

# Live Well & Energize

2nd Biannual 2024

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Ultrasound:

## Breaking the Boundaries

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# Endoscopic Ultrasound: **Breaking the Boundaries**

“ Have you ever been amazed at how the world is so very rapidly advancing nowadays? ”

Progressive technology awes us with how advanced the world has become. In response, scientific technology and innovation are also growing rapidly.

In this vein, the world of endoscopy has seen many frontiers being re-explored into new beginnings. One of these is endoscopic imaging.

Endoscopic ultrasound has been available in the endoscopic world since the 1980s. The first radial echoendoscope was designed by Olympus (Tokyo, Japan) in 1982.

With the advent of endoscopic imaging, we are now able to breach the norm and explore enormous feats diagnostically and therapeutically.

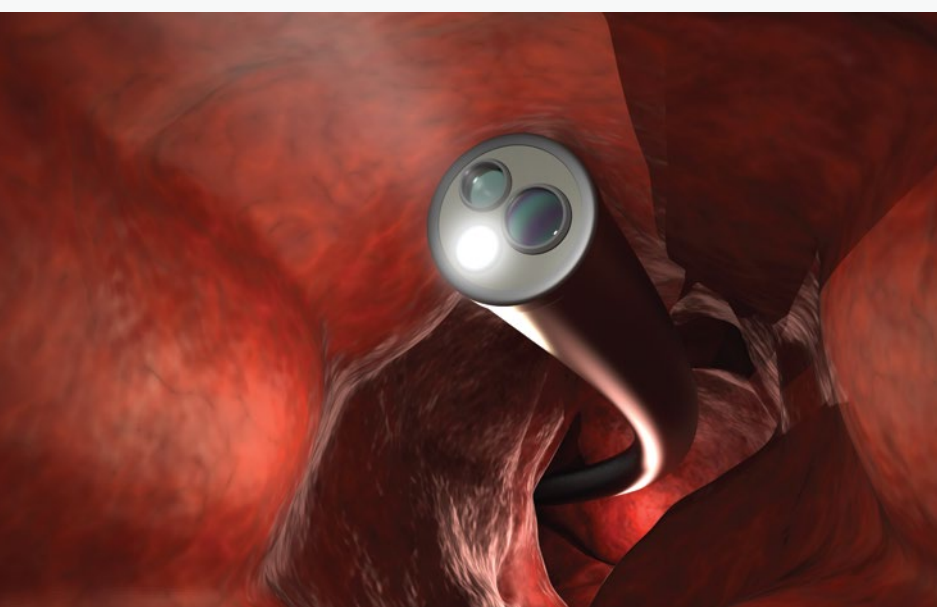
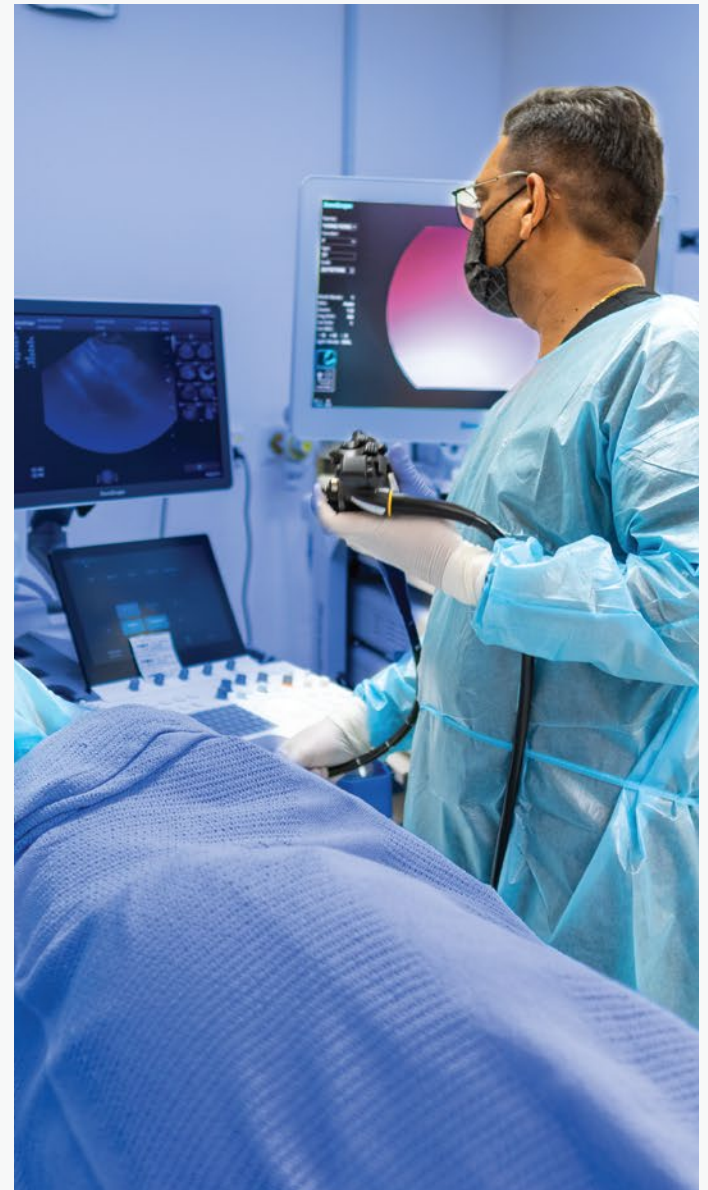


The endoscopic ultrasound, or EUS, has been available at Hospital Lam Wah Ee since a year ago. We were the first private hospital to initiate EUS services in the Northern region. With EUS, we are now able to help patients in various ways to improve their quality of life. EUS is mainly used for diagnosing, treating and evaluating pancreatobiliary diseases as well as cancer staging.

We have had over 50 cases of EUS since its introduction, mainly comprising of diagnostic fine needle aspiration (FNA) of lesions, especially of the pancreas and intrabdominal lymph nodes. There are a few successful cases here of EUS being used for pancreatic cyst aspiration and drainage. EUS is also used for evaluation of subepithelial lesion and fine needle biopsy, which further stratifies modes of removal, either endoscopically or surgically.

By doing EUS and FNA, we are able to conclude histological diagnoses of tumours and plan the next course of action for patients. Surgery was proven unnecessary in some cases due to the benign nature of the tumour.

EUS will continue to be one of the most important tools in our endoscopy unit. Fundamental and continuous training as well as knowledge acquisition is vital to keep up with the ever-growing medical science.



**Dr R Puthashanan Rajamanickam**

Consultant Physician, Gastroenterologist & Hepatologist





# Eat Smart: Discover the Wonders of Functional Foods

## What are Functional Foods?

Functional foods are more than just nutrition. Functional foods are the foods that provide health benefits beyond basic nutrition and are only in food form. These include whole foods, as well as fortified, enriched or enhanced foods containing bioactive compounds such as vitamins, minerals, antioxidants, fiber, phytochemicals and other nutrients. Consuming these foods regularly as part of a varied diet at effective levels can positively impact health by enhancing health or preventing diseases.

## Classification of Functional Foods

Functional foods can be categorized based on their health benefits, composition or bioactive components. The most common classification is based on composition, which includes:

### a. Naturally-Occurring

- **Whole Foods:** Naturally nutrient-rich foods, such as fruits, vegetables, whole grains, lean proteins, nuts and seeds.

### b. Modified

- **Fortified Foods:** Foods that have added nutrients to enhance their nutritional value, like fortified cereals, milk or orange juice.

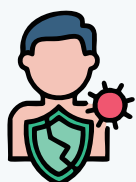
- **Enriched Foods:** Foods that have nutrients added in after processing, such as enriched white bread, breakfast cereals, soy products or milk.

## Importance of Incorporating Functional Foods into a Balanced Diet

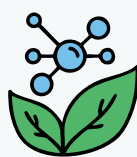
Incorporating functional foods into a balanced diet is crucial for improving overall health and well-being. These foods can provide additional health benefits such as anti-cancer and anti-allergic properties, prevent gene alteration and promote brain health, helping individuals optimize their nutrient intake and achieve long-term wellness.



**Wong Jie Ying**  
Dietitian



Immune Support



Anti-oxidation



Promote Overall Health



## Naturally Occurring Functional Foods: Highlights

Unlock the potential of your food. Beyond the essential vitamins and minerals, many foods harbour bioactive compounds that elevate their functionality, bolstering overall health and well-being.



### Berries

(Example: Blueberries and Blackberries)

Rich in **anthocyanins** that effectively reduce inflammation, boost heart health and enhance cognitive function.



### Soy Bean

Rich in **isoflavones**, which have anti-inflammatory and anti-carcinogenic properties, improve cognitive function and promote heart health by lowering lipid levels.



### Fish

(Example: Mackerel, Salmon, Sardines, Tuna and Herring)

Rich in **omega-3 fatty acids**, which can enhance insulin sensitivity, have anti-inflammatory and heart-protective effects, and promote healthy brain function and cognitive function.



### Nuts

(Example: Almond and Walnut)

Rich in **polyphenols** that play a potential protective role in preventing neurodegenerative diseases, cardiovascular diseases, diabetes, cancer, inflammation-related diseases and infectious illness.



### Vegetables

Rich in **lycopene** (tomato), **sulforaphane** (broccoli) and **flavonoids** (leafy greens) that protect the body from damage, reduce inflammation and are great for heart and brain health.



### Fermented Foods

(Example: Yogurt, Kefir, Kimchi and Tempeh)

Rich in **probiotics** that are essential for maintaining gut health, enhancing immune function, reducing inflammation and potentially offering mental health benefits.

Keep in mind, these are just a few examples of functional foods. Each of these food categories, such as fruits, vegetables, legumes, nuts, seeds and lean proteins, has unique benefits that contribute to overall health and support bodily functions. Try to incorporate these food types into your everyday meals to ensure proper nutrition and gain extra health benefits.

## Bottom Line

Incorporating functional foods into your diet is essential for enhancing overall health. Choose nutrient-rich foods to promote well-being and strengthen your immune system. Plan meals ahead to ensure a balanced and nutritious diet, incorporate a variety of food groups and make healthier choices. Remember, you are what you eat—choose wisely for a healthier, happier you!

## Who is a dietitian?

A dietitian is knowledgeable in food, nutrition and health. A dietitian can also help you develop a personal nutrition plan to improving your eating habits. They can also make the process fun.

Dietitians at Hospital Lam Wah Ee provide practical dietary counseling in the following areas:

- Heart Diseases (Hypertension and Hypercholesterolemia)
- Weight Management (Overweight and Underweight)
- Diabetes Mellitus (Type 1 and 2, and Gestational Diabetes)
- Irritable Bowel Syndrome (Low FODMAP Diet)
- Kidney Diseases
- Liver Diseases
- Gout
- Cancer
- Eating Disorders (Anorexia Nervosa, Bulimia Nervosa)
- Pre and Post-surgical Nutrition Support
- Home Enteral (Tube Feeding) Nutrition Planning

If you are interested to know more, kindly contact +604-652 8989 to speak to our Dietitian or e-mail us at dietitian@hlwe.com.



## Editorial Team

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