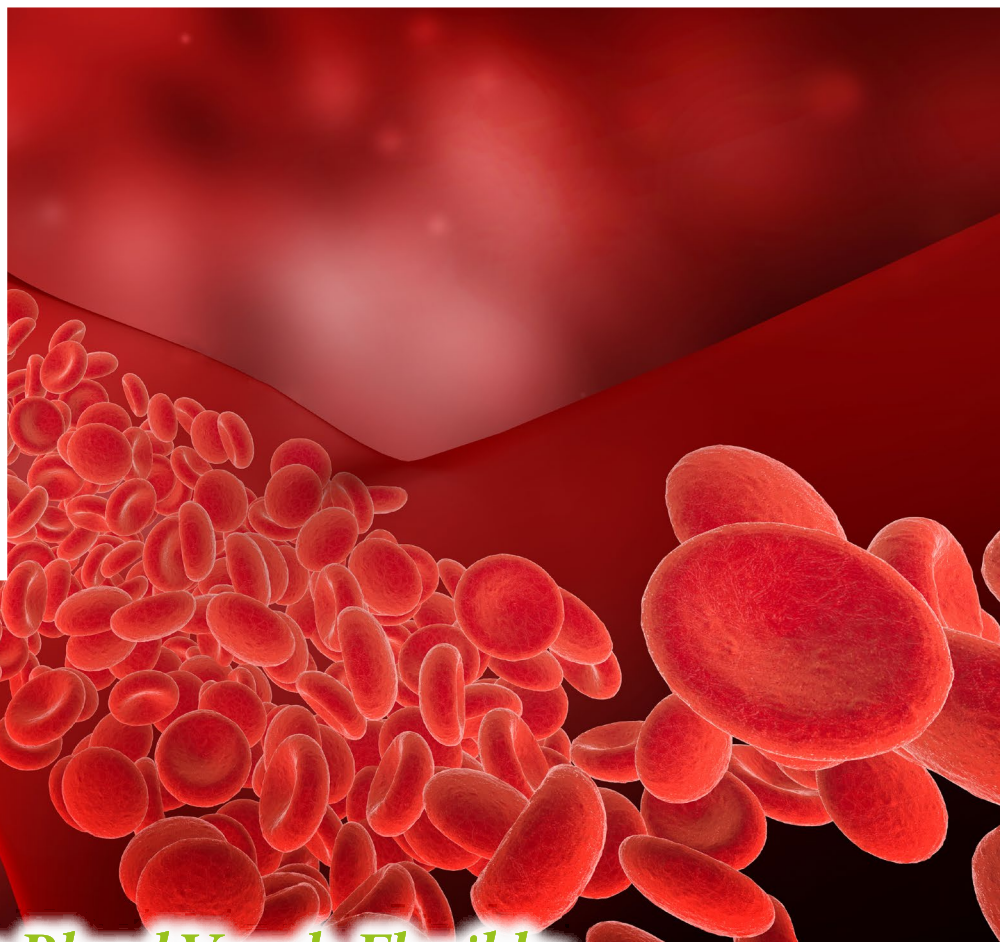
TOTAL HEALTH NEWSLETTER



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How to Keep Your Blood Vessels Flexible:

A Cardiologist's Guide

As we age, it's common to see people's blood vessels getting stiff. Maintaining flexible, healthy blood vessels is crucial for cardiovascular health. Stiff arteries can lead to high blood pressure, atherosclerosis, and an increased risk of heart disease. As a cardiologist, I recommend these key strategies to preserve vascular elasticity:

1. Exercise Regularly

Physical activity stimulates nitric oxide production, which helps blood vessels relax and stay supple. Aim for at least 150 minutes of moderate exercise (like brisk walking or cycling) per week. Resistance training also improves vascular function.

2. Eat a Heart-Healthy Diet

Focus on foods rich in antioxidants, omega-3s, and fiber:

- Leafy greens, beetroots (nitrate-rich, boost nitric oxide)
- Turmeric, flaxseeds, chia seeds (reduce inflammation)
- Berries (high in flavonoids)
- Nuts and seeds (improve endothelial function)
- Limit processed foods, excess salt, and sugar, which contribute to stiffness.

3. Manage Stress

Chronic stress raises cortisol, which damages blood vessels. Practice relaxation techniques like deep breathing to improve vascular flexibility.

4. Control Blood Pressure & Cholesterol

Hypertension and high LDL cholesterol accelerate arterial stiffening. Monitor these levels regularly and follow medical advice, including medications if needed.

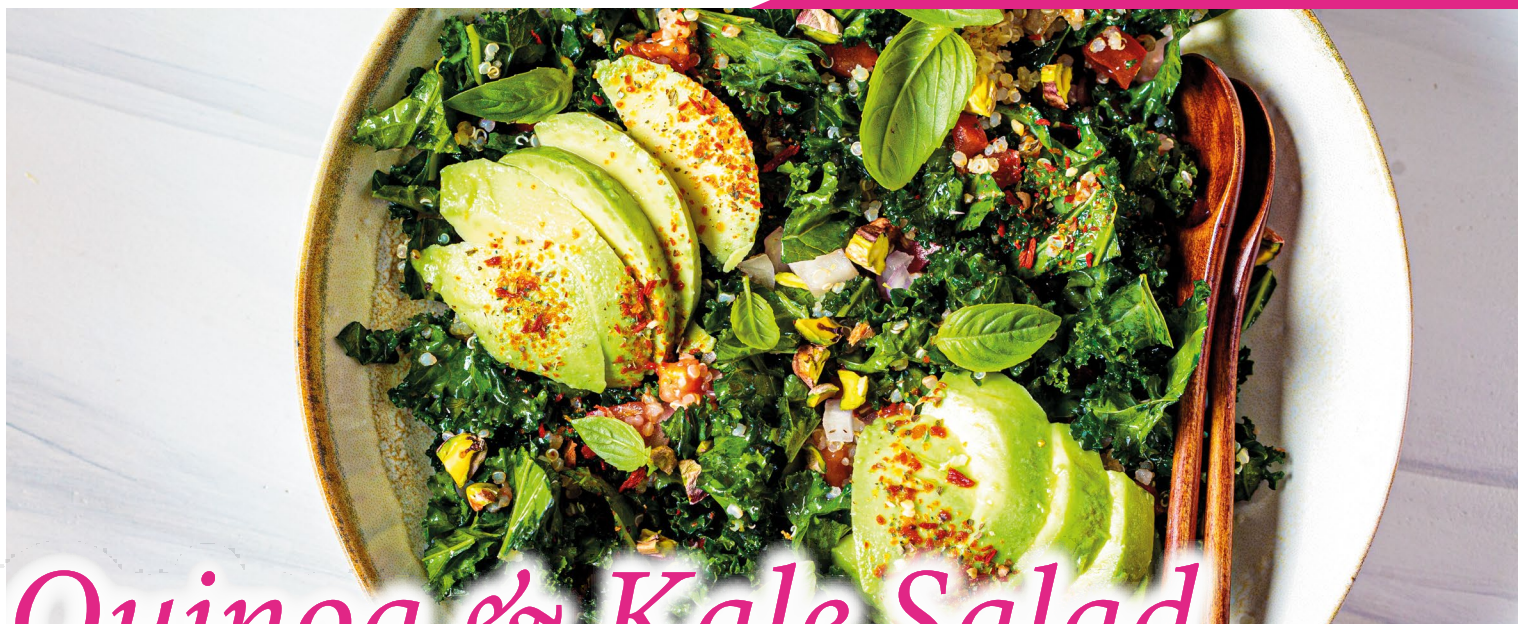
5. Stay Hydrated & Avoid Smoking

Dehydration thickens blood, straining vessels. Meanwhile, smoking destroys endothelial cells—quitting is one of the best ways to restore vascular health.

6. Prioritize Sleep

Poor sleep increases inflammation and arterial stiffness. Aim for 7-9 hours per night.

By adopting these habits, you can keep your blood vessels flexible and reduce cardiovascular risks. Small, consistent changes make a big difference over time! If you are interested in checking your arterial health, we have a machine at Lifestyle Management Center that can measure your vascular stiffness.



Quinoa & Kale Salad with Avocado Dressing

Ingredients

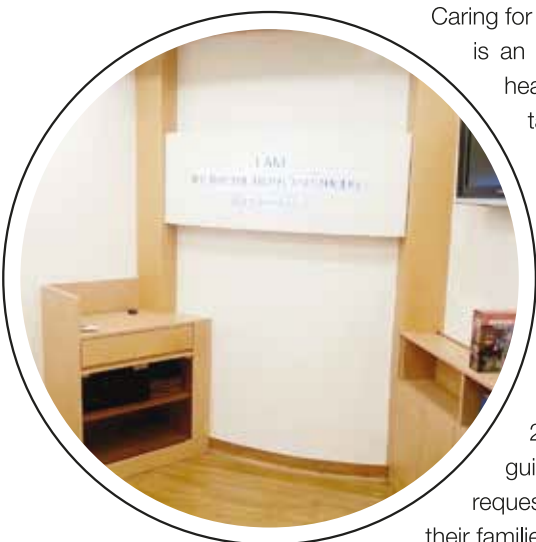
- 1 cup quinoa
- 2 cups water or veggie broth
- 3 cups kale (chopped)
- 1 cup cherry tomatoes (halved)
- 1/2 cup cucumber (diced)
- 1/4 cup red onion (sliced)
- 2 tbsp seeds (pumpkin or sunflower)
- 1 ripe avocado
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 clove garlic (minced)
- Salt to taste

Instructions

1. **Cook quinoa:** Boil 2 cups water or veggie broth, add quinoa, simmer 15 minutes, fluff, and cool.
2. **Prep kale:** Massage kale with a little olive oil or lemon juice to soften.
3. **Make dressing:** Blend avocado, olive oil, lemon juice, garlic, and salt. Add water if needed for texture.
4. **Assemble:** Mix quinoa, kale, tomatoes, cucumber, and red onion.
5. **Top & serve:** Sprinkle seeds on top and drizzle with dressing.

This recipe rich in fiber, healthy fats, and heart-supporting nutrients. Simple, fresh, and delicious!

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



Healthy Vision

As we enter July, we celebrate Healthy Vision Month—a time to reflect on one of God's most precious gifts: the gift of sight. More than just physical eyesight, true vision is about perceiving God's hand at work in our lives and discerning His will with clarity. The Scriptures remind us that while "man looks at the outward appearance, the Lord looks at the heart", calling us to cultivate both physical and spiritual sight that honors Him. Our ability to see is one of God's most marvelous creations. The psalmist declares, "I praise You because I am fearfully and wonderfully made", and indeed, our eyes reveal the intricate design of our Creator. From beholding a sunrise to reading God's Word, our vision connects us to both creation and Creator.

As Christian author C.S. Lewis once wrote, "I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else." This profound truth reminds us that our faith becomes the lens through which we interpret all of life.

Jesus frequently used the metaphor of sight to teach spiritual truths. He declared Himself "the light of the world" and healed

the blind not just to restore physical sight, but to reveal spiritual realities. When Bartimaeus received his sight, he didn't just see the world—he saw his Savior. Helen Keller, though physically blind, spoke with spiritual insight: "The only thing worse than being blind is having sight but no vision." Her words challenge us to ask: Do we have 20/20 spiritual vision? Can we see God's purposes in our trials and triumphs?

This month, let us:

- Cherish our physical sight through proper care and regular checkups
- Clean our spiritual lenses through prayer, meditation, and engagement
- Share the vision by helping others; we heal when we help.

As we close, consider these wise words from Corrie ten Boom: "Faith sees the invisible, believes the unbelievable, and receives the impossible. " May this Healthy Vision Month sharpen both our physical and spiritual sight, that we might walk as children of light, seeing and showing God's glory in all things.



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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TODAY



Hong Kong Adventist Hospital Foundation
港安醫院慈善基金

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

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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.

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