



**My Alvernia:** What are some of the most important recent breakthroughs in the treatment of neurological conditions?

**Dr Manish:** One of the most important recent advances has been in clot removal for acute stroke and better endovascular devices for the management of brain aneurysms. Just a decade back, only 50 to 60 percent of aneurysms could be treated with a minimally invasive approach. Now with newer coils, stents and flow diverters, more than 90 percent of aneurysms can be treated with this approach.

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*Dr Manish*

**My Alvernia:** Given Singapore's ageing population, do you think that people are becoming more aware of the modifiable risk factors for conditions such as stroke and dementia, and taking preventive measures?

**Dr Manish:** Our Singapore community is by and large well aware of health-related issues. We are fortunate to have one of the best healthcare systems on the planet in both public and private practice, which is unique. Of course, patient education is a process that is constantly evolving as our understanding and practice evolves.



**My Alvernia:** Do you see any trends among your patients in terms of increases in preventable lifestyle-related conditions, an unhealthy dependence on pain medication, or anything else that could be cause for concern in our society?

**Dr Ahmad:** Though we do have all the first-world, lifestyle-related health problems, things are improving as awareness increases. There is always room for improvement, of course. We see some patients who have a dependence on sedatives or sleep-inducing drugs, and occasionally cases of analgesic abuse for headaches, but they are fortunately not so common.

**My Alvernia:** If you were to give Singaporeans one piece of advice in terms of preventing neurological conditions, what would it be?

**Dr Manish:** Please choose an active healthy lifestyle and get check-ups on a regular basis. It is better to prevent a neurological condition, if possible, rather than to treat it.

**My Alvernia:** How do you look after your own neurological and general health in your day to day life?

**Dr Manish:** I exercise regularly, stay fit and eat a healthy diet. I also enjoy life to the fullest!

**Dr Lee:** I spend time with my family, make sure that I get enough sleep, eat plenty of vegetables, and meditate.

**Dr Ahmad:** I get regular exercise, follow a balanced and healthy diet, strive to live a stress-free life, and try to minimise my use of electronic gadgets.