

September 2011

Rhapsody™

梦翔曲

Life Harmony

Intimate Happy Times

Hall of Fame

Newly Promoted GDs & SDs

范总裁传授

事半功倍的沟通功夫

与医生有约

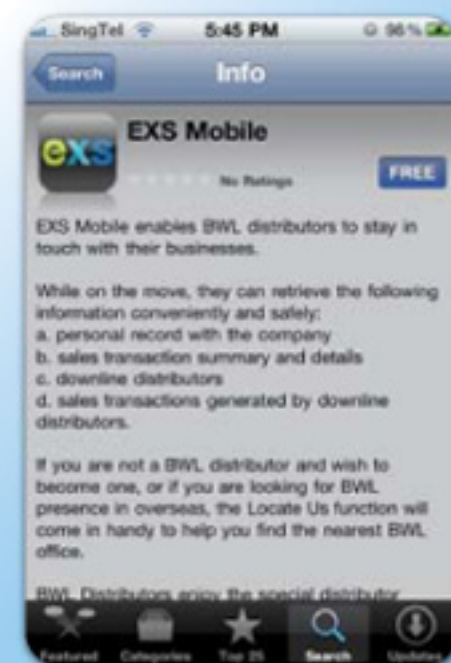
更年期，男人女人避不过



"No matter what you say to each other, do not exaggerate, overstate or deviated from the truth. You must know, an effective communication is always built on integrity. When a person is able to establish their own trustworthiness and credibility, and that communication with others becomes easier."

Dr. Dora Hoan

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Reap What You Sow

Let's work for a good harvest in 2011!





Let's work for a good harvest in 2011! For people in the northern hemisphere, September marks the beginning of autumn. This season signals the transition from warm to cold weather, with its predominant theme as the festival of primary harvest. Indeed, every season presents unique sceneries with transformations that perpetually echo the wisdom of life.

Perhaps today, you are faced with a big obstacle and unable to make a move. You are in this place akin to the harsh and biting cold of winter. During this time, it is important to keep warm: Collect warm thoughts, boost up your confidence, take a decisive outlook and with sustained action, leverage on the strength of your team.

Things may be going great, and your business is flourishing. You sell a "product that speaks for itself", people repeatedly buy from you, and decide to join your team. You are in the springtime of your career, thriving in high and vigorous spirits. At this point, you must remember not to be overbearing. During these propitious times, you should take the opportunity to expand your network and build good rapport with people. Do not neglect to give a helping hand to those in need. This season may hold the key to surviving a future "wintertime"!

If you never sow during the spring, you will not reap when autumn comes. It takes time and work to bring in the harvest. It takes faithfulness and commitment to meet with great success. We have done our part for the past 8 months, the great news is that, we still have more than 3 months to strive for a great finish! You could be one of the superstars on stage in next year's BWL International Convention in Taiwan!

As the saying goes, "There is no privilege in learning as it depends on who enlighten in the first place". You have set a clear target, therefore, keep on forging ahead, never ever give up on your ultimate dream to reach for the sky and become a Platinum Director and Million Dollar Achiever!

Let us take a sneak peek of what the coming year has in store for us as we gather for our next International Convention. We could not wait to experience the "sky lantern" custom that awaits us in Taiwan. In this local custom, thousands of bamboo frame lanterns with candles are lit and released into the air. The sky lantern is only airborne for as long as the flame stays alight, after which the lantern floats back to the ground. As they remain alight, we envision all of us together as we write all our hopes and dreams before we release these Sky Lanterns like wings of prayers to Almighty God.

All Best Worlders, from this moment onwards, let's set our eyes toward our target for next year's Convention in Taiwan. Let's do our very best, putting in no less than 100% efforts to realize our dream for ourselves and our team. Let's make it our goal to meet one another in amazing Taiwan for BWL Convention 2012. We love you all! 📧

Dr. Dora Hoan

Dr. Doreen Tan

Effective Communication Skills

Dr. Dora Hoan's Wisdom of Success



What do people like to listen to? Jokes, praise, personal interests – these are what people love to listen to. Besides that, the most wonderful sound to a person is the sound of his own name. To let others have an unforgettable impression, remember learn their name by heart, and keep on addressing that name during the conversation.

To succeed in the direct selling business, maintaining good relations and communication with people is the most fundamental factor.

Effective communication edifies the speaker and inspires the listener. As the speaker gets the message across smoothly, mutual understanding is established and communication is made easier.

Take my case, for instance, when I was young, I was not good in communicating - an introvert, I hardly liked to talk. However, by striving to learn continuously, and through reflection and experience in honing my skills over the years, I eventually enhanced my "Communication Skills"

The first impression we make on people is often related to their judgment of our outward appearance, e.g. good-looking, appealing image, stylish clothing, etc;. The second impression is through conversation and behavior that reveals our inner virtues, e.g. wisdom, sincerity, etc. In other words, communication maybe likened to a bridge as it is a way

to transport your thoughts, wisdom and knowledge. It is an all- important tool to accomplish your goals.

To master communications skills, we need to understand why people need to communicate. The answer lies in communication's objective to gather or convey information, and in its subjective aspect to nurture relationships, or to accomplish certain goals.

4W1H

The objective of communication must be descriptive, concise and clear, enabling the listener to capture the key points easily. I believe many people have played this game called the "psychology of rumor": a message is passed orally through several people, and when the message reach the final recipient, the original content turns out completely different, thus proving that oral communication runs the risk of being distorted therefore causing many misconceptions or misunderstandings.

Basic to effective communication, we should remember the following key points, namely "4W1H":

What, Who, When, Where, How. For instance, we organized a “Wisdom of Success” seminar in a certain month & day (When), to be held at the head office in Toa Payoh (Where), Dr. Dora Hoan (Who) will tell you more about the effective communication skills (What). To register for this seminar, you can purchase a \$5 entrance fee (How). As long as the listener takes a view of the “4W1H” to understand and keep in mind the contents delivered by the speaker, misunderstandings or miscommunications can be minimized.

As for the subjective aspect of communication, its target is to facilitate human interaction or to persuade one to adopt the other’s thought or motive. For instance, to pitch for a product or business opportunity, to make a presentation without preparation is setting oneself up for a disappointment. The whole exercise may require: prior to presentation, gathering the participants’ data; during the presentation, description of the full contents; after the presentation, review and follow-up.

Just Like Fine Dining

To my mind, by way of a good analogy, an outstanding presentation is much like fine dining:

(a) Appetizer: Stimulate the listener’s interest (an interested listener will continue to stay to listen).

(b) Soup: Let the listener gain some knowledge (e.g. why do people have skin problem, wrinkle problem? For skin care, you need to pay attention to 3 major points: 1) cleansing to remove impurities on face; 2) sunscreen protection to prevent skin damage and pigmentation resulting from sun spots and UV rays; 3) nourishing the skin with good skin care products. Doing these 3 things will make the skin beautiful).

Objective Communication

In narrative way, clear & concise



What?



How?



Who?



When?



Where?

Interesting Briefing just like Fine Dining

Starter	Create interest
Soup	Learn knowledge
Main Course	Main focus
Dessert	Benefits
Refreshment	Closing time

(c) Main course: Key focus on (E.g. Why is this product good? What are its unique features compared with other products? What are its ingredients? For instance, Aestier Age Arrest Set with its patented freeze-drying techniques, in tablet and blister packaging method, preserve the full activity of the growth factor in individual tablets, thus ensuring a fresh and precise dose as it is dissolved into the essence).

(d) Dessert: Benefits or promotion (E.g. Directly: better skin, reduced fine lines, smaller pores; indirectly: look younger, rosy complexion, delicate glow).

(e) Refreshment: For closing time.

The Wisdom of Asking Questions

To know the proper way of asking questions is the wisdom of communication, and asking brilliant questions could guide the other's thoughts closer to your goals. Here are some of the key points of asking questions:

(a) Use questions to understand the other's needs:

- "E.g. Do you often go to a beauty salon (If yes, that means the other is concerned on facial skin care, and has spare time)?"
- "Which beauty salon do you visit to? How was your experience?"

(b) Use questions to attract the other's attention:

- "E.g. There is someone here who will be earning one million dollars of annual revenues in the next 5 years, do you want to know who is that person?"
- "Do you wish you are that person?"

(c) Use questions to evoke listener's desires:

- "E.g. If there is a product, which after using it for just 3 months can make you younger by 10 years, do you want to experience it for free?"

(d) Use questions to let listener ponder on things that he has never ever thought of:

- "E.g. Do you ever think of why men like to look at pretty women?"
- "If your partner likes to look at others, what would you do?"

(e) Use questions to help him solve the problems:

- "E.g. If your money is not enough, should you explore a second way of making money?"
- "If there is a business, with low investment, no risk, flexible time, do you want to give it a try?"

(f) Use questions to help him make the selection:

- "E.g. Are you free on Saturday or Sunday?"
- "Do you want to invest in a complete set of skin care now, or purchase a basic set first?"

The communication process: A person is asking or talking, and the other person is answering or listening. At this point, the listener's mind is analysing logically, and the heart is fluctuating emotionally.

Remember the Name

In view of this, the person who is delivering the message should not merely focus on his own discourse, regardless of the listener's response. The speaker should make good use of his five senses:

(a) Visual: Observe the listener's facial expression and body language.

(b) Sense of Hearing: Listen to messages (the Chinese likes to make remarks tinged with irony, overtones in conversation: to learn and understand the hidden message, implications between the words).

(c) Sense of Smell: Atmosphere, tensions (Observing the situation: the right time, right place).

(d) Taste: Sourness

(e) Feeling: Sixth sense (Apply your sensitivity, to speculate the other's thoughts)

What do people like to hear? Jokes, praise, own interests, these are what people like to hear.

In addition, there is another key point being ignored by people during the communication process that is, to address the other's name.

According to a psychologist, the most melodious sound is the sound of our own name. Former President of Taiwan, Mr. Chiang Ching Kuo whenever he visited a place, never forgets to do his homework, that is to remember the names of all attendees. When a superior political leader is able to call up the name of an ordinary citizen, such is an unforgettable life experience for that citizen and he will be deeply flattered by it! Therefore, to leave people with an indelible good impression of you, remember to keep in mind the other's name, and to continuously address their name during the course of the conversation.

Conversation Topics

Even as we learned the above principles, there are those who still say they cannot find suitable topics for communicating with people. Here I would like to share with everyone, the simplest and most direct way of "Conversation Skills". Just keep in mind these 7 conversation topics, make the effort to practice, and you will be well on your way towards mastery of communication:



(a) House: Where do you live?
Who are the people at home?

(b) Children: How many children? Where are they studying? What subjects are they studying?

(c) Career: Where are you working? Are you satisfied with your job?

(d) Circle of network: What activity group are you participating? What leisure activity do you have?

(e) Honor: What was your most glorious achievement? How do you make it?

(f) Dining: What delicious food is worth recommending?

(g) Climax: Fragment of the story, leaving the others a feeling of liking something more.

Keep in mind these 7 conversation topics, and you will never be dull or lost for words. You can also get flexible with these topics to get the desired response. The contents of the conversation is not only knowing both sides and bringing them closer, but most importantly, to attain a better understanding of one another. Acquiring these information, you will be more likely to attain the right approach to handle various situations. In striving to get to know others as well as yourself, you will avoid pitfalls and encounter no defeat.

Nevertheless, remember the principle that "Boat can float above the water, but it can also tip over". No matter what message you want to deliver, remember not to exaggerate, overstate or deviate from the truth. You must know that effective communication is always built on integrity. When a person is able to establish their own trustworthiness and credibility, communicating with people becomes easier. 📌

Conversation Topics:

House: Where?
Family members?



Children: How many children?
Where do they study at?



Career: Where do you work?
Satisfied with the job?



Community: Participating in any community service?
Leisure time programme?



Honor: The most glorious achievement?
How did you do that?



Dining: Where is it good to dine out?



Climax: Part of the climax?



Intimate Happy Times

By Dr. Doreen Tan



Every woman has special needs for intimate hygiene and care

About 3 out of every 4 women experience at least one episode of vaginitis in their lifetime, and 1 in 5 women are actually troubled by vaginitis on a recurring basis. Women commonly experience problems associated with hormonal changes during puberty, menstruation, after sex, during and after pregnancy, and during menopause. Weak immune system, allergies, birth control methods (like intrauterine devices (IUDs)), aging, medications (like antibiotics and oral contraceptives), improper hygiene, nutritional deficiencies, and excess consumption of refined carbohydrates – all can upset the equilibrium of microflora system in the body – making you more susceptible to vaginitis.

Vaginitis is an inflammation of the vagina that may result in abnormal discharge, itching, pain and discomfort when you urinate or engage in sexual activity. It can be caused by harmful bacteria, fungus, or parasites that outnumber the good bacteria in the female genital area. Some infections are caused by irritations from chemicals in creams, sprays, or clothings. It can also result from microorganisms that are passed between sexual partners.

Intimate hygiene impacts your health

Many women underestimate how vaginal infections affect their overall health. Left untreated, a vaginal infection may spread

upwards to the womb and ovaries. Severe cases can even lead to pelvic inflammatory disease and infertility. In pregnant women, this may result in adverse outcomes such as premature delivery or low-birth weight infants.

The 4 most common types of vaginitis:

- Candida or yeast infections
- Bacterial vaginosis
- Trichomoniasis vaginitis
- Non-infectious vaginitis

A woman may have any combination of vaginal infections at one time. The symptoms that arise vary with the infection. There are also general symptoms that all vaginitis infections have. It is also possible for an infection to be present without any symptoms!



Different types of vaginitis	Causes	Symptoms
Candida or yeast infection	<ul style="list-style-type: none"> • Overgrowth of a species of fungus (commonly known as <i>Candida albicans</i>, which normally live in the vagina in small numbers) • Use of antibiotic or contraceptives • Frequent douching • Pregnancy hormonal changes • Diabetes 	<ul style="list-style-type: none"> • Mild to severe itching • Redness • Intense irritation or burning • Thick, white, cottage cheese-like discharge.
Bacterial Vaginosis (BV)	<ul style="list-style-type: none"> • Overgrowth of certain species of vaginal bacteria (usually <i>Gardnerella vaginalis</i>, or others like <i>Mobiluncus</i>, <i>Bacteroides</i>, and <i>Mycoplasma</i>). • Douching that disrupts the normal organisms • Changes in vaginal pH balance • Hormonal changes, or • Sexual activity. 	<ul style="list-style-type: none"> • Itching • Abnormal milky discharge/ heavy grey discharge • Unpleasant fishy odour
Trichomonas vaginalis (sexually transmitted infection)	<ul style="list-style-type: none"> • Parasite which passes between partners during sexual contact. 	<ul style="list-style-type: none"> • Genital itching • Burning during urination • Frothy, greenish-yellow discharge • Lower abdominal discomfort
Non-Infectious Vaginitis	<ul style="list-style-type: none"> • Poorly ventilated clothing • Allergic reactions or sensitivity to detergents, vaginal sprays, douches etc. • Vaginal dryness, often during menopause • Menstrual hormonal changes • Sexual activity 	<ul style="list-style-type: none"> • Mild to moderate itching, and or, irritation or burning sensation.

Develop a healthy lifestyle and diet!

Include live probiotics like bifidobacteria and lactobacillus

A healthy vagina is naturally in a balanced condition with a large amount of good bacteria that defends the intimate area against harmful microbes. Healthy vaginal epithelium is naturally colonised by various vaginal flora, of which 80% are lactobacillus.

Lactobacillus facilitate the glycogen metabolism to produce lactic acid that accounts for the

natural vaginal acidity. This acidic environment acts against harmful microorganisms and is ideal for the growth of lactobacillus, allowing them to continue with the production of lactic acid. However, the balance is fragile! Any interference to the fragile balance, causing the pH alteration in the intimate area, could lead to different feminine discomforts and infections like vaginitis.

To be effective, the live probiotics should have the quantity (dosage) and quality technology to withstand stomach acid without being destroyed.

BWL's **Avance BifiMax** contains 10 billion live Bifidobacteria and 1 billion live Lactobacillus which aims at building better gastrointestinal health by cleansing, and to destroy and suppress the growth of harmful bacteria in the body. Using a patented technology that encapsulates live good bacteria in a double coated seamless microcapsules that is acidic resistance to stomach acid – ensuring that the live probiotics can be transported to large intestines to effectively perform their functions.

Include noni supplements in your diet

The digested xeronine from noni fruits work at molecular level to repair damaged cells. It also stimulates the production of T-cells in the immune system to fight diseases and enhances the white blood cells like macrophages and/or lymphocytes, which are part of our body's natural defenses to combat different types of bacteria.

BWL's **Avance NoniCaps** uses noni fruits that are grown and packed in Hawaii according to the agricultural and processing standards of the USDA. The fruits are flash frozen and freeze dried in an FDA approved facility. This unique freeze drying technology ensures only water in the noni fruits are removed but all active enzymes and nutrients are retained, concentrated and encapsulated into V-Cap™ (vegetarian-friendly) to bring better

relief and combat against bacterial, viral and fungal infections like vaginitis. Do not be alarmed if you experience more discharge when you consume Avance NoniCaps as this is part of your body's detox (recovery) reactions. Continue with your consumption and drink 8-10 large glasses of warm water to assist in your detoxification process.

Other lifestyle and dietary recommendations:

- Avoid sugar, fruits, refined carbohydrates, or sweets of any kind until the infection has healed as fungus multiplies tremendously in sugary environment.
- Avoid alcohol, aged cheeses, fermented foods, mushrooms, and yeast products that can increase production of the fungus. Avoid all


dairy products except for low-fat yogurt and other soured products.

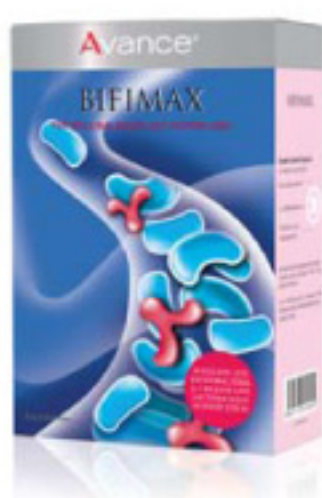
- Keep the vaginal area clean and dry. Wear loose-fitting cotton clothing and cotton underwear to allow for air circulation. Avoid wearing synthetic or tight clothing which suffocates the skin.
- Avoid contact with any potentially irritating chemicals like scented toilet paper, perfumes, deodorants, and commercial sexual lubricants. Avoid using the usual soap or shower gel as these maybe too harsh to the acidic balance in the vagina due to their higher pH which can lead to growth of pathogenic bacteria.
- Change tampons or panty liners frequently to reduce irritation or growth of dangerous microbes. Avoid repeated douching as this disrupts the normal organisms that live in the vagina and can actually increase the risk of vaginal infections.



Use a protective daily cleansing product with a low pH to care for your intimate hygiene.

Intimeds FemWash

- A scientifically designed formula with lactic acid, a substance produced by the body to maintain proper hygiene for the intimate area, preserve the healthy, natural pH and microbial balance, and inhibit the growth of harmful microbes.
- Its low acidic pH level is crafted to be stable at pH3.5 – 3.7, and is suitable to maintain the acid environment in the intimate area which fluctuates between pH3.8 to pH4.5.
- Hypoallergenic formula cleanses gently and delicately without causing any irritations. It does not contain allergens like SLS, SLES and Paraben.
- Infused with tea tree oil, a natural, mild antiseptic with antibacterial and antifungal properties. Its allergen-free fragrance gives a long-lasting feeling of freshness with the scent of rich and refreshing flora notes to help combat unnatural odour. Its cooling and soothing effect calms and protects against unwanted situations of abnormal discharge and irritation.
- Enriched with Vitamin B3 (Niacinamide), an effective moisturising agent to help prevent dryness especially for many ladies who suffer from vaginal dryness, and provide extra comfort by soothing inflammatory skin. 



Avance BifiMax



Avance NoniCaps



Intimeds FemWash

Recommended supplements & Products	Consumption method
Avance BifiMax	1 sachet, 30 minutes before breakfast, for 7 days. After that, 1 sachet for every 2 -3 days.
Avance NoniCaps	1-2 capsules, before sleep, daily.
Intimeds FemWash	Use during bath/ shower, morning and night.

Men & Women in Menopause

Interview with Dr. Alex Ooi



Dr. Alex Ooi
Senior Obstetrician & Gynaecologist

Menopause is a natural event and a critical phase in the lives of both women and men. Menopause also impacts relationship of couples and its repercussions should not be ignored. Dr. Alex Ooi suggests that it is most ideal for both women and men to prepare themselves in the most ideal way through proper healthcare prior to menopause.

During the interview with Dr. Alex Ooi, local Senior Obstetrician & Gynaecologist, he pointed out that the symptoms of male menopause are not obvious as compared with those of females. He said, "The typical symptom of female having menopause is lack

of hormone in the body. For male who reach his menopause, his body hormone is also decreasing and as a result, he feels tired easily, his muscle mass decreases, his belly becomes bigger, chest muscle sags and his sexual ability decreases as well." In terms of sex life, men in menopausal stage may face the problem of impotence, on the other hand, women are able to experience satisfying sex even as they reach menopause.

Men in Menopause

When the level of hormone in a man's body decreases, it will not only affect his sex life, but also have the tendency to bring a host of other health problems including cardiovascular diseases, mental health problems or even cancer. Dr. Ooi said, "Normally, a man in menopause would feel himself useless. His children are grown up, and would have left home to start their own lives. Furthermore, men would have less leisure activities compare with women. For example, women would go shopping, have tea time, play mah-jong with friends, but men would always be busy at work. Upon reaching menopause, men may begin to have the feeling of being useless among other negative emotions that tend to be observed during menopause.

Dr. Ooi said, doctor can inject male hormone to men in menopause. "When you have the following symptoms: you are starting to feel fatigue and lack of interest in sex, you always feel negative and passive, is in retirement age and is not actively working, it would be smart to seek your doctor's help. Before menopause, men should begin to take good health supplement to keep their vitality." Similar to women in menopause, the men too could select some excellent quality anti-oxidant health supplement, fish oil for cardiovascular health, Omega 3, 6, 9, CoQ10 supplement, etc. These supplements could reduce the health problems during menopause.

Dr. Ooi suggests for men in menopause to keep good life habit, e.g. quit smoking, exercise regularly, etc. During menopause, men will easily become fat and should be conscious of his diet. Men will begin to have fat deposits in the tummy area which eventually will cause health problems, especially the cardiovascular disease.

Women in Menopause

Every woman will experience menopause during her lifetime. Dr. Ooi said, every woman's ovary produces a number of ova. When they reach the age of 50, the function of the ovaries begins to decline. The common symptoms of women in menopause are hot flushes, heavy perspiration (even affect the daily life), lack of interest in sex life, fatigue, depression, unstable emotion, etc.

"A female patient's husband told me that his wife scolds people for no reason and her family members could not stand it. I told him that this is one of the symptoms of menopause and family members should be more patient with her during this critical period." Dr. Ooi said.

He gives another example: Another female patient came to see him, so highly-stressed and emotional. She felt that her husband dislikes her and everyone around seems to isolate her. She couldn't sleep well at night. Her husband said she feels too depressed that she may have the tendency to commit suicide, and that was why they sought my advice.

I emphasise to both male and female patients the

importance of taking extra care of themselves before menopausal age. They must consume quality health supplement, quit unhealthy lifestyle, exercise regularly, and keep a healthy diet.

Beware of Osteoporosis

Another important point is, with the protection of their hormone, women tend to have less occurrence of cardiovascular diseases before the menopause as compared with men. However, when they enter actual menopause, they stand a higher risk of suffering heart and health problems.

Dr. Ooi said, "After half to one year in menopause, if the patient does not take in good care, he/she will have osteoporosis. Serious fracture could happen and cause death." With that, those female in 40 and above should aware of osteoporosis and have more calcium intake.

Dr. Ooi also said that as women reach menopausal age, and their husbands are still in their active stage, they both have sexual needs that need to be fulfilled therefore doctors should be able to advice their female patients on how to keep their youthfulness. For e.g. consumption of health supplement or application of appropriate skincare products would help couples to have better sex life. Besides osteoporosis, flaw spot, eye bag, and other beauty care problems are among those problems that women experience during menopause.

(The above is BWL Singapore sponsored interview contents in ZaoBao Sunday on 8/5/2011)

Avance health supplements recommended for menopausal care :



Avance
DORS 5



Avance
Black Currant Seed Oil



Avance
Liqui Cal/Mag



Avance
PhosChol 565

Breast Cancer & Cervical Cancer Prevention

Interview with Dr. Elaine Lim



Dr. Elaine Lim
Consultant Medical Oncologist

Among the many types of women cancers, breast cancer is the No.1 killer, while cervical cancer ranks 7th. These 2 types of cancers are top concern for women and every woman should heed the warning signs.

Here in an interview with renown local oncologist Dr. Elaine Lim from the International Cancer Specialists Pte Ltd Singapore.

Q: Can you share with us some relevant statistics on breast cancer and cervical cancer in Singapore?

A: Cases of breast cancer is increasing every year in Singapore. 10 years ago, there were only about 1 breast cancer patient among 40 – 50 women. In recent years, this increased to 1 in 20 women. According to statistics from the Singapore Cancer Registry, there are more than 1,300 women afflicted with breast cancer every year, and 300 among them succumb to the disease. In 2004 – 2008, breast cancer became Singapore No.1 cancer concern among women, while cervical cancer's ranking has dropped to No.7 compared with statistics in 2003 – 2007, and its fatality rate has been decreased as well. The data shows that awareness of cervical cancer has increased in recent years.

Q: What is the age group of breast cancer and cervical cancer?

A: For breast cancer, it appears that it is becoming prevalent in younger age demographics as more and more women gets early diagnosis. Their awareness on breast cancer might have been increased by active anti-breast cancer campaigns and so they go for check up and find out about the disease. My youngest patient was only 19. This might be genetically related and this accounts for about 5% of breast cancer victims in Singapore.

For cervical cancer, patients are normally women in the older age group. Awareness of this cancer has led younger women to become more proactive by having regular cervical examination and taking preventive steps against the disease.

Q: What are the risk factors that cause breast cancer and cervical cancer?

A: To date, medical experts have not discovered the causes of breast cancer. It is commonly believed that diet is a big trigger for breast cancer. Among cervical cancer patients, 75% – 85% were infected by human papilloma virus (HPV). There are more than 100 types of HPV, and the infection is passed on through sexual intercourse. Women with active sex life stand a higher risk of getting cervical cancer.

Q: How to diagnose the symptoms of breast cancer and cervical cancer? How important is early diagnosis?

A: Most often, breast cancer does not have any symptom. Only a thorough breast examination is able to really detect the disease. Self examination like pressing the breast to check for lumps may not be effective as those lumps could either be benign or malignant. Women who reach the age of 40 should go for annual breast examination.

One of the symptoms of cervical cancer is bleeding during sexual intercourse. It is important to have cervical pap smear once a year. Normally, women should go for check after 3 years of actively engaging in sex. Early diagnosis and treatment is crucial to increase the chance of conquering the disease.

Q:What are the treatments for breast cancer and cervical cancer?

A: The three primary treatment options are: surgery, chemotherapy and radiation which may be used alone or in combination. Surgery and radiotherapy are targeted treatments, while chemotherapy is a systemic treatment. The major treatment for cervical cancer is surgery, assisted by radiotherapy. Only when the tumor could not be removed by surgery, will chemotherapy be recommended as a treatment option.

Q:Does emotion affect the prevention and treatment of breast cancer and cervical cancer?

A: Normally, emotion would not affect the cancer directly. No matter if the person is optimistic or pessimistic, the chances of getting cancer are same. Women should be aware of diversification of body hormone. There was a clinical research done in the U.S. a few years ago, which divide women in menopause into two groups: One with Hormone Replacement Therapy (HRT), and one with no HRT. The finding is the group using HRT has the higher risk of getting breast cancer.

Q:Will contraceptive drugs and hormone increase the risk of breast cancer and cervical cancer?

A: Yes, contraceptive drugs and hormone will increase the risk of breast cancer and cervical cancer. Like HRT that we mentioned earlier might cause the breast cancer, but the same is not true for cervical cancer.

Q: What is your advice on healthy lifestyle to prevent breast cancer and cervical cancer?

A: As with most cancer the causes are unknown. It is commonly believed to be a combination of genetic, environmental factors, as well as diet and lifestyle. We should be conscious of making healthy food choices, eat a more balanced diet and keep body acidity at slightly alkaline condition. More important is to keep one's spirits up, relieve stress and strive to enjoy a full, happy life!

(The above is BWL Singapore sponsored interview contents in ZaoBao Sunday on 12/6/2011)

Avance health supplements recommended for breast cancer and cervical cancer prevention:



Avance SangoCal



Avance V-Propolis



Avance ImmuGain