



NOVENA

Medical Center

~ NEWSLETTER ~

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Happy holidays start with the right vaccinations

The holiday season is looming, and most of us are bound to jet off for a break to places where exciting sights and interesting discoveries await. However, before we start checking off items from our holiday list, let's focus on something that should sit right on top of that list - the essential travel vaccinations.

Whether the idea of a perfect getaway conjures up images of warm sandy beaches, driving through lush wilderness or exploring popular tourist spots, it is important to find out about the possible health risks that might pop up at these destinations. Take a breather and think one step ahead by scheduling to get the required vaccinations at least eight weeks before you travel. With this, you can be assured that a safe and enjoyable holiday awaits!





Happy holidays
start with the right
vaccinations

Depending on the country that you will be visiting, the following are some of the common vaccinations that you should get before taking off:

Typhoid & Hepatitis A

If the thought of roughing it out in undeveloped surroundings excites you, the vaccinations that you should look out for are Typhoid and Hepatitis A. These jabs typically protect you from falling ill due to low standards in food preparation, water and overall hygiene, as you'll neither want to be holed up in your hotel room nor spend a night in the hospital of a foreign country.

Malaria & Japanese B Encephalitis

Planning a trip to one of the tropical and sub-tropical regions in Southeast Asia? While you can protect yourself from parasitic infection passed on by mosquitoes with these vaccinations, it is also advisable to discuss with your doctor or pharmacist on what tablets you'll need to bring along on your trip. Additionally, to play it safe, avoid being bitten by mosquitoes by wearing long-sleeved shirts and trousers after dark and applying insect repellent.

Rabies

If you're set on visiting places where there are risk of coming into contact with stray dogs, monkeys and wild animals, you definitely should get the Rabies vaccination. You should also be on your guard during the trip should you get bitten or licked by a suspected rabid animal, medical advice should be sought immediately.

Influenza

Visiting a country during the colder seasons increases your chances of getting Influenza. The occurrence of this virus actually peaks in winter as people stay indoors more often. This then allows the virus to pass more easily from person to person. Also, children and the elderly who contract the virus are more vulnerable to severe complications such as developing pneumonia.





Chicken Pox & Measles

You are bound to be surrounded by throngs of people when attending festival celebrations or visiting popular tourist destinations during the peak holiday season. Under such cramped conditions, infectious diseases are rampant and easily passed along through skin contact. That is why it is important to protect yourself with vaccinations against Chicken Pox and Measles — it is certainly not a pretty sight to come back with your face filled with red spots!

Apart from the vaccinations mentioned above, here are the remaining ones that you should also consider before leaving the country for your holiday:

- Cholera plus E.Coli
- Hepatitis B
- Human Papilloma Virus (HPV)
- Pneumococcal
- Polio
- Meningococcal
- Tetanus
- Yellow Fever

Vaccinate Before Vacation

Jet off to a safe and happy holiday today! Simply drop by one of the clinics below at Novena Medical Center, consult a doctor and/or get yourself protected from potential health risks before you travel:

- American International Clinic
- Executive Health Screeners
- Fema Clinic & Surgery
- Frontier Specialist Centre
- Nihon Premium Clinic
- Thomson Paediatric Centre

Bon voyage!



Health Feature



Article contributed by
Dr Chan Kwai Onn

K O Chan Ear Nose Throat
Sinus & Sleep Centre

Bre

If you're one of the thirty-eight million people around the world who suffers from the debilitating effects of Sinus (i.e. pounding headaches, runny nose and chronic fatigue), you would be glad to know that Sinusitis can actually be alleviated and permanently reversed.

Sinusitis is an infection of the paranasal sinuses, which are hollow spaces within the skull surrounding the nose. We have four pairs of sinuses and they all drain into the nose through narrow channels. They include:

- a. Frontal sinuses above the eyes
- b. Maxillary sinuses under the eyes in the cheekbones
- c. Ethmoid sinuses between the eyes
- d. Sphenoid sinuses behind the eyes and located deep in the skull

FROM A COLD TO CHRONIC SINUSITIS

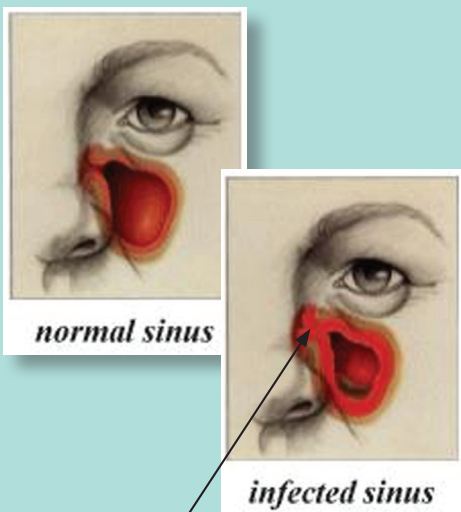
Sinusitis usually occurs after a cold or flu, which is caused by a virus. From the virus infection, the lining of the sinus channels swells and get blocked up, causing mucus to be trapped in the sinuses. The trapped mucus gets infected with bacteria and this leads to acute sinusitis. Chronic sinusitis occurs when the acute infection is not adequately treated and persists for more than three months.

SYMPTOMS OF SINUSITIS

1. Nasal congestion
2. Facial pain
3. Greenish-yellow nasal discharge
4. Decreased sense of smell
5. Fever
6. Cough
7. Teeth pain
8. Fatigue
9. Ear pain or pressure

Breathe Easier

Dr Chan Kwai Onn clears the air about Sinusitis with facts you need to know.



normal sinus

infected sinus

Narrow sinus channel obstructed and mucus is trapped in sinus

DIAGNOSING SINUSITIS

Your Ear, Nose and Throat (ENT) specialist will take a detailed history and do a thorough examination. This may include a nasopharyngoscopy to examine the sinonasal passages and the throat. This procedure is performed by passing a narrow fibre-optic endoscope through the nose. Local anaesthesia is sprayed into the nose prior to inserting the endoscope. The procedure lasts less than two minutes and often, only a mild discomfort is felt.

Pus coming from the sinuses is often seen and confirms the diagnosis of sinusitis. In long standing cases of chronic sinusitis, there may also be nasal polyps. Sometimes, samples of the mucus may be taken to investigate the cause of infection.



TREATMENT OPTIONS

To treat sinusitis, your ENT surgeon may recommend:

1. Antibiotics to control the bacteria infection
2. Decongestants to relieve nasal congestion
3. Nasal sprays to reduce inflammation
4. Nasal irrigation to wash out the mucus and pus

Most cases of sinusitis resolve with medical treatment. However, in some instances, sinusitis may persist despite maximal medical treatment. In these situations, Functional Endoscopic Sinus Surgery (FESS), a minimally invasive surgery, may be necessary and offers an excellent chance of improvement in symptoms.

Fortunately, while many suffer from Sinusitis, only a few require surgery for resolution of their symptoms. In most cases, Sinusitis can be treated with medications such as antibiotics or decongestants – and there are those who believe that home remedies have the cure. However, one should always consult a medical practitioner to receive the most suitable treatment for their inflamed sinuses.

Specialists with the personal touch

Not only does the Novena Medical Center boasts an impressive list of established clinics that provide excellent healthcare, the medical staff at these clinics also go beyond the call of duty by adding that personal touch when it comes to patient care. Find out how some of these specialists excel in this area, simply by putting the needs of their patients first.

Ambulatory SurgiCare

Ambulatory SurgiCare (ASC) at the Novena Medical Center is a surgical clinic equipped with advanced surgical technology and facilities that specialises in providing professional advice, general surgery services, general health and cancer screening and diagnostic services in an ambulatory (outpatient) setting.

ASC is founded by Dr See Ju Yaw, whose area of specialty is in Laparoscopic Surgery, also known as Keyhole Surgery. Laparoscopic Surgery is a new medical technology that affords patients shorter recovery time as compared to an open operation, and is commonly performed on procedures such as Cholecystectomy (removal of the gall bladder), hernia repair, as well as the removal of stones in the common bile duct.



In addition, Dr See also performs EndoVenous Laser Treatment for varicose veins, which is a minimally invasive procedure whereby laser is used to heat seal the veins in the legs that lead to the formation of varicose veins.

“We focus on understanding and showing compassion to every patient, recognising each of them as an individual. In addition, we are dedicated to providing superior quality care through our commitment to our core values of Quality, Excellence, Integrity, Honesty and Respect,” says Dr See.

ASC is coordinated by skilled surgical, medical and nursing professionals to meet patients’ every need, from the moment they arrive until the time they are ready to go home and beyond. These include postoperative home nursing care, palliative care for end stage cancer and travel arrangements for international patients. Thus, patients can be assured of receiving the required treatment from top specialists in the field and that their needs are well taken care of when they check themselves in at ASC.

Specialist Eye & Eyelids Clinic

With a diverse mix of specialty clinics operating under one roof at the Novena Medical Center, getting the appropriate care for all your health needs is now easier than ever. Thus, the recent addition of Ophthalmologist clinic, the Specialist Eye and Eyelids Clinic, has made quality eye care more accessible for patients, especially since the area is also well served by an efficient transport system.



Operating under the watchful eyes of Dr Chuah Chin Teck, who is currently also running two other clinics at Mount Elizabeth Medical Centre and Suntec City, the Specialist Eye & Eyelids Clinic aims to deliver a comprehensive suite of services in both Eye Care and Aesthetics, through the use of the latest, cutting-edge technology in aesthetic medicine and eye surgery.

In addition to performing Cataract and LASIK surgeries, Dr Chuah also sub-specialises in Oculoplastics Surgery (Double eyelids, lower eyebags, droopy lids) and was trained locally and in the USA in the areas of Eyelid and Eyebags Surgery, Botox, Fillers, Chemical Peels, IPL and LASERS.

Dr Chuah’s impressive credentials and passion for Eye Care and Aesthetics, coupled with his compassionate and personal touch give patients the assurance that they are in good hands. “As our clinic’s mission is to serve patients competently and compassionately, every effort has been made to give them a smooth and easy experience when it comes to their clinic visits. For instance, instead of sitting in the waiting room while waiting for their turn, they can head down to Square 2 shopping mall for some retail therapy. When their turn is up, we will simply alert them via SMS,” adds Dr Chuah.

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

Ageless Revival Medical Centre
General Practice with Aesthetic Services
#10-31
Tel: +65 63976878

Ambulatory SurgiCare
General Surgery
#09-01
Tel: +65 63976979

American International Clinic
Internal Medicine
#10-10
Tel: +65 63977129

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)
Hand Surgery
#11-17
Tel: +65 63976850

ClearSkin™ Centre
Aesthetic & Wellness Services
#10-23
Tel: +65 63977282

ClearSK™ Novena Laser and Aesthetic Centre
Aesthetic Services & Wellness Care
#10-01
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 63972397

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-Disciplinary Medical Services, Physiotherapy and Podiatry Services
#09-12
Tel: +65 63977077

CLINIC / SPECIALTY

GloAesthetics
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
General Practice with Aesthetic Services
#11-16
Tel: +65 63976080

Loke Skin Clinic
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 & Physiotherapy
#08-14
Tel: +65 63977397

Medifast Medical Centre
Health Screening
#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
Japanese Medical & Specialists Healthcare
#11-12
Tel: +65 63972002

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

Noel Leong Fertility & IVF Clinic
IVF Obstetrics and Gynaecology
#09-14
Tel: +65 62556883

CLINIC / SPECIALTY

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

Novena Dental Aesthetic Practice
Dentistry
#09-34
Tel: +65 63977097

Novena Heart Centre
Cardiology & Cardiothoracic Surgery
#09-05
Tel: +65 63972004

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

Novena Surgery
Day Surgery
#08-18
Tel: +65 63972251

Omnigreen Wellness Centre
Preventive Healthcare
#09-24
Tel: +65 63338489

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

Parkway Laboratory Services
Medical Lab Testing
#08-01
Tel: +65 63976930

Peter Lee Orthopaedics (OrthoSmile)
Orthopaedic Surgery
#11-06
Tel: +65 63382740

Radiologic Clinic
X-Ray Services
#08-02
Tel: +65 63976686

SI En Medical Clinic
Weight & Pain Management
#10-27
Tel: +65 63976720

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 68368000

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

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

CLINIC / SPECIALTY

Specialist Eye & Eyelids Clinic
Ophthalmology
#09-11
Tel: +65 63976101

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

SSDI (Snoring & Sleep Disorders Institute)
Sleep Laboratory
#11-21
Tel: +65 63972161

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 Practice with Acupuncture Services
#10-16
Tel: +65 63972472

The Sloane Clinic Plastic Surgery Centre
Plastic Surgery
#08-35
Tel: +65 63976848

Thomson Aesthetics Centre
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

TPC (The Child Development Clinic)
Developmental Paediatrics
#09-04
Tel: +65 63976627

Winslow Clinic
Psychiatry
#09-23
Tel: +65 63977309

Yap & Ang Surgical Associates
General & Plastic Surgery
#11-03
Tel: +65 68368238

Please call +65 63976861 for more information or visit www.novenamedicalcenter.com

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All information is correct at time of print.