



# GLOBAL DOCTOR HEALTHCARE

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When a couple marry, a bond of love is invariably present; this bond will at times be put to the test, because marriage is no 'bed of roses'. For most couples this bond will grow, mature and become a wonderful source of joy despite the rough times. However, others may not cope well with the problems of living together. To split up is a terrible loss in every respect, especially for any children of the marriage. Many troubled couples have achieved great happiness by following some basic rules of sharing.

**The two big secrets of marital success are**  
***caring and responsibility.***

## Marriage Making your marriage work



### Some important facts

Research has shown that we tend to choose partners who are similar to our parents and that we may take our childish and selfish attitudes into our marriage.

While a good sexual relationship is great, most experts agree that what goes on out of bed counts for more.

When we do something wrong, it is most important that we feel forgiven by our partner.

### Positive guidelines for success

The trouble spots listed above

**Know yourself.** The

better you know yourself, the better you will know your mate. Learn about sex and reproduction.

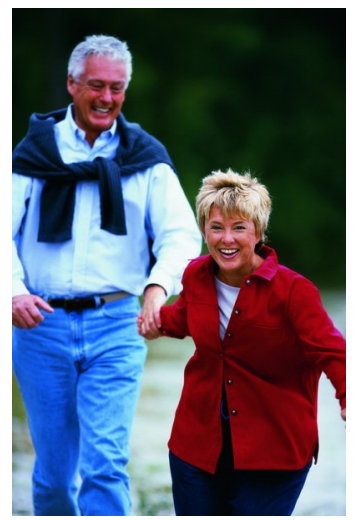
**Share interests and goals.** Do not become too independent of each other. Develop mutual friends, interests



reflect this childishness; we often expect our partners to change and meet our needs.

If we take proper care and responsibility, we can keep these problems to a minimum.

Physical passion is not enough to hold a marriage together—'when it burns out, only ashes will be left'.



### Some common causes of marital trouble

- ◇ Selfishness
- ◇ Financial problems/meanness
- ◇ Sickness (e.g. depression)
- ◇ 'Playing games' with each other
- ◇ Poor communication
- ◇ Unrealistic expectations
- ◇ Not listening to each other
- ◇ Drug or alcohol excess
- ◇ Jealousy, especially in men
- ◇ Fault-finding
- ◇ Driving ambition
- ◇ Immaturity

and hobbies. Tell your partner 'I love you' regularly at the right moments.

◇ **Continue courtship after marriage.** Spouses should continue to court and desire each other. Going out regularly for romantic evenings and giving unexpected gifts (such as flowers) are ways to help this love relationship. Engage in some high-energy fun activities such as massaging and dancing.

◇ **Make love, not war.** A good sexual relationship can take years to develop, so work at making it better. Explore the techniques of lovemaking without feeling shy or inhibited. This can be helped by books such as *The Joy of Sex* and videos on lovemaking. Good grooming and a clean body are important.

◇ **Cherish your mate.** Be proud of

each other, not competitive or ambitious at the other's expense. Talk kindly about your spouse to others—do not put him or her down.

◇ **Prepare yourself for parenthood.** Plan your family wisely and learn about child bearing and rearing. Learn about family planning methods and avoid the anxieties of an unplanned pregnancy. The best environment for a child is a happy marriage.



## The Be Attitudes

(virtues to help achieve success)



**BE** honest. **BE** loyal.

**BE** loving. **BE** desiring.

**BE** patient. **BE** fun to live with.

**BE** forgiving. **BE** one.

**BE** generous. **BE** caring.

◇ **Seek proper help when necessary.** If difficulties arise and are causing problems, seek help. Your general practitioner will be able to help. Stress-related problems and depression in particular can be lethal in a marriage—they must be 'nipped in the bud'.

◇ **Do unto your mate as you would have your mate do unto you.** This gets back to the unconscious childhood needs. Be aware of each other's feelings and be sensitive to each other's needs. Any marriage based on this rule has an excellent chance of success.

### Making lists—a practical task

Make lists for each other to compare and discuss.

◇ List qualities (desirable and undesirable) of your parents.

◇ List qualities of each other.

◇ List examples of behavior each would like the other to change.

◇ List things you would like the other to do for you.

**Put aside special quiet times each week to share these things.**

## Tips for a Safe and Healthy Life

**Take steps every day to live a safe and healthy life.**

### 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 rates 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 rates and that strengthen their muscles and bones.

### Protect yourself.

Wear helmets, seat belts, sunscreen, and insect repellent.

Wash hands to stop the spread of germs.



Avoid smoking and breathing other people's 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.

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 what exams, tests, and shots you need and when to get them.

See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.



## KID'S CORNER

### GASTROENTERITIS

#### DEFINITION

Gastroenteritis, also known as 'gastric flu' or 'stomach flu', is the inflammation of the gastro-intestinal tract involving both the stomach and the small intestine resulting in an acute onset of diarrhea. It is usually caused by contaminated food and water. Inadequate treatment of gastroenteritis is the leading cause of death in infants and children under the age of 5.

#### CLASSIFICATION

**Bacterial gastroenteritis** – caused by Salmonella, Shigella, Staphylococcus, Campylo-

bacter jejuni, Clostridium, Escherichia coli, Yersinia, Vibrio cholera.

**Viral gastroenteritis** – caused by Norovirus, Rotavirus, Adenovirus, Astrovirus.

#### SIGNS AND SYMPTOMS

**Diarrhea**

**Nausea and vomiting**

**Fever**

**Abdominal pain or spasms**

**Loss of appetite and poor feeding**, especially in infants

**Headache**

**Flatulence**

**Bloody stools**

**Fainting and weakness**

**Heartburn**

**Dehydration**

(characterized by dry mucous membranes, tachycardia, reduced skin turgor, skin discoloration, sunken fontanelles and eyeballs, dark

eye circles, glassy eyes, poor perfusion and ultimately shock).

#### INVESTIGATIONS

Simple cases of gastroenteritis usually do not need any investigations. However

severe cases may need the following investigations:

Stool for macroscopic examination

Stool for ova and cysts

Stool culture and sensitivity

#### MANAGEMENT

Gastroenteritis is an acute and self limiting condition that usually does not require treatment with medications. Most cases will resolve on their own within a week. However, infants and young children with signs of dehydration will need early rehydration treatment.

**Mild to moderate dehydration** – start on oral rehydration salts. Complex carbohydrate based ORS made from wheat or rice have been found to be better than the normal sugar based ORS.

**Severe dehydration** – will require intravenous fluids in addition to ORS. Avoid sugary drinks and fruit juices as these may worsen the diarrhea.

**Continue with normal diet** or feeding regime as per the child's age.

**Antibiotics** – usually not recommended for children unless the symptoms are severe such as in dysentery.

**Anti-emetic drugs** – may be beneficial in children with vomiting.

**Probiotics** – fermented dairy products such as yogurt, have been shown to be beneficial in the prevention, treatment and reduction in the duration of symptoms in various forms of gastroenteritis.

#### PREVENTION

**Good hygiene** – wash both hands thoroughly with soap and water before preparing milk for children, after toilet visits, after changing children's diapers, etc.

**Food** – cooked thoroughly and stored properly.

**Water** – boiled well before preparing milk.

**Discard soiled items** such as diapers to prevent the spread of infection.

**Avoid crowded places** to prevent infection, especially those with weak resistance.

**Use bleaching agents** for your laundry and household surfaces.

**Vaccines** – a number of vaccines are available currently, e.g.: rotavirus vaccine.





On 4 December in the Hilton's Grand Ballroom, Chongqing clinic's Medical Director –Dr. Denis Valdez Gomez and manager Delia Ding attended the 6<sup>th</sup> Annual Charity Ball organized by the CQIWG.

The Annual Charity Ball is the biggest fundraising event for the Chongqing International Women's Group (CQIWG). Three hundred guests, including representatives from local government, consulates, foreign and local businesses and teachers gathered together to celebrate Christmas and the spirit of Charity.

All guests were entertained throughout the evening with performance, and CQIWG raised RMB 340,000 for the children of Qijiang County in Chongqing and we hope these funds will make a great difference to the lives of the Qijiang kids.

### Dental Care in Global Doctor Chengdu

#### Good News!

Global Doctor Chengdu Clinic has prepared advanced dental equipments, and also invited Dr. Helen Xiong to join in our team since Dec.10<sup>th</sup>, 2010. Dr. Helen Xiong has rich clinical experience for dental care. She is good at diagnosis and treatment of many kinds of dental diseases, e.g. dental pulp disease, periodontal disease, common mucosal disease and so on. Dr. Helen Xiong is an amiable person and can communicate in English fluently.

Global Doctor is always dedicated to offering International standard medical services to you and your family. We believe that whenever you come, you can feel our good service.



### CONSULTATION FEES



A doctor's dog, running about unleashed, runs into a butcher's shop and steals a piece of roast meat.

The butcher goes to the doctor's office and asks, "if a dog running unleashed steals a piece of meat from my store, can I demand payment for the meat from the dog's owner?" The doctor replies, certainly.

Then you owe me \$9.50. Your dog stole a piece of meat from my store today. The doctor, without a word pays the butcher.

Several days later, the butcher receives an envelope from the doctor: \$50.00 for consultation.



### Expensive Tooth

The patient asks, "How much to pull this tooth?"

The dentist answers, "\$100"

Surprised, the patient questions, "\$100 for just a few minutes work?"

"Well, I can extract it very slowly if you'd like."

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