

# Star Special

THE STAR, TUESDAY 21 NOVEMBER 2023

YOUR HEALTH

## Redefining comfort

INTRODUCING the Gintell S7 Plus, 2nd Gen 8-Hands Wellness Chair, the latest addition to the Gintell Wellness Chair Series. Enhanced with 2nd Gen 8-D Twin Rollers, this innovative massage chair allows users to choose their preferred massage techniques simultaneously, targeting the upper and lower back for a deeper, more precise massage experience.

The Gintell S7 Plus's speciality is the 178° L-Flex Track. The letter "L" stands for Lumbar. It is the first dual massage track in Malaysia that signifies unique flexibility which allows the massage track to incline and recline at various angles, precisely tailored for the upper and lower back, unlike other massage chairs which remain stagnant on a specific angle. This design allows the massage chair to recline at a 178° angle and be adjusted to your body curves for an intense massage allowing the massage rollers to target the right nerves, especially on the lower back and waist, leaving users feeling refreshed. After a session, you will feel refreshed, and it can even improve your posture and reduce

lower back strain. Therefore, it is like having a personal masseuse and posture coach all in one chair.

The Gintell S7 Plus is an amazing massage chair because it has a special AI Fatigue Bio-Scan System that can check your heartbeat, blood oxygen level and fatigue level. By putting your finger on the biometric scanner for 30 seconds, it does a body index check and automatically gives you a personalised massage programme based on what it finds out. It's like having your personal massage therapist in a chair.

Besides daily massage, our body needs stretching as well. That is where the 230° Thai Massage full body stretching programme built into the Gintell S7 Plus comes in handy. This programme is intensified by the 178° L-Flex Track and 2nd Gen 8-D Twin Rollers that recline at a 230° angle. This helps stretch out your body from neck to foot.

Overall, it enhances your joint flexibility and mobility. This programme is fully endorsed and consulted by renowned tit-tar master (bone setting specialist) Datuk Seri master Chris Leong.

To relieve muscle tension and promote relaxation, the Gintell S7 Plus incorporates the 360° Heat Spa Therapy, using warm compression airbags which are placed strategically on the back, waist and calves. It also includes a cross-body strap designed for abdominal heating, providing relief from muscle spasms and menstrual cramps.

For improved sleep quality, the Gintell S7 Plus also offers three auto-programmes from the Brain Relief Therapy session: Total Relax, Mental Care and 230° Thai Massage. These programmes gently calm the nerves while soft, soothing background music plays throughout the massage session.

Aside from the usual AI Voice Control or touch screen controller, users can control the massage

chair from their smartphones through Bluetooth connectivity. The Gintell Super App OS application which can be downloaded from Google Play Store and App Store.

Overall, the Gintell S7 Plus, 2nd Gen 8-Hands Wellness Chair offers 20 automatic programmes, 11 unique massage techniques, adjustable massage speed, up to five levels of 4D intensity, a wireless charging port with USB connector, VI Memory programme and the relaxing Zen Light which enhances the user's mood and surrounding ambience.

To celebrate the new launch of the S7 Plus, Gintell is currently offering a special promotion for a limited time at RM18,988.

Generally, its retail selling price will be RM33,988 with gifts worth up to RM8,988. Upon purchasing the Gintell S7 Plus, you will also receive a complimentary 8-Day Health Programme to help you kick-start your wellness journey.

■ For further enquiry or pre-order, call 012-404 6033, visit [www.gintell.com](http://www.gintell.com) or visit your nearest Gintell showroom.



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Care for Life

# The dangers of tuberculosis

TUBERCULOSIS, or TB for short, is a harmful disease caused by a germ called *Mycobacterium tuberculosis*. Despite the many advancements made in medicine, TB remains a major health issue. According to the World Health Organization, an estimated 10.6 million people worldwide were infected with TB in 2022.

According to Damansara Specialist Hospital 2 pulmonologist Dr Mohd Arif Mohd Zim, Malaysians are still unaware of TB. He explains that many studies done previously to investigate the knowledge of TB among Malaysians showed that there is a poor understanding of the disease. Even healthcare workers do not have enough knowledge when it comes to TB.



Dr Mohd Arif Mohd Zim.

## The potential causes of TB

TB is known to affect the

respiratory system but it can also impact other organs and systems in the body. Therefore, it is important to know the risk factors that can lead to it. Dr Arif mentions that if

you have close contact with a TB patient, you may be at risk of developing the disease.

“If you are family members or friends of someone who has TB or even if you are in the healthcare industry, you can be exposed to patients who have TB. Patients who have comorbidities like diabetes or renal failure, those who go for dialysis, these kinds of patients can get TB as well.”

Individuals with weakened immune systems are also at risk of getting TB.

Immunocompromised patients such as patients with HIV, cancer patients on chemotherapy and autoimmune disease patients such as SLE, and rheumatoid arthritis, who are on immunosuppressants can further weaken their immune systems.

## Symptoms of TB

Dr Arif notes that the most important symptom to look out for is a chronic cough. If you experience it for more than two weeks, alongside other symptoms such as weight loss, loss of appetite, coughing up blood, fever and night sweats, seek medical attention as soon as possible as these are the most common symptoms of TB.

## Medication and its importance

While TB can be fatal, it is fortunately curable. Dr Arif explains that the best way to treat TB is through medication. The process lasts around six months, with the first two months being intensive treatment while the last four being maintenance treatment.

However, Dr Arif brings up the issue that some patients do not properly follow their medication routine, “People tend to skip their medication and not take their medication at all. This becomes an issue. When a patient is not taking their medication properly, they can’t finish their six-month treatment. Then they can develop what we call drug-resistant TB. So when you have drug-resistant TB, it’s very difficult to treat. The cost is very high, medication is different and duration to treat is even longer.”

## The stigmatisation of TB

The lack of awareness regarding TB in Malaysia has created many misconceptions surrounding it. Dr Arif explains that Malaysians think TB is highly infectious and that they need to isolate themselves throughout treatment to contain it, this leads to a negative stigma associated with TB. Patients with TB will try to conceal their symptoms and disease which

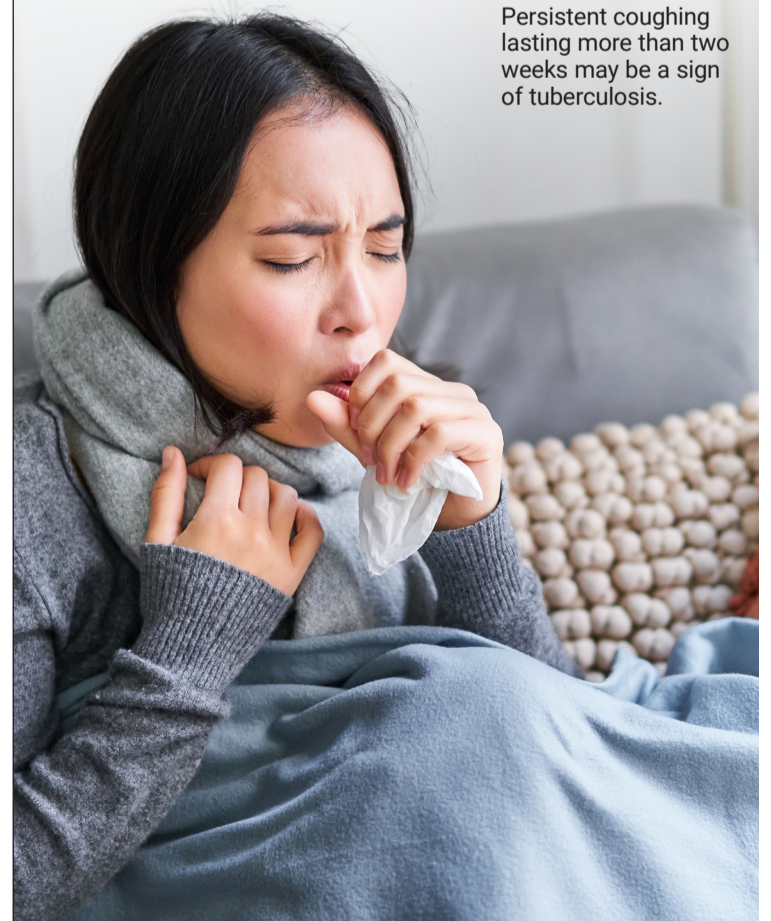
“Tuberculosis, or TB for short, is a harmful disease caused by a germ called *Mycobacterium tuberculosis*. Despite the many advancements made in medicine, TB remains a major health issue. According to the World Health Organization, an estimated 10.6 million people worldwide were infected with TB in 2022.”

will prevent early diagnosis, treatment, hindering contact tracing and detection of new cases.

Proper research and fact-checking are essential to understand the effects of TB and how to properly manage it. Therefore, educating yourself about TB is the first step in reducing the number of cases in Malaysia.

■ For more information, call 03-7717 3000.

Persistent coughing lasting more than two weeks may be a sign of tuberculosis.



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# Alleviating joint pain

IF climbing stairs feels like a battle and stiff joints make getting out of bed in the morning a struggle, you may be suffering from joint pain. Sometimes, joint pain is just an annoyance that comes and goes. But in more severe cases, it can lead to aggravating pain, swelling and stiffness, making it difficult to perform daily tasks. Joint pain can have multiple causes and attack different parts of your body: spine, neck, knees, feet, ankles, hands, wrists or shoulders.

While joint pain usually affects older adults, it can also develop in younger men and women of any age. For those with a busy and active lifestyle, do you dread dealing with cranky joints and muscle soreness after pushing through an intense workout? Those repetitive movements can wear down your joints, leaving you feeling achy. Additionally, vigorous exercise triggers an inflammatory response and the release of free radicals that can potentially damage your muscles. This discomfort can significantly hinder your daily mobility.

Fear not, there is a natural remedy to help you refuel and recover. Known for its antioxidant and anti-inflammatory properties, turmeric can help to alleviate joint pain and muscle soreness. HydroCurc turmeric extract uses LipiSpense technology that allows curcuminoids to freely disperse in water for maximum absorption in the body. It delivers curcuminoids faster than standard curcumin extracts while

reaching the highest levels of bioavailability on the market today.

When combined with other essential nutrients, turmeric may synergistically accelerate your recovery, reduce the risk of injuries, and even elevate your exercise performance.

Boswellia serrata and bromelain also play a role in alleviating joint pain and inflammation. Besides these, hyaluronic acid helps to restore joint flexibility while acting as a lubricant and shock absorber. Moreover, Type two collagen also serves as the foundational building block of cartilage, reducing friction between joints.

This informational article is brought to you by VitaHealth.

■ For enquiries, call 1800 183 288.



# Diabetes across ages

BEING diagnosed with diabetes as a child or an older adult can be distressing to both the patient and family members as they are more likely to face unique challenges tied to their circumstances.

However, through proper care, dependents can manage their condition effectively and continue enjoying life to the fullest. Here are some of the most important considerations that caretakers should keep an eye out for:

## Protecting young children

As parents will naturally worry about their child's well-being, the introduction of insulin and new dietary restrictions on top of other parental concerns can quickly become overwhelming.

One of the best ways to reduce the stress

It is important to build a safe space where younger patients can open up about their struggles with diabetes.

associated with caretaking is to rely on others. For example, if your child is currently enrolled at school, consider providing the necessary information and resources to teachers and staff to ensure that they can support your child's management of diabetes during school hours.

This would include a detailed copy of your child's care plan provided by a doctor, explaining how to administer insulin and other medical devices, and a list of relevant contacts in case of emergency.

## Assisting adolescents

Once a child begins developing independence, they can self-manage their disease and perform tasks such as insulin regulation. However, living with diabetes can cause disruptions to an adolescent's emotional regulation, especially during a key stage of emotional development.

It is common for adolescents with diabetes to experience feelings of anxiety and frustration surrounding their condition and face social isolation from their peers.

In particular, body image concerns and eating disorders can be particularly damaging. If left untreated, eating disorders increase the risk of long-term complications such as damage to the eyes and kidneys.

As a parent, fostering an environment where adolescents can be honest about their thoughts gives them a proper outlet to release their frustrations. For example, introducing them to diabetes support groups helps provide a safe space for your child.



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# Benefits of quitting smoking

A SERIOUS conversation about nicotine addiction has always been difficult, especially when persuading a smoker to quit. The topic is rarely brought up despite nicotine being the most abused but legally addictive substance. The social normalisation would have certainly contributed to the relatively constant rate of nicotine product use despite abundant evidence on the negative consequences.

Understanding the history of nicotine product use would help us to better understand why nicotine addiction is a continuous global challenge. Tobacco use has been documented for over 8,000 years, which led to its cultivation in 5,000 BC in Central Mexico. Originally used among the Native Americans in religious ceremonies and for medical purposes, it was regarded as a valuable item and was used as gifts.

In 1760, Pierre Lorillard established the first company in the US that processed tobacco to make cigars and snuff. Less than two centuries later, many tobacco companies were established, creating a lucrative industry.

Over the past 20 years, tobacco products have changed in both content and presentation in an effort by the tobacco industry to target new and diverse populations, including children. Claims have been made about the more medically disastrous nature of the newer generations of products due to the "fortification" of ingredients to modify the flavour or to change the nature of the tobacco from leaves to vape juices.



Quitting smoking improves your health to that of a non-smoker in 15 years.

## The benefits of not using tobacco products

Here are some major reasons why smokers should quit:

### 1. Break the cycle of addiction

Leaving one unsatisfied is an anecdote portraying the addictive nature of nicotine. Nicotine leads to tolerance and withdrawal which illustrates a continuous cycle which in time will become harder to break.

### 2. Reduce the risk of getting cardiovascular diseases

Smoking is a modifiable major risk factor of cardiovascular diseases, which are one of the main causes of death in Malaysia. This includes coronary heart disease and stroke. When a person stops smoking, the benefits start almost immediately with the risk of heart attacks and stroke returns to the level of non-smokers after 15 years. Smoking cessation would also reduce blood pressure which

is another important risk factor for cardiovascular disease.

### 3. Improve the functions of the lungs

Tobacco products use affects the lungs directly during inhalation and indirectly through circulating toxins in the blood. The use is well known to cause impairment of the lungs function and cancers. Quitting has been shown to improve the lungs' function and reduce the risk of lung cancer at a rate similar to the non-smokers after 10 years.

### 4. Improved immune system

Our immune system protects us from infections. It is activated when our body is invaded by a virus, bacteria or any other foreign body. This activation is impaired by toxins in cigarette products, making us susceptible to infection. An optimum immune system also plays a significant role in protecting us against cancers.

### 5. Reduce the ageing process

Ageing is a natural process. However, using tobacco products speeds up the ageing process due to the cells' inability to regenerate healthily in the presence of the toxins. Thus, quitting smoking would allow the body to recover better and improve its vitality.

### 6. Join the "new norm"



Dr Faridah Mohd Zin.

Community studies have shown an increasing trend of smokers wanting to quit with health concerns being the most popular reason, followed by the health of loved ones and other sociodemographic factors. Hence, deciding to quit tobacco product use is a norm smokers should be comfortable with.

Health screening and wellness specialist at MSU Medical Centre Dr Faridah Mohd Zin explains that the cold turkey method remains the most popular method chosen by smokers to quit using tobacco products. However, this method has been shown to have the highest failure rate in the short and long term, primarily due to the resulting unpleasant withdrawal symptoms, as opposed to gradual reduction over time or by using replacement medication.

Scientifically proven replacement medications are safe and effective if used under supervision by certified professionals. Although the decision to continue smoking depends entirely on the smokers, the right for a clean air remains the right of everyone.

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## Caring for diabetes

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In cases where an adolescent is struggling to cope with their situation, consulting a mental health care professional can help with work through their emotions and guide them towards healthier coping mechanisms.

### Caring for older adults

Because of geriatric comorbidities such as cognitive impairment and hindered mobility, the elderly face unique challenges when dealing with diabetes. Older diabetes patients experience a lower quality of life due to increased risk of falls, poor medication adherence and reduced ability to perform everyday activities.

Diabetes in older adults has also been linked with a higher risk of both acute and chronic microvascular and macrovascular complications.

As a caretaker of an older adult, it is important to take the right measures to minimise the effects of their diabetes condition.

Through proper management and care, older adults with diabetes can continue to live fulfilling lives.

For example, scheduling regular health checkups is useful for tracking the progression of the disease and ensuring proper adherence to treatment.

Formulating a simple and healthy diet plan and creating a checklist of comorbidities and required medication makes it easier for dependents to manage their diabetes condition. Fortunately, there are accessible mobile apps for managing aspects of diabetes tracking, such as calorie counting and storing medical profiles.

Never forget that a fulfilling life is a possibility. All it takes is proper research and discipline in managing the condition.

