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# Editor's Words

by Dr Lim Khong Jin Michael, Family Physician, Editor (Team B)

In this issue, we explore some of the things that we value and spend our time on other than doctoring.

We begin by reading how Dr Yeap Eng Hooi, a GP, comes face to face with stage 3 sigmoid colon carcinoma. He is thankful to God who sustains him. Through this critical illness Dr Yeap grapples with what is important to him and the fleetingness of life. He realizes that as much as we value life, we need to be prepared that it may be taken away from any of us at any point of time. He advises that we should not count our days but instead make our days count.

Dr Pang Ningyi shares with us how he embarked to help set up St. Andrew's Migrant Worker Medical Centre in 2021, to help meet the basic healthcare needs of migrant workers. Migrant workers are collectively a vulnerable group in Singapore as they have significantly less resources, generally a less healthy diet and less access to primary healthcare as compared to the general population. However, with Ministry of Manpower's latest intervention to set up a primary healthcare infrastructure for the migrant workers they will have more access to affordable primary healthcare through Medical Centres run by passionate doctors such as Dr Pang Ningyi and Dr Ong Hui Yi.

Dr Lois Hong is serving in Timor Leste. A flood in Timor Leste in 2021 brought the reality of the impact of climate change to their doorsteps. Dr Lois shared with us how the flood swept away homes and possessions in a matter of hours and days. She goes on to share with us how we can modify our lifestyle to reduce damage to our environment and help to combat climate change.

Dr Koong Heng Nung and Dr Lynn Ong share with us how they are encouraging and equipping youths in Singapore and abroad to be the driving force to stop smoking and vaping in their generation through a social movement called Tobacco-Free Generation TFG.

Dr Charity Low is in Australia with her family as her children embark on higher education there. With a Fellowship (FCFPS) from Singapore she has successfully joined a vibrant team at an Australian Clinic to help take care of a community in Mundaring area. She shares with us her observations and her ups and downs adjusting to life as a doctor in Australia.

As the sun slips into the horizon Dr Lye Tong Fong shared with us his ideas of why and how General Practitioners should prepare for their retirement, what he terms the tequila sunset. He reminds us not to forget the importance of relationships in our pursuit of career.

Living is a privilege and also an enigma. To some it is a pleasure while to others it is suffering. Some have more in life while others have not enough. As much as we enjoy it we cannot determine whether it stays or goes. Are not our lives like grass and our glory like the flowers of the field? It stands in majesty today and tomorrow it withers. As doctors, we are generally better resourced than the average person. May we set aside time in our schedule to enjoy the breeze with our love ones, as well as to be a wind beneath the wings of some we do not know. Let's live our lives not all for ourselves but also a little for another who looks longingly to the heavens.

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