

#KeepItSimple

An index of medical jargon explained

What's
hypertension?



Your muscles
are too
tensed!



No wonder
it's "hyper"
and "tension".



Relax with
a cup of
coffee!



Hypertension
refers to high
blood pressure,
and caffeine
will definitely
not help.



**Need help understanding medical talk?
We're here for you.**

#KeepItSimple

When medical lingo is made easier to understand, your access to the right healthcare becomes just as easy. Thus, we're simplifying the complex and guiding you towards a better patient experience.

Electrocardiography (ECG)	02
Thyroid-Stimulating Hormone (TSH)	03
Cubital Tunnel Syndrome	04
Bipolar Disorder	05
Arthritis	06
Depression	07
Hepatitis	08
Gastroesophageal Reflux Disease (GERD)	09
Colonoscopy	10
Hypertension	11
Angioplasty	12
Arrhythmia	13
Mammography	14
Fibroids	15
Attention Deficit Hyperactivity Disorder (ADHD)	16
Asthma	17
Tonsilitis	18
Sleep Apnea	19

The information is correct and applicable at the time of print. Suggested treatments are subject to case-to-case basis. The public is advised to seek doctor's consultation if symptoms persist.

01 Electrocardiography (ECG)

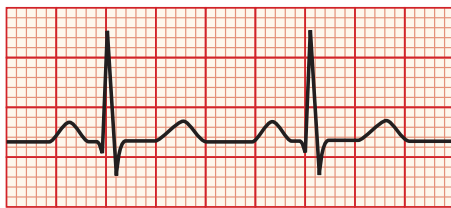
Electrocardiography (ECG) is a simple test that can be used to evaluate the heart. It helps to investigate symptoms of possible heart problems like chest pain, tiredness, shortness of breath, or irregular heartbeats. It also determines heart health after surgery, and to understand how well heart medicines are working. It is a useful tool in diagnosis of most cases of heart attack.



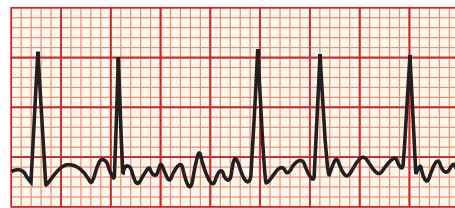
Small plastic patches (*known as “electrodes”*) are attached to certain spots on the chest, arms, and legs. This is done to record how fast the heart is beating (*steady or irregular*) across the body. Changes monitored in an ECG can be a sign of many heart-related conditions.

This is how the electrodes (total of 10) are attached on the body, and connected to a monitoring device.

The electrodes are connected to an ECG machine, which creates a reading of the heart’s activity.



This is a reading of a normal adult heart rate: 60-100 bpm (beats per minute).



This is a reading of an abnormal or irregular heart rate: below 60 bpm - above 100 bpm.

Frequently asked questions:

1. How long does an ECG test take?

About 5-10 minutes

2. What should I do before an ECG test?

- Remove jewelry and other accessories that may interfere with the electrode’s reading
- Inform your doctor of any medications you are currently taking
- You may eat and drink as usual before the test

3. Is ECG test painful?

No, ECG is a safe, quick and painless test.

4. What happens after an ECG test?

- Your results will be available immediately for consultation
- You may resume your daily activities as usual. ECG does not involve medication or requires recovery time.



Fun Fact

The first ECG machine was invented by Willem Einthoven (*a Dutch doctor and physiologist*) in 1903 and weighed 270kg! Now the machine weighs only 3 - 4kg.

02 Thyroid-Stimulating Hormone (TSH)

The thyroid is a small gland situated at the front of your neck. It produces hormones that affect your metabolism (*the changing of food to energy*), body temperature, and heart rate. Producing too much or too little hormones is a sign that your thyroid isn't working properly.

Some signs that your thyroid is producing TOO MUCH hormones (hyperthyroidism):

- Sudden weight loss
- Anxiety
- Changes in period and bowel movements
- Swelling at the base of your neck
- Trouble sleeping

Some signs that your thyroid is producing TOO LITTLE hormones (hypothyroidism):

- Getting tired easily
- Constipation
- Forgetfulness or depression
- Weight gain
- Increase in cholesterol level

Consult your doctor if you experience the above symptoms. Your doctor may suggest to test your TSH levels to determine your thyroid status.



A TSH test is done by taking a blood sample via a needle. It usually takes about 5 minutes. No fasting is required for the test.

Common causes and risk factors of thyroid disorders:

- Women more than 60 years of age
- Family history
- Autoimmune disorder (e.g., *Type 1 Diabetes Mellitus* and *Celiac disease*)
- Radiation to neck/chest
- Has been pregnant or delivered a baby within past 6 months



Note

Many everyday items such as microwaves and phones produce radiation that is low and therefore harmless.

Heredity

While the direct cause of thyroid cancer is unknown, thyroid disease (*even non-cancerous*) can be genetic.

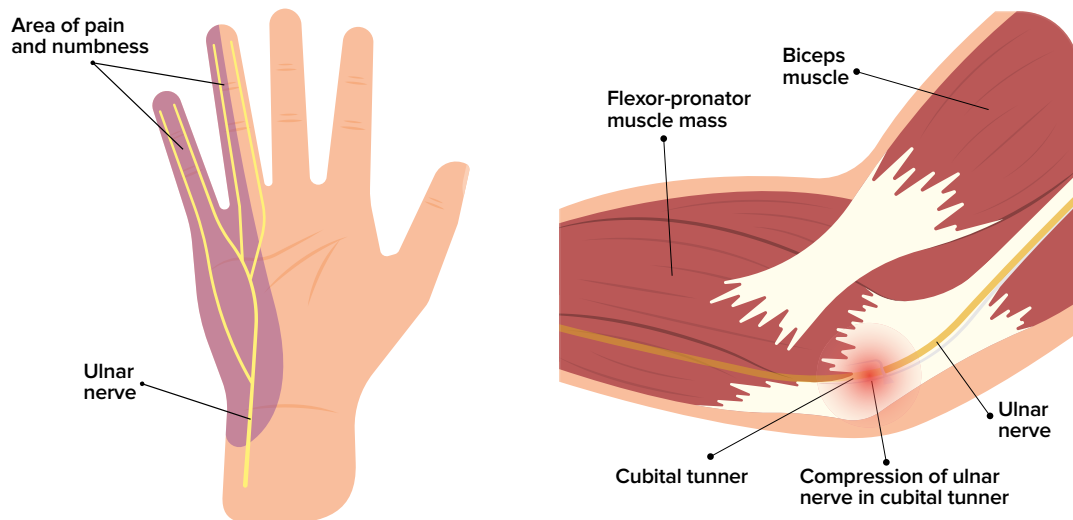


Fun Fact

The thyroid gland is butterfly-shaped, it's only about 4 - 6cm.

03 Cubital Tunnel Syndrome

Cubital Tunnel Syndrome is a condition that involves putting too much pressure on or over stretching the ulnar nerve (*a nerve close to the elbow area. Also known as the “funny bone” nerve*), which can cause numbness, tingling or pain in the ring, small fingers and forearm, and/or weakness in the hand.



What are the symptoms?

- Numbness and tingling in the hand and/or ring and little finger, especially when the elbow is bent
- Hand pain
- Weak grip and clumsiness due to muscle weakness in the affected arm and hand
- Aching pain on the inside of the elbow

Who are at risk?

May happen when a person frequently bends the elbows, leans on their elbow a lot, or has an injury to the area. Arthritis (swelling of the area where two or more bones meet) and previous fractures or dislocations of the elbow can also cause it.



Fun Fact

The ulnar nerve rests along a bone called the humerus, which sounds exactly like the word “humorous” – which makes it the “Funny Bone”.

04 Bipolar Disorder

Bipolar disorder is a mental health condition that cause extreme fluctuation in a person's mood, energy, and ability to function in daily life. People with bipolar disorder experience periods of great excitement, overactivity, delusions, and euphoria (*known as mania or hypomania*) and other periods of feeling hopeless and extremely sadness (*known as depression*).



Bipolar Disorder is a category that includes three different conditions, Bipolar I, Bipolar II, and Cyclothymic disorder.

Bipolar I – Manic-depressive disorder that can exist both with or without psychotic episodes

Bipolar II – Depressive and manic episodes which alternate and are typically less severe and do not inhibit functioning level

Cyclothymic disorder - A cyclic disorder that cause brief episodes of hypomania and depression

Bipolar disorder can occur at any age, the most frequent age of onset is during middle to late adolescence (15 - 19 years old).

Symptoms to look out for:

Manic episode may include three or more of the following, and must last for at least 1 week, present most of the day, nearly every day:

- Increased activity (e.g., restless, do multiple projects at one time)
- Decreased need for sleep (e.g., feeling energetic despite lesser sleep)
- Exaggerated sense of well-being and self-esteem
- More talkative or faster speech
- Racing thoughts that are uncontrollable - thoughts that go on and on (e.g., "My big test is tomorrow, but I'm not well prepared")
- Distractibility
- Increased risky behaviours (e.g., spending sprees, reckless driving)

Major depressive episode may include five or more of the below, and the symptoms has lasted for at least 2 weeks:

- Intense sadness or despair
- Marked loss of interest or feeling no pleasure in all
- Decreased or increased appetite
- Insomnia (*inability to sleep*) or sleeping too much
- Restlessness or slowed movement or speech
- Getting easily tired or loss of energy
- Feelings of worthlessness or guilt
- Decreased ability to think or concentrate
- Frequent thoughts of death or suicide

Consult a psychiatrist if you notice someone exhibiting these symptoms:

- having suicidal thoughts
- having thoughts about self-harm
- being a danger to themselves or others



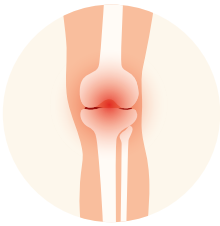
Fun Fact

The term "bipolar" means "two poles," signifying the polar opposites of mania and depression.

05 Arthritis

Arthritis occurs when you experience inflammation of one or more joints (*the part of the body where two or more bones meet to allow movement*). What this means is that the area between your joints becomes reddened, swollen, hot, and often painful. Treatments vary depending on the type of arthritis. The main goals of arthritis treatments are to reduce symptoms and improve quality of life.

There are 3 common types of arthritis:



Osteoarthritis

Osteoarthritis occurs when your bone cartilage (a slippery cushioning substance) starts to weaken. This leaves your bones unprotected, and they start to rub against each other when you move.

Rheumatoid Arthritis

Rheumatoid arthritis affects many other joints, including your hands, wrists, elbow, shoulders, and feet. In this type of arthritis, your own immune system mistakenly starts to attack the tissues in your joints—particularly the synovium (a thin lining over your bones that helps keep your joints moving well).



Gout

Gout is a common form of inflammatory arthritis that is very painful. It usually affects one joint at a time (often the big toe joint). There are times when symptoms get worse, known as flares, and times when there are no symptoms, known as remission. Repeated bouts of gout can lead to gouty arthritis, a worsening form of arthritis.

When to See Your Doctor About Arthritis

Home treatment hasn't helped

Minor aches and pains usually get better with ice or heat therapy or over-the-counter pain relievers. But if your symptoms don't improve after about a week, it may be something more serious.

You have pain in multiple joints

Rheumatoid arthritis, for example, can make several joints hurt. Quick treatment is important to prevent long-term damage.

Your joints hurt a lot

Your doctor should check out any severe pain so they can diagnose and treat it.

Pain doesn't go away after rest

This can be a sign that your condition may be serious. You may need therapy, such as medications or even surgery.

Your joints turn red or hot

It may be normal for you to feel a bit stiff first thing in the morning. But if your symptoms appear suddenly or are unusual, have them checked out.

As of now, there is no cure for arthritis, BUT it can be treated and managed. Treatments include medication, non-medicinal therapies such as physical therapy or patient education, injections and sometimes surgery.



Fun Fact

Arthritis does not only happen to older people; children can get it too. This particular condition is known as juvenile rheumatoid arthritis.

06 Depression

Depression is a common mental health condition that negatively affects how you feel, the way you think and how you act. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home. Fortunately, it is treatable.



Think you might be having depression? Symptoms include:

- Constantly feeling sad or moody
- Loss of interest in activities once enjoyed
- Changes in appetite (*weight loss or gain unrelated to dieting*)
- Trouble sleeping or sleeping too much
- Loss of energy
- Feeling worthless or guilty
- Thoughts of death or suicide
- Reduced ability to think or concentrate

If you or someone you know exhibit these symptoms, speak to a doctor immediately.

How is depression treated?

The good news is that depression is among the most treatable of mental health conditions.

Medication

Antidepressants are commonly prescribed. If your medication isn't working for you, make sure you inform your doctor.

Psychotherapy

Psychotherapy, or "talk therapy," is sometimes used alone or in combination of medication.

ALWAYS REMEMBER: Depression isn't just 'feeling sad'. Help is available and with proper diagnosis and treatment, the vast majority of people with depression will recover.



Fun Fact

People who suffer from depression may not show it at all. Some people can seem upbeat and cheerful, but inside they're struggling with the symptoms of depression. So, if you do recognise even the slightest of symptoms (see above), speak to the individual immediately and help them consult a doctor.

07 Hepatitis

Hepatitis happens when there is inflammation of your liver. Inflammation is swelling that happens when bodily tissues are injured or infected. This can affect how well your liver functions. Hepatitis can be short-term (acute) or long-term (chronic) with variety of causes and symptoms. If left untreated, chronic hepatitis can lead to liver complications such as cirrhosis (scarring), failure and cancer.

Types of hepatitis

Hepatitis A

Hepatitis A is caused by the hepatitis A virus. It's usually caught by consuming food and drinks contaminated with the waste of an infected person.

Hepatitis B

Hepatitis B is caused by the hepatitis B virus. Transmitted via the exchange of various body fluids from infected people – via blood, breast milk, semen and vaginal secretions – Hepatitis B can also be transmitted from mother to child during pregnancy and delivery.

Hepatitis C

Hepatitis C is caused by the hepatitis C virus. Like Hepatitis B, it is also transmitted via body fluids from infected people. It often has no noticeable symptoms, so many people are unaware they're infected.

Alcoholic Hepatitis

Alcoholic hepatitis is a type of hepatitis caused by drinking excessive amounts of alcohol over many years. Abstinence will usually allow your liver to recover, but there's a risk you could eventually develop cirrhosis (scarring of the liver), liver failure or liver cancer if you continue to drink alcohol excessively.

What are the symptoms of hepatitis?

- Fever
- Loss of appetite
- Dark urine
- Nausea and/or vomiting
- Pale stool
- Jaundice (*yellowing of your skin and eye*)
- Fatigue
- Abdominal pain
- Joint pain

Speak to your doctor immediately if you show any of these symptoms.



Fun Fact

According to the World Health Organization (WHO), 325 million people around the world have chronic hepatitis B or hepatitis C. That's roughly the population of the United States.

What are the treatments for hepatitis?

Treatment for hepatitis depends on which type you have and whether it is acute or chronic. Acute viral hepatitis often goes away on its own. To feel better, you may just need to rest and get enough fluids. But in some cases, it may be more serious. You might even need treatment in a hospital.

There are different medicines to treat the different types of chronic hepatitis. People who have alcoholic hepatitis need to stop drinking. If your chronic hepatitis leads to liver failure or liver cancer, you may need a liver transplant.

08 Gastroesophageal Reflux Disease (GERD)

Gastroesophageal Reflux Disease (GERD) is a digestive disorder that occurs when acidic stomach juices, and or fluids, flow back up from the stomach into the esophagus (*a muscular tube connecting the throat to the stomach*). GERD affects people of all ages and can usually be managed with lifestyle changes and medication.



Do I have GERD?

EVERYONE has experienced GERD. It happens when you burp, have an acid-like taste in your mouth, or have heartburn. However, if these symptoms are affecting your daily life, please see your doctor - especially if you're constantly having these symptoms below:

- Acid regurgitation (*retasting your food after eating*)
- Difficulty or pain when swallowing
- Too much saliva
- Painful sore throat
- Laryngitis (*a loss of voice, harsh breathing, painful coughs*)
- Inflammation of the gums
- Cavities
- Bad breath
- A constant cough
- Chest pain

Seek medical advice if you are experiencing the above symptoms. Your doctor may need to further examine your condition (eg, via endoscopy) for an accurate diagnosis and further treatment advice.

Treatment for GERD

The good news is that simple lifestyle changes can help treat GERD. These include:

- Elevating the head of your bed 6-8 inches in order to breathe properly
- Lose weight
- Stop smoking and decrease alcohol intake
- Limit meal size and avoid heavy evening meals
- Do not lie down within 2-3 hours of eating
- Cut down on coffee

Your doctor may also recommend medications to treat reflux or relieve symptoms. These include over-the-counter antacids, H2 blockers (medications that reduce the amount of acid in your stomach) and Proton Pump Inhibitors (PPI). In severe and medication intolerant cases, surgery may be recommended.



Fun Fact

Chewing gum after a meal can reduce heartburn by increasing your need to swallow, which helps to reduce acid reflux in your stomach. But NOT mint gum; menthol used to flavour mint gum can actually cause heartburn!

09 Colonoscopy

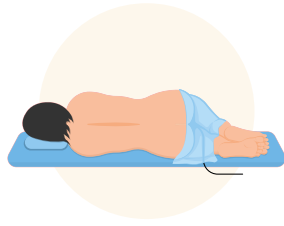
A colonoscopy is an examination/procedure used to look inside your large intestine for possible causes of things like abdominal pain, rectal bleeding, or changes in bowel habits. It is also used to prevent colon cancer. During a colonoscopy, polyps (*abnormal growths*) can be removed before they transform into cancers.

How is a colonoscopy performed?

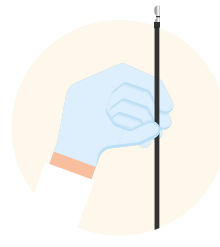
If your doctor recommends you have a colonoscopy, don't worry. It's a simple process during which you are sedated.



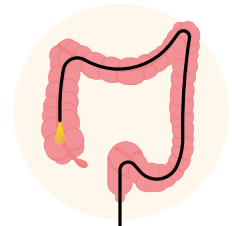
24 hours before your colonoscopy, you will be asked to clear your bowels with laxatives, enema, or an all-liquid diet.



As you lie on your left side, an IV containing medication will be administered to help you relax.



A colonoscope (long, thin, flexible tube with a tiny camera) is inserted into your bottom.



The colonoscope then transmits images as it passes through your colon for your doctor to examine.

Understanding your results

Your doctor will review the results of the colonoscopy and then share them with you.

Negative result

A colonoscopy is considered negative if the doctor doesn't find any abnormalities in the colon.

Your doctor may recommend that you have another colonoscopy in 10 years, if you're at average risk of colon cancer.

Positive result

A colonoscopy is considered positive if the doctor finds any polyps or abnormal tissue in the colon.

Polyps removed during colonoscopy are sent to a laboratory for analysis to determine whether they are cancerous, precancerous, or noncancerous.

If your doctor finds 1 or 2 polyps less than 0.4

inches (1 cm) in diameter, they may recommend a repeat colonoscopy in 5 to 10 years, depending on your other risk factors for colon cancer.

Your doctor will recommend another colonoscopy sooner if you have:

- More than two polyps
- A large polyp - larger than 0.4 inches (1 cm)
- Polyps with characteristics that indicate a higher risk of future cancer
- Cancerous polyps

If you have a polyp or other abnormal tissue that couldn't be removed during the colonoscopy, your doctor may recommend a repeat exam with a gastroenterologist who has special expertise in removing large polyps, or surgery.



Fun Fact

Most patients receive a sedative before the process which will put them into sleep hence they won't feel the pain. Routine colonoscopies are VERY SAFE.

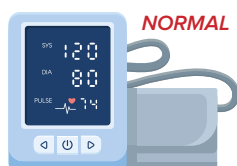
10 Hypertension

Hypertension - or commonly called high blood pressure - is when your blood pressure is higher than normal (*normal blood pressure level is less than 130/80 mmHg*). The higher your blood pressure levels, the more risk you have for other health problems like heart disease, heart attack, and stroke.

Hypertension sometimes has no warning signs or symptoms, and many people do not know they have it. Measuring your blood pressure is the only way to know whether you have hypertension.

How your blood pressure is measured

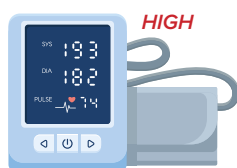
First, your doctor will wrap an inflatable cuff around your arm. The doctor then inflates the cuff, which gently tightens on your arm. The cuff has a gauge on it that will measure your blood pressure. The doctor will slowly let air out of the cuff while listening to your pulse with a stethoscope and watching the gauge. This process is quick and painless.



The first number, called systolic blood pressure, measures the pressure in your arteries when your heart beats.

The second number, called diastolic blood pressure, measures the pressure in your arteries when your heart rests between beats.

If the measurement reads 120 systolic and 80 diastolic, you would say, "120 over 80," or write, "120/80 mmHg" – NORMAL



This is what a gauge reading looks like for high blood pressure: 193/128 mmHg – HIGH

What causes hypertension?

Hypertension usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Diabetes and having obesity, can also increase the risk for developing hypertension. It can also occur during pregnancy.



Fun Fact

Young people can have high blood pressure, too!

High blood pressure doesn't just happen to older adults. Nearly 1 in 4 adults aged 20 to 44 have high blood pressure.

How to prevent or manage hypertension?

Many people with hypertension can lower their blood pressure into a healthy range or keep their numbers in a healthy range by making lifestyle changes. Talk with your doctor about:

- Getting at least 150 minutes of physical activity each week (*about 30 minutes a day, 5 days a week*)
- Stop smoking
- Eating a healthy diet, including limiting sodium (*salt*) and alcohol
- Keeping a healthy weight
- Managing stress

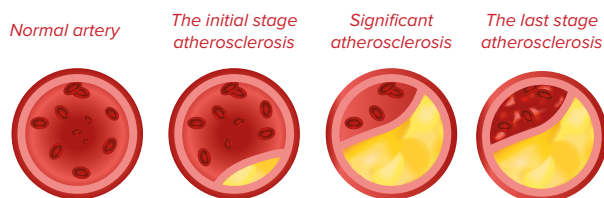
However, if you think you have hypertension or if you've been told you have it but do not have it under control, you can always speak to your doctor.

11 Angioplasty

An angioplasty is a procedure that widens blocked/narrowed arteries (*blood vessels that deliver oxygen-rich blood from the heart to the tissues of the body*) in your heart to let blood go through more easily. It helps improve symptoms of blocked arteries, such as chest pain and shortness of breath.

When do I need angioplasty?

First, know that your arteries supply blood, nutrients, and oxygen to your heart so it can function properly. If the substance known as plaque builds up along these arteries, they become narrow and hardened, restricting blood flow. This is called atherosclerosis.

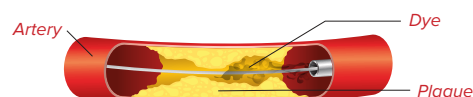


- If you have atherosclerosis in your heart arteries, you may have symptoms, such as chest pain or pressure (*angina*).
- If you have atherosclerosis in the arteries leading to your brain, you may have signs and symptoms such as sudden numbness or weakness in your arms or legs, difficulty speaking or slurred speech, temporary loss of vision in one eye, or drooping muscles in your face.
- If you have atherosclerosis in the arteries in your arms and legs, you may have signs or symptoms of peripheral artery disease, such as leg pain when walking (*claudication*).
- If you have atherosclerosis in the arteries leading to your kidneys, you develop high blood pressure or kidney failure.

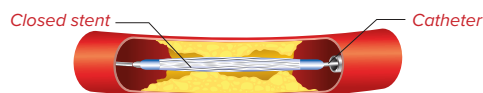
If you show the above symptoms, speak to your doctor. Whether or not you need angioplasty to help clear your blocked arteries will be decided then.

How is angioplasty performed?

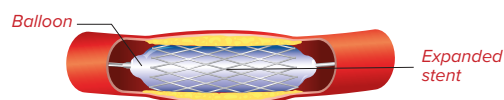
Angioplasty is a minimally invasive procedure and is commonly performed.



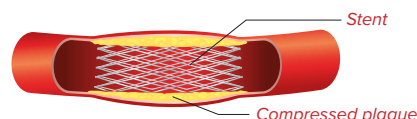
A catheter or tube is put through your skin and into a blood vessel in your wrist or groin. Medicine is used to keep you from feeling the tube go into your body.



With X-rays to help find the way, a cardiologist, or heart expert, moves the catheter (tube) through your blood vessels to get to your blocked or narrowed artery.



When they get to the problem area, a wire will be put in and another catheter (a balloon catheter) that has a very small balloon at the end of it.



Once they inflate the balloon, it moves the plaque out of the way and off to the side of the artery wall. This clears the way for blood to get through. A stent (a small hollow piece made of metal) will be usually put in to keep the artery open after balloon removal.

After the procedure, the catheters will be removed. A bandage will be used to cover the place where the catheters went into your skin. You generally should be able to return to work or your normal routine a week after angioplasty.



Fun Fact

Angioplasty is a good sign you need to QUIT smoking. Smoking causes blood vessels to constrict, so imagine what will happen to already narrowed and damaged ones!

12 Arrhythmia

Arrhythmia is an irregular heartbeat. Heart rhythm problems (*heart arrhythmias*) occur when the electrical signals that coordinate the heart's beats don't work properly. The faulty signalling causes the heart to beat too fast (*tachycardia* - *more than 100 beats a minute*), too slow (*bradycardia* - *less than 60 beats a minute*) or irregularly.



Symptoms

Heart arrhythmias may not cause any signs or symptoms. Your doctor may notice the irregular heartbeat when examining you for another health reason.

In general, signs and symptoms of arrhythmias may include:

- A fluttering in the chest
- A fast heartbeat (*tachycardia*)
- A slow heartbeat (*bradycardia*)
- Chest pain
- Shortness of breath

Other symptoms may include:

- Anxiety
- Fatigue
- Light-headedness or dizziness
- Sweating
- Fainting or near fainting

If you feel like your heart is beating too fast or too slowly, or it's skipping a beat, make an appointment to see a doctor. Seek **IMMEDIATE** medical help if you have shortness of breath, weakness, dizziness, light-headedness, fainting or near fainting, and chest pain or discomfort.

Prevention

Lifestyle changes to reduce the risk of heart disease may help prevent heart arrhythmias. A heart-healthy lifestyle includes:

- Eating a heart-healthy diet
- Staying physically active
- Maintaining a healthy weight
- Not smoking
- Limiting or avoiding caffeine and alcohol
- Reducing stress, as intense stress and anger can cause heart rhythm problems
- Using medications as directed



Fun Fact

Arrhythmias can happen to **ANYONE**, even people who are otherwise healthy and free of other forms of heart disease. So, make sure you live a healthy lifestyle, take charge of your heart health, and see a doctor when necessary.

13 Mammography

Mammography is the process of taking an X-ray picture of the breast (a mammogram). Doctors use a mammogram to look for early signs of breast cancer, as well as benign tumours, and cysts before they can be detected by palpation (touch).

What does mammography look for?

What does the doctor look for on a mammogram?

The doctor reading your mammogram will be looking for different types of breast changes, such as small white spots called calcifications, abnormal areas called masses, and other suspicious findings that could be signs of cancer.

Calcifications

Calcifications are tiny calcium deposits within the breast tissue. They look like small white spots on a mammogram. They may or may not be caused by cancer. There are 2 types of calcifications.

● Macrocalcifications

Macrocalcifications mean larger calcifications and are typically related to non-cancerous conditions. They tend to be more common after the age of 50 years.

● Microcalcifications

Microcalcifications are tiny specks of calcium in the breast. The appearance of these tiny specks and their distribution pattern are clues to whether they are more likely to be cancerous or not.

Masses

A mass is an area of abnormal breast tissue with a shape and edges that make it look different than the rest of the breast tissue on a mammogram. Masses can be many things, including cysts (*non-cancerous, fluid-filled sacs*) and non-cancerous solid tumours (*such as fibroadenomas*), but they may also be a sign of cancer.

Cysts

Cysts are fluid-filled sacs. Simple cysts (fluid-filled sacs with thin walls) are not cancerous and typically don't need to be checked further.

Asymmetries

Asymmetries are areas on the mammogram in a breast that appear different from the rest of the same breast or when compared to the other breast. Sometimes, these are just normal variations between right and left, whilst at other times, especially when the asymmetry is getting more obvious over serial mammograms (termed developing asymmetry). Further examination is needed to ensure it is not cancerous.

Architectural distortion

This happens when an area of the breast tissue appears distorted or pulled toward a certain point. Sometimes this may just be due to how the breast was positioned during the mammogram. It might also be caused by a prior injury or procedure done on the breast. But architectural distortion can also sometimes be a sign of a breast cancer, so further examination is typically needed to get a better look at this area.

Breast density

Mammograms also report an assessment of your breast density. Breast density is a measure of how much fibrous and glandular tissue is in your breast, compared to fatty tissue. It isn't related to breast size or firmness.

What happens if my mammogram is not normal?

An abnormal (not normal) mammogram does not always mean that there is a cancer. You may need further assessment (checking) using special mammogram views (called diagnostic mammogram vs the screening mammogram as described earlier) and other tests to figure out exactly what is going on in the breast. In addition, to ensure you have the best care in diagnosing what is going on in your breasts, you may be referred to the surgeon/breast surgeon.

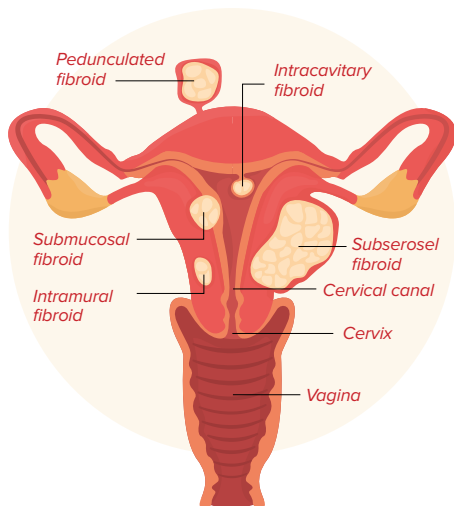


Fun Fact

Mammography is an excellent tool for detecting breast cancer, as it may find cancer before you can feel it. Be sure to schedule a mammogram or check with your doctor when you should start getting them (the appropriate age). Early detection is the key to survival.

14 Fibroids

Fibroids are growths that develop in or around the womb (*uterus*). The growths are made up of muscle and tissue and vary in size. Also called leiomyomas or myomas, fibroids aren't associated with an increased risk of uterine cancer and almost never develop into cancer.



Symptoms

Many women who have fibroids don't display any symptoms. In those that do, symptoms can be influenced by the location, size, and number of fibroids.

In women who have symptoms, the most common symptoms of fibroids include:

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying the bladder
- Constipation
- Backache or leg pains

In rare cases, further complications caused by fibroids can affect pregnancy or cause infertility (*inability to give birth*).

When to see a doctor

See your doctor if you have:

- Pelvic pain that doesn't go away
- Overly heavy, prolonged, or painful periods
- Spotting or bleeding between periods
- Difficulty emptying your bladder
- Unexplained low red blood cell count (*anemia*)

Seek **IMMEDIATE** medical care if you have severe vaginal bleeding or sharp pelvic pain that comes on suddenly.



Fun Fact

Fibroids are more common in women of childbearing age, because of elevated levels of hormones that feed the fibroids. When a woman reaches menopause, fibroids tend to shrink or even disappear.

Fibroids Treatments

Treatment for fibroids can range from no treatment at all to surgery. Unless fibroids are causing excessive bleeding, discomfort or bladder problems, treatment usually isn't necessary.

Common treatments include:

Watchful waiting. If you have only mild symptoms, your doctor may suggest you simply wait and see. Fibroids aren't cancerous, and they grow slowly or not at all.

Medications. Fibroids won't go away but might shrink with some medications. They can also help with symptoms like pain and bleeding.

Surgery. If you have moderate or severe symptoms, you may need surgery for relief.

15 Attention Deficit Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental condition. (Neurodevelopmental refers to the brain's development of neurological pathways that influence functioning such as attention, memory, reading ability etc.) ADHD is usually diagnosed during childhood and often lasts into adulthood.

Signs and symptoms of ADHD

Children:

- Daydream a lot
- Forget or lose things
- Unable to sit still
- Talks excessively
- Makes careless mistakes
- Act without thinking
- Have difficulty taking turns
- Have problems getting along with others

Adults with undiagnosed ADHD may have:

- Persistent delay in self regulation skills
- Delays in executive functioning skills resulting in procrastination, disorganisation and poor time management skills
- Emotional dysregulation
- Inconsistency in motivation
- Lack of attention to detail
- Problems prioritising and finishing tasks but keeps starting new ones
- Impulsivity resulting in frustrating setbacks in his/her job, social situations and organisation of daily life
- Stress due to underachievement in career
- Problems in maintaining relationships

Treatment and Intervention for ADHD (If the patient is a child, it involves parents, family and teachers)

1) Psychoeducation

Helps individuals with ADHD understand their disorder.

2) Psychotherapy

(or 'talk therapy' with a psychiatrist or psychologist)

Helps a patient open up about their feelings and problems they face with ADHD. It aims to facilitate positive changes in psychological, emotional and social wellbeing to improve functioning and quality of life.

2A) Behaviour Therapy

A therapist uses structured 'talk therapies' to help patients unlearn problem behaviours and teach the patient specific techniques that can improve the patient's behaviour and functioning.

2B) Parent Training

(Behaviour management training for parents especially of younger children)

- Helps parents develop a positive attachment relationship with their child.
- Helps parents manage negative behaviour and increase positive behaviour.

2C) Cognitive Behavioural Therapy (CBT)

(For school going teenagers and adults)

Individuals who grow up with ADHD tend to encounter more frequent negative setbacks in life. These result in them experiencing negative thoughts, distorted patterns of thinking (cognitive distortions eg "I can never do anything right"). CBT aims to challenge the truth of these distorted thoughts, changes them resulting in changes in behaviour.

3) Medication

ADHD is due to differences in how neurotransmitters (chemical messengers) work in the brain. ADHD medications reduce ADHD symptoms and improve communication between brain cells by affecting the availability of the neurotransmitters, norepinephrine and dopamine. They are the most successful intervention for individuals with ADHD and are Federal Drug Authority (FDA) recommended for children 5 years and above. These include the stimulant group, (with active ingredient, ritalin) and non stimulant group (atomoxetine).

The bottom line is that undiagnosed ADHD affects the functioning and quality of life of the individual. Thus an early diagnosis of ADHD and appropriate intervention from childhood, enables him to fully enjoy his childhood and grow up optimising his full potential.



Fun Fact

Studies suggest that Leonardo da Vinci may have had ADHD. This was evidenced by observations that he had problems with time management and that he tended to leave projects unfinished. Can you imagine the impact on his life work and quality of life if he had the privilege of interventions that you now have! So if you think you or your child have ADHD do not hesitate to seek treatment ASAP.

16 Asthma

Asthma is a condition where your airways (the path which air follows to get into and out of lungs – mouth and nose) narrow and swell. This can make breathing difficult and trigger coughing or wheezing, and even shortness of breath.

While asthma can be a minor issue, it can also be a MAJOR problem that can lead to life-threatening asthma attacks where you find yourself unable to breathe.



Do I have asthma?

Asthma symptoms are different from person to person. They can be infrequent asthma attacks, occur at certain times (such as exercising), or happen all the time.

Signs and symptoms include:

- Shortness of breath
- Chest tightness or pain
- Wheezing when exhaling, which is a common sign of asthma in children
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- Coughing or wheezing attacks
- Prolong cough

Signs that your asthma is probably getting worse include:

- Asthma signs and symptoms that are more frequent and irritable
- Increasing difficulty breathing, as measured with a device used to check how well your lungs are working (peak flow meter)
- The need to use a inhaler more often

Prevention instead of cure

While asthma cannot be cured, you and your doctor can design a step-by-step plan for living with your condition and preventing asthma attacks.

- Follow your asthma action plan. Your doctor will write a detailed plan for taking medications and managing an asthma attack. Then be sure to follow this plan carefully.
- Get vaccinated for influenza and pneumonia. Staying current with vaccinations can prevent flu and pneumonia from triggering asthma flare-ups.
- Identify and avoid asthma triggers. Some outdoor allergens and irritants, such as pollen, mold, and air pollution, can trigger an asthma attack. Identify these triggers and take careful steps to avoid them.
- Monitor your breathing. Learn to recognize warning signs of an upcoming attack, such as slight coughing, wheezing or shortness of breath.
- Take your medication as prescribed. Don't change your medications without first talking to your doctor, even if your asthma seems to be improving.
- Pay attention to increasing quick-relief inhaler use. If you find yourself relying on your quick-relief inhaler, such as albuterol, your asthma isn't under control. See your doctor about adjusting your treatment.



Did You Know?

Smoking makes asthma worse. Smoke irritates the airways, making them swollen, narrow, and filled with sticky mucus — the same things that happen during an asthma attack.

17 Tonsillitis

Tonsillitis is an infection of tonsils that is the two masses of tissue at the back of your throat. Tonsils act as filters to trap germs that could enter your airways through throat and nostrils and cause infections. They also make antibodies to fight these infections. But sometimes, they get overwhelmed by the bacteria or virus present, making them swollen and inflamed.

Tonsillitis is common and can happen either occasionally or come back repeatedly in a short period.

Symptoms

Although adults can get tonsillitis, it is not common. Tonsillitis most commonly affects children between preschool and mid-teenage years. Common signs and symptoms of tonsillitis include:

- Red, swollen tonsils
- White or yellow coating or patches on the tonsils
- Sore throat
- Difficult or painful when swallowing
- Fever
- Enlarged, tender glands (lymph nodes) in the neck
- A scratchy, muffled, or throaty voice

- Bad breath
- Neck pain or stiff neck
- Ear pain

If a child is too young to properly describe how they feel, signs of tonsillitis to be observed include:

- Drooling saliva due to difficult or painful swallowing
- Refusal to eat
- Unusual fussiness

However, if a child displays THESE symptoms:

- Difficulty breathing
- Extreme difficulty swallowing
- Excessive drooling

Get IMMEDIATE medical care at your nearest health care centre or hospital.

Treating tonsillitis

A mild case of tonsillitis doesn't necessarily require treatment, especially if it's a virus, such as cold, that causes it.

For more severe cases of tonsillitis, a prescription of antibiotics will be given, or a process called tonsillectomy may be performed.

Tonsillectomy

Tonsillectomy is a surgical process that removes the tonsils. Your doctor will only recommend a tonsillectomy if you experience chronic or recurrent tonsillitis, or if tonsillitis has caused complications or symptoms that don't improve.

You should be able to go home the same day as your surgery or 1 to 2 days later, but it will take 1 to 2 weeks to fully recover.

Antibiotics for Tonsillitis

If a bacterial infection caused your tonsillitis, your doctor can prescribe antibiotics to fight the infection.

Antibiotics may help resolve your symptoms slightly faster. However, they increase the risk of antibiotic resistance and may have other side effects, like an upset stomach. Antibiotics are more necessary for people at risk of complications from tonsillitis.



Fun Fact

Tonsillectomies have been performed if tonsillitis is recurrent throughout history! There are records dating back hundreds of years proving that the process of removing tonsils is indeed a time-honoured one.

18 Sleep Apnea

Sleep apnea is a serious sleep disorder that occurs when breathing is interrupted during sleep. Untreated sleep apnea may cause cessation of breathing during sleep.

Sleep apnea needs urgent treatment because it can affect multi-organ. These include hypertension (high blood pressure), stroke, cardiomyopathy (enlargement of the muscle tissue of the heart), heart failure, diabetes, and heart attacks.

What are the symptoms of sleep apnea?

The most common signs and symptoms of sleep apnea include:

- Snoring.
- Daytime sleepiness or fatigue.
- Restlessness during sleep, frequent night-time awakenings.
- Sudden awakenings with a sensation of gasping or choking.
- Dry mouth or sore throat upon awakening.
- Cognitive impairment, such as trouble concentrating, forgetfulness or irritability.
- Mood disturbances (depression or anxiety).
- Frequent night-time urination.
- Sexual dysfunction.
- Headaches.

Symptoms in children may not be as obvious and include:

- Poor school performance.
- Sleepiness or drowsiness which are often misinterpreted as laziness in the classroom.
- Daytime mouth breathing and swallowing difficulty.
- Inward movement of the ribcage when inhaling.
- Unusual sleeping positions, such as sleeping on the hands and knees, or with the neck hyper-extended.
- Learning and behavioural disorders (hyperactivity, attention deficits).
- Bedwetting.

What are the treatments for sleep apnea?

In mild cases of obstructive sleep apnea, conservative therapy may be all that is needed.

- Overweight persons can benefit from losing weight. Even a 10% weight loss can reduce the number of sleep apnea related issues for most patients.
- Individuals with obstructive sleep apnea should avoid the use of alcohol and sleeping pills, which make the airway more likely to collapse during sleep.
- In some patients with mild sleep apnea, breathing pauses occur only when they sleep on their backs. In such cases, using a pillow or other devices that help them sleep in a side position may help.

- People with sinus problems or nasal congestion can try using nasal sprays or breathing strips to reduce snoring and improve airflow for more comfortable night-time breathing.

If signs and symptoms does not improve with the methods above, your doctor may use certain devices such as Continuous Positive Airway Pressure (CPAP) to open blocked airways, or even perform surgery.



Fun Fact

Your tonsils could be the culprit.

If you have large tonsils, they could potentially obstruct part of your airway and contribute to episodes of sleep apnea.

Reach out to us any time

Full list of hospitals in the Ramsay Sime Darby Health Care network in Malaysia:



Subang Jaya Medical Centre

subangjayamedicalcentre.com

Emergency Department

+6019 9000 330

24 hrs Careline

+603 5639 1212

Rehab Services

+603 5639 1591

Health Screening Services

+603 5639 1389

WhatsApp

+6019 317 1818



Ara Damansara Medical Centre

aradamansaramedicalcentre.com

24 hrs Emergency

+603 7839 9210

24 hrs General Careline

+603 5639 1888

Health Screening Centre

+603 7839 9249

WhatsApp

+6019 219 1616



ParkCity Medical Centre

parkcitymedicalcentre.com

Customer Service

+603 6279 3035

Emergency Room

+603 6279 3085

24 hrs Careline

+603 5639 1616

WhatsApp

+ 6019 650 1616



Bukit Tinggi Medical Centre

(formerly known as Manipal Hospitals Klang)

bukittinggimedicalcentre.com

General Enquiry Line

+603 3884 3884

General Emergency Line

+603 3884 2222



People caring for people



MALAYSIA

- Subang Jaya Medical Centre (SJMC)
- Ara Damansara Medical Centre (ADMC)
- ParkCity Medical Centre (PMC)
- Bukit Tinggi Medical Centre (BTMC)



INDONESIA

- RS Premier Surabaya (RSPS)
- RS Premier Bintaro (RSPB)
- RS Premier Jatinegara (RSPJ)