

LIVING



PAE HALO'S GOT A BRAND-NEW BAG

LIVING LA VIDA LOCAL

TIFFANY WANG IS NOT JUST ABOUT STYLE, YOU KNOW

"Make money. Do good," says social business **PAE Halo**. Now that's a company motto that makes a whole lot of sense. If everyone aspired to live that way, the world could be a far brighter place.

Unlike a regular nonprofit, PAE Halo can sustain itself. Piech Asia Enterprises runs several operations – including PAE Media, PAE Art and PAE Design Talent – but Halo is the philanthropic division that creates the programs that fund the network. Promoting social awareness while making a profit? Sounds like a darn smart idea to us. Don't miss their upcoming **launch party** (Oct 13) at **Punk**, which will feature a live auction of their recent design collaboration, as well as live sketch art by Vincent Rondia (see event listings). Proceeds will go towards various nonprofit organizations doing critical work across China.

If you'd rather make your contribution via your stomach, then check out **Chi Fan for Charity**. Simply register for a table donated by one of Beijing's top dining establishments, then show up on the day to enjoy a three-course meal with wine. Here's your excuse to finally try some of those out-of-your-price-range restaurants – because hey, you're supporting a charity by doing so! Check out their website (www.chifanforcharity.org) for more details.

See how easy it is to get involved these next couple months? And we haven't even talked about the worldwide **Global Work Party** yet. In Beijing, **Greening the Beige** is collaborating with **350.org** to bring you six days (Oct 4-10) of creative climate activities that range from free lunches (provided that you bring your own reusable lunch box and cutlery) to bicycle races and trash-sculpting. If

you're one to always complain about pollution and litter, then take part in the movement to initiate change. Head to www.greeningthebeige.org for the program schedule and tips on responsible urban living.

Of course, don't keep yourself so busy that you're never at home – or else you'll need to answer some serious questions when the **cents workers** come-a-knockin'. There's no need to be petrified, though ... or is there? Read our FAQ on p60 to find out.

Other than that, you have no excuse to not get active. (Even the doctor prescribes it – see Feature, this page.) This autumn, you can party, eat well and exercise all in the name of charity. We should all take cues from PAE Halo, by trying to benefit ourselves, as well as our community. To healthy living! (And not being deported.) Hallelujah.

TO YOUR HEALTH

DIABETES IN CHINA

A new report shows that China now has more people with diabetes than any other country. We sought out **Dr. Limei Xu** of **Hong Kong International Medical Clinic (HKIMC)** for advice on how to protect ourselves from the disease.

What is diabetes, and why is it so dangerous?

Diabetes is a lifelong disease that affects the entire body. It occurs when your body develops a resistance to insulin, thereby resulting in high blood glucose. Without proper treatment, it can lead to complications like heart disease, stroke, kidney and erectile dysfunction, retinal bleeding, etc. Really severe cases have resulted in blindness, heart attack, dialysis and amputations.

What are the symptoms of diabetes?

- Feeling excessively thirsty, with the need to drink a lot of water
- Frequently passing urine
- Increased hunger
- Weight loss
- Feeling tired
- Sores or cuts slow to heal
- Infections, e.g. recurring urinary tract infections and vaginal thrush
- Blurred vision
- No symptoms at all, which results in a delay in diagnosis

Who is most susceptible to developing diabetes?

- People with a family history of diabetes are 25% more likely to develop the disease
- People who eat high-calorie food and do not get enough exercise
- Obese people
- People over 45 years old
- People with metabolic syndrome (e.g. hypertension and hypercholesterolemia)
- Women who experienced temporary diabetic symptoms during pregnancy have an increased risk of developing the disease later in life

What accounts for the sudden surge in diabetes in China?

"Modernized" yet unhealthy lifestyles in combination with an aging population play major roles in this. Eating habits have changed, and there's less physical activity coupled with a rise in obesity.

What can we do to prevent or delay the onset of diabetes?

Do everything you'd normally do to be healthy and maintain a normal weight. Reduce your intake of high-calorie, high-fat and processed food; exercise 3-4 times a week; and quit smoking.