

HIGHLIGHTS OF ALTERNATIVE MEDICINE

**CHEAT
SHEET**

INTRODUCTION

Healing the sick is the job of professionally-trained doctors. They practise medicine, which is the science concerned with treating and preventing diseases and preserving health.¹

Doctors have to be registered with a governing institution and abide by a set of professional ethics and codes of conduct. In Singapore, the Singapore Medical Council has the role of ensuring doctors abide by the Ethical Code to maintain the highest standards of professional practice and conduct.² According to the Ethical Code and Ethical Guidelines, "a doctor shall provide competent, compassionate and appropriate care to his patient".

This edition of Cheat Sheet is intended to provide a brief overview of healing and some forms of alternative treatments in modern times, as well as some forms of treatments used in the primitive age. The examples cited here are for information only and readers' discretion is advised. Likewise, do question the validity of information posted on the Internet and social media sites, and seek professional advice from your doctor.

ETHICAL CODE AND ETHICAL GUIDELINES

"A doctor shall provide competent, compassionate and appropriate care to his patient."

SOME FACTS & FIGURES



There are

9

public hospitals

in Singapore (*SGH, NUH, CGH, TTSH, KTPH, AH, KKH, IMH and NTFGH).³



There are

11,733

doctors

in Singapore (as of 2014).³



The doctor to population ratio in Singapore is

1

for every 470 people.³



Since 2013, there are about

300

new medical graduates every year in Singapore.⁴

³Singapore General Hospital, National University Hospital, Changi General Hospital, Tan Tock Seng Hospital, Khoo Teck Puat Hospital, Alexandra Hospital, KK Women's and Children's Hospital, Institute of Mental Health and Ng Teng Fong General Hospital

SPECIALISATIONS

There are various types of doctors who specialise in treating different medical conditions.⁵ Some of the specialists include:



Pediatricians:

care and treat babies and children



Cardiologists:

care and treat heart diseases



Ophthalmologists:

specialise in eye diseases



Gerontologists:

care for the ageing



Orthopedists:

concerned with the bones and skeletal system



Dermatologists:

deal with skin, nails, hair and their diseases

PRIMITIVE MEDICINE

Before the development of modern science, early humans did not have the knowledge to treat illnesses. They often attributed them to spirits and demons. Ways of treatment back then included:



MAGIC



CHARMS



DANCING



TREPPANNING*

* The act of drilling a hole in the skull to let the "bad spirits" or disease out.⁶

CONVENTIONAL VS. ALTERNATIVE MEDICINE

CONVENTIONAL MEDICINE

Based on scientific knowledge of the body. The medical treatments have been proven effective through scientific research.⁷



ALTERNATIVE MEDICINE

Based on the belief that a medical care provider has to treat the whole person — body, mind and spirit.⁸

SOME FORMS OF ALTERNATIVE MEDICINE PRACTISED AROUND THE WORLD:

1 TRADITIONAL CHINESE MEDICINE (TCM)



- Origin: China
- Known for emphasizing the traditional concept of Yin (cold) and Yang (hot)⁹
- Common practices: Acupuncture and use of herbal medicine

2 AYURVEDA ("THE SCIENCE OF LIFE" IN SANSKRIT)¹⁰



- Origin: India
- Based on the tenets of the Hindu religion
- Common practices: Yoga and massage

3 HOMEOPATHIC MEDICINE¹¹



- Origin: Germany
- Based on two principles:
 - i. Disease can be cured by a substance that produces similar symptoms in healthy people
 - ii. The lower the dose of medication, the greater its effectiveness
- Common practices: Treating runny nose with *Allium cepa* (red onion)¹²

ACCEPTANCE OF ALTERNATIVE MEDICINE

There have been various forms of encouragement for alternative medicine.



2001

In **2001**, the World Health Organisation (WHO) called for traditional medicine to be integrated into **mainstream health services** in the **Asia-Pacific** region.¹³



2015

In **2015**, **Tu Youyou** won the **Nobel Prize in Physiology or Medicine** for discovering a substance found in a **traditional Chinese medicinal herb**, which can be used against **malaria**.¹⁴

In Singapore, TCM is developing positively.



Ministry of Health (MOH) has introduced a **TCM Clinical Research Grant** to encourage **local TCM clinical research**.¹⁵



Singapore Athletics signed a **one-year deal worth \$280,000** with a TCM company to treat strains and aches.¹⁶



As of 2014, there are:

- **2,199** practising TCM physicians¹⁷
- **153** registered and active acupuncturists¹⁷

CITING ELECTRONIC SOURCES

Citing sources tells readers where you got the information that is used in your work. These sources include books, newspapers and websites. Here is how to cite materials, other than books, using the American Psychological Association (APA) style:

ONLINE DICTIONARY:

Define word. (Publication year). In *Website Title*. Retrieved from: URL

Example:

Ethic. (2016). In *Merriam-Webster.com*. Retrieved from: <http://www.merriam-webster.com/dictionary/ethic>

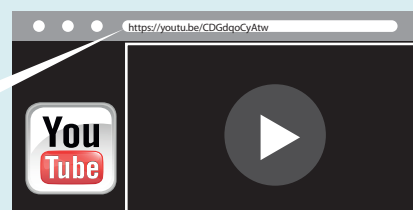


YOUTUBE VIDEO:

[Username]. (Publication year, Date). *Title of video*. [Video File]. Retrieved from: URL

Example:

[Imagine Easy Solutions]. (2014, May 29). *Citation for Beginners*. [Video File]. Retrieved from: <https://youtu.be/CDGdqoCyAtw>

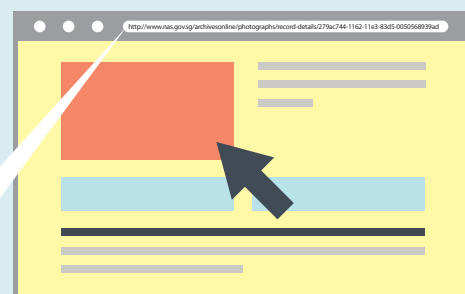


PHOTOGRAPH RETRIEVED ONLINE:

Photographer. (Publication year, Date). *Title of photograph* [Digital Image]. Retrieved from: URL

Example:

ISEAS. (1980). *Singapore – Chinese Traditional Medicine Seller, Healer* [Digital Image]. Retrieved from: <http://www.nas.gov.sg/archivesonline/photographs/record-details/279ac744-1162-11e3-83d5-0050568939ad>



To see different styles of citations, refer to our [Citations Cheat Sheet](#) here.

Disclaimer: This publication is intended as an educational resource. The information should not be used for diagnosis and treatment. Please consult your doctor before making any healthcare decisions. The information is correct at the time of production.

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