



# NOVENA

## Medical Center

~ NEWSLETTER ~

JUL - SEP 2009

### Where the Best of Private Practice Converge

**Excellent medical care has a new address. Strategically located at Novena, a future medical hub, Novena Medical Center ups the ante with its world-class facilities, renowned specialists, personalised service and collaboration with its neighbours.**

Novena Medical Center (NMC) marks Far East Organization's foray into the medical scene in Singapore. The new kid on the block, NMC has already set new standards since welcoming its first patients in late 2007. Its advantageous location at Novena also solidifies NMC's position as a premier medical centre, providing patients with greater convenience, easier connectivity and better care.

#### Built for Excellent Care

Recognising that good care involves more than good medicine, NMC's architecture is designed to create a holistic environment that harnesses light and nature to evoke a sense of wellbeing. The glass façade allows natural light into each medical suite, adding warmth and cheer, while a garden courtyard on level 8 offers calm and serenity. The tranquil ambience allows for therapeutic care and speedier recovery.

Another unique feature at NMC is its deluxe hotel-style lobby where visitors are warmly received by friendly customer service officers. NMC also boasts a host of supporting medical facilities and services such as radiology and lab services, and a day surgery to complement its 144 medical suites.





## Where the Best of Private Practice Converge

### Thriving Medical Hub

Conveniently sited above the Novena MRT station and seamlessly integrated with the Square 2 shopping mall, NMC is situated in a thriving community characterized by a blend of high-end residences, office buildings, modern malls and a medical cluster comprising of major hospital and medical institutions. An intelligently planned infrastructure, Novena has been earmarked as Singapore's premier medical hub, and NMC was built for the sole purpose of providing excellent healthcare not only within the hub, but also beyond the region.

### Partners in Health

NMC is physically linked to Singapore's second largest acute-care hospital, Tan Tock Seng Hospital, by an air conditioned and covered walkway that comes complete with travelators.

Such close proximity creates an ideal opportunity to bring together the clinical expertise, knowledge base and physical infrastructure, enabling patients to receive care from the best of both the public and private sectors.

In addition, a cooperation agreement with Tan Tock Seng Hospital and memorandums of cooperation with Mt Alvernia Hospital and Raffles Medical Group give NMC patients privileged access to their facilities and services should they be required.

### Renowned Specialists

Many distinguished doctors from diverse disciplines have chosen to establish their private practice at NMC. With so many specialties under one roof, doctors can cross refer their patients, while patients can enjoy the wide range of services and expertise available. A definite win-win for all.

## THREE NMC SPECIALISTS SHARE THEIR THOUGHTS:

"Our patients' convenience is a priority for us, and NMC's central location, parking accessibility, and proximity to the MRT make it an attractive choice. Being a Sports Medicine Centre, the sports-themed Velocity's complements our services."

**Dr Ben Tan, Medical Director, Singapore Sports Medicine Centre, and Head & Senior Consultant Sports Physician, Changi Sports Medicine Centre**



"With the current world-class set-up in NMC, it is already a dream come true for both specialists and patients. And with the upcoming infrastructures, NMC will undeniably become the center of this Medical Hub."

**Dr See Ju Yaw, General Surgeon, Ambulatory SurgiCare**

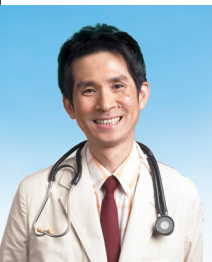


"We chose to set up at NMC as we see it as a future medical hub that is very accessible by both private and public transport.

Also, there is the advantage of having a day surgical centre with a prompt emergency service at our door step."

**Dr Yasmin Akrum, Periodontist, The Oral Care Centre**





Article contributed by  
**Dr Soon Puay Cheow,**  
Endocrinologist,  
Soon Diabetes Thyroid and  
Endocrinology Clinic.

# Diabetes

## - the Silent Killer!

Diabetes affects 8 – 20% of our adult Asian population. It is a silent killer because it does not display any symptoms in early stages. When left untreated, it leads to devastating complications such as blindness, kidney failure, amputations, heart attack, stroke and eventually death.

### Types of diabetes

There are two main types of diabetes:

1. Type 1 diabetes, also known as IDDM (Insulin Dependent Diabetes Mellitus), is usually first diagnosed in children, teenagers or young adults. In this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them.
2. Type 2 diabetes, also known as NIDDM (Non Insulin Dependent Diabetes Mellitus), occurs in more than 90 per cent of patients with diabetes. It commonly starts after the age of 40 years but can develop at any age, even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which muscle, liver and fat cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however, it loses the ability to secrete enough insulin in response to meals. Type 2 diabetes is genetically linked and lifestyle associated.



### What are the symptoms?

About 50% of the patients only discover to have diabetes when they undergo routine health screening. When their blood sugar level reaches a high level ( $>270\text{mg/dl}$  or  $15\text{mmol/l}$ ) they are likely to suffer from thirst, frequent urination and tiredness. In more severe cases, patient will have weight loss and may go into coma.

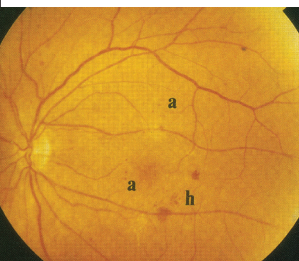
Other symptoms include minor wounds that take longer than usual to heal, urinary infection or fungal infections of the groin and nails.

### What are the complications?

Chronic complications result from small blood vessels occlusion (microvascular disease), large blood vessels obstruction (macrovascular disease) and nerve damage. In men, they may develop erectile dysfunction as early as 40 years of age.

Complication affecting the eyes takes the forms of early cataract, glaucoma and retinopathy and bleeding in the eyes causing poor vision and blindness.

Poor control in diabetes can lead to kidney complication called nephropathy. In early stage, there is mild protein loss called microalbuminuria. Assessment by a special test



**Early Diabetic Retinopathy.**

Picture shows small blood spots (dot haemorrhages)



using a sample of urine to test for albumin/creatinine ratio or better or a 24-hour urinary collection to check for total albumin excretion is the best way for early detection of this complication. In late cases, there is severe loss of protein in the urine causing low protein level in the blood and leaking of water from blood vessels into the skin. The patient will then develop leg swelling. The final stage is kidney failure requiring dialysis.



Wound not discovered by patient early because of numbness of feet. Infection sets in with pus collection around it. Amputation might be required.

Nerve problem results in numbness and weakness of the legs. Any cut on the leg may potentially give rise to infection and gangrene (the leg runs out of blood supply and turns black). Amputation is the last resort to save patient's life.

Other major complications include higher risk of heart attack and stroke.

## How to treat your diabetes?

Diabetes is unfortunately a lifetime condition and requires lifelong medications. It is genetically linked with progressive decline in insulin production over time. Hence, patient is likely to require more medicines to control diabetes and usually insulin is required after the patient has been suffering from Type 2 Diabetes for more than 7 - 8 years.

Compliance with medications plays an important role in maintaining good control of diabetes. Good control of diabetes cannot be achieved without the patient following the dietary advice. As it is impossible for the body insulin response to mimic that of a normal person even with usual medications, consumption of refined sugar would result in spikes of high sugar in the blood stream. Excess calorie intake and sedentary lifestyle would result in weight gain and higher insulin resistance requiring more treatment. Lower intake in saturated and trans fats helps to reduce risk of atherosclerosis (hardening and narrowing of blood vessels).

## Public Forum Clinically Proven Body Sculpting

- Attain Renewed Confidence with a Slimmer Body and Enhanced Breasts

### SPEAKER

**Dr Kevin Teh**  
Medical Director  
Singapore Lipo, Body & Face Centre

DATE: **1 August 2009, Saturday**  
TIME: **2pm to 3.30pm**  
VENUE: **Novena Medical Center**  
REGISTRATION FEES: **\$5.00**  
CONTACT: **+65 63976861**  
EMAIL: **enquiries@novenamedicalcenter.com**

### TOPICS

- Vaser LipoSelection Fat Sculpture**  
*- A safe and effective way to remove fat permanently from stubborn body areas*
- Macrolane Non-surgical Breast Enhancement**  
*- How can you achieve larger natural-looking breasts in a fast and effective way*

**Join us and learn how to achieve a shapely and beautiful body!**



## Reaching Out to the Community Public Forums @ NMC

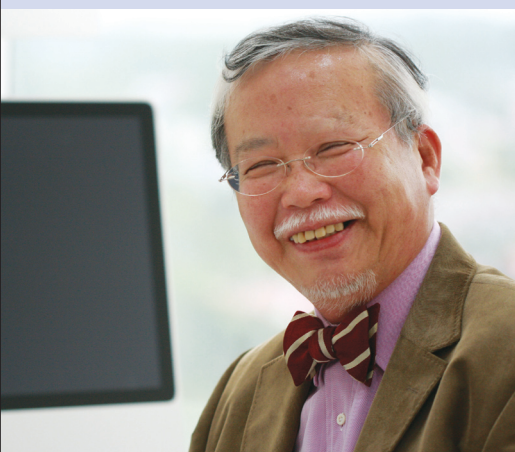
To provide healthcare that is accessible, NMC organises regularly health forums for members of the public. Two recent public forums, Cancer After Care and Diabetes & Kidney Disease, saw a strong turnout despite the H1N1 flu outbreak.

About 80 people attended each of the forums held at NMC on 2 May 2009 & 20 June 2009 respectively, with guest speakers from NMC's very own specialist clinics.

Said Mr Ang who attended the 'Diabetes & Kidney Disease' forum, organised by Advance Renal Therapy & Soon Diabetes Thyroid and Endocrinology Clinic with his wife: "The forum is not only informative, it also gives my Mrs and I a chance to check out NMC's facilities. I'm impressed with the light filled corridors. And the garden courtyard on level 8 is very lovely!"

# East Meets West

NMC is a melting pot of cultures with two distinctly culturally diverse clinics, Nihon Premium Clinic and American International Clinic, in the same building. Although these clinics are as different as sushi and cheeseburger or Sony and Apple, they both offer world class care for the expatriate community here and abroad.



## NIHON PREMIUM CLINIC

The Japanese expat community would certainly feel right at home at Nihon Premium Clinic. Minimalist décor with clean lines, the clinic has the zen appeal of a traditional ryokan, albeit chic and modern. The soft ambient lighting, glass sliding doors, designer furniture and iMacs lend a touch of luxe.

But it's not all just style, Nihon Premium Clinic has plenty of substance to boot. In fact, many longtime patients have lauded the clinic for its five-star premium service. Helmed by Dr H. Hashiguchi, Nihon Premium Clinic is a new concept in clinical services providing seamless and affordable care for Japanese expatriates here. It marries Dr Hashiguchi's wealth of experience with the expertise of a multi-disciplinary team of local specialists who offer General Medicine, General Surgery, Paediatrics, Gynaecology, Endoscopy & Gastrointestinal Surgery, Ophthalmology, Ear, Nose and Throat (ENT), Dermatology and Orthopaedics.

**Dr Hashiguchi shares his philosophy: "We liken ourselves as repairers. When a patient has a problem it is our duty to fix it. Hence, our hands-on approach to caring for our patients. We also strive to create an exciting environment where patients and visitors can expect something different and unique."**



## AMERICAN INTERNATIONAL CLINIC

The family-friendly American International Clinic eschews the cold clinical look and feel for earthy tones. The floor to ceiling windows in the waiting area add warmth to the clinic, while figurines and memorabilia lend a touch of American classic.

One of its kind in Singapore, the American International Clinic is the brainchild of Dr. Paul E. Zakowich, an American-trained specialist who is Board Certified in Internal Medicine. As an internist, Dr Zakowich solves puzzling diagnostic problems and handles severe chronic illnesses and situations where several different illnesses may strike at the same time. While the term internist is fairly new here, it is common for older adults in the United States to see an internist as their primary physician.

**Says Dr Zakowich of his clinic's mission: "We aim to provide comprehensive and excellent medical care for individuals and companies, while containing cost and eliminating inefficiencies. We feel that communication and understanding between doctor and patient is essential for optimal health."**

Services provided at the American International Clinic include Comprehensive Medical Check-ups, Cardiac Evaluation, Tropical and Travel Medicine, Family Medicine and Public Health, Vaccinations and Immunizations, Telemedicine facility and 24-hour emergency.

# 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)  
#11-17  
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

**Frontier Specialist Centre**  
Orthopaedic Surgery  
#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  
#11-16n  
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  
#09-27  
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 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  
#08-14  
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

Please call +65 63976861 for more information or visit [www.novenamedicalcenter.com](http://www.novenamedicalcenter.com)

**NOVENA**  
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