

BEAUTY LOOP

PREMIER
CLINIC

Volume 15,
2022/3

6 DIETARY HABITS YOU CAN DO TO AVOID BREAST CANCER



About 1 out of 19 women are affected by breast cancer. Here are some things you can do at home to prevent it.

Page 4



Message From The Founder

Our newsletter always celebrates women everywhere. But for the March edition, we are doubling the content to focus on women's power!

March is a declared month to celebrate contributions of women in society. In putting this edition together, we look into modern women who are the driving force of society locally.

From Malaysia's very own Mother Teresa, to the lady whose name is literally printed on money, this edition makes us think back of what the world would be like without women.

For men, you can take this edition as a guide on how to make your wife/partner/mother live a better life.

Yours Truly,

KEE YS

**DR KEE
YONG SENG**
Premier Clinic's
Co-Founder

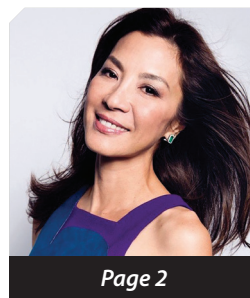


Chen TH

**DR CHEN
TAI HO**
Premier Clinic's
Founder



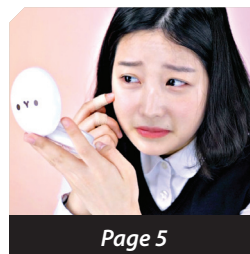
What's Inside?



Page 2

5 Influential Malaysian Women Who Are Making Waves Worldwide

These amazing Malaysian women are not only known for their contributions locally, but also continue to inspire women all around the world. Does your hero make it to the list?



Page 5

5 Tell-Tale Signs That Your Skin Is Stressed

Whether it's work, family or just our day-to-day activities, stress has a way of creeping up on us and into our lives (and skin). Here's to tell if your skin need help.



Page 8

New In Aesthetics

What are the new treatments available in the aesthetics industry in Malaysia? And of course, Premier Clinic will always be the first one to bring it to you!



5 INFLUENTIAL MALAYSIAN WOMEN WHO ARE MAKING WAVES WORLDWIDE



TAN SRI DR ZETI AKHTAR AZIZ

Who could ever forget Zeti Aziz. Her name is on the money, literally!

She is one of the most highly regarded and respected bank regulators to hail from Asia and she was the first woman to serve as the central bank governor of her country and is the second longest serving, a position which she held for 16 years from 2000 until her retirement in 2016. In 2009, Global Finance named her as one of the world's best central bank chiefs

Today, she is currently the Group Chairman of Permodalan Nasional Berhad. She is also one of the committee of Council of Eminent Persons, which would serve as advisors to the new government in 2019.



MICHELLE YEOH

Malaysian actress Michelle Yeoh needs no introduction! A legendary actress who catapulted to fame through her years in the Hong Kong entertainment scene and Hollywood films, we've seen different sides of her through the characters she played in *Crouching Tiger, Hidden Dragon*, *Memoirs of Geisha*, *Last Christmas*, and *Crazy Rich Asians*! If you love seeing her in action films, she's also known for doing her own stunts!

Let's not forget her role in *Star Trek: Discovery* where she played Captain Philippa Georgiou of USS *Shenzhou* (complete with a Malaysian accent!). Look out for her upcoming science fiction film, *Everything Everywhere All At Once*, which she's currently training hard for!



DATO' SRI SITI NURHALIZA

One of Malaysia's best-selling artists of all time, it's easy for music lovers to be enchanted by the sweet and melodious vocals of Dato' Sri Siti Nurhaliza.

Famously known as Malaysia's Queen of Pop, her strong influence and presence in the entertainment industry is undeniable, and based on record sales alone, she has sold more than 6 million units today!

With many awards given in praise of her achievements, she made headlines when she performed for the first time at Royal Albert Hall in 2005, in celebration of her 10th year in her music career. She also embarked on a grand tour in 2019 where she performed in Indonesia, Singapore, Britain and her home country, Malaysia.



SABARIAH HUSSEIN

Warmly known as the Mother Teresa of Montreal, Sabariah Hussein made headlines when she cooked for more than 200 people a day during the month of Ramadan.

Three decades ago, Sister Sabariah moved to Canada to work as a special education teacher. Her inspiration started about 18 years ago when she felt concerned after seeing women begging for food in the streets.

Then, she decided to run a women's shelter from home, and that was how everything started for Sister Sabariah.

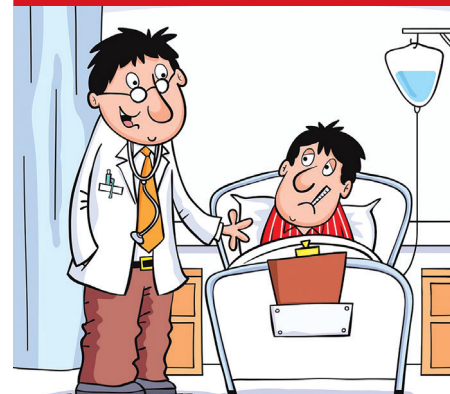


DATUK NICOL ANN DAVID

There's no other squash player who dominates the court quite like Datuk Nicol Ann David. At 15, she won the Women's World Junior Squash Championships and from there, she continued to win more tournaments including 18 Professional Squash Association (PSA) titles. Recognised as the greatest squash player of all time, she also bagged the world's number one spot for 112 consecutive months from 2006 to 2015.

After retiring from the sport in 2019, she is now actively involved in the Nicol David Foundation that aims to empower disadvantaged children through sports.

LAUGHTER IS THE BEST MEDICINE



Please Leave It Off!

He sees Patient 1, and he is reading a book. The doctor said

"Wow, you're improving."

Patient 1 said,

"Thanks, I'm just reading a book."

Then he sees Patient 2 and he's writing a poem. The doctor said,

"Wow, you're improving too."

Patient 2 said,

"I'm just writing a poem."

Then he sees Patient 3, and he is just standing there. Doctor said,

"What are you doing?"

Patient 3 said,

"Doc, I'm a lamp!"

Doctor dragged the Patient 3 out of the room, then he heard Patient 1 & 2 screamed at the top of their lungs:

"WHO THE HELL TURNED OFF THE LIGHT?"

Everything Is Alright

DOCTOR:

I'm sorry, but we have to cut off his left arm.

PATIENT'S WIFE:

No, doctor. You said yesterday he will be alright.

DOCTOR:

No, I said he's going to be ALL-RIGHT.

Doing Twice Is Better

DOCTOR:

I'm sorry, there's only 50% of chance the surgery will be successful.

PATIENT:

No problem, we do it twice then!

SUDOKU

Rule: Fill up each line & box with number 1-9. No repetition of number is allowed.

		8	9	6			1	
4					5		6	3
5					4			8
9				3	1			
	5		6				3	
			8					9
8								
1	9				3			4
7			2	1	8			

(Answer will be revealed in next edition)

1	2	
6		4
7	8	9

ANSWER FOR THE PREVIOUS EDITION

6	7	8	2	9	5	3	1	4
9	4	3	1	7	8	5	6	2
2	5	1	3	4	6	9	7	8
5	6	9	8	1	7	2	4	3
4	1	7	5	2	3	8	9	6
8	3	2	4	6	9	7	5	1
7	2	5	6	3	1	4	8	9
3	8	6	9	5	4	1	2	7
1	9	4	7	8	2	6	3	5

6 DIETARY HABITS YOU CAN DO TO AVOID BREAST CANCER



1. FOLLOW A PLANT-BASED DIET

A plant-based diet does not mean that you have to avoid meat altogether. Instead, the bulk of your plate comes from plant sources like produce, beans, nuts, and legumes. Beef, dairy, eggs, and other animal-based foods can still be part of your overall diet—just in smaller quantities.

A 2013 study found that premenopausal women who consumed 6 grams or more of soluble fiber a day had a 62% reduced risk of breast cancer compared to the women who ate less than 4 grams of soluble fiber a day.

2. ADD GARLIC TO MEALS

While garlic is known for giving a dish a unique zing, a less-known benefit is that it might also help lower your risk of cancer. Garlic is a natural source of a natural compound called allicin that may have anti-cancer properties.

A 2011 analysis of studies showed that consuming high levels of allicin-containing vegetables was linked to a reduced risk of developing cancer.



3. CRUNCH ON CRUCIFEROUS VEGETABLES

Cruciferous vegetables, like cauliflower, broccoli, and Brussels sprouts, are nutrient-dense foods and are natural sources of a plant compound called sulforaphane. Some research suggests the compound has anti-cancer properties.

A 2019 study showed that eating certain cruciferous vegetables allowed more cancer-causing compounds to be cleared from the body. This, in turn, was thought to reduce the chances of developing the disease.

In fact, a 2013 analysis of 35 studies found that eating cruciferous vegetables was linked to a reduced risk of developing colorectal cancer.

4. CHOOSE OLIVE OIL AS A FAT SOURCE

Healthy fats are an essential part of a healthful diet. Olive oil, in particular, may help lower your risk of cancer.

A large analysis of studies published in 2022 found that the people who consumed the highest amounts of olive oil daily had a 31% lower likelihood of developing any cancer compared to people who consumed less.



5. CUT BACK ON ALCOHOL

According to the Centers for Disease Control and Prevention (CDC), the less alcohol you drink, the lower your risk for breast, liver, colorectal, esophageal, stomach, and oral cancer.

You may want to limit the total number of alcoholic drinks that you consume a day or stop drinking alcohol completely. If you want to start cutting back, try sparkling water with fruit, experiment with fun “mocktail” recipes, or have a comforting cup of tea.

6. LIMIT PROCESSED MEATS

If you include meat in your diet, limit processed options. Research has shown that smoked, cured, and preserved meat consumption is linked to an increased risk of cancer—especially colorectal cancers.

While processed meats like sausage, salami, jerky, and bacon are tasty when paired with cheese and crackers, look for options that aren't processed to add to your charcuterie board.



5 TELL-TALE SIGNS THAT YOUR SKIN IS STRESSED

If you thought you had a fairly stress-free life, the pandemic has managed to bring each and every one of us a fair share of angst.

Stress affects people differently, and everybody deals with it differently, but regardless of how it presents itself, your body has a way of showing it. No matter how hard you might try to you hide it, your skin will tell the tale.

Dr Michelle Lai, our renowned specialist in Aesthetic Medicine, tells about the are the common signs that indicate that your skin is stressed and how to treat those symptoms.

1. INCREASED BREAKOUTS EVEN WHEN IT'S NOT THAT OF THE MONTH

When we are stressed, we produce sebum which is an oily substance that mixes with dead skin cells and bacteria to clog the hair follicles, leading to a pimple. Naturally, many people will increase the number of times they wash their face, but this will only leave you with dry and flaky skin. Although products will help you control your breakouts, you need to look at ways to reduce your stress.

2. YOU'VE LOST YOUR GLOW

Everyone is longing for glowing skin. Stress can cause your skin to look dull, and you might even start to lose volume in your face leading to fine lines. Vitamin C is the serum you need to tackle dull skin; with free-radical-fighting, anti-inflammatory, melanin-inhibiting, and collagen-stimulating properties, it's basically a glass of brightening orange juice for your skin.

"This natural antioxidant can help protect skin from oxidative damage from UV rays and pollution, clear acne, fade dark spots, and reduce the appearance of fine lines and wrinkles. It's also proven to boost the effectiveness of sunscreen,"

says Dr Michelle.

3. INCREASED REDNESS

Stress triggers a 'flight or fight' response in the body, which releases hormones into the bloodstream.

As our anxious emotions begin to flow, our capillaries begin to expand, causing an increase of blood flow to the face. Try to eliminate any products that may cause irritation, and consider using a retinoid.

4. DRY DEHYDRATED SKIN

When we need to treat dry or dehydrated skin, it is important to look at ingredients that replenish, rehydrate and repair the skin barrier.

"My main go-to ingredients to look out for are emollients, skin-replacing ingredients or Humectants and antioxidants,"

continues Dr Nikolic.



5. NO MORE SPARKLING EYES

Dehydration is the biggest culprit when it comes to tired eyes. Increase your water intake where possible, and before reaching for that morning cup of coffee, try and drink at least one glass of water.

"As a medical professional, I understand innately that we all have a compromised skin barrier to one degree or another. To allow our skin barrier to function at its best, a topical skincare regime must be tailored with ingredients that repair and heal your skin. Even if we're using the best products available, a damaged skin barrier will always prevent these products from optimally benefiting the skin,"

explains Dr Michelle.



Michelle Lai

Dr Michelle Lai
Premier Clinic Puchong

READ ABOUT
DR MICHELLE LAI



2022 MARCH HOROSCOPE



ARIES
21/3 - 20/4

Your career will work out okay while you will have minor issues with your finances. On the other hand, you and your partner will enjoy each other's company, and love will fill your life because you have allowed it to.



TAURUS
21/4 - 20/5

This month you need to remain humble in your interactions with people. Do not allow pride to cause you to look down on people just because they are not on the same level as you.



GEMINI
21/5 - 21/6

Gemini 2022 astrology forecast calls on you to be diligent with how you spend your money this month. A waste of your finances will take you back a hundred steps, and you will have to start all over again.



CANCER
22/6 - 22/7

March 2022 will see you communicating more with your partner. You need to communicate with each other to find solutions to the problems you have, steps, and you will have to start all over again.



LEO
23/7 - 23/8

March 2022 will see you want to become the best that you can be. Focus on the things that matter. Do not worry about all the things that you have no control over.



VIRGO
24/8 - 22/9

Your family matters a lot to you. This month you will live in harmony with each other, and this presents a positive picture to the people around you.



LIBRA
23/9 - 22/10

Your career will improve this month because of your hard work and determination. You should be proud of the person you are becoming. Always go for the things you want in life.



SCORPIO
23/10 - 22/11

Do not worry about the things that are not working out in your life this month. Focus on the things that matter most such as your career, finances, education and health. All other aspects of your life you can focus on later.



SAGITTARIUS
23/11 - 21/12

This month March 2022 you have great prospects for health, finances, and career. You will also see some positive changes in your education. Things will generally work out for the better in your life this month.



CAPRICORN
22/12 - 20/1

When it comes to your health, you will need to take care of some things to enjoy good and excellent health. Be keen on the things that go in your body. Also, ensure that you rest well and eat a balanced diet.



AQUARIUS
21/1 - 19/2

This month will see you enlarge your social circle. Interact with different people and learn great things from them. Be aware not to surround yourself with people that do not mean well to you.



PISCES
20/2 - 20/3

Your career will be problematic this month. You will have a problem with both your superiors and juniors. Your finances will be in check because of the financial discipline you have mastered.

PREMIER CLINIC VOLUNTEERS HELP OUT WITH VACCINATION!



Dr Chen and Premier Clinic's volunteers help out Pertiwi Kitchen to vaccinate the homeless, refugees and unfortunate locals who haven't received their vaccinations yet.

It is quite surprising that there are still groups of people who are willingly want to get the vaccination, but because of their limitation, they are unable to do so.

We hope the first, second and booster jabs can help shield them from the dangerous Covid-19 virus out there. Hopefully this can bring us 1 step forward to herd community!



You can also help by making donations to The Pit Stop here



**-INSTANT-
LIFT, PLUMP
& SMOOTH!**

HA Filler accentuate your **facial features & reduce wrinkles.**
Works magic for lips, nose, chin & cheek enhancement!




BEFORE AFTER



SCAN QR TO READ MORE ABOUT THIS PROMO OR CALL 012-662 5552

YOU ASK, DOCTOR ANSWER

HAIR MYTH

“Hair Transplant Doesn’t Look Natural.”

No matter the severity of hair loss, the results from a hair restoration procedure are always aimed at looking natural and subtle.

Our doctors are dedicated to this promise, and the vast majority of the time these results are achieved.

“Hair Transplant Result Is Not Long Lasting.”

A few weeks after your surgery the transplanted hairs will fall out, but this is to be expected. Once the hair starts growing back, the results will be permanent.

As aforementioned, the donor site from which the hair is pulled from is the region of the scalp that’s unaffected by the hair loss, and therefore will grow as it normally would in the transplanted area.

In most cases, patients experience new growth in the transplanted hair approximately four months after the surgery. When the hair begins to grow, patients can expect about a half-inch of growth per month, with 60% of new growth occurring after six to nine months. These results will last a lifetime. Once the surgery and recovery is completed, patients will never again experience hair loss in the transplanted area.



Question: Would fillers work for wrinkles around my face?

Hello! I am 30 years old and unhappy with my under eye area. I dislike the wrinkles, the creases in my upper cheeks, and the puffiness near the creases.

Am I a candidate for lower blepharoplasty?

(Note that I already have two syringes of Juvederm lifting my cheeks and Botox under my eyes. Liquid rejuvenation isn’t helping much). Also I am interested in facial fat grafting. Because fat grafting is so complicated and uncommon, I am going to one of the most renowned surgeons in the country.

I wanted him to do my lower blepharoplasty as well, but his rate is astronomical (4x the national average). **Would it be risky for me to see someone else for my eyelids? Or is it important to stick with the same surgeon?**

Answer By: Dr David Wee

Hi. Based on the photo given, the condition under your eyes are not an indication for surgical correction and they are more suitable to be treated with non-invasive modalities.

I would advise you to seek a board-certified injector to dissolve the previous filler as they appear to be placed in the wrong plane. Juvederm is a good filler however they are not ideal for the peri-orbital region as they are hydrophilic leading to swelling around the eye.

With the current advancement of non-surgical treatment, combination treatment can help you to achieve results comparable to surgery. In my practice, I combine energy-based devices eg smooth-eye protocol by Fotona, Ultherapy, chemical peeling, and skin peptide mesotherapy to improve overall skin quality hence reducing fine lines, skin laxity and pigmentation.

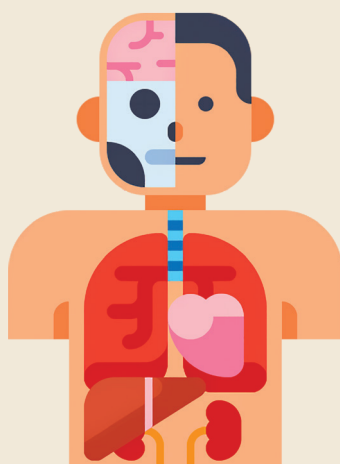
David W

Dr David Wee
Aesthetic Physician

READ ABOUT
DR DAVID



INTERESTING FACTS ABOUT HUMAN BODY



1. Healthy lungs are pink lungs.
2. You are taller in morning.
3. Your body has more than 600 muscles.
4. Brain is unable to filter old & new memory.
5. Your skin has 1000 different species of bacteria on it.
6. Your strongest and longest bone is your femur.
7. Your fingernails grow faster than your toenails.
8. You’re probably more like your dad



26%
OFF



**Get The Best Results
From Our *Multi*
Award-Winning
Hair Transplant
Doctors.**

- ✓ Natural Looking Results
- ✓ High Successful Rate
- ✓ Faster Recovery
- ✓ No Scarring



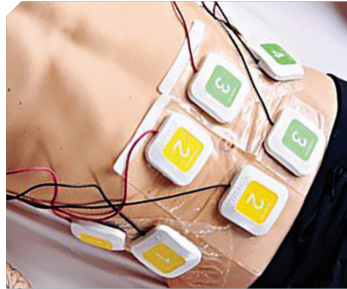
SCAN QR TO READ
MORE ABOUT THIS
PROMO OR CALL
012-662 5552

WHAT'S NEW IN AESTHETICS?

*The world of aesthetics is moving on so fast now, compared to before.
More and more new technologies are being introduced.*

*As the new year approaches, what big trends in both surgical
and non-surgical cosmetic procedures will it bring?*

*To find out, we tapped the biggest names in aesthetics
to get their take on what's new and next for face and body.*



TRUSCULPT FLEX

TruSculpt flex+ muscle sculpting technology is a muscle building technology using electrical muscle stimulation to rapidly enhance your muscle.

It is equipped with a 15-minute no-downtime, rapid muscle building mode, with the ability to treat eight areas simultaneously - the largest treatment area in the body sculpting industry.

We can now treat more patients in less time (previously it takes 45 minutes - 1 hour to complete)! With body sculpting treatments projected to spike in 2022 truSculpt flex+ helps meet that demand with fast treatment times and effective results.

Trusculpt Flex is now available in Premier Clinic Bangsar branch.



WONDER MUSCLE

Looks like blasting your muscles with electricity is the latest fitness trend!

While EmSculpt uses Electromagnetic Muscle Stimulation & Trusculpt uses electro-stimulation, Wonder Muscle uses both, and works in just 25 minutes!

Wonder Muscle is the first and only equipment that simultaneously combines Focused Electromagnetic energy with High-Intensity Selective Neurostimulation. Wonder makes muscles growth while burning fat on six action zones.



SECRET 99

The secret to restoring your youthfulness and becoming rejuvenated is now here. Introducing VENOBEU® Secret 99, a ground-breaking stem cell technology and patented extraction and purification process of snake venom peptides, compressed into a tiny vial for direct application into the intimate area.

VENOBEU® Secret 99 aims to rejuvenate the uterus to its optimum health at the cellular level, and the effects will manifest throughout the entire being. The skin will gain its once youthful radiance, reduce infections within intimate areas as well as tightens the muscle walls, and lessen urine incontinence.

It also helps in balancing the hormones within the body which brings about better moods and a wholesome health experience.

BUY 2 FREE 1

**PICO
PERFECT**

**Perfect, glowing & flawless
skin goes with everything!**
Premier Pico Laser **zaps away
any skin imperfection** easily,
smoothly & quickly.



SCAN QR TO READ
MORE ABOUT THIS
PROMO OR CALL
012-662 5552