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ExeRcise is Medicine® Singapore

EIMS NEWSLETTER

LATEST UPDATES AND TRENDS

ExeRcise is Medicine®
ON-CAMPUS IN SINGAPORE

– REPUBLIC POLYTECHNIC SINGAPORE

Republic Polytechnic (RP) has become the FIRST educational institution in Singapore to be an EIM on Campus Registered School!

Members of the school, staff and students alike, have been actively promoting physical activity in campus, and being an EIM on Campus Registered School gives recognition of RP's ongoing efforts in keeping the school community healthy and active.

Congratulations to RP!

EXERCISE IS MEDICINE SRI LANKA LAUNCHED AT 4TH SCIENTIFIC SESSIONS OF SRI LANKA SPORTS MEDICINE ASSOCIATION (SLSMA)

The Sri Lanka Sports Medicine Association (SLSMA) organized the 4th Scientific Sessions this year in collaboration with the International Olympic Committee (IOC) and National Olympic Committee (NOC) of Sri Lanka under the theme "Exercise is Medicine Exercise is Wellness" from 24th to 26th November 2018 at Olympic House Colombo Sri Lanka. The event was endorsed by the Asian Federation of Sports Medicine (AFSM).

The sessions had a pre-congress workshop for the general public on "Lifestyle with Sports and Exercise Medicine' and a post-congress workshop on "Musculoskeletal Ultrasound Imaging for Sports Medicine doctors". SLSMA also initiated several important milestones during these sessions.

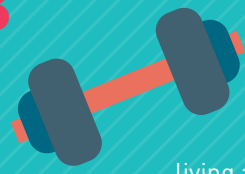
- Official launch of the Health Movement; "Exercise is Medicine Sri Lanka" in affiliation with the American College of Sports Medicine (ACSM) mainly focusing on prevention of Non-Communicable Diseases (NCDs) in the country.
- Official launch of the inaugural scientific journal of SLSMA, the *Sri Lankan Journal of Sports and Exercise Medicine (SLJSEM)*. A scientific journal of this nature was launched for the first time in Sri Lanka which will help the local scientists to publish and disseminate knowledge.

The close relationship of SLSMA with Exercise is Medicine, ACSM and Exercise is Medicine Singapore (EIMS) enabled SLSMA to invite Prof. Benedict Tan, EIMS chairman, to be the Chief Guest for this event. Prof Tan's presence gave colour to the event and strengthened the professional collaboration within the sports medicine fraternity of the 2 countries. The Scientific Sessions was attended by many international experts from Singapore, Canada, UK, with renowned local experts. The attendees ranging from coaches, trainers, allied health care professionals, doctors, consultants and many sports loving general public benefited from the congress as well, which contributed to the continuous development of Science and Medicine in Sport in Sri Lanka.

Special Thanks to Dr. Chathuranga Ranasinghe, Chairperson: Scientific Committee, 4th Scientific Sessions SLSMA for the contribution for this article.

KEEPING FIT WITH ACTIVE HEALTH LAB

In July 2017, Sport Singapore launched Active Health - a national social movement for health and wellness that will empower and motivate individuals to take ownership of their health and well-being, while building social bonds and support through shared interests. Active Health aims to shift the mind-set of Singaporeans from a problem-solving mode of seeking treatment only when in ill-health towards an aspiration-mode of active living, by providing them with professional knowledge of health and wellness, complemented with sports activities, programmes, and health monitoring tools across varying fitness levels and life stages.



The Active Health Lab is a one-stop smart experiential and learning space located within public sports facilities and partner institutions to raise awareness about health and well-being across the four areas (physical activity, nutrition, screen time, and sleep). The Active Health Labs are staffed with Active Health Experts who are professionally trained in Sport and Exercise Science. They serve as the key touch point for raising awareness and sharing knowledge about active living and preventive health care in the community. Every individual who walks through the Active Health Labs will be able to experience a personalised journey towards self-discovery, appreciation, and activation of the right lifestyle habits for living better.

Special Thanks to Mr Kenneth Mc Geough from Sport Singapore for the contribution for this article.

EIM JAPAN
VISIT TO OUR TAMPINES HUB AND ACTIVE HEALTH LAB

Exercise is Medicine Singapore (EIMS) hosted colleagues from Osaka Sangyo University and ambassadors of Exercise is Medicine Japan at CGH on November 1, 2018. Dr Fadzil Hamzah, EIMS Director of Community Programmes, led the team on a tour of Our Tampines Hub and the Active Health Lab. He awed the visitors with EIMS's collaborations in many community projects with various stakeholders and agencies, and the incorporation of Exercise is Medicine principles in many government health initiatives.

RESEARCH

This is an exciting time for the research arm of Exercise is Medicine Singapore. As the organisation matures, we are moving from studying the efficacy of our courses into the study of the efficacy of physical activities in diseases where the effects of physical activity are less known, such as cancer.

We are very honoured to be able to work with National Cancer Centre Singapore to study the impact of physical activity among their patients and be involved in one of their recent meta-analysis study.

We are also working closely with one of our local tertiary institutions to look into the physical activity habits among their healthcare students and we look forward to seeing how that compares with our counterparts across Asia and the world.

With the recent study by Zhao et al published in the British Journal of Sports Medicine that indicated even 10 minutes of physical activity a week can help lower the risk of all-cause mortality, we believe that the studies we are going to do will help raise the awareness further that Exercise is, indeed, Medicine!

EXERCISE IS MEDICINE – THE MAGIC PILL FOR IHD AND BEYOND AT CGH CARDIOLOGY GP SYMPOSIUM – DR LIM ANG TEE

EIMS Director of Research, Dr Lim Ang Tee was invited to speak to a big group of healthcare professionals during Changi General Hospital's Cardiology GP Symposium on 29 Sept 2018.

Covering the topic "Exercise is Medicine – The Magic Pill for IHD & Beyond", this talk gave the attendees an in-depth knowledge on the importance of exercising in patients with chronic diseases.

OBSTETRICAL & GYNAECOLOGICAL SOCIETY OF SINGAPORE (OGSS) DINNER AND ORATION 2018

Dr Benedict Tan, Chairman of EIMS and EIM Asia, was invited to speak to health professionals from the Obstetrical & Gynaecological Society of Singapore during their annual dinner and oration held on 25 October 2018, on Exercise is Medicine.

OBESITY, BARIATRIC & ENDOCRINE SOCIETIES (OBES) SCIENTIFIC MEETING 2018

Dr Ng Chung Sien, EIMS Director of Education, was an invited speaker for the OBES Scientific Meeting 2018 held on 11-13 October 2018. He spoke on the topic "Exercise Prescription in Obesity and Diabetes".

PACS AWARDS ON BEHALF OF THE HEALTH PEERS PROGRAMME

The Health Peers Programme earned Changi General Hospital the Community Partnership Excellence Award in the People's Association (PA) Community Spirit Awards 2018. The award seeks to recognise and honour the exemplary contributions of organisations which had partnered the PA in various community initiatives to improve the well-being of residents. These partnerships are important as they have helped the PA in its efforts in bonding the community and building social capital.

There were two award categories: "Employers of Grassroots Leaders" and "Community Partnership" and two award types: Excellence and Merit Awards. Altogether, there were 88 recipients.

Dr Fadzil Hamzah, EIMS Director of Community Programmes, and also the team lead spearheading the Health Peers Programme; received the award together with Dr Eugene Shum, Singhealth's Director of Community Partnership; on behalf of Changi General Hospital. The Health Peers Programme was developed and launched in 2017 in collaboration with Southeast CDC, various grassroots organisations as well as other community partners such as Health Promotion Board; in line with Ministry of Health's declaration of war on Diabetes. It has now trained over 300 Health Peers and benefited more than 1000 residents island wide.

PHYSICAL ACTIVITY AND You

SIGLAP MAEC BRISK WALK EVENT

Residents of different races and age groups from Siglap and Changi braved the storm and heavy rain on an early Sunday morning to participate in a community health event organised by Siglap Malay Activity Executive Committee (MAEC) and Changi Point-Ubi Area Sub Committee (ASC). The event was graced by the Senior Minister of State for Ministry of Defence & Ministry of Foreign Affairs and Mayor of South East District, Dr Maliki Osman.

The residents brisk walked together for more than 30 minutes along Changi Beach and later danced their way to energetic music in the Zumba session that followed. Dr Fadzil Hamzah, EIMS Director of Community Programmes, who was also grooving for more than an hour to the beats of salsa, flamenco and merengue music with the participants during the group workout, was also invited to speak on the benefits of physical activity and exercise in chronic disease prevention and management. The event culminated in a health Q/A session with the residents, chaired by Dr Fadzil.

SINGAPORE MINISTERIAL CONFERENCE ON DIABETES (MCOD)

The Ministerial Conference on Diabetes was attended by health ministers, senior government officials, academics and thought leaders from 18 countries and regions. The delegates shared best practices and insights, discussed the challenges and opportunities arising from the global diabetes epidemic, and aimed to build on the collective knowledge to address the challenges that diabetes inflicts on society. The Health Peers Programme, led by EIMS Director of Community Programmes, Dr Fadzil Hamzah, was featured at the conference. The team set up a booth, presented a poster as well as shared a video of the community outreach programme with the delegates and distinguished guests at the 2-day international conference.

EDUCATION

EXERCISE PRESCRIPTION COURSE RECERTIFICATION

HAS YOUR EIMS CERTIFICATION EXPIRED?

Do you know that your certificate is valid only for 3 years from the day you received your certificate?

EIMS offers a 3-hour refresher course on a regular basis in which it provides an update of the current ACSM consensus and summarises the EIMS curriculum.

WHY WAIT?

Write to sportmedicine@cgh.com.sg to find out when our next recertification course is now!

UPCOMING COURSES MAY TO AUG 2019

Primary Healthcare Professionals

- 6 & 13 Jul 2019
- 3 & 10 Aug 2019

Allied Healthcare and Fitness Professionals

- 3 & 4 Jun 2019
- 7 & 10 Oct 2019

EIMS MANAGEMENT BOARD MEMBERS

Dr Benedict Tan
Chairman of EIM Singapore and EIM Asia

Dr Fadzil Hamzah
Director of Community Programmes

Dr Leonard Lim Ang Tee
Director of Research

Dr Ng Chung Sien
Director of Education

Dr Ivy Lim
Director of Public Outreach

Dr Mandy Zhang
Deputy Director of Education

Ms Shayne Hu
Deputy Director of Public Outreach

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