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Our Insurance Partners



Inpatient Only



Guarantee Letter Only



* Updated on Feb 15, 2010

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Shanghai East International Medical Center



Health in Focus

Spring 2010

www.seimc.com.cn



Giving birth is one of life's greatest experiences. That's why we at Shanghai East International Medical Center work from the premise that it's important for all women to participate proactively, to have continuity and to be able to make decisions about their own pregnancy and birth.

HAVING A BABY IN SHANGHAI

Find out why expats are choosing SEIMC to deliver their babies:

- Doctors with good reputations in expatriate community
- Family Planning & Infertility Treatment Services
- All English speaking staff
- State-of-the-art facilities for you and your newborn
- Private delivery suite and Jacuzzi
- Onsite pediatricians available for immediate neonatal care
- Pain management: epidural, laughing gas, etc.
- Fully-equipped operating theater on the same floor
- Comprehensive pre & post natal care and advice
- 3-day stay after normal delivery including meals and newborn care
- Home-visit after delivery
- Direct billing for most insurance companies
- Open 24hrs a day, 7 days a week
- Saturday appointments and clinic tours available
- Discounts and information on serviced apartments near hospital available

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Dr. Zhongmin Liu
Chairman

We would like to thank you for all your support

throughout 2009, and look forward to being your preferred healthcare provider in 2010.

In 2009, Shanghai East International Medical Center has seen an expansion in Obstetrics/Gynecology, Complementary Medicine, Family Medicine, Pediatrics, Inpatient Service, Surgery, 24-hour Emergency, Vaccinations and Health Screening.

Our management will ensure that our standards in providing the best medical care to our community are maintained.

With our professional medical team, new specialty and improved customer services, we are now in an even better position to provide you and your family with more comprehensive out-patient and in-patient care.

This is the time of year when many people complain about seasonal allergy symptoms such as runny noses, congestion, rashes, itchy and watery eyes, sneezing, coughing--and just generally feeling miserable. Allergies occur when the immune system overreacts to a substance that doesn't bother most people. In the spring, pollen is what gets to some people, indoor allergies--to dust mites, dust, or pet dander, for instance--can cause problems all year round.

HOW TO SURVIVE SPRING ALLERGIES

How do I know what I'm allergic to?

The allergy skin test is the quickest and most accurate way to find out what you are allergic to, whether it's mold, grass pollen, or a type of weed. Talk with your primary care doctor or an allergist. Both can give you an allergy test. The skin is pricked slightly to allow an allergen, such as grass or mold, to enter the outer layer; after about 15 to 20 minutes, the physician will check for a reaction, such as hives or redness and swelling, which will identify the specific allergen causing your symptoms.

How can I manage my allergies using over-the-counter medication?

A number of over-the-counter and prescription allergy medications can help control seasonal allergy symptoms:

- **Nasal corticosteroids.** Corticosteroid nasal sprays are considered an effective medication for seasonal allergies and are often prescribed for more troublesome symptoms.
- **Antihistamines.** Antihistamines help relieve itching, sneezing and runny nose. (They are less effective for allergy-related congestion.)
- **Decongestants.** For help with congestion, these medications are available in both over-the-counter and prescription liquids, tablets and nasal sprays.

Always consult your doctor before taking any medications.

Beyond medication, what can I do to manage my allergies?

Individuals who suffer from allergies should avoid outdoor activity during peak pollen times. Trees and grasses pollinate mainly during early morning hours (5-10 AM). You should keep windows closed in the house and car and operate your air conditioner.



Dr. J.H. Grey
Medical Director
General Practitioner

Wash your bedding, pajamas, and clothes as often as possible to rid them of allergens during the spring season.

What about the natural and alternative remedies I hear about: Do any work?

Using a saltwater nose rinse is a natural option that can help clear out pollen and other irritants in the nose.

Acupuncture, homeopathy, and herbal treatments are possible solutions to your spring allergy symptoms. If you are considering an alternative therapy for your spring allergies, start by talking to your doctor.

When do I need prescription allergy medication?

You need to see a doctor about prescription relief under the following circumstances:

- You have chronic nasal congestion or sinus infections
- You have allergy symptoms for several months of the year
- OTC medicines don't work well or render you too drowsy to function
- Allergies are disrupting your routine and reducing your quality of life
- Your allergy-induced asthma is causing symptoms such as wheezing and difficulty breathing

Do I need allergy shots?

The same formula applies to prescription medications: If your allergy symptoms don't improve over time, the next step may be to take the allergy shots.

If I have allergies, will my kids have them too?

The inheritance of allergy is complex and dependent on many factors, but the tendency to become allergic is inherited in many families. The crude rule of thumb is that if both parents have allergic disease, there is a 50% chance a child will have some allergy, only one parent, a 25% chance.

How to Boost Your Immune System Naturally

Are you sick a lot with colds and flu?
Do you have allergies?
Do you feel run down and fatigued much of the time?
If so, you may have a weak immune system.



Dr. Tim Johnson
General Practitioner

Some people are seldom sick and seem full of energy, others are always sick. Different people have different immune systems. This is how we fight off infections and disease. Without a properly functioning defense mechanism, our bodies would be soon overrun by various bacteria, viruses, cancers and other pathogens and we would cease to exist.

Sometimes the immune system does not work properly, as with immunodeficiency disorders. Fortunately, there are natural ways we can strengthen our immune system.

Adopt healthy-living strategies

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by a healthy-living strategies such as these:

- **Don't smoke**
- **Eat a diet high in fruits, vegetables, and whole grains, and low in saturated fat.**
- **Exercise regularly**
- **Maintain a healthy weight**
- **Control your blood pressure**
- **If you drink alcohol, drink only in moderation.**
- **Get adequate sleep**
- **Reduce Stress**
- **Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.**
- **Get regular medical screening tests for people in your age group and risk category.**

Good food and nutrients boost the body's immune power in many ways. They increase the number of white cells, train them to fight better, and help them form an overall better battle plan. Good nutrition also helps to eliminate substances that drag the body down.

The top eight nutrients to add to your diet are vitamin C, vitamin E, beta carotene, bioflavonoids, zinc, garlic, selenium and omega-3 fatty acids.

Foods containing these nutrients include pumpkin, sweet potatoes, carrots, kale, grapefruit (red and pink), blueberries, strawberries, watermelon, cantaloupe, oranges, peppers (red and green), tomatoes, broccoli, sunflower seeds, almonds and olive oil, ground flax seeds, walnuts, soybeans and pumpkin seeds, dark green leafy vegetables (turnip greens, mustard greens, spinach, romaine lettuce, collard greens, etc.), beans, legumes, asparagus, brussel sprouts, beets and okra.

Additionally, drink plenty of water, don't smoke and stop drinking alcohol, coffee and eating refined white sugar.

Stress is a constant factor in our fast-paced society. It can wreak havoc upon our health if not reduced. Stress can weaken the immune system and accelerate the aging process. Relaxation and rejuvenation promotes wellness, vigor and long life.

Some natural healthy ways to lower stress and boost your immune system are: walking and moderate physical activity, yoga and stretching, hand washing to keep germs away, laughter and humor, listening to or playing music, getting adequate sleep - at least 8 hours and keeping a positive attitude





Dr. Yvette Kong
Chief of Obstetrics & Gynecology

A hysteroscopy is a procedure used to look inside the uterus. A thin instrument called a hysteroscope is passed through your vagina and cervix and into your uterus to help your doctor find the cause of a possible problem, to look for cancer in the lining of the uterus or to operate.

When is it used?

Your doctor might suggest a hysteroscopy if you have:

- heavy and/or long menstrual periods
- bleeding between your periods
- bleeding after menopause
- irregular cycles
- severe cramping
- frequent miscarriages (lost pregnancies)
- a displaced intrauterine device (IUD)
- difficulty getting pregnant (infertility).

How do I prepare for the hysteroscopy?

If you are having the operation done while under general anaesthetic:

- You may need to have some blood work done, usually one week before your operation.
- Most hospitals will ask to check with their admitting department on the day of your operation to find out at what time you should come to the hospital.
- Shower or bathe the night or morning before the operation.
- Do not eat or drink (even water) after midnight on the night before the operation.
- If the operation is going to be done while you are awake, your doctor will let you know at what time you should arrive at the clinic or hospital.

What happens during the operation?

At first, you will be given a medication called an anaesthetic to block the pain. A general anaesthetic will make you unconscious during the operation. A local anaesthetic or regional anaesthetic such as an epidural can also be used, depending on your situation and the type of operation. Before the hysteroscopy, your cervix may be gently widened with another instrument to allow the hysteroscope to enter your uterus. Once inside, a gas or a liquid is usually inserted through the hysteroscope to expand the uterus, making it easier for the doctor to see. The doctor will then carefully look at the inside of the uterus, searching for the source of the problem. If there are any abnormal findings, the doctor may remove a small sample for further examination.

If surgery is required to treat a problem, small instruments will be passed through the hysteroscope. Doctors may then repair a septum, remove fibroids or polyps, or use an electric current, extreme heat or cold to destroy the lining of the womb.

At the end of the operation, the doctor will remove the instruments and the gas or liquid if it was used.

Many women experience abnormal vaginal bleeding or spotting between periods sometime in their lives. Vaginal bleeding is considered to be abnormal if it occurs:

- When you are not expecting your menstrual period.
- Or when your menstrual flow is lighter or heavier than what is normal for you.
- Bleeding that lasts for weeks at a time is also considered abnormal.

Women are often quite distressed and worried by the appearance of abnormal vaginal bleeding and it is one of the most common reasons they consult a doctor.

In case of abnormal vaginal bleeding your doctor may perform a procedure called hysteroscopy to diagnose and treat the problem.

Abnormal Uterine Bleeding (AUB) & Hysteroscopy



What causes infertility in women?

The most common female infertility factor is an ovulation disorder. Other causes of female infertility include blocked fallopian tubes, which can occur when a woman has had pelvic inflammatory disease or endometriosis. Aging is also an important factor in female infertility. The ability for ovaries to produce eggs declines with age.

What causes infertility in men?

The most common male infertility factors include azoospermia (no sperm cells are produced) and oligospermia (few sperm cells are produced). Sometimes, sperm cells are malformed or they die before they can reach the egg.

When should someone get tested for infertility?

It is recommended that women under 35 begin testing after trying to conceive unsuccessfully for 12 months. Women 35 or older should see their doctors after six months of trying.

How is infertility diagnosed?

The doctor will conduct a physical examination of both partners to determine their general state of health and to evaluate physical disorders that may be causing infertility. Both partners will also be asked about their sexual histories.

If no cause can be determined at this stage, more specific tests may be recommended. For women, these include an analysis of body temperature and ovulation, x-ray of the fallopian tubes and uterus, and laparoscopy. For men, initial tests focus on semen analysis.

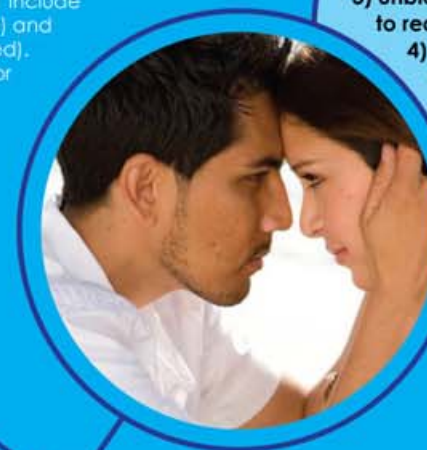
What is in vitro fertilization?

For infertile couples in which the woman has blocked or absent fallopian tubes or the man has a low sperm count, in vitro fertilization (IVF) offers the chance of biological parenthood to couples.

INFERTILITY

Conception and pregnancy are complicated processes that depend upon many factors:

- 1) the production of healthy sperm by the man;
 - 2) healthy eggs produced by the woman;
 - 3) unblocked fallopian tubes that allow the sperm to reach the egg;
 - 4) the sperm's ability to fertilize the egg when they meet;
 - 5) the ability of the fertilized egg (embryo) to become implanted in the woman's uterus; and;
 - 6) sufficient embryo quality.
- When just one of these factors is impaired, infertility can result.



Dr. Lily Liu
Obstetrics & Gynecology



In IVF, eggs are surgically removed from the ovary and mixed with sperm outside the body in a Petri dish ("in vitro" is Latin for "in glass"). After about 40 hours, the eggs are examined to see if they have become fertilized by the sperm and are dividing into cells. These fertilized eggs (embryos) are then placed in the women's uterus, by-passing the fallopian tubes.

Is in vitro fertilization expensive?

The average cost of an IVF cycle in China is about RMB 50,000. Like other extremely delicate medical procedures, IVF involves highly trained professionals with sophisticated laboratories and equipment, and the cycle may need to be repeated to be successful.

For more information on infertility treatments at SEIMC, please contact Dr. Lily Liu.

Female Bladder Control & Prolapse

Dr. Ian W. Mahady
Obstetrics & Gynecology

Do you suffer from any of the following complaints?

- Difficulty in controlling your bladder
- Unable to reach the toilet in time
- Leakage of urine before you get there
- Leakage on coughing/laughing/exercise
- Poor bowel control
- Vaginal discomfort or dragging sensation
- Pelvic discomfort or backache

These symptoms are typical of women who are suffering from urinary incontinence often also associated with vaginal or uterine prolapse.

They are much more common than most women realize and it is said that up to 20% of healthy women have episodes of urinary incontinence without seeking help. This may be because they are too embarrassed to discuss their problem or they have been led to believe that it is just a normal consequence of having had children or going through the menopause. They often protect themselves from embarrassment by wearing sanitary pads.

No woman should have to suffer urinary incontinence and most women can be cured. If treated properly over 90% of women can be completely dry and have normal bladder control.

Urinary incontinence is usually divided into two types each requiring a different form of treatment.

Stress Incontinence

This is usually due to weakness in the ligaments and muscles of the pelvic floor which support the bladder. These supports prevent the bladder from leaking due to sudden increase in tummy pressure from coughing or exercise. If they are damaged, most commonly after a difficult labour or vaginal delivery or after the menopause, when vaginal tissues are less supportive, urine can leak more easily.

This can happen at any age and can be completely cured. The most successful treatment is by surgical procedures which are extremely

effective. Other methods such as physiotherapy or medication are less effective.

Urge incontinence (Bladder Instability)

This is most often the result of a disturbance of the nervous control of the bladder. The symptoms are usually urinary frequency, urgency and inability to get to the toilet before urine starts to leak. Sufferers often have to get up often at night or wet the bed.

In women with bladder instability the nervous reflexes controlling the bladder become disturbed and the bladder returns to the infantile condition with uncontrollable wetting. There can be many causes such as emotional stress, psychological or psychiatric disorders, neurological disease or even just bladder infection.

The treatment is to retrain the nervous control of the bladder, just as you potty-train an infant, but using medication and bladder training techniques. This is a more time-consuming treatment but if done correctly is also very successful if carried out by experienced therapists. Surgical procedures do not seem to be helpful in this condition.

Prolapse

This is a condition where the pelvic organs such as the uterus, bladder or rectum fall down or herniate through the vagina. It is usually the result of weakness or damage to the pelvic ligaments and muscles again associated with difficult childbirth or menopause. The symptoms are usually vaginal discomfort or dragging with backache and often the feeling of a lump in the vaginal orifice. It is often also accompanied by incontinence symptoms but the two conditions may have to be treated separately.

Treatment is almost always surgical and depends on which organ is involved (uterus, bladder, rectum). Treatment is almost always successful but depends on the experience of the operator who should be a recognized pelvic floor surgeon.

Treatment at SEIMC

If you think you may be suffering from any of these conditions then we can help you. Please put aside any embarrassment and come along to our clinic.

All of these conditions can be investigated and treated at SEIMC. Our International Specialist Dr. Ian W. Mahady has had over 30 years experience in the management of female urinary incontinence and pelvic floor surgery.

Dr. Ian W. Mahady



Medication Safety During Pregnancy



During pregnancy the suppression of the normal immune system makes expectant moms easier targets for germs of every variety. However the medications that you would normally reach for to find a relief are usually off limits when you're expecting.

Here's how to deal with some of the more common illnesses during the pregnancy:

Q: "I'm sneezing, coughing, running a little fever and my head is killing me. Can I use some medicine to get relief?"

A: A Cold or the Flu are very common when you're pregnant and sometimes you need medicine to make more comfortable. Acetaminophen like Tylenol is usually given the green light for it can be a welcome relief if you're down and out with a stuffy nose or a high fever (over 100.4°F). Aspirin is not always recommended especially during the third trimester since it increases the risk for potential problems for the newborn, as well as complications before the during delivery such as excessive bleeding.

Q: "I got tonsillitis after I caught cold and my doctor prescribed me some antibiotics. Shall I take them?"

A: If your doctor has prescribed antibiotics for you, it means the bacterial infection you have is more dangerous than taking the antibiotics to fight it off. You'll usually be put on antibiotics that fall into the penicillin or erythromycin families. Certain antibiotics are not recommended such as tetracyclines. Be sure your doctor knows that you're pregnant.

Q: "I've got a stomach bug, I have a bad diarrhea and I can't keep anything down. What should I do?"

A: First of all, dehydration is a problem for anyone suffering with a stomach bug. You must be advised to take some rehydration fluid like Pedialyte. Antacids such as Talcid or Roloids are considered safe to take during pregnancy. Antidiarrheal medicines like Kaopectate may be suggested only after your first trimester is safely behind you.

Q: "I was diagnosed with chronic depression and I've been on low-dose antidepressants ever since. Now I'm pregnant, should I stop taking them?"

A: Treating depression effectively allows a mother-to-be to nurture her body and her developing baby. Wellbutrin is often a good choice during pregnancy. Prozac, Paxil, Zoloff, and other SSRIs carry very little risk to the baby and can therefore also be good choices.

Keep in mind: before you take any medication, pick up the phone and call your doctor to ask which remedies best suit your needs and are considered safe in pregnancy.

Dr. Jane Shen
Obstetrics & Gynecology



Dr. Lily Liu
Ob & Gyn

Dr. Yvette Kong
Chief of Ob & Gyn

Dr. Ian W. Mahady
Ob & Gyn

Dr. Jane Shen
Ob & Gyn

In March of 2009, my husband received a job offer here in Shanghai. I was very apprehensive about moving from the United State to China since I was 4 month pregnant. After arriving in Shanghai, my husband had an opportunity to spend some time at SEIMC where he had a very pleasant experience with the staff. When I came over in May to look for a new place to live, I took the chance to go to the hospital to meet the OB staff and take a tour. I was very impressed with their modern facilities, professionalism and genuine interest in my health and my baby's well being. Dr. Kong and nurse Lucy were exceptionally nice to me and at the time of the birth of my daughter Ava, they were with me every step of the way. They put all of my fears to rest and made me feel at home. And my birth went smoothly without complications and worries.

It was indeed a fantastic experience giving birth at SEIMC!

Xuan, Steven, Aurora & Ava



We were very lucky to have Dr.Kong bring both of our gorgeous sons into the world. Dr. Kong was absolutely fantastic- truly caring and professional. Dr. Kong's team and midwives Maggie, Angel, May and Lucy were very supportive, dedicated and patient throughout my pregnancy and delivery.

We want to thank Dr.Kong and her staff for providing us a wonderful experience at SEIMC.

Silk

Dear Dr. Kong,

It's hard to find the words to say thank you to you when you're given us so much! We'll always remember our prenatal visits to you and all the laughs we had together. Not only did we greatly appreciate all your invaluable medical expertise, we also had so much fun along the way because of you. We're also sure that Florian's birth was so calm largely because you were there. Thank you, Thank you, Thank you!!

Lots of love,
Daniel, Natalie & Baby Florian

Dear parents,

Whether it's washing hands while singing happy birthday two times, learning to cough into the sleeve when no tissue nearby, or keeping a healthy distance from others when sick, there are good habits that can help keep your kids stay healthy. Here are quick health tips to teach kids to help stop the spread of germs:

- Encourage children to wash their hands frequently, especially after wiping noses, diapering, or using toilets and before and after touching food. Sinks, liquid soap, and disposable towels should be easy for children to use.
- Have plenty of facial tissue readily available. Dispose of soiled tissues into covered containers and immediately wash hands.
- Routinely clean and sanitize all food service utensils, toys, and other items used by children. Discourage the use o stuffed toys, which cannot be sanitized.
- Wash bedding frequently. Keep changes of clothing on hand and store soiled items in a non-absorbent container that can be sanitized or discarded after use.
- Avoid close contact with people who are sick.

A parent's decision to keep a child home from school when he or she is sick can sometimes be a difficult one. No parent wants to interrupt their child's learning, and for some, keeping a child home means missing work or losing pay. However, if he or she has a serious illness such as influenza, it's important for the child to stay home from school.

Always keep your child home if ...

- He or she has a fever. This means a temperature at or above 101 degrees Fahrenheit.
- He or she has vomited two or more times. A single episode of vomiting could be brought on by any number of things – nerves or too much bouncing around – so wait until it happens twice before you worry.
- He or she has diarrhea. Watery or loose stools mean you're likely dealing with a virus, meaning you should keep your child at home.
- He or she is coughing or having any sort of breathing trouble. Coughing spreads infection.
- He or she has a rash that is spreading. Check with your doctor to determine whether the rash is contagious before sending your child to school.
- He or she is lethargic.

School Nurse, Hannah

At SEIMC we understand the importance of working closely with kids and their families. We are very proud to have established a good relationship with many international schools in Shanghai and surrounding cities and being able to provide an ongoing onsite support with our full time campus based nurses.



Simon in SCIS Hangzhou Campus



Leann in SCIS Lower School Pudong Campus



Eva in SCIS Upper School Pudong Campus



Hannah & Jill in SCIS Hongqiao Campus



Dr. Greg A. Livingston, Ph.D.
Chinese Medicine Physician

Childhood Asthma

- Is There a Cure ?!

migrate to the lung where they obstruct the lung and cause asthma. For a cure to be had, it is this condition that needs to be addressed.

In cases like this, the first step is to use herbs to transform and remove pathogenic fluids and "warm" the lung. This frees the lung from obstruction and stops the asthma. Once this has been accomplished, the digestion, fluid metabolism, and lung are strengthened, thereby removing the source of the pathogenic fluids and improving lung function.

Following is a case from a recent patient of mine (the name has been changed). Amy, female, 36 months of age. Amy had been suffering from bronchial asthma for about 18 months, and was using an inhaler almost daily. Asthma attacks consisted of wheezing and coughing with copious white phlegm. She also had poor appetite and a sallow complexion. Diagnosis was pathogenic phlegm and fluids in the lung exacerbated by environmental cold.

I prescribed her 4 days of herb tea, after which her coughing and wheezing were greatly reduced and need for inhaler lessened significantly. After 7 more days of herb tea the cough and wheezing were gone and she was off the inhaler completely. Weekly visits continued for another 8 weeks with treatment focused on removing the remaining phlegm and fluids, and strengthening the digestion, the fluid metabolism, and the lung. During

this time she was completely asthma free, and 4 months later Amy has not had another asthma attack, has better appetite and digestion, and a rosy complexion.

While not all cases are as easy as this, Amy's progress is not at all unusual. So, contrary to common perception, many cases of childhood asthma CAN be cured.



Chinese Medicine Treatment of Painful and Irregular Menstruation

By Prof. & Dr. Eva Zhang

What are irregular menstruation and cramps?

Irregular menstruation refers to irregular menstrual cycle (shortened, prolonged, or both) and excessive or scant menstrual blood.

Menstrual cramps refer to pain in the lower abdomen and lower back before, during, or after menstruation. The pain, sometimes intolerable and re-occurring is known as painful menstruation.

When should I see a TCM doctor for help?

Regular menstrual cycles without much discomfort during menses indicate balance of hormonal rhythm, harmonious mind and body.

The normal menstrual cycle is 28-30 days long or can vary between 25-35 days. The period is usually 3-7 days long. Quantity of blood should be between 70ml-120ml, with an average of 100ml. Color should be fresh, bright red or dark-red with a half day of small clots over the first and second days.

If you have 2 menstruations a month or only have 3-5 menses a year you should see TCM doctor for consultation. If you are fed up with menstrual cramps every month you may need to do a few sessions of acupuncture.

TCM ascribes irregular or painful menstruation to the impeded flow of qi and blood in the uterus. Deficiency or stagnation of qi and blood may

cause unsmooth flow of menstruation. TCM also believes "there is pain, there is blockage of meridian".

TCM diet therapy, acupuncture and herbal treatment can strengthen qi of organs, regulate stagnation of qi and blood, and expel coldness from our system.

TCM herbal remedies have various forms like functional foods, teas, herbal pills or tablets, powder, decoction, and pastes.

What can I do to assist the treatment?

Chinese Medicine emphasizes the special care that should take place during this time because a woman's body is very fragile: body temperature is decreased, natural immunity is weak. It is important to keep the body warm, supplement the diet with foods rich in vitamins and minerals (especially iron), get ample rest, and work less to decrease stress. It is also advisable during the menstruation not to perm or dye the hair, and not to take weight-loss medications.

TCM treatments have a long track record of success to reduce and cure painful and irregular menstruation. Before we take painkillers and any chemical drugs we should use food recipes, acupuncture and herbal remedy to help us in a more natural way.

Eighty percent of people suffer from back pain at some point in their lives. Back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. Most cases of back pain are mechanical or non-organic, i.e., not caused by serious conditions, such as inflammatory arthritis, infection, fracture, or cancer.

Does Back Pain Go Away on Its Own?

Dr. Gregory Gipson, Chiropractor

What Causes Back Pain?

The back is a complicated structure of bones, joints, ligaments, and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements—for example, picking up a pencil from the floor—can have painful results. In addition, arthritis, poor posture, obesity, and psychological stress can cause or complicate back pain. Back pain can also directly result from disease of the internal organs, such as kidney stones, kidney infections, blood clots, or bone loss.

Back injuries are a part of everyday life, and the spine is quite good at dealing with these often "pulled" muscles. These very minor injuries usually heal within 1 or 2 days. Some pain, however, continues. What makes some pain last longer is not entirely understood, but researchers suspect that the reasons may include stress, mood changes, and the fear of further injury that may prevent patients from being active. In addition, sometimes a painful injury or disease changes the way the pain signals are sent through the body, and, even after the problem has gone away or is inactive, the pain signals still reach the brain. It is as if the pain develops a memory that keeps being replayed.

Will Back Pain Go Away on Its Own?

Until recently, researchers believed that back pain will "heal" on its own. We have learned, however, that this is not true. A recent study showed that when back pain is not treated, it may go away temporarily but will most likely return. The study demonstrated that in more than 33% of the people who experience low-back pain, the pain lasts for more than 30 days. Only 9% of the people who had low-back pain for more than 30 days were pain free 5 years later.

Another study looked at all of the available research on the natural history of low-back pain. The results showed that when it is ignored, back pain does not go away on its own. Those studies demonstrate that low-back pain continues to affect people for long periods after it first begins.

How Can I Prevent Back Pain?

- Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight, and hold the object close to your body.
- Don't twist your body while lifting.
- Push, rather than pull, when you must move heavy objects.
- If you must sit for long periods, take frequent breaks and stretch.
- Wear flat shoes or shoes with low heels.
- Exercise regularly. An inactive lifestyle contributes to lower-back pain.

What Should I Tell My Chiropractor?

Before any treatment session, tell your chiropractor if you experience any of the following:

- Pain goes down your leg below your knee.
- Your leg, foot, groin, or rectal area feels numb.
- You have fever, nausea, vomiting, stomach ache, weakness, or sweating.
- You lose bowel control.
- Your pain is caused by an injury.
- Your pain is so intense you can't move around.

Backpacks & Schoolbags

Too heavy or poorly fitted schoolbags are a common cause of back pain and poor posture in children. Here are some helpful tips to consider when choosing and packing your child's schoolbag:

- Choose a backpack made from a lightweight material
- The shoulder straps should be adjustable, wide as well as padded.
- A waist/hip strap is preferable as it transfers the load to the hips and legs
- Pack the heavier items close to the back.
- Distribute the contents evenly and so that they don't move around
- The bottom of the pack should rest in the curve of the lower back, not lower than 10 cm below the waistline.
- Lift the backpack onto a table before hoisting it onto the back.
- The weight of the backpack should not exceed 15% of the body's weight.

Dr. Hayley McPherson
Osteopath



Top Tips for Back Care

Back pain affects 80% of us at some point in our lives but in many cases it can be prevented with the following tips:

- Exercise! Walking and swimming are the safest if you suffer from back pain
- Keep yourself moving with light activities even if you have back pain
- Try to alternate between sitting and standing. Research indicates that strain on your joints and muscles sets in after only 20 minutes in the same position - even if you don't notice it at first!
- Maintain a healthy body weight to reduce the strain on your spine
- Use a lumbar support in the small of your back when sitting in a car or at a desk for a long time
- Try not to slouch - watch your posture
- Stretch regularly to increase your flexibility
- Don't let worsening back pain continue for too long without seeking advice
- Consider whether your mattress and pillow are supporting your spine
- Avoid lifting loads that are too heavy or large for you - ask for help!



家庭意外预防

- 绝不把在沐浴的宝宝留在无人看管的浴室里。如果你必须要接电话或关门，也不要让宝宝托付给年长的孩子照看，哪怕一会儿；把宝宝用浴巾包裹带在身边去接电话或开门。
- 绝不把孩子无人看管的情况下留在装满水或其他液体的桶旁。
- 保持浴室的门总是关闭的。
- 保证椅子、床及其他家具远离窗户，以防止儿童攀爬或跌落至窗外。
- 绝不把孩子留在无人监管的楼梯上，即使是有扶栏的楼梯。
- 保持楼梯没有玩具，鞋子，宽松的地毯等杂物。
- 用保护性垫子或其他特殊设计的保护套来避免咖啡桌，家具，厨房的工作台面等的锐角伤人。
- 立即清理任何家中喷洒的液体。
- 绝不把宝宝在无人看管的情况下留在可以翻转的桌子或床上。
- 保证床边栏杆是保护状态。
- 绝不把宝宝在无人看管的情况下一个人留在有软的毯子，枕头，填充玩具，长绒棉玩具的小儿床上。
- 保持塑料垃圾袋和其他三明治塑料袋不在宝宝的接触范围内。
- 保持小刀，叉子，剪刀，和其他尖锐的器具在上锁的抽屉里。
- 不要告诉孩子药物尝起来象糖果。
- 保存所有的药物，有处方权的和没有处方权的在上锁的孩子够不到的柜子里。
- 储存家居清洁物品或除臭剂在不能触及的比较高的橱柜内。
- 所有电源插座上用保护盖子保护好。

Preventing Household Accidents

- Never leave a baby unattended in the bath. If you must answer the telephone or door, don't rely on an older sibling to watch the baby; wrap the baby in a towel and bring him or her with you.
- Never leave a small child unattended near a bucket filled with any amount of water or other liquid.
- Keep bathroom doors closed at all times.
- Move chairs, cribs, beds, and other furniture away from windows to prevent children from climbing onto sills.
- Never leave a child unattended around stairs - even those that are gated.
- Keep stairways clear of toys, shoes, loose carpeting, etc.
- Attach protective padding or other specially designed covers to corners of coffee tables, furniture, and countertops with sharp edges.
- Clean up any spills around the home immediately.
- Never leave a baby unattended on a changing table or bed.
- Keep side rails up on cribs.
- Never put an infant in a crib or on a bed with soft bedding, blankets, pillows, stuffed animals, or plush toys.
- Keep plastic garbage bags and large sandwich-style plastic bags out of the reach of young kids.
- Keep knives, forks, scissors, and other sharp utensils in a drawer with a safety latch.
- Never tell a child that medicine tastes like candy.
- Store all medications - prescription and nonprescription - in a locked cabinet, far from kids' reach.
- Store household cleaning products and aerosol sprays in a high cabinet far from reach.
- Put child-safety covers on all electrical outlets.



Minimally Invasive Surgery



Minimally invasive surgery - also called laparoscopic surgery - is the preferred surgical approach for many illnesses, including heart disease and cancer.

Unlike open surgery, which requires a long incision, minimally invasive procedures are performed through one or more short incisions.

For most patients, this leads to significantly less postoperative pain, a shorter hospital stay, faster recovery and, in some cases, a better overall outcome.

Although laparoscopic techniques vary widely, surgeons generally insert an endoscope, a long thin tube with a lighted camera at its tip, through a small incision. The camera sends a two-dimensional image of the surgical site to a high-definition monitor, which the surgeon watches throughout the operation. Specially designed surgical instruments are placed through the original cut or through other small incisions.

The number of incisions depends on the type of surgery but the trend is to use fewer and shorter incisions. It's not uncommon for some abdominal operations, such as gallbladder surgery, to be performed through a single incision around the navel. In such cases, patients require only an overnight hospital stay and heal without a scar.

SEIMC surgeons perform thousands of laparoscopic procedures each year.

Below is a list of some of the most common procedures performed with minimally invasive surgery:

- Laparoscopic appendectomy
- Laparoscopic gallbladder surgery
- Laparoscopic inguinal hernia repair
- Laparoscopic umbilical hernia repair
- Minimal invasive thyroidectomy
- Radiofrequency or laser ablation of varicose veins



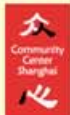
Dr. Bingguan Chen, MD, Ph.D.
Professor and Chief of Surgery

I would like to express my gratitude for your diagnosis of my inguinal hernia and Keyhole Surgery to correct the hernia. I have benefited a lot from less discomfort and pain after doing races. I am taking the time to say how grateful I am as I have suffered with this problem for many years and have only been treated by anti-biotics and anti-inflammatories...

Athlete from Africa

It was amazing that you performed laparoscopic appendectomy for me without seeing scar on my abdomen. That is really cool so that I can go to beach with our high school freinds. Because of your excellent care I was able to discharge 20 hours after surgery...

High school student from U.S



First Aid Classes Schedule

Through our cooperation with the Community Center Shanghai (CCS), we offer First Aid Classes in both English and Chinese, covering CPR and life support for adults, children and babies.

The in-depth First Aid course includes information on how to use a first aid kit and how to handle common emergency scenarios.

Price

- RMB290 for Chinese Class
- RMB390 for English Class

(Price includes: First Aid Kit / Goodie bag / Hand-out materials / First Aid Certificate)

Classes in Pudong

English Class Mar 4; Apr 1; May 6; Jun 3 (Thursday)
Time 10am-1pm
Chinese Class Mar 5; Apr 2; May 7; Jun 4 (Friday)
Time 10am-1pm
Venue Shanghai East International Medical Center
 12F, 551 South Pudong Road

Classes in Hongqiao (Puxi)

Chinese Class Mar 16; May 11 (Tuesday)
Time 10am-1pm
Venue Community Center Puxi
 5F, No. 201, Lane 3215 Hong Mei Road
 (300 meters behind City Shop, off of Hong Song Dong Lu)

Classes in Minhang (Puxi)

English Class Mar 17; Apr 28 (Wednesday)
Time 10am-1pm
Chinese Class Apr 14 (Wednesday)
Time 10am-1pm
Venue Community Center Minhang
 3F, Building 1, 318 Minjia Road

English First Aid
Classes now available
on Saturdays
in SEIMC!

The schedule may be subject to change. Please confirm/register in advance via marketing@seimc.com.cn or 5879 9999.

Classes Info

Pregnancy Yoga Classes

Price

150RMB/group class
 350RMB/private class
 1,280RMB/10 group classes
 2,980RMB/10 private classes

-10% 10% discount for SEIMC patients

Schedule

Minimum number of attendees is four; maximum is ten. Please contact Fiona (1391 644 5882) before hand to register for each class.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30-11:45		Prenatal			Prenatal		
13:00-14:00		Postnatal		Postnatal			

Prenatal Classes

SEIMC offers regular prenatal classes for expectant mothers.

Our two part six hour Child Birth Education course is a compact course designed to teach the basics of the birthing process.

Beginning with instructions on antenatal care, this class moves through the stages of labor, positioning, pain relief options and more.

The course also covers post-partum care, the early days with an infant and breastfeeding.

Free

Prenatal & Birthing Packages

Prenatal Care:	RMB
Premier Prenatal Package (from week 20)	15,000
Premier Plus Prenatal Package (from week 12)	25,000
Delivery:	RMB
Normal vaginal delivery through 2-3 night stay in private room (if emergency Caesarean section required, please see pricing below)	45,000
Operative vaginal delivery (vacuum or forceps or VBAC) through 3-4 night stay in private room (if emergency Caesarean section required, please see pricing below)	55,000
Elective Caesarean section through 3-4 night stay in private room	65,000
Emergency Caesarean section through 3-4 night stay in private room	85,000
Epidural (or laughing gas) for vaginal deliveries	3,000
Twins delivery add RMB 20,000 for vaginal delivery or C-section	
Each delivery package includes all consultations with our neonatologist and one home-visit.	
* Available till March 31, 2010 * Cash or credit card payment only	
Please e-mail barbara.vidos@seimc.com.cn or call 5879 9999 ext. 2662 for further information on maternity services.	

-15%

Gynecology Check-up Package

- Physical Breast Exam
- Physical Pelvic Exam
- TCT (Pap Smear)
- Consultation & reports review with gynecologist

Total: ~~1600.00~~

Promotion Price: **800.00**

* Available till March 31, 2010
 * Cash or credit card payment only

Special Offer

Traditional Chinese Medicine Treatment Packages

Save big and get on the road to better health with SEIMC's Chinese Medicine treatment packages! Talk to one of our TCM physicians to see which package is most suitable for you!

Chinese Herbology Packages

	Original Price	Special Price
4 visits	3200.00	2699.00
6 visits	4800.00	3699.00
10 visits	8000.00	5699.00

Acupuncture Packages

	Original Price	Special Price
4 treatments	3600.00	3000.00
6 treatments	5400.00	4200.00
10 treatments	9000.00	6400.00

* Cost of herbs not included.
 * Cash and credit-card payment only.
 * Available till Apr 30, 2010.

Chinese Medicine can be used to treat these conditions and more:

- Gynecology: PMS, painful or irregular menstruation, infertility, menopause
- Men's Health: impotence, prostatitis, infertility
- Mental/Emotional: depression, anxiety, insomnia, stress
- Respiratory: asthma, allergies, bronchitis
- Digestive: acid reflux, constipation, IBS, bad breath
- Cardiovascular: high blood pressure, high cholesterol
- Dermatology: acne, eczema, psoriasis
- Musculoskeletal: aches and pains, arthritis
- Miscellaneous: weight loss, fatigue, headaches, migraine

Dr. Greg A. Livingston

Dr. Julia Qu

Dr. Eva Zhang