

宜
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信息

ECON

a publication of China Healthcare Limited

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Celebrates Mother's Day with Econ

OUR NEWEST ADDITION

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SUCCESSFUL AGING

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ACHIEVE HEALTH, VITALITY AND LONGEVITY

With Traditional Qi Gong Health Exercises

Message from Management 管理层寄语



We are coming to almost the end of the year, and 2006 is indeed a very exciting year for China Healthcare.

再过几个月,我们即将迎来新的一年,而2006年是中国医疗保健公司人心振奋的一年!

The Management
China Healthcare Limited
管理层
中国医疗保健有限公司

We are coming to almost the end of the year, and 2006 is indeed a very exciting year for China Healthcare. Starting from the name change from Econ Healthcare to China Healthcare in the beginning of the year, the company has been expanding and growing over the period. The name change has reflected the Group's strategy to seek further growth and development in China.

We have also opened our seventh home in Buangkok Green Medical Park. The new Econ Nursing Home is occupying 2 levels of Block 5 with capacity of 155 beds. It is surrounded by the serenity of landscape garden with peaceful and breezy environment. The Buangkok home is the newest member of the Singapore family with other 4 medicare centres and 2 nursing homes across the island. With this, we have doubled our total of beds in all the medicare centres and nursing homes to close to 1000 beds, maintaining our lead in Singapore's healthcare industry.

Econ will be celebrating her 20th Anniversary in 2007, marking twenty years of commitment and dedication in providing high quality, cost effective, and customer-focused services to all residents. We will definitely continue to strive to be better and achieve higher level of business excellence.

Wishing you good health, happiness and a prosperous new year ahead!

The Management
China Healthcare Limited

再过几个月,我们即将迎来新的一年,而2006年是中国医疗保健有限公司人心振奋的一年!从年初公司由“宜康医疗保健有限公司”更名为“中国医疗保健有限公司”到现在,公司经历了持续稳定的发展和成长。公司名称的变更更是反映了我们集团在中国寻求长远发展的战略目标。

同时,我们在万国青医学园(在心理卫生学院内)的第七个宜康疗养院正式开业!新的宜康疗养院占据了5号楼的两层空间,拥有可同时容纳155人的床位;该疗养院是新加坡宜康医疗保健集团的新成员,周围环境优雅,和谐宁静,微风拂面,舒适怡人!在新加坡,我们尚有遍布全岛的4家医疗保健中心,两家疗养院,由此,我们所有的医疗保健中心和疗养院床位已近1000张之多,增长近一倍,奠定了我们在新加坡医护业界首屈一指的地位!

2007年,宜康将迎来20周年成立庆典,标志着我公司20年坚持不懈,持之以恒地服务于大众,致力于向客户提供质优价廉,针对个体的服务历程。未来,我们将继续我们的事业,完善我们的服务,争取取得更优异的成绩!

祝各位身体健康,工作顺利,阖家欢乐!

管理层
中国医疗保健有限公司

Introducing our Newest Addition Econ Nursing Home - Buangkok

介绍新成员: 宜康疗养院 - 万果



Located in Buangkok Green Medical Park, Econ Nursing Home is situated in Block 5 of the 25-hectare park, occupying 2 levels with a bed capacity of 155. It is surrounded by the serenity of landscape gardens with a peaceful, breezy and greenish environment.

Purpose Built Facility

Like all our medicare centres and nursing home, Econ Nursing Home - Buangkok is purpose built to provide personalized nursing home care in a dementia-friendly environment. Apart from providing the various types of rooms including open ward, 1-bedded, 2-bedded, and 4-bedded, managed by a pool of professional and dedicated staff comprising doctors, TCM physicians, physiotherapists, and registered nurses, adopting the "East meets West" approach in helping the residents rehabilitate from their illnesses, it also houses a spacious 50 sq. metre rehabilitation area, a Traditional Chinese Medicine treatment room and T.V. lounge for our residents' leisure activities.

State-of-the-art Wireless Nurse Call System

At ECON, the residents' well-being and safety is our top priority. Installed with



state-of-the-art wireless nurse call system, we are able to provide round-the-clock security. This system will offer residents with wireless emergency protection from anywhere in our facility. One can have a piece of mind, when they leave their loved ones in our care.

宜康疗养院-万果坐落于占地25公顷的万果青医学园内,占据5号楼上下两层楼层,拥有共计155张床位。疗养院周围环境优雅,和谐宁静,舒适怡人。



专业设备

类似于我们其它的保健中心,该疗养院专业设施齐全,在和谐融洽的环境中为客户提供个性化服务。我疗养院可提供开放式病房,单

人间,双人间和四人间等不同类型的病房供患者选择,同时拥有医术精湛的专业医生,中医师,理疗师和专业注册护士,并采用“融汇东西”的方式帮助住院患者恢复健康。除此之外,宜康疗养院-万果还为住院者提供一个50平方米的宽阔的身体康复区,一个传统中医疗室以及一所供住院患者娱乐放松的休息室。

先进的无线护士呼叫系统

在宜康,病患的身体健康及人身安全永远是我们的首要关注点。先进的无线护士呼叫系统,可以保证病患全天24小时安全,也可在全疗养院任何地方为病患提供无线紧急保护措施。使病患的亲属在将病患送至我疗养院后,可以完全安心。

List of Services

Head office 总部

China Healthcare Limited 中国医疗保健有限公司
20 Jalan Afifi, CISCO Centre II,
#06-02/03/04, (S) 409179
Tel : (65) 6447 8788 Fax : (65) 6842 7400
Email : econ@econhealthcare.com

ECON Medicare Centres 宜康医疗保健中心

- 1. Upper East Coast Branch** 东海岸上段分院
452 Upper East Coast Road, (S) 466500
Tel : (65) 6445 8838 Fax : (65) 6448 9559
- 2. Braddell Branch** 布菜德分院
58 Braddell Road, (S) 359905
Tel : (65) 6487 3133 Fax : (65) 6487 3033
- 3. Choa Chu Kang Branch** 蔡厝港分院
53 Choa Chu Kang Road, (S) 689385
Tel : (65) 6769 8878 Fax : (65) 6769 8805
- 4. Chai Chee Branch** 菜市分院
351 Chai Chee Street, Level 3 & 4, (S) 468982
Tel : (65) 6441 6811 Fax : (65) 6441 1915

Malaysia Branch 马来西亚

6th & 7th Floor, Chinese Maternity Hospital,
106 Jalan Pudu, 55100 Kuala Lumpur
Tel : (603) 2026 7118 Fax : (603) 2026 3118

ECON Nursing Homes 宜康疗养院

- 1. Bukit Timah Branch** 武吉知马分院
16 Bukit Timah Avenue, (S) 589666
Tel : (65) 6467 0170 Fax : (65) 6468 5708
- 2. Buangkok Branch** 万国青疗养院
10 Buangkok View, Blk 5, Level 2, (S) 539747
Tel : (65) 6385 6860
- 3. SunnyVale Home** 阳光疗养院
10 Ama Keng Road, (S) 709828
Tel : (65) 6793 7009 Fax : (65) 6793 7000

Rehabilitation Hospital and 24-hr

Outpatient Clinic 康复医院与24小时门诊

WestPoint Hospital 康裕医院
235 Corporation Drive, (S) 619771
Tel : (65) 6262 5858 Fax : (65) 6262 5859

Outpatient Physiotherapy and Rehabilitation Services 物理治疗门诊

Jurong Branch 裕廊分行
WestPoint Hospital
235 Corporation Drive, (S) 619771

Appointment Hotline: (65) 6262 5798

预约热线

ECON TCM Services 宜康中医药服务

- 1. Chai Chee Branch** 菜市分行
351 Chai Chee Street, #02-06 (S) 468982
- 2. Upper East Coast Branch** 东海岸上段分行
452 Upper East Coast, (S) 466500
- 3. Jurong Branch** 裕廊分行
WestPoint Hospital
235 Corporation Drive, (S) 619771

Appointment Hotline: 预约热线

Tel : (65) 6449 8636
Email : tcm@econhealthcare.com

ECON Home Care Services 登门护理服务

Tel : (65) 9688 7902
Email : homecare@econhealthcare.com

ECON 24-hr Ambulance Services

宜康救护车24小时服务
24-hr Hotline: (65) 6382 8888

Other Services from ECON 其他服务项目

- 1. Respite Care Services** 宜康短期服务
- 2. Caregiver Training Programme** 护理人员培训
- 3. Hospital Ward Management Services** 医院病房管理
- 4. Sales & Rental of Healthcare Equipment** 医疗护理设备销售和出租

24-hr Hotline: (65) 6226 1188

宜康24小时服务热线

Please visit our Website

www.econhealthcare.com

for more details.

Frances Yip celebrates Mother's Day with our Residents

著名歌星叶丽仪与住院者欢度母亲节



Our Residents had the privilege to celebrate Mother's Day with Asia's leading lady of song, Ms Frances Yip. They anticipated with excitement for this day to arrive. Everyone had a wonderful time mingling and taking pictures with their favourite star. Mesmerized by the Hong Kong cosmopolitan star's charisma and grace, this was indeed a once in life time chance for our residents at Econ.

我们的住院者有幸与亚洲知名女歌手叶丽仪一起欢度了母亲节。他们满怀兴奋的心情期待着这一天的到来,每个人都争相与他们喜爱的明星照像,交流,完全为这位香港明星的超凡魅力和优雅而倾倒!大家度过了愉快的一天,对我们宜康疗养院的住院者来说,这是一生一次的美好记忆!



Birthday Party for Residents at Chai Chee

住院者在宜康医疗保健中心-菜市的生日聚会



It was a day filled with fun and joy for our residents at Econ Medicare Centre, Chai Chee. They had the company of a group of young volunteers from Raffles Junior College who organized a day of karaoke session and performances for them. Of course, the highlight of the day, a birthday cake cutting ceremony for our birthday girls. Thank you, students from Raffles Junior College, for making this day a memorable one for our residents!

对于宜康医疗保健中心-菜市的住院者,那是充满欢笑与愉悦的一天。来自莱佛士初级学院的年青志愿者为他们安排了卡拉OK表演节目,当然,聚会高潮还是出现在为当天生日的住院老太太们切蛋糕时。谢谢你们,莱佛士初级学院的学生们,这是我们住院者心中永存的记忆!



Letter of Appreciation 感谢信



I believe a lot of people in their search for a good nursing home face similar concerns and misgivings as me. If only there were recommendations.

Our decisions were simply based on proximity and the centre's manager (Ms Cassandra Lim) eagerness to welcome my mother as a resident. Though won over by her enthusiasm and personal ways, we were skeptical about her assurance of attentive care and dedication of the staff.

Happy to say, our experience so far has been a very happy one. Friendly staff who greets from the heart, conscientious staff who makes every effort to do things well and a strict Ms Lim who ensure that the staff are up to mark. And importantly, when we make occasional visits outside the visiting hours, the staff were understanding and accommodating. We are secretly harbouring the thought that our mother should stay at home after she recovers.

When a nurse calls your parent, "MOTHER" affectionately, you can be assured that her care and attention won't be anything less than family members.

Our heartfelt thanks to everyone at Buangkok Econ Home.

Mr. Raymond Chua Kee Ann

我相信在没有别人建议时,很多人在挑选疗养院时会遇到和我类似的疑虑和困惑。

我们选择的原因其实很简单,距离临近,另外,还因为疗养院的经理(林小姐)对我母亲的热情相邀。虽然我们被她的热情所感动,但是我们还是对她承诺的周到服务,精心照顾有所怀疑。

值得高兴的是,我们到目前为止都对他们的服务十分满意。友善的员工带着发自肺腑的微笑,认真负责的对待每一件事;要求严格的林小姐是标准服务的保障。最重要的是,当我们有时在非探视时间探望家人时,员工都能理解并通融。我们希望待母亲康复后,她还能继续住在疗养院。

当一个护士满怀爱意的称呼你母亲为“妈妈”时,你会相信他们能给她家人般的照顾和温暖。

向每一位宜康疗养院-万果的员工致以我诚挚的谢意!

"To: Econ Medicare Centre Manager (Braddell) all the Staff Nurses and all Nurses,

A message of thanks to let you know how much your thoughtfulness has meant. With much appreciation. Many thanks for taking good care of our beloved mummy. We appreciate very much."

“致宜康疗养院(布莱德)的经理及所有护士人员:

非常感谢你们对我挚爱的母亲体贴入微的关照,我特写信告知我深切的谢意!”

Family of Chan Ghai

"Dearest Managers & all Staff at Econ Nursing Home, Bukit Timah,

I appreciate all you've have for me by being so supportive and helping me in mind. You've been so very kind. Thanks for being there for me."

尊敬的宜康疗养院(武吉知马)经理及全体员工:

感谢你们对我精神上的帮助和支持,我怀念并感谢和你们在一起的日子!

此致,

With Love,
Sister,
Julies Lee

We welcome your letters and feedback

We are deeply grateful for all the wonderful letters we have received from sponsors and friends of Econ Healthcare. Due to space constraint, we are unable to publish all the letters. Please continue to provide us with your feedback to enable us to serve you better.

Inside-out: Paradigms for Successful Ageing



Dr Sitoh Yih Yiow
 MBBS, MRCP (United Kingdom)
 FRCP (Edinburgh).
 FRCPS (Glasgow)
 FAMS (Geriatric Medicine)

Consultant Physician and Geriatrician
 Age-Link Specialist Clinic for
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Dr Sitoh Yih Yiow is a consultant geriatrician who graduated from the National University of Singapore in 1991. He obtained his Membership of the Royal College of Physicians of the United Kingdom in 1996 and was awarded a Higher Manpower Development Programme (HMDP) fellowship by the Ministry of Health, Singapore in 2000, during which he had the privilege of working as a clinical fellow with the Institute of Bone and Joint Research of the University of Sydney, and the Bernard Curran Rehabilitation Unit of the Hornsby Ku-ring-gai Health Services of Northern Sydney. He went on to complete his Specialist Certification in Geriatric Medicine by the Joint Committee on Specialist Training & the Specialist Accreditation Board, Ministry of Health, Singapore in 2001. He was admitted to the Academy of Medicine, Singapore as a Fellow in 2002.

Ageing is not a disease. Old age is often perceived as a period fraught with ailments and disabilities. The media depiction of older persons as being uniformly rigid, slow in thought, unattractive and helpless lends further weight to the general negativism and sense of dread that shrouds the process of growing old. In truth, older persons constitute a great repository of experience and wisdom, and the great majority of “senior citizens” are able to live life to the full. Indeed successful ageing is not an unattainable dream, but one that has been shown to be within reach, albeit with due care being paid to active health maintenance and healthy living that begins when we are young.

Successful ageing may be defined as living life to its maximum potential regardless of age, and includes maintaining an active mind, body and soul. While there is a plentitude of ways and means by which external, physical appearances may be enhanced, and this is by no means unimportant as a healthy self-image contributes to one’s sense of well-being, it is equally important (if not more so) to ensure that our inner health i.e. psycho-social and physical health are kept at an optimal state.

Psycho-social health includes the individual’s perception of self and self-worth, as well as societal perceptions and pressures. If the older person begins with the mindset that “all is woe, and woe am I” then it will not be surprising that ageing

becomes tinged with a grayish hue. In this regard, purposeful living with active participation in family and community are of utmost importance in ensuring a healthy mindset as one grows more mature.

Similarly, societal perceptions of growing old are often coloured by numerous myths that need to be debunked. Examples of such myths include the following:

Myth #1: All of us will become senile or demented when we grow old.

Fact: While it is common for older persons to have some impairment of short-term memory, not all older persons will end up having dementia.

Myth #2: It is totally expected for older persons to fall down frequently.

Fact: Falls are often due to conditions that are easily reversible. It is possible to identify risk factors for fall, and to set in place effective counter measures to reduce the risk of falls and their sequelae.

Myth #3: It is perfectly acceptable for an older person to be immobile and wheelchair bound.

Fact: The great majority of older persons remain independent and mobile throughout all of their lives. While a small percentage may suffer from various conditions that may impact their mobility, a significant proportion of such individuals can attain some degree of independence with proper rehabilitation and equipment.

Myth #4: It is normal to be incontinent when we grow old.

Fact: Incontinence can be due to many conditions, a significant proportion of which are reversible with medical and physical therapies.

Physical Health While it is true that increasing age carries with it an increasing risk of developing chronic diseases such as diabetes mellitus, hypertension and heart disease, it is equally true that advances in medical science have allowed for improvements in the management of such conditions. In fact, advances in diagnostic and therapeutic options over the past 50 years have led to increasing survival after major catastrophic illnesses (heart attacks and strokes) and decreasing disabilities. Further to this, epidemiological studies have shown that improving standards of healthcare, coupled with active health maintenance by every individual has led to a decline in the development of chronic illnesses and their associated sequelae. Active health maintenance includes healthy living (e.g. smoking cessation, regular exercise, healthy diet and moderation in the intake of alcohol) and active partnership between patients and their doctors to optimize the control of their diseases.

Of particular note in the case of older persons is the fact that chronic illnesses can often co-exist in older persons. This, when coupled with biological changes associated with ageing (in particular, decreased physiological reserves) and the frequent usage of multiple medications, lends itself to the proclivity for older persons to present in atypical fashions when they are ill. Such atypical presentations may in turn be often misinterpreted by caregivers and health professionals alike as being part and parcel of "normal ageing" e.g. confusion, falls and incontinence, and result in delayed diagnoses and treatment.

Herein lies the role of geriatric medicine and geriatricians.

Geriatric Medicine is that special branch of internal medicine concerned with the clinical, preventive, remedial and social aspects of illness in older people. The high morbidity rates, different patterns of disease presentation, slower response to treatment and requirements for social support that is seen in older persons call for special medical skills that are found in geriatricians. *The purpose of geriatric medical intervention is to restore an ill and disabled person to a level of maximum ability and whenever possible return the person to an independent life at home.*

Geriatric medical intervention includes, but is not restricted to,

1. The management of acutely ill older persons;
2. Management and coordination of care of multiple co-existent chronic conditions;
3. Early identification and management of problems associated with ageing through comprehensive geriatric assessment;
4. Holistic management of geriatric syndromes e.g. dementia, depression, frailty and deconditioning, impaired mobility and falls, incontinence, chronic pain, polypharmacy;
5. Geriatric rehabilitation;
6. Education and counseling of care-givers.

More often than not, the geriatrician works with a team of like-minded health professionals that include physical and occupational therapists as well as other specialists.

SUCCESSFUL AGEING is the attainment of an optimal state of physical and mental health, with the minimal degree of disability, regardless of the presence or absence of chronic illnesses. Such a goal is attainable for the great majority of the populace but requires change from the *inside-out* - a change of mindset, and a change of life-style that begins when we are still young. For those who are older and possibly already "afflicted" with chronic ailments, the change in mindset and life-style includes a deliberate decision to participate actively and in partnership with healthcare professionals who are involved in their care. In this regard, geriatricians are able to contribute positively to the care of older persons, and studies have shown that appropriate geriatric medical intervention is able to decrease disability, morbidity and mortality.

*"Don't be afraid of death,
So much as an inadequate life"*
- **Bertolt Brecht(1898-1956)**

Achieve Health, Vitality and Longevity with Traditional Qi Gong Health Exercises

传统养生保健法-养生保健益智功



Qi Gong is a powerful kind of health exercise that has been practised for centuries by Chinese people. It is an ancient Chinese art of developing and utilizing universal energy that is necessary for good health, vitality, mind expansion and spiritual development.

It has a long history that dates back to the China's Warring State period (419BC - 220AD), and over the last centuries, has been practice by many Chinese sages, scholars, monks, warriors and ordinary people to balance the "qi", or Life Force Energy. By practicing this exercise, one could attain and maintain general good health, calmness, and raise consciousness.

This exercise can be seen as meditation in motion, using postures, physical movements, and breathing, all in a very gentle way. Being an integral part of Traditional Chinese medicine, it is widely practiced by many even to this day. It is not only useful in preventing illnesses, but also can treat certain chronic conditions, thus leading to better health and longevity.

At ECON HEALTHCARE GROUP, we have been adopting an "East-meets-West" holistic approach in helping our residents to rehabilitate from their conditions.

宜康庆祝乐龄周 Econ Celebrates Senior Citizens Week

于本年十一月份提供免付费经络能量检测,可测定您的健康情况
Free Meridian Energy Health check up for the month of November 2006

只限六十岁及以上的乐龄人士
Exclusively for senior citizens age 60 years old and above

- By appointment only.
Please call hotline: (65) 6449 8636
预约电话: (65) 6449 8636

As such, we have extended this exercise to all nursing homes and medicare centres so that all suitable residents can benefit from it. Through this programme, we strive to empower the body, mind and spirit of our residents for a better tomorrow.

As an appreciation for your support, we will be conducting free training in traditional qi gong health exercises that will benefit your overall health condition. If you are interested to learn this ancient art, please call 6449 8636 to find out more and to register.

(Note: Case studies of stroke patients treated by ECON's Physician using TCM Method will be discussed in the next issue)

养生功是中华民族的一份宝贵遗产,也是中医学宝库中的一颗明珠。据文献记载,早在春秋战国时期,已盛行用气功养生,防病治病了。这是一种人类独特自我身心锻炼方法。养生功既锻炼人的身体,也修炼人的意识,即能加强人的体质,开发人的智慧,又可防病治病,延年益寿。

宜康医疗保健集团注重中西医疗方法,在中医医疗方面强调未病先防,有病早治。为了让住院人士在休养期间保持身心健康,我们每周定期到各分院讲解及指导养生保健益智功。

为了感激大家对宜康医疗保健集团的支持,我们将免付费的教导您养生保健功。希望通过这个锻炼法方法,能使您达到身心安康。

如有意者,请拨电6449 8636询问详情及报名。

ECON TCM SERVICES PTE LTD

宜康中医药服务私人有限公司
351 Chai Chee Street,
#02-06 Singapore 468982
Tel: (65) 6449 8636
Email: tcm@econhealthcare.com

Consultation Hours

Monday, Thursday, Friday, Saturday
9.00am-12.00 noon, 2.00pm-5.00pm

Tuesday, Wednesday,
9.00am-12.00 noon, 2.00pm-5.00pm,
6.30pm-8.30pm

Closed on Sunday & Public Holidays

Our Services:

我们诚意为您提供

Child therapeutic massage

小儿推拿保健服务

Base on individual health conditions, we provide personal massage for each child. 根据孩子的体质,健康情况划定适宜的保健法。

Acupuncture facelift

中医美容

Increases muscle tone, promotes collagen and improves energy, blood and lymph circulation to your face to combat aging, wrinkles and sagging on your face.

延缓衰老,增加容颜的光泽和红润气色,促进健康。

Acupuncture slimming

针灸瘦身

Inhibits excessive gastric secretion, metabolizes the break down of fats, and harmonizes the hormones.

加速脂质分解,抑制胃酸分泌过多,纠正内分泌紊乱。

Acupuncture to quit smoking

针灸戒烟

Reduces cravings for nicotine, keeps you calm and enhances detoxification.

通过神经和内分泌的调节,戒除对香烟的烟瘾。

Other available services:

其它服务包括:

Acupuncture, herbal dispensing, health examination through meridian points, tuina massage and foot reflexology.

针灸、中药、经络测定、推拿和足底按摩服务。



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