

Patients come first

With an impressive list of established clinics under its name, Novena Medical Center prides itself in giving patients only the best when it comes to the latest breakthrough in medical treatments and bringing the overall treatment experience to a whole new level. Read on to find out how some of these clinics at the Novena Medical Center aim to give you something to be happy about, by making the entire treatment process as smooth and comfortable as possible.

Noel Leong Fertility & IVF Clinic



With a mission “to provide high quality care in the practice of Reproductive Medicine and In-vitro fertilisation in a supportive environment”, the Noel Leong Fertility & IVF Clinic at Novena Medical Center is dedicated to helping couples conceive and ultimately become parents. Founded in 2001 by Dr Noel Leong, a certified specialist in Obstetrics and Gynaecology, the clinic offers a comprehensive range of treatment programmes such as In-vitro fertilisation (IVF), intracytoplasmic sperm injection (ICSI), intrauterine insemination (IUI), ovulation induction, and reproductive surgery and programmes for male infertility.

“The unique feature about our clinic is that the same team (Dr Leong and all the nurses) will be with the couple from the initial consultation and evaluation through to

the administration of the ICF/ICSI or IUI cycles and subsequently when the wife conceives as well. Thus, our patients can be sure that all their needs will be attended to by familiar faces as they move along their journey from infertility to fertility, right up to the joy of parenthood”.

Some of the best hospitals in Singapore are also within close reach, including Mount Alvernia Hospital. With the building of the Parkway Novena Hospital and the Novena Specialist Center/Oasia Hotel around the vicinity of the Novena Medical Center, the entire Novena area is set to become the regional medical hub in Singapore.

OrthoSmile Dental Practice

Providing affordable orthodontic treatment through the latest developments in the field of dentistry is the motto of the OrthoSmile Dental Practice.

With over 10 years experience in orthodontic treatments, the OrthoSmile Dental Practice helps to give you that winning smile by using specially designed appliances such as Aesthetics Brackets and Invisible Aligners. These essentially apply some light force on your teeth and move them into the desired position. “We achieve this through discussions with our clients and tailoring suitable treatments that would bring out optimal results for each of them. Every care has been put to make the whole treatment process as smooth and painless as possible, with a team of caring doctors and nurses in place together with the latest use of technology such as digital radiography, which reduces radiation exposure by up to 70%. We have also added a cosy and comfortable touch to our clinic so that our clients can be at ease at all times.”

The OrthoSmile Dental Practice at the Novena Medical Center is centrally located near the city but steers away from the busyness of the Central Business District. With a comprehensive list of specialists under one roof at the Novena Medical Center, patients can be assured of receiving the best care for all their needs with ease.



Directory Of Services

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

CLINIC / SPECIALTY	CLINIC / SPECIALTY	CLINIC / SPECIALTY	CLINIC / SPECIALTY
A Life Clinic General Practice #11-20 Tel: +65 67372283	Frontier Specialist Centre Multi-Disciplinary Medical Services, Physiotherapy and Podiatry Services #09-12 Tel: +65 63977077	Noel Leong Fertility & IVF Clinic IVF Obstetrics and Gynaecology #09-14 Tel: +65 62556883	Soon Diabetes Thyroid and Endocrinology Clinic Endocrinology #10-08 Tel: +65 63977101
About Braces Dental Surgery Dentistry #10-21 Tel: +65 63977177	GloAesthetics Aesthetic Services #09-30 Tel: +65 63977012	Novena Childrens Clinic Paediatric Medicine #10-02 Tel: +65 63976960	Specialist Eye & Eyelids Clinic Ophthalmology #09-11 Tel: +65 63976101
Advance Renal Therapy Renal Medicine & Kidney Dialysis #11-14 Tel: +65 63976468	Healthway Medical Assessment Centre Wellness Care #10-06 Tel: +65 62382290	Novena Dental Aesthetic Practice Dentistry #09-34 Tel: +65 63977097	SportsMed Central Sports Medicine #10-13 Tel: +65 64796822
Ageless Revival Medical Centre General Practice with Aesthetic Services #10-31 Tel: +65 63976878	H L Kong Medical Oncology Centre Medical Oncology #11-08 Tel: +65 63977123	Novena Heart Centre Cardiology & Cardiothoracic Surgery #09-05 Tel: +65 63972004	SSDI (Snoring & Sleep Disorders Institute) Sleep Laboratory #11-21 Tel: +65 63972161
Ambulatory SurgiCare General Surgery #09-01 Tel: +65 63976979	K O Chan Ear Nose Throat Sinus & Sleep Centre ENT (Ear, Nose, Throat) #10-11 Tel: +65 63976454	Novena Medical Center Family Clinic General Practice #11-19 Tel: +65 63977318	Stellar Medical Aesthetic Clinic Aesthetic Services #11-31 Tel: +65 63972722
American International Clinic Internal Medicine #10-10 Tel: +65 63977129	Leukemia & Lymphoma Foundation Voluntary Welfare Organization #10-20 Tel: +65 67787545	Novena Psychiatry Clinic Psychiatry #10-18 Tel: +65 63972688	The Head & Neck Surgery Centre ENT (Ear, Nose, Throat) #11-02 Tel: +65 63977126
Bioresonance Therapy Centre Preventive Healthcare #09-17 Tel: +65 63976826	LifeSource Medical Centre General Practice with Aesthetic Services #11-16 Tel: +65 63976080	Novena Surgery Day Surgery #08-18 Tel: +65 63972251	The Oral Care Centre Dentistry #10-17 Tel: +65 63976990
Braces & Aesthetics Dental Clinic Dentistry #10-36 Tel: +65 67322706	Loke Skin Clinic Dermatology #09-13 Tel: +65 63374926	Omnigreen Wellness Centre Preventive Healthcare #09-24 Tel: +65 63338489	The Plastic Surgery Practice Plastic Surgery #11-33 Tel: +65 63976618
Centre for Ear Nose Throat Allergy & Sleep ENT (Ear, Nose, Throat) #11-23 Tel: +65 65860988	LP Clinic Psychiatry #11-22 Tel: +65 67354526	OrthoSmile Dental Practice LLP (OrthoSmile) Orthodontic #09-29 Tel : +65 63976880	The Rafflesian Clinic & Surgery Medical & Aesthetic Services #11-06 Tel: +65 63382740
Centre for Hands & Reconstructive Microsurgery (Novena) Hand Surgery #11-17 Tel: +65 63976850	LQ Dental Dentistry #11-10 Tel: +65 65380890	Parkway Laboratory Services Medical Lab Testing #08-01 Tel: +65 63976930	The Revival Medical Centre General Practice with Acupuncture Services #10-16 Tel: +65 63972472
ClearSkin™ Centre Aesthetic & Wellness Services #10-23 Tel: +65 63977282	Mark & Joko Health Management Clinic Cardiology, Sports Medicine & Physiotherapy #08-14 Tel: +65 63977397	Peter Lee Orthopaedics Orthopaedic Surgery #11-06 Tel: +65 63382740	The Sloane Clinic Plastic Surgery Centre Plastic Surgery #08-35 Tel: +65 63976848
ClearSK™ Novena Laser and Aesthetic Centre Aesthetic Services & Wellness Care #10-01 Tel: +65 63977050	MediFast Medical Centre Health Screening #11-27 Tel: +65 62223373	Radiologic Clinic X-Ray Services #08-02 Tel: +65 63976686	Thomson Aesthetics Centre Aesthetic Services #10-14 Tel: +65 62528558
Clinic 10 Preventive Healthcare #09-31 Tel: +65 63360504	Naaman Skin and Laser Centre Dermatology #09-27 Tel: +65 63972833	SI En Medical Clinic Weight & Pain Management #10-27 Tel: +65 63976720	Thomson Lifestyle Centre Wellness Care #10-14 Tel: +65 63526550
DENTSC (Dental, Ear, Nose, Throat & Snoring Centre) ENT, Oral Maxillo Facial Surgery, General Dentistry #11-20 Tel: +65 63972397	Neuglow Dental White Centre Dentistry #10-04 Tel: +65 63972485	Singapore Aesthetic Centre Aesthetic Services #09-02 Tel: +65 68371000	Thomson Paediatric Centre Paediatric Medicine #09-02 Tel: +65 62563291
Dr Roby Marcou Developmental and Behavioural Paediatrics Clinic Developmental and Behavioural Paediatrics #10-12 Tel: +65 63976637	Neuglow The Aesthetics Doctors Aesthetic Services #10-35 Tel: +65 63972552	Singapore Lipo, Body & Face Centre Aesthetic Services #09-05 Tel: +65 67361000	Thomson Women Cancer Centre Breast, Colorectal & Gynaecology #09-15 Tel: +65 65918218
Executive Health Screeners Medical Services #08-17 Tel: +65 63977248	Nihon Premium Clinic Japanese Medical & Specialists Healthcare #11-12 Tel: +65 63972002	Singapore Sports Medicine Centre Sports Medicine #08-08 Tel: +65 67371000	TPC (The Child Development Clinic) Developmental Paediatrics #09-04 Tel: +65 63976627
Fema Clinic & Surgery Medical Clinic #09-01 Tel: +65 68543720	Nobel Psychological Wellness Psychiatry #09-35 Tel: +65 63972993	Singapore Sports Orthopaedic Surgery Centre Orthopaedic Surgery #09-07 Tel: +65 68368000	Winslow Clinic Psychiatry #09-23 Tel: +65 63977309
		Smile Makers Dental Clinic Dentistry #09-26 Tel: +65 63972739	Yap & Ang Surgical Associates General & Plastic Surgery #11-03 Tel: +65 68368238

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NEWSLETTER

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Healing Through Innovation

We’ve all heard of minimally invasive surgical techniques such as Laparoscopy or keyhole surgery. They reduce the risk of infections and speed up patient recovery time. Today, there is a new incision-less surgical technique that allows surgeons to conduct major surgeries such as intestinal or heart operations without having to cut open the patient. With this innovative technique, specialised surgical tools are used to access internal organs through various openings, such as the mouth or nostril.

In the next few years, the technique is set for an exciting update with the use of an intelligent robotic snake-like device, i-Snake. This was revealed by surgical pioneer, Professor Lord Ara Darzi at the ‘Quality and Innovation in Healthcare’ lecture in May this year. At the lecture, organised by the Singapore University of Technology and Design (SUTD) and sponsored by Far East Organization, Lord Darzi stressed that tools and techniques such as these are perfect examples of innovation that should be happening in the rapidly-changing healthcare landscape.



Healing through Innovation

Healthcare with a difference

Healthcare is arguably a sector that is most in need of innovation. It is also one of the industry challenges identified by Lord Darzi, alongside lifestyle issues such as obesity, a rising ageing population and an increase of knowledgeable consumers whose expectations continue to rise.

The former U.K. health minister, who is now Chairman of the Institute of Global Health Innovation at Imperial College London, emphasised that innovation is not all about invention. Rather, innovation is about implementing ideas that create value. Sometimes this simply involves knowing how to change in the right direction.

Lord Darzi then challenged his audience: “How many of you go to a restaurant without looking at the star ratings? Very few. How many have an operation in a hospital without checking its track record? Most of you. That is exactly what we need to change.”



Putting his money where his mouth is, Lord Darzi cited the process behind the creation of the iPhone app, ‘Wellnote by Dr Darzi’ as an example. This handy application allows users to find the quality rating of every hospital in the U.K. and lets patients rate their hospital experiences. His point was proven during the launch of the app last year with a massive download record of 15,000 within the first couple of weeks alone.

Lord Darzi pointed out that Singapore spends below the global average on its healthcare – a fact which he cited as an impressive feat – in comparison to the normal range of global healthcare

expenditures that sits between 7% and 18% of a country's gross domestic product (GDP).

“You spend about 4% of GDP on healthcare and have better life expectancies than most other countries spending much more,” he said. “There is thus no correlation between the amount of money spent and the quality you get. Innovation is the only way to tackle some of the challenges faced by this sector.”

Driving Positive Change

Widely known as the surgeon who drove innovative reforms to embed quality as the fundamental principle of the National Health Service in the U.K., Lord Darzi gave a perspective that was both state-of-the-art and down-to-earth in an attempt to close the innovation gap in healthcare.

The self-confessed “failed engineer” said a family background in engineering brought about his interest in technology and design, which persisted even as he pursued a career in medicine. Lord Darzi’s accolades include an honorary fellowship from the Royal Academy of Engineering. He was awarded a knighthood in the early 2000s for his services in surgery and medicine.

Other examples of innovation which Lord Darzi discussed include robotic instruments that move in tandem with the patient’s beating heart to artificially stabilise the



image of the moving organ, an eye-tracking technology, and the use of intra-operative image processing for surgical guidance. Not only have these breakthroughs minimised collateral damage in the patient, they have also improved the learning curve of trainee surgeons through simulation exercises.

Still, Lord Darzi probed further: “Imagine if we’re able to do patient-specific simulations. Surgeons will be able to do trial runs for particularly tricky procedures, and therefore be more efficient during the actual surgery.”

Charting out a patient perspective

He also shared his experience of working with designers from the Royal College of Art in finding simple solutions with a huge impact, such as hospital mattresses that stain when punctured, indicating that a change is needed. This will improve overall hygiene, as punctured and torn mattresses are a major source of infection.

Procedures designed around the needs of general practitioners and consultants, rather than the needs of the patient have resulted in vexing pathways patients undergo to get a simple problem treated, he pointed out. He then challenged the students to produce processes and solutions with patients in mind.

Even something as simple as a 19-point pre-surgical checklist can help to reduce major complications during and after surgery, which is similar to the extensive pre-flight checklists that pilots go through.

Low-cost, high-impact solutions make an economic contribution. Lord Darzi estimated that during his time in government, the low-capital policies that he introduced, which focused on primary and community services, had the biggest impact in healthcare improvement. 80,000 lives were saved from cardiovascular diseases.



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Pictures courtesy of SUTD.

Health Feature



Article contributed by
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Relax and take your stress away!



Can you tell if your stress levels have gone out of control? Dr Marcus Tan sheds some light on the stress issue, and offers some expert tips to help you relax.

Are you feeling stressed out right now? Do you get bogged down on an almost daily basis with hectic schedules, never-ending deadlines and demands from your family or significant other? Too much stress experienced over a sustained period of time can result in the ‘wear and tear’ of the body if not dealt with properly. Over the long run, this will have an adverse effect on both your emotional and physical well-being. The inability to contain your inner tension may also result in collateral damage to your work performance and the relationships with the people in your life.

Telltale Signs of Excessive Stress

While there are many common symptoms of stress, they differ from one person to the next. Here are some stress symptoms which you may experience simultaneously or at different times:

Psychological Stress Symptoms

- Increased irritability or short temperedness
- Sensitivity to noise
- Restlessness
- Irrational thoughts and/or excessive emotional reactions
- Sense of dread for the future
- Poor concentration
- Recurrent worrying thoughts

Physical Stress Symptoms

- Sleep disturbances (e.g. insomnia, night terrors)
- Tension headache
- Hair loss
- Back, shoulder or neck ache
- Heartburn or upset stomach
- Constipation or diarrhoea
- Hyperventilation or shortness of breath
- Palpitations
- Sweaty palms
- Cold hands/feet
- More frequent colds or flu
- Lower libido and/or other reproductive problems

- Irritable Bowel Syndrome
- Skin conditions (e.g. eczema, urticaria, psoriasis)

Behavioural Stress Symptoms

- Dislike for social activities
- Increased arguments
- Domestic or workplace relationship conflicts
- Frequent job switches or persistently thinking about leaving your job
- Road rage
- Smoking more cigarettes or consuming more alcohol than you used to
- Participating in high-risk behaviours (e.g. speeding, unsafe sexual practices, gambling to feel “alive”)

Dealing with Stress: The Art of Relaxation

In times of stress, it is best to leave all your worries behind and take a moment to relax – before your stress levels spiral out of control. There are a few simple relaxation techniques which can help greatly with your stress management. These techniques essentially relax your body by neutralising the toxic effects of stress and restoring balance as it improves your health and well-being over time.

Let’s take a look at some relaxation techniques that are commonly used to combat stress:

1. Deep breaths all the way

Deep breathing is a quick relaxation technique that is simple to learn and practice in most situations. It focuses on breathing deeply from the abdomen to get in as much fresh air as possible into your lungs. Apart from helping you revitalise, deep breathing also stimulates slower brain waves which ultimately puts you in a deep relaxation mode.

To practise deep breathing, place one hand on your chest and the other on your belly button. Count silently from ‘1’ to ‘4’ as you inhale slowly and deeply through your nose. You should feel the hand on your abdomen rise as your lungs expand. The hand on your chest should not move much. Then, counting back from ‘4’ to ‘1’, exhale slowly through your nose. Repeat a few times until you feel your inner tension decrease.

2. Relax those muscles

This relaxation technique emphasises on gradually tensing and relaxing each muscle group from head to toe at intervals of 10 seconds. It not only helps to identify the tense muscles in your body and increase blood flow to your major muscles, it also helps you to relax them in a progressive fashion. You should wear loose clothing and be seated comfortably in an armchair while carrying out this relaxation exercise.

3. Imagine a picture of calmness

All of us have the ability to form mental images. Through the use of our sense of sight, smell, sound, touch and taste, we are able to embark on an imaginary journey to a soothing and peaceful place. This can be anywhere you want it to be, from a tranquil mountain retreat with the scent of fresh pine wafting through the air to a tropical island getaway with a warm carpet of white sandy beach and crystal clear waters. For this, all you need to do is to close your eyes after you have settled down comfortably in a quiet place. Not only does it help to improve your concentration, it is known to help you cope with anger and frustration better as well.

Remember that relaxation is a skill that has to be acquired through practice. Your ability to utilise these techniques and their effectiveness will increase as you use them. For better results, these relaxation techniques should be used along with other positive stress-coping methods such as exercising and getting enough sleep. Do bear in mind though, that people with complex emotional issues may experience psychological discomfort while practising relaxation. If so, you need to stop what you’re doing and consider seeing your doctor for further advice.

The writer obtained his basic and medical degrees from the National University of Singapore (NUS) with the following qualifications to his name: MBBS (Singapore), MMED (Psychiatry) and FAMS (Psychiatry). He is currently a psychiatrist at the Nobel Psychological Wellness Clinic.