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THE STAR, TUESDAY 17 MAY 2022

YOUR HEALTH



Keeping your body and mind well

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Dementia and hearing loss

HAVING hearing loss can be a frustrating experience and impact our quality of life. Many are diagnosed with mild to moderate hearing loss but refuse to wear hearing aids due to various factors including cosmetic issues, affordability and stigma.

Besides the factors mentioned, audiologist at 20dB Hearing Tong Lee Choo believes hearing loss may lead to other cognitive issues like memory loss or problem-solving skills due to reduced brain activity.



Tong Lee Choo.

Hearing loss is an important risk factor for dementia

According to the World Health Organization, dementia is classified as a major public health problem that can profoundly impact human life. Untreated hearing loss can lead to dementia. A study done by Johns

severe hearing loss are at five times of higher risk to develop dementia.

Auditory fatigue and social isolation

Hearing loss can cause auditory fatigue when the brain needs to work harder as patients need to focus more to listen, especially in a noisy environment. It drains their energy and often causes patients to give up on communicating and socialising with their family members and friends. People with hearing loss may start withdrawing themselves from human interaction and end up in social isolation.

How can hearing aids help?

Wearing hearing aids keeps the brain stimulated and reduces

patients' listening efforts. The audiologist will fine-tune hearing aids to make sure they are fitted optimally. Patients will be able to hear clearly again and engage in conversations with loved ones.

Some studies suggest that it may be essential to treat hearing loss before significant brain shrinkage occurs. However, there is a lack of research proving that treating hearing loss could slow down or reverse the progress of dementia.

Treat your hearing loss today to reduce the risk of dementia

This might come as a surprise but hearing loss needs more than just a pair of hearing aids.

Audiologists play an important role in making an accurate diagnosis and providing professional consultation to solve hearing problems.

■ For more information, call 1800 882 032, WhatsApp 012-942 7729 or follow 20dB Hearing on social media.



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Traditional way to ease your cough

TIGER milk mushroom, also known as *lignosus rhinocerus* is a medicinal plant used by the aborigines and locals, traditionally used to relieve cough for more than 400 years. It can only be found in tropical rainforests in Southeast Asian regions such as Malaysia, Indonesia, the Philippines and Thailand. As only one tiger milk mushroom can be found by chance within every 5km radius, it is therefore regarded as a valuable herb. The properties of tiger milk mushroom are only found in the underground tuber, known as the sclerotium.

Tiger Milk Mushroom is also hailed as Malaysia's national treasure. Shine Respicare is specially formulated with *sclerotia lignosus rhinocerus* (tiger milk mushroom) and cordyceps sinensis.

Shine Respicare is traditionally used for the relief of cough and for general health maintenance.

Keep Shine Respicare in your homes as a handy herbal remedy for cough today. Now available at selected Watson stores, independent pharmacies and medical halls.

This article is brought to you

"Tiger milk mushroom can only be found in tropical rainforests in Southeast Asian regions such as Malaysia, Indonesia, the Philippines and Thailand."

by Y.S.P Industries (M) Sdn Bhd.

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■ For more product information, call the customer hotline at 1800 883 679 (Mondays to Fridays).

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KKLIU EXP: 31/12/2024

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Celebrate Parents Day with personalised massages at home

PARENTS Day is around the corner and it may be the best time for you to express your love, appreciation and gratitude to your parents. Besides treating them to a good meal or bringing them for holidays, why not try something different this round, giving them the absolute comfort that they truly deserve.

Introducing the Gintell S5 SuperChAiR, a massage chair that can be the best companion to your parents while giving them the greatest comfort at home.

The new S5 SuperChAiR massage chair is equipped with 'AI-R Massage Hand', the latest and most advanced Airbag Rollerball technology. This feature has three levels of protrusion adjustment of up to 12cm, providing deep massage to the users' muscles and acupuncture points, with humanlike touches and flexibility.

This massage chair has a built-in intelligent voice control technology called AI Vi-Tec Massage Hand. Personalise your parents' massage with the voice control feature and feel the S5 change its massage pattern according to each command. Additionally, with the S5's exclusive V-Memory Programs, the chair is able to memorise favourite massage techniques and store them intelligently. Users can store up to three custom programmes for further convenience.

The S5 SuperChAiR also has a 'Shiatsu Stretching' function. It is the latest stretching programme recommended by Datuk Seri Chris Leong, which aims to help relieve your parents' neck, shoulder and back pain and promote blood circulation.

In addition to that, Gintell has added the 'Thai Rolling' traction function to help your

parents improve their joint flexibility, relieving their knee tension and strengthening their muscles.

The S5 SuperChAiR is equipped with a 135cm XV-Track, which allows for massages from your shoulder and neck to your lower back, and even the buttocks and thighs, helping to alleviate tension in your lower disc muscles. Another superb feature is the 4D Foot Guasa Massage function that provides a full foot massage, helping to stimulate blood flow as well as offering your parents the best kind of relaxation at home.

Have your parents enjoy up to 15 different health and massage programmes that are pre-set in the S5 SuperChAiR. It includes heat therapy for the back and calf, allowing different experiences, that can also help with a better metabolism.

Together with the 3D Bluetooth surround sound, you can play your parents' favourite tunes while they enjoy their massage.

In conjunction with the upcoming Parents Day, Gintell will be offering a special deal with a buy one free one package. Starting from just RM277.44 per month, you and your parents can enjoy an amazing massage experience at home at any time. Terms and conditions apply.

Gintell was established in 1996 and it has expanded its business and distribution network with more than 100 outlets throughout the country. Gintell was awarded by *The Malaysia Book of Records* for *The Largest Healthcare Products Chain* outlets. Recently, Gintell was also recognised for selling the most massage chair and treadmills last year despite the pandemic.

All electronic products under the Gintell brand are Sirim-certified.

■ For more information, call 03-6277 9333, visit the nearest Gintell showroom or visit www.gintell.com.

Amber Chia
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*This is a supplement product advertisement. KKLIU 1821/2021. KKLIU Expiry Date: Dec 31, 2023.

WE experience stress when we are out of our comfort zone.

The most popular definition of stress, as claimed by the American Institute of Stress, is a condition or feeling experienced when a person perceives the demands that exceed the personal and social resources the individual is able to mobilise.

Stress is the body's response to manage threats or fight for survival.

In 1979, British cardiologist Dr Peter Nixon developed a diagram to illustrate the balance of good and bad stress, later called the Human Function Curve. He found that a person's optimum level of performance does not occur with zero stress but somewhere between having no stress at all and before it becomes overwhelming. Thus, a stressor is important to enable the best accomplishments.

On the other hand, continuous unresolved stress would lead to a deterioration in performance, health breakdown and burnout.

What happens when we are under stress?

When a stressor is present, our body produces multiple hormones, mainly adrenaline and noradrenaline. These are the survival hormones that give us the boost we need to survive a threat or to control a particular situation.

For example, when the day of Eid was announced, Muslims had to react by thinking of ways to manage the situation within a short period of time, making what seemed like an impossible task, possible.

Submitting to a stressor, however, leads to the production of cortisol. Cortisol is the damaging stress hormone, which if continuously produced over a long period, can lead to many negative effects.

Some examples of physical effects related to chronic stress include an increase in blood pressure, in turn increasing the risk of getting a heart attack, stroke, heartburn, acid reflux, headaches, back and shoulder pain,

Coping with stress

infertility, disturbance in menstrual cycles and reduced immunity against infection.

High pressure and stress levels can cause psychological deterioration.

Psychological impacts can also be profound, leading to anxiety and depression. Stress is known to affect behaviour, which can impact the people around us, more so those who care about us.

How to respond to a stressor?

Stress is the way the body adapts to change. How people react to change, described by J.P. Henry and P.M. Stephens via the Psychological Stress Model (1977), is influenced by our coping patterns, early experiences and genetic factors.

As stress is subjective, people react to the same stressors differently. Some people may find different stressors to be more manageable or have the skills to control their levels of stress.

There are two practical ways to manage stress outlined in the Mental Health Module by the Health Ministry: 1) short-term method when facing a stressor; and 2) long-term method when solving a stressor.

Short-term method, listed in Bahasa as the 10B:

- B – Bertenang (stay calm)
- B – Bernafas dengan dalam (take deep breaths)
- B – Berkata “relaks/tak mengapa” (say “relax/it is okay”)
- B – Beribadat (perform spiritual acts)
- B – Bercakap dengan seseorang (talk to somebody)
- B – Berurut (get a massage)
- B – Berehat dan mendengar muzik (rest and listen to music)
- B – Beriadah (engage in fun activities)
- B – Bersenam (exercise)
- B – Berfikir positif (think positively)



Dr Faridah Mohd Zin.

Long-term method, listed as IDEAL:

- I – Identify the problem
- D – Describe possible ways to overcome the problem
- E – Evaluate the pros and cons of each way to overcome the problem
- A – Act in the best possible way to overcome the problem
- L – Learn from the outcome of the chosen action.

Is stress preventable?

Since stress is our body's response to a given stressor, proper control of the stress will enable us to perform at an optimal level, as described in the Human Function Curve by Dr Nixon.

Apart from the two techniques described above, practising a healthy lifestyle has been proven to prevent stress from becoming toxic to our body and mind. The five pillars of a healthy lifestyle are a balanced diet, being

physically active, maintaining a normal body weight, not smoking and not consuming excess alcohol.

Consuming a healthy, balanced diet would help in managing stress as it provides sufficient nutrients for our physical and mental health. Following the Malaysian Food Pyramid 2020 would help in maintaining the most important pillar of a healthy lifestyle.

Being physically active triggers the release of endorphins, which counteracts the effects of cortisol. Endorphins are primarily made in the hypothalamus and pituitary glands. This happy hormone is well known to have the ability to relieve stress and pain. Physical exercise would also help to improve sleep quality which is likely affected by stress.

Maintaining a normal body weight can make a person feel good and confident, which in turn increases resilience towards a stressor.

Stress has been linked to comfort eating, whereby individuals turn to foods high in sugar and fat to make them feel better. Managing stress has become one of the most important components of weight management. Apart from comfort eating, many people turn to substances such as nicotine and alcohol for relief. Excessive substance use can lead to a higher level of stress as it is a short-term solution and not a way to manage the stressor.

Consultant family medicine and lifestyle medicine physician and a smoking cessation practitioner Dr Faridah Mohd Zin at MSU Medical Centre explains that stress is unavoidable and follows us everywhere. Hence, we need to have the ability to adapt to continue living tranquilly. Most of us can unconsciously learn the skills to manage stress from personal experiences. In addition, we should feel free to seek professional help as stress is real and can be harmful if not treated.

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KKLIU-1304/2022 EXPIRE DATE: 31 December 2024

The dangers of sleep disorders

SLEEP disorders are extremely common these days. Having trouble sleeping, waking up feeling exhausted or feeling lethargic during the day are all parts of sleep disorders. In this article, you will learn more about the symptoms and the right treatment for you.

A sleep disorder is a condition that frequently impacts our ability to get enough quality sleep. Some people may experience difficulties falling asleep from time to time due to factors like stress, travel, illness or other temporary interruptions that affect your bedtime routine. However, you might have a sleep disorder if you are regularly having trouble falling asleep and waking up exhausted.

Sleep disorders cause more than just daytime sleepiness, they can affect your daily activities and have a bad impact on your mental and physical health. It can also lead to weight gain, impaired school or work performance, learning disabilities, memory impairment and personality changes.

Quality sleep is not a luxury, but a necessity. When you sleep badly at night, you will feel tired in the morning and it can leave you feeling drained of energy throughout the day. However, no matter how tired you are during the day, you will still have trouble sleeping at night, leading to a continuous cycle. Having the following symptoms on a regular basis are possible indicators of a sleep disorder – difficulty concentrating, often being told by others that you look tired, being slow to react, have trouble controlling your emotions and desiring caffeinated drinks to keep going.

One form of sleep disorder is insomnia. Insomnia can be triggered by stress, environmental factors such as light, noise or extreme temperatures, jet lag, a health condition, medications and even the amount of coffee you drink. In addition, insomnia can also be caused by mental health issues and illnesses such as anxiety and depression.

Sleep apnoea is a sleep disorder that causes your breathing to temporarily stop during sleep and can often wake you. You might not remember the interruptions but you will feel exhausted, irritable and depressed during the day. Sleep apnoea can be considered as a potentially life-threatening sleep disorder if not treated.

Restless legs syndrome is another sleep disorder that causes uncontrollable urges to move the legs, usually because of an uncomfortable, stinging or aching sensation.

Narcolepsy is a genetic condition that causes excessive as well as uncontrollable daytime sleepiness. Narcolepsy can occur at any time of the day while you are performing your daily activities.

Circadian rhythm is the body's internal biological clock that is controlling our 24-hour sleep-wake cycle. Light is the primary cue that influences our circadian rhythms. When there is less light at night, the brain triggers the

"A sleep disorder is a condition that frequently impacts our ability to get enough quality sleep."

release of melatonin, a hormone that makes you sleepy. When the sun rises, the brain signals the body that it is time to wake up. If you have a circadian rhythm sleep disorder, you will likely feel weak, disoriented, and sleepy at inconvenient times.

Shift work sleep disorder is a condition when your work schedule and your biological clock are out of sync. Individuals who work night, early morning or rotating shifts often fall prey to this type of disorder. The work schedules force you to work when your body is telling you to sleep and vice-versa.

Delayed sleep phase disorder is a condition where your body clock is significantly delayed. You will find it difficult to sleep and wake up at normal hours. People with this sleep disorder are not able to sleep earlier than two to six in the morning.

In line with the goal to establish healthy sleep for everyone, Getha has announced the grand launch of Malaysia's only radiation protection mattress – the Getha Compass Collection. The mattress collection comprises three models, namely Getha Compass Gold 100 (firm plush), Getha Compass Green (super soft) and Getha Compass Star (medium firm).

The unique feature of the Getha Compass Collection is the radiation protection technology that protects your sleep from modern-day electronic devices. It gives 24-hour anti-static protection, promoting better-quality rest and building a stronger immune system. Any purchase of five- and six-foot Compass mattress series will be entitled to get a free Biocare Duvet worth RM1,999.

There will also be a purchase within purchase promotion that is valid with a single receipt of RM20,000 and above where customers are eligible to get a Star Luxury Massage Chair for only RM3,888.

Do you live with the above sleep disorders? Learn to help yourself by contacting Getha or through its website. A combination of solutions can help you control your symptoms, enabling you to enjoy your daily activities.

■ For more information, visit www.getha.com.my.

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Your health starts in your gut

ABDOMINAL pain, bloating, constipation, diarrhoea, heartburn, and nausea are often indicators of compromised gut health.

The gut plays an important role not only in supporting gastrointestinal health, but in the health and well-being of the entire body. If you want to fix your health, start with your gut.

Healthy gut microbiota refers to the balance of microorganisms that live in the

gastrointestinal tract. Poor diet, illnesses, stress or the use of antibiotics can disrupt and cause the imbalance of gut flora. Fortunately, restoring a balanced and healthy gut flora doesn't require great effort. You could supplement your diet with Shine Efiedo Probiotics Powder to help populate the gut with good bacteria and give the body a healthy boost.

Shine Efiedo Probiotics Powder contains *Lactobacillus rhamnosus* (LGG) and *B. animalis* subsp. *lactis* (BB-12) in powder form. Each serving of Shine Efiedo Probiotics Powder delivers at least 12 billion colony-forming unit of live bacteria to support gastrointestinal health.

For specific advice on obtaining probiotics supplement for your own specific health needs, especially GI issues, please consult your doctor before consuming the product.

This article is brought to you by Y.S.P Industries (M) Sdn Bhd.

■ For more details about the product, call the customer hotline at 1800 883 679 (Mondays to Fridays).

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KKLIU No.0590/2021
KKLIU EXP: 31/12/2023



MAL20026110NR

DHA for cognitive and brain development

CHILDHOOD is a period in which the brain develops and matures the most. As such, it is crucial that a child is well-nourished with a variety of nutrient-rich food.

Docosahexaenoic acid (DHA) is a type of omega-3 unsaturated fatty acid mainly found in fish such as salmon and tuna is often linked to various health benefits.

In *The Relationship of Docosahexaenoic Acid (DHA) with Learning and Behaviour in Healthy Children: A Review* published in the journal *Nutrients*, it is found that DHA is important for optimal visual and cognitive (the concept of learning) development.

In *The DHA (Docosahexaenoic Acid) Oxford Learning and Behaviour (DOLAB) Study (DOLAB)* published in *PLoS One*, a university study concluded that children aged seven to nine benefited from daily DHA intake, showing improvement in reading and learning behaviour.

Aside from potential benefits in brain development and growth, DHA is also shown to improve eyesight in children.

According to *n-3 Fatty Acid Supplementation in Mothers, Preterm Infants, and Term Infants and Childhood Psychomotor and Visual Development: A Systematic Review and Meta-Analysis* published in the

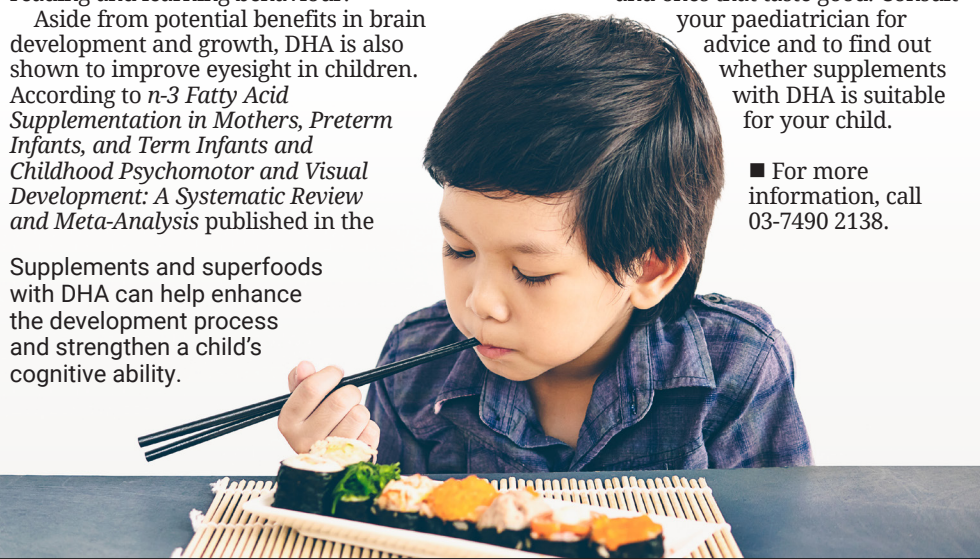
Journal of Nutrition, visual acuity in babies and infants was improved with n-3 fatty acid supplementation.

DHA and a nutritious diet are especially crucial during the first eight years of a child's life as the brain rapidly develops. Supplements and superfoods with DHA can help enhance the development process and strengthen a child's cognitive ability. It is recommended to incorporate approximately 2,000mg of DHA daily, that's about 150 grams of salmon.

With fish being an expensive meat source, acquiring the recommended DHA intake can be tricky. Child supplements produced with DHA are widely available and an easy and cheaper alternative to ensure your growing child receives a sufficient intake of DHA. It is important to choose the right supplements for your little ones from a reputable source and ones that taste good. Consult

your paediatrician for advice and to find out whether supplements with DHA is suitable for your child.

■ For more information, call 03-7490 2138.



Supplements and superfoods with DHA can help enhance the development process and strengthen a child's cognitive ability.

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