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Your Prescription for Health
ExeRcise is Medicine Singapore
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EIMS NEWSLETTER

PATIENT STORY

INTERVIEW WITH EIMS AMBASSADOR MR. MOHANADAS KANDIAH, "MOHAN MARATHON", AGE 53

By Dr Cindy Lin

Q What was your lifestyle and health like before you started exercising regularly?

A Lifestyle? What life? It was frightening. Going through 2 packs of cigarettes a day, nothing can be right! I had high blood pressure, high cholesterol, palpitations, and was generally unfit.

Q What led you to start exercising, was there any pivotal event?

A I failed my physical training test at the age of 28 and was on hypertension medication & medication for my palpitations. A big decision to change my lifestyle & habits had to be made... making the change was difficult, but once decided, the rest was willpower that drove me forward.

Q How did exercising regularly impact your medical management of high blood pressure and high cholesterol?

A I'm not on medications now. That's the beauty of exercise. My lifestyle began to correct the years of errors. I can also eat what I want, when I want, and as much as I want now.

Q What advice would you recommend for individuals with chronic medical conditions who feel like they don't have the time, energy, or motivation to exercise?

A Simple, come talk to me! Logically, ‹Exercise Is The Best Medicine' isn't it? It's the first step that is difficult... If making that change is not for one's self, at the least, do it for the sake of your family and kids.

Q What are your exercise and health related goals for the upcoming new year?

A I love long distance running now. I am not a fast runner, but I run at a pace that I am very comfortable with and can "smile & talk." I am also picking up cycling now and hope to participate in more cycling & running events.

Q How can EIMS doctors do a better job encouraging patients to exercise?

A I guess to a great extent it's the physical appearance of the physician. If the doctor looks fit and sports-person-like, there is certain respect & admiration for the doctor. It's making the change that is difficult for the patient, so what better way than for a doctor to say to the patient, "Come, run with me" or something along those lines. Yes, invite your patients!

Q Why serve as an EIMS ambassador?

A Rather than 'why' perhaps 'why not'? Anything good, if not shared, will be useless. Just like grandma's secret recipe if not handed down, it will become a dead secret. The experience that I have been through incorporating exercise into my life has been life changing and I believe that all good things must be shared.

To learn more about our EIMS Ambassadors, see www.eims.sg/about-eims/ambassadors-of-eims

CHAIRMAN'S MESSAGE

Dr Benedict Tan

2013 was a busy and successful year of growth and outreach for EIMS. In Singapore, five training courses were held, three for general practitioners and two for fitness professionals. As the Southeast Asia Regional Headquarters, EIMS faculty conducted train-the-trainers courses in Malaysia and Indonesia. Now, we have over 150 EIMS certified physicians and 72 certified fitness professionals in SE Asia. As we begin 2014, plans are already underway to ramp up EIMS education, research, and community outreach efforts in Singapore and beyond. Read inside for more exciting details!

EIMS 2014 COURSE SCHEDULE

Courses	(2014)	Time
Primary Care Physicians Course	Jan 18 & 25 Mar 15 & 22 May 17 & 24 Oct 11 & 18	12 pm to 6 pm
Clinical Fitness Professionals Course	Feb 18 & 19 Apr 14 & 15 Jul 7 & 8 Nov 10 & 11	9 am to 6 pm

EIMS

COURSE DIRECTORS UPDATES

By Dr Ng Chung Sien & Dr Fadzil Hamzah

On behalf of the EIMS team, we would like to thank all of you who have participated in our courses in 2012 and 2013. We hope that you have found the contents of our courses and the learning resources provided useful, informative and relevant to your daily clinical practice.

We are now revising the curriculum contents. There have been suggestions to include the following topics in the learning manuals as well as the lectures for the courses in 2014.

- **Women's Health and Exercise**
- **Exercise in the Elderly**
- **Exercise in Common Musculoskeletal Conditions**
- **Exercise in Patients with Cancer**

We sincerely welcome your feedback to further improve the curriculum of our future courses. If you have any other inputs or suggestions, please write to us at admin@eims.sg.

We will be conducting the first EIMS refresher cum recertification course for Primary Physicians and Clinical Fitness Professionals whose certificates are expiring in 2014. The EIMS certificates are valid for three years. More details and information regarding the recertification courses will be available at our website: www.eims.sg

Certified Clinical Fitness Professionals

	2012	2013	Total
Singapore	41	16	57
Malaysia	NA	15	15
Indonesia	NA	NA	NA
Total	41	31	72

Certified Primary Care Physicians

	2012	2013	Total
Singapore	49	29	78
Malaysia	NA	48	48
Indonesia	NA	27	27
Total	49	104	153

RECAP OF
2013 FORUMS & CONFERENCES

Exercise Is Medicine

Annual Medical Symposium by The Continuing Medical Education Unit, Jakarta, Indonesia, Dr Benedict Tan, 3 – 4 March 2013

Exercise Is Medicine

First Sports Medicine Symposium and Course, Jakarta, Indonesia, Dr Ng Chung Sien, 17 – 19 May

Update on Exercise Is Medicine Singapore Activities

ACSM 60th Annual Meeting and World Congress on Exercise is Medicine in Indianapolis, Indiana, USA, Dr Ng Chung Sien & Dr Cindy Lin, 28 May – 1 June

Exercise is Medicine: What, Why and How

Philippines Association for the Study of Overweight and Obesity (PASOO) Convention, Manila, Philippines, Dr Benedict Tan, 6 – 7 September

Exercise is Medicine: The Global Initiative and its Implementation

13th Asian Federation of Sports Medicine Conference, Kuala Lumpur, Malaysia, Dr Benedict Tan, 25 – 28 September

Prevalence of Exercise Prescription in Clinical Practice

13th Asian Federation of Sports Medicine, Kuala Lumpur, Malaysia, Dr Ivy Lim, 24 - 29 September

Introduction to Exercise is Medicine

CGH-EHA Annual Scientific Meeting, Singapore, Dr Benedict Tan, 22 – 23 November

National Physical Activity Guidelines

CGH-EHA Annual Scientific Meeting, Singapore, Dr Robert Sloan, 22 – 23 November

Exercise In Obesity: An Update

CGH-EHA Annual Scientific Meeting, Singapore, Dr Goh Kian Peng, 22 – 23 November

Exercise as a Therapeutic Agent for the 21st Century

CGH-EHA Annual Scientific Meeting, Singapore, Dr Cindy Lin, 22 – 23 November

Exercise Demonstration

CGH-EHA Annual Scientific Meeting, Singapore, Ms Shamsynar Ani, 22 – 23 November

Teaching Exercise To Health Care Providers And Fitness Professionals – The EIMS Experiences

CGH-EHA Annual Scientific Meeting, Singapore, Dr Ng Chung Sien, 22 – 23 November

Indonesia

Jakarta

Philippines

PUBLIC
OUTREACH

- 23 March 2013, Cindy Lin & Shamsynar Ani, physiotherapist. "Dispelling Common Myths about exercise." Council for Third Age 50 Plus Expo
- 13 September 2013, CSMC 10th Anniversary Celebration, EIMS Exhibition booth
- 15 October 2013 Health Promotion Board's National Healthy Lifestyle Campaign Launch, Exhibit booth

Simei Park Connector Fitness Corner Launching in early 2014

EXERCISE IS MEDICINE

& WHY SEDENTARY BEHAVIOR ISN'T GOOD FOR US

By Dr Ivy Lim

It is never too late to start encouraging our patients to exercise. Hamer and colleagues found that those who became active at 60+ years old were three times as likely to be ageing healthily at 8 years of follow-up, compared to those who remained inactive.

However, it is important to remember that the health benefits of exercise can be negated if our very active patients and clients spend the rest of their days sitting in front of the computer or television.

Ekblomo-Bak and colleagues recently published a study of over 400 individuals 60 years of age who were followed for an average of 12.5 years. The less sedentary the adults were, the better their waist circumference, HDL cholesterol, and triglyceride levels. High levels of non-exercise physical activity were also associated with a lower risk of a first cardiovascular event and lower all-cause mortality.

Another study on adolescents between 14 and 16 years of age suggested that excessive time spent in front of the computer and television was associated with decreased isometric trunk strength (Grontved et al, 2013).

Remember, your advice as an EIMS practitioner may be the one that changes your clients' or patients' lifestyle. A systematic review by Williams and colleagues showed that the promotion of physical activity by primary care providers (GPs, trained nurses, physiotherapists or trained facilitators) has a sustained effect on increasing physical activity. So go ahead, get your clients and patients to stop sitting and start moving!

References:

Grøntved A, Ried-Larsen M, Froberg K, Wedderkopp N, Brage S, Kristensen PL, Andersen LB, Møller NC. Screen Time Viewing Behaviors and Isometric Trunk Muscle Strength in Youth. Med Sci Sports Exerc. 2013;45(10):1975-80.

Ekblom-Bak E, Ekblom B, Vikström M, de Faire U, Hellénius ML. The importance of non-exercise physical activity for cardiovascular health and longevity. Br J Sports Med. 2013 Oct 28. http://bjsm.bmj.com/content/early/2013/10/08/bjsports-2012-092038.full

Hamer M, Lavoie KL, Bacon SL. Taking up physical activity in later life and healthy ageing: the English longitudinal study of ageing. Br J Sports Med. 2013 Nov 25. http://bjsm.bmj.com/content/early/2013/10/28/bjsports-2013-092993.full

Williams CM, Nathan N, Wolfenden L. Physical activity promotion in primary care has a sustained influence on activity levels of sedentary adults. Br J Sports Med. 2013 Nov 20. http://bjsm.bmj.com/content/early/2013/11/20/bjsports-2013-093187.full

UPDATES FROM EIM GLOBAL HEADQUARTERS

By Mark Stoutenberg

EIM Global Center

- Two day Advisory Board meeting in July 2013 to map out the future of the EIM campaign, refining the EIM Solution, and plans for two key initiatives:
  1) Global expansion of EIM on university and medical campuses, and
  2) A standardized, global continuing medical education training curriculum for health care professionals

North America

- Queen's University in Ontario became the first Canadian University to implement EIM on campus
- The EIM Solution is gradually being implemented into the health care systems in several U.S. communities including: Charleston, South Carolina; Indianapolis, Indiana; Jackson, Mississippi; and Atlanta, Georgia

Europe

- EIM was an invited participant at a WHO-sponsored forum on physical activity counseling by medical professionals

Latin America

- Health Care and Health & Fitness Professional accreditation training course at the 3rd Pan American Conference for Obesity Pan American in Aruba in June 2013.
- EIM Latin America Regional Center Meeting at the Latin American Congress of Internal Medicine in Paraguay in August 2013

Africa

- EIM South Africa published their first newsletter. In October 2013 they held a physician training course as part of the South Africa Sports Medicine Association Conference

EIMS 2014 TASKFORCE MEMBERS

Dr Benedict Tan, Chairman
Changi General Hospital

Dr Ng Chung Sien, Course Director
Changi General Hospital

Dr Fadzil Hamzah, Deputy Course Director
Changi General Hospital

Dr Ivy Lim, Research Director
Changi General Hospital

Dr Cindy Lin, Public Outreach Director
Changi General Hospital

Dr Angelina Chan, Member
Changi General Hospital

Dr Elaine Lim Hsuen, Member
International Cancer Specialists

Dr Joan Khoo, Member
Changi General Hospital

A/Prof Lee Kheng Hock, Member
Singapore General Hospital

Dr Peter Ting, Member
National Heart Centre

Dr Robert Alan Sloan, Member
Health Promotion Board

Dr Sherry Young, Member
Changi General Hospital

Dr Tay Wey Tut Noel Stanley, Member
Alexandra Hospital

Dr Teh Kong Chuan, Member
Khoo Teck Puat Hospital

Dr Tong Khim Leng, Member
Changi General Hospital

Mr Micheal Lim, Member
Kandang Kerbau Women and Children Hospital

Mr Tommy Yau, Member
Fitness First

Mr Yeoh Yen Sun, Member
Singapore Sports Institute