



NOVENA

Medical Center

NEWSLETTER

MICA (P) 264/07/2010 | OCT - DEC 2010

Taking Day Surgery to Greater Heights

Day surgery is the preferred choice of patients undergoing minor surgical procedures thanks to improved technology, quick turnaround and lower costs. In fact about 65% of all surgical procedures are done on an outpatient basis.

Well equipped with the latest technology, world-class facilities and value-added services, patients from Singapore and neighbouring countries can now enjoy quality outpatient services at Novena Surgery.

Located on Level 8 of Novena Medical Center amid pleasant surrounds, Novena Surgery aims to set a new standard in ambulatory surgery by offering the following facilities and services:

3 Modern Operating Theatre Suites

Its cable-less pendant system allows surgeons and medical staff to operate unobstructed and free from stray wiring. Surgical equipment and instruments are brand new and fully imported from Europe.





A Spacious Endoscopy Suite

The endoscopy suite is fully equipped with bronchoscopes, GI endoscopes and camera-video systems. Surgeons can also rely on a High-Definition camera system to view their procedures with unprecedented clarity and transmission of findings.

Private Suites and 12-Bed Recovery Units

Post surgery patients can choose to recover in one of the comfortable private suites or 12-bed recovery units under the care of well trained nurses.

Reliable Specialist Care

Patients enjoy reliable and quick access to accredited specialists in any medical field.

Connectivity

Complimentary Wifi allows patients to check their emails, surf the internet or communicate with friends and family overseas via Skype. In addition, patients in the recovery suites enjoy movies-on-demand.

Specialist surgeries that are performed at Novena Surgery include:

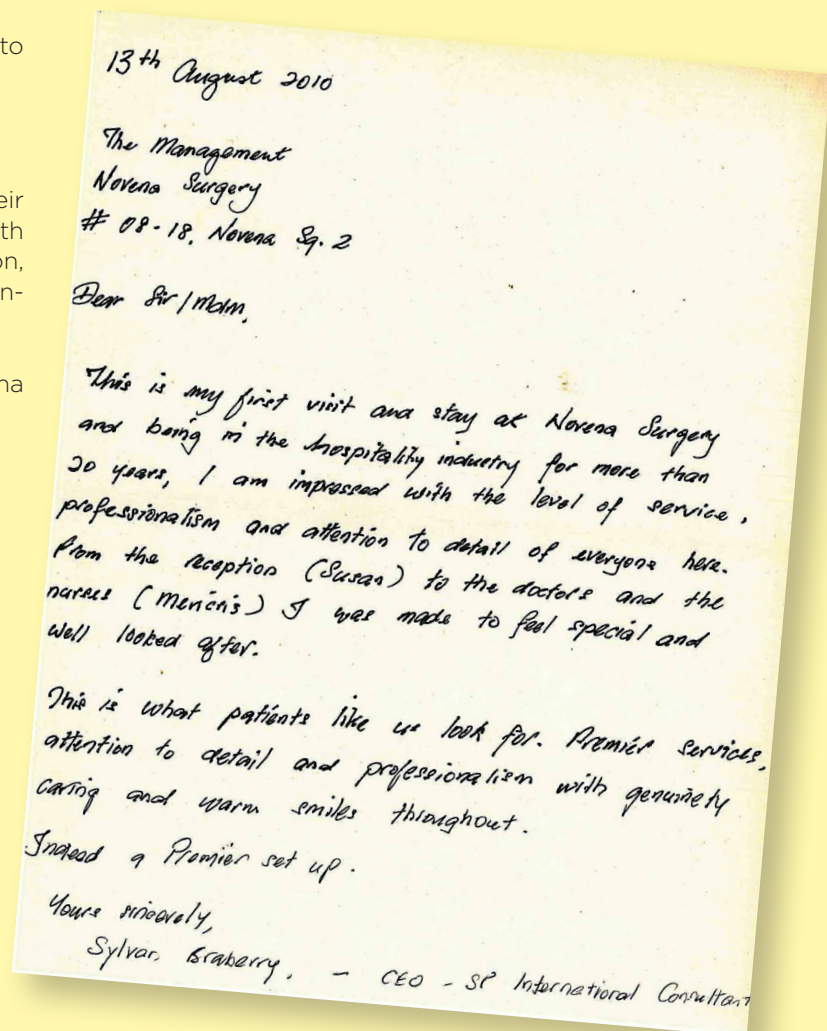
- Colorectal Surgery
- Dental Surgery
- Ear-nose-throat Surgery
- Endoscopy
- General Surgery
- Gynaecology
- Hand Surgery
- Liposuction
- Micro-reconstruction Surgery
- Oral Surgery
- Orthopaedic Surgery
- Plastic Surgery
- Urology
- Others

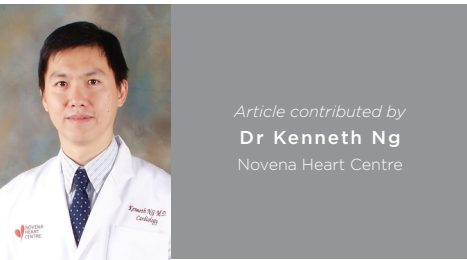
While patients' safety and comfort are paramount at Novena Surgery, it also strives to provide personalised care, and outpatient surgical and endoscopic services that are value for money and hassle-free with shorter waiting time and minimal surgical risks. Its dedicated team of administrative and medical staff are also readily available to meet patients, doctors and the community's needs.

Says Professor Lim Beng Hai, Director of Novena Surgery, "Making our patients comfortable and getting the right surgery with minimal waiting time combined with good and comfortable post operative recovery area are of prime importance to us. For the surgeons, we provide the ideal operating setting with new and advanced equipments."

"Our mission is to provide a patient-physician centered surgery centre. We achieve this by working closely with the surgeons and genuinely taking patients' feedback and acting on it. We also continually invest in new equipments and take a keen interest in the professional and personal development of our staff," adds Prof Lim.

Through constant innovation and excellent care, Novena Surgery is well poised to take ambulatory surgery in the region to greater heights.





Heart Attack - Time Is Muscle!

Heart attack (acute myocardial infarction) always strikes fear in our minds as it conjures up an image of a person clutching his chest and then keeling over. It usually comes without warning and could lead to death. If a person survives the heart attack, the damage to the heart can lead to heart failure or other complications. Therefore, it is important to recognise the symptoms of a heart attack and seek treatment early.

What causes a heart attack?

As the term implies, it occurs suddenly and the symptoms are due to a complete blockage of one of the major blood vessels supplying blood to the heart. It is as though the drain pipe has been completely choked causing a back flow and flooding of the drain. The heart muscle is starved of oxygen and starts to die slowly. If the amount of heart muscle involved is large, the heart will fail and may stop. This can only happen when the blood vessel of the heart is unhealthy to begin with. The vessel wall is lined with cholesterol deposits which suddenly rupture, causing the blood to clot within the vessel, blocking the blood flow completely. This process of sudden rupture can be triggered by emotional stress, exercise and poorly controlled risk factors, such as high blood pressure, high cholesterol, smoking or diabetes.

Symptoms of a heart attack

The classical symptoms include a crushing central chest pain which comes on suddenly. This pain is very severe and some patients have described it as a feeling of impending death. This pain usually lasts for more than 10 minutes travelling up the neck, to the jaw and left upper arm. The associated symptoms include cold sweat, breathlessness, dizziness or palpitations.

What can masquerade as a heart attack?

Of course many other diseases can also cause similar symptoms, but they are usually less intense. Possible other causes could

include gastritis (indigestion), low blood sugar, gall stones. There are two other conditions which have similar symptoms which can prove to be fatal. They are pulmonary embolism and aortic dissection. Pulmonary embolism involves the blood vessel of the lung that is acutely obstructed by a blood clot that has travelled up from the legs or pelvis. Aortic dissection is the sudden tear of the wall of the major blood vessel that comes out of the heart.

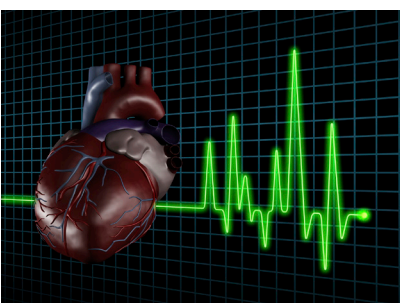
How do we diagnose a heart attack?

According to the World Health Organization guidelines, the diagnosis of the heart attack requires three findings. The electrocardiogram (ECG) must show the typical changes of a heart attack, the blood levels of heart muscle damage (either creatinine kinase or troponin) must be elevated and the patient must have the typical symptoms.

Treating a heart attack

As a heart attack results in the permanent damage of the heart muscle, it must be treated as fast as possible. It has been shown that if a heart attack is not treated within the first four hours, the chance of reopening the blood vessel involved is less than 40%. Also, the longer the heart muscle has been deprived of blood and oxygen, the greater the proportion of the heart muscle supplied by that blood vessel will die. Therefore, there is a concept of time is muscle.

We have to treat the heart attack as soon as possible. This starts with educating the public to recognise the symptoms of a heart attack and not write it off as indigestion. Once the symptoms are encountered, the patient should be rushed to the emergency department as soon as possible. The diagnosis is then quickly made according to the guidelines. If a heart attack is confirmed, then the patient is hurried to the invasive cardiac laboratory to undergo a coronary angioplasty. This is a mechanical method to remove the blood clot from within the vessel and to open up the narrowed blood vessel. A stent is usually placed during the procedure to prevent the blood vessel from collapsing back. The patient is also given concurrent treatment with two blood thinners, aspirin and





clopidogrel. This is the current standard of treatment and it is recommended to be performed within 90 minutes of the patient arriving at the emergency department.

How can we prevent a heart attack?

Prevention is always better than cure. Once a heart attack has occurred, some irrevocable damage to the heart muscle is very likely. In order to prevent a heart attack, early recognition of the risk factors is essential. In an international study involving 52 countries, it was found that high bad cholesterol levels, current smoking, abdominal obesity, high blood pressure and diabetes were major contributors to the development of heart attacks. Major protective factors against heart attacks were moderate alcohol intake, exercise and eating enough fruits and vegetables. Addressing these risk factors and adopting a healthy lifestyle would reduce our risk of developing a heart attack. Recently, it was also recommended that the imaging of the blood vessel wall be done to look for the presence of cholesterol deposits. If there are cholesterol deposits, it portends a five-fold higher risk for heart attacks.

Hence, we must make time for regular exercise and opt for a healthier diet of vegetables, whole grains and lean meat. Your heart will thank you for it.

Journal Club

Venue: Novena Medical Center, #08-23
Contact: +65 63976861
Email: enquiries@novenamedicalcenter.com

November session

1 CME point will be awarded

Topic:

Mental Health Laws in Singapore

Date : 10 November 2010
Speaker : Dr Tommy Tan
Clinic : Novena Psychiatry Clinic

Topic Summary:

Laws exist to protect society and individuals. It is recognised that persons who have mental disorder can be vulnerable. Hence all countries have laws to protect such persons and society at large.

This talk is to present the civil and criminal laws that concerns the care and protection of mental disordered persons.

December session

1 CME point will be awarded

Topic:

Do we need more Vitamin D?

Date : 15 December 2010
Speaker : Dr Soon Puay Cheow
Clinic : Soon Diabetes Thyroid And Endocrinology Clinic

Topic Summary:

Vit D has a wide impact on our body function. It is especially important in maintaining musculoskeletal and immune functions. Vit D deficiency is prevalent in all countries irrespective of seasonal variation. In hot tropical countries, the locals will make all attempts to escape from the scorching sunlight while countries with seasonal variation are more likely to have more people with Vit D deficiency during winter. Check it out whether you need Vit D supplement in this talk.

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

Where Specialty Meets Substance

Center for Hands & Reconstructive Microsurgery (Novena)



The staff at the Center for Hands & Reconstructive Microsurgery or CHARMS as it is affectionately known, are literally hands on as they go out of their way to provide the highest level of care for the upper limb in a personalized, professional and compassionate manner.

Founded by Professor Lim Beng Hai, renowned hand specialist and former Chief of the Department of Hand and Reconstructive Microsurgery at the National University Hospital, CHARMS Novena is a secondary and tertiary referral centre specialising in the treatment of simple to complicated hand cases such as congenital abnormalities, severe problems related to arthritis and major disorders of nerves and muscles requiring microsurgical expertise.

Its clinical services include hand surgery, congenital hand surgery, reconstructive surgery, microsurgery services, wrist arthroscopic service, hand rehabilitation and care and upper limb prosthetic service.

“We aim to provide caring, efficient, seamless and personalised Hand and Reconstructive Microsurgery services with excellent clinical outcome. We want our patients to enjoy both the privilege of seeing the doctor and having their therapy after surgery all under one roof. Fabrication of splints as a treatment can be done at CHARMS and this is very convenient for the patient and important for me as I can give my feedback immediately and make adjustments on the spot if necessary,” says Professor Lim.

Through good clinical practice, continual quest for knowledge and research, and a caring and efficient team, CHARMS’s goal to be the centre of excellence in Hand and Reconstructive Microsurgery in Singapore and the region is certainly within grasps.

K O Chan Ear Nose Throat Sinus & Sleep Centre



A one-stop clinic for the comprehensive diagnosis and treatment of all ear, nose, throat, sinus and sleep problems, K O Chan Ear Nose Throat Sinus and Sleep Centre strives to provide personalised and affordable care with the latest medical techniques and technology in a warm and friendly environment.

“We provide a one-stop centre for all adult and children ENT conditions and have the latest video and computerised equipment to show patients exactly what we are doing so that they can understand and appreciate their conditions better,” says Dr Chan Kwai Onn, founder and ENT Surgeon of the eponymous clinic.

Well versed in treating sleep disorders such as snoring and obstructive sleep apnoea (OSA), Dr Chan’s other specialties include image-guided endoscopic sinus surgery and balloon sinuplasty. Vice President of the Singapore ENT Society, Dr Chan is also very active in teaching the next generation of ENT doctors. Hence, he straddles his time at his clinic and at National University Hospital where he is a clinical lecturer with the Faculty of Medicine.



Given his impressive credentials and passion for ENT, Dr Chan’s patients know they are in good hands. Adds Dr Chan: “Our patients are important to us. Not only do we aim to enhance their experience, we also want to create meaning in their lives. We do this by putting ourselves in their shoes and treating them the way we would want to be treated when we see a doctor.”

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 67380526

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

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

C.A.T.S – Counselling Assessment & Therapy Services
Psychiatric
#09-30
Tel: +65 6397 2721

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

Child & Family Guidance Clinic
Psychology
#11-17
Tel: +65 6472 8924

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 6397 2397

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

CLINIC / SPECIALTY

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

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
#08-14
Tel: +65 63977397

Medifast Medical Centre
Medical Services
#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

CLINIC / SPECIALTY

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

Noel Leong Fertility & IVF
Reproductive medicine & IVF
#09-14
Tel: +65 6255 6883

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

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

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

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

Si En Medical Clinic
Weight, pain management, acupuncture
& physiotherapy
#10-27
Tel: +65 6397 6720

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

SSDI (Snoring & Sleep Disorders Institute)
Sleep Laboratory
#11-21
Tel: +65 6397 2161

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 63526559

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 6397 6627

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

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

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All information above are correct at time of print.