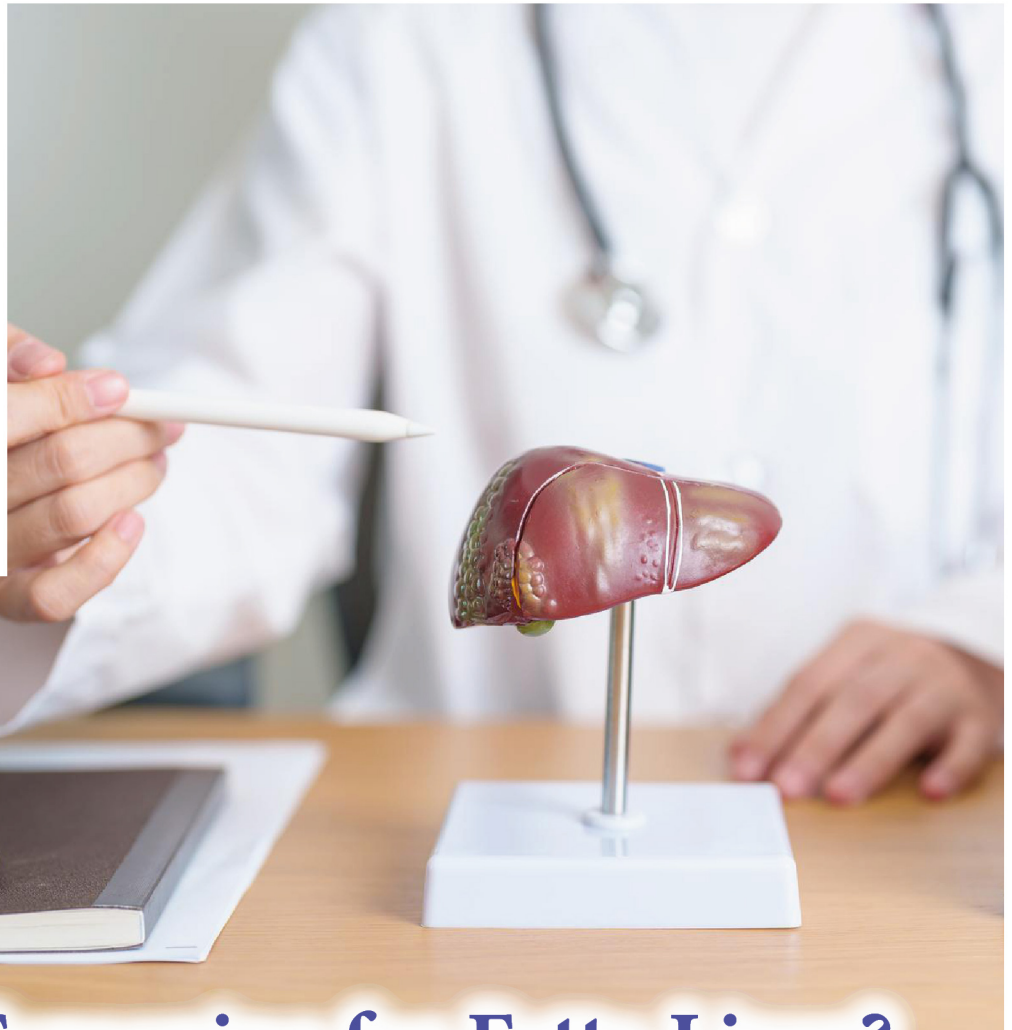


# TOTAL HEALTH NEWSLETTER



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## Is It Worth Screening for Fatty Liver?

Nonalcoholic fatty liver disease (NAFLD) is emerging as the leading chronic liver disease worldwide. People are more likely to develop NAFLD if they have the following health conditions or diseases: overweight or obesity, insulin resistance or type 2 diabetes, dyslipidemia, and metabolic syndrome. NAFLD develops in 4 main stages: simple fatty liver (steatosis or NAFL), non-alcoholic steatohepatitis (NASH), fibrosis, and cirrhosis. While chronic liver failure is the result of cirrhosis, it is interesting to know how early detection of fatty liver can effectively lower the risk of developing cirrhosis.

From the literature, it is estimated that 20% of individuals with NAFLD have NASH. A longitudinal study with a mean of 15.6 years of follow-up showed that 1% of patients with NAFL developed cirrhosis, whereas 11% of those with NASH developed cirrhosis. Therefore, it is estimated that around 3% of patients with NAFLD will develop cirrhosis in around 15.6 years. The above findings are also consistent with another study, which showed that 20% of NASH individuals may progress to cirrhosis over 3-4 decades.

While NAFLD is a basically asymptomatic and reversible condition, early detection by screening may be worth to reduce morbidity and mortality from subsequent liver cirrhosis (and / or hepatocellular carcinoma, the most common primary liver cancer, which is not discussed in detail in this article). If the screening procedure is

convenient and virtually free of discomfort or risk (non-invasive), efficient and economical, and having a high level of case detection and a reasonably low level of false-positive test results, mass screening or population screening for fatty liver is possible to secondarily prevent 3 cases of liver cirrhosis in 100 patients with NAFLD in 15 years.

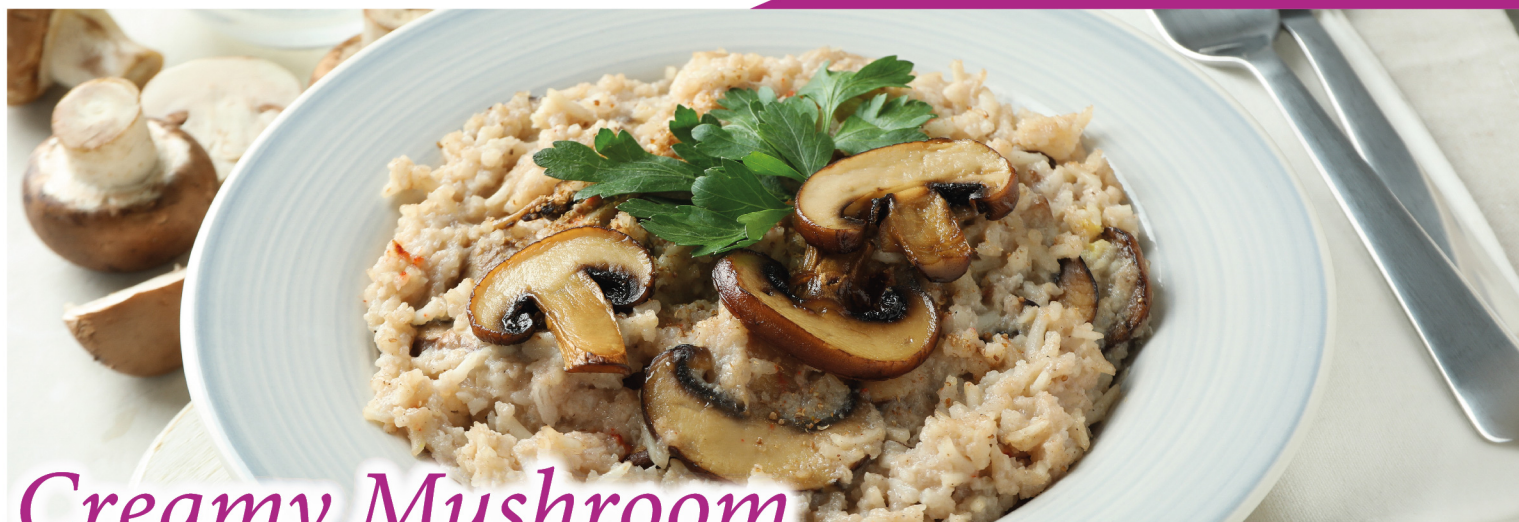
Lastly, we should never forget primary prevention. Healthy lifestyle, especially eating a nutritious diet at right quantity, will help to keep our livers healthy.

### References:

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## *Creamy Mushroom and Spinach Quinoa Risotto*

### Ingredients

- 1 cup quinoa
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 8 oz mushrooms, sliced
- 2 cups fresh spinach, chopped
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Fresh parsley, for garnish

### Instructions

1. **Cook Quinoa:** In a saucepan, bring the vegetable broth to a simmer. Add quinoa and cook for about 15 minutes until fluffy. Set aside.
2. **Sauté Vegetables:** In a skillet, sauté onion with olive oil for 5 minutes, then add garlic and mushrooms. Cook for another 5-7 minutes until mushrooms are tender.
3. **Combine:** Stir cooked quinoa into the mushroom mixture. Add spinach and cook until wilted.
4. **Season:** Mix in nutritional yeast, lemon juice, salt, and pepper.
5. **Serve:** Garnish with parsley and enjoy!

### Nutritional Benefits

- **Quinoa:** High in protein and fiber, promoting satiety and digestive health.
- **Mushrooms:** Rich in antioxidants, supporting immune function and liver health.
- **Spinach:** Packed with vitamins and minerals, aiding in detoxification.
- **Nutritional Yeast:** Provides B vitamins and adds a cheesy flavor without dairy.

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## OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

**From the Chaplain's Office**







# *The Power of Hope:* *A Guiding Light in Challenging Times*

Hope is a profound and often elusive emotion, serving as a beacon of light in the darkest of times. It is child-like belief that tomorrow can be better than today, a faith in the possibility of change and renewal. While life is filled with uncertainties, hope has the remarkable ability to inspire resilience, foster perseverance, and promote healing.

Throughout history, hope has been a catalyst for social change. It has fueled movements advocating for justice, equality, and freedom, pushing people to envision a better world even when faced with daunting obstacles. Figures such as Martin Luther King Jr. and Nelson Mandela exemplified this spirit, rallying others to dream of a future that transcends immediate hardships. Their hopeful visions ignited collective action, proving that hope can transcend individual limitations.

In times of personal struggle, hope acts as a psychological lifeline. Whether one is facing illness, loss, or despair, the simple act of hoping can provide strength and comfort. Studies show that maintaining a hopeful outlook can improve mental and physical well-being, enhancing coping strategies and even speeding up recovery. It's the quiet resolve to wake up each day and face life's challenges that can lead to unexpected triumphs.

Moreover, hope is not merely a passive wish; it involves action and commitment. It encourages people to set goals, make plans, and take bold steps toward making their dreams a reality.

This proactive aspect of hope empowers individuals to take charge of their lives, to cultivate optimism even in the face of adversity.

In a world that often feels overwhelming, embracing hope can transform our perspective and our reality. It reminds us that change is possible and that every small step contributes to a larger journey. By fostering hope within ourselves and our communities, we not only uplift our spirits but also inspire those around us to envision a brighter future.

One of the most powerful elements of Christianity is that of Hope. Christian hope is its ability to flourish even in adversity. The Bible offers countless examples of individuals who faced tremendous hardships—Daniel in the lion's den, Paul in prison, and Job amidst his suffering—yet maintained their trust in God's goodness and sovereignty. This enduring hope encourages believers to withstand trials with grace and perseverance, knowing that their struggles are not in vain.

In conclusion, hope is more than just an emotion; it is a powerful force that can impact individuals and communities alike. By nurturing hope, we create a foundation for resilience, connection, and transformation—essential ingredients for navigating the complexities of life. So let us hold onto hope, even in the face of uncertainty, and dare to dream of a better 2025.





**Lifestyle Management Center (LMC)** is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

**DONATE  
TODAY**



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

**WEBSITE:**  
[www.hkahf.org.hk](http://www.hkahf.org.hk)

**DONATE  
FOR A BRIGHT  
FUTURE**



*Healthy Lifestyle Fund*

Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

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