



NOVENA

Medical Center

NEWSLETTER

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Art

Comes to Novena Medical Center

Art not only adds colour and vibrancy to the world, it is also known to bring comfort to the mind and body. Recognizing the curative benefits of art, Far East Organization purchased an impressive art collection – paintings, sculptures and pottery which are on display at Novena Medical Center to create a soothing environment for its patients.

According to the American Art Therapy Association, art therapy is believed to be both healing and life-enhancing. To help improve or maintain mental health and emotional well-being and to aid in speedy recovery, Novena Medical Center has created a calming and aesthetically pleasing ambience with art pieces adorning its public areas.

"We believe that art can be therapeutic. The atmosphere and bright colours that art adds to the environment can stimulate the patients' and their care-givers' overall sense of well-being. It also allows the mind to escape from the present and open it to new possibilities, creating energy and optimism and providing comfort to the spirit. Even in qi gong, colours are used to aid in the healing of emotions and the body," says Mr G.L. Yap, Executive Director, Far East Organization. "Hence, you can say that these art pieces bought by Far East Organization are as much for therapeutic reasons as for aesthetics."



Ornamental jars carrying autographs of Minister Mentor Lee Kuan Yew and Mrs Lee



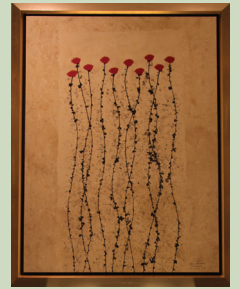
Joy & Growth 2



Close to My Heart

The Flora Painter

Visitors are greeted with an original thematic work by Jean-Francois Debonnie. A self-taught artist from Brussels who is now based in Singapore, Jean-Francois favours large canvasses on which he brings to life flowers - through a blend of Chinese Western painting techniques.



Red Flower

The Award-Winning Sculptor

Take the lift up to levels 8 - 11 and awaiting you are artworks - Mother and Child, Abundance, Close to My Heart and others by award-winning artist Lim Thian Seng. A prolific Singaporean artist, Thian Seng's sculptures feature sleek masculine lines and defined sensuous curves that embody strength. The bold modernity and re-configuring of space in his works are tempered by a surprising fluidity and Oriental insight. His works range from auspicious themes to organic shapes that delight the senses with their tangibility.



Mother & Child

The Master Potter

Travelling by escalator to levels 8 and 9, and you will see 28 Iskandar Jalil's pottery works on display at the escalator landings.

Iskandar is a renowned local ceramist who uses fine clay to develop bowls and pots into art works, integrating Japanese and Islamic styles. Tactile, rich surfaces, use of twigs as embellishments, use of Southeast Asian motifs and Jawi calligraphy, to name a few are characteristic features of his works.

A hugely influential instructor-mentor, Iskandar loves working with clay because it is soft, pliable, and simple. As a representative of Singapore's first generation of potters, Iskandar strives to lay the foundations and set the standards for future potters.

Reference

Creamer, R. (2003 March 6) National Library Board Singapore.



Iskandar Jalil's works at Level 8



Article contributed by
Dr Lai Hwee Yee,
Cancer After Care Clinic.

Glutathione and

Cancer starts with a mutation in the genetic code of the cell which results in uncontrolled growth. There are hundreds of risk factors identified and many theories put forth.

Regardless of theory, we owe it to ourselves to pay attention to all possible risk factors, read up on the relevant research and take advantage of all the proven ways to minimize the danger of cancer. One such proven way is by maintaining a high Glutathione level.

Hundreds of medical articles have been written describing the role of Glutathione in cancer prevention and cancer treatment. They fall into 3 main groups: 1) cancer prevention, including detoxification of carcinogens, antioxidation and heightened immune response; 2) therapeutic possibilities, such as anti-tumor methodologies and the treatment and prevention of malnutrition and wasting, and 3) a special role for Glutathione in chemotherapy and radiotherapy whereby it enhances the effectiveness of these arduous treatments while minimizing their side-effects.

The following section elaborates on the first group on cancer prevention.

Detoxification of environmental carcinogens

There are numerous well known carcinogens and mutagens in our environments. Some of the most important are:

- 1) Aflatoxin B1
A naturally occurring toxin commonly found on grains such as millet, rice and wheat, spices such peppers and gingers and tree nuts such as almond, pistachio and walnut.
- 2) Di-methylhydrazine
Commonly used in rocket fuel and may contaminate surrounding water.
- 3) Benzantrhacene
A hydrocarbon found in coal tar and cigarette smoke.
- 4) Benzopyrene
A hydrocarbon found in coal tar, cigarette smoke and charbroiled food.
- 5) N-Nitrosodimethylamine
Industrial by-product or waste product found in found in Chlorination during water treatment, cured meat and tobacco smoke.
- 6) Heavy metals such as mercury in dental amalgams and seafood.

These cancer-causing substances are neutralized by Glutathione and changed into a form which the body

can eliminate. Since the liver is the body's principal detoxifying organ, it is not surprising that it carries the highest concentrations of Glutathione in the body.

Antioxidation

Glutathione is our body's principal antioxidant. It neutralizes free radicals as they form constantly in the cells during energy production. This prevents subsequent damage to various parts of the cell, particularly to the DNA in the cell's nucleus.

Glutathione is the master antioxidant because it replenishes the action of other antioxidants such as Vitamin C, Vitamin E and Lipoic acid. It is the Glutathione that ultimately neutralizes the free radical and allows regeneration of Vitamin C, E and Lipoic acid.

Heightened immune response

Glutathione controls and balances the growth of white blood cells, thereby strengthening the immune response. Immuno-depressed individuals are often more prone to cancer, good examples being AIDS patients and Heroin addicts.

Cancer specialists have recently developed a strategy called immunotherapy - an attempt to optimize the body's natural defence against the cancer. Immunotherapy consists of tools to stimulate the immune system. Adding N-Acetyl-Cysteine which is a drug to raise Glutathione level has shown be useful to suppress tumour growth.

Thus it can be logically concluded from the above, that to prevent cancer occurrence, it is highly important to maintain a high level of Glutathione at all times.

It is also important to note that the converse, that low glutathione predisposes one to cancer, has also shown to be true.

In the 2003 annual meeting of the American Association for Cancer Research, this finding was highlighted in the Nurses' Health study. Amongst the 32,826 women monitored, women with highest levels of plasma total cysteine, a natural Glutathione precursor, demonstrated approximately 50% lower risk of breast cancer compared to women with the

cancer

Food

Although Glutathione is found in some foods such as Avocado and Asparagus, and even commercially available in pill or powder form, it is important to know that oral consumption of Glutathione itself cannot raise the level of Glutathione intra-cellularly as it will be destroyed during digestion.

Our body needs to make its own Glutathione from scratch. What is important is to provide the precursors or raw materials for the body cells to make Glutathione naturally and efficiently. Human milk or undenatured whey protein isolate Immunocal are proven to be natural sources of such raw materials to raise intra-cellular Glutathione effectively.

Drugs

Various pharmaceutical drugs also provide such raw materials.

The best known of which is N-Acetyl-Cysteine (NAC). NAC is available as a drug to break down mucous secretions and also to counteract Paracetamol poisoning. When taken in high doses, it will raise Glutathione significantly. However being a drug, it has certain toxicity. Secondly the Glutathione levels peak and drop rapidly with NAC usage and therefore the drug must be swallowed or injected a few times a day.

Public Forum Look Good for The Festive Season

SPEAKER Dr Shiau Ee Leng
Medical Director
ClearSK™ Novena Laser and Aesthetic Centre

DATE: 7 November 2009, Saturday
TIME: 2pm to 3.30pm
VENUE: Novena Medical Center, #08-23
REGISTRATION FEES: \$5.00
CONTACT: +65 6478 2911
EMAIL: register@clearskincentre.com

TOPICS

My Face and Skin

- How to look my best for festive functions
- Classic all-time beauty tips to impress during festive gatherings
- Know your skin type and the right treatment/product for your skin

My Body

- How to enjoy holiday foods without gaining weight
- Fight flabby skin and cellulite and fit into your favourite festive function outfit
- Fat loss & wellness program for a slimmer body

About Dr Shiau Ee Leng

Dr. Shiau Ee Leng, Medical Director of ClearSK™ Aesthetic Centres, is a certified Laser Physician and performs a full range of aesthetic procedures such as laser, Botox®, chemical peels, fillers, Intense Pulse Light (IPL) medical and non-surgical procedures.

Reaching Out to the Community

Past forums:

Topic:

Women's Breast, Colorectal & Gynaecological Tumours

Date: 18 July 2009

Speakers: Drs Tay Eng Hseon, Low Sze Chuan & Denis Cheong
Thomson Women Cancer Centre

Topic:

**Clinically Proven Body Sculpting
- Attain renewed confidence with a slimmer body and enhanced breasts**

Date: 1 August 2009

Speaker: Dr Kevin Teh
Singapore Lipo, Body & Face Centre

Topic:

**Osteoarthritis to the Knee
- What are my treatment options?**

Date: 5 September 2009

Speaker: Dr Chang Haw Chong
Singapore Sports Orthopaedic Surgery Centre

More than a Strategic Move

Both Drs Pang Yoke Teen and Kong Hwai Loong already have a strong clientele base in Orchard Road. But they choose to open their second clinic at Novena Medical Center, citing its convenient location and world-class facilities as the draw factors. Their move has not only made healthcare more accessible to more patients, it also helps elevate Novena's medical hub status.

CENTRE FOR EAR NOSE THROAT ALLERGY & SLEEP

Creating an ambience which is pleasing to both adults and children, the simple and modern clinic has original paintings (by Dr Pang's very own children) decorating the walls, candies and story books aplenty for the kids and a comfy waiting area with 32" LCD TV for the adults. The Centre for Ear Nose Throat Allergy & Sleep (CENTAS) certainly has a welcoming and homely feel.

Helmed by Dr Pang who has extensive experience in the use of immunotherapy for treatment of allergy, CENTAS specializes in allergy and snoring management. It provides a holistic approach in the evaluation and treatment of allergy, and offers a one-stop service for snoring and sleep apnoea management. About 50% of its patients are children.

Says Dr Pang: "Our centre strives to provide a conducive and friendly environment for both adult and paediatric patients ensuring a seamless delivery without compromising on care and standards. ENT treatments have evolved. They are now clinic-based and non-invasive and these are available at our clinic. When a patient comes to us with a problem, we manage it 'globally' by understanding the patient's history and lifestyle, taking the time to listen, educate and offer our advice. Only when we gain the patient's trust, can we manage his/her condition effectively."



Dr Pang Yoke Teen

H L KONG MEDICAL ONCOLOGY CENTRE

Award-winning oncologist, Dr Kong Hwai Loong, has opened his second clinic at Novena Medical Center. Working together with another senior oncologist, Dr Wong Zee Wan and a team of nurses and support staff, H L Kong Medical Oncology Centre attends to cancer patients aged 12 years and above.

Its plush and elegant centre administers medical cancer treatment using a variety of different injection and oral medications, including chemotherapy, monoclonal antibody therapy, oral targeted therapy, hormonal therapy, as well as pain and other supportive medications. The centre also coordinates the total cancer management plan for cancer patients, in close collaborations with other specialists as appropriate.

Says Dr Kong, "The basic principles that underpin our Centre are: Professionalism, Excellence, Respect, Compassion and Integrity. Managing a patient with cancer goes beyond just shrinking the tumour. A cancer patient inevitably has a number of other related problems, both physical and psychosocial. And complex family dynamics often surface after a family member has been diagnosed with cancer. As these issues impact greatly on the overall outcome of the cancer management, they must be attended to diligently. Hence, a good cancer management programme must be a holistic one, taking into account not only the malignancy but also other associated or even unrelated problems that bother the patients.



Dr Kong Hwai Loong

"Last but not least, we firmly uphold the belief that every cancer patient, whatever his or her medical or social status may be, must be treated with the upmost respect as an individual. Here at our clinic, we work very closely as a well-integrated team, designing our clinical and nursing workflow such that the patient's overall experience is a pleasant, safe and satisfying one."

Directory Of Services

Medical specialists. Nurses. Allied health professionals.
Where a high level of care meets
a wide selection of services

CLINIC / SPECIALTY

Advance Renal Therapy
Renal Medicine & Kidney Dialysis
#11-14
Tel: +65 63976468

Ambulatory SurgiCare
General Surgery
#09-01
Tel: +65 63976979

American International Clinic
Internal Medicine
#10-10
Tel: +65 63977129

Asian Pain Centre
Pain Management, Anaesthesiology
& Neurology
#08-15
Tel: +65 63976566

Bioresonance Therapy Centre
Preventive Healthcare
#09-17
Tel: +65 63976826

Braces & Aesthetics Dental Clinic
Dentistry
#10-36
Tel: +65 67322706

Cancer After Care Clinic
Preventive Healthcare
#10-13
Tel: +65 63976888

Centre for Ear Nose Throat Allergy & Sleep
ENT (Ear, Nose, Throat)
#11-23
Tel: +65 65860988

Centre for Hands & Reconstructive Microsurgery (Novena) Pte Ltd
Hand Surgery
#11-17
Tel: +65 63976850

ClearSK™ Novena Laser and Aesthetic Centre
Aesthetic Services & Wellness Care
#10-23
Tel: +65 63977050

Clinic 10
Preventive Healthcare
#09-31
Tel: +65 63360504

Frontier Specialist Centre
Orthopaedic Surgery, Physiotherapy & Podiatry
#09-12
Tel: +65 63977077

H L Kong Medical Oncology Centre
Medical Oncology
#11-08
Tel: +65 63977123

CLINIC / SPECIALTY

HealthTrends@Novena
Medical, Aesthetic & Wellness Care
#08-34
Tel: +65 63976865

Healthway Breast & Surgery Centre
Breast Surgery
#10-07
Tel: +65 62382290

Healthway Medical Assessment Centre
Wellness Care
#10-06
Tel: +65 62382290

International Neuro Associates
Neurology & Neurosurgery
#08-15
Tel: +65 63972488

K O Chan Ear Nose Throat Sinus & Sleep Centre
ENT (Ear, Nose, Throat)
#10-11
Tel: +65 63976454

Leukemia & Lymphoma Foundation
Voluntary Welfare Organization
#10-20
Tel: +65 67787545

LifeSource Medical Centre
Aesthetic & Regenerative Medicine
#11-16
Tel: +65 63976080

Loke Skin Clinic Pte Ltd
Dermatology
#09-13
Tel: +65 63374926

LP Clinic
Psychiatry
#11-22
Tel: +65 67354526

LQ Dental (formerly Johnny Lee, Hinly Lau Dental Surgeons Pte Ltd)
Dentistry
#11-10
Tel: +65 65380890

Nihon Premium Clinic Pte Ltd
Japanese Medical & Specialists
HealthCare
#11-12
Tel: +65 63972002

Novena Clinic
Medical Clinic
#08-18
Tel: +65 63079959

CLINIC / SPECIALTY

Novena Dental Aesthetic Practice Pte Ltd
Dentistry
#09-34
Tel: +65 63977097

Novena Heart Centre
Cardiology & Cardiothoracic Surgery
#09-05
Tel: +65 63972004

Novena Surgery Pte Ltd
Day Surgery
#08-18
Tel: +65 63079955

Omnigreen Wellness Centre
Preventive Healthcare
#08-16
Tel: +65 63338489

Parkway Laboratory Services Ltd
Medical Lab Testing
#08-01
Tel: +65 63976930

Peter Lee Orthopaedics
Orthopaedic Surgery
#11-06
Tel: +65 63382740

Radiologic Clinic
X-Ray Services
#08-02
Tel: +65 63976686

Singapore Aesthetic Centre
Aesthetic Services
#08-12
Tel: +65 68371000

Singapore Lipo, Body & Face Centre
Aesthetic Services
#08-05
Tel: +65 67361000

Singapore Sports Medicine Centre
Sports Medicine
#08-08
Tel: +65 67371000

Singapore Sports Orthopaedic Surgery Centre
Orthopaedic Surgery
#08-07
Tel: +65 67371000

Smile Makers Dental Clinic
Dentistry
#09-26
Tel: +65 63972739

CLINIC / SPECIALTY

Soon Diabetes Thyroid and Endocrinology Clinic
Endocrinology
#10-08
Tel: +65 63977101

SS Medical Aesthetics Pte Ltd
Aesthetic Services
#09-30
Tel: +65 63977012

Stellar Medical Aesthetic Clinic
Aesthetic Services
#11-31
Tel: +65 63972722

The Head & Neck Surgery Centre
ENT (Ear, Nose, Throat)
#11-02
Tel: +65 63977126

The Oral Care Centre
Dentistry
#10-17
Tel: +65 63976990

The Plastic Surgery Practice
Plastic Surgery
#11-33
Tel: +65 63976618

The Rafflesian Clinic & Surgery
Medical & Aesthetic Services
#11-06
Tel: +65 63382740

The Revival Medical Centre
General Aesthetic & Regenerative Medicine
#10-16
Tel: +65 63972472

Thomson Aesthetics Centre Pte Ltd
Aesthetic Services
#10-14
Tel: +65 62528558

Thomson Lifestyle Centre
Wellness Care
#10-14
Tel: +65 63526550

Thomson Women Cancer Centre
Breast, Colorectal & Gynaecology
#09-15
Tel: +65 65918218

Tommy Tan Psychiatric Clinic
Psychiatry
#08-31
Tel: +65 63972688

Trio 33 Preventive & Anti-Aging Healthcare
Preventive Healthcare
#10-03
Tel: +65 63977333

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