



SI EN TCM - Health Issues Explained

The difference between Virus & Bacteria?

Bacteria and viruses can cause many common infections. But what are the differences between these two kinds of infectious organisms?

Bacteria

Bacteria are tiny microorganisms that are made up of a single cell. They are very diverse and they can survive in different environments, including extreme heat and cold, radioactive waste, and the human body. Most bacteria are harmless, and some actually help by digesting food, destroying disease-causing microbes, fighting cancer cells, and providing essential nutrients. Fewer than 1% of bacteria cause diseases in people.



Common infections caused by bacteria include:

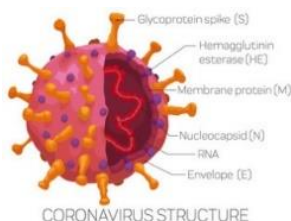
- Strep throat
- Tuberculosis
- Urinary tract infections

Virus

Viruses are another type of tiny microorganism, although they're even smaller than bacteria. Just like bacteria, they're very diverse and are parasitic. Unlike bacteria, viruses can't survive without a host. They can only reproduce by attaching themselves to cells. In most cases, they reprogram the cells to make new viruses until the cells burst and die. In other cases, they turn normal cells into malignant or cancerous cells. Most viruses do cause disease and they're quite specific about the cells they attack. For example, certain viruses attack cells in the liver, respiratory system, or blood. In some cases, viruses target bacteria.

Diseases caused by viruses include:

- Chickenpox
- AIDS
- Common colds
- Corona Virus



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The Difference Between Colds & Flu, COVID19 and Allergies

Do You Know the Difference Between Them?

With so many of us wrestling with fears and unknowns surrounding the coronavirus pandemic, every throat tickle, nose drip, or cough is suspect: do I have coronavirus?

By now, we all know that COVID-19, the illness caused by coronavirus, can cause severe, life-threatening symptoms, although majority of people who have it will experience a mild to moderate version.

Below, a summary of key symptoms are presented to help you distinguish these illnesses and take action as needed.

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

BUSINESS INSIDER

What is the recovery time for the coronavirus disease?

Using available preliminary data, the median time from onset to clinical recovery for mild cases is **approximately 2 weeks** and is **3-6 weeks for patients with severe or critical disease**.

Do You Know?

How do doctors diagnosed?

It's difficult to determine whether an illness is viral or bacterial because many ailments including pneumonia, meningitis, and diarrhea can be caused by either. But your doctor may be able to determine the cause by listening to your medical history and doing a physical exam like blood or urine test to help confirm a diagnosis, or a "culture test" of tissue to identify these illness causing bacteria or viruses.

How to prevent infections?

- Practice good hygiene
- Get vaccinated
- Don't go out if you're sick
- Make sure that food is cooked thoroughly
- Protect against bug bites



VIRUS PROTECTION

CORONAVIRUS DISEASE

#COVID19 #Coronavirus



What is COVID-19?

The new coronavirus is officially called SARS-CoV-2, which stands for severe acute respiratory syndrome coronavirus 2. An infection with this virus can lead to coronavirus disease 19 or COVID-19.

The evidence shows that SARS-CoV-2 may spread more easily and cause life-threatening illness in some people. Frank Ruschitzka, an author of the paper from University Hospital Zurich said the researchers had found that the deadly virus caused more than pneumonia. **“It enters the endothelium [layer of cells], which is the defence line of the blood vessels. It brings your own defence down and causes problems in microcirculation,”** referring to circulation in the smallest of blood vessel. Like other coronaviruses, it can survive in the air and on surfaces long enough to infect someone. However, SARS-CoV-2 multiplies faster in the body even when you don't have symptoms. Additionally, you can pass on the virus even if you never get symptoms at all.

Some people have mild to moderate symptoms only, while others have severe COVID-19 symptoms. Here are the medical facts to help us understand how to best protect ourselves and others.

Common symptoms of COVID-19

Doctors are learning new things about this virus every day. So far, we know that COVID-19 may not initially cause any symptoms for some people.

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care.

You may carry the virus for **2 days or up to 2 weeks** before you notice symptoms.

Some common symptoms that have been specifically linked to COVID-19 include:

- Shortness of breath
- Having a cough that gets more severe over time
- A low-grade fever that gradually increases in temperature
- Two additional common symptoms are fatigue and loss of appetite. Less commonly, people may have diarrhea, nausea, or vomiting. Some people report a lack of taste or smell.
- A significant number of people experience no symptoms (it's even possible to have coronavirus and not experience a fever).
- Usually symptoms appear within five days after exposure, but it can take up to 14 days.



Currently there is no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus. Wearing masks is primarily to protect others, as well as offering some degree of protection to the wearer.



- ✓ **The virus is thought to spread mainly from person-to-person.**
- ✓ **Between people who are in close contact with one another (within about 6 feet).**
- ✓ **Through respiratory droplets produced when an infected person coughs, sneezes or talks.**
- ✓ **These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.**
- ✓ **Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.**

SI EN TCM Health Advice Corner

Advice from World Health Organisation

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus (2019-nCoV)?



There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus (2019-nCoV). There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.



#2019nCoV



Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water



When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough

#Coronavirus

#COVID19



Washing hands vigorously for 20 seconds.

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough



To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



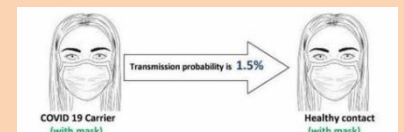
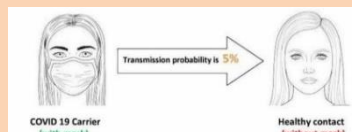
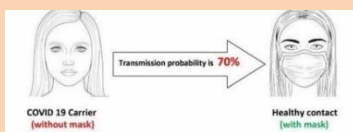
#Coronavirus #COVID19

9 March 2020

Why wearing a mask is important?

The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or speaks. These droplets are too heavy to hang in the air. They quickly fall on floors or surfaces but do remember droplets may stay as aerosol for hours especially in confined spaces or it lingers in the air in crowded places.

You can be infected by breathing in the virus if you are within 2 metre of a person who has COVID-19, or by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands.





How TCM can help during this "lockdown" period?

There's currently no treatment specifically approved for COVID-19, and no cure for an infection, although treatments and vaccines are currently under study. Instead, treatment focuses on managing symptoms as the virus runs its course.

Western medicine, mostly chemical drugs, were designed to hit a single target, while TCM drugs work like a team and acted on multiple targets. Western medicine focuses on one area while TCM can treat various problems.



Warning

Covid-19, the virus cause inflammation and immune disorder, leading to impaired organ function, including the lungs and heart.

TCM treatment

TCM is able to quickly mobilise the body's defence system to evict invading enemies and prevent viruses from causing significant damage to the body.

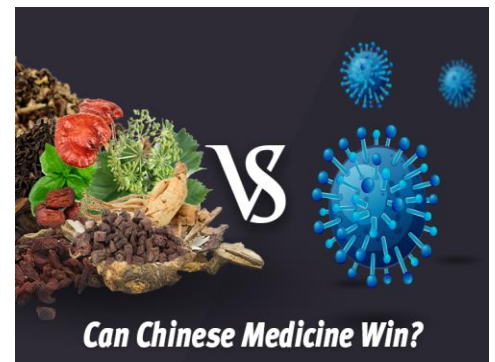
Eliminating dampness boosts immunity to fight the virus while clearing heat can change the internal environment of the body so that the virus cannot escape or hide.

For infectious diseases mainly focuses on three methods:

- Clearing heat
- Eliminating dampness
- Detoxification

TCM experts also shared the "three drugs and three prescriptions" they used in Covid-19 treatment.

The drugs were commonly used by the public to treat cold and flu as well as relieving fever and cough while the prescriptions were developed by the team based on existing formulae used in lung cleansing and detoxifying, controlling inflammation and increasing lymphocytes.





TCM herbal remedy serve as a promising rehabilitation approach

清肺排毒汤 – Qing Fei Pai Du Tang

How Does Qing Fei Pai Du Tang Works?

Qing Fei Pai Du Tang works by ventilating the lungs, releasing the exterior, clearing heat and phlegm, and promoting fluid removal; the formula is acrid and cooling in nature.

Containing 21 herbal ingredients, Qing Fei Pai Du Tang is a combination of four classic remedies, as described in the “Shang Han Lun” (伤寒论) by Zhang Zhongjing. It has been used to treat thousands of patients, ranging from the mild to severe during this coronavirus outbreak in China with visible recovery impact. For critically-ill patients, the formula is modified, and modern treatment interventions are necessary.

In Singapore, our very own home-grown Yi Shi Yuan (忆思源中药厂) (GMP TCM factory) has receive Health Science Authority's (HSA) approval for production of this decoction as ultra-fine powder for ease of consumption by the general public.

Recommendation

Patients that recovered from CoVid-19 can continue to seek TCM rehabilitation, to receive supplemental treatment by Chinese medicines according to their symptoms and constitution.



主治/ Indication:

宣肺化痰。
可用于流行性感冒发热，咳嗽气急。
Ventilate lung and relieve dampness.
Use for flu, fever, cough and shortness of breath.

服量/ Dosage:

每日服 3 次，每次 1 包。(温服用)
Take 1 sachet, 3 times daily.
(To be taken with warm water)

Use with caution in pregnancy, lactation and individuals with heart diseases, hypertension, glaucoma, diabetes and thyroid diseases. Contraindicated in individuals with liver or kidney impairment. Avoid prolonged use. 孕妇、哺乳期妇女、心脏病、高血压、青光眼、糖尿病以及甲状腺疾病患者慎用。肝肾功能不全者禁用。避免长期服用。

无已知副作用。 No known side effect.



清肺排毒 超细粉

Lung Cleansing and Detoxifying
Ultrafine Powder

6 gram 克 x 100 袋 Sachets

PDT-755

Each gram contains raw herbs as below:

成份 Ingredients:	
桂枝	Ramulus Cinnamomi 46.15mg
杏仁	Semen Armeniacae Amanum 46.15mg
石膏	Opusum Fibrosum 102.60mg
薄荷	Rhizoma Alismatis 46.15mg
浙贝	Polyporus 46.15mg
白术	Rhizoma Atractylodis Macrocephalae 46.15mg
茯苓	Poria 76.92mg
薄荷	Radix Bupleuri 82.26mg
黄芩	Radix Scutellariae 30.77mg
桑叶	Rhizoma Pinelliae (processed with ginger) 46.15mg
干姜	Rhizoma Zingiberis 15.38mg
紫菀	Radix et Rhizoma Asteris 46.15mg
款冬花	Flos Farfarae 46.15mg
射干	Rhizoma Belamcandae 46.15mg
锦灯笼	Radix et Rhizoma Asari 30.77mg
山豆根	Rhizoma Dioscoreae 61.50mg
枳实	Fructus Aurantii Immaturus 30.77mg
陈皮	Pericarpium Citri Reticulatae 30.77mg
青香	Herba Agastaches 46.15mg
麻黄	Herba Ephedrae 46.15mg
炙甘草	Radix et Rhizoma Glycyrrhizae Praeparata cum Melle 30.77mg

Allowed for sale as a Chinese Proprietary Medicine based on information submitted to the Authority. Consumer discretion is advised.
根据向当局提交的资料允许作为中成药销售。谨慎选用。

MADE IN SINGAPORE



Manufactured by: 忆思源有限公司 YI SHI YUAN PTE LTD
30 Babel Road, Singapore, Singapore Contact: 67331227/28
Singapore 440080 Tel: 68772800 Fax: 68772268

Patients in the rehabilitation stage may still experience **fatigue or cough**, and their lung inflammation has not fully recovered. Many severe patients still have such symptoms as **heart palpitations** and **fatigue** even after they've been discharged from hospital. Some patients also **suffer from damage to their lungs and other organs**. We need to assess their conditions and then apply targeted rehabilitation treatments. Call us today for further enquiries.



So Earth TCM Suggestion:

The various formulas suggested by China TCM experts are for our reference and they are never irreplaceable. That's why TCM has hundreds of different formulas – they can be adjusted in accordance to the local resources and situations.