

Workshop on Lifestyle Management

Chairperson: G Munroe

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Your Garden “Farmacy”: How It Works

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Your herbs, flowers, trees, fruit and spices contain phytochemicals with protection and disease prevention properties. Most phytochemicals have antioxidant activity that protects against oxidative damage by free radicals and reduce the risk of cancer and infection. Isoflavones (soy) imitate human oestrogens to reduce menopausal symptoms and osteoporosis. Indoles (cabbage, kale, broccoli) reduce breast cancer risks and protease inhibitors (beans, tomatoes) reduce prostate cancer risks. Saponins (yams, corn) interfere with DNA replication. Capsaicin (hot red peppers) blocks COX 2 inhibitors in the inflammation pathway. Allicin (garlic, onions) is antibacterial and artemesin (artemesia) is antiviral. Your garden is a true biochemist's laboratory.

Sight for Sore Eyes

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Caring for patients in the field of ophthalmology must be approached in a holistic way. Chronic diseases like dyslipidaemias, diabetes and hypertension are largely responsible for irreversible blindness in the Caribbean population. According to the maxim, “we must be the change we want to see”; our lifestyles should reflect a regard for wellness. Regular exercise, proper diet, good grooming and a healthy mind are some of the key ingredients to achieve this. My personal motto has been, “if you want to look like it, train like it”. I have lived the lifestyle of an ophthalmologist dedicated to patient care and sight preservation, and an elite master athlete with a training regimen not unlike any other younger athlete. My short presentation will outline my approach to staying fit and competitive on the field, and

being the kind of doctor patients would want to pattern in order to better their overall well-being.

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Animal Farm and Nature Reserve – Contributing to Jamaica's Ecotourism

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Ecotourism is defined as responsible travel to natural areas that preserve the environment and improves the well-being of local people. Jamaica's main allure as a tourist destination is its natural physical beauty, so preservation of the environment is vitally important to its economy. As an island nation, Jamaica's local environment is particularly vulnerable to the constant internal (pollution *etc*) and external (*eg* global warming) negative forces at work. Animal Farm and Nature Reserve represents an example of how best to preserve the environment through sustainable farming and eco-friendly practices.

Animal Farm and Nature Reserve is a 40-acre property located in the parish of Hanover on the western side of Jamaica. The farm started out in the late 1990s simply as Animal Farm, based on the book by George Orwell, and was a six-acre hobby farm dedicated to aviculture: the rearing and breeding of birds. As it grew to its current 40 acres, while still dedicated to aviculture, it has become, arguably, one of Jamaica's premium nature tours and eco-friendly farms, catering to both local and tourist clientele.

Strict environmentally-friendly practices guide every aspect of the operation of the farm. No commercial fertilizers, pesticides or herbicides are used; instead compost, made from animal waste, is used to fertilize plants, including a wide variety of vegetables in which we are self-sufficient. Animal waste is also converted to bio-gas which is used to run a refrigerator and a stove. In addition, water used on the farm is pumped from the river bordering the

property to its north and all electricity needs are met by solar power, as we are not connected to the grid. The farm boasts a wide variety of local and introduced species of birds, and a highlight of the tour is the hand-feeding of the birds in our 1400 square-foot aviary. The farm is also home to a wide variety of wild birds, and some are attracted by the placing of feeders around the property.

The natural flora of the farm is also very impressive and is complemented by the planting of acres of decorative and other foliage; most of these are labelled with their common and botanical names. Included in this is our extensive herb garden, which displays some of the numerous plants that Jamaicans use for medicinal purposes.

CPAP – Your Way to Better Health

G Munroe

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Continuous positive airway pressure (CPAP) is frequently prescribed for people suffering from obstructive sleep apnoea. This condition is reported to affect over 12 million people in the United States of America. It is more common in males and more common in African Americans and Hispanics than in Caucasians. Obstructive sleep apnoea, if not treated, can have many detrimental health and lifestyle effects. The CPAP machine is increasingly being shown to be a friend to many people as they get older. An attempt will be made to illustrate the benefits of treating sleep apnoea with devices such as these and to highlight the health dangers if this condition is ignored.

Ergonomics of Ophthalmology: Risk Factors for Injury and How to Avoid It

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Every profession has its occupational hazards and ophthalmology is not without exception. Surgical and clinical ophthalmology practice involves constant use of the eyes, hands and feet. However, it is the neck muscles, when altering the eye/head position to peer into microscopes or slit lamps, muscles of the back and spine to stabilize the body when leaning forward on an inappropriate stool height that will take its toll. A United Kingdom (UK) review showed that 54% of ophthalmologists complained of back problems, more prevalent amongst those longest in the field. In the United States of America (USA), 52% of ~700 ophthalmologists surveyed reported neck, shoulders and lower back pain, with 15% having to limit their work as a result. We may not be aware of our daily awkward postures and exertion we maintain on our neck, shoulders, wrists, spine and legs and the repetitive actions that with time lead to muscular strain. Females have more problems due to their short stature. Doctors with higher body mass index are affected more than tall and slender colleagues. The neck flexion slump done on a daily basis from chronic use of the slit lamp, operating microscope or binocular indirect ophthalmoscopy can lead to degenerative disc disease in the neck and back. This will result in chronic pain and restriction of movements which can impact on the ophthalmologist's ability to function effectively at work. Modifying your ocular tilt, height of the table and stool can prevent injury.