

Something to smile about

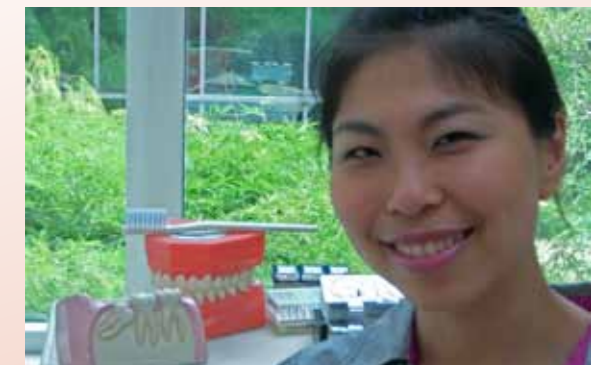
Apart from providing superior medical treatments with the latest techniques and technologies, clinics at the Novena Medical Center are also stepping up to make your visit and treatment process as smooth and comfortable as possible. Find out how two clinics, in particular, are giving you something to truly smile about.

Smile Makers Dental Clinic

The first thing that catches your eye as you walk into Smile Makers Dental Clinic is the collection of pictures on the walls that feature the beautiful smiles of their patients. These photos and Thank You cards give you a warm, reassuring feeling. But walk inside and you'll have even more reasons to smile.

Smile Makers Dental Clinic provides a wide range of cosmetic dental services which include teeth whitening, teeth straightening with Invisalign and ceramic braces, as well as dental implants to replace lost teeth. Apart from that, it also emphasises patient education and preventive care to keep smiles healthy through life.

As Dr Phoon Wai Leng puts it, "Our goal is to help our patients make practical decisions about their long term dental health. We place importance on oral hygiene, gum care, diet choices and even the management of destructive habits like teeth grinding or clenching."



Good, healthy habits need to start early, so parents are encouraged to bring their kids for check-ups and are given advice on good oral hygiene practices at home. Patients appreciate the time taken by the staff at Smile Makers to explain their oral condition and discuss the different kinds of treatment they can choose based on their time, budget and ability.

Ultimately, like good schooling, good healthcare is best delivered through a partnership between the doctor and patient -- a partnership based on trust. And this is affirmed by Dr Asha, Principle Dentist at Smile Maker, "The most rewarding part of my practice is having patients bring their family members to me. It shows that I have earned their trust."



The Sloane Clinic Plastic Surgery Centre

Dr Tan Ying Chien, Consultant Plastic Surgeon helming The Sloane Clinic Plastic Surgery Centre, believes that true beauty is revealed when a person's appearance, personality and lifestyle are merged. Thus, he strives to accommodate all the needs and concerns of his patients every step of the way - from the initial personal consultation session right up to the end where he reveals the natural-looking results. "Every patient is unique, and that certain spark that's uncovered as you begin cosmetic improvement is a journey. Great results are realised when you make the process comfortable from beginning to the end."



Dr Tan is one of only two surgeons in Singapore specialising in arduous ear reconstruction surgery and has performed numerous reconstruction works on infants. In addition, he is also widely experienced in carrying out cosmetic surgeries for adults. This has helped to hone his skills in endotite facelifting surgery and breast augmentation with anatomical implants.

As the cosmetic surgery arm of The Sloane Clinic, The Sloane Clinic Plastic Surgery Centre provides a full range of cosmetic surgery procedures with the same precision and care that is well-known at all of its clinics in Singapore and Malaysia. Combining the best of science, safety and surgical-mastery, the clinic sits at the forefront of cosmetic surgery by constantly seeking out the latest and proven treatment methods for its patients. It boasts of a team of extensively-trained staff, state-of-the-art equipment (e.g. the latest Vaser liposuction machine) and the newest anatomical breast implants.

Anticipating the needs of its patients, every aspect of The Sloane Clinic Plastic Surgery Centre has been specially created and customised for maximum patient comfort. The clinic houses a consultation room, day surgery centre, and an operating room complete with a recovery room that is furnished with the latest OSIM massage chair and iPod-controlled sound system. Music specially handpicked by Dr Tan himself, of course. Now, that's truly something to smile about.

Directory Of Services

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

CLINIC / SPECIALTY	CLINIC / SPECIALTY	CLINIC / SPECIALTY	CLINIC / SPECIALTY
A Life Clinic General Practice #11-20 Tel: +65 67372283	GloAesthetics Aesthetic Services #09-30 Tel: +65 63977012	Novena Dental Aesthetic Practice Dentistry #09-34 Tel: +65 63977097	Specialist Eye & Eyelids Clinic Ophthalmology #09-11 Tel: +65 63976101
About Braces Dental Surgery Dentistry #10-21 Tel: +65 63977177	Healthway Medical Assessment Centre Wellness Care #10-06 Tel: +65 62382290	Novena Heart Centre Cardiology & Cardiothoracic Surgery #09-05 Tel: +65 63972004	Specialist Oral Surgeons Oral And Maxillofacial Surgery #09-25 Tel: +65 63976638
Advance Renal Therapy Renal Medicine & Kidney Dialysis #11-14 Tel: +65 63976468	H L Kong Medical Oncology Centre Medical Oncology #11-08 Tel: +65 63977123	Novena Medical Center Family Clinic General Practice #11-19 Tel: +65 63977318	SportsMed Central Sports Medicine #10-13 Tel: +65 64796822
Ageless Revival Medical Centre General Practice with Aesthetic Services #10-31 Tel: +65 63976878	K O Chan Ear Nose Throat Sinus & Sleep Centre ENT (Ear, Nose, Throat) #10-11 Tel: +65 63976454	Novena Psychiatry Clinic Psychiatry #10-18 Tel: +65 63972688	SSDI (Snoring & Sleep Disorders Institute) Sleep Laboratory #11-21 Tel: +65 63972161
Ambulatory SurgiCare General Surgery #09-01 Tel: +65 63976979	Leukemia & Lymphoma Foundation Voluntary Welfare Organization #10-20 Tel: +65 67787545	Novena Surgery Day Surgery #08-18 Tel: +65 63972251	Stellar Medical Aesthetic Clinic Aesthetic Services #11-31 Tel: +65 63972722
American International Clinic Internal Medicine #10-10 Tel: +65 63977129	LifeSource Medical Centre General Practice with Aesthetic Services #11-16 Tel: +65 63976080	Omnigreen Wellness Centre Preventive Healthcare #09-24 Tel: +65 63338489	The Head & Neck Surgery Centre ENT (Ear, Nose, Throat) #11-02 Tel: +65 63977126
Bioresonance Therapy Centre Preventive Healthcare #09-17 Tel: +65 63976826	Loke Skin Clinic Dermatology #09-13 Tel: +65 63374926	OrthoSmile Dental Practice LLP Orthodontic #09-29 Tel: +65 63976880	The Oral Care Centre Dentistry #10-17 Tel: +65 63976990
Braces & Aesthetics Dental Clinic Dentistry #10-36 Tel: +65 67322706	LP Clinic Psychiatry #11-22 Tel: +65 67354526	Parkway Laboratory Services Medical Lab Testing #08-01 Tel: +65 63976930	The Plastic Surgery Practice Plastic Surgery #11-33 Tel: +65 63976618
Centre for Ear Nose Throat Allergy & Sleep ENT (Ear, Nose, Throat) #11-23 Tel: +65 65860988	LQ Dental Dentistry #11-10 Tel: +65 65380890	Peter Lee Orthopaedics Orthopaedic Surgery #11-06 Tel: +65 63382740	The Rafflesian Clinic & Surgery Medical & Aesthetic Services #11-06 Tel: +65 63382740
Centre for Hands & Reconstructive Microsurgery (Novena) Hand Surgery #11-17 Tel: +65 63976850	Mark & Joko Health Management Clinic Cardiology, Sports Medicine & Physiotherapy #08-14 Tel: +65 63977397	Radiologic Clinic X-Ray Services #08-02 Tel: +65 63976686	The Revival Medical Centre General Practice with Acupuncture Services #10-16 Tel: +65 63972472
ClearSkin™ Centre Aesthetic & Wellness Services #10-23 Tel: +65 63977282	Medifast Medical Centre Health Screening #11-27 Tel: +65 62223373	Roots! Advanced Endodontics Endodontics #11-32 Tel: +65 63972939	The Sloane Clinic Plastic Surgery Centre Plastic Surgery #08-35 Tel: +65 63976848
ClearSK™ Novena Laser and Aesthetic Centre Aesthetic Services & Wellness Care #10-01 Tel: +65 63977050	Naaman Skin and Laser Centre Dermatology #09-27 Tel: +65 63972833	SI En Medical Clinic Weight & Pain Management #10-27 Tel: +65 63976720	Thomson Aesthetics Centre Aesthetic Services #10-14 Tel: +65 62528558
Clinic 10 Preventive Healthcare #09-31 Tel: +65 63360504	Neuglow Dental White Centre Dentistry #10-04 Tel: +65 63972485	Singapore Aesthetic Centre Aesthetic Services #08-12 Tel: +65 68371000	Thomson Lifestyle Centre Wellness Care #10-14 Tel: +65 63526550
Dr Roby Marcou Developmental and Behavioural Paediatrics Clinic Developmental and Behavioural Paediatrics #10-12 Tel: +65 63976637	Neuglow The Aesthetics Doctors Aesthetic Services #10-35 Tel: +65 63972552	Singapore Lipo, Body & Face Centre Aesthetic Services #08-05 Tel: +65 67361000	Thomson Paediatric Centre Paediatric Medicine #09-02 Tel: +65 62563291
Executive Health Screeners Medical Services #08-17 Tel: +65 6397248	Nihon Premium Clinic Japanese Medical & Specialists Healthcare #11-12 Tel: +65 63972002	Singapore Sports Medicine Centre Sports Medicine #11-12 Tel: +65 67371000	Thomson Women Cancer Centre Breast, Colorectal & Gynaecology #09-15 Tel: +65 65918218
Fema Clinic & Surgery Medical Clinic #09-01 Tel: +65 68543720	Nobel Psychological Wellness Psychiatry #09-35 Tel: +65 63972993	Smile Avenue Dentistry Pte Ltd Orthodontics #11-18 Tel: +65 6397 2818	TPC (The Child Development Clinic) Developmental Paediatrics #09-04 Tel: +65 63976627
Frontier Specialist Centre Multi-Disciplinary Medical Services, Physiotherapy and Podiatry Services #09-12 Tel: +65 63977077	Noel Leong Fertility & IVF Clinic IVF Obstetrics and Gynaecology #09-14 Tel: +65 62556883	Smile Makers Dental Clinic Dentistry #09-26 Tel: +65 63972739	Winslow Clinic Psychiatry #09-23 Tel: +65 63977309
	Novena Children Clinic Paediatric Medicine #10-02 Tel: +65 63976960	Soon Diabetes Thyroid and Endocrinology Clinic Endocrinology #10-08 Tel: +65 63977101	Yap & Ang Surgical Associates General & Plastic Surgery #11-03 Tel: +65 68368238

Please call +65 63976861 for more information or visit www.novena-medical-center.com

NOVENA Medical Center

10, Sinaran Drive, Singapore 307506.

All information is correct at time of print.



NOVENA Medical Center

NEWSLETTER

Screening your way to corporate health

Corporate health screening helps to ensure that employees are fit and in good shape to carry out their jobs and responsibilities. With fewer sick days, your organisation ultimately enjoys improved productivity and quality of work.

We look at the Top 5 reasons to get your employees to have their annual health screening done at Novena Surgery:

#1 All-Inclusive Packages

Available at Novena Surgery is a comprehensive range of corporate health screening packages (for both men and women) to suit every organisation's need and budget. Basic packages start from \$388 and generally include:

- Clinical Screen** - Assessment of history and physical examination
- Blood Analysis** - Screening of blood and urine sample for a wide range of medical conditions such as diabetes, hepatitis A, B and C, thyroid, cholesterol and cancer
- Radiological Assessment** - X-rays and Ultrasound
- Cardiac Assessment** - Electrocardiogram and treadmill stress test



Screening your way to corporate health



For higher-level packages that range between \$3,800 and \$7,000, you can expect to get a more comprehensive procedure with additional screenings. These include screenings for the stomach and colon (gastro and colonoscopy)*, snoring and obstructive sleep disorders, a full dental check with x-rays and an infertility assessment, among many more.

**Individuals who take up our basic corporate health screening packages and wish to add on our direct scope services separately can do so at the following rates:*

Gastroscopy only - \$650
Colonoscopy only - \$1,250
Gastroscopy and Colonoscopy - \$1,600

Note: The direct scope procedures above can be done two days after booking has been made, and will be administered by our team of colorectal and general surgeons.

#2 Expert Assurance

At Novena Surgery, your corporate health screening procedure will be placed in the great hands of our team of experienced specialists and practitioners. For complex medical conditions that are discovered

through the health screening results, patients can be referred to suitable specialists in a wide range of medical fields for expert and thorough follow-up of their case.

#3 A Personal and Comforting Touch

As you step in and register for your corporate health screening appointment, an Executive Health Screening Nurse will be with you from the start of the screening right up to the end. Thus, you can be assured that all your needs are well cared for, making way for a smooth and easy health screening experience.

For an added (comfortable) extra, individuals that take up our premium screening packages which include gastro and colonoscopy can take it easy in our cosy recovery suite. With facilities such as Wi-Fi access and movies-on-demand, you can either catch up on work with your mobile devices or simply rest and recuperate with ease.

#4 Great Location

A day surgery facility at the Novena Medical Center, Novena Surgery is conveniently located above the Novena MRT. This great location makes it easy for your employees to drop by for their health screening – especially if your office is situated within the area.

#5 Easy, Flexible Payment

Payment of the corporate health screening packages at Novena Surgery can be made through a wide range of options, which include cash, credit cards, NETS and local cheques.

In addition, payment for our direct scope services (i.e. gastroscopy and colonoscopy) is also 100% Medisave claimable when taken separately from the health screening packages (subject to CPF approval). Thus, you will only be charged with GST and the prevailing administrative charge of \$25.

Need to know more?

For more details of the corporate health screening packages available at Novena Surgery, do visit our website at www.novenasurgery.com.sg or contact Adrian at adrian@novenasurgery.com.sg or 96814897.



Health Feature



Article contributed by
Dr Chua Chin Tek
Specialist Eye & Eyelids Clinic

Common Eye Problems: Blurred Vision



Not sure what it means when your eyes feel tired, itchy or blurry? Dr Chua Chin Tek sheds light on the top five common eye problems together with some simple and effective measures in order to prevent and slow down the eventual progression of these eye problems.

Cataract

Cataract is a clouding that forms in the otherwise clear lens of the eye. This leads to symptoms of hazy, cloudy vision, diminished clarity of distant vision, or seeing glare in bright light. While we cannot prevent the formation of cataract, there are ways to slow down its progression before it eventually impairs our vision.

Why it happens?

The most common theory that explains the formation of cataract is this: proteins within the lens substance in our eyes alter with age or through the effects of environmental stress (e.g. air pollution). Some cataracts are also formed due to secondary ingestion of medications such as steroids, or even developed alongside diabetes. Thus, it is important for patients with diabetes or who are on long term steroids for conditions such as asthma and rheumatoid arthritis to have their eyes screened for cataract.

Tips to prevent Cataract:

- Stop or cut down on your smoking habits.
- Wear sunglasses to protect your eyes from harmful ultraviolet rays.

Pterygium

A pterygium is a fleshy growth on the eyeball that starts from the transparent membrane (conjunctiva)



covering the white area of the eye (sclera). It gradually spreads to the clear central portion of our eye (the cornea), causing astigmatism and in more severe cases, significant scarring and direct obstruction of the visual axis. [Refer to picture]

Why it happens?

The formation of pterygium is thought to be the result of a disordered growth in our eyes, caused by excessive ultraviolet light exposure. However, there is no need to panic or lose sleep even if you notice this fleshy growth. Simply check with your Ophthalmologist (eye doctor) to make sure that it is not in danger of causing astigmatism (blurred vision due to the inability of the optics of the eye to focus on an image), scarring or blocking of the visual axis.

Tips to prevent Pterygium:

- Wear sunglasses to protect your eyes from harmful and excessive ultraviolet rays.

Dark shades

The trusty pair of sunglasses comes in handy again! Eye surgeons often emphasise its importance by explaining why pilots are frequently spotted with dark sunglasses: it is not so much about looking hip and cool, but rather to prevent the formation of the dreaded pterygium when they are high up in the stratosphere.



Glaucoma

This silent condition is the most common cause of permanent blindness in Singapore today, and accounts for 34% of all permanent visual loss. It affects 3.2% of individuals above the age of 40 and at least 10% of those above 70.

Why it happens?

Glaucoma happens when the eyeball pressure gets inappropriately high, leading to damage to the optic nerve. This can be thought of as a mismatch between the production and outflow of the aqueous humour (the intraocular eye fluid).

Tips to prevent Glaucoma

- The problem with glaucoma is that visual loss may affect our vision that's not within the central visual axis. This vision loss usually goes undetected due to the overlapping visual field of our eyes – causing us to realise only at a later stage of the condition. As such, early detection through screening is the best way to prevent nerve damage in our eyes.

[Fact: This condition is usually treated with eye drops. Only a small number of patients would ever need additional measures such as laser; and an even smaller group that require surgery.]

Dry Eyes

When our eyes are dry, we often experience symptoms of strain, a dull ache, or even a stinging and burning sensation over the eye area. This causes our eyes to water (i.e. a reflex secretion of tears).

Why it happens?

Frequent exposure to air conditioning and the constant use of computers, mobile phones and handheld devices are the main factors that cause dry eyes. The constant use of computers, handphones, iPads and other hand held devices also contribute to eye strain. To explain this simply, think of our eyelids as a windscreen wiper and our eyes as the windscreen. Whenever we blink, a layer of tears is spread evenly over the cornea; but if we do not replenish this, it would gradually dry out.

Research has shown that we blink an average of 15 times a minute, and that a minimum of 10 blinks a

minute is needed to ensure a healthy tear film. If however, we are staring incessantly at our hand held devices, we only achieve an average blink rate of between seven to eight blinks a minute.

Tips to prevent dry eyes

- Take frequent breaks away from the computer.
- Keep a lubricant in hand (e.g. preservative-free eye drops) and use it as and when necessary.

Allergic Eye Disease

Patients with a history of asthma, eczema, allergic rhinitis or chronic sinusitis may concurrently be afflicted with allergic eye diseases. When left untreated, patients tend to scratch their eyes incessantly, often leading to secondary periocular problems such as discolouration or worst, drooping of the eyelids.

Why it happens?

The skin above and below our eyes are only one-third as thick as the skin at other areas of our face. Thus, chronic rubbing of this area often causes it to "wrinkle up" or be marked with a dark discolouration – especially under the eyes. This gives some people a tired, 'raccoon-like' look, even if they feel fine.

Tips to prevent Allergic Eye Diseases

- Moisturise your eyes with natural and preservative-free eye drops.
- Avoid coming in contact with allergens that irritate the eyes.

Keep in mind that these tips merely serve as precautionary measures to protect you from the various eye problems and conditions. For more complex issues, it is advisable to visit your Ophthalmologist for immediate medical attention.

The writer was trained locally and in the USA (under a Ministry of Health HMDP Award) in Eyelid and Eyebags surgery, Botox, Fillers, Chemical Peels, IPLs and LASERS. He is currently the Medical Director and Consultant Eye Surgeon at the Specialist Eye & Eyelids Clinic, Novena Medical Center.