

The EDITOR'S MUSINGS



Tan Tze Lee

Deputy Editor

The beginning of the Gregorian year is often marked by a flurry of New Year's resolutions by individuals around the world. This usually takes the form of making promises to change our lifestyle of excess, which comes to a head for many at the immeasurably decadent year-end celebrations.

We make resolutions to dust off those long-neglected running shoes and tennis rackets, to hit the roads and courts to get some exercise. We also make resolutions to eat more healthily – the definition of which changes each year as more and more evidence-based eating becomes de rigueur. Indeed, will durian follow avocado to become a *buah* that is good for health, as mentioned in this issue's feature by Dr Toh Han Chong? I wishfully hope so! Besides timely reminders to watch ourselves in the new year, Dr Toh also expresses some hopes and lessons for the medical profession.

When we face the many delicious morsels during the upcoming Chinese New Year celebrations, we might be all too tempted to throw caution to the wind and eat everything on offer, only to regret the indigestion that often follows. In this issue, we offer tips on how to exercise some gustatory restraint and watch what we consume, and Prof Pierce Chow documents his

transformational weight loss journey, with great pointers for those of us who share the same goals.

Dr Joanna Chan writes on the many challenges faced by healthcare workers (HCW), and highlights the increasing incidence of HCW abuse that, at times, reaches fever pitch in this era of social media. Adequate safeguards against such abuse are in place, but untested.

The Hobbit highlights the advent of the modified Montgomery test and what it means to us on the ground. It's better to be safe than sorry – practice survival medicine! Dr Giles Tan and team write on intellectual disability (ID) and mental capacity assessment. It is an excellent article that gives much insight on how to assess and manage patients with ID.

Finally, Dr Valerie Tay's exposition on the joys of baking is aspirational. The healthcare team is likened to a well-oiled kitchen crew, able to produce those sought-after outcomes that ultimately lead to happy clients!

As Chinese New Year approaches, let us welcome it with joy and expectation, laced with a healthy dose of prudence and restraint!

SMA News wishes all our readers a happy, healthy and prosperous year of the dog! ◆

Dr Tan is a family physician in private practice in Choa Chu Kang. A GP at heart, he believes strongly in family medicine provided by family physicians embedded in the community.