



NOVENA

Medical Center

NEWSLETTER

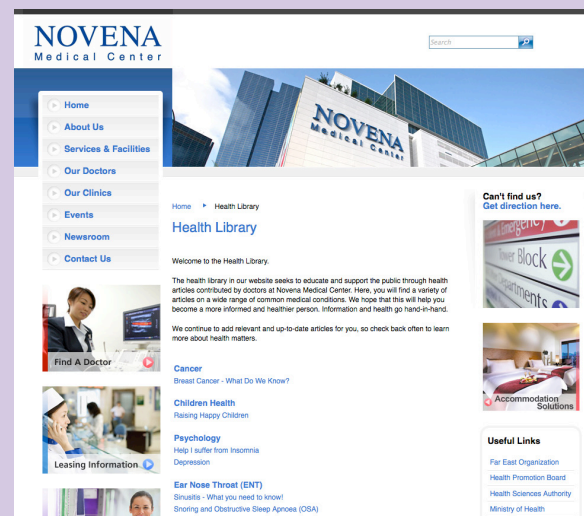
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Health Info @ Your Finger Tips

Having sleep difficulties? How to raise a happy child? What is the most common cancer in women today? Now there is a reliable source on the Internet where you can get all the information you need on health matters. Novena Medical Center's online Health Library has a wide variety of articles contributed by NMC specialists to help readers manage their own health anywhere anytime.

At NMC, we recognise the public's need for health information, hence we have developed the online health library. Our aim is to educate and enrich both our patients and visitors, by providing useful information that enables them to be better informed and healthier persons. The library is also an excellent platform for our doctors to not only share their knowledge and expertise, but also increase awareness for their services.

You can find health articles ranging from children's health to skin care and beauty, cancer, heart diseases and general wellness. More articles will be uploaded in the coming months, so check back often to find out what's new. Just click on www.novenamedicalcenter.com/healthlibrary.html.



Health information just a click away from 1 August 2010!



Raising Happy Children

Article contributed by Ms Frances Yeo

Principal Psychologist

Thomson Paediatric Centre (The Child Development Centre)

You feed them, clothe them, and they reward you with a temper tantrum every bedtime. 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.



Is Your Posture Holding You Back?

Article contributed by Dr Charles Lee Chang Ha

US Certified Gonstead Chiropractic Doctor

OmniGreen Wellness Centre

Having a good posture is very important in promoting optimal health. Not only does it influence our physical appearance but also our psychological health as well. To most people, "good posture" simply means sitting and standing up straight. Few of us realise the importance of posture to our health and performance.



Help! I Suffer from Insomnia...

Article contributed by Dr Thong Jiunn Yew

Consultant Psychiatrist

Nobel Psychological Wellness Clinic

Insomnia exists in various forms: many sufferers experience difficulty in getting to sleep, others have interrupted sleep, some wake up too early in the morning and a few simply have poor quality sleep and do not feel rested. If insomnia lasts for more than three to four weeks, it is termed chronic.



Breast Cancer – What Do We Know?

Article contributed by Dr Wong Zee Wan

Medical Oncologist

H L Kong Medical Oncology Centre

Breast cancer is the most common cancer in women worldwide and in Singapore. Locally, there are about 1300 new cases annually. This accounts for nearly one-third of all new cancers diagnosed in Singaporean women. In addition, what is disturbing is the continued upward trend of breast cancer incidence locally.

For the full length articles, please visit www.novenamedicalcenter.com/healthlibrary.html.



Weekend Warrior Syndrome

20-30% of emergency department visits are a result of injuries from sport and recreational activities.

A weekend warrior is someone who shuns exercise during the week, but participates in strenuous physical activity on the weekend.

This activity is, in many ways, too vigorous and often results in injury. The typical weekend warrior is someone who works a complete workweek, where squeezing regular exercise into work and family schedules usually poses a challenge. Though it is beneficial to participate in sport and exercise during the weekends, if the body is not properly conditioned during the week, soreness and injury may be inevitable.

The American Heart Association guidelines recommend regular moderately intense aerobic exercise for 30 minutes per day, five days per week for the average healthy adult to maintain good health and reduce the risk for chronic disease.

It is difficult to ascertain the prevalence of weekend warrior related injuries. About 20-30% of emergency department visits are a result of injuries from sport and recreational activities. Where this may not be a true reflection, as most may not visit the emergency room, we can however examine risk factors, which are traditionally divided into two main categories. Intrinsic or internal risk factors refer mainly to the physical characteristics or biomechanical make up of an individual. They include biomechanical abnormalities

of the foot, leg length discrepancies, abnormal bone composition or geometry, age, innate fitness and posture.

The extrinsic or external risk factors relate to the environmental influences applied on a person. These include the environment, equipment and very importantly training or technique errors. The presence of both intrinsic and extrinsic risk factors renders one susceptible to injury.

Musculoskeletal adaptations occur with regular training. For example, weight-bearing physical activity is essential for healthy bone development. Different aspects of physical activity, including muscle force, the distribution and frequency of strain, and ground reaction forces, yield specific effects on bone. Higher-impact activities like running appear to be particularly associated with positive bone adaptation responses. Different loading conditions seen in different sporting activities, influences skeletal adaptation differently. Looking at a section of the tibia (shin bone), elite runners appear to have stronger cross sectional bone parameters consistent with the direction of running. Soccer players have uniformly stronger cross sectional parameters because the pattern of loading occurs multidirectionally. Lean muscle development may also seem to influence these positive adaptations.





In comparison, weekend warriors may not have the positive adaptations that occur with regular physical activity. Studies have shown abrupt increases in duration and intensity in training has been associated with increased injury risks. The acute or overuse injury patterns can manifest. Muscular strains and ligamentous sprains make up the majority of weekend warrior injuries. A common manifestation of weekend warrior syndrome is delayed onset muscle soreness (DOMS). This is a syndrome marked by aching, sore muscles following unaccustomed exercise of rigorous activity. It is suggested that unusual exercise commonly seen in DOMS, is associated with soft tissue disruption, which leads to an inflammatory response usually during the first two to three days. Symptoms can last up to a week and severely affect performance.

Although weekend warriors usually exercise only once or twice a week, each activity session is usually prolonged, generating sufficient energy expenditure to fall within current healthy guidelines. However, little is known whether health benefits are associated with such an activity pattern. A person with health risks may not gain from such sporadic physical activity, as some of the beneficial effects of physical activity are short-lived. For example, hypertensive individuals experience a decrease in systolic blood pressure for 180 minutes post-exercise. Some of these acute effects may be augmented by regular aerobic physical activity. Similar effects are seen in hypertriglyceridemia where fasting triglyceride levels are lower in the morning after a bout of exercise than after a day without exercise. Thus, a person with health risks who is not regularly active may not experience the full benefits of physical activity.

People who want to maintain a healthy lifestyle and prevent weekend warrior problems should engage in regular aerobic exercise, with resistance training interspersed throughout the week, plus regular stretching as well as an adequate diet and hydration.

Journal Club

Venue: Novena Medical Center, #08-23

Contact: +65 63976861

Email: enquiries@novenamedicalcenter.com

August 2010

Topic:

Can Toothbrushing Prevent Heart Disease?

Date : 17 August 2010 (Tues)

Time : 1-2pm

Speaker : Dr Asha Karunakaran

Clinic : Smile Makers Dental Clinic

Topic Summary:

A recent report by the BBC highlighted a Scottish health survey that concluded that poor oral hygiene can be an indicator of future cardiac problems. These reports come at a time when there is increasing scientific study on the association between oral infection and diverse conditions such as cancer, rheumatism, pre-term births, diabetes and stroke.

The talk reviews the Scottish study and discuss the possible association between the very common periodontal disease and systemic problems. Could it be an immune deficiency? Is there a common inflammatory process? Or could it even be behavioural?

Find out how these studies should affect the way you advise your patients.

September 2010

Topic:

World Wide Emergency Medical Assistance (WWEMA): Specialist Medical Care without Borders

Date : 8 September 2010 (Wed)

Time : 1-2pm

Speaker : Dr Kevin Chan U Jyn

Clinic : FEMA Clinic & Surgery

Topic Summary:

The talk will cover the following:

- Emergency Medical Assistance - Local, Regional and International settings
- Air Ambulance Patient Transfers (Emergency Medical Evacuations) - ICU Air Ambulance, Commercial Air Ambulance, Heli Ambulance, Sea Ambulance
- Patient Repatriation (Medical escort back to home country)- Regional, International
- 24-Hour Telemedicine Advisory and Real Time Telemedicine
- Diving, Hyperbaric & Offshore Emergencies (including Saturation)

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

One Stop Clinics within a One Stop Centre

Convenience is the buzz word at Novena Medical Center (MNC). Not only is NMC a one stop centre with myriad specialties under its roof, many of its clinics such as Advance Renal Therapy and Frontier Specialist Centre also offer patients a comprehensive range of services. From allied healthcare to ambulance service, patients can enjoy both convenience and quality care at these centres.

Advance Renal Therapy

Advance Renal Therapy (ART) offers modern therapy which comprises the gentlest and most efficient forms of treatment, including haemodiafiltration and chronic high or low flux dialysis. The centre is led by Dr Ho Chee Khun and Dr Stephen Chew, and supported by a highly skilled nursing team.

At ART, care is continuous with the primary referring nephrologist. And where needed, a face-to-face conference is always possible with the primary nephrologist through its video conference facilities. ART also boasts a beautiful ambience while giving patients their own private personal space. Each station is equipped with comfortable reclining chairs and state-of-the-art dialysis machine with blood pressure monitoring, sodium modeling and ultrafiltration modeling.



"We want our patients to enjoy their experience with us. Not just by an obvious improvement in their health, but also to enjoy the hours here, whether it is just resting, or enjoying a personal video or music on our personal DVD players, or interacting with our staff," says ART.

To ensure patients' safety, water used at ART has undergone multiple treatment processes. These include multimedia, softener, activated charcoal and Reverse Osmosis. It complies with the standards recommended by the AAMI from the United States of America.

"We not only have excellent staff and facilities that feel just like home, we also have ambulance service to ferry our patient to and from various locations in Singapore," adds ART.

Frontier Specialist Centre

Frontier Specialist Centre's mission is to deliver quality healthcare services to its patients. They do this by creating an environment where different specialists and allied healthcare workers can work together under one roof to provide quality and cost effective care.

Hence, the comprehensive suite of services offered at Frontier Specialist Centre which include specialist, allied healthcare, premium health screening services, orthopaedics, urology, colorectal, general surgery, pain management and physiotherapy services. These services are delivered by its resident doctors and staff, and complimented by visiting specialists. Its location next to Tan Tock Seng Hospital (TTSH) allows Frontier Specialist Centre access to the hospital's diagnostic services and operating theatre facilities.



Says Frontier Specialist Centre: *"We aim to provide a one-stop facility for our patients' healthcare needs – ranging from preventive and health screening needs to the various specialist and allied healthcare services. We intend to expand on the breath of specialty services when there is further demand. The idea is to provide our patients with access to various types of specialist care in a convenient fashion, with shorter waiting times and less disruption. In addition, we work closely with GPs or family doctors to ensure patients get the appropriate continuing care in their community."*

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

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

CLINIC / SPECIALTY

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

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 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

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
#10-33
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

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

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

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

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