



NOVENA

Medical Center

NEWSLETTER

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Comprehensive Care for Children @ NMC

Novena Medical Center has become a kids' medical hub with specialist children clinics opening there in recent months. Offering a comprehensive range of services from general to behavioural paediatrics, kids and their parents are spoilt for choice.

Children are a vulnerable group of people with immature and almost virgin immune systems, hence they are usually more prone to infections. A child under the age of six has on average six to nine infections a year. However, most of these infections are viral and usually mild, and can be treated with appropriate medication.

But it can be hard on caregivers when a child falls sick. A grumpy sick child who cannot attend childcare or school is an added burden to many parents. To help alleviate the children's discomfort and stress, the role of the paediatrician is to ensure that children are protected against more severe infections through a thorough vaccination programme - protection against seasonal flu if they are frequent travellers or have underlying chronic illnesses, and education on proper hygiene, nutrition and rest. Recognising the importance of paediatric care, NMC is privileged to house several specialist children clinics in its building.



Two of these clinics specialise in developmental and behavioural paediatrics. They are Dr Roby Marcou Developmental and Behavioural Paediatrics Clinic and Thomson Paediatric Centre.

At her eponymous clinic, Dr Roby Marcou works with children and adolescents with learning, developmental, behavioral and attention difficulties. This includes children with genetic disorders, autism, dyslexia, learning disorders, developmental delays and Attention Deficit Hyperactivity Disorder (ADHD).

Says Dr Marcou, who practices only evidence-based medicine at her clinic: "Parents should be cautious about the sorts of treatments they take on for their child. Not all the treatments which are available are evidence-based. Research is needed to ensure that the treatment is safe and effective. "

"I think the most important thing for a doctor in terms of gaining trust is to be a very good listener and take the time to be patient with your patients. When I talk with children we always talk first about what they like to do, what they think they are clever at. When they are at ease we begin our 'work' together. With my patients who cannot talk, I give them time to explore my office and the toys I have before I try to work with them," adds Dr Marcou.

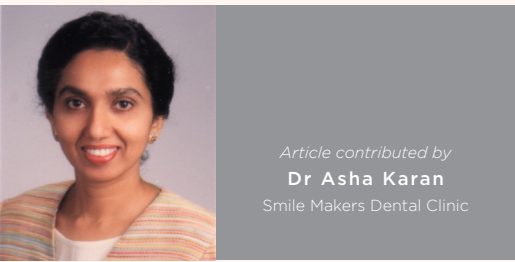
At the helm of Thomson Paediatric Centre (TPC), a one stop multidisciplinary centre managed by Healthway Medical Group, is Dr Janice Wong Tzen Yuen, the only locally trained paediatrician who specialises in the care of children with neuro-disabilities. These range from physical disabilities like cerebral palsy, neuromuscular conditions to learning and behavioural disabilities like autism and ADHD.

"I work with a multidisciplinary team of therapists and child psychologist in assessing a child's difficulties and then prescribing the appropriate therapy and intervention for the child. I also work extensively with outside schools and resources in ensuring this group of children is accessible to a wide range of intervention so as to reduce their disability and to optimise their potential," says Dr Wong.

Aside from her special interest in neurology, neurodevelopment and neurorehabilitation, Dr Wong is also a general paediatrician who aims to provide a warm and cheerful environment to her young patients and their parents. "On top of providing all general paediatric services, we hope to educate parents in whatever parenting skills they may require in raising their children. At our clinic, there is an educational corner where parents can peruse articles on parenting and children health care," adds Dr Wong.

Another clinic at NMC which caters specifically to children is the newly open Novena Children Clinic run by Dr Keoy Soo Shin.





Do You Like Your

Discover the secret behind a gorgeous

If you are dissatisfied with your smile and want to improve it, the features of your smile you need to look at carefully.

1. Colour

In a survey by the American Academy of Cosmetic Dentistry, respondents were asked, “What do you think makes a smile unattractive?”

The most common response was discoloured, yellow, or stained teeth.

If your teeth are like that, there are a few steps you can take:

- If you have tobacco, coffee or wine stains, it is just a matter of having your teeth professionally cleaned and the stains will be gone.
- If your teeth are sound with no fillings or exposed dentine, then consider brightening your teeth. There are now professionally prescribed, whitening gels that are safe to use at home, at your own time.
- If you have old fillings that have become rough and stained due to wear and tear, have them replaced to get more even-coloured teeth.
- In extreme cases of deep-seated discolouration, you may need porcelain veneers or even crowns to improve the colour of your smile.

This lady used the take-home teeth-whitening kit on her upper teeth for just a few days. Already you can see how much her upper teeth have improved compared to the original colour of her lower teeth.



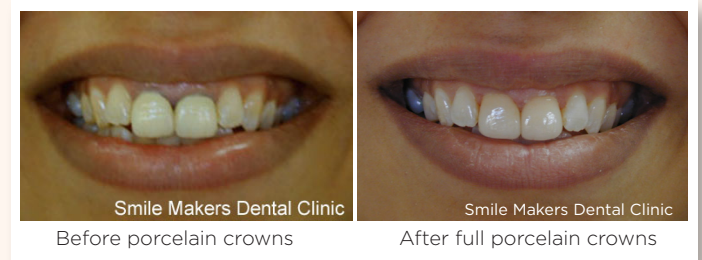
Here is a tip for ladies:

Remember that deep reds or even blue-toned lipsticks can make your teeth look whiter. On the other hand, orange, yellow-toned and frosted lipsticks can make the teeth look darker.

2. Shape

Porcelain veneers and crowns can do more than improve colour, they can also mask the shape of mal-formed teeth. With the new generation of porcelains, veneers and crowns can give a natural, translucent appearance to your teeth. They can also be long lasting – if you don’t have habits like gnashing of teeth or cracking of ice cubes and bones.

In some cases, a simple addition of tooth-coloured filling or “bonding” may be all that is needed.



3. Position

When Americans were asked “What is the first thing you notice in a person’s smile?”

The most common response was “Straightness of the teeth”. Indeed having straight white teeth gives the impression of refinement and sophistication.

If teeth are crooked, the best thing to do is to straighten them by moving them gently through the jaw bone. This can be done with conventional fixed braces. Braces can be metal or, for those more self-conscious, there is the option of ceramic (porcelain) braces. These are far less conspicuous. Of course, they cost a little more.

If you are concerned about image especially when meeting clients, or if the thought of having metal and wires fixed to your teeth seem too much to bear, find out if your condition is suitable for the Invisalign system that uses a series of clear, removable aligners to gently move the teeth – without anyone knowing. As the aligners can be removed for eating and cleaning, it does offer convenience and less discomfort than metal braces.



Can you tell that this lady is wearing Invisalign?



Smile?

s smile

ere are five

For those who really can't wait for their teeth to be straightened with braces or aligners, there might be "quick fixes" with veneers and crowns. But remember that getting a crown or a bridge means irreversibly cutting your teeth to mask their crooked position.

4. Spaces left by lost teeth

A broad smile with missing teeth can be amusing to some. Showing gaps between teeth – even back teeth – can make one look prematurely old. Traditional dentures can give very satisfactory results at relatively low cost. Bridges and implants can allow artificial teeth to feel like one's own. And, they don't need to be removed for cleaning. A consultation will let you understand the best way to replace lost teeth – within constraints of budget, time and oral condition.

5. Hygiene

Even if you have no issues with the colour, shape, or position of your teeth, there is one aspect of your smile that nobody can ignore – hygiene. Flashing a smile with food stuck between teeth can be comical in the movies but in a business and professional setting, it is a turn-off.

Keep your pearly white teeth beautiful and your gums in the pink of health by keeping them clean. This means brushing and flossing them daily. In addition, daily home maintenance must be supported with regular professional care that includes checks of your fillings or dentures; and removal of hardened deposits like tartar that inevitably builds up with time. Learn the right techniques and practice them daily.

Conclusion

Your smile is one part of your appearance that can be kept attractive long after middle-age has widened your middle, or time has taken its toll on your skin. So get a gorgeous smile and use it confidently – for a long time!

Journal Club

Venue: Novena Medical Center, #08-23

Contact: +65 63976861

Email: enquiries@novenamedicalcenter.com

1 CME point will be awarded

May 2010

Topic :

Non-Surgical Alternatives for Breast Augmentation - Current Evidence for Safety

Date : 26 May 2010

Time : 1 - 2pm

Speaker : Dr Andrew Tay

Clinic : The Plastic Surgery Practise

Synopsis:

Currently, there exist several alternatives to breast implants in patients seeking a non-surgical method of breast enlargement. These include:

- Autologous fat grafting (fat injections)
- Alloplastic filler injections (hyaluronic acid, hydrophilic gels etc)

These non-surgical methods are an appealing alternative for patients hoping to avoid a surgical procedure. Filler materials used in the past to augment soft tissues include paraffin, silicone and polyacrylamide hydrogels. While initially promising, secondary or late complications have surfaced giving rise to a large cohort of patients requiring major reconstructive surgery. The newer filler materials have been marketed as safe alternatives. The currently available data is reviewed to determine if there is sufficient evidence to justify their routine use. Autologous fat injections have also gained popularity, however issues such as cyst formation, calcifications, induration and abnormalities on breast cancer screening should be addressed and clearly understood by the patient.

1 CME point will be awarded

June 2010

Topic :

Latest topics presented at the 56th Annual Conference by the American Society for Artificial Internal Organs

Date : 09 June 2010

Time : 1 - 2pm

Speaker : Dr Hashiguchi Hiroshi

Clinic : Nihon Premium Clinic

Please log on to www.novenamedicalcenter.com for more information.

The Best of Both Worlds

With many different specialties under one roof, it is easier for doctors to do cross referrals at Novena Medical Center – a win win for everyone. It is precisely this reason that psychiatrist, Dr Tommy Tan has set up his new clinic at NMC. Another new tenant, Dr Tay Eng Hseon of Thomson Women Cancer Centre cites NMC's location as a top draw: "Because NMC sits on the site of a future medical hub comprising private and restructured hospitals, patients can enjoy the best of both worlds."

Tommy Tan Psychiatric Clinic

Walk into Dr Tommy Tan Psychiatric Clinic and you'd be pleasantly surprised by its homey ambience. The waiting area is akin to a living room with a comfortable sofa, television, coffee table, persian rug, antiques, paintings and a refreshment corner.

"I do not like a clinical feeling or environment. People who come to my clinic have commented that it feels more like a home than a clinic. I want my patients to feel relaxed. Seeing a doctor can be quite anxiety-provoking for people. Seeing a psychiatrist even more so," says Dr Tan.



A renowned psychiatrist with many years of practice, Dr Tan treats a range of psychological and emotional problems. Besides treatment with medication for various conditions, Dr Tan uses psychotherapy for patients who either do not need or do not want medication. "I also do hypnosis but I am very selective with which patients I treat with hypnosis, usually patients with specific phobias and anxieties," adds Dr Tan.

In addition to general psychiatry, Dr Tan is the first psychiatrist in Singapore to receive formal training in forensic psychiatry. He trained in the Department of Forensic Psychiatry at the Institute of Psychiatry, London and obtained a Postgraduate Diploma in Forensic Psychiatry from University of London in 1999. An expert in mental health laws, Dr Tan provides consultation to lawyers and has been involved in several high profiled legal cases.

Dr Tan shares his clinic's vision: "To continue to provide personalised service to my patients and their families without compromising on standards of care and concern."

Thomson Women Cancer Centre

One key feature of Thomson Women Cancer Centre is its chemotherapy suite which is specially designed to take the anxiety and fear out of patients. Cozy and calming with picturesque views of the western and central Singapore skyline, the suite has easy sofa chairs and laptops with Internet access.

"Accompanying family members are most welcome to enjoy the ample space and amenities," says Dr Tay Eng Hseon, Medical Director. "Our centre is designed to provide the greatest physical and psychological comfort for our patients and purpose-built for the treatment of cancer which ranges from simple procedures to major surgery, chemotherapy and radiotherapy."

Supported by a multidisciplinary team of medical oncologists, radiation oncologists, pathologists, physicians, nurses and allied health staff, Thomson Women Cancer Centre screens, diagnoses and treats three major tumours of women namely breast, gynaecological tumours and colorectal tumours.

"We can treat tumours and cancers with minimally invasive surgery and advanced targeted medical therapy. This translates to reduced surgical morbidity and better outcome. And at our clinic, we focus on strict clinical control and meticulous care from our staff. Cancer care allows no margin of error. Hence, our mission is to provide compassionate, consistent, customised and comprehensive care for women with cancer," adds Dr Tay.



Directory Of Services

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

CLINIC / SPECIALTY

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Renal Medicine & Kidney Dialysis
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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

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

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

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

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

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

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
Dentistry
#11-10
Tel: +65 65380890

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

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

Neuglow The Aesthetics Doctors
Aesthetic Services
#10-33
Tel: +65 63972485

CLINIC / SPECIALTY

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

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

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

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

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

CLINIC / SPECIALTY

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

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

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

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

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

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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