



LEG UP

Issue 4 • Feb 2023

For Distribution to Members of Lions Clubs in Singapore

An update from Chairman PP Goh Boo Han



The newly elected LPC's Management Board for FY2022-2024.

In August 2022, Lions Protheses Centre (LPC) held its 3rd Annual General Meeting (AGM) and a new Management Board was elected by Representatives from Singapore Lions Clubs who are members of LPC. The key officers for the 2-year term (1 October 2022 to 30 September 2024) are:

Chairman

PP Goh Boo Han PBM (LCS Nee Soon)

Immediate Past Chairman

PDG David Lee Pheng Hock (LCS Amber)

Vice-Chairman

PP Chia Lai Soon (LCS Chong Pang)

Honorary Secretary

PP Peter Chua Soon Seng (LCS Ji Yang)

Assistant Hon. Secretary

PP Vincent Lim Chai Poy (LCS Central)

Honorary Treasurer

PP Eng Chen Lian (LCS Katong)

Assistant Hon. Treasurer

PP Lim Eng Heng (LCS West)

For the rest of the elected Management Board members, please refer to LPC website lpc.org.sg. Immediate Past Chairman, PDG David Lee remains as a member of the Board.

During the AGM, newly elected Chairman PP Goh Boo Han thanked past Board members for their contributions and he was especially appreciative of those members who offered themselves for re-election to continue to serve in the new term. He also welcomed the newly elected Board members and commented that he is looking forward to work together with all to further the LPC program which was spearheaded by Founder Chairman PDG David Lee.



LPC's Elected Chairman for FY2022-2024, Lion Goh Boo Han, giving his short speech after the announcement of election results.



LPC's AGM is leading by its Key Officers consists of (from left to right) Secretary Goh Boo Han, Advisor PDG William Kwok, Chairman PDG David Lee, and Treasurer Eng Chen Lian.

During the AGM, in addition to the election of new office bearers, the audited accounts (by LPC's Internal Auditors) for the year ended 31 March 2022 were presented and adopted. The proposed amendments to the Constitution to meet Singapore's Charity Council's requirements were also approved by members.

With this new term, 2 new Sub-Committees, i.e. Membership Committee chaired by PP Chia Lai Soon, and the Marketing Communication Sub-Committee chaired by PP Steven Tan were formed. The Membership Sub-Committee will be responsible for membership recruitment and communication, whilst the Marketing Communication Sub-Committee will assume the responsibilities to manage and maintain LPC's Facebook, Website and Newsletter, previously handled by the Outreach Sub-Committee.

Lions Prostheses Centre (LPC) is now in its 3rd year of operations after its registration in May 2020. In spite of Covid-19 restrictions



LPC's Executive Committee (EXCO) team.



The AGM is overwhelmed with the physical attendance of the Member Clubs' representatives.



in the past three years, LPC has sponsored 20 amputees with prostheses to enable them to walk again. Since December 2022, 6 cases are pending medical certification of suitability for fitting of prostheses, and concurrently having their financial status assessed based on LPC's guidelines for sponsorship.

There are now 44 LPC members from Lions Clubs of Singapore. Chairman Goh Boo Han encouraged more Lions Clubs to join LPC and help more amputees Walk Again and also provide the community with awareness of diabetes prevention program noting that there are more than 1,500 amputations in Singapore each year due to diabetes. He reiterated that LPC is a non-profit Social Service Agency (SSA) and reported that LPC was approved as a Charity under the Charities Act 1994 in January 2023.

WORLD DIABETES DAY

November 12 and 13, 2022

In conjunction with World Diabetes Day, Diabetes Singapore (DS) held a two-day Health fair at Toa Payoh Hub. Lions Prostheses Centre Singapore (LPC) participated in this event. The main objective was to promote awareness and reach out to the public that LPC sponsors



Lions Leaders from LCI Multiple District 308 visiting LPC's participating booth. (Front roll from left to right) Immediate Past Chairman PDG David Lee, Council Chairperson Kenny Low, Chairman Goh Boo Han, District Governor D308-A1 Ho Sum Kwong, District Governor D308-B1 Dorothy Ong, District Governor D308-B2 Loy Kwee Keow, and Past Council Chairperson Lim Hoe Guan.

prostheses to low-income individuals to enable them to "WALK AGAIN" and move forward to lead a higher quality life.

Members from 14 Lions Clubs were on duty to distribute flyers and newsletters and brief visitors at the booth.



Guest of Honour, Minister Ong Ye Kung, officiating the World Diabetes Day event.



An LPC Member providing insight to the visitors on LPC and its support services.



Our dedicated volunteers from Member Clubs in supporting the operation throughout the event.

LPC's Home Visit to Beneficiary – Mdm Lim H T



Mdm. Lim sharing her feedback and gratitude to LPC.



LPC's Home Visit to Mdm Lim's house. (From left to right) Chairman Goh Boo Han, Mdm. Lim, and Head of Sponsorship and Assessment Henry Liang.



Lion Henry Liang providing post fitting care to Mdm. Lim after she fitted with our sponsored limb.

Due to an accident when she was 15, Mdm Lim had her right limb amputated. It has been 28 years since she lost her right limb and she needed a replacement for her prosthetic limb which was totally worn out.

In December 2021, she applied to LPC for sponsorship of the replacement and after a detailed assessment by LPC's Sponsorship & Assessment team, approval was granted by LPC's Executive Committee. As Mdm Lim was referred to LPC by TTSH, the fabrication process was done by the TTSH Foot Care & Limb Design Centre (FLC). By end January 2022, Mdm Lim was fitted with her new prosthesis and this was followed by physiotherapy sessions which were completed in July 2022.

Despite her disability, Mdm Lim has been leading a hectic life working 12-hour shifts as a factory operator. Mdm Lim is in her early 40s, married and has a son, age 25 and a daughter, age 22.

Sharing her experience, Mdm Lim recalled that she was very concerned with the high cost of replacing her worn out prostheses. Mdm Lim's family falls into the low income

category, and although she has Permanent Resident status, the subsidy granted by the Singapore Government is limited. Thus, it was a great relief for Mdm Lim when TTSH's Senior Medical Social Worker, Li Peiwen, referred her to LPC. It was a pleasant surprise to Mdm Lim that such an organization exists and was able to provide her with financial assistance to replace her prostheses.

During the home visit, Mdm Lim continued to express her heartfelt gratitude and thanked LPC for the sponsorship of her prosthetic limb. She is very happy with her new prosthesis which works well with her lifestyle that involves a lot of walking to and from work. Her greatest joy is to see her children through University and she is now looking forward to attaining her Singapore Citizenship, which was submitted to ICA in July 2022. It was heartwarming to see the joy in Mdm Lim's eyes! LPC has again helped another person to Walk Again.

LPC wishes Mdm Lim continued good health, happiness and success in attaining her Singapore Citizenship.

Reaching Out to Actor Duan Weiming

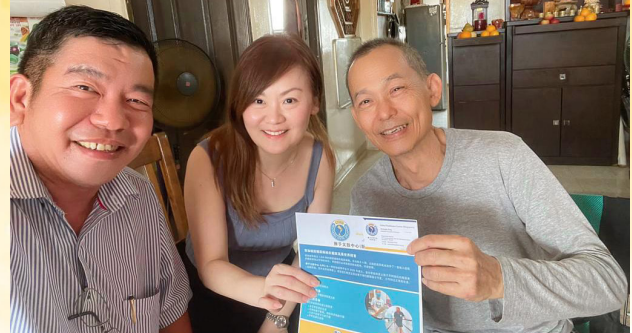
When LPC heard that actor Duan Weiming, had undergone below knee amputation of his left leg, LPC took the initiative to visit Mr Duan after getting his contact through the local media. Since September 2022, Mr Duan has been recuperating and undergoing rehabilitation at Tan Tock Seng Hospital. It would take several months before Mr Duan could be fitted with a prosthetic limb and resume work.

LPC Vice Chairman Chia Lai Soon and LPC Operations Manager, Michelle Fong visited Mr Duan in October to introduce LPC and share with Mr Duan, that subject to financial and medical assessments, LPC may be able to sponsor his prosthetic limb.

According to Mr Duan, he was diabetic since his early twenties, back then, his symptoms were mild so he neither watched his diet nor paid attention to his health. Tragedy struck when he got into a road accident causing injuries to his leg; the wounds could not heal properly and he had sleepless nights due to the excruciating pain. By the time Mr Duan sought medical help, his infection already got worse and the only option was to amputate his limb



Duan coping with the post-surgery recovery after the limb amputation.



LPC's Vice Chairman Chia Lai Soon and Operations Manager Michelle Fong visiting Duan (right) to provide more information on the sponsorship and assessment of prosthetic limb.

to prevent further spreading.

Having learnt his lesson the hard way, Mr Duan now takes better care of his health by watching his diet and taking his medication regularly. His advice was that we should not take good health for granted and not to be stubborn but to seek medical help when needed.

Mr Duan is delighted to know that he may be able to receive sponsorship from LPC upon assessment. Although, he has received well wishes from many friends, former colleagues and bosses, 61-year-old Mr Duan, who is currently residing in his 3-room flat in Boon Lay, is planning to downgrade his flat to a 2-room in order to use the money from the sale for his daily expenses. He stays optimistic and hopes to be fitted with a prosthetic limb as soon as possible in order to resume work. His Producer had invited him to reprise his role as coffee stall owner Uncle Larry in the third season of 128 Circle, and would edit the script to accommodate Mr Duan's current condition.

We look forward to see Mr Duan back on the local screen again soon!



A follow up visit with Duan (right) as part of the centre's outreach care and support process.

CNY Get-Together

2 February 2023



Our Beneficiaries

LPC had its first Chinese New Year Get-Together at the premises of Lions Befrienders Active Ageing Centre (Clementi). Among us were District Governor SK Ho, Distinguished Lions, fellow Board Members both present and past, our beneficiaries, partners from Amputees Support Group and one of our vendors Lifeforce Limbs & Rehab.



In his CNY address, Chairman PP Goh Boo Han said that LPC was registered with the Singapore Registrar of Societies more than 2 years ago. LPC started with 21 Lions Clubs and our membership has since grown to 44 Lions Clubs. He is looking forward to have more Lions Clubs join and support this meaningful service to our community. Being relatively new, one of LPC's challenges is to continuously promote awareness of LPC in the community. One question that has been raised is whether LPC is duplicating with the

efforts of the Government who is already providing funding and subsidies for amputees.

Chairman Goh said that LPC's focus is to help amputees who are unable to obtain Government funding. As every case is unique, LPC will make exceptions when necessary, with the objective of improving the lives of amputees by enabling them to remain in the workforce and enjoying a better quality of life.

LPC is a Non-Profit Social Service Agency (SSA) and LPC needs to raise funds to finance its operations. He is glad to announce that LPC has been approved as a Charity organization in January 2023 under the Charities Act 1994. The next objective is to work towards obtaining IPC status (Institution of a Public Character). Donors will then be able to enjoy tax deduction for their donations, currently at 250%.

Chairman Goh appreciates everyone's continued support to help publicise LPC so that LPC can help many more amputees to WALK AGAIN.



Caring for Your Prosthesis

Written by Ng Xin Ting, Prosthetist & Orthotist, Tan Tock Seng Hospital

Singapore has one of the world's highest rates of persons with diabetes. According to the Ministry of Health (MOH) statistics, approximately 1,200 diabetics undergo amputations each year (Chinese: 53%, Malay 27%, Indian 14%). It may not be surprising that you have a loved one or friend who has had a lower limb amputation. They may experience anguish when losing a limb, but this is far from the end of the road. For people who have had an amputation, receiving their first prosthesis is often the first step toward resuming a normal life.

Being fitted with a prosthesis can be both exciting and terrifying at the same time. The experience is likened to the feeling of receiving a brand-new car and taking it out for a drive. As with a car, it takes time to learn the proper use of the prosthesis, its parts and how to maintain them so that it can function optimally.

Parts of a Prosthesis

Transfemoral (below the knee) and transtibial (above the knee) amputations are the most common levels of major lower limb amputations. Every lower limb prosthesis consists of the following parts, which are assembled together to form the whole prosthesis:

The **Socket** is custom-made for each person and connects the amputated stump to the rest of the prosthesis. The **Interface**, a soft layer between the stump and the socket, protects the stump.

A **Suspension System** helps hold the prosthesis on the stump.

The Prosthetic **Foot** and/or **Joint(s)** replace the parts of the leg that have been amputated. Finally, **Adapters and Pylon(s)** connect the different parts of the prosthesis together.

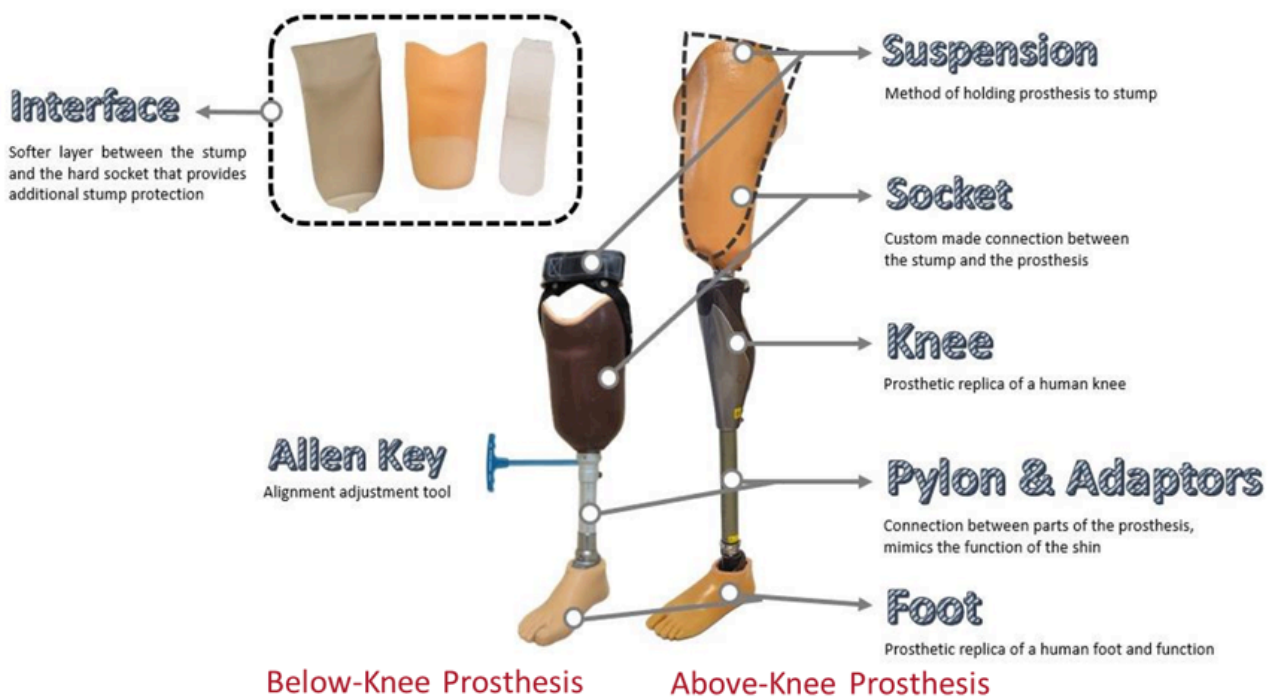


Figure 1: Diagrammatic representation of the key components of below-knee and above-knee prostheses. An Allen key is a tool that trained Prosthetists use to adjust prosthetic alignment.



Figure 2: Criteria for a supportive shoe.

Left to right: Supportive heel counter with the shoe only bending at the forefoot. The shoes should be able to resist twisting. It should have a form of fastenings (lace or Velcro strap) and the size of the shoe should allow for a one finger width space from the longest toe to the tip of the shoe.

Cosmetic covers or stockings may be added to conceal and protect the inner components of the prosthesis.

Taking Care of Your Prosthesis

Like any other mechanical appliance or device, a prosthesis requires regular servicing and upkeeping to function optimally. Taking good care of your prosthesis can reduce frequent visits to the Prosthetic clinic for repairs, giving you more time to do what you love.

Caring for Stump Socks and Liners

The **Interface** is the part of the prosthesis that comes in direct contact with the skin. As you may wear your prosthesis for several hours during the day, it is important to maintain the hygiene of the interface to keep your stump healthy.

Your Prosthetist will prescribe the interface most suitable for your condition. Interfaces are typically made from soft or cushioning materials and can take the form of socks or liners. Common materials used are cloth, gels, or foams.

Cotton stump socks should be hand washed or gently machine washed with mild soap and cold water after each use and air dried. **Gel socks** can be washed in the same manner, with the additional step of gently tapping the sock to remove excess water rather than wringing the sock. Lie your stump socks flat to dry after washing.

Prosthetic liners are usually made of foam or silicone. To keep the inner and outer surfaces of **Foam liners** clean, use a damp cloth, wet wipe, or alcohol wipe. **Silicone liners** need to be turned inside out and thoroughly washed with soapy water to clean the inner surface. Rinse off the soap and turn back the liner and allow it to drip dry.

Do not use a normal towel to dry the inner surface of your silicone liner or expose it to the environment, as lint and dirt might stick to the silicone and cause skin irritation. Liners should also be kept away from direct heat or sunlight to prevent deformation.

Caring for Suspension systems

Proper care of the prosthetic **Suspension** can help prolong its lifespan. A well-maintained suspension helps secure the prosthesis to your stump, allowing you to walk safely. It also prevents unnecessary pistoning or rubbing of the socket against your stump.

It is important to avoid over-stretching of the elastic parts of the suspension, as it will lead to premature loosening. Always roll the sleeve up and down with your palms when using gel knee sleeves. Do not use your fingers and nails to tug on the knee sleeve as it will cause tearing. To avoid overstretching the sleeve while the prosthesis is not in use, ensure the knee sleeve's top end is not flipped over the socket. This also prevents dirt from sticking to the sleeve's inner surface.

Avoid tugging on **elastic suspension belts and cuff straps**, as the fastenings may wear out prematurely. To prevent lint from getting caught in the Velcro hooks, ensure that the Velcro closures are fastened back on themselves after removing the prosthesis. Removing particles or threads stuck in the Velcro can aid in the longevity of the adhesive.

Choosing Shoes

A good pair of covered footwear plays a significant role in walking stability. Supportive and comfortable shoes are essential for prosthetic use and protecting the non-affected foot from wounds.

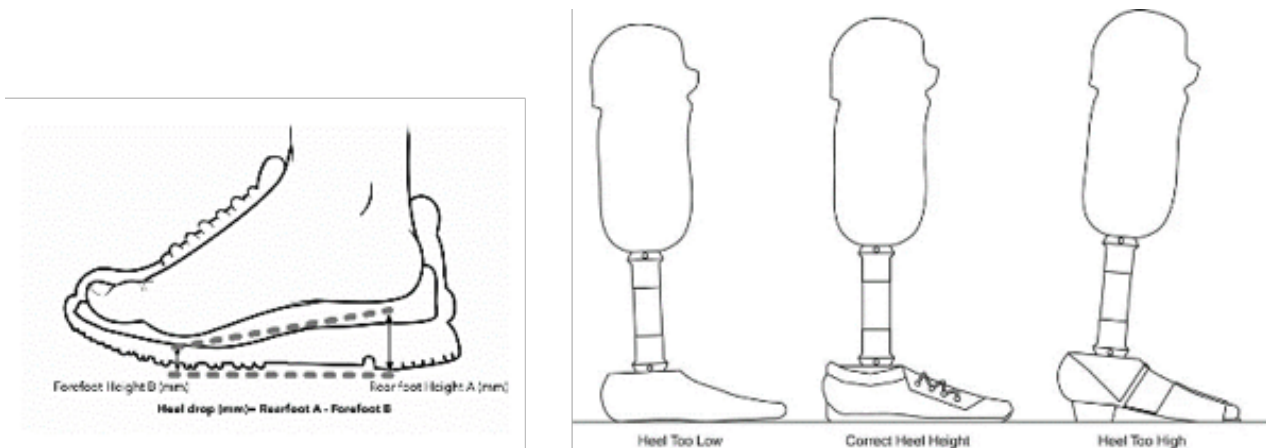


Figure 3: Shoe pitch and its effect on prosthetic alignment.

A shoe's pitch is the height difference between the heel and the ball of the foot. When changing to a shoe with a lower pitch, the prosthesis will lean backwards and when a shoe of a higher pitch is worn, the prosthesis will lean forward.

Choose shoes with a firm heel counter and supportive outer sole. Only the forefoot of the shoe should bend. Adjustable fastenings such as laces or Velcro straps helps secure the shoe to the prosthesis. When sizing for shoes, leave one thumb width between the tip of your longest toe and the end of the shoe. Finally, the width of the shoe should match the widest part of your foot to prevent excessive squeezing or rubbing.

When fitting a prosthesis, the Prosthetist will adjust the prosthesis's alignment based on the shoes' pitch. The pitch of a shoe is the height difference between the heel and the ball of the shoe. When buying new shoes, choosing shoes with similar pitch is crucial. If the shoe is changed to a lower pitch, the prosthesis will lean backward. Conversely, a shoe with a higher pitch will cause the prosthesis to lean forward. This can affect walking stability and cause the prosthesis to exert excessive pressure on different parts of your stump. Speak to your Prosthetist for options to optimise prosthetic alignment if you have to swap between different shoes regularly. You should also notify your Prosthetist if you have changed your shoes during regular review appointments.

General Care Tips

In addition to the care tips above, it is good to visually inspect your prosthesis for any damage to the coverings or exposed surfaces before wearing and after removing it.

Avoid exposing the prosthesis to wet or dirty environments for prolonged periods, as it will cause the metal parts of the prosthesis to rust and cause rubber or foam parts to disintegrate. Do not submerge the prosthesis in water. If the prosthesis inevitably gets damp or wet, such as on rainy days, remove the shoes and socks and allow them to air dry. A hairdryer on low heat settings may also be used to remove excess moisture. There are special prosthetic components that are made to withstand extreme environments. Speak to your Prosthetist about the options if you require to use the prosthesis frequently in wet or dirty environments.

Finally, all suspension methods have an average lifespan of 6 to 12 months and will need replacements once they are loose or no longer elastic. All other prosthetic components will require annual servicing. Do not attempt to open up the outer coverings of your prosthesis or adjust it on your own. All servicing and adjustments are to be performed by a qualified Prosthetist. You should always contact your prosthetic clinic to arrange an appointment for review and servicing of your prosthesis.

Equipped with prosthetic parts and maintenance knowledge, prosthetic users can have a smooth journey returning to the things that bring life joy, meaning and purpose.

List of Lions Protheses Centre (Singapore) Members as at 1 Jan 2023

1	Lions Club of Singapore 101	16	Lions Club of Singapore Henderson	31	Lions Club of Singapore Oriental
2	Lions Club of Singapore Alliances	17	Lions Club of Singapore Island	32	Lions Club of Singapore Oscar
3	Lions Club of Singapore Amber	18	Lions Club of Singapore Ji Siang	33	Lions Club of Singapore Oxley
4	Lions Club of Singapore Ascension	19	Lions Club of Singapore Ji Yang	34	Lions Club of Singapore Paterson
5	Lions Club of Singapore Broadway	20	Lions Club of Singapore Kaizen	35	Lions Club of Singapore Ru Yi
6	Lions Club of Singapore Central	21	Lions Club of Singapore Katong	36	Lions Club of Singapore Seletar
7	Lions Club of Singapore Cherish	22	Lions Club of Singapore Katong Vision	37	Lions Club of Singapore Serangoon Gardens
8	Lions Club of Singapore City	23	Lions Club of Singapore Ladyhill	38	Lions Club of Singapore Stamford
9	Lions Club of Singapore Chong Pang	24	Lions Club of Singapore Lavender	39	Lions Club of Singapore Vanda
10	Lions Club of Singapore Clarke Quay	25	Lions Club of Singapore Meyer	40	Lions Club of Singapore Vista
11	Lions Club of Singapore Clover	26	Lions Club of Singapore Metropolitan	41	Lions Club of Singapore West
12	Lions Club of Singapore Enterprise	27	Lions Club of Singapore Midpoint	42	Lions Club of Singapore Westlake
13	Lions Club of Singapore Eunus	28	Lions Club of Singapore Millennium	43	Lions Club of Singapore Whampoa
14	Lions Club of Singapore Forest	29	Lions Club of Singapore Nanyang	44	Lions Club of Singapore YiXin
15	Lions Club of Singapore Galaxy	30	Lions Club of Singapore Nee Soon		

Lions Protheses Centre (Singapore)

Vision, Mission, Tagline & Objectives

■ Vision

To enhance the mobility of amputees

■ Mission

To sponsor needy amputees with prosthetic limbs

■ Tagline

Walk Again



LPC's vision is to enhance the mobility of amputees and we achieve it through our mission to sponsor needy amputees with prosthetic limbs to enable them to Walk Again.

The ultimate Objectives are for them to:

1. Enjoy a better of quality of life
2. Be independent of wheelchairs, crutches or other mobility aids
3. Have a life not hampered by limited mobility
4. Make a living wherever possible



Membership

All Lions Clubs in Singapore are encouraged to join as members of Lions Protheses Centre (Singapore) to support low income amputees to give them independence to make a living and have a higher quality of life.

Membership is open to all operating chartered Lions Clubs of Singapore which are registered under the Societies Act (Cap 311) Singapore.

There are no entrance fees and no subscriptions.

All that is required is the willingness, compassion and commitment to serve the disadvantaged and less privileged in our community.

Members can volunteer in various ways:

- Create awareness of diabetes prevention program to reduce the prevalence of diabetes
- Participate in service programs, events and fund raising projects
- Assist in operations by serving as Board members and committee members.

For more information on membership, please contact:

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