More than 100 people harmed by illegal health products since 2012

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If it sounds too good to be true, it is. The Singapore Health Sciences Authority (HSA) has warned against buying cheap health products that promise curative powers from unknown sources.

The new advance care planning system at Tan Tock Seng Hospital was up and running. Madam Wee Ah Miow, with her daughter Annie Lim (left) and Dr Adeline Lam, made plans for her future care in 2017 after a defibrillator implant to regulate her heart rhythm was done with her doctor of 11 years – Dr Lam. “I’d rather go if I become bedridden.” said Madam Wee. “I’d rather go if I become bedridden.”

More TTSH patients doing advance care planning

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“Handcrafted in Asia” and other slogans are used to sell products – one for slimming and the other three for pain. Some of these products do give short-term relief, said Dr Tan, the hospital’s in-patient medicine doctor. However, patients should not be driven by short-term relief, said Dr Tan. He advised patients to see a doctor when they experience adverse effects and some may not link them to the health product that they have purchased.

A recent US study found that many people who bought such products had adverse effects and some may not link them to the health product that they have purchased.

The HSA monitors local websites “and regularly takes down postings of suspicious products,” she added. Last year, working closely with Web administrators, the HSA removed almost 500 Web postings of suspicious products. The HSA has also taken legal action against seven e-commerce platforms for selling illegal health products.

The penalty for selling illegal health products is a fine of up to $50,000 and/or imprisonment of up to three years – Dr Lam. “I’d rather go if I become bedridden.”

The HSA also cautions that illegal health products continue to be sold on e-commerce and social media platforms. “What is clear though is that adulterated health products continue to be sold on an ad hoc basis, which can have serious consequences for patients. To treat an allergy, especially in a long-term allergy where there is a lack of taboo and superstition about allergens,” said Dr Tan, who is a consultant in the general medicine department. “Some patients believe that by feeding a patient they are doing the patient a good deed. However, some health products continue to be sold on e-commerce and social media platforms.

The HSA warned that the illegal health products on sale are particularly in Asia where there is a lot of taboo and superstition about health products, especially in Asian cultures where there is a lack of taboo and superstition about health products.

“We want to encourage people to think twice before buying such products. And we want to encourage people to think twice before buying such products. If the product looks too good to be true, it usually is,” the HSA said.

A recent US study found that many people who bought such products had adverse effects and some may not link them to the health product that they have purchased.

The HSA advises people to be cautious of illegal health products as they can be harmful and have no side effects. Some suffering permanent injury or death have been reported. The HSA has called on the public to report suspicious products.

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More patients at Tan Tock Seng Hospital (TTSH) have been making plans for their future care. In 2011, the hospital introduced the advance care planning (ACP) system, which documents a patient’s advance care preferences. The ACP system allows patients to make plans for their future care, in case of a medical emergency, a doctor can use this information when, for example, looking to plan for their future care.

The scheme was initiated by the Singapore Government in 2011, to modelled on the Respecting Choices programme in the United States. Singapore Government in 2011, to modelled on the Respecting Choices programme in the United States.

The hospital has since used a three-group approach to bump up numbers. Involving doctors about it, and asking patients who are in their 50s and 60s, and have more serious medical conditions, about making euthanasia plans. Last year, 594 TTSH staff were trained in ACP, up from 432 in 2013.

Madam Wee Ah Miow, 49, with her daughter Annie Lim (left) and Dr Adeline Lam, made plans for her future care in 2017 after a defibrillator implant to regulate her heart rhythm was done with her doctor of 11 years – Dr Lam. “I’d rather go if I become bedridden.”

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The majority of those who bought such products were women and middle-aged patients. In 2011, the hospital introduced the advance care planning (ACP) system, which documents a patient’s advance care preferences. The ACP system allows patients to make plans for their future care, in case of a medical emergency, a doctor can use this information when, for example, looking to plan for their future care.

Singapore General Hospital, National Heart Centre Singapore and Changi General Hospital. At TTSH, the number of advance care plans has jumped from 196 in 2013 to 2,000 in 2015.

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When used appropriately, it is an effective treatment for pain, but the side effects, Dr Tan said, include peeling and brittleness and worsening of psoriasis. Some patients have reported feeling relief in their pain relief.

Dr Tan Lam, a consultant in the general medicine department, said many of the elderly people who buy these “health products” believe they are safe, effective and have no side effects. “This is especially so when they are marketed as natural and herbal,” he said.

Some of these products do give short-term relief, said Dr Tan, the hospital’s in-patient medicine doctor. However, patients should not be driven by short-term relief, said Dr Tan. He advised patients to see a doctor when they experience adverse effects and some may not link them to the health product that they have purchased.

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