

# StarSpecial

## BODY, MIND & SOUL

### Adults need protection too

IN the 20th century, smallpox was so common that even laypeople started self-diagnosing and recognising its symptoms without the help of a doctor. Similar to Covid-19, the disease spread from person to person or through droplets in the air when an infected person was to talk, cough or sneeze.

Smallpox killed around 300 million people around the world, and those who survived had permanent damage to the body such as disfiguring, deep pockmarks on the skin or even blindness.

Fortunately, we do not have to live in fear of smallpox today.

In 1959, the World Health Organization (WHO) initiated a vaccination programme to rid the world of smallpox and officially declared the world free from smallpox in 1980.

Following this, Dr Rovisna Serini Kaur Jasal, occupational health doctor at Subang Jaya Medical Centre, hopes the same can be accomplished for other diseases such as polio and mumps through immunisation programmes.

#### Continuous care for prolonged health

While it is normal to hear about child vaccination, less focus is placed on the importance of adult vaccination when it comes to eradicating diseases. Dr Rovisna explains the purpose of vaccinations for both adults and children are similar, which is to prevent contracting harmful diseases that may cause serious complications and even death.

The difference only comes in terms of recommendations for different types of vaccines. She says, "Children are vaccinated based on their age, while it is more complicated for adults because factors such as age, working environment, lifestyle, international travel or certain health conditions add to the risk of contracting new and different diseases."



Besides keeping us healthy, vaccines also assist us in maintaining our lifestyles and meeting daily obligations.

Dr Rovisna notes that many people are not aware that as we get older, the protection of some vaccines we received as children can wear off.

Hence, booster doses are needed to ensure continued protection. For example, a booster dose of the tetanus/diphtheria vaccine is recommended for adults every 10 years.

She asserts that protection against diseases is crucial because there can be serious and even deadly consequences if a person should contract them. To illustrate, contracting hepatitis B can lead to liver cancer, while influenza can lead to flu-related heart attacks and shingles causes eye damage.

Besides keeping us healthy, vaccines also assist us in maintaining our lifestyles and meeting daily obligations.

Dr Rovisna illustrates, "When we are healthy, we don't have to miss

work and can fulfil commitments such as caring for our family. Vaccination also saves us the cost of treating a vaccine preventable disease. There will be no need to pay for medications, hospitalisation or days off work."

She adds that vaccination protects others as well, as it is less likely for us to contract a disease and spread it to other people.

Commonly known as "herd immunity", it is crucial for those who cannot be vaccinated such as very young babies and people with certain medical conditions.

#### When fear outweighs real consequences

Despite proven facts that vaccinations protect communities from serious diseases, there are some people who choose not to get vaccinated. These are mainly caused by misinformation and misconceptions regarding vaccines



Dr Rovisna asserts that protection against diseases is crucial because there can be serious and even deadly consequences if a person should contract them. Contracting hepatitis B, for instance, can lead to liver cancer.

– Dr Rovisna lists some common ones:

• Myth No.1 – Vaccines are only for children

As we get older, the protection of some vaccines that we received as children can wear off. Our lifestyles, jobs, travel plans and health condition may put us at risk of new and different diseases. Some vaccines are only recommended for adults like the shingles vaccine and the HPV vaccine that is given after the age of nine.

• Myth No.2 – Outbreaks do not happen anymore

There is always the potential for outbreaks if enough people do not get vaccinated.

• Myth No.3 – Healthy adults do not need vaccination

Healthy adults can still get sick and possibly die from diseases. Besides that, they become a source of infection for other people who may have weaker

immune systems.

• Myth No.4 – Pregnant women or the elderly should not get vaccinated

Pregnant women and the elderly are the target groups who need the most protection. In fact, anyone who is around a baby such as family members or the nanny should be up to date with their vaccines too.

• Myth No.5 – Vaccines are not safe

Every ingredient in a vaccine is safe. In fact, some of the main ingredients of a vaccine are found in greater amounts in the food we consume. For example, aluminium salts are found in drinking water and infant formula while thimerosal is found in fish. Some ingredients such as formaldehyde reside in the body naturally in greater amounts than used in vaccines.

> TURN TO PAGE 8

## Bid goodbye to constipation

CONSTIPATION is a digestive problem where an individual has irregular bowel movement less than three times a week.

Generally, a person with constipation has difficulty emptying the bowels – usually associated with dry and hard stools.

Following are some of the common causes of constipation:

– Insufficient fibre intake:

Individuals with insufficient intake of dietary fibre are prone to constipation as fibre helps promote regular bowel movement by increasing the stool weight and softening the stool.

– Insufficient fluid intake: Fluid and fibre work together to soften the stools. Insufficient fluid intake can cause the stools to become hard and difficult to pass.

– Physical inactivity: Exercise helps stimulate the contraction of intestinal muscles. Physically inactive individuals tend to have lesser bowel movement.

– Pregnancy: Pregnant ladies are more susceptible to constipation due to hormonal and physical changes as the uterus may compress the intestine and slow down the passage of food.<sup>(1)</sup>

– Ageing: The composition of gut

microbiota changes with age, most markedly by a declined level of one of the good bacteria Bifidobacteria, which might increase the risk of constipation among elderly.

– Overuse of laxative: Laxative is often used to relieve constipation. However, regular use or overuse may lead to dependency, decreased intestinal function and subsequently increase the risk of developing lazy bowel syndrome in which our bowels move abnormally slow and sluggish.

In fact, constipation is a lifestyle disorder, which is preventable and can be improved through lifestyle changes such as exercising regularly, practising a healthy balanced daily diet, which includes a variety of nutrients, particularly fibre as a high-fibre diet has been associated with bowel regularity and improved bowel function.

In addition, numerous research studies have shown that consuming probiotic-rich food can also nourish the gut and improve intestinal function by balancing gut microbiota and bowel frequency.

#### A natural way to manage bowel movement

Biogrow ProGut is a natural

food supplement formulated with dual action from the well-researched oat fibre (soluble and insoluble fibres) from Oat BG22 fibre powder and B. lactis, BB-12 probiotic strain – the world's best documented Bifidobacterium with over 300 scientific publications including over 130 clinical studies (Information provided by Chr. Hansen A/S, Denmark).

One to two sachets daily provide a synergistic effect for an improved intestinal function and regular bowel movement.

Each sachet (≈ 7g) contains 2.4g soluble and insoluble fibres and a guaranteed potency of one billion CFU of live probiotic cultures. The dose of one billion CFU of B. lactis, BB-12 has been clinically tested and shown to have the desired benefits on improved gastrointestinal (GI) health and bowel frequency.<sup>(2)</sup>

Direction for use: Take one to two sachets daily after meals or anytime convenient. Mix one sachet (≈ 7g) in a glass of cold water, fruit juice or soymilk, or sprinkle onto cold cereal, salads and yoghurt. (Note: do not mix with hot water.)

Biogrow ProGut is suitable for all



Biogrow ProGut is suitable for those who wish to maintain or improve their gut health.

who wish to maintain or improve gut health as it offers a natural way to manage bowel movement with the power of fibre and probiotics.

Biogrow ProGut is available in major pharmacies.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more details, please visit [www.biogrow.com.my](http://www.biogrow.com.my), or call

03-7956 2220 (Monday to Friday; 9am to 5pm). Like the official Facebook page at <https://www.facebook.com/BiogrowMY/>

#### References

<sup>(1)</sup> American Pregnancy Association, 2019. <https://americanpregnancy.org/>

<sup>(2)</sup> Eskesen et al. (2015). *British Journal of Nutrition* (2015), 114, 1638–1646.

# For firm and radiant skin

LOOK in the mirror – are you aware that fine lines and wrinkles are starting to set in around your eyes, mouth, forehead or neck? These are visible signs of ageing which occurs with increased age.

At a younger age, our skin has ample amount of collagen hence, skin remains supple, firm and youthful.

But after our 20s, we tend to lose a certain amount of collagen every year – by then, you can feel the skin getting dry and dull, replacing your once youthful, supple and radiant skin.

## Younger skin starts today

It is never too early to start. Try Total Image Collagen or Total Image Collagen Plus.

Collagen helps to rebuild the skin's cell structure, visibly reducing fine lines and wrinkles and improves the skin's elasticity.

Collagen, in its natural form, has molecules that are too large to be absorbed properly by the body.

Total Image Collagen and Collagen Plus are specially made from Pure Hydrolysed Collagen which has finer molecules that allow faster penetration into the skin cells for optimum results within a short time to fight signs of ageing.

Skin becomes younger-looking, firmer, more supple and smoother with a healthier glow.

## Total Image Collagen or Total Image Collagen Plus?

Total Image Collagen which comes in a pink packaging, has been a trusted brand in the market



Collagen  
MAL 20040328 XR

Collagen Plus  
MAL 09072802 XR

Suitable for Men and Women

Total Image Collagen and Collagen Plus are specially made from Pure Hydrolysed Collagen, which has finer molecules that allow faster penetration into skin cells.

for more than 28 years. It is recommended for those aged 20 and above.

Total Image Collagen Plus comes in an orange packaging and is added with vitamin C and E.

Vitamin C helps enhance the collagen production in our body while vitamin E is a powerful antioxidant that protects skin cells against harmful oxidative damage.

This is recommended for those aged 35 and above for extra skin protection.

Whether Total Image Collagen or Total Image Collagen Plus, both

are trusted products in providing younger-looking and firmer skin.

Total Image Collagen and Total Image Collagen Plus are made in the US and certified halal by Islamic Services of America to be safe for consumption by Muslims.

They are suitable for both men and women.

These products are registered and approved by Malaysia's Ministry of Health to be safe for consumption. They are available at Guardian, Watsons, Caring and all leading pharmacies nationwide.

Take two tablets daily before

meal preferably in the morning for optimum results.

It is recommended to start as early as the age of 20 to keep your skin younger-looking, firmer, smoother, softer and more radiant.

■ For more information, call Total Image customer hotline at 03-2276 1366 or email to [info@totalimage.com.my](mailto:info@totalimage.com.my)

This is a supplement product advertisement.

KKLIU No.1629/2019

## Tips for dealing with spots and bumps

THAT awful moment when you look in the mirror and realise you've got a spot. Here are some tips on how to deal with it swiftly and safely.

First, don't start pouring on toothpaste, lemon or any other "Internet recommended hack".

Although it is tiny, you are dealing with an open wound.

Toothpaste, for example, will irritate the skin, drying it out and make matters worse. So only use appropriately formulated products.

Second, clean the area gently with a facial soap. Pat dry carefully.

You need to treat the skin gently because it is delicate. Being rough can lead to scarring.

Third, apply an over the counter product that contains benzoyl peroxide or salicylic acid.

These products work to reduce and prevent, so it's a double whammy. It also helps to use a noncomedogenic moisturiser as it's specially formulated to prevent blocked pores.

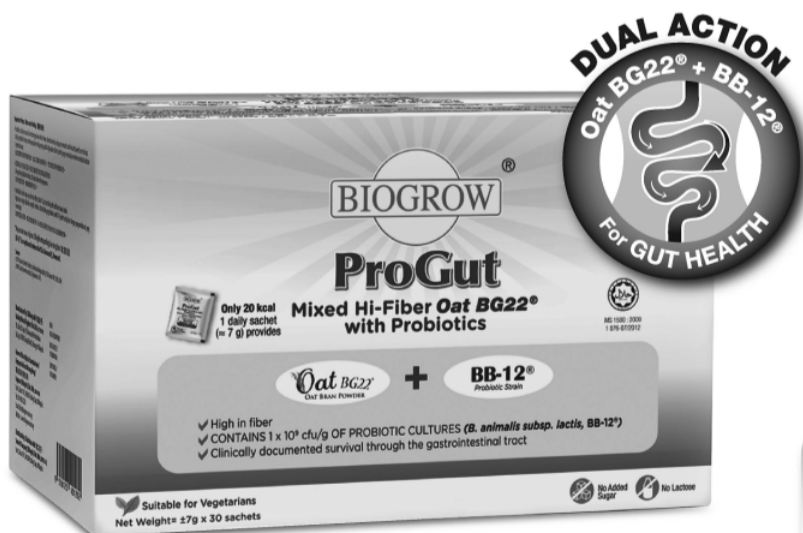
Once you've done this, leave it alone to heal. If you have to go out and it's just too awful to leave untouched, buy a good concealer.

Choose one that goes with your natural complexion and apply very lightly with a cotton bud.

Tip: men, this works for you too. Just put on a tiny dab. Or try a tinted moisturiser.

# Having IRREGULAR bowel movement?

**BIOGROW®**  
**ProGut**  
Protects Your Gut...



No Artificial Ingredients



No Added Sugar



No Lactose



No refrigeration required



Suitable for Vegetarians



Do not mix with hot water!

## A Drug-free Way to Manage Bowel Movement

2.4g of soluble & insoluble fibers

• Improve bowel function by increasing stool frequency and stool weight<sup>1,2</sup>

1 sachet daily provides

**DUAL ACTION**

1 Billion CFU clinically proven \**B. lactis*, BB-12® probiotic strain

• Improves intestinal function by balancing gut microbiota & bowel frequency<sup>3,4</sup>

### References:

1. EFSA Panel on Dietetic Products, Nutrition & Allergies (NDA); EFSA Journal 2011; 9(6): 2249.
2. J Am Diet Assoc. 1987 Sep; 87(9):1164-71.
3. Microorganisms. 2014 Jun; 2(2): 92-110.
4. British Journal of Nutrition (2015), 114, 1638-1646.

\**B. lactis*, BB-12® is an MOH approved probiotic strain for food products. BB-12® is a registered trademark of Chr. Hansen A/S, Denmark.

Like us on Facebook



Available in all leading pharmacies nationwide & Shopee Mall.

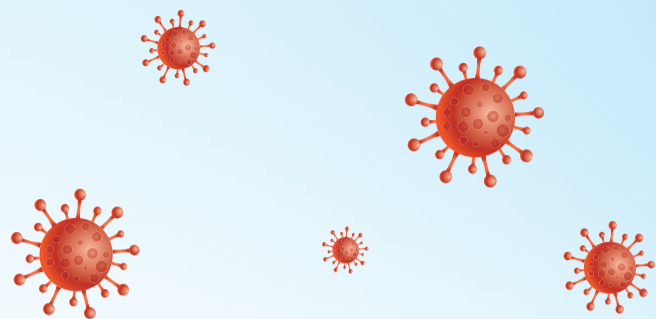


Legosan (Malaysia) Sdn. Bhd.

Company No.: 199301029457 (284196-H)  
Lot 6, Jalan 19/1, 46300 Petaling Jaya, Selangor.  
Call Infoline: 03-7956 2220 (Mon-Fri: 9am - 5pm)  
Website: [www.biogrow.com.my](http://www.biogrow.com.my)



Subang Jaya Medical Centre



# FLU VACCINE

Protects You and Your Family



Get Your Flu Shot Today!

**RM64.50**

Per Dose

Inclusive of Doctor's fee



Book an appointment today at our Health Screening Centre [03-5639 1389](tel:03-56391389) / [03-5639 1212](tel:03-56391212)

Subang Jaya Medical Centre    subangjaya\_medicalcentre

[www.subangjayamedicalcentre.com](http://www.subangjayamedicalcentre.com)

KKLIU-1726/2020

# Training the body to fight diseases

> FROM PAGE 5

• Myth No.6 – Natural immunity is better

Vaccines train the body to fight against diseases, thus building immunity. Without vaccines, the body may not know how to fight against a certain disease until it is too late.

Dr Rovisna observes these concerns are heightened by misinformation that is so readily available in our era of information through a click of a button. While many health articles are written with good intention to protect others, people continue to disseminate this misinformation to others.

Fortunately, many online platforms have taken action to fight misinformation. Amazon removed misinformed books on autism and vaccination, GoFundMe took down anti-vaccine campaigns from their website and Facebook no longer allows anti-vaccine content to be promoted through ads or recommendations, and making it less prominent in search results.

Dr Rovisna feels it is a shame that the fear of what a vaccine might otherwise do to a person has replaced the fear of the disease itself. To put the fear into perspective, she refers to the statement by



Dr Rovisna advocates for vaccination as it helps protect those who cannot be vaccinated, such as newborn babies and people with certain medical conditions.

The Centre of Disease Control that “the odds of a severe reaction following vaccination is one in a million”. There is a higher chance of one dying from a traffic accident, a fire or even by lightning strike.

### Working towards a disease-free world

Dr Rovisna advocates for vaccination as it helps protect those who cannot be vaccinated, such as newborn babies and people with certain medical conditions.

She asserts that vaccines are

safe, saves lives, saves money and may one day eradicate another disease in a similar way smallpox was.

She says, “I have a hope that we will see more people getting vaccinated, that our communities are immune to diseases and perhaps one day we will see another disease eradicated. What an achievement it would be to mankind if we could take away another disease from our community and leave it in the history books by just getting vaccinated.”

### Which vaccination is suitable for me?

Dr Rovisna stresses that everyone is not immune to diseases and recommends all adults to be vaccinated regardless of health conditions. She says, “You may think you are healthy enough to combat the disease, but you most probably don’t. Even if you do survive it, your body may be riddled with permanent damage from it. Besides that, the responsibility is placed on you for being a source of infection to other people who may not survive the disease.”

She refers to WHO’s statement that while immunisations currently prevent two million to three million deaths every year, more than 1.5 million people worldwide still die from vaccine-preventable diseases (VPD) annually. The US Office of Disease Prevention and Health Promotion reports 46,000-60,000 adults die from VPDs or their complications compared to 200-

300 children every year in the US.

Because adults differ from each other based on age, lifestyle and health conditions, Dr Rovisna advises to discuss with your physician or seek a consultation from any vaccine centre. She lists some common vaccination recommendations for adults:

### Vaccination recommendations

All adults – Influenza, tetanus/diphtheria

Senior citizens – Pneumococcal, shingles  
Adults with health conditions (diabetes, heart disease, lung disease) – Pneumococcal, influenza

Pregnant women (for every pregnancy) – Tetanus/diphtheria/pertussis, influenza

Travellers – Hepatitis A, yellow fever, rabies, cholera

Work environment (Food and animal handlers, healthcare and airline workers) – Typhoid, rabies, influenza

Disclaimer: This is a simplified table for recommended vaccinations. Dr Rovisna recommends

consulting a healthcare professional for better information on adult vaccination.

## Meeting energy and nutritional needs

ARE you having a hard time maintaining your balance while walking or standing?

With age, you will notice that daily activities that seem simple could not be carried out easily as compared to previous years.

If that is the case, you may be suffering from a condition called sarcopenia.

Sarcopenia has long been associated with older people, but the development of sarcopenia is now recognised to begin earlier in life.

After the age of 30, muscle mass decreases as much as 3-5% each decade and escalates at the age of 65. The process could also be accelerated if you do not get enough calories or protein in your diet and

the decrease in the ability to utilise protein.

One of the best ways to potentially prevent, delay and reduce the consequences and the tolls of sarcopenia is through balanced nutrition.

FontActiv Complete is a formula dietary food developed to help individuals achieve optimum health and energy.

It contains prebiotics (FOS), omega-3 (DHA), 28 vitamins and minerals. The Protein+ system, based on highly digestible proteins (100% whey protein) helps maintain muscle mass.

If you are suffering from lack of energy, loss of appetite or having chewing and digestive disorders

that may limit food intake, FontActiv could be your smarter choice as an oral nutritional supplement, meal replacement or sole source of nutrition.

FontActiv Complete ensures a good nutritional status and will help an individual’s wellness, to stay strong and active.

If you have other special medical conditions, consult your doctor or dietitian before consuming the product.

Enter promo code FATS06 to get RM6 off with the purchase of one canister of FontActiv Complete via [www.shine.com.my](http://www.shine.com.my)

■ For more details, look out for the advertisement in this *StarSpecial*.



FontActiv Complete is a formula dietary food developed to help individuals achieve optimum health and energy.

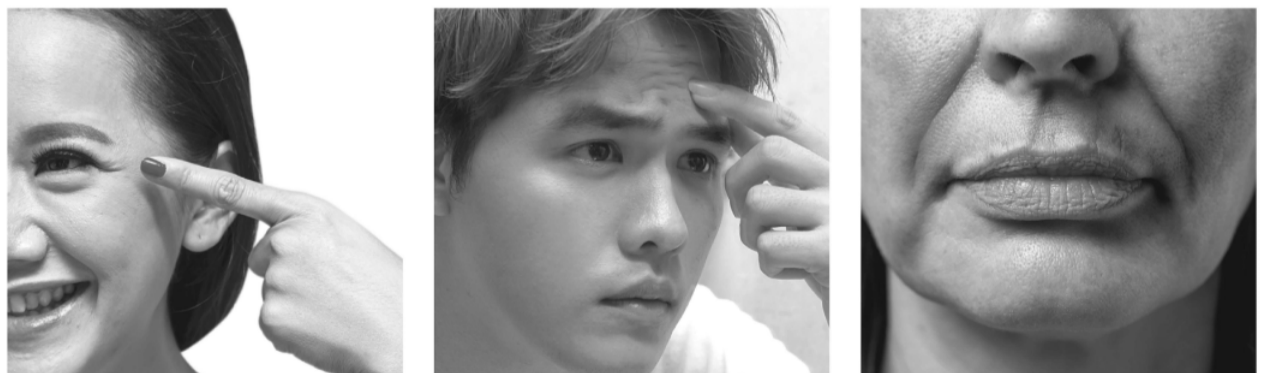
**TOTAL IMAGE®**  
— creating wellness since 1984 —



Collagen  
MAL 20040328 XR

Collagen Plus  
MAL 09072802 XR

Suitable for Men and Women



## SIGNS OF SKIN AGING GETTING VISIBLE?

Start taking collagen for firmer & younger looking skin

- Made from Pure Hydrolyzed Collagen which has smaller molecules for faster penetration into skin cells
- Optimum results within a short time to fight signs of aging
- Reduces fine lines, wrinkles, saggy skin, eye bags & dry, dull skin
- Skin looks younger, firmer, smoother & with a healthier glow

KKLIU 1630/2019

Total Image Regional (M) Sdn Bhd (191069U)

**HOTLINE: 03-2276 1366**

[info@totalimage.com.my](mailto:info@totalimage.com.my)

Available at

[guardian](#) [watsons](#) [CARING?](#)

and all leading pharmacies nationwide

This is a supplement product advertisement.

IT is of utmost importance to keep a correct balance between good and bad bacteria in your gut. An imbalance of your gut flora can negatively affect your well-being.

Ideally, the colony of microflora should be composed of a ratio of 85% good bacteria to 15% bad. The key is to promote the growth of good bacteria while reducing the amount of the bad.

There are hundreds of varying strains of bacteria in a healthy gut, with specific strains benefiting certain parts of the gastrointestinal tract. Lactobacilli strains reside in the small intestines and aid in the digestion of food and enhance immunity, while Bifidobacteria settle predominantly in the colon and are helpful in improving the health of the colon.

Probiotics have been shown to promote digestion and optimise the absorption of nutrients. They stimulate the enzymatic activities, which break down the food we ingest.

For example, Lactobacillus acidophilus helps alleviate the symptoms of lactose intolerance by breaking down lactose into simple sugars. In the colon, probiotics

# Towards a healthy gut

stimulate peristalsis, which promotes proper bowel movements to eliminate the detrimental waste and toxins from our bodies.

## Immune defence

Your gut and your immune system are closely linked. Housing 80% of your body's immune cells, your gut plays a vital role as the first line of defence against infections.

Probiotics in the gastrointestinal tract form a barrier on the intestinal wall, providing an extra level of defence against infectious bacteria and other triggers from entering the bloodstream.

Probiotics block the bad bacteria by competing for nutrients and adhesion sites on the intestinal epithelial surfaces.

By establishing colonies of good bacteria in the gut, probiotics help discourage the less friendly bugs which otherwise the immune

system would have to deal with.

## What makes a good probiotic formula?

Not all probiotics strains are created equal. It is important to use the right strains, which have been scientifically proven to be effective in treating specific health conditions.

To ensure quality and efficacy, look for a probiotic formula fortified with prebiotic. Inulin is one of the best-known examples of prebiotics, which help stimulate the growth and activity of probiotics in the gut.

Look out for a formula that is:

- High strength
- Consists of multiple strains
- Resistant to stomach acid, bile and antibiotics to survive the stomach and intestinal transit
- Stable at room temperature during their storage throughout their shelf life

- In the form of capsules so the bacteria are protected from air, moisture and other contaminants
- Added with prebiotic to stimulate growth and activity of beneficial bacteria

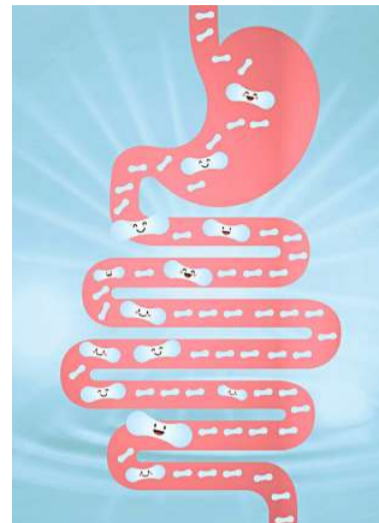
## Maintaining a balanced gut microflora

Tending to the bacteria in your gut is an ongoing process. Supplementing with probiotics offers a fast and effective way to replenish the good bacteria.

Remember, you can only achieve good health when your body is able to effectively absorb and utilise the essential nutrients from what you eat and eliminate the metabolic by-products and toxins from the body.

This article is brought to you by VitaHealth.

■ For queries, call 1800 183 288.



There are hundreds of varying strains of bacteria in a healthy gut, with specific strains benefiting certain parts of the gastrointestinal tract.

## Tips to rejuvenate dry, flaky knees and elbows

ARE your elbows and knees rough? Here are some tips for fixing common issues. When you have really dry and flaky skin, consider that elbows and knees tend to have thicker skin than on other parts of the body as well as more skin folds. This is good stuff because it helps the joints to be protected and move easily.

However, these areas tend not to have oil glands, so the skin is extra dry. To maintain youthful skin, incorporate a coconut oil wash into your routine three times a week.

Coconut oil is rich in vitamin E that keeps skin soft and supple. Just have your shower, and then rub in the oil. Let yourself air dry.

As skin is thicker around the

joints, and drier, it may also be darker.

If you want to lighten it, then you must apply sunscreen every day before you go out. You can also try and lighten the skin a little by exfoliating and then using lemon or lime.

The drawback is that it will help lighten the skin, but it also dries it

out. So after you do this, apply a good moisturiser.

Alternatively, buy a good vitamin E cream and be sure to let it soak in for five minutes to get maximum benefits.

Another problem is that as we age, declining muscle tissue and bone mass can lead to more wrinkly skin. The solution to that is to

do a little working out that replenishes muscles and keeps your bones strong. Clearly you need to balance exercise with strain.

Good zero impact exercise includes swimming but you can also go for tai chi and yoga, both of which focus on gentle exercise that improves flexibility as well as strength.



**FontActiv®**

## Optimum Nutrition to Achieve Better Health

100% WHEY PROTEIN

COMPLETE & BALANCED  
Essential Macro & Micronutrients

TRANSIT  
Prebiotic Fibre (FOS)

HEART & BRAIN  
Omega 3 (ALA) & DHA

✓ 28 Vitamins & Minerals  
✓ Lactose & Gluten Free

**THE MOST PREFERRED FLAVOUR**

FontActiv  
Recipe Contest

**JOIN TO WIN!**  
Stand a chance to win Hamper worth RM200!

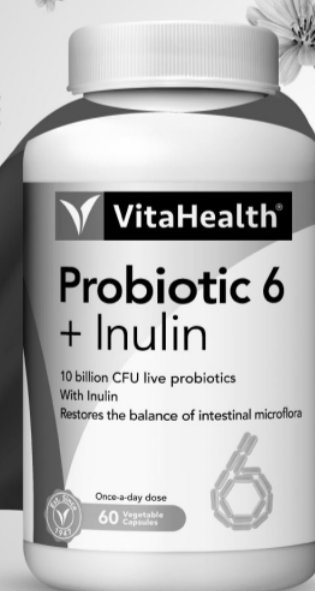
For more details, visit [FontActivMY](https://fontactivmy.com)

Distributed by:  
Y.S.P. INDUSTRIES (M) SDN. BHD. (199001001034)

Product Info Line: 1800 88 3679

[FontActivMY](https://fontactivmy.com) [www.shine.com.my](https://www.shine.com.my)





**VitaHealth®**

## Health Begins in the Gut

**Probiotic 6 + Inulin**

10 billion CFU live probiotics  
With Inulin  
Restores the balance of intestinal microflora

Once-a-day dose  
60 Vegetable Capsules

MAL08082547X

**PROMOTES** gastrointestinal health

**STRENGTHENS** the body

**ENHANCES** nutrient absorption

KKLIU1714/2020 • This is a supplement product advertisement.  
Available at all leading pharmacies.  
VitaHealth Malaysia Sdn. Bhd. 200001031874 (534481-V) • Toll-free no.: 1800-18-3288

