

PERCUMA / FREE

HEALTHY SIHAT

Terbitan Kementerian Kesihatan & Brunei Press Sdn Bhd

STRETCH
YOUR MIND
AND BODY

YOGA

UNTUK
BADAN DAN
MINDA YANG
LEBIH SIHAT

ALSO IN THIS ISSUE

CAN'T SLEEP?

TIPS ON OVERCOMING
INSOMNIA

**KURANG
TIDUR?**

CARA-CARA MENGATASI
INSOMNIA

BABY BLUES

UNDERSTANDING
POSTNATAL DEPRESSION

**MEMAHAMI
KEMURUNGAN
SELEPAS BERSALIN**

JUGA DI DALAM KELUARAN INI

**WORKPLACE
SAFETY**

**KESELAMATAN DI
TEMPAT KERJA**

KELUARAN KESEMBILAN / NINTH ISSUE



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Table of Contents

Update / Isu Terkini

World Blood Donor Day	Pg 4
Hari Penderma Darah Sedunia	Pg 5

Body / Badan

Can't Sleep? It Could Be Insomnia.....	Pg 6
Sukar Tidur? Awda Mungkin Mengalami Insomnia.....	Pg 7

Mind / Minda

Don't Panic : Anxiety Disorders Can Be Cured	Pg 8
Jangan Panik : Keresahan Boleh Dirawat	Pg 9

Active Lifestyle / Gaya Hidup Aktif

YOGA : S-T-R-E-T-C-H Your Mind And Body	Pg 10
YOGA : Untuk Badan Dan Minda Yang Lebih Sihat	Pg 11

Feature Story / Berita Unggul

Diabetic Retinopathy - What You Should Know.....	Pg 12
Diabetik Retinopati - Apa Yang Perlu Awda Tahu	Pg 13

Family Matters / Sayang Keluarga

Beat The Baby Blues: Understanding Postnatal Depression	Pg 14
Memahami Kemurungan Selepas Bersalin	Pg 15

Workplace & Environment / Tempat Kerja & Alam Sekitar

What Bosses Need To Know About Workplace Safety.....	Pg 16
Maklumat Setiap Majikan Perlu Tahu Mengenai Keselamatan Di Tempat Kerja	Pg 17

Food & Nutrition / Makanan & Pemakanan

Healthy Food, Healthy Life	Pg 18
Makanan Sihat, Kehidupan Sihat	Pg 19

Advertorial

What Is Gastritis?	Pg 20
--------------------------	-------

Healthy Recipe / Resipi Sihat

Healthy & Yummy! Ramadkan Berkat	Pg 21
Sihat & Sedap! Ramadhan Berkat.....	Pg 21

Ask The Doctor / Tanya Doktor

Health Quiz / Kuiz Kesihatan.....	Pg 22
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World Blood Donor Day is commemorated globally on 14th June every year since the year 2005. The main objective is to promote commitment and acknowledge recognition of blood donors as well as to encourage potential blood donors to donate blood and regular blood donors to continue donating their blood on a voluntary basis not expecting something in return. World Blood Donor Day is also meant to provide greater awareness among the public on the usage of safe blood.

The theme of World Blood Donor Day 2006 is "I am a blood donor, and I save lives". Blood, a very essential product, can neither be manufactured nor synthesised. It is required to save the lives of those who have been involved in accidents and undergoing surgical operations as well as for patients suffering from blood disorders like anaemia and thalassaemia.

WHO CAN DONATE BLOOD?

Healthy individuals:

- Between 18 - 60 years.
- Weigh at least 50kg.
- Free from colds, fever and other illnesses at the time of donation.

WHO NEEDS BLOOD?

- Cancer patients
- Leukemia patients
- Accident victims
- Surgical patients
- Premature infants
- Victims of fire/serious burns
- Patients with serious injuries
- Patients with blood disorders such as:
 - o Thalassaemia
 - o Haemophilia
 - o Sickle Cell Disease

HOW OFTEN CAN YOU DONATE BLOOD?

- Men: every 3 months.
- Women: every 4 months.

WHERE CAN I DONATE BLOOD?

- Blood Donation Centre
Raja Isteri Pengiran Anak Saleha Hospital
Bandar Seri Begawan
Telephone: 2242424 ext 338
- Blood Donation Unit
Hospital Suri Seri Begawan Laboratory Services
Kuala Belait
Telephone: 3335335 ext 4106
- Blood Donation Unit
Hospital Pengiran Muda Mahkota Pengiran
Muda Haji Al-Muhtadee Billah Laboratory Services
Tutong
Telephone: 4260721 ext 219
- At blood donation campaign venues.

WORLD BLOOD DONOR DAY



EVERY DROP COUNTS,
GIVING BLOOD SAVES LIVES





HARI PENDERMA DARAH SEDUNIA



SETIAP TITIS BERNILAI, MENDERMA DARAH MENYELAMATKAN NYAWA

Hari Penderma Darah Sedunia diraikan secara global pada 14 Jun setiap tahun bermula tahun 2005. Objektif utama adalah bagi menumpukan komitmen dan memberikan penghargaan kepada penderma-penderma darah serta memberikan galakan kepada mereka yang berpotensi sebagai penderma-penderma darah yang layak untuk menderma dan penderma darah terus menderma secara sukarela dan ikhlas tanpa mengharapkan imbalan. Hari Penderma Darah Sedunia juga bertujuan untuk memberikan kesedaran kepada orang ramai terhadap penggunaan darah yang selamat.

Tema Hari Penderma Darah Sedunia 2006, ialah "Saya penderma darah, dan saya menyelamatkan nyawa" (I am a blood donor, and I save lives). Darah satu produk yang sangat penting yang tidak dapat ditukar ganti bagi membantu menyelamatkan mereka yang terlibat dalam kemalangan, pembedahan, pesakit kanser dan menghidap penyakit-penyakit darah seperti anemia dan talasemia supaya mereka berkeupayaan menjalani kehidupan seperti biasa.

SIAPA YANG BOLEH MENDERMA DARAH?

Setiap individu yang sihat:

- Berumur di antara 18 - 60 tahun.
- Mempunyai berat badan sekurang-kurangnya 50kg.
- Tidak menghidap selsema, demam panas dan penyakit-penyakit lain semasa menderma darah.

SIAPA MEMERLUKAN DARAH?

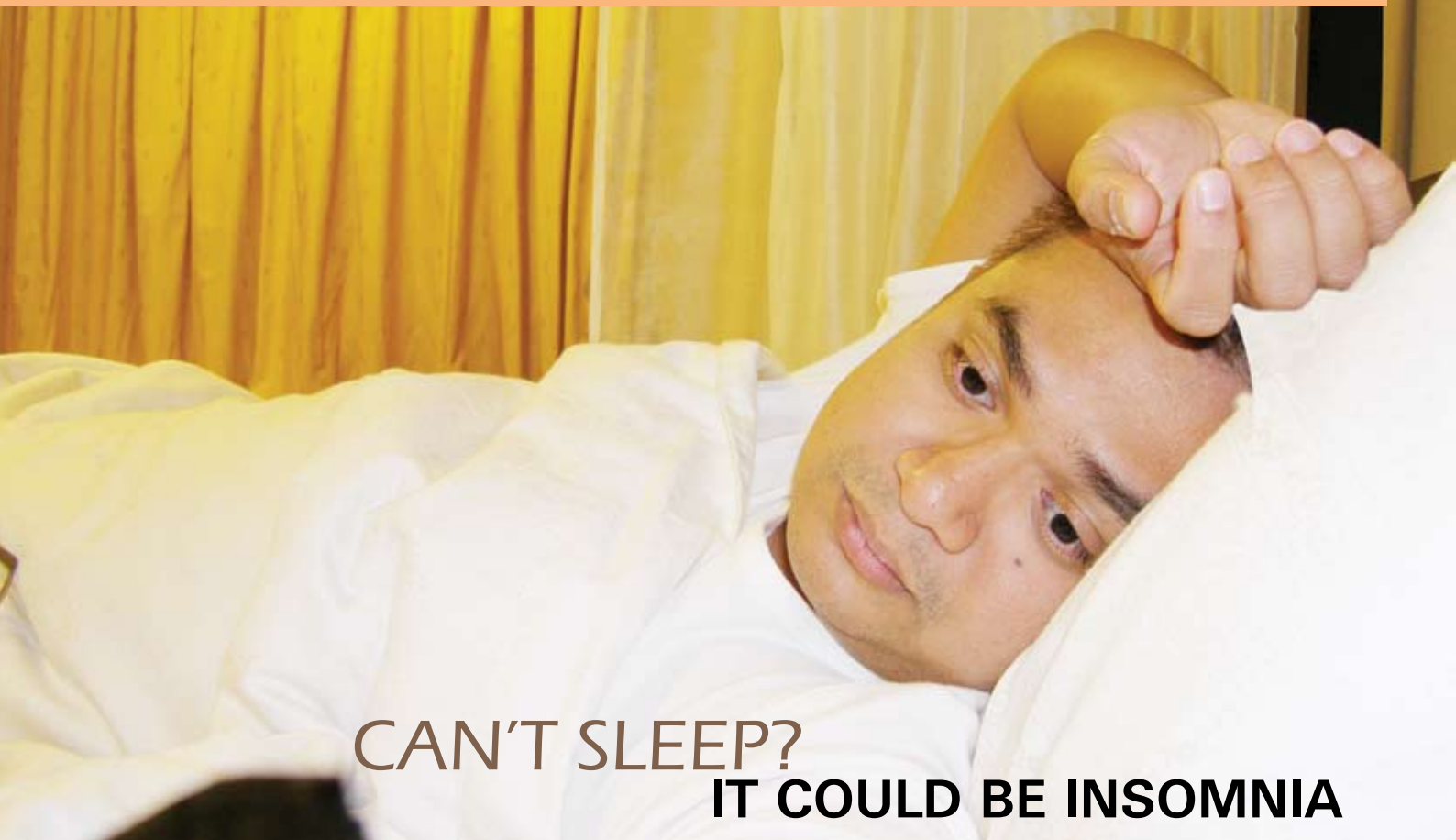
- Pesakit-pesakit kanser
- Pesakit-pesakit leukemia
- Mangsa kemalangan
- Pesakit yang menjalani pembedahan
- Anak damit yang lahir pramasa
- Mangsa kes-kes kebakaran
- Mangsa cedera parah
- Pesakit menghidap penyakit-penyakit darah:
 - o Talasemia
 - o Hemofilia
 - o "Sickle Cell Disease"

BERAPA KERAP AWDA BOLEH MENDERMA DARAH?

- Lelaki: setiap 3 bulan.
- Perempuan: setiap 4 bulan.

DI MANAKAH TEMPAT MENDERMA DARAH?

- Pusat Pendermaan Darah
Hospital Raja Isteri Pengiran Anak Saleha
Bandar Seri Begawan
Telefon: 2242424 samb 338
- Unit Pendermaan Darah
Perkhidmatan Makmal Hospital Suri Seri Begawan
Kuala Belait
Telefon: 3335335 samb 4106
- Unit Pendermaan Darah
Perkhidmatan Makmal Hospital Pengiran Muda Mahkota
Pengiran Muda Haji Al-Muhtadee Billah
Tutong
Telefon: 4260721 samb 219
- Di tempat kempen pendermaan darah.



CAN'T SLEEP? IT COULD BE INSOMNIA

WHAT IS INSOMNIA?

Insomnia is the condition of finding it hard to sleep or not being able to get enough sleep. The amount of sleep needed by each individual differs from one person to another. However, the amount of sleep needed tends to decrease as we grow older.

SIGNS AND SYMPTOMS OF INSOMNIA

- Difficulty sleeping.
- Feeling restless when sleeping and often awake at night.
- Tend to wake up in the morning and find it difficult to fall asleep again.
- Not feeling fresh or feeling very tired upon waking up, leading to frequently falling asleep often during the day.

WHAT CAUSES INSOMNIA

- Sleeping at different times every night.
- Habitual consumption caffeinated drinks (like coffee, soft drinks).
- Smoking before sleeping.
- Sleeping environment which is uncomfortable and noisy.
- Emotional pressure or stress.
- Health problems that cause pain, breathing difficulty or frequent need to use the bathroom.
- Pyschiatric problems such as depression, restlessness, schizophrenia and bipolar disorder.
- Misuse of drugs/medication.

WHEN DO YOU NEED TO SEE A DOCTOR

You may need medical treatment if you are unable to sleep for prolonged periods of time which affect your daily activities. Doctors can help you identify the cause of your sleeplessness and provide you with treatment, including counselling and medication as needed. Avoid taking sleeping pills unless advised by your doctor. Sleeping pills such as hypnotic agents can help sleeping problems in the short-term. However, long-term users may experience health problems and become dependant/addicted to the sleeping pills.

HOW TO PREVENT INSOMNIA

- Sleep at a fixed time every night.
- Avoid smoking before going to sleep.
- Avoid drinking caffeinated drinks two to four hours before going to sleep.
- Ensure a comfortable sleeping place.
- If you are unable to sleep, get up and do something relaxing, like drinking a warm glass of milk.
- Exercise regularly 3 - 5 times a week.
- Avoid sleeping long hours during the day.



SUKAR TIDUR? AWDA MUNGKIN MENGALAMI INSOMNIA

APAKAH INSOMNIA?

Insomnia merupakan kesukaran untuk tidur, atau tidak mendapat tidur yang secukupnya. Tempoh masa tidur setiap individu berbeza antara satu sama lain. Keperluan tidur seseorang berkurangan semakin umur meningkat.

TANDA-TANDA DAN GEJALA INSOMNIA

- Sukar tidur.
- Tidur yang tidak nyenyak dan sering terjaga pada waktu malam.
- Terbangun di awal pagi kemudian sukar menyambung tidur semula.
- Tidak rasa segar atau rasa letih bila bangun dari tidur, menyebabkan kerap tidur di siang hari.

FAKTOR-FAKTOR YANG MENYEBABKAN INSOMNIA

- Waktu tidur yang berbeza-beza setiap malam.
- Tabiat minuman yang mengandungi kafein (seperti kopi, minuman kola) sebelum tidur.
- Merokok sebelum tidur.
- Persekitaran tidur yang tidak selesa dan bising.
- Tekanan perasaan atau stres.
- Masalah-masalah kesihatan seperti penyakit yang menyebabkan kesakitan, masalah pernafasan atau kerap terasa ingin membuang air kecil.

- Masalah psikiatri seperti kemurungan, keresahan, skizofrenia dan gangguan bipolar.
- Penyalahgunaan bahan seperti dadah dan ubat-ubatan.

BILA AWDA PERLU BERJUMPA DOKTOR

Awda mungkin memerlukan rawatan perubatan jika masalah tidur berlarutan atau mula mengganggu aktiviti harian awda. Doktor boleh membantu mengenalpasti puncanya dan memberi rawatan yang sesuai termasuk kaunseling serta ubat tidur. Elakkan dari mengambil pil tidur tanpa nasihat doktor. Pil-pil tidur seperti agen hipnotik berkesan untuk menghilangkan masalah tidur secara sementara, tetapi penggunaan secara berpanjangan boleh mengakibatkan gangguan kesihatan dan ketagihan kepada ubat tersebut.

MENGATASI INSOMNIA

- Tetapkan waktu tidur yang sama setiap malam.
- Elakkan dari merokok atau meminum minuman yang mengandungi kafein dua hingga empat jam sebelum tidur.
- Pastikan tempat tidur yang selesa dan persekitaran yang sesuai.
- Jangan fikirkan apa-apa masalah sebelum tidur.
- Jika anda tidak boleh tidur, bangun dan cuba lakukan sesuatu yang menyenangkan seperti meminum susu suam.
- Lakukan senaman secara tetap 3 - 5 kali seminggu.
- Jangan banyak tidur secara berpanjangan pada waktu siang.

Panic disorder is a form of anxiety which is the most common of all mental disorders.

CAUSES

Involve the combination of genetic and psychosocial factors.

- A four to eightfold increase in the risk amongst first degree relatives.
- Psychosocial: Adverse life events like recent history of separation or divorce, family problem, etc.

Panic attacks can occur in some physical illness such as thyroid disease as well as some mental disorders such as depressive illness. It is called panic disorder when those other physical or mental disorders have been excluded.

TREATMENT

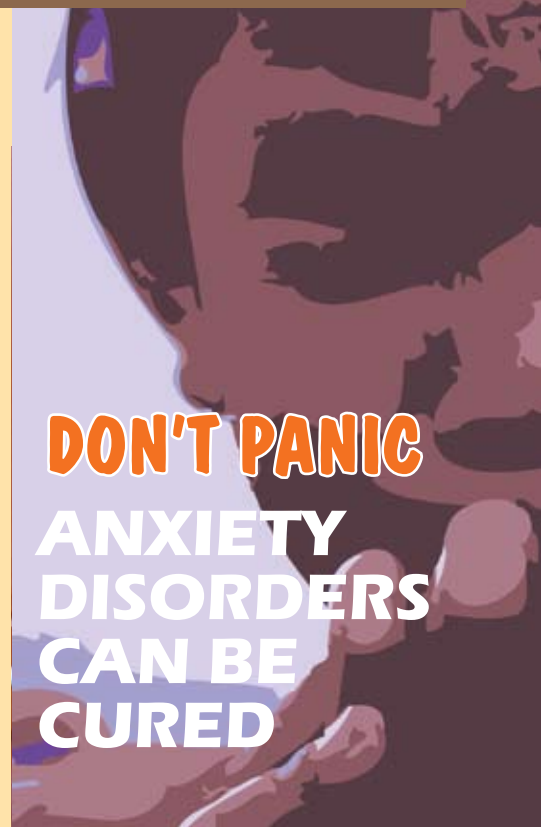
Educating the patient and the family about the disorder and its medication is important.

Psychological methods of treatment include Cognitive Behaviour Therapy, Relaxation Therapy and Breathing Exercises. Usually both drugs and psychological methods are used to treat the patient with panic disorder.

WHAT ARE THE SYMPTOMS OF PANIC DISORDER?

The symptoms of panic disorder develop abruptly and reach a peak within 10 minutes after which they will gradually subside:

- Palpitations
- Sweating
- Shaking/Trembling
- Chest pain/discomfort
- Sensation of shortness of breath/smothering
- Feeling of choking
- Nausea or abdominal stress
- Feeling of unreality or being detached from one's self
- Feeling dizzy/unsteady
- Fear of losing control/going crazy
- Numbness/tingling sensation
- Chills/hot flushes
- Fear of dying





Jangan Panik
KERESAHAN
BOLEH
DIRAWAT

Gangguan panik ialah sejenis keresahan yang merupakan gangguan mental yang paling kerap dihidapi.

SEBAB-SEBAB

Faktor penyebab melibatkan kombinasi faktor keturunan dan psikososial seperti:

- Ahli-ahli keluarga terdekat pesakit mempunyai risiko 4 - 8 kali ganda lebih tinggi dari orang biasa.
- Faktor psikososial seperti penceraian, masalah dalam keluarga dan sebagainya.

Serangan panik boleh juga berlaku disebabkan penyakit fizikal seperti penyakit tiroid dan penyakit mental seperti kemurungan. Penyakit ini digelar gangguan panik apabila pesakit dikenalpasti tidak menghidapi penyakit-penyakit lain.

RAWATAN

Maklumat mengenai penyakit ini serta rawatannya amat penting bagi pesakit dan keluarga.

Kaedah rawatan psikologi termasuk Terapi Tingkahlaku Kognitif, Latihan Relaksasi dan Latihan Pernafasan. Biasanya kedua-dua kaedah ubat-ubatan dan kaedah psikologi digunakan serentak dalam merawat seseorang pesakit yang menghidap gangguan panik.

TANDA-TANDA GANGUAN PANIK

Tanda-tanda penyakit ini timbul secara mendadak dan mencapai kemuncaknya dalam masa 10 minit dan kemudiannya akan berkurangan secara perlahan:

- Degupan jantung menjadi pantas
- Berpeluh
- Gementar seluruh badan
- Sakit dada
- Rasa susah bernafas
- Rasa tercekik
- Rasa mual
- Rasa sakit perut
- Perasaan terasing dari realiti/persekitaran
- Rasa pening
- Rasa kebas atau mencucuk
- Rasa sangat sejuk/terlalu panas
- Perasaan seolah-olah akan mati/takut mati



Photo: Yoga model courtesy of Studio Scene Services Sdn Bhd.

Yoga has grown in popularity all over the world. Yoga is an ancient Indian philosophy that aims to achieve the harmonisation of the mind, body and soul. It does not promote any religious beliefs or practices and is therefore suitable for everyone.

Yoga can be basically broken down into three parts namely Asanas (poses), Prayanama (breathing), and Meditation.

ASANAS (POSES)

Asanas or poses are a variety of poses and movements that can help your body improve flexibility, strengthen the muscles and even tone the body. More importantly many asanas or poses are aimed at improving blood circulation in the many different parts of your body.

PRAYANAMA (BREATHING)

Prayanama or breathing is one of the most important aspects of yoga as it is used to help purify the energies that flow through the body. Yogic breathing techniques are an effective tool to calm, energise and harmonise the body and mind. In yoga it is important to coordinated breathing with the different poses in order to achieve the maximum benefits.

MEDITATION

Meditation is an invaluable tool in managing stress and anxiety. Regular mediation trains the mind to be calm, centered, relaxed and detached. This is extremely helpful when experiencing stressful situations.

YOGA FACTS

- The word Yoga is Sanskrit for “To Unite”.
- Yoga does not promote any religious beliefs or practices.
- If done regularly yoga can greatly improve your flexibility and reduce the risk of injury.
- Yoga can help reduce stress and help you think clearly.
- Not all forms of yoga are slow, some are fast enough to make you sweat.
- Yoga can be practiced by anyone regardless of age, gender or physical conditioning.





YOGA

UNTUK
BADAN
DAN
MINDA
YANG
LEBIH
SIHAT

Yoga semakin popular di seluruh dunia. Yoga adalah falsafah lama India yang bertujuan untuk menyelaraskan minda, badan dan jiwa. Ia bukanlah amalan atau kepercayaan mana-mana agama, justeru itu ianya sesuai untuk sesiapa saja.

Pada dasarnya Yoga boleh dibahagikan kepada tiga bahagian iaitu "Asanas (gaya), Prayanama (pernafasan) dan Meditasi

ASANAS (GAYA BADAN)

Asanas atau gaya ialah pelbagai gaya dan gerakan yang boleh membantu meningkatkan fleksibiliti badan, menguatkan otot dan malah mencantikkan badan. Lebih penting lagi kebanyakan asanas atau gaya bertujuan mempertingkatkan lagi pengaliran darah di kebanyakan bahagian badan kita.

PRAYANAMA (PERNAFASAN)

Prayanama atau pernafasan adalah salah satu aspek paling penting yoga kerana ia digunakan untuk membantu membersihkan tenaga yang mengalir di badan kita. Teknik pernafasan yoga adalah cara yang berkesan untuk menenangkan, memberi tenaga dan menyelaraskan badan dan minda. Dalam yoga adalah penting untuk menyelaraskan pernafasan dengan pelbagai gaya untuk mendapatkan kemanfaatan yang maksima.

MEDITASI

Meditasi adalah cara yang paling berkesan dalam menangani tekanan dan kegelisahan. Meditasi yang kerap, melatih minda untuk bertenang. Ini boleh membantu dalam keadaan tertekan.

FAKTA TENTANG YOGA

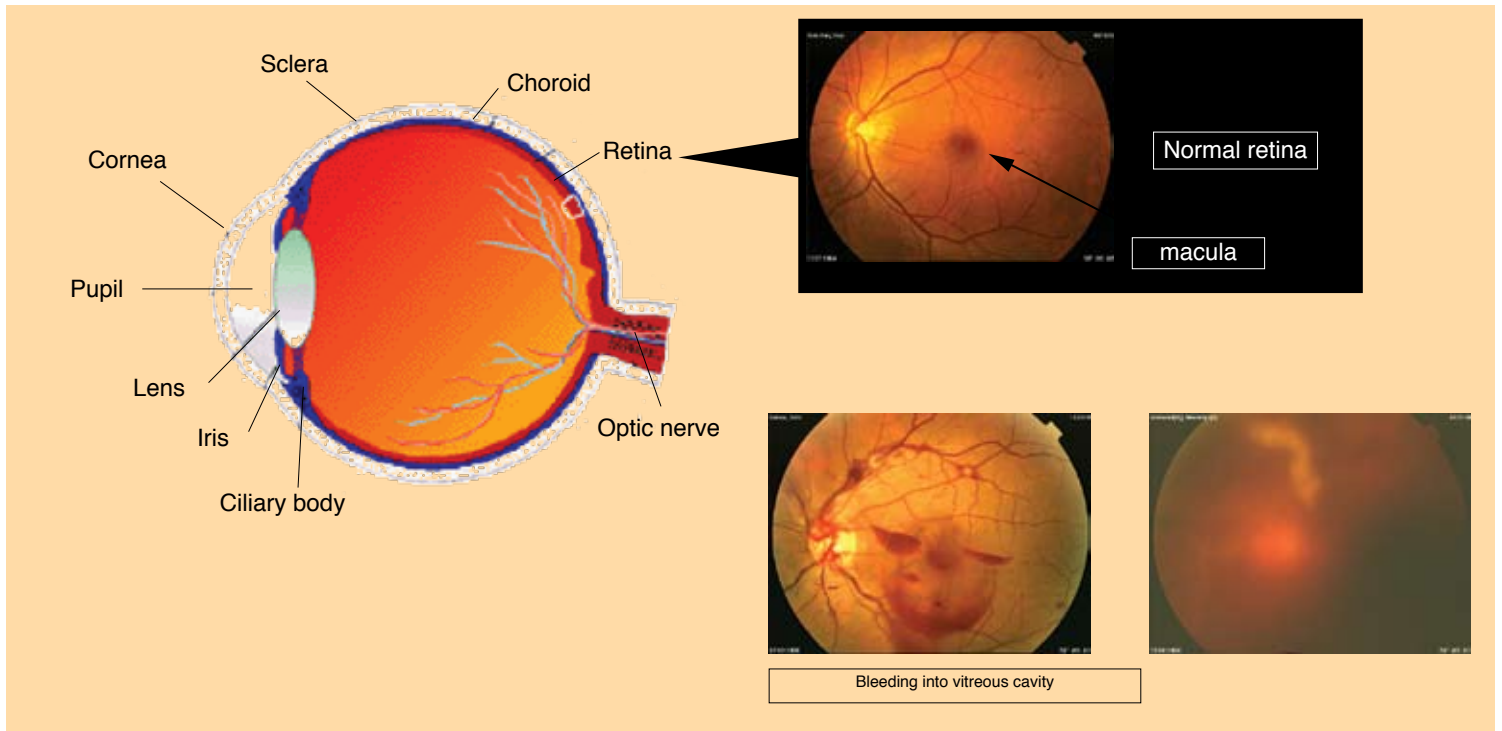
- Perkataan Yoga ialah dalam Sanskrit bererti "Untuk Bersatu".
- Yoga tidak ada kaitan dengan kepercayaan atau amalan mana-mana agama.
- Jika kerap dilakukan, Yoga boleh membantu meningkatkan fleksibiliti awda dan mengurangkan risiko kecederaan.
- Tidak semua bentuk Yoga perlahan, ada sesetengah yang cepat dan boleh membuatkan awda berpeluh.
- Yoga boleh diamalkan tanpa mengira usia, jantina atau keadaan fizikal.



Photo: Yoga model courtesy of Studio Scene Services Sdn Bhd.



DIABETIC RETINOPATHY - WHAT YOU SHOULD KNOW



World-wide it is estimated that over 2.5 million people are blind due to diabetes, the fourth leading cause of world blindness. The most frequent eye complication of diabetes mellitus is diabetic retinopathy.

What is Diabetic Retinopathy?

Diabetes mellitus damages small blood vessels throughout the body, leading to reduced blood flow. These disturbances eventually affect the function of many organs in the body and eyes, leading to poor vision and blindness.

What are the symptoms?

Symptoms occasionally occur early in the disease, but typically they are not noticed until significant damage has occurred and complications have developed. Symptoms of diabetic retinopathy and its complications may include:

- Blurred or distorted vision or difficulty in reading.
- Floaters or flashes of light in your field of vision.
- Partial or total blindness or a shadow or veil across your field of vision.
- Pain in the eye.

Regular screening exams can identify diabetic retinopathy early in the disease and can help prevent vision loss.

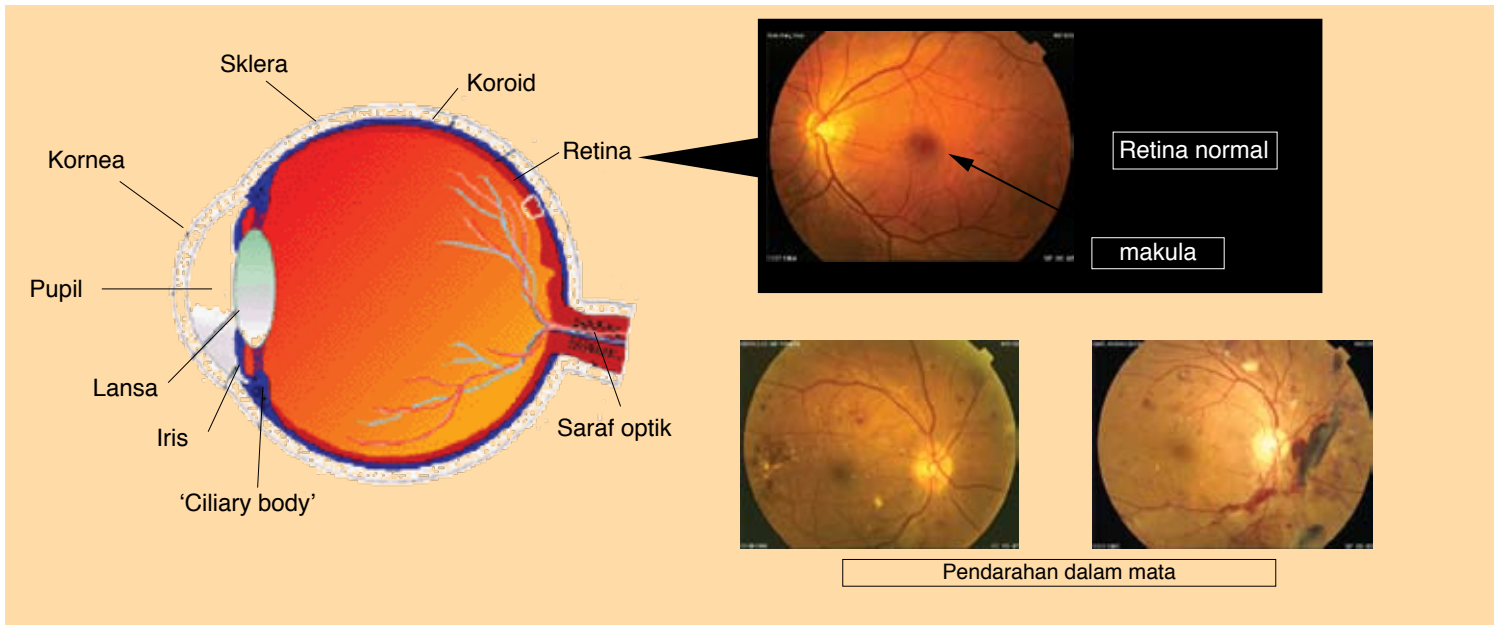
Can diabetic retinopathy be prevented?

You can prevent vision loss due to diabetic retinopathy by keeping your blood sugar levels and blood pressure near normal. This can help lower your chance of developing damage to small blood vessels, which decreases the risk of damage to the retina. It can also help slow the progression of retinopathy, if it is already present, and prevent future vision loss.

How is it treated?

- Laser treatment (photocoagulation) is usually very effective in preventing vision loss if it is done before the retina has been severely damaged. At present time, there is no cure for diabetic retinopathy.
- Eye Surgery

DIABETIK RETINOPATI - APA YANG PERLU AWDA TAHU



Di seluruh dunia dianggarkan 2.5 juta orang buta disebabkan oleh penyakit diabetis, iaitu penyebab buta yang keempat seluruh dunia. Komplikasi pada mata yang sering dihidapi oleh pesakit kencing manis ialah diabetik retinopati.

Apakah Diabetik Retinopati?

Diabetes boleh merosakkan saluran darah kecil seluruh badan, dan mengakibatkan pengaliran darah berkurangan. Gangguan ini akan menjejaskan fungsi kebanyakan organ-organ di dalam badan yang boleh mengakibatkan komplikasi seperti penyakit jantung dan strok, penyakit buah pinggang, pemotongan kaki dan kurang penglihatan dan hilang penglihatan (buta).

Apakah simptom-simptomnya?

Simtom-simtom selalunya berlaku pada peringkat awal penyakit tersebut, tetapi ianya tidak diketahui sehinggalah terjadinya kerosakkan yang ketara dan berlakunya komplikasi seperti:

- Kabur atau pemandangan berubah atau sukar untuk membaca
- Melihat bintik-bintik cahaya terapung atau kilauan cahaya.
- Separuh atau gangguan penglihatan seperti sebahagian penglihatan ditutup oleh bayang-bayang.

- Sakit di bahagian mata.

Selalu membuat pemeriksaan mata boleh merawat penyakit diabetik retinopati pada peringkat permulaan penyakit tersebut dan boleh mencegah hilang penglihatan.

Adakah diabetic retinopathy boleh dikawal?

Awda boleh mengawal daripada terjadinya hilang daya penglihatan dengan sentiasa memastikan tahap gula dalam darah awda berada di tahap yang normal / terkawal. Ini boleh membantu awda mencegah kerosakan kepada saluran darah kecil yang mana akan mengurangkan risiko kerosakan kepada retina. Ianya juga boleh mengurangkan merebaknya retinopati, sekiranya sudah terjadi dan dapat mencegah daripada hilang penglihatan pada masa yang akan datang.

Bagaimana ianya boleh dirawat?

- Rawatan laser ('photocoagulation') merupakan cara yang paling efektif untuk digunakan dalam merawat hilang penglihatan sebelum ianya merebak ke bahagian retina yang boleh menyebabkan kerosakkan yang teruk. Pada masa ini tidak ada rawatan yang khusus untuk diabetik retinopati.
- Pembedahan mata.



BEAT THE BABY BLUES

UNDERSTANDING POSTNATAL DEPRESSION

WHAT IS POSTNATAL DEPRESSION?

It is a condition whereby a woman who has just given birth falls into a depressed state which is abnormal. Sometimes there are obvious causes, such as arguments between the husband and wife. However, most of the time there is no one single cause that can be identified.

IS POSTNATAL DEPRESSION A COMMON CONDITION?

Yes. It's estimated that one in every 10 mothers who give birth experience postnatal depression. Usually the condition happens a month after childbirth, but can also surface within six months from the time of childbirth. If not treated, the condition can afflict the victim for months or even longer.

WHAT ARE THE SIGNS OF POSTNATAL DEPRESSION?

- **Depression/Sadness:** Feeling more sad or depressed than usual, may feel worse at certain times, like in the morning or at night.
- **Quick to anger:** Getting angry quickly with one's husband, other children and even your own newborn baby.
- **Always feeling lethargic:** All new mothers who have given birth will feel tired. However, mothers who have postnatal depression feel even more tired than expected.
- **Difficulty sleeping:** Has difficulty sleeping and tends to wake up easily from sleep even though there is no external disturbance.
- **Loss of appetite:** Often has no appetite or desire to eat. Sometimes the opposite happens, where postnatal depression sufferer will overeat to overcome her feelings of depression.
- **Unable to participate in any activities:** Loss of interest in activities she used to like doing.
- **Unable to solve simple problems/carry out simple chores:** Feeling unable to carry out daily chores and find solutions to simple problems.
- **Restlessness or fear:** Feeling afraid that her child will be injured or something bad will happen, always worried whether or not the child is breathing, is growing normally or is healthy. Postnatal depression can cause her to panic or feel tired, which then leads to fear of illness,

such as heart disease, etc. All these factors can cause a mother to feel afraid to be alone and the sufferer will often ask to be accompanied by a family member.

DON'T ALL MOTHERS FEEL DEPRESSED AFTER CHILDBIRTH?

No. About half of all mothers feel sad or lack confidence several days after giving birth. This is known as "Postnatal Blues" but normally this feeling goes away after several more days.

WHAT CAUSES POSTNATAL DEPRESSION?

It's not yet fully known what causes this condition. Several known factors may increase the risk of postnatal depression:

- Being in an unsupportive environment, such as having an unsupportive husband.
- Having experienced depression previously.
- Having faced several stressful issues in a short period of time such as financial problems, loss of a loved one or family problems.
- Giving birth to a premature baby or the newborn baby has health problems.

However, a mother may still experience postnatal depression without the presence of any of the above factors.

WHAT IS THE TREATMENT FOR POSTNATAL DEPRESSION?

Medical treatment for postnatal depression includes the use of several types of antidepressant pills. The pills are to be taken orally on a daily basis and will take around 2 to 3 weeks before showing any effect.

The majority of mothers experiencing postnatal depression are unaware that they are suffering from the condition. Support from family members, especially the husband, is crucially important – be it through looking after the child as well as providing emotional support.

If you suspect that you or your loved one may have postnatal depression, seek medical treatment immediately.





MEMAHAMI KEMURUNGAN SELEPAS BERSALIN

APAKAH KEMURUNGAN SELEPAS BERSALIN?

Ianya adalah keadaan seorang ibu yang baru melahirkan merasa murung yang luar biasa. Kadangkala terdapat punca yang ketara seperti pertelingkahan suami isteri. Akan tetapi kerap kali tidak mempunyai sebab yang tertentu.

ADAKAH IANYA SUATU MASALAH YANG LUMRAH?

Ya. Kira-kira setiap seorang dari 10 ibu yang melahirkan anak didapati mengalami penyakit kemurungan selepas bersalin. Selalunya ia terjadi dalam sebulan setelah bersalin, tetapi boleh timbul dalam jangka enam bulan selepas bersalin. Jika tidak dirawat ianya boleh melarat sehingga berbulan-bulan lamanya ataupun lebih lama.

APAKAH TANDA-TANDA KEMURUNGAN SELEPAS BERSALIN?

- **Murung/sedih:** Merasa sedih atau murung lebih dari biasa. Mungkin lebih teruk pada waktu tertentu seperti pada waktu pagi atau malam.
- **Cepat marah:** Merasa cepat marah samada dengan suami, anak-anak yang lain mahupun dengan anak yang baru lahir.
- **Sentiasa merasa letih:** Semua ibu yang baru melahirkan anak merasa letih. Akan tetapi ibu yang menghidap kemurungan merasa lebih letih daripada apa yang dijangkakan.
- **Susah tidur:** Walaupun ada kesempatan untuk tidur, si ibu merasa susah untuk tidur dan jika tertidur, senang terbangun meskipun tidak ada sebarang gangguan.
- **Kurang selera makan:** Tidak mempunyai selera makan. Kadangkala ada yang makan berlebihan untuk mengatasi rasa murung.
- **Tidak berupaya melakukan apa jua aktiviti:** Kurang minat melakukan perkara yang biasanya disukai.
- **Kurang upaya mengatasi masalah biasa/mengendalikan tugas seharian:** Merasa kurang berupaya dalam mengendalikan aktiviti seharian dan dalam mencari penyelesaian kepada masalah yang ringan.
- **Resah atau takut:** Sentiasa merasa takut anak damitnya akan tercedera atau terjadi sesuatu yang buruk kepadanya, sentiasa resah semada ia masih bernafas, berkembang dengan normal atau sihat. Merasa sering panik atau sentiasa keletihan yang menimbulkan

perasaan takut menghidapi penyakit seperti penyakit jantung. Semua ini boleh menyebabkan seorang ibu merasa takut untuk bersendirian.

TIDAKKAH SEMUA IBU MERASA MURUNG SELEPAS MELAHIRKAN ANAK?

Tidak. Kira-kira setengah daripada ibu merasa cepat sedih atau kurang keyakinan diri beberapa hari selepas bersalin. Ini dikenali sebagai 'Postnatal Blues' dan selalunya berlalu selepas beberapa hari kemudian.

APAKAH PUNCA KEMURUNGAN SELEPAS BERSALIN?

Belum diketahui punca sebenar yang menyebabkan masalah ini. Akan tetapi beberapa faktor yang diketahui boleh meningkatkan risiko seperti berikut:

- Berada dalam suasana yang kurang suportif seperti suami yang tidak suportif.
- Pernah mengalami masalah kemurungan sebelumnya.
- Menghadapi beberapa masalah yang menimbulkan stres dalam jangkamasa yang pendek. Seperti masalah kewangan, kehilangan orang yang disayangi atau masalah keluarga.
- Melahirkan bayi pramatang atau bayi yang dilahirkan mengalami masalah kesihatan.

Walaupun bagaimanapun, seorang ibu boleh menghidap kemurungan tanpa adanya sebab-sebab yang tertentu.

APAKAH RAWATAN BAGI PENYAKIT KEMURUNGAN?

Rawatan perubatan yang digunakan termasuk penggunaan ubat 'antidepressant'. Ubat yang diberikan mestilah dimakan setiap hari dan selalunya mengambil masa kira-kira 2 ke 3 minggu untuk berkesan.

Kebanyakan ibu yang mengalami kemurungan selepas bersalin tidak menyedari yang mereka menghidap masalah ini. Sokongan dari ahli keluarga terutamanya dari suami adalah sangat mustahak samada dalam membantu menjaga anak mahupun dalam memberikan sokongan emosi.

Jika awda syak awda mengalami masalah kemurungan, dapatkan rawatan perubatan dengan segera.



WHAT BOSSES NEED TO KNOW ABOUT **WORKPLACE SAFETY**

WHY IT IS IMPORTANT

Workers spend a lot of time at the workplace and are exposed to various dangers from their surroundings. An unsafe workplace can cause workplace related accidents/illnesses that can harm workers and their families from a social and financial standpoint.

WHAT ARE THE BENEFITS OF HAVING A SAFE WORKPLACE?

- Protect your most important assets – the workers.
- Increase productivity.
- Reduce workplace accidents and illnesses.
- Decrease worker insurance claims.
- Reduce medical costs.
- Raise worker morale.

WHAT ARE THE STRATEGIES FOR CREATING A SAFE WORKPLACE?

SAFE SURROUNDINGS

- Make sure that the workplace is always neat.
- Ensure that walkways are not blocked – if necessary, mark out in yellow lines the way to emergency exits.
- Use flooring materials which are not slippery to prevent people from slipping and falling – clean all spills on the floor immediately.
- Ensure good and effective air circulation in order to maintain a comfortable room temperature.
- Ensure that lighting is sufficient.
- Store areas should be organised neatly and all items should be labelled. Avoid keeping chemicals/insecticides together with food/drinks.
- Place health and safety warnings wherever needed, such as “no smoking” signs, “emergency exit” signs, etc.
- Equipment, machinery and chairs should be ergonomical and comfortable to use.
- Provide facilities such as toilets, washrooms, changing rooms, rest areas, etc.

FIRE SAFETY

- Install fire extinguishers at the workplace and make sure they are checked regularly.
- Mark out areas that workers should gather at during emergencies.
- Display the emergency evacuation plan in an area where all workers will see it.
- Carry out fire drills with the aid of the firefighting authorities.

USING CHEMICALS SAFELY

- Replace dangerous chemicals with safer chemicals if possible.
- Label all chemical containers.
- Keep Material Safety Data Sheets (MSDS) for reference.
- Use recommended safety equipment such as helmets, masks, gloves, safety goggles, etc.
- Make available emergency eyewash solutions and bathrooms.

USING ELECTRICITY SAFELY

- Never use too many electrical connections that go over your power limit.
- Do not use faulty electrical cords – label warnings for all to know.
- Never try fixing faulty electrical equipment on your own – such work must be done by a qualified person/expert.

USING EQUIPMENT SAFELY

- Provide workers with training on how to use workplace machines safely.
- Failsafe devices must be built into work machines that carry a high risk of causing accidents.
- Avoid doing repairs, modifications or maintenance on a machine without proper clearance.
- Use suitable safety equipment as needed.

USING SAFETY EQUIPMENT CORRECTLY

- If possible, remove potential sources of workplace danger – safety equipment should only be used as back-up in the event of an emergency.
- Always use safety equipment suitable for the task and strongly promote its usage.
- Safety equipment must be maintained always – replace defective safety equipment immediately.

Make available first aid kits which contain medical emergency supplies.



MAKLUMAT SETIAP MAJIKAN PERLU TAHU MENGENAI KESELAMATAN DI TEMPAT KERJA

KENAPA IANYA PENTING

Pekerja menghabiskan banyak masa di tempat kerja dan terdedah kepada berbagai punca bahaya. Tempat kerja yang kurang selamat boleh mengakibatkan kemalangan dan penyakit yang berkaitan dengan pekerjaan yang akan memudaratkan pekerja dan keluarga mereka dari segi sosial dan juga kewangan.

APAKAH FAEDAH MEMPUNYAI TEMPAT KERJA YANG SELAMAT?

- Melindungi aset terpenting – iaitu pekerja.
- Meningkatkan produktiviti.
- Menggurangkan kemalangan dan penyakit di tempat kerja.
- Mengurangkan pembayaran insurans pampasan pekerja.
- Menggurangkan perbelanjaan perubatan.
- Meningkatkan moral pekerja.

BAGAIMANA CARA UNTUK MEWUJUDKAN TEMPAT KERJA YANG SELAMAT?

PERSEKITARAN KERJA SELAMAT

- Pastikan tempat kerja sentiasa kemas.
- Pastikan tempat laluan tidak terhalang-jika perlu tandakan garisan kuning untuk menunjukkan laluan kecemasan.
- Gunakan bahan lantai yang tidak licin untuk mengelakkan dari tergelincir dan jatuh - bersihkan sebarang tumpahan dengan segera.
- Pastikan beredaran udara yang baik dan efektif bagi mewujudkan suhu bilik yang selesa.
- Pastikan tahap pencahayaan yang mencukupi.
- Stor hendaklah disusun dengan teratur dan semua barang mestilah dilabel. Hindari daripada menyimpan bahan kimia/ racun serangga bersama-sama dengan makanan/minuman.
- Paparkan tanda-tanda keselamatan di mana perlu seperti "jangan merokok", "laluan kecemasan" dan sebagainya.
- Perkakas, mesin dan tempat duduk hendaklah yang ergonomik dan selesa untuk digunakan.
- Berikan kemudahan tandas, tempat cuci, tukar baju, tempat rehat dan sebagainya.

KESELAMATAN KEBAKARAN

- Pasangkan alat pemadam api di tempat kerja dan pastikan ianya selalu diperiksa.
- Tandakan tempat berkumpul semasa kecemasan.
- Paparkan pelan evakuasi semasa kecemasan di mana semua pekerja boleh melihatnya.
- Lakukan latihan kebakaran dengan bantuan pihak bomba.

PENGUNAAN BAHAN KIMIA DENGAN SELAMAT

- Gantikan bahan kimia yang berbahaya dengan bahan yang lebih selamat jika boleh.
- Tanda semua bekas bahan kimia.
- Simpan data keselamatan pengguna bahan (MSDS) bagi rujukan.
- Gunakan alat perlindungan keselamatan diri yang disyorkan seperti topi besi, penutup mulut, sarung tangan, kacamata keselamatan dan sebagainya.
- Sediakan pencuci mata dan tempat mandi kecemasan jika diperlukan.

PENGUNAAN LETRIK YANG SELAMAT

- Jangan sama sekali menggunakan sambungan litar elektrik yang melebihi had.
- Jangan gunakan sambungan elektrik yang rosak – tampilkan amaran untuk pengetahuan semua.
- Jangan cuba membaiki alat elektrik yang rosak – kerja tersebut mestilah dilakukan oleh orang yang layak/mahir.

PENGUNAAN ALAT PERKAKAS DENGAN SELAMAT

- Berikan latihan kepada pekerja tentang penggunaan mesin dengan selamat.
- Alat penghadang mesin hendaklah dipasang kepada mesin yang ada risiko terjadinya kecederaan.
- Hindarkan dari membuat pembaikpulihan, pengubahsuaian atau pemeliharaan sesuatu mesin tanpa kebenaran.
- Gunakan alat perlindungan keselamatan diri yang bersesuaian.

PENGUNAAN ALAT PERLINDUNGAN KESELAMATAN DIRI YANG BETUL

- Jika boleh, hindarkan punca bahaya di tempat kerja – alat perlindungan keselamatan diri hanyalah digunakan jika punca bahaya tersebut tidak dapat dikawal.
- Sentiasa menggunakan alat perlindungan keselamatan diri yang bersesuaian dengan tugas dan tegaskan penggunaannya.
- Alat perlindungan keselamatan diri hendaklah dipelihara selalu – ganti alat perlindungan keselamatan diri yang sudah rosak dengan segera.

Sediakan peti kecemasan yang diisi dengan keperluan-keperluan perubatan kecemasan.



HEALTHY FOOD, HEALTHY LIFE

Let's all be aware and responsible for our own health. Know and practice our National Diet Guidelines.

CARBOHYDRATES

You need 8 to 12 servings of this food group daily.

One serving =

- ½ cup cooked rice (brown or white)
- 1 slice wholemeal bread
- ½ cup soaked vermicelli/mee/pasta/ other noodles
- ½ small chapatti
- 1 cup plain porridge
- 1 medium potato
- 3 plain cracker biscuits

FRUITS AND VEGETABLES

2-3 servings of vegetables and 2-3 servings of fruits daily.

One serving of vegetables =

- ½ cup of cooked dark green leafy vegetables
- ½ cup cooked fruit or root vegetable
- 1 cup of 'ulam'

One serving of fruits =

- ½ medium size guava

- 1 slice papaya/ watermelon/ pineapple
- 1 medium size banana/ orange/ apple
- ¼ cup unsweetened and unsalted dried fruits

PROTEIN

2-3 servings of fish, poultry, meat and legumes daily

One serving =

- 120gm chicken breast meat
- 1 medium size chicken drumstick
- 1 medium size fish 'rumahan'
- 2 matchbox size lean meat
- 1 egg
- ½ cup dried legumes/ beans
- 1 piece of tofu

DAIRY PRODUCTS

Amount of serving recommended of milk and milk products is 1-2 servings daily.

- 1 glass of milk (low fat/skim)
- 1 cup of yoghurt (low fat/ non fat)
- 1 slice cheese (low fat)

Fats, oil, sugar and salt are placed at the top of the pyramid, and only small amounts are needed for consumption.

CALORY COMPARISON

TYPE OF FOOD	CALORIES	TYPE OF FOOD	CALORIES
1 bowl of cereal with low fat milk	194	1 bowl of sweet cereal with full cream milk	240
4 spoonfuls of oats with low fat milk	140	4 spoonfuls of oats with condensed milk	226
1 boiled egg	71	1 fried egg	116
4 biscuits	160	1 biscuits with filling	210
1 tuna sandwich	241	1 tuna sandwich with mayonnaise	328
1 bowl of porridge	130	1 plate of fried rice	386
1 apple	64	1 slice of bingka cake	221
1 slice of papaya	74	1 piece of pulut panggang	111
1 bunch of grapes	63	1 currypuff	153
1 banana	64	3 banana fritters	131
1 medium bowl plain rice	195	1 medium bowl fried rice	386
Mee soup	355	Fried mee	400
Murabak telur	365	Dosai	110
Plain water	0	Teh tarik	145

PANDUAN PEMAKA

Makanlah berjenis mak
mengikut kuantiti yang

Amalkan 2-3 sajian sa
dan 2-3 sajian buah-bu

Kurangkan masakan b
Banyakkan masakan b

Amalkan sajian kurang m

Nikmati lebih makanan j

Anak damit mendapat pe
Asusu ibu.

Nikmati pemakanan seim
sekurang-kurangnya ti





MAKANAN SIHAT KEHIDUPAN SIHAT

MAKANAN KEBANGSAAN

Makanan dari setiap kumpulan yang disarankan.

Sayur-sayuran, ulam-ulaman dan buah-buahan setiap hari.

Minyak zaitun, lemak perlemak dan berminyak; dimasak dengan direbus dan berkukus.

Minyak zaitun dan kurang manis.

Minyak zaitun dan kacang dan bijirin.

Pemakanan yang terbaik dari sumber protein.

Minyak zaitun disamping bersenam dengan berjalan kaki seminggu.



Bersama menyedari dan bertanggungjawab terhadap kesihatan masing-masing dengan sentiasa mengamalkan Panduan Pemakanan Nasional.

PANDUAN PERMAKANAN SEHARIAN

KARBOHIDRAT

8-12 hidangan bijirin setiap hari. Satu hidangan =

- ½ cawan nasi (putih/ perang)
- 1 keping roti 'wholemeal'
- ½ cawan mee hun/mee kuning/pasta
- ½ keping capati
- 1 cawan bubur kosong
- 1 biji ubi
- 3 keping biskut kraker

BUAH-BUAHAN DAN SAYURAN

2-3 hidangan sayuran dan 2-3 hidangan buah setiap hari.

1 sajian sayur-sayuran =

- ½ cawan sayuran berdaun hijau (masak)
- ½ cawan sayur buah (masak)
- 1 cawan ulam-ulaman

1 sajian buah-buahan =

- ½ biji jambu batu
- 1 potong kepayas/ seko/ nenas
- 1 biji pisang/ oren/ epal
- ¼ cawan buahan kering

PROTEIN

2-3 hidangan ikan, ayam atau daging sehari. 1 hidangan =

- 120gm isi dada ayam
- 1 ketul paha ayam saiz sederhana
- 1 ekor sederhana saiz ikan rumahan
- 1 keping daging tanpa lemak saiz kotak mancis
- 1 biji telur
- ½ cawan kekacang (kering)
- 1 keping tahu

PRODUK TENUSU

2-3 hidangan tenusu sehari. 1 hidangan =

- 1 gelas susu (rendah lemak/skim)
- 1 cawan yogurt (rendah/ tanpa lemak)
- 1 keping keju (rendah lemak)

Lemak, minyak, gula dan garam terletak di puncak piramid, dan diperlukan dalam jumlah yang sedikit sahaja.

PERBANDINGAN KALORI MAKANAN

JENIS HIDANGAN	KANDUNGAN KALORI	JENIS HIDANGAN	KANDUNGAN KALORI
1 mangkuk bijirin dengan susu rendah lemak	194	1 bijirin manis dengan susu penuh krim	240
4 sudu besar amping bersama susu rendah lemak	140	4 sudu besar amping bersama susu manis	226
1 biji telur rebus	71	1 biji telur goreng	116
4 keping kraker	160	1 keping biskut berinti	210
1 keping sanwic tuna	241	1 keping sanwic bersama mayonis	328
1 mangkuk bubur	130	1 pinggan nasi goreng	386
1 biji epal	64	1 keping bingka	221
1 potong kepayas	74	1 biji pulut panggang	111
1 tangkai anggur	63	1 keping karipap	153
1 biji pisang	64	3 keping cucur pisang	131
1 mangkuk sederhana nasi putih	195	1 mangkuk sederhana nasi goreng	386
Mee sup	355	Mee goreng	400
Murtabak telur	365	Dosai	110
Air kosong	0	Teh tarik	145



WHAT IS GASTRITIS?

Gastritis is a term often used by general public to describe indigestion and refers to symptoms of chronic or recurrent pain or discomfort centered in the upper part of the abdomen. The medical definition of gastritis however refers more specifically to inflammation of the lining of the stomach.

For a lot of people, pain in the upper abdomen may not be there all the time and tends to come and go. For some, the pain often occurs when they are hungry and seems to be relieved by food, although for others the pain or discomfort tends to occur after eating. It can occur during the day or at night, when it may be relieved by a snack or a drink of milk. Alternatively, it can occur without any relation to food at all.

The stomach may feel full soon after starting to eat, so that it is difficult to finish a meal, or there may be an uncomfortable sense of fullness or bloating after a meal. The word "indigestion" may also be used to describe nausea, retching or even vomiting after food.

However it is important to realize that these symptoms may not always be due to the gastritis, and very often no obvious cause can be found.

POSSIBLE CAUSES OF GASTRITIS

Most indigestion symptoms are harmless but may affect your quality of life. Very often tests are not needed. When tests are performed and no specific cause is found in up to 80% of cases, and the term "non-ulcer dyspepsia" or "functional dyspepsia" may be used by your doctor, meaning that

no ulcer has been found to account for the symptoms. Some of the causes in these cases include irregular meal times and certain types of food.

In about 10% of cases, indigestion may be caused by an ulcer. An ulcer is a break in the lining of the stomach or duodenum (the first part of the small intestine), resembling ulcers which some people get from time to time in the mouth. They are often described as "peptic ulcers".

Gastritis Indigestion symptoms may also be caused by inflammation of the stomach lining known as gastritis as mentioned earlier.

Some of the causes of ulcers or gastritis are as a result of smoking, over-indulgence in alcohol, the use of aspirin or painkillers containing aspirin like drugs, or due to a specific type of bacterial infection known as *Helicobacter Pylori*.

Many people also complain of a burning sensation behind their breastbone. This may be due to inflammation of the oesophagus (gullet), described as "oesophagitis". This is different from gastritis and is usually caused by digestive juices (acid) repeatedly moving upward from the stomach to the gullet. However there is significant symptom overlap between the two conditions. Other recognisable causes of indigestion not due to gastritis or ulcers may include disorders of the intestine, gallbladder or pancreas.

WHAT CAN I DO TO AVOID GASTRITIS?

Although gastritis or indigestion is still incompletely understood, these are a few simple measures which should help:

- Avoid skipping meals.
- Eat meals at regular times.
- Do not rush meals.
- Enjoy eating and drinking, but do so in moderation.
- Avoid those foods you associate with your symptoms.
- Don't take aspirin for headaches, colds and coughs - take paracetamol instead.
- Avoid taking anti-arthritis pain killers, non-steroidal anti-inflammatory medication if at all possible: your doctor will advise.
- Learn to manage stress in your life.

WHEN SHOULD I SEEK HELP?

Many people who suffer occasional indigestion and heartburn can obtain relief from simple antacid tablets which are available from the pharmacist. You should consult your doctor if: you suffer from heartburn regularly (every week or every day) your indigestion symptoms persist for more than two weeks, especially if this is a new symptom, do not respond to antacids, interfere with work, leisure and/or sleep.

This advice is particularly applicable to you if you are:

- over 45
- have a family history of gastric problems
- drink or smoke heavily
- take aspirin regularly
- take regular pain killers containing non-steroidal anti-inflammatory medication

You should consult your doctor urgently if you experience:

- severe prolonged chest pain
- red or altered blood (like coffee grounds) in vomit
- black 'tarry' stools
- rapid weight loss
- recurrent vomiting
- difficulty in swallowing
- yellowing of the skin (jaundice)

This article brought to you by National University Hospital, Singapore:

For more information, visit the NUH website at: <http://www.nuh.com.sg>



HEALTHY & YUMMY! RAMADHAN BERKAT

INGREDIENTS (FOR TWO SERVINGS)

- 3 dates
- 1 banana
- 1 carrot
- 250ml (1 cup) skimmed milk
- Ice cubes

HOW TO PREPARE

1. Remove the seeds from the dates and slice them finely; remove the banana skin slice the banana into small pieces; rinse clean the carrot and slice it finely.
2. Place the sliced fruits into a blender; pour in the skimmed milk and put in a few ice cubes; blend until the ingredients are mixed finely together.
3. Pour into glasses and serve.

NOTES

- The original recipe has a lot of calories due to the full cream milk and sugar used.
- This recipe has been modified to contain 18.5% less calories and 44.4% less fat by using skimmed milk and no sugar. The sweetness of this drink comes from the natural sweetness of the used fruit ingredients.
- This drink is rich in vitamin C (from the fruit ingredients) and calcium (from the skimmed milk).
- This recipe can be tried with different fruit combinations to get different flavours and colours.

Food Nutrition	Amount / person
Energy (kcal)	124
Carbohydrate (gm)	20
Protein (gm)	06
Fat (gm)	03

SIHAT & SEDAP! RAMADHAN BERKAT

BAHAN-BAHANNYA (UNTUK DUA HIDANGAN)

- 3 biji kurma
- 1 biji pisang
- 1 biji lobak merah
- 250 ml (1 cawan) susu skim
- Ketulan ais secukupnya

CARA MEMBUATNYA

1. Buangkan biji kurma dan isinya dihiris nipis; pisang dibuang kulitnya dan dipotong kecil; lobak merah dibersihkan dan dihiris nipis.
2. Masukkan buah-buahan tersebut ke dalam pengisar. Tuangkan susu skim dan masukkan beberapa ketulan ais. Kisar hingga halus dan sehati.
3. Tuangkan ke dalam gelas untuk diminum.

NOTA

- Resipi asal banyak kalori dari lemak susu penuh krim dan dibubuh gula
- Resipi ini diubahsuai mengandungi 18.5% kurang kalori dan 44.4% kurang lemak dengan menggunakan susu skim dan tanpa gula. Jadi rasa manis resipi ini datangnya dari manis buah-buahan.
- Minuman ini kaya vitamin C dari buah-buahan dan juga kalsium dari susu.
- Resipi ini bolehlah diubah kombinasi buahnya untuk mendapatkan pelbagai rasa dan warna.

Zat Makanan	Jumlah / seorang
Tenaga (kcal)	124
Karbohidrat (gm)	20
Protin (gm)	06
Lemak (gm)	03



Name: _____

Age: _____ IC Number: _____

Occupation: _____

Address: _____

Contact: _____ (H / O)

_____ (mobile)

A Healthier And Stronger You With **GNC**

Post your answers to:

Healthy Brunei Sihat – Health Quiz

Lot 8 & 11, Perindustrian Beribi II, Gadong BE1118 (BSB)

or

88C Jln McKerron Kuala Belait KA1131 (KB)

ASK THE DOCTOR

Q & A

If you have any questions on health which you would like answered, do write in to us. Our professional medical panel will try to answer whatever queries you may have. Email your letters to hbs@bruneipress.com.bn or post them to:

Health Quiz

Answer these simple questions and the first 10 correct entries will win a B\$25.00 VOUCHER FROM GNC BRUNEI!

1. It's estimated that one in every ten mothers who give birth experience postnatal depression.
True / False
2. Men can donate blood every two months.
True / False

HEALTHY BRUNEI SIHAT – ASK THE DOCTOR

Lot 8 & 11, Perindustrian Beribi II,
Gadong BE1118 (BSB)

or

88C Jln McKerron
Kuala Belait KA1131 (KB)

Nama: _____

Umur: _____ Nombor IC: _____

Pekerjaan: _____

Alamat: _____

Telefon: _____ (R / O)

_____ (Bimbit)

A Healthier And Stronger You With **GNC**

Hantar jawapan awda ke:

Healthy Brunei Sihat – Kuiz Kesihatan

Lot 8 & 11, Perindustrian Beribi II, Gadong BE1118 (BSB)

atau

88C Jln McKerron Kuala Belait KA1131 (KB)

TANYA DOKTOR

Soal Jawab

Jika awda mempunyai soalan mengenai kesihatan awda, tulis surat kepada kami, pakar kesihatan kami akan cuba menjawab segala soalan awda. Email surat awda ke hbs@bruneipress.com.bn atau hantarkan surat awda ke:

Kuiz Kesihatan

Jawab soalan-soalan ini dan 10 peserta pertama dengan jawapan yang betul akan memenangi BOUCHER bernilai B\$25.00 GNC BRUNEI!

1. Kira-kira setiap seorang dari sepuluh ibu yang melahirkan anak didapati mengalami penyakit kemurungan selepas bersalin.
Betul / Salah
2. Lelaki boleh menderma darah setiap dua bulan.
Betul / Salah

TANYA DOKTOR

Lot 8 & 11, Perindustrian Beribi II,
Gadong BE1118 (BSB)

or

88C Jln McKerron
Kuala Belait KA1131 (KB)

Gleneagles JPMC Sdn Bhd

a subsidiary of



Parkway Group Healthcare Pte Ltd



Facilities:

Specialist Outpatient Clinic
Diagnostic Facilities
Cath Lab
Operating Theatres
ICU / General Ward
Rehabilitation Centre

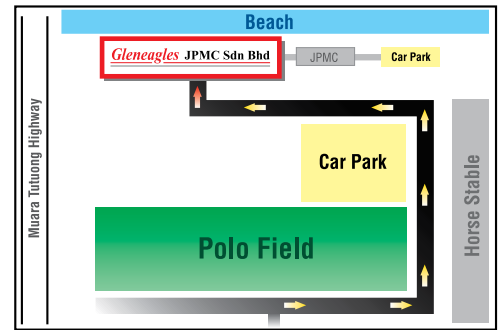
Services:

Health & Cardiac Screening
Coronary Angiogram
/ Angioplasty
Open Heart Surgery
Cardiac Rehabilitation

Outpatient Consultation

Monday - Friday : 8:00 a.m - 5:00 p.m

Saturday : 8:00 a.m - 12:00 noon



Gleneagles JPMC Cardiac Centre

Address : Jerudong Park BG3122, Brunei Darussalam

P. O. Box 176 Sengkurong Post Office

BG 1183 Brunei Darussalam

Tel : 261 1883 • Fax : 261 1886

Email : glenjpmc@brunet.bn

**24 HRS EMERGENCY
HOTLINE | 261 1212**



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KOSI CLINICAL LAB SDN. BHD.

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Pas Kerja.

X Ray services for
Work Permit.



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Negara Brunei Darussalam

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Shell Commissariat Panaga, Lorong 14
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Stand a Chance to Win

Lucky Draws with the total of

B\$91,000 CASH*

Monthly Draws
with the total of

B\$10,000 cash

Winners will be announced every month

PRIZES & WINNERS

B\$500 x 4 winners each month

Eligibility

- Period of Deposit from 1st August 2006 till 31st December 2006
- For deposit of TDC of B\$5000 and above
- Tenure of 1, 2 & 3 years without withdrawals

Yearly Draws for two
years with the total of

B\$36,000 cash

Winners will be announced in January 2008 and 2009

TENOR	DEPOSIT AMOUNT	PRIZES & WINNERS	TOTAL
1 YEAR	B\$10,000 & Above	B\$1000 X 3 Winners	B\$3000 Cash
2 YEARS	B\$30,000 & Above	B\$2000 X 3 Winners	B\$6000 Cash
3 YEARS	B\$50,000 & Above	B\$3000 X 3 Winners	B\$9000 Cash
			B\$18,000 Cash

Eligibility

- Period of Deposit from 1st August 2006 till 31st December 2006
- Tenure of 1, 2 & 3 years without withdrawals

Grand Draw

Winner will be announced in January 2010

B\$45,000 cash
1 Winner

Eligibility

- Period of Deposit from 1st August 2006 till 31st December 2006
- For deposit of TDC of B\$100,000 and above
- Tenure of 3 years without withdrawals

***Terms & Conditions Apply**

