



NOVENA

Medical Center

NEWSLETTER

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Embrace the New Year with a Brand New You



New Year heralds a new beginning. A perfect time to wipe the slate clean and start afresh. In today's competitive world, more and more people are concerned about their image. Getting in shape and looking younger are common New Year's resolutions. At Novena Medical Center, there is a host of aesthetic clinics and sports medicine centres where you can fulfill your fitness and beauty goals under professional care.

Beauty is only skin deep. Hence, we adopt a holistic approach to wellness, promoting overall well-being from inside out. Offering some of Singapore's best aesthetic clinics and sports medicine centres, patients who want to attain a more beautiful appearance and fitter body are spoilt for choice at Novena Medical Center.



BE FIT

In recent years, Sports Medicine has gained a huge following with not just competitive athletes, but also individuals who exercise recreationally. A field of medicine that involves preventing, diagnosing and treating sports or exercise-related injuries, Sports Medicine also uses exercise intervention to prevent and manage chronic medical conditions such as hypertension, diabetes and obesity.

A Sports Medicine team usually comprises Sports Physicians, Sports Orthopaedic Surgeons, Sports Physiotherapists, Sports Massage Therapists, Sports Trainers, Sports Podiatrists and Sports Scientists (Exercise Physiologist, Sports Dieticians, Strength and Conditioning Coaches, Sports BioMechanists and Sports Psychologists).



Anyone – a professional sportsperson or even one who leads a sedentary lifestyle can consult a Sports Medicine Practitioner who will customise a programme or therapy to increase performance and improve general health.



A fitness tip from **Dr Chiam Tut Fu, SportsMed Central**

What are the common sports/workout injuries? How does one prevent them?

The causes of sports injuries are divided into acute and chronic ones. Acute injuries include acute sprains and strain, while chronic injuries are usually due to overuse and overtraining. Prevention of acute injuries includes proper conditioning to prepare for the event or sport, and care during execution. Prevention of chronic injuries includes control of overall training intensity and volume, and having adequate rest and recuperation.

BE RADIANT

According to figures from the American Society for Aesthetic Plastic Surgery, the number of surgical and non-surgical cosmetic treatments has increased from two million in 1997 to more than 10 million in 2008. While South Korea reigns as the destination for plastic surgery, other countries in the region also see a surging demand for medical aesthetic treatments. The most sought after treatments include Botox and skin filler injections, chemical peel, laser peel, IPL (intense pulsed light) and microdermabrasion.



While new medical and surgical aesthetic treatments or techniques appear yearly in the market, only a handful of these are truly new innovations that will benefit the consumer. Hence, it is important to find aesthetic doctors who are well established in their field. The doctors should have their patients' best interests at heart and spend time giving them all the relevant information and unbiased advice pertaining to their concerns.

Whatever your beauty needs – a smoother complexion, a sharper nose, removal of unwanted hair, consult an experienced doctor and let your beauty bloom in his or her good hands.



A beauty tip from **Dr Khoo Boo Peng, Naaman Skin and Laser Centre**

How to prevent or slow down premature aging?

Stay out of the sun if you want to maintain a youthful complexion. If you must go outdoors, start with a minimum of SPF 30 every day and use SPF 50 or higher if you spend an extended period of time outside.

Fine lines have already crept up on your face? Fret not, as there are plenty of ways to combat them. Get a topical retinoid from your dermatologist. It is great for wrinkles and smoothing skin as well as breakouts. Vitamin C serum and glycolic acid cream are great too. Besides having a skincare routine, we also require regular maintenance like a professional facial about once every four to eight weeks to keep our skin glowing.



Article contributed by
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Raising Happy Children

Children are a bundle of joy. But sometimes raising them can be a challenge.

You feed them, clothe them, and they reward you with a temper tantrum every bed or meal time. But don't tear your hair out. Losing your temper will get you nowhere and might even make the situation worse. Follow these simple, research-backed strategies for raising happy, well-adjusted kids. And in the process, spare yourself (and your child!) those terrible tantrums.



Apply the following strategies to isolated problems or mix and match two or more to correct general behaviour.

1. Be a role model

Parents always talk about how easily children pick up swear words after hearing them from adults. How parents behave can rub off on their children. Do you raise your voice when you get angry or excited? If you do, chances are, your child will too. So be a role model. If you want your child to greet your elderly relatives, make sure you do it yourself.

2. Praise your child

Be free with your praises and stingy with your criticism. Parents often have difficulty here. After all, it's easy to find fault with kids - they are clumsy, they don't listen, and often test your limits. But shouting at them is not going to help. Instead, look for opportunities to praise them for their good behaviour. Perhaps your child kept away her toys without being asked. In which case, praise her, "You made me very happy by picking up your toys." Rule of thumb: Give your child three positive comments for every one negative comment.

3. Talk face-to-face

If you need to tell your child something important, or if you simply wish to have their undivided attention, kneel or squat next to your child. This way, you can compete better with other distractions and your child can focus more easily on what you are trying to say.

4. Listen to your child

Remember how frustrated you felt when your child was still a baby, crying away, and you couldn't understand why? Well, children get frustrated too when they are unable to express themselves. When this happens, a tantrum is not far away. You can help your child through ACTIVE LISTENING. Listen carefully to what your child is trying to say. Then use a bit of guesswork and repeat what you understand back to your child.





Finally, ask your child if you got it right.

5. Keep your promises

The world is unfair, but your child shouldn't have to learn that from you. If you promise your child something – maybe a trip to the neighbourhood tidbits store as a reward for completing her homework – make sure you keep your end of the bargain.

6. Exercise flexibility

You definitely wouldn't want your child playing with matches, or anything combustible. But if she insists on playing with a torchlight, what's the harm? So choose wisely on when to enforce the rules and when to allow your child a bit of leeway. This will help you observe the three positives : one negative comment ratio mentioned in point number 2.

7. Provide guidance

As a parent, the best you can hope to do for your child is to provide proper guidance. Don't try to control their actions, because it's just not possible. Instead, guide their actions by gradually giving them more responsibility for their own behaviour. This allows them to experience the natural consequences of their actions. Explain these consequences beforehand and then let your child decide. If she refuses to eat her dinner, don't get annoyed. Simply explain that she will get hungry later and allow her to experience that hunger.

8. Give clear and simple instructions

If you want your child to do something, give instructions in clear and short sentences using a calm voice. This way, your child knows what you want her to do. For example, try saying, "May Yee, stop hitting your brother. Keep your hands to yourself", instead of, "Don't do that". Remember, having well-adjusted and happy children starts with you. So start them thinking in a positive way early.

9. Don't nag

Say it once, whatever you want to tell your child, and if she refuses to do it, remind her of the consequences and count to five. For example, if you want her to pick up her toys, set the boundaries by telling her exactly what is expected and the possible consequences if she does not do it. You do not need to repeat yourself; simply enforce the rules you have set.

10. Prepare for challenging situations

There will be times when your child will test your patience because she is over-stimulated by the situation. Take heart because this is normal. It is simply part and parcel of how children develop and is actually quite normal for children not to listen to their parents one-third of the time. Anticipate in advance situations where your child may misbehave, then talk to your child to prepare her.

Editor's Note

Perhaps the best way to raise happy children is to shower them with lots of love. And we don't mean presents or sweets. Instead be patient and kind. Love should come with no conditions attached.

Just as Rome wasn't built in a day, a child can't be taught to be better behaved in a day too. Nurturing a child takes time. A good advice about love: *"The best way to spell love is T-I-M-E. The best use of life is love. The best expression of love is time. The best time to love is NOW!"*

More Reasons to Smile and Flex Your Muscles

Novena is all set to become the premier medical hub in Singapore and Novena Medical Center is privileged to be in the thick of all the actions. Adding more muscle to Novena Medical Center's impressive portfolio of established clinics are LQ Dental and Mark & Joko Health Management Clinic. With a diverse mix of disciplines and comprehensive suite of services in the same building, doctors can do cross referrals, providing patients with optimal care, better support and easy accessibility. Something everyone can smile about.

LQ Dental

Recently relocated from Raffles Place to its new premises at Novena Medical Center, LQ Dental has a team of six General Dental Practitioners, two Oral Surgeons and one Paediatric Dentist who perform most aspects of dentistry such as Preventive Care, Aesthetic Dentistry, Dental Implants, Oral Surgery, Orthodontics, Endodontics and Gum Treatment.

Established since 1990, LQ Dental prides itself on being patient-oriented and the move to Novena Medical Center reaffirms the clinic's ongoing commitment to provide the best facilities possible for its patients. "We aim to achieve this through the use of modern techniques and equipment. And we pay personal attention to our patients' wants and needs by listening and caring."



To provide the best dentistry care, and to allay patients' fears and anxiety, LQ Dental provides video goggles to watch movies during longer procedures. Its treatment rooms are equipped with LED handpieces which help to enhance the surgeon's vision during dental procedures.

Other technologies include digital x-rays which reduce the radiation dosage by a large percentage, and infrared cleansing tips for gum pocket healing and cleaning.

"At LQ Dental, we strive to work towards prevention more than cure. Hence, we emphasize on education and prevention. Our dental team attends frequent trainings, lectures and seminars to keep up to date with current dental techniques. We also take the time to educate patients via our in-office demonstration videos, so that they have a better understanding of their conditions and the types of treatments available."

Mark & Joko Health Management Clinic

Helping patients to appreciate the importance of a sound body and mind, and inspiring them to make positive changes in their lives is Mark & Joko's Health Management Clinic's motto.

With over 20 years of experience in the medical, sports, rehabilitative and education fields, Mark & Joko Health Management Clinic is the only private physiotherapy facility in Singapore that blends physiotherapy, Pilates and strength training.



"We adopt a multi-disciplinary approach to structure treatment programmes specific to each client's needs. Our service is unique, as it not only targets individuals with injuries, but also provides fitness training to encourage clients to actively manage their health and keep disease at bay."

Mark & Joko Health Management Clinic also works in collaboration with Novena Heart Centre to provide the one and only cardiac rehabilitation service in a private setting. The clinic has extensive experience in rehabilitative care for a wide range of medical conditions such as orthopaedic and sports injuries, neurological and spinal conditions, acute and chronic pain.

"Our belief that the mind and body work as one, has resulted in a highly personalised service that aims to make the training or rehabilitative experience, a positive one. By providing each individual with undivided attention, our patients can be assured of our commitment to addressing their concerns, in order to deliver desirable results. With the patient's own commitment to make positive changes, we hope ultimately, to empower them with the knowledge to effectively manage their health and improve their well-being."

Directory Of Services

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

CLINIC / SPECIALTY

About Braces Dental Surgery
Dentistry
#10-21
Tel: +65 63977177

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

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

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

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

ClearSkin Centre
Aesthetic & Wellness Services
#10-01
Tel: +65 63977282

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

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

DENTSC (Dental, Ear, Nose, Throat & Snoring
Centre)
ENT, Oral Maxillo Facial Surgery, General
Dentistry
#11-20
Tel: +65 63972397

Dr Roby Marcou Developmental and
Behavioural Paediatrics Clinic
Developmental and Behavioural Paediatrics
#10-12
Tel: +65 63976637

Executive Health Screeners
Medical Services
#08-17
Tel: +65 63977248

Fema Clinic & Surgery
Medical Clinic
#09-01
Tel: +65 68543720

Frontier Specialist Centre
Multi-Disiplinary Medical Services,
Physiotherapy and Podiatry Services
#09-12
Tel: +65 63977077

CLINIC / SPECIALTY

GloAesthetics Pte Ltd
Aesthetic Services
#09-30
Tel: +65 63977012

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

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

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
Dentistry
#11-10
Tel: +65 65380890

Mark & Joko Health Management Clinic
Cardiology, Sports Medicine & Physiotherapy
#08-14
Tel: +65 63977397

Medifast Medical Centre
Health Screening
#11-27
Tel: +65 62223373

Naaman Skin and Laser Centre
Dermatology
#09-27
Tel: +65 63972833

Neuglow Dental White Centre
Dentistry
#10-04
Tel: +65 63972485

Neuglow The Aesthetics Doctors
Aesthetic Services
#10-35
Tel: +65 63972552

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

Nobel Psychological Wellness
Psychiatry
#09-35
Tel: +65 63972993

Noel Leong Fertility & IVF Clinic
IVF Obstetrics and Gynaecology
#09-14
Tel: +65 62556883

CLINIC / SPECIALTY

Novena Children Clinic
Paediatric Medicine
#10-02
Tel: +65 63976960

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

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

Novena Psychiatry Clinic
Psychiatry
#10-18
Tel: +65 63972688

Novena Surgery Pte Ltd
Day Surgery
#08-18
Tel: +65 63972251

OrthoSm;)e Dental Practice LLP
(OrthoSmile)
Orthodontic
#09-29
Tel : +65 63976880

Omnigreen Wellness Centre
Preventive Healthcare
#09-24
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

Si En Medical Clinic
Weight & Pain Management
#10-27
Tel: +65 63976720

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

SportsMed Central
Sports Medicine
#10-13
Tel: +65 64796822

SSDI (Snoring & Sleep Disorders Institute)
Sleep Laboratory
#11-21
Tel: +65 63972161

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

The Sloane Clinic Plastic Surgery Centre
Plastic Surgery
#08-35
Tel: +65 63976848

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

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

Thomson Paediatric Centre
Paediatric Medicine
#09-02
Tel: +65 62563291

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

TPC (The Child Development Clinic)
Developmental Paediatrics
#09-04
Tel: +65 63976627

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

Yap & Ang Surgical Associates
General & Plastic Surgery
#11-03
Tel: +65 68368238

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All information above are correct at time of print.