

Health in Focus

Fall 2009



24-Hour: **5879-9999**

APPOINTMENTS • INFORMATION

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Our Insurance Partners



Inpatient Only



Guarantee Letter Only



* Updated on Aug 15, 2009

* If you are covered by health insurance from one of the companies above, we may be able to bill the insurer directly for part or all of your visit. However, there are times when your coverage cannot be verified and we may require payment up-front.



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**Shanghai East
International
Medical Center**

Photo by Child of Mine Photography

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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 Child of Mine Photography



Dr. Suming Wang
 Chief Executive Officer

Welcome to Shanghai East international Medical Center (SEIMC)! I would like to thank you for visiting our medical center and reviewing this newsletter.

For more than six years, SEIMC has been providing world class health care services to the international community. We combine highly qualified specialist care and modern equipment with personalized service to ensure that our standards remain high and that our medical treatment provides what you need.

As a hospital manager, to accept challenge, anticipate, then answer the needs is my duty. It therefore gives me a great pleasure to introduce many new doctors and services available at SEIMC which you will know details from this newsletter. Our commitment to your health is also reflected in our focus on well-being promotion. We actively promote community health awareness and training through our health education classes and materials.

There have certainly been considerable changes since our inception, but one thing which remains unchanged is our commitment to providing you with superb health care, both now and into the future.

With our focus on the future, SEIMC is constantly upgrading and improving our facilities in order to provide you with the best possible care and service. We are committed to ongoing improvement, resulting in our medical center being second to none in Shanghai.

Meet Our New Doctors!



Greg A. Livingston

Ph.D. (Chin. Med.), M.Sc. (Chin. Med.), B.Sc. (Biology),
Licensed Chinese Medicine Physician (California, New
York, China)

**Chinese Medicine Physician, General Chinese
Internal Medicine**

- Ph.D. Chinese Medicine, Zhejiang Chinese Medicine University, China, 2009
- M.Sc. Chinese Medicine, Five Branches University, USA, 1997
- Chin. Med. Physician, North American Hospital, Hangzhou, China
- Chin. Med. Physician, Lake Street Clinic, San Francisco, CA, USA
- Lecturer, Zhejiang University School of Medicine, Hangzhou, China
- Lecturer, Zhejiang Chinese Medicine University, Hangzhou, China
- Lecturer, Long Island University, New York, USA
- Fluent in English and Mandarin, basic French



Julia Qu

MD, MS

Doctor of Traditional Chinese Medicine

- BS, Chengdu University of Traditional Chinese Medicine (TCM), 1983
- MD, Shanghai University of Traditional Chinese Medicine (TCM), 2001
- Professor, Shanghai University of Traditional Chinese Medicine
- Member of World Federation of Chinese Medicine Societies (WFCMS)
- Trained practitioners in Australia (2000), Germany(2003) and Thailand (2005-2008)
- Qualified to treat a wide range of ailments and specializing in asthma, fatigue, insomnia, trismania, emmenopathy, arthritis, weight loss, and chronic pain
- Fluent in English and Mandarin



Shu-nan Gu

MD

General Surgeon

Member of the China Medical Association
Member of the US Phoenix Alliance Medical Association
Specialist member of the Shanghai Gallbladder Disease Consultation Center
Specialist with the Shanghai Renji Medical Group
Director of General Surgery, Lanzhou Military Region General Hospital
Concurrent professor of No. 4 Military Medical University, Lanzhou Medical College
Adept at general surgery and specializing in celioscope surgeries and the treatment of liver, gallbladder, and portal vein diseases.



Jane Shen

MD

Obstetrics & Gynecology

- MD, Shanghai 2nd Medical University, 1994
- Resident in Out-patient and In-patient ward, Shanghai 1st Maternity and Infant Healthcare Hospital, 1994-1999
- OB/GYN, Shanghai 1st Maternity and Infant Healthcare Hospital, 1999-2009
- Over 15 years of experience
- Specializing in the treatment of a variety of pregnancy complications such as PROM, GDM, FGR, and PIH
- Skilled in both Cesarean and forceps delivery
- Also specializing in the treatment of common genital track infections and cervical lesions
- Skilled in operations associated with tumors through both the abdomen and vagina
- Fluent in English and Mandarin



Lucie Voldanova

MD

Anesthesiologist

- University of Genoa (Italy), Faculty of Medicine and Surgery, 1998
- University of Genoa (Italy), School of Specialization in Anesthesia and Intensive Care Achieved perfect score and special commendation (2003)
- Anesthetist at the S. Martino University Hospital of Genoa, Italy, 2002-2003
- Anesthetics in Mackay Base Hospital, 2003 - 2004
- Specialist Anesthetist in Cairns Base Hospital, QLD, Australia, 2004 - 2005
- Specialist Anesthetist in Royal Brisbane & Women's Hospital, QLD, Australia, 2005 - 2009
- Taught and supervised anesthesia trainees as a Senior Lecturer at the University of Queensland
- Taught and supported overseas-trained anesthetists in Australia (OTSAN)
- Fluent in English and Italian



Wendy Zhao

MD

Ultrasound Physician

- M.D., Shandong Medical University, China, Graduated 1989
- Ultrasound Program, the School of Medical Technology, East Brunswick, NJ, USA
- Residency, Henan Province Hospital, Zheng Zhou, China
- Ultrasound Physician, Department of Ultrasound, Henan Province Hospital, Zheng Zhou, China, 1989 - 1995
- Echocardiographer, Department of cardiology, Wyckoff Heights Medical Center, New York, USA, 1996 - 1997
- Research Assistant, Department of Cell Biology & Neuroscience, Rutgers University, New Brunswick, New Jersey, USA, 1997 - 2005
- General Ultrasound (Abdomen, Vascular, OB/Gyn), Bromenn Medical Center, Bloomington, IL, USA, 2006 - 2008
- Echo/Vascular Ultrasound, Marshfield Clinic, Weston, WI, USA, 2008 - 2009
- Registered Ultrasound Physician and Echocardiographer in USA
- Fluent in English and Mandarin



TIPS FOR Healthy Family Living



Dr. J.H. Grey
Medical Director
General Practitioner

Summer is over, and for many of us it means going back to work, school and our everyday routine. Getting ready for a new school year can be challenging. Medical, emotional, academic and extracurricular aspects of your kids' lives needs to be organized almost overnight and often involve reams of paperwork and contacting your child's doctor.

Needless to say, if you are new to Shanghai, you and your family might experience additional challenges such as settling into a new environment, meeting new friends, overcoming the language barrier and culture shock.

Autumn requires us to make changes in our lifestyle. To ensure that you and your family are healthy and active this season, start the fall off with healthy habits. Eat healthy, be active, get check-ups, get appropriate vaccinations (including flu), be smoke-free, manage stress, wear seat belts, wash hands, wear helmets, and more. Build and help your kids build healthy relationships and know how to avoid and reduce conflicts.

Eat healthy

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.

Be active

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rate and that strengthen your muscles.
- Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rate and that strengthen their muscles and bones.

Protect yourself

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of infection.
- Avoid smoking and breathing other peoples' smoke.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Make a supply kit. Make a plan. Be informed.

Manage stress

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.
- Get help or counseling if needed.

Get check-ups

- For both your physical and mental well-being, it's wise to have a routine annual physical examination.
- Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.
- Find out which exams, tests, and shots you need and when to get them.

Get vaccinated

- The single best way to protect against the flu is to get vaccinated each year. October through December is the best time to get vaccinated.
- Getting vaccinated later in the flu season still provides protection, however, as flu season normally peaks in January or later.

Start with a healthy pregnancy

- Take steps before pregnancy to help improve your and your unborn baby's health.
- Combine the best medical care, healthy behaviors (i.e. being tobacco-free and taking folic acid), strong support, and safe environments at home and at work.



Many cancers are linked to lifestyle factors. Making certain changes to your lifestyle can improve your health and may help prevent cancer. Some simple lifestyle adjustments you can make to reduce your risk include:

Lifestyle Strategies to Reduce Breast & Cervical Cancer Risk and Recurrence

- Limiting Alcohol Consumption**
Even one drink per day can slightly increase the risk of breast cancer.
- Breastfeeding**
Six months or more of breastfeeding reduces breast cancer risk and contributes to the health of your baby.
- Not smoking and avoiding second hand smoke**
Smoking cigarettes increases your risk of developing many cancers, including cervical and breast cancer.
- Regular Screening**
Pay attention to changes in your body. Early detection of breast cancer with mammograms and breast exams increases the effectiveness of treatment.
- Take care in the sun**
Overexposure to the sun can cause skin cancer and wrinkles. Use sun block when going outside.
- Limit the amount of sexual partners you have and practice safe sex**
Studies have shown that women who have many sexual partners increase their risk for cervical cancer. They also increase their risk of developing HPV, a known cause of cervical cancer. Having unprotected sex puts you at risk for HIV and other STD's, which can further increase your risk of developing cervical cancer.
- Stress Control**
Stress sets off a series of changes in your body chemistry that weaken your immune system. And there's nothing like stress to make you overeat and drink more than you should.
- Breast Cancer**
Breast cancer is the second leading cause of death from cancer among women. As you get older, your risk increases. A woman's lifetime risk of getting breast cancer between 40 and 50 years of age is 1 in 67. Between 50 and 60 years of age, her lifetime risk is 1 in 36.

- Breast Self Exam**
 - Looking: Stand or sit in front of a mirror in good light.
 - Feeling - three methods: circle, lines, and wedge
 - Don't forget to check nipples and armpits
 - Your doctor can show you how to conduct an effective breast self-exam.
- Cervical Cancer**
Cancer of the cervix was once one of the most common causes of death from cancer for women. Today the death rate is lower, in large part because of the Pap test. The Pap test can help find problems early, before they develop into cancer.
- Some risk factors include**
 - First had sex at a young age (the earlier the age, the higher the risk)
 - Having had more than one sexual partner
 - Have or have had certain sexually transmitted diseases (STDs), including human papillomavirus infection (HPV)
 - Cigarette smoking
- Prevention**
 - All women should have an annual Pap smear test beginning three years after they become sexually active or starting at the age of 21, whichever comes first.

Gynecology Check-up Package -50%

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

Total: ~~1698.00~~
Promotion Price: 800.00

* Available till Dec 31, 2009
* Cash or credit card payment only

Foods to Avoid When Pregnant

Hormonal changes in your body during pregnancy don't just affect your emotional balance. The changes also lower your immune system - making it harder to fight infections and other illnesses. Without the right dietary care and food hygiene, you and your baby could be at risk.

By following some basic safety tips, though, problems can be easily prevented.

Ensure that cold food is kept below 5°Celsius and that hot food is kept above 60°Celsius before serving. This will help stop the growth of bacteria that can cause food poisoning.

Make sure raw and cooked foods are kept separate. Never use the same utensils, such as knives, plates and chopping boards, for both.

Never defrost frozen food by leaving it at room temperature all day. Defrost overnight in the fridge or use a microwave. Use cooked food within twelve hours.

Wash hands thoroughly with warm, soapy water, and then dry them, before and after handling food.

Foods you should avoid:

- Ready-to-eat seafood such as smoked fish and smoked mussels, and oysters or raw seafood such as sashimi or sushi.
- Pre-prepared or stored salads, including coleslaw.
- Pre-cooked meat products which are eaten without further cooking or heating, such as pâté, sliced deli meat, and cooked diced chicken (as used in sandwich shops).
- Any unpasteurized milk or foods made from unpasteurized milk.
- Soft serve ice-creams.
- Soft cheeses, such as brie, camembert, ricotta. (these are safe if cooked and served hot)
- Foods containing raw egg such as homemade mayonnaise, mousses and ice cream that might be contaminated.



- Fish with high levels of mercury, such as shark, swordfish, orange roughly, gem fish, ling, southern blue fin tuna and barramundi.
- **Liver** Animal liver contains very high levels of vitamin A. While vitamin A is good for you, women who consume too much may risk a higher incidence of birth defects in their babies.
- **Peanuts** Avoid peanuts during pregnancy and lactation to reduce your child's chance of developing an allergy to peanuts and to prevent an allergic reaction in the womb.
- **Food additives** Saccharin has been shown to be unsafe during pregnancy. MSG can cause headaches and stomach upsets.
- **Alcohol** Even one glass a day can have detrimental effects on the unborn baby, especially in the first trimester, so it is recommended that you avoid all alcohol during pregnancy.
- **Caffeine** Any more than two cups of coffee per day is not recommended.





Dr. Lily Liu
Ob & Gyn

Dr. Yvette Kong
Chief of Ob & Gyn

Dr. Jane Shen
Ob & Gyn

Quotes from Our Maternity Patients

"Dr. Kong delivered Malin and also delivered my first born son Fisher almost 3 years ago. She is truly an amazing doctor and I chose Shanghai East specifically to have her as my doctor. The OB team that delivered Malin was wonderful.

Dr. Palta was also present during Malin's birth and was a very calm & positive presence that my husband and I greatly appreciated.

I found the birthing suite and my room to be very comfortable & clean and the nursing staff on duty at night to be very helpful.

Dr. Kong is the reason we are blessed with two very healthy and happy children and there is nothing my husband and I would not do for her, she is a godsend!"

Kelly MacDonald
from Shanghai Community International School

"We are very glad to thank Dr. Kong and her whole team of doctors, midwives and nurses for their great support during pregnancy, delivery and postnatal time. They had every time an open ear for us and our questions.

We had all the time a 100% safe feeling and received the best professional medical and human care we can imagine.

We are very thankful that we had such a great experience at Shanghai East International Medical Center and that we got a healthy baby."

Melanie, Henry and August Ron
from Wuxi



"I have been seeing Dr. Kong for the last few months for prenatal care. She was always ready to answer questions, kind and caring and willing to put in extra hours on her day off to accommodate my schedule because I travel from Hangzhou to see her. When the time finally came to have the baby, it was not the ideal natural delivery I had envisioned for myself, I had to have a cesarean section because of complications. The nurses, in particular May and Angel, and Dr. Kong were very caring during the whole process and I felt very safe and well cared for despite the problems I was facing.

At our one-week check up, our pediatrician, Dr. Palta discovered that our baby girl had a hernia. It was very distressing for me because she was still so little. Dr. Palta was very reassuring and at the same time completely validated how hard the situation was for me. The next day, things worsened when the hernia could no longer be reduced and the surgery became an emergency. We had to transfer to the Children's Medical Center to get an ultrasound. At one o'clock, the head midwife, Angel Zhang, accompanied us to the hospital to help translate and offer support. At the hospital, the situation became even worse when their ultrasound showed an ovary coming through the tear as well as a weakness on the other side. Angel helped us check into the hospital and got us situated in the ward where we would wait for our surgery. Dr. Palta came to check up on us as well and make sure we understood everything as well as have another look at the baby and offer her support.

John and Nina Buonaiuto-Cloyed, and baby Sadie
from Hangzhou International School

Finally at seven, they were ready to operate. Angel waited with us in the waiting room, Making sure we understood everything that was happening and offering support both as a friend and advice as a nurse. May brought us a pacifier and some supplies so that Angel could stay with us longer. Angel stayed after the surgery was done, helping me to hold and comfort my baby and getting us resettled back in the ward. She stayed until ten o'clock at night to make sure we were comfortable. The next morning Dr. Palta came to the hospital again to check our baby and reassure us that she was doing fine. Dr. Kong also called to reassure me that she knew the doctors at the Children's hospital and tell me that she was very confident that I was in good hands. All the doctors and nurses asked that I call them at the slightest sign of trouble and Dr. Palta told us to check in on a daily basis regardless of how the baby was doing.

I have never experienced such a wonderful level of care in any hospital anywhere in the world. Angel obviously went beyond anything that is required of her during a days work, and she did it with such care and professionalism. We will always be grateful to the staff members who supported and cared for us during our stay at your hospital. We have seen how hard they work and how busy they are on a daily basis, so to be given the time and attention we received meant so much to us. Thank You!"



"We feel very fortunate to have been able to welcome Emma Grace to the world with Dr. Kong and the team at Shanghai East. My husband and I were very impressed with Dr. Kong's professional knowledge woven with her caring personality and ability to put us at ease as we navigated thru the trials and tribulations of our first pregnancy.

The OB team of Angel, May and Lucy are fantastic and the care and personal attention they gave us during our hospital stay after the delivery could not have been better. Dr. Palta was present during the delivery and again her professional knowledge coupled with her calm, caring demeanor is the perfect combination."

Glynis Ogden
from Shanghai American School

"We would like to pass on our sincere thanks to Dr Lilly Liu for the care she provided through out the pregnancy, through the delivery and the care provided after delivery. She was very caring, and many a times she went out of her way and cared for us even when we called her at some times really late in the night.

We would also like to highlight the outstanding care provided by the mid wives Angel, May and Lucy, to both the mom and the baby. The efficiency, knowledge and confidence exhibited by the staff is a great advantage to your hospital."

Deepa Aravind



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 **45,000**

through 3 night stay in private room
(if emergency Caesarean section required, please see pricing below)

Operative vaginal delivery (vacuum or forceps or VBAC) **55,000**

through 3-4 night stay in private room
(if emergency Caesarean section required, please see pricing below)

Elective Caesarean section **65,000**

through 3-4 night stay in private room

Emergency Caesarean section **85,000**

through 3-4 night stay in private room

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 Dec 31, 2009 * Cash or credit card payment only

-15%

Week 16	Consultation with Obstetrician	Blood pressure
	Triple Test(Down syndrome/ spina bifida / anencephaly)	Urinalysis
Week 20	Consultation with Obstetrician	Blood pressure
	Ultrasound scan (Level II)	Urinalysis
Week 24	Consultation with Obstetrician	Blood pressure
		Urinalysis
Week 28	Consultation with Obstetrician	Blood pressure
		Urinalysis
	Blood tests: ● Complete Blood Count (CBC) ● GTT ● Antibodies screening, OGTT (if necessary)	
Week 32	Consultation with Obstetrician	Blood pressure
	Ultrasound scan	Urinalysis
Week 34	Consultation with Obstetrician	Blood pressure
		Urinalysis
Week 36	Consultation with Obstetrician	Blood pressure
	Ultrasound scan (Third trimester)	Urinalysis
	Tests: ● Complete Blood Count (CBC) ● Non-stress test (NST) ● Culture for GBS	
Week 37	Consultation with Obstetrician	Blood pressure
	NST	Urinalysis
Week 38	Consultation with Obstetrician	Blood pressure
	NST	Urinalysis
Week 39	Consultation with Obstetrician	Blood pressure
	NST	Urinalysis
Week 40	Consultation with Obstetrician	Blood pressure
	Ultrasound scan (if necessary) / NST	Urinalysis
>Week 40	Consultation with Obstetrician (twice a week)	Blood pressure
	Decision for induction	Urinalysis

* All information is subject to change without prior notice

Please e-mail barbara.vidos@seimc.com.cn or call 5879 9999 ext. 2662 for further information on maternity service.

Our Sponsors:



Middle ear infections, also known as otitis media, are among the most common illnesses of early childhood. More than three out of every four kids have had at least one ear infection by the time they reach the age of three. Although ear infections cause parents to worry and make children uncomfortable, most ear infections clear up on their own within a few days. Most children stop having ear infections by the age of four or five.

MIDDLE EAR INFECTION in Children

Dr. Charu Palta
Pediatrician, Neonatologist

What causes middle ear infections?

Middle ear infection may be caused by bacteria or by a virus. Children often get ear infections when they have a cold. A small tube, called the eustachian tube, leads from the ear to the throat. The tube can become blocked when you get a cold. When this tube becomes clogged and fails to drain properly, bacteria or other germs may become trapped inside the ear causing an infection. In kids, these tubes are also narrower and less stiff, which makes them more prone to blockage. A number of other factors can contribute to kids getting ear infections, such as exposure to cigarette smoke, bottle-feeding, and day-care attendance.

What are the symptoms?

It's quite likely that an acute middle ear infection will develop soon after your child gets a cough or runny nose. Children with ear infections may:

- Complain of pain in their ears
- Tug or pull their ears
- Cry more than usual
- Have trouble sleeping
- Fail to respond to sounds
- Be unusually irritable
- Develop a fever of 100 F (38 C) or higher
- Develop a clear fluid that drains from the ears
- Have headaches

How is an ear infection diagnosed?

A child who might have an ear infection should visit a doctor, who should be able to make a diagnosis by taking a medical history and doing a physical exam. To examine the ear, doctors use an otoscope, a small instrument similar to a flashlight, through which they

can see the eardrum. Your doctor will look to see if there is inflammation of the middle ear and check the appearance of the ear drum. The color of a normal tympanic membrane is pearly white; with infection it may look inflamed. Your doctor will also be able to see if there is any pus or discharge.

How is an ear infection treated?

There's no single best approach for treating all middle ear infections. In deciding how to manage your child's ear infection, a doctor will consider many factors, including:

- the type and severity of the ear infection
- how often your child has ear infections
- how long this infection has lasted
- your child's age
- risk factors your child may have
- whether the infection affects your child's hearing

The fact that most ear infections can clear on their own has led a number of physician associations to recommend a "wait-and-see" approach, which involves giving the child pain relief without antibiotics for a few days. However, kids who get a lot of ear infections may be prescribed daily antibiotics by their doctor to help prevent future infections. And younger children or those with more severe illness may require antibiotics right from the start.

Can ear infections be prevented?

Ear infections are not contagious or spread from one person to another, but the colds

that result in ear infections are. Colds are spread when germs are released from the nose or mouth during coughing or sneezing. Anything that can reduce the spread of germs will help reduce ear infections.

Because most ear infections occur in children under the age of three, parents can play an active role in preventing them:

- Have children use disposable tissues when they blow their noses or to cover their mouths when they cough.
- Teach children that tissues should be used only once and then thrown away properly.
- Do not put objects like ear buds inside the ear canal
- After swimming gently dry the ear with a hair dryer
- Do not allow children to share toys that they put in their mouths.
- Wash dirty toys in hot, soapy water before allowing other children to play with them.
- Teach children to always wash their hands after sneezing or coughing into them.
- Do not allow sick children to share food or drinks.
- Regularly wash and disinfect all surface areas and common play areas
- Do not share bathroom cups and other utensils that go in the mouth.

Flu Shot: Influenza Vaccine and Side Effects

When should I get a flu shot?

Because flu season may begin as early as October and run through May, the best time to get a flu shot is in October or November. You can still get an influenza vaccine in December or later, but earlier may be more beneficial in preventing flu.

What types of flu shots or influenza vaccines are available?

There are two types of flu shots or influenza vaccines available for children and adults.

The first kind is the traditional flu shot. The flu shot does not contain a live virus and cannot cause the flu. This influenza vaccine is an inactivated virus that is given with a needle.

The other kind is a nasal influenza vaccine called FluMist. This influenza vaccine contains weakened viruses, which usually do not cause illness but sometimes can cause runny nose, congestion, and fatigue. The nasal influenza vaccine is recommended only for non pregnant, healthy people, ages 2 years to 49 years.

How does the flu shot or influenza vaccine work to prevent flu?

Both the flu shot and FluMist -- the influenza vaccines -- work by causing antibodies to develop in your body. These antibodies provide protection against infection from the flu virus. This antibody reaction may cause fatigue and muscle aches in some people.

Each year, the flu vaccine contains several different kinds of the virus. The strains chosen are the ones that researchers predict are most likely to show up that year. If the choice is right, the vaccine is 70% to 90% effective in preventing the flu in healthy people under 65 years of age.

Who should get the flu shot?

An annual flu shot is recommended for anyone who wants to reduce his or her chances of getting the flu. The flu shot is highly recommended for certain high-risk individuals who are more prone to flu complications, such as pneumonia. Those at risk for complications include people 65 or older, people with chronic medical conditions (such as asthma, diabetes or heart disease), pregnant women, and young children. People who should get vaccinated each year are:

- All children 6 months to 18 years old
- People 50 years or older
- Women who will be pregnant during the flu season
- People who live in nursing homes
- Adults with chronic heart or lung conditions, including asthma, or with any condition that weakens the immune system
- Household contacts and caregivers of any children younger than 6 months of age (these children are too young to receive the flu vaccine)
- Any person in close contact with someone in a high-risk group, such as health care workers and household contacts

Who should not get the flu shot?

According to the CDC, you should not get a flu shot or influenza vaccine if

- You have had an allergic reaction to a flu shot in the past
- You have an allergy to eggs
- You have previously developed Guillain-Barre syndrome within 6 weeks of getting a flu shot (Guillain-Barre syndrome is a disorder in which the body's immune system attacks part of the nervous system.)

What are some of the side effects of the flu shot?

You may experience soreness and/or swelling in your arm after getting a flu shot. Some people have cold-like symptoms, including sniffles, headache, runny nose, sore throat, cough, and body aches for a day or two after getting the flu shot. In some cases, you may also experience a low-grade fever.

It is important to note that the benefits of getting a flu shot far outweigh the risk of flu shot side effects.

Children and the Flu

Some parents think the flu is a stomach bug. But while children may have nausea and/or vomiting with the flu, the key influenza symptoms in children include a high fever, chills and shakes, body aches, and a dry hacking cough.

What causes the flu in children?

The flu is caused by one of three types of influenza viruses. Types A and B are responsible for the yearly flu epidemics, while the type C flu virus causes mild respiratory illnesses similar to the common cold. Type A flu viruses are further divided into different subtypes based upon the chemical structure of the virus.

How is the flu spread among children?

The flu virus is highly contagious, particularly

when people share close quarters, such as students in classrooms do. The flu is spread among children when a child either inhales infected droplets in the air (such as when an infected person either coughs or sneezes) or when the child comes in direct contact with an infected person's secretions (such as a dirty tissue). This can happen, for example, when students share pencils at school or play computer games and share the remotes, or share eating utensils such as spoons and forks. Hand to hand contact is also an easy way for the flu virus to spread.

What are symptoms of flu in children?

The symptoms of flu in children are more severe than the symptoms of a common cold. Symptoms of flu in children start abruptly and usually cause kids to feel the worst during the first two or three days of onset. Flu symptoms in children may include:

- a high-grade fever up to 104 degrees F
- chills and shakes
- extreme fatigue
- headache and body aches
- dry, hacking cough
- sore throat
- vomiting and belly pain

Can there be complications from the flu in children?

Some complications of the flu in children may include a sinus infection, ear infection, or pneumonia. Call your pediatrician if your child's fever lasts more than three or four days or if your child complains of trouble breathing, ear pain, congestion in the face or head, or a persistent cough. Young children under the age of two -- even healthy children -- are more likely than older children to be hospitalized from complications of the flu.

What's the best way to treat flu symptoms in children?

There are useful home remedies and over-the-counter medications to treat the flu in children. Keep in mind that antibiotics are ineffective against the flu because the flu is caused by a viral infection. Antibiotics are only useful in treating bacterial infections. Some common home remedies for treating the flu in children include:

- getting plenty of bed rest
- drinking plenty of liquids
- taking acetaminophen (e.g. Tylenol or Panadol) or ibuprofen (e.g. Advil) to lower the fever and reduce aches (both are available in children's formulations)

It's important that you do not give aspirin to children or teenagers who have flu-like symptoms, particularly fever. Aspirin may increase the risk of Reye's syndrome, a rare disorder that occurs almost exclusively in children under the age of eighteen and can cause severe liver and brain damage.

Hannah Han, RN

School Nurse
SCIS (Hongqiao Campus)



Should I take a child with flu symptoms to the hospital?

If your child has one or more of the following symptoms, go to the hospital ER or call 120 for emergency care:

- The child has difficulty breathing and does not improve, even after nasal suctioning and cleaning.
- The child appears sicker than during any other previous episode of illness. The child may not be responding normally.
- The child is having trouble keeping fluids down or is showing signs of dehydration.
- The child has a fever that does not get better with acetaminophen or ibuprofen.
- The child experiences a seizure.

Are there ways to prevent the flu in children?

The number one way to prevent the flu is to get an annual influenza vaccination. All children from the ages of six months to eighteen years should receive the flu vaccine annually. Vaccinating children with the specific influenza vaccine each fall helps protect them against flu.

Thinking about getting a flu shot or influenza vaccine this year? The influenza vaccine is the best way to prevent the flu, and flu prevention should be a goal for everyone.

According to the CDC, about 5% to 20% of Americans get the flu each year. More than 200,000 people are hospitalized, and about 36,000 people die. These statistics would decrease if more people took advantage of the opportunity to prevent flu with an influenza vaccine or flu shot.

Dr. Tim Taulke Johnson
General Practitioner

Be Ready to Get Flu Shot!

We offer the flu shot service in our clinic, as well as providing onsite services to your school, company and compound. We accept walk-ins and appointments for the flu shot during normal clinic hours, Monday-Friday, 9AM-8PM, and Saturday-Sunday, 9AM-6PM. Corporate discounts and reduced rates for groups are available.

Please contact Jasmine Zhu at (021) 5879-9999 ext. 2862 or email marketing@seimc.com.cn for detailed information.



Steps to Take if Your Child Might have ADHD

Dr. Liqun Hu, Psychologist

More children are being diagnosed with ADHD and put on medication than ever before. At the same time, it is estimated that around two out of three people who have ADHD will never be diagnosed and receive treatment. They will never really know what bothers them throughout their lives.

ADHD is a recognized brain disorder characterized by inattention and impulsive behavior, and one that has serious long-term consequences for children if they are not treated. However, some medical conditions, mental health issues or emotional issues can also cause ADHD-like symptoms. These conditions and issues range from food allergies, thyroid problems, head injuries, hearing problems, seizures, bipolar disorder, anxiety disorder, depression and chronic fear to home problems, school problems, child abuse, learning disability and high intelligence. All these factors must be considered and ruled out before making a diagnosis.

If you or others suspect that your child might have ADHD, find a psychologist or psychiatrist who is well-versed in the diagnostic criteria for ADHD assessment. A comprehensive assessment includes the following: parent interview, child interview, input from teachers, rating scales for parent(s) and teacher(s), physical examination and other testing if there are still questions to be answered.

Once all differential diagnoses are ruled out and a diagnosis of ADHD is made, evidence-based treatment for ADHD should be provided to the child by qualified professionals. Research and clinical experiences indicate that the combination of stimulant medication, behavioral modification and counseling is the most effective treatment.

Teachers, parents, psychologists, psychiatrists and others involved in the child's life are all part of the team that helps the child with ADHD. Communication, collaboration, coordination and support among them are critical in the improvement of the child.



Dr. Liqun Hu currently practices at Shanghai East International Medical Center. She is a US-trained and licensed clinical psychologist with 14 years of clinical experience.

Interview with Dr. Greg A. Livingston



Dr. Livingston is a Chinese Medicine Physician with 15 years experience, and is one of the small and elite group of westerners to have earned a Chinese Medicine Ph.D. in China, entirely in Chinese. Dr. Livingston is passionate about Chinese Medicine, is uniquely qualified to bridge the gap between east and west, and is proud to be part of the effort to introduce Chinese Medicine to the expat community.

What influenced you to train as a Chinese Medicine Physician?

GL: In my early twenties, I decided to pursue a career in medicine. I explored various forms of medicine and felt that Chinese Medicine (CM) was the best system out there. CM is a complete, independent, highly sophisticated, holistic form of medicine, and is arguably one of the best-preserved and best-developed traditional medicines in the world. It has a long and venerable, yet readily accessible history, with written records dating back more than 2000 years, so there is a huge amount of traditional material and experience to draw from. Additionally, there's a massive amount of modern activity worldwide, including hundreds of universities and colleges, tens-of-thousands of practitioners, copious modern research, and an ever-growing interest from consumers. All this, coupled with the fact that CM safely and effectively treats a wide range of health problems, makes it an appealing field.

What's the most common question you get asked when you say you are a CM practitioner, and how do you respond?

GL: (Laughs) Probably the one you just asked, so how about the second most common? That would likely be, "Can CM treat such-and-such condition?" Obviously the answer varies depending upon the condition, but in general, it's fair to say that CM can be used to treat virtually any health condition. That's not to say it can "cure" them all. Some can be cured, some can benefit, and some can't be helped at all. However, for probably 90% of conditions there is something that can be done to help, so I generally suggest people look into it. If a condition can be treated by CM alone, then that's great, since there are rarely any side effects. If not, it may respond well to a combined approach of Chinese and Western medicine, or it may be that Western medicine or another form of medicine has a better solution. It's imperative to know the strengths and weaknesses of each form of medicine, and know when to use what.

With so many other CM doctors to choose from in Shanghai, why should patients come to see you in particular?

GL: Well, first of all, I have a lot of experience treating foreigners, and there are some differences between treating Chinese and foreigners. First, there is often a difference in sensitivity to treatment. Many Chinese have taken herbs here and there throughout their lives, so they often have some tolerance to them and require stronger treatment than foreigners who have never been exposed to herbal treatment before. In regards to acupuncture, many Chinese patients like strong treatments (many needles and with strong stimulation), but most foreigners prefer few needles and a light touch, and I find that this is usually enough to obtain results. Second, I know their diet and lifestyle habits, so am well positioned to understand the development and peculiarities of their illnesses, which is critical to getting a good diagnosis and treatment. Finally, most foreigners really want to know about their condition and be involved in treatment, and from experience, I am expert at explaining Chinese Medicine to foreigners. (chuckles)

Next, I take my time with patients, which is a luxury that most doctors in China do not have. This allows me to thoroughly understand each patient's problem, make a careful and accurate diagnosis, and develop optimal treatment. It also gives me time to offer dietary and lifestyle advice.

I also make myself available to patients by phone or email, and encourage them to contact me if they have questions or concerns.

And last but not least, I make it a point to not make any money from my prescriptions, so patients can rest assured that their prescription is written not for my financial gain, but rather solely for their benefit.

There are sometimes reports of problems with the quality of Chinese herbs, so what do you do to ensure that your patients get quality herbs?

GL: This is an extremely important point, and one that I take very, very seriously. There are many reports of Chinese herbs and herb products such as pills and powders containing contaminants, so there is indeed reason for concern. However, there are herb companies that work diligently to ensure purity and quality, so these problems can be avoided. SEIMC does not yet have its own herbal pharmacy, so prescriptions are filled at a reputable pharmacy nearby, and I intend to work closely with them to help ensure quality. However, I'm hopeful that before long SEIMC will have its own herb pharmacy, and I would like to see it stocked with herbs intended for the Japanese market, which has the highest quality and safety standards for herbs anywhere in the world.

How can patients know if what you do can help them, and how can they schedule an appointment?

GL: I encourage potential patients to contact me directly via email to inquire about how I might be able to help them, and to give me an opportunity to answer any questions or concerns they may have before setting up an initial appointment. Appointments can be scheduled by calling the SEIMC reception (5879 9999).

Thank you for taking the time for this interview. We look forward to a long and happy relationship with you here at SEIMC.



When Should You Take Back Pain Seriously?

Dr. David Jones, Osteopath

It's true that many cases of back pain will settle with rest and time. Unfortunately, 70-80% of people who suffer from back pain will experience the same pain again within a first year. These people can sometimes develop ongoing (chronic) pain or more serious conditions, such as a discherniation.

A visit to an osteopath for some simple advice and treatment can help reduce the chances of a back ache turning into something more serious. Just as importantly, an osteopath can also distinguish whether your pain is of a simple or sinister cause. While back pain is seldom life threatening, it can, on occasion, indicate more serious conditions such as tumors, infections, nerve injuries or referred pain from internal organs. Below are some symptoms associated with back pain that may indicate more serious conditions:

- Severe pain is getting worse or not improving
- Numbness, pain, pins and needles, or weakness in your legs
- Difficulty in going to the bathroom (particularly control of urination)
- Numbness around 'saddle region' (genital area)
- Feeling weak or unsteady on your feet
- Back pain associated with fever, weight loss or unexplained fatigue
- Back pain associated with abdominal pain, nausea or vomiting
- Back pain that is constant, worse at night, or doesn't change with exercise

If you are experiencing any of the following symptoms, you should seek advice from a healthcare practitioner immediately. It may be necessary for you to undergo some further testing such as X-Ray, CT, MRI or blood tests.

Dr. David Jones is an Osteopath practicing at the Shanghai East International Medical Center. He has a special interest in conservative treatment of back conditions such as disc injures (slipped disc), back strain, sciatica and chronic back pain. As part of his management Dr. Jones uses treatments such as spinal manipulation, physical therapies, ultrasound, electric muscle stimulation and rehabilitation exercises. Dr. Jones has a post-graduate degree in Osteopathic Medicine and is a Registered Osteopath in Australia.

Our Complementary Medicine Department Team



Dr. Gregory Gipson
Chiropractor

Dr. Eva Zhang
Doctor of Traditional Chinese Medicine

Dr. David Jones
Osteopath

Dr. Julia Qu
Doctor of Traditional Chinese Medicine

Dr. Greg A. Livingston
Chinese Medicine Physician

Dr. Hayley McPherson
Osteopath

Treating EMMENIOPATHY with TCM

Dr. Julia Qu Doctor of Traditional Chinese Medicine

Don't neglect your menstrual disorder!

Emmeniopathy is a common menstrual disorder found in adult women that is primary characterized by the occurrence of irregular periods. But because irregular periods may be a sign of a more serious problem, it's important to speak with your doctor about any irregularities. menstrual disorder can also be associated with more serious problems, such as ovarian cysts and endometriosis, it's important to speak with your doctor if you are experiencing irregular periods.

How can you benefit from Traditional Chinese Medicine?

Traditional Chinese Medicine (TCM) has over one thousand years of experience treating emmeniopathy. Some of its advantages include:

- Long history of positive results, including ancient treatments that are still widely used today
- The ability to combine herbal medicine with acupuncture to individualize the treatment plan
- The possibility of combining modern exam techniques with TCM to gain a more complete perspective of the problem
- Fewer side effects than frequently prescribed pharmaceuticals and hormones
- Holistic view of health that ensures the whole body is treated, not just the specific problem





How Can I Prepare for an Emergency?

Expats encounter certain challenges when living abroad, particularly when faced with an emergency. The following is a set of suggestions to help you prepare:

What can I do to prepare for an emergency in Shanghai?

- Register at one or more hospitals (can do this as a precaution, free of charge)
- Get health insurance and make sure you understand your coverage (including whether medical evacuation is included in your plan). But remember that most hospitals will not be able to offer direct billing outside of office hours in case of an emergency, so no matter how comprehensive your health insurance plan is, you should always have cash on hand.
- Emergency kit- first aid kit, copy of passport, copy of insurance card, copy of a valid credit card, a list of any known allergies and pertinent medical information, copy of hospital contact details (including address, contact number, and map if available), and cash (many local hospitals will demand cash up front before beginning treatment). If an emergency strikes, call the hospital while you're on your way so that they can properly prepare for your arrival. Keep one kit at home, one at work, and one in your car.
- Identify 2-3 bilingual interpreters or friends to contact if needed. (secretary, Chinese teacher, China Helpline- paid translation service). Even if you speak Chinese, you may have difficulty articulating your thoughts in the heat of the moment.
- Identify emergency facilities and tour hospitals in your area (not all hospitals treat children!)

- Make an Emergency Action Plan and share it with your ayi, driver, and emergency contacts
- Get trained in first aid and CPR, along with your driver and ayi
- Call 120 for an ambulance only if the patient must be immobilized. Ambulances are frequently not the fastest way to get a patient to the hospital (traffic does not give way to ambulances in China!). Ambulance drivers will need to be paid in cash upon arrival at the hospital. In most cases, you can request the ambulance take you to a specific hospital.
- Specify a legal guardian for your child who is empowered to make medical decisions if both parents will be away
- Have your consulate's emergency number on hand
- **Walk through a sample scenario, noting length of time of commute to hospital, location of entrance, etc**

SEIMC offers:

- First aid kits for purchase from our clinic for 250RMB
- First aid classes in English and in Chinese, run regularly
- Emailing care@seimc.com.cn or calling 5879-9999 to confirm whether your insurance provider has a direct billing relationship with SEIMC
- Registering and taking a free tour of our facilities.



Tiffany Wandy
Office Manager
(Former Executive Director of Lifeline Shanghai)

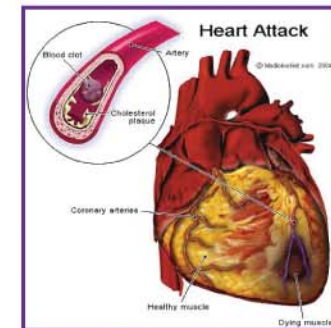
Heart Attack Cause, Symptoms & Treatment

Heart Attack Risk Factors:

- Male
- Smoker
- Overweight
- High blood pressure
- High blood cholesterol (LDL)
- Family history of heart attacks

Heart Attack Symptoms:

- Painful crushing or squeezing sensation in chest
- Sweating
- Nausea
- Dizziness
- Cold, clammy feet and hands
- Heart palpitations



HEART ATTACKS (medical term: myocardial infarction) occur when the blood vessels that feed your heart are blocked by cholesterol deposits. Cholesterol is a fatty substance that can accumulate in veins and arteries.

Your heart is a muscle that pumps blood around your body. Like the rest of the muscles in your body, the heart needs blood to nourish it. Blood vessels surrounding the heart supply it with the nourishment it needs. High blood levels of cholesterol choke these vessels by accumulating and narrowing the space. A heart attack happens when your heart can no longer get enough blood and the heart muscle suffocates to death. This is called myocardial infarction.

People who have a long history of diabetes may not experience the chest pain associated with a heart attack. This is because high blood sugar over a long period of time destroys nerves. The most common complaint from diabetics experiencing a heart attack is loss of appetite, indigestion, and malaise.

The first step in HEART ATTACK TREATMENT is to get to a hospital emergency department immediately.

SEIMC cooperates with the Heart Center of Shanghai East Hospital and is able to offer a comprehensive, 24-hour cardiac care management program.

If you are experiencing symptoms of a heart attack or see a friend or loved one in similar distress, contact us at: (21) 5879 9999.

Our primary care physician and a cardiologist from Shanghai East International Medical Center will stabilize you upon arrival before transferring you to an intensive care unit in the same building. In the ICU, you will receive treatment to open up the blocked coronary artery.

The ICU staff of Shanghai East Hospital works collaboratively with the cardiologist and Primary Care Physicians at SEIMC by providing prompt follow-up and ongoing communication regarding the patient's progress. Effective treatments for heart attack are available that can decrease the chances of sudden death and long-term complications. Acting fast can save your life and limit the damage done to your heart. The Heart Center brings a full-scope, 24-hour cardiac care management program to the region.



Dr. Vicky Xu
Family Physician
Internal Medicine

Benefits of Pre-natal, Post-natal Yoga & Pilates

Yoga is truly ideal for pregnant women. It's not only helps to maintain your fitness level and encourage natural birth, but it also helps you to regain your pre-pregnancy figure.

Conventional exercises during pregnancy, such as using the treadmill, abdominal strengthening exercises, or vigorous exercise classes can become uncomfortable or even dangerous as your belly grows and as your center of gravity shifts.

This is why yoga makes so much sense during pregnancy. When practiced mindfully, yoga increases flexibility, strength, circulation and balance, and may help to reduce swelling.

De-Stress

One of the main disciplines of yoga is deep breathing, which requires close concentration. This is a relaxing technique and improves circulation too. The stress of everyday life will slowly leave your body. Remember, the baby in the womb is sensitive to the mother's moods and thoughts, since the day it develops sensory perception. So a calm and relaxed mother will reflect well on the baby.

Bond

Yoga creates an opportunity for the expectant mother to have time to bond with her baby before birth. Yoga is a Sanskrit word meaning yoke, union or connection, to your mind, body and spirit. The practice of prenatal yoga gives expectant mothers that same union with their babies.

Post natal Yoga & Pilates classes are also ideal for the postnatal period.

Fatigue, weakened abdominals, the demands of breastfeeding, and just day-to-day care of a baby can make it difficult for women to regain their strength and figure.

Many find it difficult to tone the tummy after giving birth, particularly after a C-section or difficult delivery. Re-training this area should be done from the inside out! Emphasis is on strengthening deep abdominal muscles to ensure good technique when you come back to those sit-ups!

Women should not start post-natal classes until four to six weeks after a vaginal birth and eight to ten weeks after a caesarean section, or until after they have been given the go ahead by their health care provider.

Before you start your yoga and Pilates classes, you can also do the following exercises:

- Pelvic floor exercises. These can also help tone the deep abdominal muscles.
- Pull your navel in towards your spine! This can be done in any position, or during any activity such as nappy changing or walking with the buggy- as often as possible. Pull your tummy in on an out breath and hold this contraction for a few seconds while breathing normally.
- Circulation exercises, e.g. ankle circling are useful, especially if you have had a C-section
- Circle your shoulders in both directions to help relieve tension associated with breastfeeding.

Both Pre and Post-natal classes are an excellent way for new mothers to create social relationships with other moms.

Where do you start?

If you have never tried yoga, it's best to go to an expert or attend a class, rather than going solo.. If there is any discomfort or pain, stop the session and consult your doctor or midwife.



Pregnancy Yoga Class

Price

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



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		
14:00-15:00		Postnatal			Postnatal		

Prenatal Class

We offer regular prenatal class for expectant mothers - 6 Hour Child Birth Education Course.

This two part six hour Child Brith Education course is a compact course designed to teach the basics of the birthing processes. Beginning with instructions on antenatal care, this class will move through the stages of labor discussing common occurrences in each stage, positioning, pain relief options and more. This course will also cover post-partum care, the early days with and infant, and breastfeeding basics.

About the instructor

Caitlin Hainley studied Lactation Education/Counseling through the University of California, San Diego. Caitlin is a Certified Lactation Educator/Counselor a Certified Birth doula and is trained in postpartum care and child birth education.





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 Sep 24; Oct 29; Nov 26; Dec 17 (Thursday)
Time 10am-1pm
Chinese Class Sep 25; Oct 30; Nov 27; Dec 18 (Friday)
Time 10am-1pm
Venue Shanghai East International Medical Center
 12F, 551 South Pudong Road

Classes in Hongqiao (Puxi)

English Class Sep 10; Oct 15; Nov 12; Dec 10 (Thursday)
Time 1pm-4pm
Chinese Class Sep 22; Oct 20; Nov 24; Dec 15 (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 Minghang (Puxi)

English Class Sep 10; Oct 15; Nov 12; Dec 10 (Thursday)
Time 9:30am-12:30pm
Chinese Class Sep 22; Oct 20; Nov 24; Dec 15 (Tuesday)
Time 2:30pm-5:30pm
Venue Community Center Minghang
 3F, Building 1, 318 Mingjia Road

Advantages of Learning CPR and First Aid:

Be Prepared!



First Aid/CPR certification is an important certification that every expat living in China should have. The emergency support system in China is different from what you are accustomed to back at home. Therefore, it is important to know how and when to act, and where to go in an emergency. Knowing that you and the people taking care of your children (ayis/teachers/drivers) know how to react to save your loved one's life is a comforting thought.

First aid training for infants and young children is different than it is for adults because young children, especially infants, often cannot express when something is wrong with them. Infant-care first aid can instruct childcare-givers on what signs to look for and how exactly to respond.

Stay Safe!

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

Our Medical Team

General Medicine

J.H. Grey, MD
 Medical Director / G.P.
 郝格瑞
 医疗总监, 全科医生

Tim Taulke Johnson, MD
 General Practitioner
 江善庭
 全科医生

Tilman Farelly, MD
 Family Practice
 方特曼
 全科医生

Shubhangi Deshpande MD
 Internal Medicine
 德施潘蒂
 内科医生

Vicky Xu, MD
 Family Physician
 徐蔚
 全科医生

Vivian Wang, MD
 Internal Medicine
 王维蔚
 内科医生

Arif T. Hussain, MD
 General Practitioner
 侯赛因
 全科医生

Specialists

Yvette Kong, MD
 Chief of Ob & Gyn
 孔玉屏
 妇产科副主任医生

Lily Liu, MD
 Ob & Gyn
 刘岚
 妇产科副主任医生

Jane Shen, MD
 Ob & Gyn
 沈澄杰
 妇产科副主任医生

Charu Palta, MD
 Pediatrician
 Neonatologist
 查璐. 帕特
 儿科医生/新生儿医生

Bingguan Chen, MD
 General Surgeon
 陈炳官
 外科医生

Shu-nan Gu, MD
 General Surgeon
 顾树南
 外科医生

Donald Greig, MD
 General Surgeon
 唐立基
 外科医生

Dan Hooley, MD
 Orthopedic Specialist
 傅伟俊
 外科医生

Amos C Y Lo, MD
 ENT Surgeon
 卢骏业
 耳鼻喉科医生

Sarah Zhu, MD
 Anesthetist, Operating
 Theater Manager
 朱凤道
 麻醉师, 手术室主任

Lucie Voldanova, MD
 Anesthesiologist
 露茜
 麻醉师

Hai-liang Qian, MD
 Anesthesiologist
 钱海良
 麻醉师

Complementary Medicine

Hayley McPherson
 B.Sc., M.H.Sc., M.AOA
 Osteopath
 麦海丽
 理疗师

David Jones
 B.Sc., M.H.Sc., M.AOA
 Osteopath
 周大卫
 理疗师

Gregory Gipson, DC
 Chiropractor
 郭富城
 脊椎神经治疗师

Greg A. Livingston, PhD
 Chinese Medicine Physician
 李歌锐
 中医博士

Julia Qu, MD, MS
 Doctor of Traditional
 Chinese Medicine(TCM)
 曲丽芳
 中医

Eva Zhang, MD, MS
 Doctor of Traditional
 Chinese Medicine(TCM)
 张艳芳
 中医

Ancillary Services

Min Gu
 Ultrasound Physician
 顾敏
 B超医生

Wendy Zhao, MD
 Ultrasound Physician
 赵文洁
 B超医生

Helen Su
 Senior Radiologist
 苏海霞
 资深放射科医生

Kevin Zhu
 Radiologist
 朱辉勇
 放射科医生

Sandy Shi
 Senior Pharmacist
 石艳
 资深药剂师

Joan Lu, RN
 Nursing Director
 卢勤亚
 护理总监

Nicole Wang
 Senior Lab Technician
 王霞
 资深检验师