

The Editors' Musings

DR TINA TAN

Editor

Dr Tan is a psychiatrist in private practice and an alumnus of Duke-NUS Medical School. She treats mental health conditions in all age groups but has a special interest in caring for the elderly. With a love for the written word, she makes time for reading, writing and self-publishing on top of caring for her patients and loved ones.



At risk of sounding like a health magazine, we have curated several articles this month with focuses on (1) developments in the realm of obesity treatment, and (2) extreme diets that are trending these days, which our patients may turn to in the absence of medication or surgery.

This is relevant because our patients often learn of such matters and trends from their friends, family and the social media. They then consult Doctor Google, before approaching an actual doctor. For me, such conversations usually start off at the *end* of a consultation and would typically go, "Oh, and by the way, Dr Tan, have you heard of...?" or "Ah, before I leave, Dr Tan, what do you think of...?"

Thus, I direct you to Dr Rasminder Kaur and Dr Tham Kwang Wei's informative

article on anti-diabetes drugs that have recently been approved for use in obesity treatment. Dr Chie Zhi Ying has also written an insightful piece on the various extreme diets that her patients have been on, and the resultant impact such regimes have on a person's health and their overall control of their medical conditions.

On a lighter note, Dr Lim Baoying has written about her enjoyment of running, both as a way to keep fit (in her case, *athletically* fit) and to relieve stress. Naturally, we cannot forget that in the pursuit of physical well-being, we should not ignore our emotional well-being too (as a psychiatrist, I feel obliged to say so, though I acknowledge that it is not always easy living up to my own advice!).

With that, stay fit and stay healthy.

DR CHIE ZHI YING

Deputy Editor

Dr Chie is a family physician working in the National Healthcare Group Polyclinics. She also holds a Master of Public Health from the National University of Singapore and is a designated workplace doctor. She enjoys freelance writing and writes for Chinese dailies *Lianhe Zaobao*, *Shin Min Daily News* and health magazine *Health No. 1*. She can be contacted at chiezhiying@gmail.com.



With ready access to calorie-dense food and leading a sedentary lifestyle revolving around electronic devices for work and entertainment, global obesity rates are steadily rising and has been termed the "obesity pandemic". In Singapore, we have in place the Healthier SG movement, a national initiative focusing on preventive health, which also includes promoting a healthy lifestyle.

The fundamental thing about maintaining a healthy weight is balancing the energy intake from one's diet against the energy expenditure from physical activity and exercise. Those who are more health-conscious put in great effort and commitment to maintain a certain diet and exercise regime, allowing themselves to indulge on occasion. There are various diets and exercise regimes that one can choose

from to keep fit and healthy, but sustaining these healthy habits is a great challenge.

In this issue focusing on health and fitness, we are excited to have Dr Rasminder Kaur and Dr Tham Kwang Wei give us their insights into the use of diabetes drugs for obesity treatment. I am happy to share about some of the common but extreme health diets that my patients have tried in their bid to lose weight, in an effort to optimise their control of their chronic diseases. Additionally, get inspired by Dr Lim Baoying as she shares with us how she keeps healthy and fit with her zest for physical training and exercise.

As the old saying goes, "Health is wealth". No matter how busy we are with the demands of life, let us continue to keep health as our top priority so that we can give our all in achieving our goals. ◆