

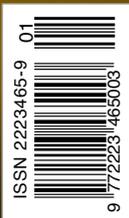
GlobalHealth

ASIA-PACIFIC



MEDICAL CENTRES AND AESTHETIC CLINICS IN THE ASIA-PACIFIC

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- 2 All sexually active women aged 30 to 49 years old should be screened with HPV test. Women less than 30 years old and between 50 to 65 years old are **advised for pap smear.**
- 3 **Human Papillomavirus (HPV) vaccine** protects you against the major strains of the virus. This prevents infections and lowers your risk of cervical cancer.

Source: Ministry of Health (MOH)



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LETTER FROM THE EDITOR

This issue covers the 2021 Medical Centres and Aesthetic Clinics Awards organised by Global Health Asia-Pacific to recognise the best healthcare professionals and institutions in the Asia-Pacific region.

Two separate events were held in Singapore and Kuala Lumpur on December 8 and 10, respectively.

In addition to the awards ceremonies, the two events featured lively debates on effective healthcare policy and the future of the medical industry.

In Singapore, the keynote panel revolved around how the Lion City can get back to its feet after the pandemic.

In Kuala Lumpur, the keynote speech was delivered by Tan Sri Dr Noor Hisham Abdullah, Director General of Health, Ministry of Health, Malaysia. He emphasised that the collaboration between the public and the private healthcare sectors led to an effective strategy to reduce the burden of COVID-19 cases on public hospitals.

In addition, Dr Noor Hisham received the Lifetime Achievement Award for his outstanding medical career, in particular his leadership role during the pandemic.

The Harley Street Heart and Vascular was crowned as the Best Clinic of the Year in the Asia-Pacific. It also received the Heart & Vascular Medical Centre of the Year in the Asia-Pacific Award.

Alpha IVF Group took the Outstanding Fertility Medical Group of the Year in the Asia-Pacific Award.

And Farrer Park Hospital was awarded the Advanced Innovation in Urology in the Asia-Pacific prize for introducing the Prolieve Thermoligation of the prostate, a non-invasive procedure that treats lower urinary tract symptoms or bladder outlet obstruction quickly and without significant side effects.

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List of Winners

Lifetime Achievement Award

- Tan Sri Dato' Seri Dr Noor Hisham Abdullah

Best Clinic of the Year in the Asia-Pacific

- The Harley Street Heart and Vascular

Best Progressive Medical Group of the Year in the Asia-Pacific

- Beyond Medical Group

Best Marketeer of the Year in Singapore

- Elayne Soh

Dermatology Specialist Clinic of the Year in the Asia-Pacific

- Renaissance Dermatology Specialist Clinic

Diagnostic Imaging Centre of the Year in the Asia-Pacific

- LifeScan Imaging

Digestive Surgery Centre of the Year in the Asia-Pacific

- Arden JR Surgery

Digital Agency of the Year (Healthcare)

- For the Optics

Hand and Wrist Medical Centre of the Year in the Asia-Pacific

- Advanced Hand, Wrist & Nerve Centre

Health Screening Centre of the Year in the Asia-Pacific

- Healthway Screening Centre

Heart & Vascular Medical Centre of the Year in the Asia-Pacific

- The Harley Street Heart and Vascular Centre

Infectious Disease Management of the Year in the Asia-Pacific

- Rophi Clinic

MEDICAL AWARDS

Ambulance Services of the Year in the Asia-Pacific

- First Ambulance

Bariatric Centre of the Year in the Asia-Pacific

- Cengild G.I. Medical Centre

Brain and Spine Centre of the Year in the Asia-Pacific

- Singapore Brain-Spine-Nerves Center

Dental Medical Centre of the Year in the Asia-Pacific

- Precious Medical Centre
- Pristine Medical Centre

ENT Clinic of the Year in the Asia-Pacific

- H N Tay ENT Head & Neck Thyroid Sleep Robotic Surgery
- Dr Balachandran Appoo

Executive Health Screening Medical Centre of the Year in the Asia-Pacific

- Somerset Imaging Centre

Fertility Medical Centre of the Year in the Asia-Pacific

- Virtus Fertility Centre

Gastroenterology Medical Centre of the Year in the Asia-Pacific

- gutCARE Digestive-Liver-Endoscopy Associates

Innovative Health, Sport & Wellness Centre of the Year in the Asia-Pacific

- Traine

Integral Wellness Centre of the Year in Asia Pacific

- Naveda Wellness

Interventional Cardiology Medical Centre of the Year in the Asia-Pacific

- The Cardiology Practice
- Capital Heart Centre

Liquid Biopsy of the Year in the Asia-Pacific

- Guardant Health

Metabolic Centre of the Year in the Asia-Pacific

- Arden Metabolic Centre

Multi Speciality Centre of the Year in the Asia-Pacific

- Healthway Medical Group

Neuro Surgery Medical Centre of the Year in the Asia-Pacific

- Neuro Asia Care

Obstetrics & Gynaecology Clinic of the Year in the Asia-Pacific

- Kierauniv International Clinic For Women
- Quek OG & Cosmetic Gyneacology Clinic
- Columbia Asia Hospital - Tebrau
- Dr Sharifah Clinic for Women & Laparoscopic Surgery

Oncology Medical Centre of the Year in the Asia-Pacific

- Parkway Cancer Centre

Ophthalmology Medical Centre of the Year in the Asia-Pacific

- Asia Retina
- Lang Eye Centre

Orthopaedic Medical Centre of the Year in the Asia-Pacific

- Specialist Orthopaedic Centre
- International Orthopaedic Clinic
- Advanced Orthopaedic & Sports Centre

Outstanding COVID-19 Vaccination Delivery of the Year in Malaysia

- ProtectHealth Corporation Sdn. Bhd.

Outstanding Fertility Medical Group of the Year in the Asia-Pacific

- Alpha IVF Group

Pioneering Centre of the Year in the Asia-Pacific

- The Venus Clinic

Psychology and Neuropsychology Medical Centre of the Year in the Asia-Pacific

- Adelphi Psych Medicine Clinic

Physiotherapy Medical Centre of the Year in the Asia-Pacific

- Aqua Physio Rehab Centre

Physiotherapy Centre of the Year in the Asia-Pacific

- Pro Care Physio

Physiotherapy and Rehabilitation Centre of the Year in the Asia-Pacific

- Therapedic Medical Center
- KL Kinetic D Physiotherapy Centre

Rising Star of the Year (Orthopaedic Surgery)

- Oxford Orthopaedics

Rising Star of the Year (Colorectal Surgery) in the Asia-Pacific

- Alpine Surgical Practice

Surgical Medical Centre of the Year in the Asia-Pacific

- KYM Surgery

TCM Clinic of the Year in the Asia-Pacific

- Oriental Remedies Group

Thoracic Medical Centre of the Year in the Asia-Pacific

- International Thoracic Center

Urology Centre of the Year in the Asia-Pacific

- Colin Teo Urology

Advanced Innovation in Urology in the Asia-Pacific

- Farrer Park Hospital

Urology and Male Infertility Centre of the Year in the Asia-Pacific

- Dr Muhilan Urology, Stone, and Fertility Centre

Women's Health & Fertility Centre of the Year in the Asia-Pacific

- IVF Centre @ Medini
- O&G Partners IVF Centre
- Sincere IVF Centre

AESTHETIC AWARDS

Aesthetic & Hair Transplant Clinic of the Year in the Asia-Pacific

- Klinik Dr Inder

Aesthetic MediSpa of the Year in the Asia-Pacific

- Mode Aesthetics
- Mirage Aesthetic

Anti-Ageing Clinic of the Year in the Asia-Pacific

- Dr Wee Clinic

Best Wellness Group of the Year in the Asia-Pacific

- The Ultimate

Best Wellness Spa of the Year

- Padma Spa

Body Sculpting Medical Centre of the Year in the Asia-Pacific

- Amaris B Clinic

Hair Transplant Clinic of the Year in the Asia-Pacific

- Klinik Dr Inder
- Dr Shah Hair Clinic

Medical Aesthetic Clinic of the Year in the Asia Pacific

- The Aesthetics Firm
- Vidaskin
- Anna Hoo Clinic

Medical Aesthetic Clinic of the Year in Singapore

- Mode Aesthetics
- DRx Clinic

Wellness and Holistic Clinic of the Year in the Asia-Pacific

- Mirage Aesthetic

The Medical Advisory Board

The following top healthcare experts helped the team at *Global Health Asia-Pacific* choose this year's award winners.



Dr Ravi Bickram Shrestha

Dr Ravi Bickram Shrestha is General Manager and Senior Director, Global Healthcare IT at Canon Medical Systems Corporation. He has more than 20 years of experience in medical imaging and international healthcare informatics – market, technology, trends. He also has a successful track record in securing, contracting and leading delivery of large, complex medical informatics programmes (inc. winning £33m PACS contract).



Dr Prem Pillay

Dr Prem Pillay is a specialist in all aspects of neurosurgery, including brain and spine surgery as well as endovascular neurosurgery and non-surgical brain and spine treatments. He has more than 25 years of experience and spent many years working for the Cleveland Clinic, a top hospital in the US, where he was the Chief Resident Neurosurgeon and won the Lower Award and the Pudenz Award for his research in neurology. He has introduced many new technologies and techniques in neurosurgery to Singapore and the region, including computer-aided/image-guided surgery for the brain and the spine, 3D microsurgery, and radiosurgery like gamma knife.



Dr Timothy Low

Dr Timothy Low is a board member of Farrer Park Hospital and was previously the CEO of Gleneagles Hospital. He is co-founder and CEO of Sheer HC, a leader in Pharmaceuticals and Medical Devices in the Asia-Pacific.

With 30 years of experience in both public and private practice, Dr Low brings to the healthcare field both operational and medical knowledge, along with extensive strategic experience.



Narender Panjwani

Narender Panjwani is the co-founder and publisher of GlobalHealth Asia-Pacific.

The members of the advisory board contributed to choosing the winners in their personal capacity.

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GLOBAL HEALTH ASIA-PACIFIC MEDICAL CENTRES AND AESTHETIC CLINICS AWARDS

THE EVENT CELEBRATES THE BEST MEDICAL CENTRES AND PROFESSIONALS IN THE REGION

The 2021 Global Health Asia-Pacific Medical Centres and Aesthetic Clinics Awards were held in Singapore and Kuala Lumpur on December 8 and 10, respectively.

In addition to the awards ceremonies, the two events featured lively debates on effective healthcare policy and the future of the medical industry.

In Singapore, the keynote panel revolved around how the Lion City can get back to its feet after the pandemic. The speakers were Marina Tan, advisor to *Global Health Asia-Pacific*, Dr Leong Hoe Nam, consultant infectious disease physician at Singapore General Hospital, Dr Timothy Low, CEO and board director at Farrer Park Hospital, and Dr Sriram Narayanan, senior vascular and endovascular surgeon at the Harley Street Heart and Vascular Centre.

Dr Leong spoke about the current phase of the pandemic, highlighting that the omicron variant that is driving up the number of COVID-19 cases in many countries is very infectious but it appears to be milder than previous strains of the novel coronavirus. For this reason, he believed the public health situation would significantly improve in 2022.

Over 60 medical specialists from several clinics attended the event and had the chance to interact with one another.

In Kuala Lumpur, the keynote speech was delivered by Tan Sri Dr Noor Hisham Abdullah, Director



Kuala Lumpur event

General of Health, Ministry of Health, Malaysia. He emphasised that the collaboration between the public and the private healthcare sectors led to an effective strategy to reduce the burden of COVID-19 cases on public hospitals. Indeed, health officials were able to send all non-urgent cases of elective surgeries to private medical centres. The private sector was also instrumental in implementing the national vaccination programme for COVID-19.

In addition, Dr Noor Hisham received the Lifetime Achievement Award for his outstanding medical career, in particular his leadership role

during the pandemic.

The best medical centres and aesthetic clinics were also awarded.

The Harley Street Heart and Vascular was crowned as the Best Clinic of the Year in the Asia-Pacific. It also received the Heart & Vascular Medical Centre of the Year in the Asia-Pacific Award.

Vidaskin, The Aesthetics Firm, and Anna Hoo Clinic were awarded the Medical Aesthetic Clinic of the Year in the Asia-Pacific Award. Apart from its extensive range of FDA-approved treatments, VIDASKIN offers professional personalised consultations and

carries a highly effective and advanced range of unique skincare treatments. Anna Hoo Clinic has invested lots of resources to train its doctors and make them key opinion leaders in their field, and all of them have been certified by the Ministry of Health in Malaysia to perform medical aesthetic treatments.

The Ultimate Group of Companies was recognised as the Best Wellness Group of the Year in the Asia-Pacific. A leading wellness and beauty group, it offers spa services, hair and scalp care, and medical aesthetics treatments.

Alpha IVF Group took the Outstanding Fertility Medical Group of the Year in the Asia-Pacific Award. The group owns centres in Kuala Lumpur, Penang, and Singapore, and provides comprehensive fertility procedures with world-class success rates.

Gutcare Digestive Liver Endoscopy Associates received the Gastroenterology Medical Centre of the Year in the Asia-Pacific Award for its experienced team of gastroenterologists who can treat the full spectrum of gastroenterological conditions.

Farrer Park Hospital was awarded the Advanced Innovation in Urology in the Asia-Pacific prize for introducing the Prolieve Thermomodilation of the prostate, a non-invasive procedure that treats lower urinary tract symptoms or bladder outlet obstruction quickly and without significant side effects.

Beyond Medical Group was named the Best Progressive Medical Group of the Year in the Asia-Pacific. The group aims to build healthcare brands by providing logistic, organizational, and administrative support so that doctors can focus on clinical work. Since its establishment in 2013, it has worked



Singapore event

with several doctors and medical institutions and has achieved impressive outcomes.

CENGILD Medical Centre took the Bariatric Centre of the Year in the Asia-Pacific Award. One of its best doctors, Dr Mustafa Mohammed Taher has performed more than 2,000 bariatric surgeries in the past three years, helping many obese patients improve their health as well as their physical abilities.

Precious Medical Centre and Pristine Dental Centre received the Dental Medical Centre of the Year in the Asia-Pacific Award. Precious Medical Centre offers a range of dental services, from basic dentistry to complex treatments such as implants and bone grafts. Pristine Dental Centre has high-tech equipment that allows dentists to provide digital smile design to assess and plan teeth movement.

The Advanced Hand, Wrist & Nerve Centre was awarded the Hand and Wrist Medical Centre of the Year in the Asia-Pacific. Located in Mount Elizabeth Novena Hospital, this is a one-stop centre for treating any type of pain, numbness or stiffness of the hand, wrist, and upper limb. It also provides specialised care for all disorders of the hand, wrist, and nerves in both adults and children.

Oriental Remedies Group (ORG) was recognised as the TMC Clinic of the Year in the Asia-Pacific. ORG is a leading patient-centred healthcare provider offering treatments grounded in traditional Chinese medicine and enhanced with medical technology like electrolymphatic therapy, which uses an FDA-approved device to help patients with a variety of health problems, including chronic pain, cancer, and autoimmune conditions.

TAN SRI DATO' SERI DR NOOR HISHAM ABDULLAH

DIRECTOR-GENERAL OF HEALTH, MINISTRY OF HEALTH, MALAYSIA

Tan Sri Dato' Seri Dr Noor Hisham Abdullah is a senior consultant surgeon in breast and endocrine surgery at Putrajaya Hospital and the current Director-General of Health Malaysia since March 2013. Prior to the Director-General of Health's appointment, he was the Deputy Director-General of Health (Medical) between January 2008 and February 2013.

His expertise lies in breast and endocrine cancers, with numerous published papers and textbook chapters in endocrine surgery. He is famously known in the international surgical community for his ground-breaking technique in performing thyroidectomy under local anaesthesia, which has helped patients worldwide who cannot tolerate general anaesthesia or has limited access to it.

Despite being an accomplished surgeon, his particular interest lies in enhancing universal healthcare coverage to marginalised communities and bringing personalised healthcare to the community through digital technology and creative innovation. One of his notable achievements is improving marginalised communities' access to Hepatitis C screening and treatment through partnerships with the Drugs for Neglected Diseases *initiative* (DNDi), thus paving the nation's way to achieve elimination of the disease by 2030.

Awarded as the 'Most Notable National University of Malaysia (UKM) Alumni' in 2019, Dr Noor Hisham started his medical career as a houseman at the Kuala Lumpur Hospital in 1988.



Acceptance speech

He obtained his Master of Surgery and primary medical degree from UKM and was appointed as a general surgeon in Hospital Terengganu in 1994. He then completed an endocrinology and breast surgery fellowship training at various institutes in Australia and was appointed as the Head of the Breast and Endocrine Surgery Unit at the Kuala Lumpur Hospital in 1999.

In 2002, he took on the role of the Head and Senior Consultant of Breast and Endocrine Surgery at Putrajaya Hospital. He chairs multiple medical professional councils and national-level technical committees, and he's actively involved as a policymaker in global organisations such as the World Health Organization (WHO) and the Drugs for Neglected Diseases *initiative* (DNDi). He is also a Councillor-at-Large (2017-2021) in the Executive Board of the International Society of Surgery (ISS) and chairs the Global Surgery Committee of ISS. In March 2020, he

was elected as the Asian Association of Endocrine Surgeons (ASES) chairman.

Dr Noor Hisham has been conferred numerous local and international awards, including the prestigious Fellowship Ad Hominem of the Royal College of Surgeons of Edinburgh in 2018 for his contributions toward healthcare. In 2019, he was honoured to deliver the distinguished Martin Allgöwer Lecture at the 48th World Congress of Surgery in Krakow, Poland. Recently, the International Society of Surgery has awarded him the International Surgical Fellowship to recognise his devotion to practice excellence in the field of surgery.

For his exemplary leadership in managing the healthcare sector response in the COVID-19 pandemic, he was awarded the 2020/1442H Maal Hijrah National Icon Award. This award is presented yearly to individuals who exemplify noble acts and Islamic stewardship, as well as a recognition by the Malaysian government for their individual and significant contributions in uplifting Islamic values and principles, both nationally and globally. In March 2021, Dr Noor Hisham also accepted on behalf of frontliners, The International Islamic University Malaysia (IIUM) Ibn Khaldun Merit Award, presented by Her Majesty Seri Paduka Baginda, The Raja Permaisuri Agong Tunku Hajah Azizah Aminah Maimunah, which reflects the dedication, commitment, sacrifice and resilience of every individual in the Ministry of Health and various health and security agencies during the COVID-19 pandemic.



Narender Panjwani and Tan Sri Dato' Seri Dr Noor Hisham Abdullah



MEDICAL CLINICS

HEART & VASCULAR MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

BEST CLINIC OF THE YEAR IN THE ASIA-PACIFIC

HARLEY STREET

The Harley Street Heart and Vascular Centre was established in 2012 and has grown to be one of Singapore's largest private cardiovascular medical centres. It provides the latest and most advanced care for heart and vascular patients residing in Singapore and Southeast Asia, with three clinics in the heart of Singapore and one in Phnom Penh, Cambodia.

The Singapore clinics are conveniently located at Gleneagles Hospital, Mount Elizabeth Orchard Hospital, and Novena Hospital. The centre has the capabilities to treat all heart and vascular disease. Whether patients are in need of a heart screening, a general check-up, or more complex procedures, the centre has the right doctor and skills for them. It prides itself on its bedside manner and bespoke treatment plans that focus on timely, patient-centred care.

Its team of doctors are internationally recognised, having trained in leading international centres in the UK, Canada, US, and Australia, with each specialist having a different subspecialty, allowing them to provide an integrated and comprehensive service for all types of heart and vascular diseases. Its experienced clinical support team ensures care is efficiently coordinated to deliver a seamless patient experience.



Dr Sriram and Dr Rohit Khurana

The centre ensures international patients enjoy smooth continuity of care after returning home by collaborating with leading medical centres and specialists worldwide.

BEST PROGRESSIVE MEDICAL GROUP OF THE YEAR IN THE ASIA-PACIFIC

BEYOND MEDICAL GROUP

Nestled in the city centre of Singapore, the Beyond Medical Group is an investment holdings group dedicated to building iconic healthcare brands from the point of conceptualisation to management, ensuring that the clinics remain profitable and competitive. They provide logistic, organisational and administrative support so that their doctors can concentrate purely on clinical work and patient care delivery.

Since its establishment in 2013, the Beyond Medical Group has worked with over eight doctors and 11 medical establishments, all with impressive portfolios and outcomes. Some of these clinics are Cambridge Medical Group, Allure Plastic Surgery and Alpine Surgical Practice, with their newest ventures being Capital Heart Centre and Oxford Orthopaedics. All these clinics are well-situated in accessible and well-known private hospitals around Singapore, such as Mount Elizabeth Hospital, Mount Elizabeth Novena Hospital, and Mount Alvernia Hospital.

Helmed by an experienced healthcare management team, Beyond Medical Group helps doctors provide a seamless experience that goes beyond the provision of medical services. This comes in the form of healthcare solutions, personalised patient care and other medical support services well supported by a panel of specialists in every field of medical expertise.

Beyond Medical Group is well known for its healthcare marketing,



Ms Bridgel Thian, Ms Elayne Soh & Ms Mabel Tay

working with doctors in realising their clinic's brand identity and continuously carrying out marketing efforts to successfully grow their patient base and maintain patient loyalty. This comes in the form of promoting healthcare information through print, online and various media opportunities. This also involves social media planning, campaigns, e-marketing, SEO and Google analytics, PR out-reach and content strategy, to better educate the public on more healthcare treatments and options.

With its relentless efforts in marketing and the accelerated digitalisation fuelled by the COVID-19 Crisis, Beyond Medical Group has featured its doctors and their clinic services in over 60 media platforms, such as famous local publications (The Straits Times, Lianhe Zaobao) as well as international

ones. Other notable corporate services provided by Beyond Medical Group includes partnership relations, exploring strategic programmes with overseas hospital partners for clinical collaborations and training programmes.

Beyond Medical Group will continue to grow its presence in Singapore through building more specialists' clinics and working with even more healthcare providers and partners, in their pursuit of providing the best patient care possible.

OUR SERVICES



Digital Marketing



Business Development



Human Resources



Finance Functions



Public Relations
& Advertising



CONTACT US



THE ESSENTIAL TEAM FOR PRIVATE MEDICAL CLINICS

We welcome doctors with an aspiration to start or expand their private medical centre in Singapore to contact us for a discussion.



BEYONDMEDICAL.COM.SG

AMBULANCE SERVICES OF THE YEAR IN THE ASIA-PACIFIC

FIRST AMBULANCE

Malaysia is expected to undergo significant social and demographic changes in the coming years.

In addition to a larger, ageing population, our health service will face numerous challenges from chronic disease, health-related risk behaviours, and increased health challenges within specific communities.

First Ambulance is prominently the first point of contact for many private healthcare clients, because we're an essential part of the overall patient care continuum.

Operating 24 hours a day, seven days a week, we are trusted by the community to respond effectively and provide prehospital care services to those in need when it is most needed.

To ensure that our patients and the community continue to receive timely and high-quality care, First Ambulance solutions are designed to be agile and scalable in times of need.

Our ability to meet changing demand is further influenced by our ability to utilise our resources most efficiently, as well as our ability to leverage new technologies where there is a benefit to improve disaster preparedness in our communities.

First Ambulance's efforts in patient-centered collaboration with hospital partners are recognised by the ambulance services of the year award. We are proud of how our people have responded to this year's challenges.

This honour will inspire us to raise our standards as we improve the lives of our community and environment.



Mr Justin Penafort and Mr Steven Penafort

AMBULANCE SERVICES OF THE YEAR IN THE ASIA-PACIFIC 2021



Reputation

The sole provider of ambulances for leading Malaysian top tier hospitals, cardiac centres, onshore oil & gas projects and official medical partner for large scale international events.



Malpractice Insurance

Malpractice Coverage under us, so you do not need to worry about liability issues.



Reduce Financial Burden

We free up resources that would otherwise be used for procurement of ambulance fleet and equipment.



Smart Ambulance

We use advanced telematics platform for fleet management, utilising the built-in WiFi to transmit critical patient data (EKG, ultrasound, etc) to the hospital while en route effectively helping to save lives.



Physician Lead

Our medical teams are headed by our full-time doctors who can provide medical direction for clinical excellence.



No FTE Fixed Cost & HR Hassle

Access to our qualified & well-trained multidisciplinary team.



Expanding Nationwide

Over 20 years of fleet management and equipment maintenance expertise with fleet presence throughout Peninsular Malaysia.



Reliability

In-house workshop and fleet mechanics for schedules preventative maintenance and major repairs to ensure minimum downtime from vehicles breakdown.

BARIATRIC CENTRE OF THE YEAR IN THE ASIA-PACIFIC

CENGILD MEDICAL CENTRE

Dr Mustafa Mohammed Taher has been recognised as one of the best bariatric surgeons in the Asia-Pacific at the 2021 Global Health Asia-Pacific Healthcare & Medical Tourism Awards ceremony in Kuala Lumpur. The event showed Dr Mustafa's commitment as one of the healthcare players in the Asia-Pacific region who have demonstrated consistent standards in healthcare, especially in bariatric surgery, and have helped patients throughout their journey for a better lifestyle and a good health condition. Dr Mustafa, who is the Upper GI and Bariatric Surgeon practicing at CENGILD Medical Centre, has performed more than 2000 bariatric surgeries at the private practice for the past three years. Most of Dr Mustafa's patients previously had an obesity and overweight problem that caused many health complications and restrictions in their daily activities. From 2019 National Health and Morbidity Survey, 50.1 percent of the adult population in Malaysia were reported to be overweight (30.4 percent) or obese (19.7 percent). This statistic is very worrying as obesity is a risk factor for many diseases.

With the bariatric surgery performed by Dr Mustafa, they managed to get a second chance for a good life by having better health and increasing their physical capabilities. Bariatric surgery not only managed to help them to reduce their weight and give them more confidence in performing their daily duties, but it has also corrected their diabetes and hypertension problems which they struggled with for many years. It also improved



Dr Mustafa Mohamed Taher Al-Khafaji

tremendously sleep apnoea, infertility problems, asthma, panic attacks, depression, knee pain, and back pain.

Most of overweight patients will have some kinds of reflux problems, which is a leading cause for cancer transformation in the oesophagus or stomach. Bariatric surgery can resolve this problem permanently.

Infertility and recurrence abortion due to Polycystic ovarian syndrome (PCOS) are other problems that can be improved by bariatric surgery by adjusting the hormonal imbalance and reducing the fat load in the body.

From Dr Mustafa's social media account (Instagram and TikTok), we can see that all his patients are grateful for his help in their bariatric surgery

journey. His personalised service is appreciated by his patients because he can be contacted through his personal phone number for easier communication. Another important factor in helping patients in their bariatric journey is to have a very good support group. Dr Mustafa's bariatric patients have taken their own initiatives by setting up their own support group led by Chef Bob, who had a second chance in life after his surgery. He has been on a wheelchair for three years and had been living on illazarov (using steel to support his legs) because of his severe obesity problem. Miraculously, Chef Bob has managed to lose 130 kg within one year after the surgery and he is now leading a normal life again.

Obesity is actually a pandemic problem with a new global term like globesity or diabesity, which reflect higher numbers of diabetes patients with poorer sugar control, which increases the cost of these chronic diseases. Malaysia is the country in Southeast Asia with the poorest rate of sugar control in diabetic patients due to the quality of food and lifestyle.

Bariatric surgery gives us permanent weight loss solutions and have helped a lot of Malaysians as well as international patients who have come to see Dr Mustafa from other parts of the globe. Our mission is to fight against obesity by increasing health awareness around obesity, which is a dangerous disease but it is fortunately treatable.

Anyone interested can follow Dr Mustafa IG @dr.mustafamt.

BRAIN AND SPINE CENTRE OF THE YEAR IN THE ASIA-PACIFIC

SINGAPORE BRAIN SPINE NERVES CENTER

The Singapore Brain Spine Nerves Center is a highly specialised clinical centre for the treatment of all brain, spine, and nervous system disorders.

Its specialist doctor is accredited by the leading private hospitals in Singapore and across Southeast Asia. Patients who require surgical procedures are treated by the centre's staff at Mount Elizabeth Hospital, where the practice is located, as well as Mount Elizabeth Novena and Gleneagles hospitals. The latest diagnostic and treatment facilities are available at these locations, including PET-MRI scanning, 3 Tesla MRI scanning, 320-Slice 3D CT Scanning, and fully equipped operating theatres with trained staff.

The centre's medical director is Dr Prem Pillay, a senior consultant specialist neurosurgeon, who previously worked for many years at the Cleveland Clinic Hospital, one of the leading facilities in the world, where he became the chief resident neurosurgeon and won awards for his research.

He is an expert in minimally invasive brain and spine surgery and non-surgical methods for a comprehensive range of spine disorders. He treats a variety of spine disorders that cause back pain, neck pain, sciatica, and limb weakness, using both minimally invasive spine surgery as well as advanced spine injections. He coordinates multidisciplinary advance spine care for his patients with physiotherapists and other staff.

Dr Pillay graduated from the National University of Singapore Medical School, where he received the Singapore Medical Association medal for be-



Dr Prem Pillay

ing one of the top students in his class. He served as a military doctor during his national service and was a senior surgeon at a combat hospital during his reservist period.

During his surgical career, he was the head of the neurosurgery department and senior consultant neurosurgeon at Singapore General Hospital and was involved in the teaching and training of medical students, young doctors, and neurosurgical trainees.

He has introduced many new neurosurgical techniques in Singapore and across Asia, including image-guided surgery, 3D microsurgery, radiosurgery, neuro endoscopy, and pain treatments. He received the Mahaley Award for his innovative work in endoscopic surgery and served on the spine

committee of the World Federation of Neurological Surgeons.

The centre's mission is to provide high quality brain and spine care for the relief of headaches, back pain and neck pain, pain in the limbs and extremities, and numbness and weakness caused by brain tumours, brain and spine injury, spinal slipped discs, stenosis, spondylosis, and nerve disorders. This is done using a scientifically proven and medically effective approach to treatment to relieve pain and disability and return patients quickly to their daily lives.

The centre offers specialist brain and spine checks with scans, minimally invasive brain and spine surgery, and non-surgical brain and spine day procedures. Also available are spine microsurgery and endoscopic surgery for slipped discs and brain and spinal tumour treatment using laser, ultrasonics, and robotics.

The centre's medical director also uses Linac-based and Gamma Knife radiosurgery for brain tumours, arteriovenous malformations, trigeminal neuralgia, and spine tumours. Children are cared for with paediatric neurosurgery, while stroke microsurgery and less invasive interventions are also accommodated.

The Singapore Brain Spine Nerves Center provides telemedicine consultations with specialists and offers specialist second opinions for all brain, spine, and nerve system problems.

LIQUID BIOPSY OF THE YEAR IN THE ASIA-PACIFIC 2021

GUARDANT HEALTH AMEA

Guardant Health Asia, Middle East and Africa (AMEA) has won the Liquid Biopsy of the Year Award at the Global Health Asia-Pacific Healthcare and Hospital Awards ceremony held on 8 December 2021 at the St. Regis Hotel in Singapore. The precision oncology company was recognised for advancing clinical adoption of the Guardant360® liquid biopsy test and adopting a patient-centric approach in its efforts to help guide treatment decisions for patients with advanced stage cancer. This awards programme recognises companies in the healthcare industry that have pushed boundaries of pleasing their customers at every stage and in every interaction.

“We are pleased to receive this award from Global Health Asia-Pacific. This is a great tribute to our team of talented and passionate individuals who are impacting the lives of patients daily. In the coming years, we will be looking at tackling the whole continuum of cancer from early stage to advanced stage cancer and will be offering more of such products in the Guardant portfolio. We are committed to bending the cost and mortality curves of cancer in Asia, Middle East and Africa,” said Simranjit Singh, Chief Executive Officer of Guardant Health AMEA.

Currently, the Guardant360 test is commercially available in 41 countries in AMEA. The company plans to expand their operations and make the test accessible to more oncologists in the region so that physicians can



Vivek Kapoor

receive comprehensive genomic profiling (CGP) information about their patient’s cancer and match them to appropriate therapies quickly.

Adopting a patient-centric approach is at the heart of Guardant’s workflow. At Guardant Health AMEA, this is done by ensuring a quick turnaround time for test results and offering mobile phlebotomy services to patients who find it difficult to travel to the hospital. With a simple blood draw from the patient, physicians can see the current genomic profile of the cancer in approximately seven days from sample receipt in the laboratory and recommend suitable treatment.

Guardant Health Japan, an affiliate of Guardant Health AMEA, has filed for regulatory approval of the Guardant360 test in February this year. The company is currently awaiting approval from Japan’s Ministry of Health, Labour and Welfare. Upon receiving this approval, Guardant Health AMEA aims to drive clinical adoption of the Guardant360 test in Japan.

Sharing his positive experiences of using the Guardant360 test in clinical practice, a leading medical oncologist from Bangalore, India, Dr Amit Rauthan said, “The Guardant360 liquid biopsy test was effective in detecting actionable mutations in the solid tumors of my patients with advanced stage cancer and this helped me to make quick, reliable and effective treatment decisions.”

About Guardant Health AMEA

Guardant Health AMEA is a joint venture between SoftBank and Guardant Health, Inc., a leading precision oncology company focused on helping conquer cancer globally through use of its proprietary blood tests, vast data sets and advanced analytics. The Guardant Health oncology platform is designed to leverage its capabilities in technology, clinical development, regulatory and reimbursement to drive commercial adoption, improve patient clinical outcomes and lower healthcare costs. Visit us online at www.guardanthealthamea.com.

DENTAL MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

PRECIOUS MEDICAL CENTRE

Precious Medical Centre was established with the vision of providing comprehensive and integrated health-care using a multi-disciplinary, holistic and patient-centred approach. We offer a unique one-stop solution from primary care and health screening to specialist services and dentistry. Our 14,000 sq. ft. centre occupies the entire 12th level of Paragon Medical and is strategically located in the heart of Orchard Road in Singapore and within walking distance to Mount Elizabeth Hospital, long recognised as the premier hospital in the region.

We receive a substantial number of medical tourists from countries beyond Southeast Asia such as Russia, Kazakhstan and India as Singapore is recognised as a centre for dental, medical and imaging excellence.

We work with a team of independent doctors and specialists who utilise our diagnostic imaging and day surgical facility to co-manage their patients optimally.

DIAGNOSTIC IMAGING

Precious Diagnostic Imaging Centre was conceptualised as a fully-fledged centre with six modalities: Magnetic Resonance Imaging (MRI), Computed Tomography (CT), Mammography, Bone Mineral Densitometry (BMD), General X-Rays and Ultrasonography. Our second MRI has a faster scanner to allow us to increase our throughput. It also has the advantage of a wider bore which will help ease the anxiety of patients who have claustrophobia.

Key milestones since inception include being the preferred partner in Asia for the launch of *LiverMulti-scan*, a diagnostic aid that quantifies



Dr William Chong

liver fat non-invasively and provides early detection of fibro-inflammation and MRCP+, which provides a colour rendition of the biliary tree which can radically change how certain disorders of the gall bladder and pancreas are managed.

We are able to do paediatric ultrasound scans and also digital X-Ray scoliosis scans for children.

DAY SURGERY

We are a certified Day Surgical Centre with two lead-lined operating theatres and an endoscopy suite. Our operating theatres are positive pressure rooms equipped with HEPA air filtration and tested regularly to ensure air exchange cycles in excess of 20 per hour to ensure clean air. Common procedures include orthopaedic surgery requiring the use of fluoroscopy, plastic surgical procedures such as Vaser liposuction with fat transfers, and endoscopy involving narrow band imaging for better visualisation of early gastric and colon cancers under intra-venous sedation. We have trained anaesthesia

nurses to ensure patient safety during general anaesthesia and recovery. We also have a dedicated GA/ IV sedation operating theatre for general and paediatric dentistry.

HEALTH SCREENING

We provide health screening and full body medical check-ups for both men and women, to identify the risks of developing a specific disease, so that preventive measures can be undertaken, or to detect an existing condition for early intervention. Tests include electrocardiogram and stress treadmill to exclude heart conditions. As we are fully integrated with our imaging centre, we are even able to perform same day CT scans for the coronary arteries and cardiac MRI's to determine cardiac function.

We have a specially-designed and dedicated waiting area for women and can conduct PAP smears and mammograms for women, as well as ultrasounds of the breast, abdomen and pelvis for a complete women's check-up in privacy.

DENTISTRY

We offer a range of dental services and, in addition to basic preventive dentistry, our dental specialists also provide more complex treatments such as implant placement, bone grafts involving the use of platelet-rich plasma and smile makeovers using 3D computer-assisted technology. Our dental surgeons perform cosmetic periodontal surgery to correct gummy smiles and work closely with the plastic surgical and medical aesthetic team to create the desired look – a winning smile as part of a well-proportioned face and chiselled jawline.

DENTAL MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

DIGITIZING DENTISTRY @ PRISTINE DENTAL CENTRE

Digital technology has advanced so rapidly these past few years. Using it wisely and systematically in dentistry can bring immense benefits to patients and practitioners thereby improving long-term healthcare by leaps and bounds.

Better diagnostic ability

Being able to diagnose an existing condition is of course very important and digital dentistry does help visualisation of actual disease with the help of digital x-rays, decay detection scans and intra oral cameras. This will help treat the condition and repair damage that has occurred.

Anticipating future problems

However, to take a big step further, being able to anticipate threats to your teeth and mouth by monitoring changes is even more important as this would lead to preventive action rather than actual invasive treatment. Technology has made this possible by allowing software to record a patient's current condition and this information can be used to detect changes over time. Using superimposition and time



A Diagnocam used to detect caries between teeth without using x-rays



Dr Suresh Nair & Ms Cindy

lapse images, changes to teeth and gums can be visualised. Scanners like Itero allow us to digitize a person's jaws accurately and repeated scans can be used to observe changes over time and take action to stave off possible future complications in an easier, painless and much more economical way.

Multi consultant discussions

Although it sounds wonderful and we see on TV how different specialists come together to discuss cases, the reality is that it is extremely challenging to get experts together at the same time. Even with tele consults, real time discussions are very difficult to schedule. With digital technology though, all the relevant images, diagnostic visuals and opinions can be seen in one place and commented on to reach a conclusion that is best for the patient. Without the constraints of time and data, our experts are able to give thoughtful opinions based on full information



and collaborate to give the best collective opinion, options and treatment plans for the patient.

Digital dentistry gives more treatment options

Digital smile design is an example of how digital dentistry has excelled. With just a scan taken with our Itero scanner, we are able to assess and plan teeth movement and also to visualise the final result. This plan can be executed without a single impression and without the patient wearing braces. The progress can be monitored digitally and even remotely with an app, giving greater control over the outcome of the treatment.

Digital Smile Design is another example where the scanner is used in conjunction with photos and videography to design smiles curated to each individual.

We embrace the changes that technology has brought to dentistry and constantly strive to identify and educate ourselves on these technology as well as to use them in our daily practice.

DERMATOLOGY SPECIALIST CLINIC OF THE YEAR IN THE ASIA-PACIFIC

RENAISSANCE DERMATOLOGY SPECIALIST CLINIC

Located in the heart of the vibrant medical hub of Novena, Renaissance Dermatology Specialist Clinic aims to stay true to its name by providing patients with a state-of-the-art one-stop treatment centre that they can trust. The clinic is fully equipped to care for both domestic and international patients with diverse dermatological needs. It is also widely accredited by top major health insurance agencies such as AIA, IXCHANGE, NTUC, CIGNA, Great Eastern, and Parkway Shenton, among others.

Dr Noor Hanif, the medical director and consultant dermatologist of the clinic, is committed to providing high-quality dermatological care. An accredited dermatologist with the Ministry of Health (Singapore), he provides treatment for all kinds of medical and aesthetic skin conditions. With over two decades of medical experience and a sincere passion to help, Dr Hanif aims to bring rejuvenation to his patients and to renew their self-confidence while under his care.

Through his clinic, Dr Hanif makes a comprehensive suite of medical, surgical and aesthetic dermatological treatments more accessible to his patients.

Medical dermatology

- Eczema/Dermatitis
- Urticaria/Hives
- Acne
- Rosacea
- Psoriasis
- Warts
- Skin infections
- Scars
- Hair loss



Dr Hanif Said and Dr Nur Adila

- Scalp problems
- Nail problems
- Benign skin growths
- Skin cancers
- Allergy evaluation and testing
- Sexually transmitted infections

Surgical dermatology

- Skin biopsy
- Cryotherapy
- Electrosurgery
- Mole removal
- Skin tag removal
- Excisions of lumps and bumps (skin growths)
- Skin surgery

Aesthetic dermatology

- Customised skin care
- Pigmentation treatment
- Botox injections
- Fillers
- Chemical peels
- Laser skin resurfacing
- Tattoo removal

- HydraFacial
- Targeted body contouring and sculpting
- Non-surgical face lifting and tightening

Clinic address

Mount Elizabeth Novena
Specialist Centre
38 Irrawaddy Road Suite 10-36
Singapore 329563
Tel: 6570 2883
Fax: 6570 2886
Email: enquiry@renaissancederm.com
Website: www.renaissancederm.com
Facebook: www.facebook.com/renaissancederm

Consultation hours

Mondays to Fridays: 9am to 1pm
2pm to 6pm
Saturdays: 9am to 1pm
Closed on Sundays and Public Holidays

DIAGNOSTIC IMAGING CENTRE OF THE YEAR IN THE ASIA-PACIFIC

LIFESCAN IMAGING

Having developed a strong reputation over more than a decade for high quality diagnostic imaging, the Lifescan Imaging radiology centre offers a comprehensive range of imaging-related services.

Lifescan's imaging expertise aids doctors in making diagnoses or determining the progress of a particular condition. Often used in regular health screening, its services can also check for bone mineral density in seniors, for example, or conduct mammograms for women. While most radiology services must be ordered by a healthcare professional, a few others can be self-requested.

Its diagnostic imaging technologies include:

- General ultrasound
- Musculoskeletal ultrasound
- X-rays
- CT scans
- Digital mammography
- Breast ultrasound
- MRIs
- Bone mineral density assessment

Its two diagnostic imaging and screening medical centres span 10,000 square feet over two sites in Singapore. They provide patients and referring doctors with quality diagnostic studies and imaging-guided procedures performed by a team of experienced radiologists and healthcare professionals.

Each of Lifescan's multi-disciplinary



Mr Ariffin Ng



and radiology veterans have at least 18 years of clinical experience, complemented by sub-specialities ranging from cardiovascular and neurological imaging to musculoskeletal radiology. Lifescan's radiologists have also frequently authored articles in various international medical journals.

Lifescan Imaging not only serves patients' imaging needs, it also supports doctors in the radiology services they require for patients under their care. The centre offers an integrated secure online portal for physicians to quickly access their patient's scans and reports within 24 hours.

For international patients, Lifescan's team of radiologists offers second opinions while working seamlessly with overseas centres to provide and deliver quality reporting.

All patient data remains private and secure and can only be accessed by the physician in charge through the secure portal. Once registered, physicians can view their patient's scans and records online, regardless of location. This allows them to provide a timely and trusted service to their patients.

DIGESTIVE SURGERY CENTRE OF THE YEAR IN THE ASIA-PACIFIC

ARDEN JR SURGERY

Arden Jr Surgery has a multidisciplinary team at the Mount Elizabeth Novena Hospital in Singapore, comprising an endocrinologist, dietician, psychologist, and physiotherapist for efficient treatment of obesity, diabetes, and other metabolic disorders.

The centre features the practice of consultant surgeon Dr Jaideep Raj Rao, with a focus on minimal-access and robotic surgery for bariatric, metabolic, gastrointestinal, oncological, and complex abdominal procedures.

Dr Rao specialises in bariatric and metabolic surgery for the treatment of obesity and diabetes. In the field of oncology, he has an interest in upper-gastrointestinal tract cancers, namely oesophageal and pancreatic cancer, and abdominal sarcomas. He performs laparoscopic and robotic surgery for multi-organ resection in cancer surgery.

He is also accomplished in treating benign gastrointestinal disorders such as reflux, gall stones, hernia, and appendix disorders.

Dr Rao completed his basic and advanced surgical training at Tan Tock Seng Hospital and Singapore General Hospital.

He was awarded the Singapore Health Ministry's National Healthcare Human and Manpower Development Plan Fellowship in 2007 in advanced laparoscopic and robotic surgery and completed his fellowship at hospitals in Korea in 2008.

He went on to become a senior consultant and the head of upper gastrointestinal, bariatric, and mini-



Dr Jaideep Raj Rao

mal access surgery and the director of the bariatric surgery programme at Tan Tock Seng Hospital where he worked for 10 years before founding JR Surgery.

Dr Rao is one of the founding members of the Obesity and Metabolic Surgery Society of Singapore, for which he has served as president. He is also president of the Singapore Hernia Society, a member of the International Federation for the Surgery of Obesity and Metabolic Disorders, a governor of the Endoscopic and Laparoscopic Surgeons of Asia, and executive council member of the Asia-Pacific Hernia Society and Robotic Surgery Society of Singapore.

He is actively involved in clinical research and has several publications in peer-reviewed journals. He has also been involved in teaching and was a core faculty member of the surgical residency programme in Singapore. In addition, he was a clinical teacher at the Yong Loo Lin School of Medicine, National University of Singapore and Lee Kong Chian School of medicine.

Another specialist, endocrinologist Dr Ben Ng Jen Min, provides comprehensive services for patients who require tests, screening, and treatment of diabetes, thyroid problems, and other endocrine conditions.

Having graduated from the Queens University Belfast, he completed his postgraduate training with dual accreditation in diabetes and endocrinology and internal medicine.

Upon his return to Singapore in 2011, he worked as a full time consultant endocrinologist at Changi General Hospital for three years, during which time he was appointed assistant adjunct professor in research at Duke-NUS and also acted as a clinical tutor under the Yong Loo Lin School of Medicine, Singapore.

His medical expertise encompasses a wide range of endocrinological problems including diabetes mellitus and obesity and thyroid disorders, as well as androgen, reproductive, adrenal, and pituitary diseases. Dr Ng has a special interest in patients with diabetes mellitus and thyroid disease.

My journey into ENT, Head and Neck Laser

My career began as a senior consultant ENT, Head and Neck Surgeon in year 2000 in Ipoh General Hospital, Malaysia. It was one of the busiest tertiary referral centres in northern Malaysia.

There was a great demand for head and neck cancer management as the complexity and numbers were high. This was the beginning of my journey in the management of head neck cancer. It was very challenging in the beginning. I had good support from my colleagues, however, there were times that I felt I needed more knowledge and help from the other disciplines.

This made me perform more complex and varied surgeries. The numbers increased gradually as I sharpened my skills. Head and neck cancer surgery needs combined management from many disciplines, mainly the maxillofacial. My knowledge in maxillofacial surgery was remote and I needed to improve my skills to be a complete Head and Neck surgeon.

I obtained a scholarship from the government of Malaysia, I went on to do my fellowship in Head Neck, maxillofacial trauma and oncology in Australia in 2005.

The training in Australia was intense and it opened my eyes to various new skills, one amongst them was laser management in ENT, Head and Neck. The laser training was solely for airway and oropharyngeal surgeries.

After completion of my double fellowship, I returned to Malaysia in 2009. I was posted as the head of departments of 2 general hospitals, Tengku Ampuan Rahimah Hospital and Sungai Buloh Hospital respectively.

In 2009, I began my first laser surgery in the nose in Sungai Buloh Hospital. It was new exposure for the staff, my colleagues and in Malaysia. Laser in Malaysia then was mainly used in airway surgery and rarely otherwise.

Laser surgery to the nose was a slow and steady path at the beginning. With time and knowledge, I managed to improve and perfect my skills. I started to expand the scope of laser management to other areas of ENT Head Neck.

In 2010, I innovated a new technique called the 3'D' NON TOUCH TECHNIQUE. This technique shifted the whole paradigm of laser management in the nose and other parts of the head and neck.

The 3 'D' technique is unique as it enables one to contour the structure in three dimensions. This helps in tissue preservation and attaining good functional outcome.

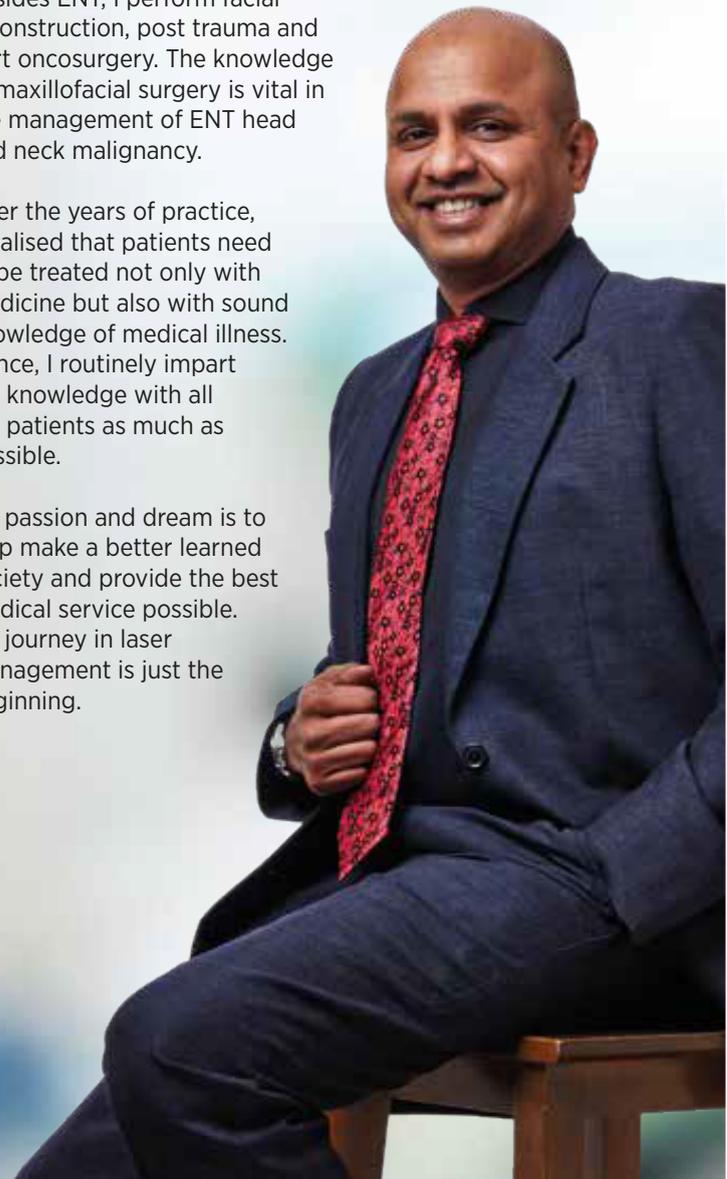
Currently, I practice in Thomson Hospital Kota Damansara where I conduct a large number of laser surgeries in ENT Head, Neck. I use laser for almost all my surgeries eg; nasal airway surgery (infective and non), ear drum surgery (myringotomy), tumor excision of the head and neck and many others.

To date, I have conducted over 3,000 laser surgeries in the nose. This is one of the largest series around the world.

Besides ENT, I perform facial reconstruction, post trauma and part oncosurgery. The knowledge of maxillofacial surgery is vital in the management of ENT head and neck malignancy.

Over the years of practice, I realised that patients need to be treated not only with medicine but also with sound knowledge of medical illness. Hence, I routinely impart my knowledge with all my patients as much as possible.

My passion and dream is to help make a better learned society and provide the best medical service possible. My journey in laser management is just the beginning.



Consultant ENT,
Head & Neck Surgeon

Dr Balachandran Appoo

Specialty: ENT, Head & Neck Laser Surgery

Qualifications

MBBS (MAN), MS, ORL, HEAD NECK (UKM),
CMIA (NIOSH), Fellowship in Head,
Neck Oncosurgery (Aus),
Fellowship in Oromaxillofacial Trauma
& Oncosurgery (Aus)



Dr Balachandran's Clinic Hours at Thomson Hospital Kota Damansara

Day

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Time

9:00am - 1:00pm

3:00pm - 4:30pm

3:00pm - 4:30pm

3:00pm - 4:30pm

3:00pm - 4:30pm



**Scan for
appointment**

For appointments at Thomson
Hospital Kota Damansara,
please contact us at **+603 6287 1365**
or email **enquiries@tmclife.com**.

ENT MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

HN TAY ENT HEAD & NECK THYROID SLEEP ROBOTIC SURGERY

HN Tay ENT Head & Neck Thyroid Sleep Robotic Surgery is a practice committed to offering patients comprehensive, personalised diagnostic and treatment options, including cutting edge, advanced treatments on par with those offered in top notch facilities around the world. The practice aims to provide a one-stop solution for patients and achieve the best outcome. Beyond routine treatment of common ear, nose, and throat conditions, the centre also offers advanced treatments using minimally invasive endoscopic and robotic options.

For thyroid nodules and cancers, the practice uses on-site ultrasound and ultrasound-guided fine needle aspiration for one-stop diagnosis. Beyond routine open neck surgery, minimally invasive options with no neck scarring are also available, including the transoral endoscopic approach (incision in the mouth) and the hybrid endoscopic robotic axillary approach (small incisions in the armpit). The medical director, Dr Tay Hin Ngan, has been performing the former since 2015 and the latter since 2009 and has taught and proctored numerous surgeons both locally and internationally.

To shrink benign thyroid nodules and even destroy thyroid cancers in patients unfit for surgery, ultrasound guided radiofrequency ablation (RFA) is available. This minimally invasive treatment can be performed under local or general anaesthesia.

For throat cancers (pharynx or larynx), the practice offers da Vinci transoral robotic surgery (TORS), which helps patients avoid complications,



Dr HN Tay

long recovery times, difficulty eating, and other problems associated with open surgery, such as requiring either sawing open the jaw or cutting a hole in the neck and repairing it with a flap. TORS, with magnification and dexterous instruments, allows the tumour to be removed from the inside, maintaining maximal speech and swallowing function. Compared to radiation or combination chemotherapy with radiation, the treatment duration is much shorter, and surrounding normal tissue is unaffected. Even for advanced cancer where chemotherapy and radiation are required after surgery, removal of the cancer allows the dose to be reduced, limiting side effects.

For cancer of the nasopharynx, nose, and sinuses, minimally invasive options using endoscopic surgery and robotic surgery are also available. Transnasal endoscopic nasopharyngeal or skullbase surgery avoids a large and mutilating facial incision and sawing open of facial bones, which results in better function, in addition to the obvi-

ous cosmetic advantage. For tumours invading through the skullbase, combined surgery with a neurosurgeon, either entirely endoscopically through the nose or in combination with a scalp incision, are available as well.

For other tumours in the head and neck, like salivary gland tumours or metastatic cancer to the lymph nodes, the practice offers open or robot assisted surgery with the incision hidden behind the ear or in the hairline, allowing patients to resume normal activity and work earlier, without an obvious neck scar. This minimises or removes the stigma of surgery and helps patients maintain privacy with regard to their medical history.

For obstructive sleep apnea (OSA), the practice offers a one-stop evaluation where patients can undergo endoscopy to identify the location of obstruction and arrange for an inpatient or outpatient sleep study to confirm the diagnosis. Comprehensive OSA surgery is offered, including nasal and palatal surgery, transoral robotic surgery for tongue base obstruction and maxillo-mandibular advancement, in collaboration with an oral maxillofacial surgeon.

With expertise and deep experience in the use of minimally invasive endoscopic and robotic surgical techniques, HN Tay ENT Head & Neck Thyroid Sleep Robotic Surgery has remained at the forefront of medical science and technology. Its dedication to improving patient safety and outcomes has helped numerous patients lead as normal a life as possible, even after major surgery.



Somerset Imaging Centre will collaborate with Healthy Heart Specialist Centre, Somerset Endoscopy Centre and Somerset GP Pte Ltd to provide comprehensive health care services in conjunction with full imaging facilities that include MRI Scan, CT Scan, X-ray, Mammogram, Ultrasound, Echocardiogram, Treadmill Exercise test, 24 Hours Holter Monitoring, ECG, Endoscopy (Gastroscopy and Colonoscopy), Bone Mineral Density Scan, Body Composition Scan, Ultrasound Guided Biopsy of Breast and Thyroid gland and also Blood Tests services. Patients will have full assessment and evaluation in a single location conveniently located at Third Floor of 111 Somerset (#03-22) which is a prime area in Singapore. We are proud to be able to offer you the state-of-the-art technology with high image resolution at the most competitive price under the care of our doctors who truly care for you. Your health and satisfaction are our utmost priority. Come to visit us at www.hsig.org or call us at **6797 0220** or WhatsApp to us at **8322 8791** or email to us at contactus@hsig.org.



FERTILITY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

VIRTUS FERTILITY CENTRE SINGAPORE

Virtus Fertility Centre Singapore (VFCS) began operations in January 2015 in a purpose-built, dedicated in vitro fertilisation (IVF) facility together with a team of fertility specialists, embryologists, and specially trained nurses with a vision to improve patient outcomes for its patients.

VFCS is one of the centres in Virtus Health, an Australian company and the fourth largest provider of IVF services globally, and its mission is to provide personal fertility services enhanced by the passion of people and the precision of technology by creating a culture with the ambition to continually deliver the best care, science, and outcome.

VFCS is proud to have a unique 'clean room' embryology laboratory and automated radiofrequency identification, thereby providing optimal safety, service quality assurance, and peace of mind for its patients.

The IVF centre is easily accessible by patients and providers alike as it is located along Scotts Road, which is at walking distance from the famous Singapore Orchard Road shopping and entertainment area, while still giving its clientele a sense of privacy once they enter the centre.

The clinical team works closely with a group of dedicated fertility coaches to help couples cope with the stress as they undergo IVF. The positivity and calm assurance that they are not alone help pave the way for smoother cycles and better outcomes.

The team at VFCS strives to improve clinical outcomes by regularly reviewing performance within and without the Virtus Health group of IVF centres and adopting the latest technologies



Ms Cassie Leong & Ms Verlyn Tan

and knowledge in IVF.

The demand for couples seeking IVF services is increasing, and in 2020 VFCS saw a 30 percent increase in IVF cycles, and a 12 percent increase in embryo transfers year on year. Success rates are also increasing each year and in 2020, VFCS achieved a clinical pregnancy rate per transfer for patients under the age of 35 of 63.60 percent and for patients over the age of 35, 48.70 percent. It also achieved an overall live birth rate per egg retrieval, resulting in a frozen transfer of 50.40 percent and 33.1054 percent for each age group respectively. The majority of its patients lie within the band of 35 to 45 years of age.

VFCS combines high magnification technology that can identify and select sperm with good DNA integrity with intra-cytoplasmic sperm injection (ICSI) to improve embryo quality and pregnancy outcomes. In addition, VFCS also employs Polarised Light Microscopy (PLM) to identify healthy

eggs for fertilisation. This is particularly useful for more mature patients where genetic abnormalities are more common and eggs are fewer.

The premise is to 'Make Every Egg Count' and use innovation to better understand a patient's egg quality, thereby optimising outcomes. Sperm analysis has always been emphasised at VFCS as well, and equal care is taken to select each sperm for the ICSI process.

To optimise workflow and minimise the exposure of the embryos by frequent assessment, VFCS uses time-lapse incubation system which allows the process of embryo development to be continually monitored without disrupting their environment. This process is further enhanced by using artificial intelligence and visual assessments to help determine which embryos are more likely to succeed in producing a viable pregnancy.

In 2021, VFCS is expanding its clinical capacity to better serve its patients and providers. It remains committed to serving its patients with empathy and a mindset of excellence in every step of their journey to help them optimise their own potential to achieve their goal of becoming parents.

VFCS is committed and continues to work with its colleagues within the Virtus Health group of IVF centres and other IVF centres to support patients' various needs.



Virtus Fertility Centre Singapore (VFCS) is the first Southeast-Asian entity under Virtus Health Limited, the largest Assisted Reproductive Technology (ART) healthcare provider in Australia and the fourth largest globally. With a strong growing presence in Singapore since its inception in 2015, our dedicated and highly experienced medical, scientific, nursing and ancillary teams have continued to uphold the centre's highest standards in terms of safety, service, and success for patients under our delicate care.

We offer the following fertility packages to meet the needs of individuals and couples:

SEMEN ANALYSIS

Price: \$123.05 w/GST

The semen analysis (SA) package comprises of a SA test for the male, followed by a review of the report by our fertility specialist.

Having our own well-equipped Andrology laboratory, coupled with accredited embryologists, we ensure a rapid turnaround time of the SA report within 3 working days while not compromising on its accuracy.

COUPLE'S FERTILITY ASSESSMENT

Price: \$481.50 w/GST

The Couple's Fertility Assessment Package offers a first-line general fertility health check for couples who have not undergone any previous fertility check-up(s). This package includes a semen analysis for male assessment, a pelvic ultrasound, fertility screening blood tests, and AMH for female assessment. After the initial review, the couple will be advised by one of our fertility specialists on the next step(s).

For enquiries, please email: enquiries@virtusfertilitycentre.com.sg * prices are subject to change without prior notice.

OUR CURRENT PANEL OF FERTILITY SPECIALISTS



Dr Roland Chieng
Medical Director
MBBS MRCOG Grad Dip
TCM (Acupuncture)



Dr Yeong Cheng Toh
MBBS MMed (Obstetrics &
Gynaecology) MRCOG FRANZCOG
FAMS FRCOG



Dr Motoko Yeo
MBBS (Singapore)
MRCOG (London) FAMS



Dr Andrew Kan
MBBS (Hons) MMed FRCOG
FRANZCOG CREI



Dr Paul Tseng
MBBS MMed (Obstetrics
& Gynaecology) FAMS

HAND AND WRIST MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

ADVANCED HAND, WRIST & NERVE CENTRE

Advanced Hand, Wrist & Nerve Centre is a comprehensive, one-stop centre located at Mount Elizabeth Novena Hospital for treating any pain, numbness or stiffness of the hand, wrist and upper limb. Helmed by Dr Jacqueline Tan, a senior consultant hand surgeon, the centre is committed to providing highly specialized and expert care for all disorders of the hand, wrist and nerves in the adult and paediatric populations.

Dr Tan is well recognised locally and regionally in the field of hand surgery. She was the former Head of Department of Hand & Reconstructive Microsurgery at Singapore General Hospital with more than 18 years of experience. Her field of expertise is in reconstruction of brachial plexus injuries, open and endoscopic peripheral nerve surgeries, microsurgical reconstruction of the upper limb, wrist arthroscopy and joint arthroplasty. She also has special interests in hand and wrist fractures, arthritis of the hand and wrist and ligament reconstruction for wrist instability.

Having a passion for training the next generation, Dr Tan was previously the Deputy Vice Chair for Education in the SingHealth Musculoskeletal Sciences Academic Clinical Programme, the Programme Director for the SingHealth Hand Surgery Programme, as well as the Core Faculty for the SingHealth Orthopaedic Surgery Programme. She has organised many local and regional workshops and courses



Dr Jacqueline Tan

on fractures, microsurgery and cadaveric flap dissections and continues to be invited as a speaker at international and regional conferences.

Despite her busy schedule, Dr Tan still finds time to serve as the upcoming Co-Chairperson for Asia Pacific Federation of Societies for Surgery of the Hand, 2023, and is still a visiting consultant to Singapore General Hospital. She was the past President of the Singapore Society for Hand Surgery and past Vice Chairperson of the Chapter of Hand Surgeons, the College of Surgeons, Singapore. She is also a member of the American Society

for Surgery of the Hand and the Asia Pacific Wrist Association.

“We are extremely honoured to be recognized as the Hand and Wrist Medical Centre of the Year in the Asia-Pacific. This is really the culmination of our constant efforts to deliver the most optimal and personalised clinical care possible in a supportive and conducive environment. We will continue to strive to achieve even better clinical outcomes as patients continue to place their trust in us.”

Advanced Hand, Wrist & Nerve Centre values every patient as a distinct individual with unique medical needs. Together with a dedicated and passionate team, Dr Tan takes pride in offering patients a seamless and coordinated experience from diagnosis, laboratory investigations, neurodiagnostic and imaging studies, rehabilitation by hand therapists to the most advanced and up to date evidence-based treatment options. All the treatment plans are specifically tailored to suit each individual patient’s lifestyle and requirements.

Dr Tan lists patience and perseverance as her main strengths. She firmly believes in being present with the patient through every step of the journey to provide the personal touch, reassurance and guidance whenever necessary. Seeing patients regain their ability to move their hands continue to be Dr Tan’s greatest motivating force.

YOUR GATEWAY TO ALL TYPES OF HAND SURGERY

**"MY GREATEST JOY IS TO
SEE PATIENTS REGAINING
THEIR ABILITY TO MOVE
THEIR HANDS."**

Dr Jacqueline Tan
Senior Consultant Hand Surgeon



We value every patient as a distinct individual with unique medical needs. We endeavor to offer the best healthcare services for your needs. We pride ourselves on providing the most personalised clinical care possible and treatment outcomes. We've got everything for you!

Conditions We Treat

- Trigger Finger
- DeQuervain's Tenosynovitis
- Hand & Wrist Arthritis
- Upper Limb Tumours
- Hand Infections
- Carpal Tunnel Syndrome
- Cubital Tunnel Syndrome
- Nailbed & Fingertip Injuries
- Nerve Injuries (inc. Brachial Plexus Injuries)
- Tendon Injuries
- Distal Radius & Scaphoid Fractures
- Hand Fractures & Joint Injuries
- Wrist Ligament Injuries
- Tennis Elbow
- Dupuytren's Contracture



MOUNT ELIZABETH NOVENA SPECIALIST CENTRE
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SINGAPORE 329563
WWW.ADVANCEDHAND.COM.SG
+65 6592 5522



GASTROENTEROLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

GUTCARE DIGESTIVE LIVER ENDOSCOPY ASSOCIATES

gutCARE was founded with the aim of providing Singapore with a specialised digestive group practice. Given that gastroenterology is now one of the fastest developing fields in medicine, it is no longer possible for a single specialist to excel in all the different areas of digestive disorders. gutCARE brings together established gastroenterologists in each subspecialty in a single team, with the aim of providing specialised digestive care under one roof. As a result, gutCARE patients have access to a complete team of specialists and services normally found only in established gastroenterology departments in renowned institutions in Singapore and the region.

gutCARE provides specialised expertise in all fields of digestive disorders including endoscopy, liver and functional disorders, gut motility, pancreatobiliary disorders, and digestive cancers. Because it's often difficult for patients to know which subspecialty area is appropriate for them, gutCARE offers its patients full access to its entire team. Complex cases are managed by a team rather than a single doctor, with input from the appropriate expert in the subspecialty area.

Its consultants have presented at regional conferences, published in peer review journals, and held professorial appointments in academic institutions. Some of its specialists sit on international and regional-level expert committees, often perform live demonstrations at regional workshops, and introduce novel techniques and therapeutics, resulting in numerous awards at international competitions



Dr Mark Fernandes

in their field. The professional standards of gutCARE are benchmarked against industry standards in each area by the appropriate subspecialist, which assures patients of the quality of its services.

gutCARE utilises a group practice model, which offers the convenience of multiple clinic locations and multiple doctors for patients to choose from. Using a specialist team concept means patients are not fully reliant on a single doctor because there will always be a doctor available to see any gutCARE patient.

Endoscopic services

gutCARE offers the full spectrum of general and advanced endoscopic services, from diagnostic and screening endoscopy to complex and novel advanced procedures. These include: gastroscopy, colonoscopy, standard and advanced polyp removal, piles ligation, endoscopic ultrasound (EUS), endoscopic retrograde cholangiopancreatography (ERCP), small intestine endoscopy, endoscopic dilation and stenting, feeding tube placement and exchange, and endoscopic emergencies. Our procedures are performed in fully-equipped endoscopy centres, with modern technology and equipment. For more difficult procedures, equipment may be catered specially from overseas for our patients.

Niche services

gutCARE also provides an in-house suite of niche services in various subspecialty fields. These are possible because of its subspecialty focus and group practice model. The niche services include: motility studies, manometry, combined pH-impedance monitoring for reflux disorders, hydrogen/methane breath testing for sugar intolerances and small intestinal bacterial overgrowth (SIBO), FibroScan liver stiffness measurement, specialist dietetics, and clinical psychology. Our patients have full access to these services, which are otherwise only available in the large academic public hospitals in Singapore.

INTERVENTIONAL CARDIOLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

CAPITAL HEART CENTRE

Nestled in Mount Elizabeth Novena Hospital, Capital Heart Centre is led by Senior Consultant Interventional Cardiologist Dr Joshua Loh. Before his private practice, he spent almost two decades in public service as a Senior Consultant Cardiologist at the National University Heart Centre, and Visiting Consultant at Ng Teng Fong General Hospital.

The clinic, Capital Heart Centre, was inspired by the US capital, Washington, DC, where Dr Loh had pursued his advanced training in interventional cardiology and clinical research. The selected team at Capital Heart Centre believes that the heart is the most vital organ and aims to deliver prompt access to appointments, diagnostic services and procedures tailored to their patients' requirements, from prevention to treatment.

Dr Joshua Loh's expertise lies in managing coronary artery disease with coronary interventions, and in using contemporary technologies to evaluate and manage these conditions. He is proficient in providing coronary functional and physiology assessments using the flow wire, intracoronary imaging using Optical Coherence Tomography (OCT) and IntraVascular Ultra-Sound (IVUS), performing complex coronary interventions such as left main disease, bifurcations, chronic total occlusions, bypass graft interventions, multivessel coronary angioplasty and treating severely calcified coronary artery disease with specialised devices such as Rotational Atherectomy and Intravascular Lithotripsy.

Dr Loh commented: "From a safer



Dr Joshua Loh

procedure access to various technological advancements, we are living in this exciting era where combating coronary artery disease is at the forefront of medical innovation and research. Together with antiplatelet medications and effective cardiovascular risk factor control, one should expect a very good long-term outcome with PCI." He strongly believes in the medical innovations of PCI, and how it has opened up treatment options to patients with complex CAD who, in the past, may only be treated with coronary bypass surgery (CABG) or medications alone.

In some cases, Dr Joshua Loh also performs Robotic Percutaneous Coronary Intervention (R-PCI). Taking advancements further, R-PCI provides a new approach to the procedure, allowing the cardiologist to remotely control technology to manipulate guidewires and catheter devices with greater depth perception, range of movement and accuracy. This combines the cardiologist's skill, critical thinking and eye for detail with the precision of a machine.

Dr Joshua Loh is also experienced in

the use of the latest generation drug-eluting stents, bio-resorbable scaffolds and drug-coated balloons. He uses the minimally invasive approach in the majority of his cases using the radial artery access and the distal radial artery access.

Beyond his clinical work, Dr Loh is also passionate about medical education and holds the appointment of Assistant Professor, Yong Loo Lin School of Medicine, NUS. He conducts clinical teaching to medical students and doctors undergoing internal medicine and cardiology training.

Additionally, he regularly trains many specialist doctors from Singapore and abroad in interventional cardiology and functions as a key opinion leader, often invited to chair, give lectures and perform live case demonstrations in international cardiology meetings. Dr Loh is a regional case proctor for complex coronary interventions and has performed teaching cases in Asia.

Dr Loh takes great passion in being a cardiologist and explained that he chose this speciality because the heart fascinates him: "It is intricate, complex, mechanically perfect, works tirelessly from when you are in the womb until your very last heartbeat in existence. The heart is like a beautiful house, with rooms, doors, electricity, plumbing, and with life flowing through it. It really represents each and every person, every heart is different and complex, and there is so much motivation and life outpouring from it", he commented. For more information, refer to www.capitalheart.sg.

INTERVENTIONAL CARDIOLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

THE CARDIOLOGY PRACTICE

The Cardiology Practice was born out of one interventional cardiologist's passion and expertise.

By the age of 10, Julian Tan knew he wanted to be a doctor. Watching his paediatrician father, he had seen first-hand the costs — the long hours and hard work — but also the rewards in being able to help others in life-changing ways.

Julian strived hard to enter the field of interventional cardiology, the work of diagnosing heart conditions and then intervening, in minimally invasive ways, to treat them.

As a young doctor, Julian trained in high-volume centres both in Singapore and abroad. He moved into private practice in 2015 which gave him the time and resources to extend his passion to help in other ways, such as medical mission work in Nepal.

Julian remains a visiting consultant at several restructured hospitals, contributing his expertise and experience to public healthcare. The emergency cases he treats at public hospitals have been some of the most challenging and motivating.

"When an acute heart patient arrives at these hospitals and I'm on the roster, they will call, and I'll have to rush down within 30 minutes and establish flow in the blocked artery, unchoke the water pipe as it were, within 30 to 40 minutes," he said.

As an interventional cardiologist, he does his work not with a scalpel, but with tools and techniques that can



Dr Julian Tan

be deployed while a patient remains awake. For example, when performing coronary angioplasty, he inserts a tiny catheter via an artery in a patient's leg or wrist and threads it all the way to the blockage where an attached balloon is inflated to push aside fatty deposits or plaque. Similarly, stents, which are mesh tubing that might also release medication, are also inserted this way, to keep the artery open.

"The more challenging the case, the more I'm in my element," said Dr Tan.

"We've seen younger and younger patients, men and women in their prime, who come in with heart attacks.

And if we don't do what we do, they potentially lose their lives. They have young children, families, and livelihoods that might be ended if they are sole breadwinners.

"So there have been memorable moments where I've been able to pull a young man or woman back from the brink of death by doing what I do with angioplasty. To be able to do that, and reverse what is invariably a death sentence, that's something that excites me and motivates me to do better. Each time I get called in at 3am, and I fix the heart and the patient is alive, it really is a privilege to be placed in this position, to be able to help someone like that. I'm thankful for the opportunity," he added.

At the end of the day though, it's not the money that keeps Julian in this line of work. "Many people do their work in most part because it pays the bills, so I feel privileged and blessed to have found this niche, to be able to do work that I'm good at and tremendously passionate about."

INFECTIOUS DISEASE MANAGEMENT OF THE YEAR IN ASIA-PACIFIC

ROPHI CLINIC

Rophi Clinic was established in 2012, first in Mt Elizabeth Novena Hospital at the Specialist Centre by Dr Leong Hoe Nam. It was primarily an infectious diseases practice. In 2020, the clinic expanded to Gleneagles when Dr Ling Li Min, joined the practice. In 2021, the practice expanded to Mt Alvernia with another branch in the hospital.

Rophi Clinic sees patients with infectious diseases condition and general medical conditions. We specialize in fever, infected wounds and sepsis. We typically consult for conditions such as chickenpox, dengue fever, cellulitis, chikungunya fever, cellulitis, endocarditis (infection of the heart valves) and pneumonia.

Infections cut across all disciplines and an infectious diseases physician is often prized to provide an over-arching view of a patient's medical condition. We try to rationalize treatment.

The clinic also offers practically all types of vaccinations as well. This includes age based vaccinations eg MMR (measles mumps rubella), pneumococcal vaccinations, influenza, chickenpox vaccinations, as well as specific travel vaccines eg meningococcal, yellow fever, cholera vaccination. Other common vaccines we routinely provide include shingles and pertussis vaccination. Many students come through our clinic to discuss vaccination as a requirement for overseas travel, and we assist in endorsing vaccine / health certificates required of institutes of higher learning overseas. Often, this would include assessment for tuberculosis. We routinely help foreign workers who need certification for clearance of infectious agents, includ-



Dr Leong Hoe Nam

ing malaria and tuberculosis.

Sexually transmitted diseases are caused by infections, and they fall under the purview of our clinic. We treat gonorrhoea, chlamydia in all individuals including pregnant women. These conditions are treated discreetly.

The clinic also sees patients with HIV. This may be pre-exposure or post-exposure prophylaxis or treatment in established HIV infections.

Many individuals with severe sepsis or prolonged hospital stays develop complicated nosocomial (hospital acquired) infections. These individuals often require prolonged courses of antibiotics, treating multiply or extensively resistant bacteria. Both Dr Leong and Dr Ling are experienced doctors who are both key opinion leaders and thought leaders in the management of patients with multi-resistant bacteria.

Dr Leong Hoe Nam, is a trained infectious diseases physician from Singapore. He was a graduate of NUS Yong Loo Lin School of Medicine and completed his infectious diseases

training in Singapore. He was trained in both Singapore General Hospital and Tan Tock Seng Hospital. In 2010, he left governmental practice to Raffles Hospital for private practice before setting up Rophi Clinic in 2012 on his own. His opinions are highly sought after by media, press, and international press. His comments, videos are quoted extensively and widely.

Dr Ling Li Min, was a Senior Consultant at the National Centre for Infectious Diseases (NCID) and Tan Tock Seng Hospital (TTSH) where she led the Intensive Care Multi-Disciplinary Infectious Diseases service since 2009 and Haematology-Infectious Diseases service since 2018.

She completed her specialist training in 2007 and furthered her subspecialty training in infections in ICU and haematology patients at The Alfred Hospital and Peter MacCallum Cancer Centre in Melbourne, Australia. Since then, she has been caring for a wide range of patients, in particular the critically ill or immunocompromised hosts.

At NCID, together with fellow health care workers, she has cared for COVID-19 patients in ICU and general ward settings. She was a co-investigator for the Adaptive Covid-19 Treatment Trials (ACTT-1, ACTT-2, ACTT-3) and the lead for the COVID-19 Immunomodulatory Clinical workgroup at TTSH.

She was the founding Programme Director for the TTSH Infectious Diseases Senior Residency Programme, as well as an awardee of the Clinician Scientist Career Scheme from 2014 to 2017.

The clinic has a social media presence with TikTok and Youtube as rophiclinic.

CHANGING THE GAME OF PERFORMANCE PHYSIOTHERAPY TREATMENT . THERAPY . TRAINING

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TRAINED provides a holistic approach to wellness at work, and fitness to function; for employees to feel more appreciated, motivated and supported, focusing on a more balanced physical and mental health - indirectly motivating them to perform better at work and in their daily life.

CLUBS & ASSOCIATIONS

TRAINED is a huge supporter of competitions from professional to amateur sports teams (clubs), coaches (practitioners), sports clubs (enablers), and sports institutions, councils and national bodies (advocates) through exercise medicine in sports.



THE TRAINED APPROACH

TRAINED TREATMENT

The human body is a well-designed machine that is fascinating as it can exert very high performance but is also very fragile at the same time. The fragile aspects of the human body make it susceptible to damages when overused, requiring extensive time in recovery.

Since its inception in 2018, TRAINED has been focused in bridging the gap between physiotherapy and sports rehabilitation and physical training; undertaking major assignments in sports and exercise medicine, focusing on the diagnosis and management of exercise-related injuries - covering various therapy settings ranging from clinical physiotherapy and recovery, sports and performance physiotherapy, orthopedics and joint injury management, inpatient, acute and sub-acute care and chronic cases for the general public of all ages as well as sports professionals..

Through these experience and refined methods, TRAINED experts are able to bridge the gap between rehabilitation and performance - targeting not only the patient's recovery, but also the prevention of future injuries through advanced diagnostics tools designed to perform a careful clinical examination, combined with a thorough degree of additional functional assessments - studying the many factors that could have contributed to the injury including the various demands of the sport and physical activities concerned, taking into account the functional stresses and injury patterns of the particular sport in order to achieve the exact diagnosis of each patient.

TRAINED's methodology in approaching its treatment protocols make them a proven player in the industry for sports rehabilitation and have continuously been recognized as the Top Physiotherapy Facility in Kuala Lumpur, most recently winning the 2021 Asia Pacific Innovative, Health, Sport & Wellness Centre Of The Year, awarded by The Global Health Asia Pacific Magazine.

TRAINED THERAPY

TRAINED provides an element that is often overlooked, but is highly necessary especially for injury prevention of any individual - a sports-spa like environment focusing solely on full-body recovery through various technology such as Cryotherapy, Oxygen Therapy, Infrared Sauna Therapy, Heat Therapy and many other relaxing & rehabilitative array of equipment.

Recovery is proven to be an important aspect in maintaining the engine of the machine that is our human body - as it helps by improving our daily performance through increasing the flexibility of the body, reducing body inflammation by improving the blood circulation, and most importantly helps in promoting restful sleep indirectly affecting an individual's mental health and wellness.

Each session can usually go up to 3-hours long at TRAINED and it makes it all feel very worth it.

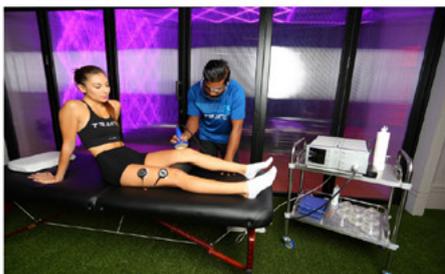
TRAINED TRAINING

Exercise medicine in sport is a relatively focused medical specialty that revolves around creating the most optimum medical care for individuals undergoing various exercise programs, structured in a well-designed manner that will contribute greatly to the prevention of morbidity associated with prolonged inactivity.

The practice of medicine in TRAINED's exercise programs are designed in a sport-specific environment - training you for the functional stresses and demands of the sport that you play, delivered effectively by a well-integrated, experienced multidisciplinary team, undoubtedly creating a significant positive impact on performance of individuals, tailored to you specifically no matter the age, body-type, or background.

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- BALANCE ASSESSMENT
- IN-BODY COMPOSITION TESTING

RECOVERY MODALITIES

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- SAUNA THERAPY
- SHOCKWAVE THERAPY
- LASER THERAPY
- OXYGEN THERAPY
- GOLD BAR HEAT THERAPY
- RAINBOW HEAT THERAPY
- GRASTON TECHNIQUE
- DRY / WET CUPPING
- ACUPUNCTURE
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METABOLIC CENTRE OF THE YEAR IN THE ASIA-PACIFIC

ARDEN ENDOCRINOLOGY SPECIALIST CLINIC

The Arden Endocrinology Specialist Clinic, located at Mount Elizabeth Novena Hospital, strives to provide holistic, comprehensive, and up-to-date therapies for all endocrinological conditions, particularly diabetes, thyroid, and adrenal problems. Established in 2014, the clinic is led by Dr Ben Ng Jen Min.

Dr Ng graduated from the Queens University of Belfast Northern Ireland, United Kingdom (UK) where he completed his postgraduate training and earned the certificate of completion of training (CCT) from the Royal College of Physicians (UK) with dual accreditation in diabetes and endocrinology and in general internal medicine. In 2010, he was awarded an MD with honours by the University of Hull, UK, in recognition for his research in diabetes mellitus.

Dr Ng is the former Vice President of the Diabetes Society of Singapore and was a visiting consultant endocrinologist at Changi General Hospital. He previously held an appointment as an Assistant Adjunct Professor in research at Duke-NUS, the region's premier postgraduate medical school. He is a clinical Assistant Adjunct Professor at the Yong Loo Lin School of Medicine, Singapore, while also serving as the guest editor for the acclaimed peer reviewed Journal of Diabetes Research.

His medical expertise encompasses a wide range of endocrinological problems including diabetes mellitus, obesity, and thyroid disorders, as well as



Arden Endocrinology Team Member

androgen, reproductive, adrenal, and pituitary diseases. Dr Ng has a special interest in patients with diabetes mellitus, particularly in the early stages of glucose intolerance, patients with Type 1 diabetes, and those who require intensive insulin therapy.



MULTI SPECIALITY CENTRE OF THE YEAR IN THE ASIA-PACIFIC

HEALTHWAY MEDICAL GROUP

From our beginnings in 1990 in primary healthcare, Healthway Medical Group has grown to become a respected medical group in Singapore. With over 100 clinics and medical centres, Healthway has a wide network of medical centres and clinics in the country. We offer comprehensive services including GP and family medicine clinics, health screening, adult specialists, baby and child specialists, dental services and allied healthcare services.

Healthway Medical Group puts patients first, and places them at the core of our healthcare ecosystem. We leverage innovation and technology for integrated health management that benefits our patients with convenient access to affordable, comprehensive, holistic treatments and preventive healthcare, from birth through all their life stages. By engaging and empowering our patients, we give them the autonomy they need over their health matters to help them optimise their health and well-being.

Healthway Medical Group embraces technology with integrated smart healthcare systems to improve accessibility and patient care. The Healthway Medical App was launched in 2020, offering teleconsultation services for both family medicine and specialist clinics. Through the integration with our proprietary Clinic Management System, the App provides a fully digitised patient journey to complement our island-wide clinic network.



Mr Varun Panjwani & Mr Ayush Johari

Patients can enjoy safe and convenient access to teleconsultation across a broad spectrum of healthcare services, ranging from primary care to specialist services like paediatrics, psychology and gastroenterology.

Our core division, the primary healthcare division, is one of the largest private clinic networks in Singapore, comprising family medicine and dental services. We have over 60 GP and dental clinics across the island that provide outpatient medical services to private patients as well as corporate clientele. The primary healthcare division also includes our Healthway Japanese Medical and Dental arm, which consists of an experienced and dedicated team of Japanese

personnel providing a full range of services such as health screening, vaccinations, and GP services to the Japanese community in Singapore.

Our health screening centres complement our core division by providing a comprehensive range of health screening packages tailored to the individual who prioritises quality and convenience. Our medical professionals offer personalised recommendations and treatments to uncover key insights about an individual's current health status and identify any future risks for early intervention.

We offer an extensive range of medical check-ups at these locations:

- Healthway Screening @ Downtown
- Healthway Screening @ Centrepoint

Healthway Medical Group also offers a range of comprehensive specialist disciplines through the Nobel Medical, SBCC, and Island Orthopaedics brands. Our panel of medical specialist consultants, with advanced education, clinical training and experience in a specific area of medicine, aims to give our patients convenient access to specialised, comprehensive, holistic treatments and preventive healthcare.

NEURO SURGERY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

NEURO ASIA CARE

Neuro Asia Care is a specialist neurosurgery clinic based at Mount Elizabeth Medical Centre Singapore, with a special focus in awake and minimally invasive brain tumour surgery and functional neurosurgery, including deep brain stimulation and microvascular decompression.

The clinic's team is passionate about providing personalised care matched to patients' needs and priorities and believes in delivering quality care and excellent outcomes. It also works across disciplines with other domain experts to provide seamless and holistic care.

The medical director and founder of Neuro Asia Care, Dr Nicolas Kon, is a consultant neurosurgeon and Adjunct Associate Professor at the Yong Loo Lin School of Medicine, National University of Singapore.

He graduated in the UK and trained in some of the best neurosurgery centres in the UK and North America. He also has a PhD from Imperial College London and is a Fellow of both the Royal College of Surgeons of Edinburgh and the Academy of Medicine.

He has been actively involved in research to further the field of neurosurgery and is the author of more than 90 peer-reviewed publications as well as book chapters, while also holding several patents. He has been the principal investigator in many clinical trials and the recipient of national and international research grants. He also serves on the ethics board of the Centralised Institutional Review Board.



Dr Nicolas Kon

Deep brain stimulation for Parkinson disease and essential tremor

Dr Kon performs deep brain stimulation surgery, which is a gold standard treatment for patients with Parkinson disease and essential tremor patients who are not responding satisfactorily to medication. He completed his fellowship training in functional neurosurgery with one of the world's foremost neurosurgeons. He has performed deep brain stimulation for many patients with Parkinson disease and essential tremor. He was the co-founder of the National Neuroscience Institute's Centre for Deep Brain Stimulation.

Microvascular decompression for trigeminal neuralgia and hemifacial spasm

Dr Kon also specialises in the treatment of patients with trigeminal

neuralgia (facial pain) and hemifacial spasm (facial twitch) through a surgical procedure called microvascular decompression which can be curative. In addition, he also provides non-invasive treatments such as gamma knife radiosurgery.

Special approaches for brain tumour

Minimally invasive surgery

He is also a specialist in the use of minimally invasive surgery of the brain and is the first neurosurgeon in Asia to introduce the use of minimally invasive neurosurgery using the Brainpath MIPS surgical technology. He has trained many surgeons in Asia and Europe in the use of these advanced techniques.

Awake surgery

For some complex brain tumours that are hard to reach or near important brain centres controlling speech or movement, complete safe removal of these tumours may be difficult or impossible without specialised techniques. Dr Kon leads a dedicated and passionate multilingual team that uses awake surgery to make these complex surgeries possible, providing new treatment options.

BEST MARKETEEER OF THE YEAR IN SINGAPORE 2021

ELAYNE SOH

Elayne Soh is the CEO of Beyond Medical Group, an investment holdings group dedicated to building iconic healthcare brands from the point of conceptualisation to management, ensuring that the clinics remain profitable and competitive. They provide logistic, organisational and administrative support so that their doctors can concentrate purely on clinical work and patient care delivery.

Elayne Soh has over 10 years of experience within the realm of healthcare management, from partners relations and business development to account management, and has helped several brands successfully grow their patient base and secure patient loyalty.

Prior to the Beyond Medical Group's inception in 2013, Elayne served as the Deputy Director in Partnership Development, Strategy Planning & Business Development with Luye Medical Group, she was the manager of the Doctors' Engagement Team with Parkway Medical and held a managerial position in Partnership Development at Tan Tock Seng Hospital. She attributes her growth to the cumulation of these experiences and mentorships from doctors who have watched and guided her professional development.

Elayne leads the Beyond Medical Group team and calls them her "3D" Beyond Warriors — Diverse, Digital and Dynamic. "With a strong and supportive work culture, my team can overcome many hurdles and together, we stand proud to smell many of our



Elayne Soh

successes", she explains.

When asked what her greatest motivations were for getting the company to where it is today, CEO Elayne Soh quoted American footballer Antonio Brown, "There's always going to be growth, improvement and adversity. You just have to take it all in and do what's right, continue to grow, continue to live in the moment."

The CEO and mother of two continues to thrive and stands by the principle that there are two things in life we have control over — our attitude and efforts. She hopes this inspires her children when they're older, showing

them that there is no goal too far to reach and that they can achieve anything they set their minds on.

OBSTETRICS AND GYNAECOLOGY CLINIC OF THE YEAR IN THE ASIA-PACIFIC

KIERAUNIV INTERNATIONAL CLINIC FOR WOMEN

A favourite amongst the expats in Singapore as well as international medical tourists from abroad, Dr Dharsh is an obstetrician and gynaecologist who has the uncanny ability to make her patients feel immediately at ease.

Already well known amongst all her patients for her genuine warmth and keen ability to bond with them on a personal level, consultations with Dr Dharsh end up feeling like a visit with a dear friend. Dr Dharsh is experienced performing both natural childbirth and necessary caesarean sections. She has extensively trained in gynaecological surgery (hysterectomies, myomectomies, cystectomies), laparoscopic (key-hole) procedure and has a keen interest in hysteroscopic surgeries (a non-invasive procedure to surgically treat small masses within the womb). Her clinical practice has performed many successful intra uterine inseminations in the process of fertility management.

Dr Dharsh was born in the United Kingdom and educated in Singapore. She graduated from the Faculty of Medicine, National University of Singapore (NUS), with a Bachelor's degree in Medicine and Surgery. She subsequently went on to obtain her Masters in Obstetrics and Gynaecology and became a Member of the Royal College of Obstetricians and Gynaecologists (United Kingdom). Dr Dharsh was a clinical teacher and examiner with the Dept of Obstetrics and Gynaecology, NUS. She has conducted clinical skills



Dr Dharshini Gopalakrishnakone

workshops to train medical students and young doctors in obstetrics management. She was made Chief Registrar in 2011 at the National University Hospital. An avid orator, Dr Dharsh regularly participates at local and international O&G conferences.

She has presented her research works at international conferences in Greece, Beijing and Kuala Lumpur. She won the first prize for Oral Presentation at the SICO (Singapore International Congress on Obstetrics and Gynaecology) in Aug 2011 for her paper on encephalitis related to ovarian dermoid cysts. A prolife advocate,

she has also published research on the incidence of Chlamydia Trachomatis in post-abortion females in Singapore.

As the Medical Director of Kierauniv International Clinic for Women at Mount Elizabeth Novena Specialist Centre, Dr Dharsh leads her staff in ensuring the delivery of premium healthcare to their clients.

The Kierauniv International Clinic prides itself in ensuring that patients feel welcome, safe and in the best hands. Every couple's journey is unique and special and the clinic and staff absolutely love spoiling their patients. They take the time to listen and understand the individual path that every mother-to-be takes on her way to delivering her precious child.

A proud mother of three beautiful girls, Dr Dharsh knows of the immense joys that motherhood can bring. The Kierauniv clinic name itself is a lovely collage of the names of her girls. Dr Dharsh takes great pride in taking her patients through the wondrous journey of pregnancy and being a strong breastfeeding advocate and confidante thereafter. She currently delivers and performs her surgical procedures at both Mt Elizabeth Novena Hospital and Thomson Medical Centre.



KIERAUNIV INTERNATIONAL
CLINIC FOR WOMEN



Pregnancy. Fertility.
Menstrual Issues.
Teenage Girl Puberty Issues.
Well Women Check-ups.
Post Break-up Tests.

(honey we will test everything)

24 HOUR DELIVERY SERVICE AVAILABLE!

(we really hope you get our kind of humour)

KIERAUNIV INTERNATIONAL CLINIC FOR WOMEN

@Mount Elizabeth Novena Specialist Centre

Call or Email us for an appointment and our friendly front desk staff (when she's sober) will schedule a consultation for you with Dr Dharsh right away.

Dr Dharsh is a mom of 3 **and** an ObGyn, so nothing scares her anymore.

Telephone: +65 6694 0755 (Office Hours: Mon-Sat 8.30am-4.30pm)

Email: docdharsh@gmail.com (24 hours)

Address: Suite #11-48, Mount Elizabeth Novena Specialist Centre S(329563)

For more information about our services,
please visit our website at: **www.drdharsh.com**

OBSTETRICS & GYNAECOLOGY CLINIC OF THE YEAR IN THE ASIA-PACIFIC

QUEK OG & COSMETIC GYNEACOLOGY CLINIC

Dr Quek Yek Song's obstetrics and gynaecology clinic at Columbia Asia Hospital Iskandar Puteri and Tebrau, Johor, Malaysia, takes a holistic approach to treatment, customising its services to each individual's needs while providing a fusion between the traditional practice of O&G and cosmetic gynaecological art. This, Dr Quek says, is what makes his clinic special and different from others in the field. He won this award twice in 2020 and 2021.

He obtained vast experiences from Hospital Sultanah Aminah Johor Bahru and University Malaya Medical Centre as a specialist and clinical lecturer. From these two state and national excellence medical centres, he was able to explore in obstetric care, ultrasound scan, gynaecological operation, laparoscopic surgery, fertility works, and master it.

He persistently explored more into laparoscopic surgery included robotic surgery in World Laparoscopic Hospital, India and won the 'TOP GUN' competition and obtained the TOP-GUN award. There is no end in searching solution for women. He learned different procedures and surgical skills in cosmetic gynaecology. Furthermore, he created and published a non-suture method for skin closure in caesarean section and a new surgical method to correct diastasis recti during caesarean section. With his new experiences, he was invited multiple times as international speaker and faculty member to share the new ideas.

Currently, he had brought in new treatment laser therapy to handle



Mr Narender Panjwani & Dr Quek Yek Song

issues like vaginal atrophy, vaginal or uterine prolapse and urinary incontinence into Columbia Asia Hospital Iskandar Puteri and Columbia Asia Hospital Tebrau. Laser therapy is a non-invasive daycare therapy and doesn't require any pre-operative preparation or fasting. With the new approach, women can be more pro-active to overcome these issues without going through invasive procedures. Another new treatment is platelet rich plasma (PRP) injection. It can be used to treat scars, urinary incontinence, and vaginal atrophy. This PRP therapy is to mimic the physiological healing process that is able to trigger rejuvenation and promote better healing.

Furthermore, he also performs different type of cosmetic gynaecology surgeries such as hood reduction, labiaplasty, perineoplasty, vaginal tightening surgery to restore the perineal function and outlook.

As an adjunct senior clinical lecturer at the Jeffrey Cheah School of Medicine and Health Sciences, Monash Univer-

sity Malaysia, he documented and collected all these new treatment data and outcome for future presentation and publication.

"This award is a great encouragement for me to move forward and do better. I love learning new ideas and I enjoy my field of specialisation. At the same time, I wish to achieve great things and give back to communities," he said.

When performing an operation, Dr Quek not only follows a conventional approach to surgery, he also looks for new ways to solve the patient's issue. He adopts new ideas and methods such as injections, lasers and rejuvenation to recover or enhance function in order to bring about better outcomes.

"We don't just want to complete the task, we also want to add value by making recovery as natural as possible or perhaps even return it back to the original state, if possible."

For this approach to work, Dr Quek has constantly upgraded his knowledge, especially on new skills and findings.

Having now received the award, he pledges to maintain the high-quality services he offers while also reaching out into the community to provide pro-active public health awareness. He also intends to develop a collaborative approach to contributing to medical research and development.

"Women's perception and perspective towards quality of life have advanced to a higher level. Instead of living a life, as a gynaecologist, we shall work together with women to savour the flavour of life."

COLUMBIA ASIA

Columbia Asia Hospital – Tebrau

COSMETIC GYNECOLOGY LASER TREATMENT

美容妇科 激光疗法

Improve quality of life

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RM1,268.00

per session for each treatment

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DR. QUEK YEK SONG (COLUMBIA ASIA ISKANDAR PUTERI)

DR. ELIZA MOHD NOOR (COLUMBIA ASIA TEBRAU)

07-2339938

07-2729999

OBSTETRICS & GYNAECOLOGY CLINIC OF THE YEAR IN THE ASIA-PACIFIC

DR SHARIFAH CLINIC FOR WOMEN & LAPAROSCOPIC SURGERY

The team at Dr Sharifah Clinic for Women & Laparoscopic Surgery felt truly honoured to be awarded the Obstetrics & Gynaecology Clinic of the Year in the Asia-Pacific prize for the second consecutive year. We thanked our patients for giving us excellent reviews of our services. This award further affirmed our continuous efforts to strive for excellence to deliver the highest quality of safe patient care while ensuring the best experience to our patients.

The essence of winning this award centered primarily on our concerted, strong team efforts to provide the best quality patient-centered services. Our team is always ready to walk the extra mile for our patients to provide holistic, patient-centered care for every patient who walks into our clinic. We treat every patient with respect and see them as part of our family members and friends in need. We always strive to extend personalised care to every patient beyond their primary medical or surgical conditions, sometimes even beyond the 'hospital walls.' We acknowledge that every patient has unique and intricate health needs, influenced by the complex interplay between their physical, mental, and social well-being. We give special attention to details surrounding our patients' lives and to the dynamics of their relationship with their family members or neighborhoods when we need to tap into the support system around them.



Dr Sharifah Halimah Jaafar

The healthcare services we provide go by the principle of evidence-based medical practice. We always aim to empower our patients with a better understanding of their medical and surgical needs to improve their competence in decision-making for their health through unhurried, open discussions, detailed explanations on available treatment options, including the pros and cons of each option. Such an approach enabled us to build a firm and trusted patient-doctor relationship, which removes all barriers to ensure compliance with the subsequent treatment.

As part of our efforts to enhance our expertise in women's health, we focused our services specifically in the field of minimally invasive surgery

in gynaecology, particularly in the management of pelvic pain in women, endometriosis, uterine tumours, reproductive problems, and infertility. We ensure that informed consent is taken from our patients after thorough discussions and counseling, with them fully understanding the benefits and risks involved. For all elective procedures, we make it a point to give our patients no less than a week to consider before making their decisions. We respect and are aware that it is the right of our patients to seek a second opinion over their health issues. Thus, we always encourage our patients who appear hesitant or indecisive to seek a second opinion. We are always happy and ready to facilitate them down such a path as part of their decision-making process.

The landscape of medicine evolves constantly and quickly due to the advancement in medical technology, with new discoveries and evidence helping to improve our understanding of disease processes and treatment options. The only way to ensure and enhance the delivery of quality health care services to our patients in today's world is for us, the healthcare providers, to keep up with such progress and innovations through continuous active learning, including the need to unlearn and relearn, and participation in regional and international collaboration with other like-minded healthcare providers.



Dr Sharifah Halimah Jaafar

M.D.MMed O&G (Mal), AM (Mal), AAAM (USA)

MMC No 29950 NSR 123764

Gynaecologist, Pelvic Pain Specialist, Advanced MIS Surgeon



Quality & Personalised
Care for Women



Our Service

1. Management of Pelvic Pain
2. All Spectrum of Endometriosis
3. All Spectrum of Uterine fibroid & tumour
4. Ovarian cysts & tumours
5. Reproductive Medicine, Infertility & IVF
6. Advanced Minimally Invasive Surgery
7. Diagnostic & Operative Hysteroscopy
8. Adolescent Gynaecology
9. Aesthetic Gynaecology
10. Screening & Management of Early Gynaecological Cancers



 Dr Sharifah Clinic for Women & Laparoscopic Surgery

 @drshj_clinic  drsharifahclinic

 Dr Sharifah Clinic  Dr Sharifah Halimah Jaafar

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OPHTHALMOLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

LANG EYE CENTRE

Lang Eye Centre is a comprehensive one-stop eye specialist centre for treating eye disease. Lang Eye Centre is committed to providing high quality eye care and treatment and offers the latest and most advanced cutting-edge treatments to help patients get the best outcomes for their eye condition.

Lang Eye Centre is helmed by renowned Senior Ophthalmologist Dr Leonard Ang. Dr Ang has pioneered many cutting-edge treatments for complex blinding eye conditions, and has won numerous awards for his groundbreaking work in ophthalmology.

He was previously an Associate Professor at the Singapore National Eye Centre (SNEC) and the Department of Ophthalmology at Yong Loo Lin School of Medicine, National University of Singapore (NUS), and was the Principal Investigator and Group Leader of the ocular surface stem cell and tissue engineering programmes at SNEC and the Singapore Eye Research Institute.

He is an internationally renowned eye surgeon who specialises in advanced cataract surgery, cornea disease treatment, cornea transplantation, glaucoma treatment, retinal disease treatment, stem cell transplantation, complex eye disease treatment and refractive surgery (LASIK, Epi-LASIK, LASEK and Implantable Contact Lens).

Having completed his specialist training in Singapore, he completed advanced training fellowships at prestigious eye centres around the world, including University of Pennsylvania School of Medicine in USA, Kyoto Prefectural University of Medicine in Japan, and Harvard Medical School, Massachusetts Eye and Ear Infirmary



Dr Leonard Ang

in USA. He is one of the few doctors in Singapore to be conferred the Doctorate of Medicine degree.

Dr Ang's achievements include pioneering new methods for cornea and stem cell transplantation. He pioneered the use of serum-free derived bioengineered conjunctival tissues for treating eye diseases, as well as bioengineered oral (mouth) stem cell transplantation for severe cornea disease. He performed the first series of Artificial Cornea (Boston keratoprosthesis) transplantations in Singapore and Southeast Asia for complex eye disease, and has helped to restore the vision of local and international patients with blinding eye diseases.

Dr Ang was awarded the prestigious Singapore National Academy of Science Young Scientist Award in 2005, Singapore's highest honour in Science and Technology. He has won 30 international and local scientific awards for his outstanding work in ophthalmology, including the NUS Young Scientist Award, NUS Research Excellence Award

and the Singapore Clinician Investigator Award. He has written more than 90 articles in international journals and scientific publications, seven book chapters and has given more than 130 conference presentations.

Our Services

Lang Eye Centre provides a comprehensive range of eye services, including:

- **Cataract screening and advanced cataract surgery** - using the latest advances in technology (e.g. bladeless surgery, computer assisted cataract surgery) and premium lenses to correct all refractive errors (e.g. myopia, astigmatism and presbyopia or lao hua) and achieve the best and safest outcome for patients
- **Retinal disease screening and treatment**
- **Age-related macular degeneration and retinal detachment treatment**
- **Glaucoma screening and treatment**
- **Cornea transplantation** – we offer the latest techniques in corneal transplantation, including Anterior lamellar keratoplasty, Posterior lamellar keratoplasty or Endothelial keratoplasty, Artificial Cornea Transplantation (Boston keratoprosthesis)
- **Refractive surgery** including iLASIK (bladeless customised wavefront-guided LASIK), Implantable Contact Lens Surgery and Correction of Presbyopia (Lao Hua). Our treatments are customised to help patients achieve the best visual result and spectacle freedom.
- **Stem cell transplantation for complex eye diseases**
- **Childhood eye disease treatment and myopia control**

OPHTHALMOLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

ASIA RETINA

Asia Retina – Shaping vision care for our future

Asia Retina Eye Surgery Centre was established to provide comprehensive and quality vision care with a special emphasis on retinal care. Our retina is the innermost lining of our eyes and houses all the photoreceptors which are critical for good vision. Our retina is irreplaceable and any damage to the retina is often irreversible. In fact, many people are unaware about the true importance of the retina and the steps we can take to preserve our retinal health. At Asia Retina, we use modern technology and innovative solutions to provide optimal eye care for all; and it is our mission to spread awareness about eye and retinal health, as well as proactive steps that everyone can take to achieve eye wellness.

Asia Retina is helmed by Dr Claudine Pang, an eye surgeon of more than 18 years of experience and multiple international fellowships in New York, Vancouver and London. With vast experience from across the globe, Dr Pang is passionate about providing quality eye care focused on these key aspects:

1. Offering highly customised treatments for each individual's needs
2. Providing dedicated eye care with personalised attention
3. Employing state-of-the-art equipment and innovative solutions for better diagnosis and treatment
4. Helping underprivileged societies locally and overseas by making free eye care accessible to them



Dr Claudine Pang

Asia Retina is known for its key services which include:

1. Retinal diseases including retinal tears, detachment and floaters
2. Treatment of macular degeneration, macular hole and epiretinal membrane
3. Progressive cataract treatments that eliminate spectacles for astigmatism and presbyopia
4. Glaucoma screening and treatment including minimally-invasive glaucoma surgery
5. Dedicated myopia control for children and adults
6. Eye wellness enhancing techniques including novel dry eye therapy

Known for its innovative spirit, Asia Retina has also created Singapore's first mobile app for eye health. This free app allows users to perform simple self-assessment eye tests including visual acuity, colour vision, macular function and dry eye assessment; keep a personal profile of your eye medical records, set phone reminder alerts for instilling eye drops on schedule and read about eye-related articles. We believe that this app is a step towards better patient awareness of their eye health.

Recently, Dr Claudine Pang launched the first eye health book of its kind entitled 'Eye Care For All', a richly illustrated text meant for public readers of any level. This book compiles a list of the most common eye symptoms and conditions that affect our population in an easy-to-read guide so that readers may be able to find the answers to their burning questions about eye health. This book is sold at all major bookstores, magazine stands and online at www.eyecarewith-outbound.com/shop.

ORTHOPAEDIC MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

ADVANCED ORTHOPAEDIC & SPORTS CENTRE

Advanced Orthopaedic and Sports Centre (AOSC), located at Mount Elizabeth Novena Specialist Centre, is a trusted name for cutting-edge, yet affordable care for patients with musculoskeletal disorders and sports injuries. As a one-stop specialist centre, everyone undergoes comprehensive evaluation, management, and rehabilitation to ensure timely and appropriate care. In the area of sports medicine, the centre aims to restore every individual to top level performance so that they can do the activities they love. Another focus area is joint preservation, as the team strongly believes that there's no better joint than the body's native joint. The surgeons have performed and pioneered many advanced procedures to enhance the reparative processes of the body and to restore the function of native joints. In cases of advanced disease, they are proficient in joint replacements, using the latest technologies and prosthesis designs, to replicate the body's native joint in the best way possible. This helps to maximise the lifestyle of their patients, so they continue to lead meaningful lives.

AOSC was founded by Dr Poh Seng Yew, an internationally renowned clinician with 18 years of clinical experience, who also serves as medical director. Dr Poh previously served as the Director of Sports Service and Senior Consultant Orthopaedic Surgeon at Singapore General Hospital (SGH), Singapore's largest tertiary hospital. Dr Poh also held concurrent appointments as Chief of the Sport and Exercise Medicine Service at SGH, Singhealth Duke-NUS Sport and



Dr Poh Seng Yew

Exercise Medicine Centre. He remains a Visiting Consultant to Singapore General Hospital, Sengkang General Hospital and Kangkar Kerbau Women and Children's Hospital (KKWCH).

Dr Poh has special interest in hip preservation surgery, having developed his passion during his year-long speciality fellowship training in hip surgery and sports medicine, in Orthopädische Chirurgie München (OCM), in Germany under Professor Michael Dienst, one of the pioneers in hip arthroscopy in Europe. In addition, he has undergone hospital visitations and exchanges in the United States, Germany, Italy, Japan, Taiwan, and Southeast Asia, to learn and share the latest techniques in shoulder and

elbow surgery, hip arthroscopy, osteotomy, hip and knee arthroplasty and trauma.

While in SGH, Dr Poh established the Singhealth Joint Hip Preservation Service, to optimise the care of hip patients across all Singhealth hospitals. Hip preservation focuses on interventions to treat hip disease with the aim of preserving the native hip joint and delaying or preventing hip arthritis and the need for hip replacement. These include techniques such as hip arthroscopy, open surgical dislocation, and peri-acetabular osteotomy. Dr Poh is one of the highest volume hip arthroscopy surgeons in Southeast Asia, having performed over 500 such procedures to date. He has also pioneered many novel procedures in Singapore, including arthroscopic hip labral reconstruction, arthroscopic assisted femoral head and neck fracture fixation, peritrochanteric hip abductor repair, and vascularised fibula grafting for avascular necrosis of the hip.

Dr Poh also performs complex knee arthroscopy, osteotomy, multi-ligamentous ligament reconstruction, meniscal reconstruction, cartilage resurfacing as well as complex shoulder arthroscopy, open shoulder reconstruction, and shoulder arthroplasty. He has a high volume of hip and knee arthroplasty, and he's adept at using the latest techniques, such as robotic assisted surgery, patient specific instrumentation and navigation. Dr Poh remains an active trauma surgeon and represents Singapore as the Community Development Officer for the AOTrauma Singapore Council.



ADVANCED
ORTHOPAEDIC AND SPORTS CENTRE

GET BACK TO DOING WHAT YOU LOVE

"IT GIVE ME GREAT SATISFACTION TO BE ABLE TO PROVIDE APPROPRIATE, TIMELY AND PERSONALISED CARE FOR OUR PATIENTS."

Dr Poh Seng Yew

Senior Consultant Orthopaedic Surgeon



We value every patient as a distinct individual with unique medical needs. We endeavor to offer the best healthcare services for your needs. We pride ourselves on providing the most personalised clinical care possible and treatment outcomes. We've got everything for you!

Conditions We Treat

- Hip Osteoarthritis
- Adult Hip Dysplasia
- Snapping Hip
- Femoroacetabular Impingement
- Avascular Necrosis Of The Hip
- Frozen Shoulder
- Rotator Cuff Tears
- SLAP Tears
- Cervical Spondylosis
- Lower Back Pain
- Meniscus Tears
- Anterior Cruciate Ligament (ACL) Injuries
- Knee Osteoarthritis
- Bunions
- Elbow Instability



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+65 6592 5522



ORTHOPAEDIC MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

SPECIALIST ORTHOPAEDIC CENTRE

Our mission at the Specialist Orthopaedic Centre is to help our patients lead quality lives through effective orthopaedic care. That's why our orthopaedic clinic in Singapore was founded on our team's shared desire to help people suffering from musculoskeletal injuries through orthopaedic surgery, rehabilitation, and other non-surgical treatment options. We believe in caring for our patients in the same way we would care for a family member. If there is an orthopaedic injury that is keeping you from doing the things you love the most, you can trust that we will put our experience, expertise and empathy to work for you.

With more than 18 years of experience in orthopaedic surgery, our patient-centric approach to specialist care provides comprehensive treatment for both routine and complex orthopaedic conditions. Our emphatic way of providing medical care to our patients is the pride of our orthopaedic clinic.

Our orthopaedic doctor

Dr Kannan Kaliyaperumal, an orthopaedic surgeon in Singapore, with expertise in reconstructive lower limb surgery, is one of the few subspecialists in this field in the ASEAN region. His research interests in cartilage regeneration and the therapy of cartilage defects lead him to perform the first successful artificial scaffold repair for a talus osteochondral defect in the ASEAN area in 2013. Dr Kannan has also written several articles in international peer-reviewed publications and presented at various local and international symposiums. As a result, he



Dr Kannan Kaliyaperumal

is dedicated to providing his patients with high-quality orthopaedic care.

Our services

- Knee Conditions
- Robotic partial and total knee replacement
- Sports arthroscopic knee ligament and tendon injuries
- Cartilage preservation surgery
- Knee deformity correction
- Meniscus and ACL reconstruction
- Ankle and foot conditions
- Keyhole MIS bunion and forefoot correction surgery
- Arthroscopic keyhole ankle ligament repair
- Flatfoot / high arch correction
- Sports ankle surgery and rehabilitation
- Achilles and hindfoot heel pain treatment
- Ankle cartilage / arthritis treatment
- Pediatrics
- Limb length management
- Gait(walking) correction
- Flatfeet correction

- Prescription of orthotics and insoles
- Pediatric trauma
- Trauma care
- Lower limb fracture care and surgery
- Complex trauma revision surgery
- Casting and non-surgical fracture care
- Geriatric trauma fixation
- Osteoporosis management

Why you should choose us

Professional

With more than 18 years of Orthopedic experience, beginning from his initial consultation, Dr Kannan's patients and their families are always assured with his patience and detailed explanation of their diagnosis and recommended treatment plan.

Compassion

Stemming from the clinic's philosophy, Dr Kannan believes strongly in caring for his patients in the same way he would care for a family member. His specialised expertise leads to good outcomes for patients in an area which cannot be compromised.

Transparent costs

As patients seek a specialist to help manage their condition, we have a competent professional clinic team to do inpatient and outpatient claims. The clinic is on the panel of major corporate and shield plan insurance providers providing a seamless cashless service with pre-authorisation.

INTERNATIONAL ORTHOPAEDIC CLINIC



“The secret to IOC’s success is that we aim to truly understand our patients, and to tailor our treatments to fit their needs. Coupled with the use of robotic technology and well trained staff who deliver excellent customer service, this leads to consistently high patient satisfaction rates.”

International Orthopaedic Clinic (IOC) is an award-winning Orthopaedic Clinic based at Mount Elizabeth Novena Hospital, Singapore.

IOC has established its reputation through Robotic Hip and Knee Replacement, and through treatment of sports injuries of elite athletes.

IOC is twice winner of the Singapore Expat Choice Award for Best Orthopaedic and Sports Clinic in Singapore, it was awarded the prestigious Singapore SME500 status, and it is a finalist for the British Chamber of Commerce Best Customer Service Award in 2021.

The Director of IOC, Dr Alan Cheung, is a British born and trained Consultant Orthopaedic Surgeon. “The secret to IOC’s success is that we aim to truly understand our patients, and to tailor our treatments to fit their needs. Coupled with the use of robotic technology and well trained staff who deliver excellent customer service, this leads to consistently high patient satisfaction rates,” says Dr Cheung.

Dr Cheung has trained extensively around the world in Joint Replacement Surgery and Robotic joint Reconstruction in centres in Sydney, the USA and South Korea. He is an exponent of the Stryker Makoplasty Robotic system and believes that this technology is key to improving the lives of patients

with severe pain from worn out hips and knees.

Dr Cheung is also a firm believer of understanding what his patients go through. He suffered numerous injuries playing Rugby in Cambridge, England, as a youth and has since gone on to train in martial arts at the world renowned Evolve Mixed Martial Arts gym in Singapore. He is also a keen cyclist. This ties in well with his positions as Team Doctor for the Wrestling Federation of Singapore, and Events Team Doctor for the Singapore Cycling Federation.

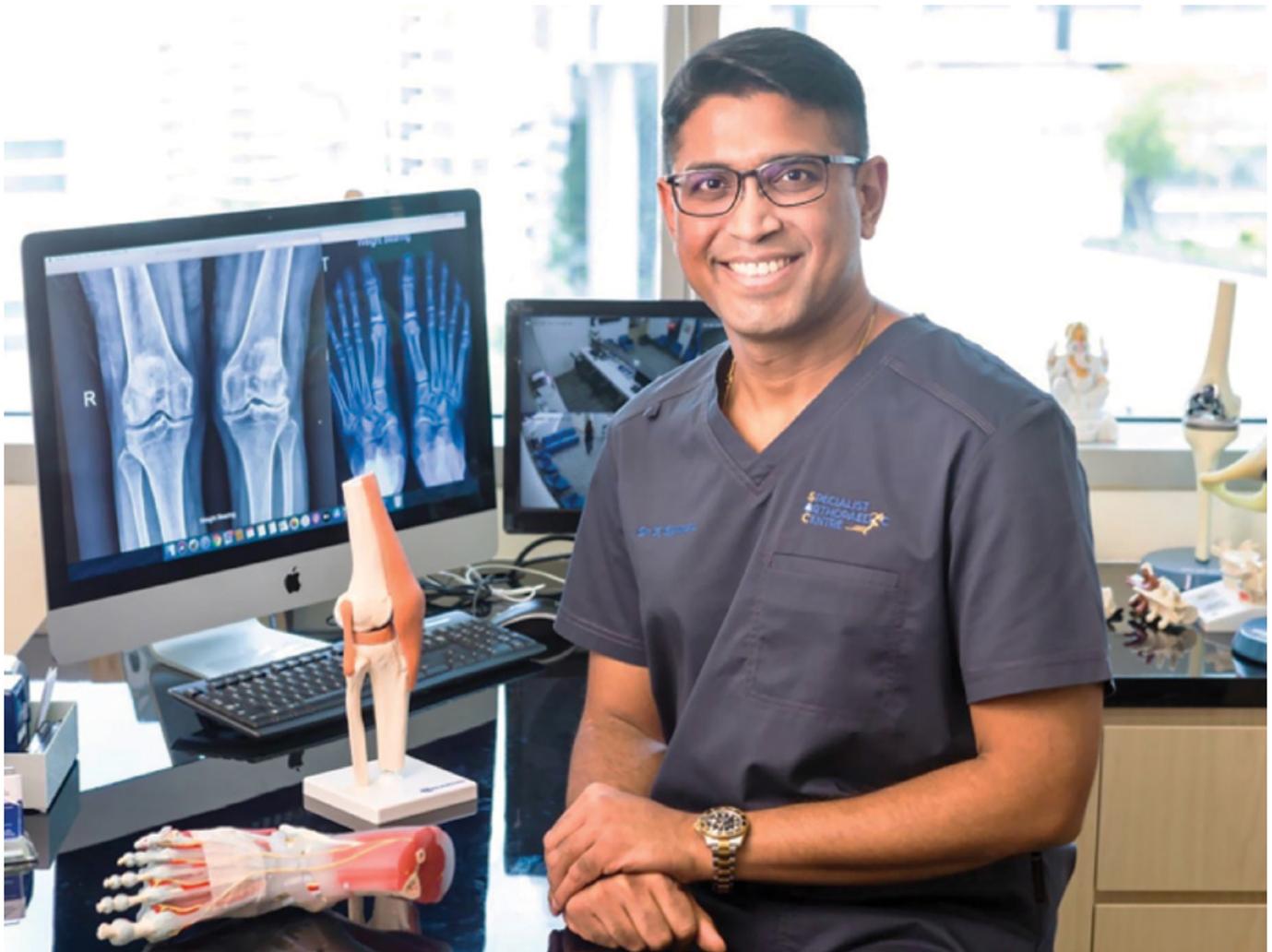
He is one of the few American College of Sports Medicine Certified Ringside Physicians in Asia, and was formerly the local medical lead for the One Championship and One Warrior Series martial arts competitions in Singapore. He is a World Rugby Educator and has been Matchday Doctor for international rugby events such as the HSBC Rugby Sevens and SuperRugby.

Prior to COVID, Dr Cheung also practiced in Shanghai, China and is keen to expand IOC within the region when travel is freely available.

“At International Orthopaedic Clinic, we believe it is a great privilege to be able to relieve the pain and suffering of others, and to allow patients to have a better quality of life, and return to the sporting activities that they love most.”

Your Trusted Orthopaedic Practice

With many years of experience in orthopaedic surgery, our patient-centric approach to specialist care provides comprehensive treatment for both routine and complex orthopaedic conditions. Our emphatic way of providing medical care to our patients is the pride of our orthopaedic clinic. Let us help you on your road to recovery.



Specialist Orthopaedic Centre is committed to delivering quality care and treatment to patients of all ages for numerous orthopaedic conditions. We treat musculoskeletal ailments that affect the hip, knee, foot, and ankle, as well as degenerative conditions such as arthritis and osteoporosis.

Dr Kannan is a fellowship trained orthopedic surgeon with a subspecialty interest in Lower Limb (Leg) and Foot & Ankle disorders.

He obtained his postgraduate qualification from the

Royal College of Surgeons in Edinburgh. He was awarded the prestigious MOH Scholarship by the Ministry of Health (Singapore) to pursue further training in the field of Lower Limb Reconstructive Surgery.

He completed his subspecialty training in Switzerland and in the Netherlands, subspecializing in **lower limb** reconstruction and in Minimally Invasive Surgery (MIS) where he was involved with the surgical teams treating elite European athletes.

He currently is the Medical Director at the Specialist Orthopaedic Centre, Singapore.



Knee Surgery

Robotic partial & total knee replacement
Sports arthroscopic knee ligament & tendon injuries
Cartilage preservation surgery
Knee Deformity Correction
Meniscus & ACL Reconstruction

Pediatric Surgery

Limb length management
Gait(walking) correction
Flatfeet correction
Prescription of Orthotics & Insoles
Pediatric Trauma

Ankle & Foot Surgery

Keyhole MIS Bunion & Forefoot correction surgery
Arthroscopic keyhole ankle ligament repair
Flatfoot / high arch correction
Sports Ankle Surgery & Rehabilitation
Achilles & Hindfoot heel pain treatment
Ankle cartilage / arthritis treatment

Trauma Care

Lower Limb Fracture care & surgery
Complex Trauma Revision surgery
Casting & non-surgical fracture care
Geriatric trauma fixation
Osteoporosis management

WHY CHOOSE US

Professional

With more than 18 years of **Orthopaedic experience**, beginning from his initial consultation, Dr Kannan's patients and their families are always assured with his patience and detailed explanation of their diagnosis and recommended treatment plan.

Compassion

Stemming from the clinic's philosophy, Dr Kannan believes strongly in caring for his patients in the same way he would care for a family member. His specialized expertise lead to **good outcomes** for patients in an area which cannot be compromised.

Transparent Costs

As patients seek a specialist to help manage their condition, we have a competent professional clinic team to do inpatient and outpatient claims. The clinic is on the panel of major corporate and shield plan insurance providers providing a seamless **cashless service** with pre-authorization.

Mount Elizabeth Novena Specialist Centre

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Parkway East Medical Centre

Suite #04-04 Parkway East Medical Centre
319 Joo Chiat Place, Singapore 427989
Tel: (65) 6243 9233 Fax: (65) 6246 7088

Dr Kannan Kaliyaperumal

MBBS (S'pore), MRCS (Edin), MMed (Ortho), FRCS
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Medical Director

Senior Consultant Orthopaedic Surgeon

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**SPECIALIST
ORTHOPAEDIC
CENTRE**



ONCOLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

PARKWAY CANCER CENTRE

Parkway Cancer Centre is home to a comprehensive suite of cancer treatments delivered by an experienced, multidisciplinary team of medical doctors, nurses, counsellors, and other paramedical professionals.

Every day, and for every patient, its team works hard to deliver holistic cancer care in a safe and comfortable environment, aided by modern technology and proven innovative therapies to achieve optimal clinical outcomes for patients. And since ensuring patients' wellbeing also means creating a positive experience for them each time, its guest relations officers and translators are always on-hand to greet and attend to them.

Providing swift access to cancer care

Time is of essence when it comes to beating cancer. Like a well-oiled machine, the centre's oncologists work cohesively with pathologists and radiologists to establish an accurate diagnosis and produce a treatment plan for patients. Since they understand the emotional turmoil patients experience while waiting for a diagnosis, they strive to draw up a treatment plan within 48 hours.

Amidst the ongoing COVID-19 pandemic, accessibility to care is ever more important. The centre's teleconsultation and video-consultation services help ensure that its regional patients receive continuity of care despite the travel restrictions that prevent them from coming to Singapore. Its 18 regional CanHOPE offices around the region help reassure patients and facilitate teleconsultation sessions,



Dr Ang Peng Tiam

enabling them to receive the clinical care they require.

Patient first approach

At Parkway Cancer Centre, patients are at the heart of all that the team does. Its service propositions are all centred on not just the physical health of patients, but also on the psychosocial, dietary, and mental well-being needs of both the patients and their caregivers. This is where the team of counsellors, dietitians, and guest relations executives complements the clinical professionals in delivering holistic services to patients.

The team at the centre takes every opportunity to celebrate milestones at its clinics. At every festivity and

each personal achievement for the individual patient, it will try to create a service delight for them. Sometimes it can just be a note of encouragement or a birthday cake served with a gusty rendition of the happy birthday song while they're receiving chemotherapy in the treatment area. These personal touches come from the heart of the people on the team, and they pride themselves in that.

Forefront in cancer care

The centre's team has grown from strength to strength over the years. When Parkway Cancer Centre was established in 2006, its doctors had a vision. They wanted to create a one-stop outpatient centre to deliver a multidisciplinary team approach to cancer care. This vision has brought them to where they are today.

The team stands by its mission "to provide a comprehensive and integrated premier cancer service that is patient-focused, with utmost care, comfort and compassion."

This year will mark Parkway Cancer Centre's 15th anniversary. The team is grateful to have been able to provide care for patients for 15 years, and they will continue to strive to achieve better clinical outcomes, improve accessibility to care, and ensure patients receive the optimal care they deserve.

Our Sincere's Legacy



From left: Mr Liow Voon Kheong, Dr Fong Yang, Dr Daniel Koh, Ms Jenny Bi, Professor Ng Soon Chye, Dr Jayanthi Arasoo, Ms Koh Lee Lee, Dr Chen Nai Qing, Ms Ziba Choong

In a year where healthcare providers face extraordinary challenges wrought by the coronavirus pandemic, Sincere Healthcare Group (SHG) remains committed to delivering on its values and is, therefore, extremely honoured that all its IVF centres, namely, Sincere IVF Center, Novena Specialist Centre Singapore; O&G Partners IVF Centre, Gleneagles Hospital Singapore; and IVF Centre at Medini, Gleneagles Medini Hospital Malaysia, have received the Women's Health and Fertility Medical Centre of the Year in Asia Pacific accolades by GlobalHealth Asia-Pacific Awards 2021.

The GlobalHealth Asia-Pacific Awards aim to recognise medical and related facilities in the Asia-Pacific region for their excellence in delivering quality care and serve as a benchmark for healthcare providers to maintain high industry standards. Winning the awards for the second year in a row is a credit to SHG's team of fertility specialists, obstetricians and gynaecologists, embryologists and specialised nurses for their strong commitment and professionalism and a testimony to SHG's quality services, personalised healthcare experience and customer-focused collaboration with its partners. It is also a firm affirmation of the trust that customers and partners have in SHG. These humbling accolades will spur SHG towards higher standards of care and service excellence for its customers.

SHG has made its mark in men and women's healthcare since its founding in 2010. A leading medical group specialising in In-vitro Fertilisation, Obstetrics and Gynaecology, Urology, Sexology, Andrology, Vascular and Intervention, and Assisted Reproductive Technology, SHG is dedicated to the pursuit of excellence in its operations and grounded in an uncompromised commitment to the highest standard of care and customer-centric services. Besides maintaining a strong presence in Singapore, SHG has broadened its geographical footprint to China and Malaysia. It plans to expand its international presence and actively pursue new opportunities in the region, with a focus on Vietnam and Indonesia.

SHG's mission is to walk with its customers at every stage of their lives, managing their health and wellness from adulthood till their golden years. Keeping customer care at the forefront and embracing the belief that one-size-fits-all solutions do not deliver the outcomes that customers need, SHG personalises its services and care to match the specific needs of every customer.

To ensure that customers receive the best possible chance of having successful treatments, SHG has a dedicated team of specialists working

together to focus on their individual needs and deliver quality care. They leverage cutting-edge technology and clinical insights to improve the customer experience and for better healthcare outcomes. With comprehensive medical care and diagnostic services, the specialists promote the best clinical practices and benchmark themselves against industry peers to deliver good clinical outcomes for customers.

SHG is also committed to and invests in the continuous training and professional development of its medical staff. Besides, it draws on its integrated network of specialist clinics and collaborative ties with some of the region's best and internationally renowned experts and healthcare institutions to deliver seamless personalised experiences to its customers while upholding its commitment to quality care and service.

To fortify its position as a key player in the healthcare community, SHG constantly pursues growth opportunities and forges new strategic alliances with like-minded organisations. Despite the uncertainty created by Covid-19 in 2021, SHG forged strategic alliances with O&G Partners IVF Centre, O&G Partners Fertility Centre, O&G Centre @ Gleneagles Hospital and Farrer Park Hospital-Icon Cancer Centre Singapore to further strengthen its domestic footprint by focusing on its core customer and increasing its national brand awareness.

SHG will continue pushing the envelope to achieve greater clinical excellence, with higher quality healthcare and customer-focused services.

"SHG's story is one that is built from our past experiences, which enhance our present engagements and enable us to shape our future paradigm. This journey is SHG's legacy."



Ms Koh Lee Lee
Chief Executive Officer
Sincere Healthcare Group

OUTSTANDING FERTILITY MEDICAL GROUP OF THE YEAR IN THE ASIA-PACIFIC

ALPHA IVF GROUP

Alpha IVF Group has added to its tally of prestigious local, regional and international awards after it was named the Outstanding Fertility Medical Group of the Year in the Asia-Pacific by *Global Health Asia-Pacific* magazine at an awards event on 8th December 2021, in St Regis Hotel, Singapore.

The group, which has centres in Kuala Lumpur, Penang and Singapore, boasts arguably the most complete and comprehensive fertility treatment procedures with world-class success rates that are comparable with those of the best known fertility clinics in the UK, USA and Australia.

“This award is yet another reflection of our consistent efforts in the pursuit of excellence in the IVF field that we are doing,” said Dato’ Dr Colin Lee, founder and medical director of Alpha IVF Group.

“Our clinical pregnancy rate of 82.9 percent from the transfer of a good graded normal is a sterling record on the world’s fertility map. What this means is simply that couples who are struggling to conceive will have a better chance of having a baby after IVF at Alpha IVF Group.”

With headquarter at Alpha IVF and Women’s Specialists in Kuala Lumpur, and the other two centres at Genesis IVF in Penang and Alpha IVF in Singapore, Alpha IVF Group is now able to offer fertility treatment to more couples in Malaysia and from across the Asia-Pacific.

In addition to its world-class clinical pregnancy rate, its embryo implanta-



Dr Tan Heng Hao

tion rate of almost 80 percent and blastulation rate of up to 82 percent are also both world class.

And due to Alpha IVF Group’s embrace of the latest fertility technology, it is able to boast a 100 per cent post-thaw survival rate of embryos that have been frozen for later implantation.

“Through this continuous investment, and being the first fertility centre in Malaysia to adopt many of the very latest procedures, we have been able to achieve a staggeringly high pregnancy success rate.”

Among these innovative and effective approaches to IVF are the pioneering Ova-PRP and Endo-PRP procedures. Ova-PRP enables women who suffer from premature ovarian failure and older couples to conceive by using platelet rich plasma and Endo-PRP enables women with endometrial conditions to have higher receptivity and implantation rate.

Alpha IVF Group members were also the pioneer in Malaysia and Singapore to adopt artificial intelligence-enhanced embryo selection, which uses the latest computer technology to identify the most viable embryos for implantation. With this, Alpha IVF in Kuala Lumpur has recorded a clinical pregnancy rate close to 90 percent since its first application a year ago.

Alpha is also a leader in working collaboratively with other international IVF centres on projects involving endometrial receptivity analysis, genetic and oocyte artificial intelligence in IVF.

“It is our role in achievements like this that are worth so much more than any accolade, although we are still delighted to be recognised for our pioneering work in fertility,” said Dr Tan Heng Hao, the consultant O&G and fertility specialist from Alpha IVF - Singapore.

Alpha IVF Group’s three fast-growing fertility centres have established themselves as one-stop fertility solutions that offer high-quality care in a cost-efficient manner—the high success rates mean that patients are more likely to conceive after fewer cycles of IVF.

“We may pride ourselves on our technology and pioneering techniques, but it is our bread-and-butter role of helping couples to conceive, day in, day out, that has brought us to where we are today,” said Dr Ng Peng Wah, the fertility specialist from Genesis IVF - Penang.

WINNER FOR **3** CONSECUTIVE YEARS



 Fertility Service Provider
of the Year in the Asia-Pacific

 Best Fertility – Excellence in
Technology Service Provider
of the Year in the Asia Pacific

 Outstanding Fertility
Medical Group
of the Year in the Asia Pacific

 Fertility (IVF) Service Provider
of the Year in the Asia-Pacific

 Fertility Service Provider
of the Year in the Asia-Pacific

THE ALPHA IVF GROUP



PENANG



KUALA LUMPUR



SINGAPORE

www.alphaivfgroup.com

PHYSIOTHERAPY CENTRE OF THE YEAR IN THE ASIA-PACIFIC

PRO CARE PHYSIO

Pro Care Physio is a professional physiotherapy centre established in 2015 with the goal of delivering quality universal holistic care.

Founded by a team of professional physiotherapists with extensive experience and professional training, *Pro Care Physio* is on a mission to deliver the most advanced physiotherapy available that has been established through overwhelming clinical success and equipped with cutting-edge equipment to carry out even the most complex procedures. *Pro Care Physio* is an active clinical physiotherapy practitioner fulfilling the growing demand for a safe, effective and non-invasive treatment to restore the physiological function of patients recovering from injuries and illness as well as to reduce the pain associated with many other conditions, including age-related debilitations.

To date, the centre has helped thousands improve their quality of life through scientifically-designed physio exercise programmes that strive to push the limits of this field of medicine.

Aside from its clinical practice, *Pro Care Physio* aims to spread awareness of proper personal care (such as good posture and lifestyle changes to reduce the risk of injury) as well as the conditions that are treatable through physiotherapy through talks and shows presented at companies, schools, and community centres. The centre is also actively partnering with other local medical providers to expand its capacity to provide quality physiotherapy to a larger number of patients, particularly to those with no access to a specialist.



Yogadevi a/p Munusamy, Valarmoli a/p Kannan, Laavanya a/p Rajandran

A sanctuary of care

In conjunction with advanced equipment and trained professionals, the *Pro Care Physio* centre's calm and serene beauty provides a conducive environment that can improve how patients respond to treatment as they undergo their assigned musculoskeletal, neurological, paediatric, and circulatory rehabilitation programme.

From manual therapy, exercise rehabilitation, therapeutic modalities to complex spinal decompression therapy that require state-of-the-art medical equipment to perform, *Pro Care Physio* is capable of providing the treatments necessary to put our patients on the road to recovery.

Most notably, *Pro Care Physio* has been focusing on delivering better and more advanced physiotherapy for slipped disc rehabilitation based on the latest pathological understanding of the condition as well as new therapeutic approaches and technologies that allow medical practitioners to approach treatment in ways impossible through manual physiotherapy alone.

To determine the best treatments

to administer, patients who visit the centre undergo a thorough medical assessment comprising a detailed diagnosis and examination by a trained physiotherapist. And, as soon as treatment begins, their progress is closely monitored even after leaving the centre to ensure that they are also benefiting holistically in the long term.

Pro Care Physio also allows patients to tailor treatments to meet their budgets, including the appropriate accommodation and meals in addition to treatment methods.

In addition, all data from patients as well as their feedback are collected and analysed as part of the centre's professional obligation to contribute to clinical studies and improve its service quality.

Doing our part for COVID-19

In light of the COVID-19 pandemic that affected hundreds of thousands, *Pro Care Physio* has been lending its expertise in providing physiotherapy care to help patients recovering from acute COVID-19 illness strengthen their respiratory system better and more rapidly, especially for those who were already predisposed to breathing difficulties or other comorbidities that may be hindering their recovery.

In addition, the centre is taking all measures to break the cycle of infection, including enforcing regular screening and testing, face mask-wearing, hand sanitisation and washing, social distancing, and regular sanitising of the environment and equipment. At *Pro Care Physio*, the safety of the patients, staff, and visitors takes priority—a promise it intends to uphold at all times.

Physiotherapy Centre of The Year in the Asia Pacific

**Pro Care
Physio** 
Towards Healthy Solutions

GlobalHealth
ASIA-PACIFIC



We Specialized in:

- ▶ Slipped Disc
- ▶ Spine (Neck & Back Pain)
- ▶ Joint Pain
- ▶ Headache & Migraine
- ▶ Stroke Rehab

Whatsapp:

Website:

Pro Care Physio Sdn Bhd
+6017-749 4240

Pro Care Physio Johor Bahru



PHYSIOTHERAPY AND REHABILITATION CENTRE OF THE YEAR IN THE ASIA-PACIFIC

THERAPEDIC MEDICAL CENTER

Therapedic™: Cutting-edge technology for physiotherapy

Crowned as the Physiotherapy and Rehabilitation Centre of the Year in the Asia-Pacific, Therapedic™ Medical Center has consistently earned the trust of local and international patients as a preferred healthcare provider and has built a strong reputation by offering cutting-edge treatments with technology interventions, especially in robotic, A.I. and laser interventions.

The specialists at Therapedic Medical Center constantly have their finger on the pulse of innovations. The organisation has brought in many new technologies to its centre, pioneering lots of them in Malaysia, to improve recovery of the brain, spinal cord and musculoskeletal disorders.

Therapedic™ Medical Center is situated in the beautiful and sunny island of Penang, in the north of Malaysia. It is located right in the heart of the city, on Gurney Drive, and characterised by amazing warm and tropical weather all year round.

If you want to indulge in your healing journey, this minimalist centre is what you need. Beyond the cosy design work, the team carefully positions every lighting angle, in a way that it doesn't glare in your eyes during the treatment while retaining ultimate clinical ergonomics. Self-sanitising ionizer devices are installed at every corner of the centre disinfecting the environment. In addition, the centre uses odourless, VOC-free paint on all its walls to avoid chemicals in the air.



Ms Jennifer Lok & Mr James Tan

Therapedic holds an unparalleled market distinction with multiple award winning protocols in the areas of slipped disc, scoliosis, non-surgical bone spur therapy, oncology and bone-fracture laser therapy, A.I and robotic rehabilitation for stroke and spinal cord injury, traumatic brain injury, neurological rehabilitation, integrative medicine research and rehabilitation research.

"Therapedic™ is about opportunity. Opportunity to heal, opportunity to advance, opportunity to forward, and we cannot imagine treating our patients without rehabilitation technology. We see it as the future of medicine. We love doing what we do, and we are pushing the boundaries by integrating multidisciplinary protocols, and offering noble treatment solutions is our commitment to make patient's healing experience unlike any other," said James Tan, the co-founder of Therape-

dic Medical Center.

Nearly all treatment solutions offered by Therapedic™ are insurance claimable, including the advanced robotic neurological rehabilitation, post-surgical recovery, and laser for sport injuries.

In view of the pandemic, Therapedic™ is going the extra mile by introducing TREAT NOW, PAY LATER, a scheme where patients are welcomed to pay no instalment to ensure quality healthcare and treatment are not compromised due to uncertainties.

Technologies available at the centre

- Rehabilitation robotic exoskeletons
- High power laser therapy
- Transcranial laser therapy
- Multi waves laser therapy
- Oncology laser therapy
- Laser spider veins therapy
- Extracorporeal shockwave therapy
- Wholebody photo biomodulation therapy
- Laser acupunctures
- COX full spinal decompression
- Diathermy tecar therapy
- Focused magnetic therapy
- High intensity focused electromagnetic therapy
- A.I based rehabilitation system
- Heptic sensor function trainers
- Power percussion therapy
- Virtual reality cognitive rehabilitation
- Electromyography biofeedback FES
- F.I.R./EMS muscle stimulator device

Therapedic™



Physiotherapy & Rehabilitation
Center Of The Year
Asia Pacific 2021



High Power
Laser Therapy



IS GOOD TO HAVE CHOICE

Advanced Non Surgical Procedure
For Slipped Disc & Bone Spurs

INSURANCE CLAIMABLE



TALK TO US



Empowerment Through Movement

Our passion of providing quality rehabilitation services is the cornerstone of our journey at KL KINETIC PHYSIOTHERAPY CENTRE. Our founders Dharvin C. Pillay and Tilakh Bahadur began their relationship as colleagues and after 15 years of combined working experience in 3 different private hospitals, their shared passion led them to begin a venture together thus becoming business partners. Equipped with experience as physiotherapists and certified personal trainers, they took it upon themselves to create

a space that focuses on rehabilitation based on human functional movements. Located in Seremban 2 Heights, Negeri Sembilan, the centre offers bespoke physiotherapy services for sports injuries and orthopedic related conditions. In line with their tagline “EMPOWERMENT THROUGH MOVEMENT” the principal approach is exercise rehabilitation. We believe early rehabilitation is the key for fast recovery and exercise rehabilitation has been proven the best approach of them all.

WE ARE MORE THAN A PAIN MANAGEMENT CLINIC, LET US TELL YOU WHY.

1

You deserve the very best; which is why we dedicate ourselves in providing you treatment on a one-to-one basis. Our treatments and services are tailor made depending on our client's needs so you can be rest assured, our focus is YOU.

2

We understand that you're in pain; that can be frustrating, not to mention extremely discouraging, especially if you aim to lead an active lifestyle. The good news is we have a solution for that! Our pain management approach (via sports massages, manual therapy, and electrotherapy), will help you get back on your feet to start moving and exercising, pain free.

3

Nothing works better to reduce pain than restoring function of an injured or painful area. How do we do this? By guiding and encouraging you to move and heal through a tailor made and well-designed program focused on exercise-based rehabilitation.

4

Unlike traditional rehabilitation centres, our sport oriented space is designed to prepare our clients to go back into the real world. How else would you know if you're ready to return to your games, if you can't test your capabilities in a similar environment with similar movements? We want to ensure that your rehabilitation is consistent and completed until you return to what you love doing, be it sports or your day to day activities. Therefore, we take pride in creating a conducive environment to help you achieve exactly that.

5

As the saying goes, prevention is always better than cure. After a thorough movement assessment, we can create solutions to work on your weaker areas to ensure the chances of you getting injured are minimized.

6

Your goals are of utmost importance to us when creating a rehabilitative program. Our functional training approach ensures that we cater exercise programs that are beneficial to the activities of your daily living and goals. We believe, there is no one size fits all approach when it comes to treatment.

WHAT OUR CLIENTS SAY ABOUT US



Logan Kunaratnam



My dad had a stroke, post bypass heart surgery and his right side was affected (hands and legs). He was at a stage where he could not nudge a finger or toe. Dharvin from KL Kinetic is truly a wonder. His work is an art. Just over 2 months of his treatments has resulted in my dad being able to do almost everything he was able to do before the stroke. He has improved tremendously by at least 80% and his progress is still showing on a weekly basis up to now. Dharvin's skills and persistence in ensuring his patients are continuously improving is amazing. From what I have observed, not only Dharvin has excellent skills in this scope of work, but his treatment is personalized for individuals, tailoring to their needs according to their respective character, issues, limitations, aims and goals. Sharing my experience so others who may need, can be beneficial by selecting KL Kinetic / Dharvin for any issues relevant to physiotherapy that you might be having.



Badrul Hisham



This is by far the best Physiotherapy Centre in Seremban. I brought my mother for therapy, and she was taken care of by a lovely and very knowledgeable physiotherapist Miss Wahida. There are a few packages to choose from consisting of 5 or 10 sessions of therapy per package, and if you're above 60 years old, there will be special discount. The sessions conducted by Miss Wahida for my mother were twice weekly, one-on-one, individualised and tailor-made to focus on her back problem. Miss Wahida was also very helpful and followed up with my mother even after her sessions, and helped to record each session so that my mother could practice at home. And knowing that what my mother was suffering from was something chronic, it came to a surprise for me as improvement was seen even after the first session. Highly recommended.



Shameerah Navaratnam



I have been going to KL Kinetic since May 2021. My issues were knee, heel and arm mobility, Tilakh, my physiotherapist, is so patient, knowledgeable, caring and he has excellent bedside manners. Today, after 4 months, I am able to walk and even jog with ease. They are a very professional and dedicated team and I don't think twice about renewing my package. I am definitely seeing results. Thank you Tilakh for everything :)



Yasshmita Jadish Kumar



Before coming to KL Kinetic, I was having some discomfort at my lower back, my movements on court was always restricted and it was uncomfortable. My physiotherapist, Wahidah helped me fix it and I barely feel the discomfort anymore! I can now play on court without any restricted movement. She's also a great person and makes me feel at home whenever I come for my physiotherapy sessions.

THE HUMAN BODY IS DESIGNED TO MOVE



@klkinetic
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 info@klkinetic.com
 www.klkinetic.com

PHYSIOTHERAPY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

AQUAPHYSIO REHAB CENTRE

Aquaphysio Rehab Centre's director was inspired to set up the facility in 2006 after she had used water physiotherapy for her own rehabilitation after a very bad fracture.

After spending three months in a wheelchair and learning how to walk again, she was introduced to water physiotherapy by a friend. She found water to be perfect for her rehabilitation, as it naturally supported her weight and allowed her to take her first steps after the injury.

Since she did not have a pool at home, she was forced to go to her health club's pool and seek permission to do the rehab. This led to her feeling self-conscious as other people were watching her doing her rehabilitation. She also realised that her sessions at the outdoor pool were heavily dependent on the weather.

As a result of this experience, she decided to set up the first and only private physiotherapy centre in Singapore with an indoor heated pool, unlike other physiotherapy centres that offer aquatic physiotherapy in the patient's own pool or in public swimming baths. Rehabilitation is offered in complete privacy in one-on-one sessions.

Water has properties that provide for safe and effective rehabilitation. Its viscosity, for example, allows for strength training and provides multi-directional resistance to aid healing and helps reduce atrophy of injured muscles.



The facility

During therapy, hydrostatic pressure is exerted on the submerged body to reduce the tendency of blood to pool in the legs and feet, which helps reduce swelling. And buoyancy reduces the effects of gravity, enabling the partial weight-bearing of bones and joints that would not otherwise tolerate full body weight, as can be the case after a fracture.

Buoyancy also provides support for the spine to allow for safer, earlier rehabilitation and for a greater range of motion and flexibility. It also allows for safer challenges to balance and stability, especially in patients with

neurological conditions like stroke.

Water also helps rebuild muscle memory since the innate viscosity and resistance of water slows down movements and forces the patient to focus on these more closely. This allows the brain to process signals from the muscles more thoroughly. At the same time, warm water helps to relax muscle tension and improve circulation.

AquaPhysio offers rehabilitation treatment for a number of medical conditions that can benefit from water physiotherapy. These include neck pain, including arm and shoulder pain, lower back pain and sciatica, sports injuries, and joint conditions, including post-surgery knee and shoulder rehabilitation.

Its treatment is also effective for fractures that require minimal weight-bearing, strokes, balance, coordination conditions, and pregnancy-related back pain and pelvic pain. In addition, patients with Parkinson's disease, rheumatism, osteoarthritis, fibromyalgia, and ankylosing spondylitis also stand to benefit.

AquaPhysio's physiotherapists are trained to perform physiotherapy in water and deliver patient-centred, evidence-based holistic treatments to facilitate a timely return to normal life and activity.

RISING STAR OF THE YEAR (ORTHOPAEDIC SURGERY)

OXFORD ORTHOPAEDICS

Oxford Orthopaedics, conveniently located in Mount Elizabeth Hospital and Mount Alvernia Hospital in Singapore, is led by Dr James Wee, Medical Director and Consultant Orthopaedic Surgeon. Dr Wee is the only orthopaedic surgeon in Singapore with a dual subspeciality in both hip and knee surgery and foot and ankle surgery, providing him with the insight and expertise of a complete lower limb surgeon, from minimally invasive procedures to complex limb lengthening and reconstruction surgery.

Dr James Wee obtained his M.B.B.S (Bachelor of Medicine & Bachelor of Surgery) degree from the National University of Singapore in 2005, having been placed on the Dean's list with the Ivan Polunin Gold Medal. He completed his postgraduate specialist training in orthopaedic surgery and obtained his Fellowship of the Royal College of Surgeons of Edinburgh (F.R.C.S. Edinburgh) in 2015.

He was subsequently appointed as a consultant in orthopaedic surgery with Tan Tock Seng Hospital (TTSH) and has the unique distinction of having served as a consultant with two different subspeciality units at TTSH, namely, the Hip & Knee Adult Reconstruction and Foot & Ankle Surgery services. Dr Wee currently serves as a Visiting Consultant at TTSH.

At the vanguard in minimally invasive surgery (MIS), Dr Wee is one of the only surgeons in Singapore skilled in arthroscopic "keyhole" triple fusion surgery for treating complex foot deformities. He is experienced in MIS "keyhole" bunion and hammer toe sur-



Dr James Wee

gery, and co-developed the novel MIS "Lasso" Technique for ankle ligament reconstruction (single 1cm incision).

He also received extensive training from the inventor-surgeons of the Oxford Partial Knee System, and witnessed first-hand in Oxford University hospitals how minimally invasive partial knee replacement resulted in less pain after surgery, with safer, faster and better recovery compared to total knee replacements. Patients also benefited from a more natural-feeling knee with better movement after undergoing partial knee replacement. As a high-volume partial knee replacement surgeon in Singapore, Dr Wee has also trained many surgeons in the Oxford Partial Knee Replacement system.

Dr James Wee is also skilled in advanced surgical techniques such as Robot-assisted Total Knee Replace-

ment (Mako, ROSA) and Direct Anterior Approach (DAA) Hip Replacement. His special interests in foot and ankle surgery include complex trauma, sports injuries, degenerative conditions, and neurological problems.

Dr James Wee has a keen interest in the field of limb reconstruction surgery, which includes limb lengthening and limb deformity correction surgeries. He was trained in using Ilizarov techniques and computer-assisted Hexapod technology at renowned centres in Austria, Italy and South Africa. He has accrued considerable experience in treating complex cases involving short limbs, congenital deformities, severe trauma and deep infections.

Dr James Wee has been very active in postgraduate medical training and was appointed as a faculty member of the NHG-AHPL Orthopaedic Surgery Residency Programme, training surgical residents through their specialisation in orthopaedic surgery. He is also regularly invited as a speaker in a multitude of international surgical conferences, is well-published in international peer-reviewed scientific journals and is a journal reviewer for various scientific publications.

Harnessing his synergistic expertise in both hip and knee and foot and ankle surgery, Dr Wee pioneered and led the establishment of the Limb Lengthening and Reconstruction Surgery (LLRS) service in Tan Tock Seng Hospital. This multi-disciplinary service is the first dedicated LLRS unit of its kind in Singapore. For more information, visit www.oxfordortho.sg.

RISING STAR OF THE YEAR (COLORECTAL SURGERY) IN THE ASIA-PACIFIC

ALPINE SURGICAL PRACTICE

Alpine Surgical Practice is helmed by Medical Director and Consultant Surgeon Dr Aaron Poh. He is a fully accredited general surgery specialist with the Specialist Accreditation Board and Ministry of Health, with a dual subspecialty in colorectal surgery and trauma surgery.

Dr Aaron Poh has two core beliefs that he has carried with him throughout his practice: The first is that every patient is unique - with varied medical conditions, social and cultural backgrounds and individual beliefs - making individualised patient care of utmost importance. The other is the importance of finding a balance between up-to-date evidence-based treatment and new techniques for the best patient outcome.

These beliefs have enabled him to provide safe and good-quality care to his patients. "It is treating both the condition and the mental well-being of every patient that brings immense joy and satisfaction to me," commented Dr Poh.

Alpine Surgical Practice abides by three key philosophies:

- Up-to-date and scientific evidence-driven care that is individually tailored to each patient.
- Cost-effective healthcare through the adoption of established and proven treatment options.
- To be with the patient through every step of the treatment journey and to provide comfort and confident support.

Dr Aaron Poh runs clinics in two locations, Mount Elizabeth Orchard



Dr Aaron Poh

Hospital and Parkway East Hospital in Singapore, allowing him and his experienced team to provide accessible healthcare to more patients.

Additionally, in a continuous effort to make more healthcare accessible, Dr Poh's team is competent in providing comprehensive financial advice to all their patients with regards to their coverage, co-payment and MediSave entitlement, on top of the clinical plans provided by the doctor.

In terms of clinical management, Dr Poh offers three pillars of treatment:

- Endoscopic investigation through gastroscopy and colonoscopy with advanced endoscopic interventions such as EMR and colon stenting.
- Laparoscopic surgery for benign conditions such as gallstones and hernias, and cancerous conditions such as colorectal cancer.
- 24-hour support for all emergency abdominal conditions, including but not limited to acute appendici-

tis, acute cholecystitis, perforated organs and intestinal obstruction.

The surgical procedures that he performs are largely laparoscopic (minimally invasive keyhole) surgery, and that includes colon cancer surgery, hernia repair surgery and cholecystectomy (gallbladder removal). He offers multiple proven and up-to-date treatment options for haemorrhoids (piles), and also performs surgery for buttock and anal conditions such as abscesses, anal fistulas and anal fissures. Other procedures include the removal of skin lumps, moles, scars and other suspicious skin lesions.

During this year's COVID-19 pandemic, Dr Poh continued to educate the public on how to properly manage their gut health and the importance of screening through live webinars and radio talks.

"Being a colorectal surgeon, colorectal health is something that is very close to my heart," answered Dr Poh when asked about what he was most passionate about in his day-to-day clinical practice.

He strongly believes that colorectal cancer is easily preventable with regular colonoscopy surveillance. With that in mind, he hopes that in the days to come, more people will take up the approach of doing colonoscopy screening and by doing so, reduce the number of cases of colorectal cancer that we see in the world. "Be proactive in maintaining good health," advised Dr Poh.

For more information, refer to www.alpinesurgical.sg.

SURGICAL MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

KYM SURGERY

“KYM Surgery is built on the principle of Care and Devotion to every patient with expertise, compassion, time and understanding.”

Health should be the number one priority in our lives but we are always distracted by the challenges of modern society with the ever moving escalator of material needs and frills. Ignoring the warning signs of health issues can be compared to holding a loaded pistol to your head.

After devoting over 23 years in Government Health Service in the United Kingdom and Singapore, Dr Kan Yuk Man established KYM Surgery in two surgical clinics (Farrer Park Medical Centre and Mount Elizabeth Medical Centre) to continue the delivery of the best possible care to patients. KYM Surgery is led by Dr Kan, whose devotion to his patients is second to none with access on a 24-hour basis along with the most advance cutting-edge surgical techniques in general surgery. His dedicated staff provide time and space for all the patient’s needs and requests regardless of the time. These have been the guiding principles from day 1, which have been adopted and set into the clinic ethos as to deliver the care that is synonymous with KYM Surgery.

Graduated in the United Kingdom, Dr Kan obtained his surgical training and expertise in key hole surgery (MIS – Minimally Invasive Surgery) after spending many years on several renowned international units in the UK (Addenbrookes University Hospi-



Dr Kan Yuk Man

tal, Cambridge), Hong Kong (Prince of Wales University Hospital), Japan (National Cancer Center & Cancer Institute, Tokyo) and Australia (Princess Alexandra Hospital, Brisbane). The area of specialisation on these units was cancers of the gastrointestinal tract. Dr Kan’s expertise starts with the most simple of cases of hernia repair or gall bladder surgery and to date he has performed over 2,500 such procedures. Surgery for the obese (gastric bypass) or patient who has troublesome reflux/heartburn (fundoplication) is also part of his regular practice. His training has been intense and chal-

lenging in order to develop the skills needed to perform keyhole surgery proficiently for benign conditions or cancer. Minimally invasive surgery for stomach and oesophageal cancer leads to lower complication and faster recovery. This is the single approach that is used by Dr Kan for even the most complex of cases.

One of the most challenging aspects of his day to day work is not surgery but a cancer diagnosed in either the oesophagus, stomach, pancreas or colon. This leads to an emotional roller coaster for the patient but Dr Kan will accompany them through a possible cure with surgery and chemotherapy, if needed. This would be the best outcome but the journey may be bumpy or the cancer too advanced for a cure. This is the time when the patient, the family and Dr Kan, with his staff, come together to give the support that is needed emotionally and physically. The patient journey is the most important aspect of care. This is the most rewarding aspect of medical care though it can be heart wrenching at times.

This award of “SURGICAL MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC 2021” may appear to be simple but in fact it has given the team an understanding that what they do is so important and that it is never seen as trivia. It continues to make us strive and aim to provide the best possible care for patients without any hesitation or shortcomings.

TCM CLINIC OF THE YEAR IN THE ASIA-PACIFIC

ORIENTAL REMEDIES GROUP

The modern TCM group

Oriental Remedies Group (ORG) is a leading patient-centred healthcare provider offering effective treatments grounded in traditional Chinese medicine (TCM) and enhanced with medical technology.

From a humble single physician, TCM clinic has grown into a team of bilingual physicians with 70 years of combined experience.

TCM enhanced with technology

As one of the industry's pioneers in leveraging technology, ORG provides personalised tech-enhanced treatments that help patients recover faster. One of their most popular tech-enhanced therapies is Electro-Lymphatic Therapy (ELT), which uses an FDA-registered device.

ELT is a gentle and non-invasive therapy that helps stimulate proper flow and drainage of the lymphatic system, simulating the effects of a lymphatic drainage massage, or tuina, without the pain and pressure. Patients with lymphoedema and swelling, chronic pain, autoimmune conditions (e.g. eczema), cancer, inflammation and injuries have experienced ELT and reported great improvements in their general well-being.

ORG is the first and only clinic in Singapore that uses TCM and ELT effectively for a variety of conditions including cancer support, eczema, fertility, and other chronic conditions. According to its lead physician and co-founder Leong Weizhen, while TCM and ELT are effective therapies on their own, the combination of both works synergisti-



Ms Beatrice Liu Shi Ying & Ms Leong Weizhen

cally to provide even better results.

Other than ELT, ORG also provide Negative Ion Therapy and Far-Infrared Therapy that complement and enhance the effectiveness of TCM.

A new generation of physicians

ORG's emphasis on patient education, safety and treatment efficacy is ensured by their stringent recruitment and training process. This means that only the best TCM physicians make it to the team.

Its Ministry of Health-certified physicians are trained in biological sciences and TCM at Nanyang Technological University and Beijing University of Chinese Medicine. During their course of study in Singapore and China, they learn about bio-systems with a focus on bio-medical sciences and human biology and they also gain clinical experience. This new generation of

physicians is well versed in eastern traditional medicine and western biomedical sciences, allowing them to diagnose accurately and prescribe effective personalised treatment plans.

Besides their medical expertise, ORG's physicians are effective bilingual communicators who speak English and Chinese fluently.

Specialised in chronic conditions

This growing TCM group fills up a gap in the market by providing holistic healthcare to sufferers of chronic conditions. While most patients with serious health conditions turn to western treatments first, there is an upward trend of patients seeking complementary holistic care to support their recovery.

ORG is experienced in chronic conditions such as cancer support, cardiovascular diseases (e.g., hypertension, stroke recovery), autoimmune conditions (e.g., eczema), infertility, gynecological concerns, chronic pain, mental wellness and more. Its team has helped many patients in their recovery and will continue providing care to sufferers of chronic conditions to reduce the side effects of conventional treatments and improve their quality of life.

"Being awarded the Best TCM in Southeast Asia is an honour and testament to our work and the impact of Oriental Remedies Group in healthcare. We are committed to transforming patient care and will work tirelessly to uphold the quality of our treatments and deliver the best results for our patients," said Beatrice Liu, CEO of ORG.

THORACIC MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

INTERNATIONAL CENTRE FOR THORACIC SURGERY

With two clinics located in Mount Elizabeth Novena Hospital and Mount Alvernia Hospital in Singapore, International Centre for Thoracic Surgery (ICTS) is spearheaded by Dr Aneez D.B. Ahmed, Medical Director and Senior Consultant Thoracic Surgeon.

He has been a practitioner in the field of thoracic surgery, with a special interest in thoracic oncology, for more than 15 years. Prior to his private practice, Dr Aneez served as the Head of Service of Thoracic Surgery in the Department of General Surgery in Tan Tock Seng Hospital (TTSH), Singapore.

Dr Aneez has great interest in robotic surgery, which led him to be recognised as the first in the ASEAN cohort to get a Level III Certificate specialist training in robotic thoracic surgery from the European College of Cardiothoracic Surgery (EACTS). He is also one of the only two accredited surgeons in Singapore trained to perform robotic thoracic surgery and the only proctor for thoracic surgeons in ASEAN.

Robotic thoracic surgery allows for improved visualisation, range of movement and accuracy. The precision of the machine, combined with the surgeon's skill, critical thinking and eye for detail provides better and safer outcomes for patients.

With sabbaticals in Europe and USA for advanced training in robotic thoracic surgery, he now leads the training programme for thoracic surgeons in ASEAN and South Asia. He then became the Vice President of the Robotic Surgical Society of Singapore (RS3) in



Ms Elayne Soh

2016, subsequently being nominated as the President of RS3 in 2019.

He also has a special interest in chest wall surgery, making him a pioneer in chest wall resection and reconstruction. Dr Aneez has also performed the world's first 3D Printed Polymer Ribcage Reconstruction.

The International Centre for Thoracic Surgery offers a full range of thoracic services, including surgery for the lungs, oesophagus, and chest wall, as well as surgery for hyperhidrosis (excessive sweating). Its staff members are firm believers in the marriage between technology and medicine to help improve lives. Robotic surgery is performed through tiny incisions, which means quicker recovery for patients with shorter hospital stays, minimal scarring and reduced risk of infection.

His passion to aid and educate the

public on lung health led to the creation of a unique and comprehensive lung screening package — the Early CT-CDT Lung Screening. This early lung screening can detect lung cancer at its early stages for a higher chance of survival. "Early detection also means that the chance of curing lung cancer can be as high as 80 percent," Dr Aneez shares.

The two most important aspects of the lung screening are the Early CDT-Lung blood test and the Low Dose CT Scan. The Early CDT-Lung is a simple blood test that can detect lung cancer-associated autoantibodies, while the CT Scan continuously rotates in a spiral motion and takes several 3-D X-Rays of the lungs, providing extremely detailed scans for early-stage lung nodule detection. When a lung nodule is discovered early, patients will be able to obtain a minimally invasive thoracic surgical procedure.

Dr Aneez is a member of various thoracic surgical groups internationally. He is also the Thoracic domain board member at the Asian Society of Cardiothoracic Surgery (ASCVTS), and he is the current General Secretary of the South East Asian Society of Thoracic Surgery (SEATS).

His expertise and knowledge in minimally invasive thoracic surgery led to numerous invitations as a speaker to conferences and workshops in the region. He also receives referrals from other hospitals in the country and other regions such as Malaysia, Thailand, the Philippines and the U.A.E. For more information, refer to www.icts.com.sg.

UROLOGY CENTRE OF THE YEAR IN THE ASIA-PACIFIC

COLIN TEO UROLOGY

Colin Teo Urology is a specialist urology clinic led by Dr Colin Teo, who was previously a Head of Department in public service and a recipient of many awards including the 2017 Singapore Healthcare Award, the latest Global Health Asia-Pacific Award for the Urology Centre of the Year in the Asia-Pacific, and numerous patient service gold awards while in public service.

Colin Teo Urology provides a complete suite of urological evaluations with effective and safe therapeutics utilising tested and proven medical treatments and minimally invasive surgical options. Dr Colin Teo graduated from a medical scholarship and was trained in Singapore General Hospital. He received an overseas fellowship in Endoscopic and Laparoscopic Urological Cancer, Kidney Stone and Andrology in the UK and a post-fellowship HMDP in USA for Advanced Laparoscopic and Robotic Surgery for Prostate Cancer. The centre also actively embraces effective new minimally invasive treatment therapeutics and is accredited and recognised in most private hospitals.

Patients and their families will find themselves greeted and cared for by our friendly and engaging nurses and counter staff. Dr Colin Teo is a friendly people-orientated person who actively and patiently counsels patients on unfamiliar medical conditions in several languages like English, Mandarin, local dialects and some Bahasa with the help of an in-house translator. The centre continues to see its growing pool of local, regional and international patients and provides a comfortable



Dr Colin Teo

cosmopolitan environment that puts patients at ease in a newly renovated building providing in-house evaluation and treatments in suitable cases. The centre also effectively harnesses the available high-fidelity, precision time-proven and new technologies in the many different Singapore private hospitals both for elective and emergency surgery for both cancer and benign cases. While not exhaustive, the following lists some of the services provided:

- **Advanced laparoscopic and robotic minimally invasive keyhole surgery**
- **Non-invasive and minimally invasive kidney stone surgery**
- **Male fertility and andrology**
- **Reconstructive urology and general urology**

Dr Colin Teo holds many urology and men's health appointments in international and local-regional medical societies and associations being invited as faculty and speaker in conferences and master-classes. He also regularly participates in media interviews on radio, TV and social media on prostate Cancer, BPH, kidney stones, men's health and testosterone replacement therapy. He also received many medals for medical missions in UN Peace-Keeping and Disaster Relief and is still actively involved in medical mission work through his church and missions foundation in India, Indonesia and Cambodia. All this with the blessings of his supportive wife and four children.

Experience for yourself the welcoming environment and the safe, effective and innovative therapeutics that you deserve in Colin Teo Urology. We continue to strive and pursue new trending therapeutics for our patients in the ever-growing healthcare science and innovation rapid advancement to optimise urology standards of compassionate care.



Center for Laparoscopic and Robotic Surgery

Colin Teo Urology is a center for Laparoscopic and Robotic Surgery, and provides progressive new technologies in urological treatments for both non-invasive procedures with Shockwave therapies, and minimally invasive procedures with Rezum Steam-Ablation, Prolieve Microwave Thermo-dilatation, Prostate HIFU, Bladder Botox, Endoscopic Stone Surgery, Lasers and Stents. With an experienced and well-trained team made up of Dr Teo and his urology nurses, the clinic provides a comprehensive range of urological services for:

- Malignant Urological Cancer Robotic Surgery (Prostate and Kidney)
- Prostate and Bladder Cancer Hormonal/Immunotherapy.
- Benign Urological Diseases
- Male Subfertility and Andrology

Our Services

Robotic & Laparoscopic Surgery
Laser & Endoscopic Surgery
Urological Cancers
Urinary Stones
Prostate, Bladder, Hernia, Scrotal Surgery
Incontinence Therapy
Men's Health and Fertility
Kidney & Adrenal Surgery

Clinic Address: 6A Napier Road, #05-36D,
Annexe Block, Gleneagles Hospital,
Singapore 258500

email@colinteourology.com

<https://www.colinteourology.com>

<https://www.facebook.com/colinteourology>

Telephone no: +65 67766770 | +65 62596770



Dr Colin Teo





Dr. Muhilan Parameswaran is a dedicated surgeon and devoted family man. He was born in Klang Valley but as his parents were government school teachers, this led him to explore the country as they were transferred from post to post before settling back down in the Klang Valley.

He started his medical career in Manipal Melaka College and subsequently started work in Sabah, both in tertiary and district centres, before returning to Klang Valley.

After varied experiences in his working career, he decided that urology would be the best way to serve the people and so he started his surgical career in Universiti Malaya doing his Masters in General Surgery before furthering his training in urology, finishing with his Fellow of the Royal College of Surgeons (FRCS) from Glasgow.

Dr. Muhilan continued his career as a urologist in Universiti Malaya where he further subspecialized in Endo-Urology which is basically the use of scopes via natural orifice. In order to advance his training in the field of endo-urology, he spent time in Innsbruck, Austria and Delhi, India which allowed him to handle most complex procedures related to stones and prostates with no open surgery or punctures. During his stint in Innsbruck he also developed an appreciation for the field of men's health, anti-aging treatments and male fertility. In 2010 this was a very under-served field in Malaysia as the main focus was on women's health and infertility was mainly handled by gynaecologists. He started doing basic treatments for this field within the limitations of government service in Universiti Malaya.

His move to Thomson Hospital really helped speed up the development of male infertility services in Malaysia. There, with the help of his colleagues, in what was probably the largest fertility centre in Malaysia, he set up a dedicated male fertility unit with the full spectrum of treatments available.

Dr. Muhilan's urology and fertility services along with TMC Fertility have grown by leaps and bounds in the eight years they have been working together and have helped a lot of families in their time of need.

The testimonials from patients and colleagues have always been the major source of encouragement and motivation for the team to push forward to attain their current level of excellence. This encouragement, together with the latest in technology, the availability of advanced lasers, endoscopes and microscopes in the urology and fertility unit and the commitment of the surgeon, has enabled Dr. Muhilan's Urology Clinic to be awarded the Urology and Male Infertility Centre of the Year in Asia Pacific at 2021 GlobalHealth APAC Specialist Clinic & Medical Centre Awards.



Consultant Urologist

Dr Muhilan Parameswaran

Specialty: Urology

Qualifications

MBBS (India), FAGE (Manipal), MRCS (Edin),
M.S (Malaya), Board Certified Urologist (M'sia),
FRCS (Urology) (Glasgow), Fellow
Laparoscopic Surgery (India), Fellowship in
Urology (Austria)



Dr Muhilan's Clinic Hours at Thomson Hospital Kota Damansara

Day	Time
Monday	9:00am - 1:00pm 2:00pm - 5:00pm
Tuesday	9:00am - 1:00pm 2:00pm - 5:00pm
Wednesday	9:00am - 1:00pm 2:00pm - 5:00pm
Thursday	9:00am - 1:00pm 2:00pm - 5:00pm
Friday	9:00am - 1:00pm 2:00pm - 5:00pm
Saturday	9.00am - 1.00pm



TMC FERTILITY

For appointments at TMC Fertility & Women's Specialist Centre, please contact us at **+6018 2111 088** or email ivf.info@tmclife.com.



**THOMSON
HOSPITAL**
KOTA DAMANSARA

For appointments at Thomson Hospital Kota Damansara, please contact us at **+603 6287 1365** or email enquiries@tmclife.com.

ADVANCED INNOVATION IN UROLOGY IN THE ASIA-PACIFIC

FARRER PARK HOSPITAL

PROLIEVE THERMODILATION

Traditionally when a male patient develops prostate problems and presents with lower urinary tract symptoms (LUTS) or bladder outlet obstruction, the standard treatment after failed medical therapy is a surgery called Transurethral Resection of the Prostate (TURP). Although this has stood the test of time and has been recognised as effective, it may lead to immediate or late side effects and complications. The latter can be retrograde ejaculation and, at worse, some degree of sphincteric weakness with stress urinary incontinence. Variable degrees of erectile dysfunction may also result.

In 2019, the Prostate Committee of Farrer Park Hospital (FPH) introduced a non-invasive day case procedure that does away with TURP hospital stay, its side effects and complications. This new innovative technique is called Prolieve Thermomodilation of the Prostate and takes about one hour in a treatment room under light sedation. The patient goes home once he can pass urine. Most can even go back to work the next day or at worse take a couple of days of rest before returning to normal activity.

Over a two-year period we have done nearly 150 treatments with this machine currently available only in Singapore and Hong Kong. Malaysia and the Philippines are just about to start their initial cases. Specialists



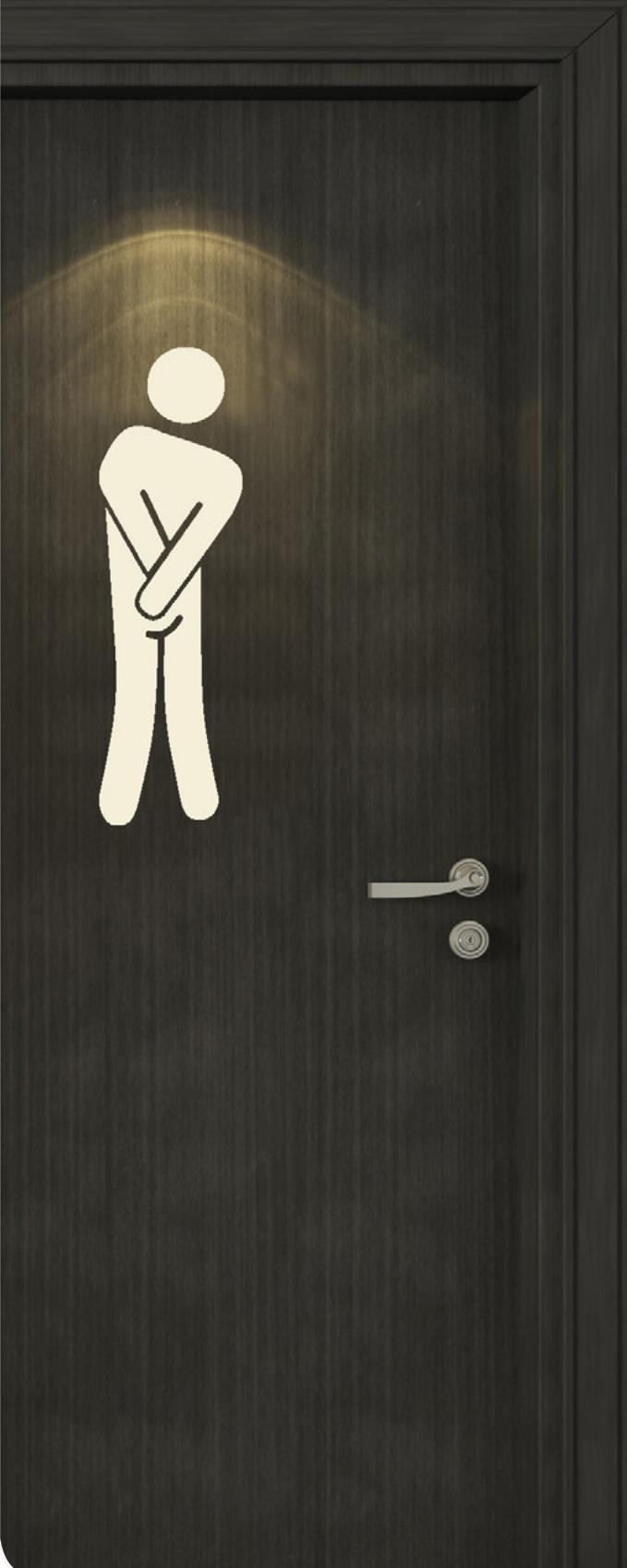
Mr Narender Panjwani & Dr Peng Chung Mien

from FPH have conducted instructional sessions in Manila at the Philippine Urological Association Meeting and in Kuala Lumpur at the Malaysian Urological Association Congress.

The introduction of the Prolieve technique enables FPH to gain acclaim as a forerunner in a new, safer and effective modern method to treat benign prostate hyperplasia in the aging male population – the most common malady found in the practice of men's health globally. More importantly, the procedure has given patients a very comfortable problem-free method to

treat their enlarging prostate gland without the need for surgery. Everyone wants to avoid an operation and this technology makes this wish come true, and at a lower cost.

FPH leads in the number of cases done, which makes them the leader in Asia. Dr Peter Lim and Dr Jimmy Ben are now regularly and progressively visiting Asian urologists to assist and teach them how to use Prolieve. Currently, Dr Jimmy Beng and Dr Peter Lim are organising an instructional course at Ho Chi Minh City, Vietnam, to be held in early 2022.



KEEPING YOUR PROSTATE HEALTH IN CHECK

The importance of good prostate health cannot be understated. It is essential for fertility and ailments from bothersome urinary symptoms to cancer risks affect men aged above 50.

Get your prostate check early. Early detection and awareness of the condition alongside knowledge about the condition and treatment options will be half the battle won.

**FOLLOW THE PROSTATE HEALTH
JOURNEY HERE.**



Scan Me

 1 Farrer Park Station Road, #02-01
Connexion, Singapore 217562

 enquiries@farrerpark.com

 (65) 6363 1818

PSYCHOLOGY AND NEUROPSYCHOLOGY MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

ADELPHI PSYCH MEDICINE CLINIC

With an agenda for the highest standard of integrated care, the clinic comprises a multi-disciplinary team of psychiatrist, clinical psychologist, child and adolescents psychologist, counsellors and life coach working together to provide comprehensive care for their clients.

The team members held clinical leadership positions in their respective fields from civil service, restructured hospital and organisations, before entering private practice. With their experience in their field, utmost care and dedication in their approach, and proactive contribution to research and the society, the team continues to transform mental health in the region, with consistent positive reviews and testimonials from clients.

SPECIALISED SERVICES

Licensed by the Ministry of Health, the clinic offers individualised psychotherapy, an evidence-based therapeutic approach sometimes used together with medication for improving mental health well-being. Types of therapy available include:

- Assessments for adults and children
- Clinical psychiatry
- Forensic psychiatry
- Clinical hypnosis
- Cognitive behavioral therapy (CBT)
- Eye movement desensitisation reprocessing (EMDR)
- Mindfulness-based therapy
- Marriage and family therapy
- Art therapy
- Life-skills / Executive coaching
- Employee assistance programme
- Telemedicine and teleconsult



Ms Sue Anne Han

“The most important person you will ever meet is your true self, the most important lessons you will ever learn are the ones you already knew, and the most important journey you will ever take is the inner journey,” said Sue Anne Han, Adelphi Psych Medicine Clinic.

Sue Anne Han is a licensed psychologist and a Certified EMDR practitioner - an evidence-based therapy that enables people to heal from emotional distress, trauma or adverse life experiences.

Sue Anne received her advance training from University of Massachusetts Medical School, Center for Mindfulness in Medicine, Healthcare & Society. She completed her post-grad training in neuropsychology from SingHealth hospital.

Testimonials:

“Sue Anne is empathetic and sincere, and was able to provide a safe, non-judgemental space. She has helped me work through issues that have been affecting me for years, employing methods and providing me with the tools to heal and cope, which has improved my quality of life greatly. Overall, I have benefitted from my sessions with Sue Anne greatly, I truly believe that everyone can stand to benefit from therapy (provided that you are willing to put the work behind it and make the necessary changes). A big thank you to Sue Anne! – QH”

“Sue Anne is very caring and professional. She has a lot of empathy towards others and listens patiently without any preconceived notions or judgments. I feel safe and secure whenever I am in Sue Anne’s office; knowing that I am in good hands whilst working through my issues and towards self-empowerment and actualisation. --CK”

“Sue Anne has been instrumental in helping me overcome traumatic experiences. She provides a caring, non-judgmental and safe space for me to process my deeper inner wounds. I have also experienced Adelphi’s staff as friendly and professional. Highly recommended for psychological healing and growth. – JT”

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PIONEERING CENTRE OF THE YEAR IN THE ASIA-PACIFIC

THE VENUS CLINIC

Pelvic congestion syndrome (PCS) is one of the leading causes of chronic pelvic pain in women, second only to endometriosis in prevalence.

Yet, PCS is a poorly understood condition, with symptoms that are very similar to those of gynaecological disorders such as endometriosis, fibroids and ovarian cysts. These include a feeling of constant discomfort in the lower abdominal and pelvic area, heavy menstrual bleeding, pain leading up to (and during) menstruation, and pain during and after sex.

Medical experts now recognise that PCS is not a gynaecological condition, but a vascular one. Essentially, it is caused by varicose veins in the deep vein in the pelvis, and hence the condition has now been re-named as a Pelvic Venous disorder, or PeVD. These deep pelvic veins, which normally carry blood back to the heart, are damaged by a combination of pressure and hormones during pregnancy and this leads to a pooling of low-oxygen vein blood in the pelvic area. Damage to the pelvic floor muscles that occurs in many women during childbirth makes the condition worse, along with creating problems of urine leaks, the inability to hold the urine for long enough and even piles in some cases. The PeVD patient therefore suffers not just from pain and menstrual or sexual symptoms, but bladder and bowel problems as well.

The Venus Clinic at Camden Medical Centre in Singapore is conceptualised and led by Dr Sriram Narayanan (Dr Ram), a senior consultant vascular and venous surgeon, with the objective of helping women manage PeVD and



Dr Sriram Narayanan

its symptoms with a holistic, multi-disciplinary approach. It is a unique, first-of-its-kind clinic in the region, and possibly world-wide, and is dedicated solely to managing this distressing condition.

Dr Ram is a recognised global thought leader and trainer in intravascular and duplex ultrasound, vein stenting and complex PeVD treatments. He is also the General Secretary of the Asian Venous Forum, where he represents Singapore.

Holistic, multi-disciplinary approach at The Venus Clinic

The management of PeVD is a process, and not a single procedure. In fact, many patients do not require a procedure at all, and can be managed with simple medication and important targeted lifestyle changes and special-

ised physiotherapy of the pelvis.

At the Venus Clinic, we follow a stepwise approach beginning with a patient's self-assessment of symptoms and quality of life. This is followed by the gold standard pelvic duplex ultrasound scan of the veins and pelvic organs and assessment of pelvic floor function, if required. Both of which are offered only at the Venus Clinic in the region. Tests like CT scans and MRI scans, which show internal anatomy but do not assess the severity of the functional disturbance to blood flow, are usually requested only after the diagnosis is established, and they should not be used alone to assess who needs a procedure.

Another highlight of our care is regular multi-disciplinary team meetings (MDTs), where the Venus Clinic brings together all the specialists involved in the patients' care such as the gynaecologist, urologist, family physician and collaborating specialist pelvic physiotherapists and clinical psychologists. Recommendations from MDTs are then shared and discussed with the patient to guide them through what may be their treatment options.

Once a patient is accurately diagnosed and the extent and severity of the disease confirmed, our team will recommend targeted, supportive treatments unique to each patient's needs.



Your Pelvic Pain is our problem

The Venus Clinic is a pioneering centre specialising in the care of women who suffer from pelvic venous disorders (PeVD), previously known as pelvic congestion syndrome (PCS).

The management of PeVD is a process, not a procedure.

Using a multidisciplinary, patient-centric approach, we combine cutting-edge science with empathetic care to diagnose, treat and manage PeVD and its debilitating symptoms.

Our Holistic Approach:



Diagnosis

We diagnose PCS/PeVD using a stepwise approach, addressing many of the myths and 'must do's' about tests



Treatments and Therapies

Every woman with PCS/PeVD is different, and we customise the treatments according to the patients



Pelvic Floor Physio

Targeted physiotherapy of the pelvic floor muscles is crucial to PCS/PeVD treatment



Psychological Support

We help patients navigate their emotional journey with PCS/PeVD, including the memory of chronic pain and impact on personal relationships.

The only clinic in the region dedicated to the management of Pelvic Congestion Syndrome.

The Venus Clinic

1 Orchard Boulevard, #10-04A to 07,
Camden Medical, Singapore 248649

Opening Hours

Weekdays by Appointment only
Saturday, Sunday and PH - Closed

Call Us / WhatsApp (Anytime)

+65 8666 9639 (9am - 5pm on Weekdays)
or Email us at enquiries@venusclinic.sg

Visit www.venusclinic.sg

 [@venusclinicsg](https://www.instagram.com/venusclinicsg)

 [@venusclinicsg](https://www.facebook.com/venusclinicsg)

 [@The Venus Clinic \(Singapore\)](https://www.linkedin.com/company/the-venus-clinic-singapore)

MEDICAL AESTHETIC CLINIC OF THE YEAR IN SINGAPORE

DRX CLINIC

The DRx philosophy: Doctor prescribed – to make life more beautiful

The DRx Clinic is one of the pioneer clinics to specialise in aesthetics since 1999. With an occupancy of 10,000 sq feet of premium space at Tong Building within the Orchard shopping belt in Singapore, it has a range of revolutionary tools of the trade to make you feel and look great and it has served more than 60,000 clients and counting.

With over 22 years in the industry, the DRx Clinic has been pioneering Singapore's medical aesthetics scene and committing itself to provide clients with the best results and services.

The DRx Clinic is truly honoured to be awarded by Global Health Asia-Pacific. We believe that winning the award has helped and will continue to help raise our profile in the medical community. The award has certainly given a strong boost to the morale of our clinic. It also motivates us to keep moving forward to strive to do our best for our clients.

The DRx Clinic is the destination for younger, healthier-looking visages with skin that's firm and smooth. The key to healthy, supple skin is no secret. It's simple really – in fact, all that is required is discipline and constant maintenance. Our skin is the only organ that protects us from harsh environmental aggressors, that is why it is important to constantly treat it well.

To uphold the core of The DRx philosophy, DRx has to make sure that our foundation lies in the hands of dedicated specialists and doctors who



Dr Calvin Chan and Fion Wu

not only should have a deep passion for the aesthetics field but understand that each person is distinctly unique as well. That's why the DRx Clinic houses only qualified medical doctors who not only are widely well-read and knowledgeable but are also experts in the field.

At the DRx clinic, our doctors put an expert eye to solve clients' everyday concerns. We diagnose and prescribe personalised programmes based on detailed assessments of our client's skin and shape while recommending routine products that work best for their skin. Intuitive, personalised and professional, we ensure comfort and safety at every step of our client's aesthetics journey. From pre-consultation to post treatment, we will see our clients through each process so that they receive the utmost care.

Our clinic leverages a wide range

of up-to-date equipment, proprietary chemical solutions and standardised protocols to help our clients get closer to the beauty that they hope for. We always strive to provide patients with evidence-based treatments using a results-oriented approach.

At DRx, we understand that beauty is an everyday consideration and it is our mission to offer clients to experience "every day" as their best day. We are committed to dedication, results and excellence, and provide our customers with the highest level of care and safety.

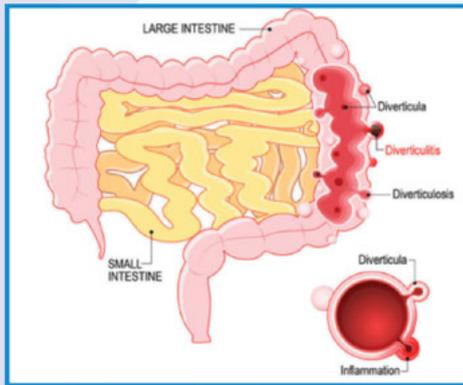
Lastly, 2021 hasn't been the easiest year by any stretch of the imagination, and we couldn't have made it without our client's trust, love, and support.

DRx Clinic hopes to continue to form long-lasting, trusted relationships with our clients, and celebrate more years of great skin.

DIVERTICULAR DISEASE OF THE LARGE BOWEL

Diverticular disease is a type of disease in which there is formations of sac-like protrusion of the bowel wall. It affects more on the large bowel as compared to the small bowel. There are two types of conditions of this diverticular disease namely:

1. Bleeding type (Bleeding diverticulosis)
2. Diverticulitis (Infection of diverticulum)



EPIDEMIOLOGY - Who is at risk of having this disease?

Diverticular disease usually affects the older population. In Western populations, the disease tends to occur on the left side of the large bowel. Whereas, Asians have a tendency to develop this disease more on the right side of the bowel.

RISK FACTORS - What are the factors that put someone at risk of getting this disease?

Even though age is the main factor, dietary habits also play an important role in the development of this disease. Fatty foods and low-fiber diets are among the major contributing factors of this condition. High consumption of red meat such as beef and mutton are also proven to cause this disease. Apart from that, people who are lacking exercise and have excessive body weight also tend to develop this problem.

BLEEDING DIVERTICULOSIS - What is to be done when per rectal bleeding happens?

Patients usually will complain of blood that accompanies their stool. The blood is usually dark red and mixed with the stool. Often times, it is a painless per rectal bleeding. If patient displays the above symptoms, a detailed examination is conducted. A basic blood investigation will be carried out to determine the level of Hemoglobin (Hb) because sometimes massive bleeding may cause a drop in Hb.

COLONOSCOPY (ENDOSCOPY PROCEDURE)

Colonoscopy is one of the endoscopic procedure that is done to detect the bleeding diverticular disease. This is done by putting a small camera scope through the anus. The aim of a colonoscopy is to detect the exact location of the bleeding hence necessary treatment can be given through the scope to stop the bleeding. Colonoscopy is usually done when the patient is semi-conscious to ensure comfort and less pain during the procedure.

DIVERTICULITIS - What is diverticulitis?

Diverticulitis is a condition where the sac-like structure (diverticulum) becomes infected. It causes the diverticulum to be inflamed and become thick. Patients usually come with abdominal pain, followed by fever. If left untreated, this condition will progress and collect pus in the abdomen. In the worst case scenario, diverticulitis will lead to perforation and fecal contamination within the abdomen. In the hospital, further detailed investigation will be carried out by performing contrast CT scan imaging. This is to determine the severity of the diverticulitis. At the same time, antibiotics to kill the bacteria will also be given to prevent any worsening of the infection.

ROLE OF SURGERY - When to consider surgery

Most of the per rectal bleeding cases will stop spontaneously. The same goes to bleeding diverticulosis. The majority of the cases will stop spontaneously. Elective colonoscopy procedure will be done at a later date to ensure the bleeding is not because of bowel cancer or bleeding polyps. Surgical procedure to remove the diseased bowel will only be considered when the patient experiences repeated episodes of bleedings.

In the case of diverticulitis, antibiotic therapy and bowel rest will be given in low risk cases. Nevertheless, colonoscopy will still be conducted six weeks after completion of antibiotic therapy. It is to make sure we are not dealing with any other cancerous growth within the bowel wall. Emergency bowel surgery is considered when there is evidence of leaking or perforation of the affected bowels.

PREVENTION - What are the preventive measures needed to prevent this disease?

A balanced and healthy diet is vital in preventing this disease. A good diet should contain adequate amount of vegetables and fruits. This is to ensure optimal levels of fiber within the bowel. Drinking plain water at a minimum of eight glasses per day is also paramount to prevent severe constipation which can contribute to diverticular disease.

An active lifestyle and regular exercises are also important factors to prevent this condition. It is recommended to perform physical activities at a minimum of three times in a week. Apart from that, regular exercises would also prevent us from other chronic diseases such as Diabetes, Hypertension and Heart diseases.



Dr. Mohd Salehudin Bin Che Zan @ Che Zain
Consultant General Surgeon



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MEDICAL AESTHETIC CLINIC OF THE YEAR IN THE ASIA-PACIFIC

ANNA HOO CLINIC

When you first lay eyes on a person, the first body part most people look at is the face, which is a person's most unique feature. Among friends and acquaintances, you may notice that some faces appear more radiant or less wrinkled than others. For those with flaws in their appearance, low self-esteem and reduced confidence creep in and affect patients' social, family life and even work performance. The dissatisfaction towards one's body shape, ageing sign, or simply skin pigmentation may be perceived to be minor but undeniably impactful.

Anna Hoo Clinic is here to help. Founded in 2010, the aesthetic clinic has won several awards and it has become one of the aesthetic clinics with the best premier medical wellness treatment in Malaysia. The clinic has always strived to deliver care at the highest standard, backed by scientific evidence. The clinic sticks to its mantra of making Holistic Wellness and Aesthetic Medical Care the heart of great living. "To do this, we have consistently adapted to our patient's needs as every one of them is a unique individual, both physically and psychologically. Instead of a stereotypical treatment, we adapt to our patient's individual needs by providing them with individualised care that is designed to fit their needs in order to maintain optimal health," explained Dr Anna Hoo, the clinic's founder.

To achieve this, the clinic has invested heavily in its doctors, training them to become key opinion leaders in



Dr Anna Hoo

their fields. All doctors are well experienced and have been certified by the Ministry of Health to perform medical aesthetic treatments. They believe that great complexion comes from a healthy body and that the first step to great medical aesthetic care is to first fix the body. The body is optimised before any major treatment with the aim to bring out the best of any individual.

One of the clinic's primary treatments is using injectables to improve patients' complexion. The injection improves perfusion and hence the glow in the face, reduces wrinkles, and creates a lifting effect onto the face without surgery while improving hollowness created by ageing.

What separates Anna Hoo from other clinics is its individualised treatment, meaning patients do not appear stereotyped but have an enhanced facial feature without losing the uniqueness of their appearance. "We care for our patient's health and well-being and so we make sure to provide a tailored assessment and treatment. We also put a lot of emphasis on the way we treat our patients. Our doctors are here to guide them through the treatment every step of the way in order to make sure the treatment is well suited for their needs," added Kimberley, the clinic's manageress.

Patients are generally delighted with the treatment we provide them here at Anna Hoo Clinic as the outcome of the treatments are clear and reproducible. "All of the nurses are well trained, and they help ease anxiety in patients to make sure they feel as comfortable as possible. I have recommended numerous friends and family members to visit this clinic as I always feel welcome and at ease in this clinic," quips Mr Tan, who is a regular patient.

We are honoured to be presented the prestigious Medical Aesthetic Clinic of the Year in the Asia-Pacific Award and will be encouraged to live up to expectations. This award is a testament to the hard work of all the employees at the clinic as well as the support from our faithful customers. We will make sure that we continue to grow our company so that more people can benefit from our treatments.

ANNA HOO®

GROUP

Anna Hoo Clinic

Enhancing lives

Founded in 2010 by Dr. Anna Hoo, the Anna Hoo Clinic is a medical aesthetic clinic. The clinic was founded on the belief that optimal health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity; and that through personalised, safe and scientifically proven therapy, everyone, men and women, can age gracefully.

The team at Anna Hoo Clinic consists of certified and experienced doctors who have undergone extensive training in medical aesthetics. In addition, the clinic invests generously in technology, staff training and process improvement exercises to ensure that the clinic offers the best care using state-of-the-art treatment regime to its customers. Being in the forefront of medical aesthetic allows the team to offer the best care in facial aesthetic and body treatment, health and wellness preservation to its patients.

Importantly, the clinic operates with the following core values at heart. They are:

Professionalism - the clinic treats patients according their needs and with highest standard of care.

Trustworthy - the insistence that the safety, interest and confidentiality of the patients are always upheld.

Personalised - We personalised each treatment to suit individual needs, taking into account physical, mental and social factors which makes everyone unique.

Caring - We conscientiously work for the well-being and safety of people with empathy, affection and love.

Passion - Passion is at the heart of our company. We are continuously moving forward, innovating, and improving for the love of our patients and profession.

Our growth today comes from having a deep understanding of our patients' needs. The realisation is clear that patients want safe treatment with reproducible results - results which appear natural and not overdone. We promise to keep innovating, keep bringing in the best of care so that lives are improved and graceful aging can be a reality to all.



Anna Hoo Clinic (Petaling Jaya)
D-1-51, Block Dahlia,
10 Boulevard, Lebuhraya Sprint, PJU
6A, 47400 Petaling Jaya, Selangor
Tel : 603 7726 7626

www.annahooclinic.com.my



Anna Hoo Clinic (Bangsar)

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285, Jalan Maarof, Bukit Bandaraya,
59000 Kuala Lumpur
Tel : 603 2713 3668

www.annahooclinic.com.my



MEDICAL AESTHETIC CLINIC OF THE YEAR IN THE ASIA PACIFIC

VIDASKIN

Empowering you with skin confidence

The strive for the “perfect” skin and body is an avid struggle tied to self-confidence. Your self-esteem heavily influences the way you see yourself, your life choices, and other decisions.

In reality, everyone’s ideal skin is different, just as everyone’s fingerprints, personality and lifestyle are unique. From the delicate skin around the eyes to the colour in your cheeks or freckles, real skin is much more interesting and varied than an airbrushed image. Whatever your vision of ideal skin is, on a good skin day, you’re more likely to want to meet people, take on the world and enjoy yourself.

Sebum naturally keeps your skin protected and hydrated. But trouble arises when your sebaceous glands are over or under produced, triggered by factors such as extreme dry conditions, hormonal imbalances, diet, or even the wrong products. This results in expanded, unsightly pores, trapped dead skin and excess oil. And while makeup can help to cover up, it’s only a mask for the true problem at hand.

Dull skin, hyperpigmented skin and acne also leave negative ingrains. Family and friends may not fully understand the personal struggle. Sometimes, even mild breakouts can make you feel less confident. Studies have shown that people with common skin conditions, like acne, experience the same level of social, psychological, and emotional ramifications as those with chronic health problems. Maybe healthy skin won’t solve your dating woes or get you a raise at work, but



Mr Narender Panjwani & Dr Vicki Leong

it can give you the confidence to put yourself out there.

UVA rays can break down collagen and elastin, weakening skin’s structure. Underlying tissues may shrink, pulling pores downwards, causing sagging and larger pores. Repeated sun damage, dramatically increases your risk of melanoma and other forms of skin cancer. This is why wearing sunblock both indoors and outdoors is so important.

Trauma to the skin can result in scarring when collagen reproduction to heal wounds is imbalanced. Some scars, more noticeable, become a source of embarrassment. Fortunately, non-ablative laser treatments can help heat your skin’s inner layer promoting collagen production and generate new skin cells to replace damaged cells.

When it comes to your skincare battles, you don’t have to fight them

alone. Apart from our extensive range of FDA-approved treatments, VIDASKIN offers professional personalised consultations and carries a highly effective and advanced range of unique skincare. Her latest brand, “ASTRAA,” is a collection of youth elixirs that includes a full series of cleansers, serums, essence, creams and even SPF.

Founded in 2015 and led by Dr Vicki, VIDASKIN Medical Aesthetic Clinic is currently one of the leading aesthetic clinics in Singapore. Dr Vicki is also a key opinion leader and trainer for some prestigious brands and treatments.

With Dr Vicki’s impeccable skills and her team made of warm and meticulous therapists, VIDASKIN is a popular choice for most. Offering a wide range of quality and trusted treatments ranging from technologically advanced ablative to non-ablative laser therapy, medical grade intense pulsed light treatments, Botox and filler injections as well as skin tightening and fat freezing treatments. Patients can also relax and rejuvenate with the extensive range of luxurious facial treatments, body therapies and bespoke peels from VIDASKIN’s Peel Bar.

Everyone has something they desire to improve, whether it’s the shape of your nose or your skin’s quality. We want to empower you to live confidently in your own skin by helping you reach your skin’s fullest potential. Now, take charge, be empowered and live confidently in your own skin.



Be empowered to face
the world confidently
in your own skin!

" Our extensive range of clinically
proven machines and meticulously
crafted medical grade products
delivers sure, safe and effective
treatments conveniently. "

- Dr. Vicki Leong

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MEDICAL AESTHETIC CLINIC OF THE YEAR IN THE ASIA-PACIFIC

THE AESTHETICS FIRM

The Aesthetics Firm was established in 2018 and is currently in the process of expansion locally and across the Asia-Pacific. It is helmed by its medical director and chief executive, Dr Stephen Chu.

Dr Chu comes from a very diversified and international background. Born in Hong Kong, raised in Canada, and trained in Europe and Singapore, he has experienced different backgrounds and cultures around the world.

He began his medical journey by earning his Bachelor of Science degree at McGill University in Canada, majoring in psychology and neuroscience. He subsequently went on to study medicine and graduated from the Royal College of Surgeons in Ireland in 2009 with honours.

During his basic surgical training, he wrote his thesis on the management of burn wounds for his Master of Surgery programme in Ireland. He spent a year's rotation in general surgery and urology, followed by another six years attached to plastic surgery departments in Ireland and Singapore. The years prior to establishing The Aesthetics Firm were spent in aesthetics in the private sector. He has attended multiple international plastic surgery and aesthetic conferences around the world.

The clinic's goal to give patients the most honest, reliable, and competent treatment available.

It is essential for the practicing



Ms Jush & Ms Canise

doctor to have a proper procedure for assessing patients in a structured manner with a bit of "flair". It is also equally crucial to respect the patient's wishes. Dr Chu's first questions to patients are, "How can I be of service to you?", "What are your priorities" and "Tell me what you would like to change". Since aesthetic treatments can be a financial burden, it is prudent for the practitioner to prioritise what is most important to the patient.

There is also a need to ensure a balance between a "natural look" and a more "photo-ready" appearance. This is entirely the patient's preference,

and it should not be forced upon or induced by the doctor. A level of autonomy must be respected before deciding on any aesthetic treatments.

Dr Chu says that often aesthetics clinics are just concerned about the company's balance sheets. He believes this is unethical and stresses the need to prioritise the patient.

The clinic offers a wide range of aesthetic services for the face and body, including minor surgery for the treatment of burns, scars, cysts, and cancerous and non-cancerous moles. It is equipped with tele-consultation to cater to overseas patients and provide global medication delivery.

In addition, it offers cosmetic surgery treatments such as face and body contouring using botox, fillers and threads, anti-ageing treatments with serums, facials, and skincare. All aesthetic treatments at the clinic are customisable to the patient's needs, with services ranging from anti-ageing and last-minute skin rejuvenation before an important event to fat-freezing procedures for weight loss.

The Aesthetics Firm is the sole distributor of Elan Skincare products, which have been formulated and designed by Dr Chu.

WHAT MAKES ME CONFIDENT?



THE AESTHETICS FIRM

Embrace your soul & body.

Defy Aging with The Aesthetics Firm skin rejuvenation treatments.

Or get that dream body line with our body contour treatments.

AESTHETICS | MINOR SURGERY | WOUND CARE

SKIN CONDITIONS

Pigmentation, Pores, Acne, Scars , Anti-Aging Facials

FACE CONTOURING

Non-Surgical and Surgical: Wide range of facial contouring whether it be wrinkles, fine lines, nose augmentation, and jaw slimming , face lift

BODY CONTOURING

Muscle Conditioning, Fat / Weight Management, Breast and Gluteal Augmentation and Lift

AI SKIN ANALYSIS

Multi-spectral imaging and 3-D imaging skin analysis

ÉLAN SKINCARE

Paraben-free and clinically tested skincare, Élan was created to empower people with confidence through quality and easily applicable skincare.

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**AWARDED
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CLINIC OF THE YEAR
ASIA PACIFIC**

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SCAN FOR WECHAT



SCAN FOR WEBSITE



AESTHETIC MEDISPA OF THE YEAR IN THE ASIA-PACIFIC

MODE AESTHETICS

MODE Aesthetics has grown from a quaint shop located at Tanglin Shopping Centre before moving its flagship branch to Orchard Road, in Singapore, followed by a chain of other outlets in Bedok, Harbourfront and even Penang, Malaysia. MODE takes beauty to the next level. It revolutionises the very definition of beauty by staying à la mode.

MODE Aesthetics outlets are also strategically selected for convenience, just a stone throw away from MRT stations, without compromising on privacy. The transitional designs of the outlets give customers the ultimate pampering experience to relax, refresh and recharge during treatments.

MODE offers head to toe treatments from facial like the signature AlmaLASE laser facial to LED teeth whitening to super laser hair removal to slimming treatments like Fat Freeze and Emshape body sculptor to just name a few. Apart from the usual treatments, MODE offers customisable solutions to achieve your skin, body and hair goals. The relevant MODE Programmes are designed by industry professionals to use the latest aesthetic technologies to attain your desired results in the most effective and efficient way.

Innovation is the core development at MODE Aesthetics. We work closely with aesthetic manufacturers and suppliers from around the world to bring customers the latest technology in the aesthetic industry. With our transi-



Xiang Ying

tion to MODE, we have partnered with industry experts and leading aesthetic manufacturers from the UK and Korea to provide the latest and most effective aesthetic technologies and treatments - in line with our brand concept and vision of providing award-winning results. With 10 years of medical aesthetic industry experience, you can be assured to rediscover your beauty mode at MODE Aesthetics.

MODE Aesthetics delivers award-winning results with innovative treatments ensuring 100% customer satisfaction with quality assurance. We believe that customer satisfaction

is key for success. Only high-quality aesthetic equipment and products are used to ensure that customers receive the best treatments possible. All equipment is FDA-approved and CE certified to ensure proven results without compromising on safety.

MODE Medical Clinic is the medical arm of MODE Aesthetics and aims to provide the latest non-invasive medical aesthetic solutions with minimal to no downtime and deliver effective natural-looking results. Treatments available at MODE Medical Clinic includes threadlift, skin boosters, fillers and lasers. We place a strong emphasis on providing premium service standards for every visit. We also believe in achieving zero pain factor for all of your aesthetic procedures and this is what we are striving for at our clinic with various pain reduction techniques and devices.

Everyone is made differently and that's why at MODE Aesthetics, all the treatments are meticulously customised and crafted to each individual by using the latest equipment and technologies to ensure customer satisfaction.

MODE

AESTHETICS

OUR SIGNATURES INCLUDE

ALMALASE LASER FACIAL

SUPER LASER HAIR REMOVAL

LED TEETH WHITENING

FAT FREEZE



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AESTHETIC & HAIR TRANSPLANT CLINIC OF THE YEAR IN THE ASIA-PACIFIC

KLINIK DR INDER

From a humble beginning of five staff members in 2015, Klinik Dr Inder is today a leading premier aesthetic and hair transplant clinic located in Petaling Jaya, Malaysia, with a staff of more than 20 people. Founded by Datuk Dr Inder, a leading aesthetic doctor with over 20 years of experience, Klinik Dr Inder believes that success is a collective work of the staff, who have to listen to patients and customise every treatment while paying attention to small details that make the difference and providing a world class safe environment and procedures for patients.

We believe our patient deserves the best and our manta is simply to provide ultimate patient satisfaction by achieving the best possible results. At Klinik Dr Inder, we don't simply see aesthetic and hair transplant as a medical treatment. We look at it as medical craftsmanship at its best. We combine the latest technology, with skilful well-trained staff to ensure our patients get the most optimal results. We have recently trademarked our signature treatments. We call it iPlus®, a short abbreviation for Inder Plus. iPlus® treatments at Klinik Dr Inder are special customised treatments that we have designed from our years of experience.

This is the second year in a row that we are being awarded by *Global Health Asia-Pacific*. Our hard work of establishing the clinic, training our staff, listening to our patient is now blessed by this special Award. We thank all our



Datuk Dr Inder

patient for the trust and support they have given us. This award couple with positive reviews that we receive every week gives us the special boast to work harder and go for the extra mile to bring new innovative ideas to always position Klinik Dr Inder as the leading Aesthetic and Hair Transplant Clinic in the region.

Klinik Dr Inder ability to adapt to the changing landscape in the aesthetic and hair transplant field and constantly improving the way we communicate and chart our patient experience with us is key to our success. We are developing apps where

our patients feel we are extending our care to them beyond our boundaries. Quality healthcare is simply not limited to the day of procedure. Aesthetic treatments do take time to produce the most optimal results. At Klinik Dr Inder, we believe the treatment starts from the very first day of consultation. Each patient is different. Special care and attention is paid to patient needs and our treatments are customised for our patients. Our aim is to give our patient a feeling that we are there right beside them all the time throughout their aesthetic and hair transplant journey with us.

Klinik Dr Inder is now embarking on its growth plans to open a new state of art centre in Kuala Lumpur city centre to cater for the medical tourism market. We are indeed excited and very optimistic with the opportunity that lies ahead of us.

Klinik Dr Inder recently started to produce research papers to share our knowledge and experience with fellow aesthetic practitioners worldwide. We are proud that our paper titled *Treating Hair Loss Caused By Synthetic Hair Implant* was recently published by International Society Of Hair Restoration Surgery (ISHRS) Forum Volume 31 issue September/October. This is a new milestone for Malaysian aesthetic doctors who specialise in hair transplant. Datuk Dr Inder is the first Malaysian doctor to have a paper published in this forum.



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AND
HAIR TRANSPLANT CLINIC OF THE
YEAR IN ASIA-PACIFIC 2021**



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PLUS HAIR REGROWTH EXPERT
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BODY CONTOURING MALAYSIA



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ANTI-AGING CLINIC OF THE YEAR IN THE ASIA-PACIFIC

DR WEE CLINIC

Dr Wee Clinic is located in Johor Bahru and Iskandar Puteri, Johor, Malaysia, and provides individualised anti-ageing care that crosses the spectrum of medical aesthetic, anti-ageing and regenerative treatments.

It was founded by Dr Wee Chian Chuan, a credentialed LCP (Letter of Credentialing & Privileging) Medical Aesthetic Practitioner, by Ministry of Health Malaysia. Dr Wee started his journey in aesthetic medicine by earning his Bachelor of Medicine and Bachelor of Surgery (MBBS) from the AIMST University. Driven by his passion in aesthetic practices, he then continued his study to obtain the Certificate in Aesthetic Medicine from the American Academy of Aesthetic Medicine (AAAM). He also earned a master in MSc in Healthy Aging, Medical Aesthetic and Regenerative Medicine from the UCSI University, and also Cert in Andrology (Singapore).

As a doctor, he offers rich experiences and skills to serve his patients. He is registered under Malaysian Medical Council (MMC) since 2011. He is also currently a life member of Society of Anti-Aging, Aesthetics & Regenerative Medicine Malaysia (SAAARMM), Malaysian Medical Association (MMA) and Medical Practitioners Coalition Association of Malaysia (MPCAM).

Dr Wee Clinic has set out not just to provide aesthetic and beauty therapies, but to also give patients a better long-term health via their anti-ageing and regenerative medicine services. Dr Wee Clinic offers a variety of anti-ageing treatment including comprehen-



Mr Narender Panjwani & Dr Wee Chian Chuan

sive blood test, micronutrient indicators test, DNA genetic test for potential health risk, hormonal test, heavy metal test, allergy profile, placenta treatment and stem cell therapy.

Dr Wee Clinic offers a screening programme for predispositions and risks to non-communicable diseases (NCDs), cardiovascular diseases, diabetes, etc. If a predisposition is found, the experts at the clinic will target these genetic risk factors with personalised preventative interventions, lifestyle modifications, and appropriate follow up so as to maintain the highest quality of life possible.

Dr Wee Clinic is also a premium medical aesthetic and anti-ageing clinic that offers full-fledged, non-invasive and minimally invasive procedures that include:

- Anti-ageing therapy (DNA testing, placenta, stem cell therapy)
- Pico Laser for treatments for acne

scars, pigmentary problems, skin rejuvenation and tattoo removals.

- Weight management programmes
- Body contouring programmes
- Ultravel skin lifting and contouring
- Injectables for rejuvenation
- Augmentation with dermal fillers
- Wrinkles removal with Botox
- Chemical peel
- Hair loss Treatment
- Medical grade facials

Dr Wee Clinic aims to provide safe and approved treatments, products, and devices in a comfortable environment. Dr Wee Clinic is dedicated to provide the highest level of personalised service and confidentiality because they value their patient's trust and support. Dr Wee Clinic understands that every individual's needs and wants are different. Every patient requires personalised programmes to achieve their potential. As such, they take pride in offering a personalised and individualised course of treatments suited for every patient which include, one to one consultations, discussing treatment goals, suitable treatments of choice, pre- and post-treatment information for the patient's understanding.

Dr Wee Clinic believes that outside appearances can impact one's self-esteem. What makes Dr Wee Clinic unique is its integrative approach to the assessment and treatment of conventional skin conditions, aesthetic concerns, and anti-ageing wellness care.



**Anti - Aging Clinic
of The Year
in Asia Pacific
2020 & 2021**

- ◆ Anti-aging therapy
- ◆ Medical Aesthetic
- ◆ Regenerative Medicine
- ◆ Laser
- ◆ Energy Based Devices
- ◆ Botox
- ◆ Filler
- ◆ Chemical Peel
- ◆ Dermabrasion
- ◆ Weight Management & Body Contouring Programs
- ◆ Hair Loss Treatment
- ◆ Laser Hair Removal
- ◆ Skin Problems

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BODY SCULPTING MEDICAL CENTRE OF THE YEAR IN THE ASIA-PACIFIC

AMARIS B.

With its roots in body sculpting, the Amaris B. clinic has been providing surgical body sculpting and medical aesthetics services for more than a decade and a half. From its humble beginnings in 2004, it has accumulated a wealth of experience, industry recognition, and awards.

Choosing an experienced doctor with a good artistic sense for body sculpting treatments should be a priority for patients who are looking to achieve a dream body. They should look for an expert who is able to envision the most natural look that complements a body structure.

Dr Ivan Puah, Amaris B.'s founder and medical director, who is widely recognised for his achievements in the field of body sculpting and aesthetic medicine, believes that medical aesthetics is 30 percent science and 70 percent art. To him, enhancing specific areas of the anatomy to achieve a desired figure is similar to how artists use tools to craft their masterpieces.

With more than two decades in medical practice, of which 17 years have been spent performing body and facial sculpting and medical aesthetics, Dr Puah uses this artistic approach in his practice of facial and body contouring. The technology he uses, together with his years of experience, results in a sculpted natural-looking physique to the face and body.

The clinic is located in a three-storey conservation shophouse in Singapore's Kampong Glam tourist district.



Dr Ivan Puah, medical director, Amaris B. Clinic

Since its opening, words of mouth and referral have attracted an exclusive patient base consisting of Singaporeans, expats, and medical tourists from the Asia-Pacific, the United States, Europe, and the Middle East to visit the clinic.

Amaris B. works with integrity and honesty in providing ethical care and advice to its patients and commits to offer complete customer service satisfaction, as evidenced by the number of its awards.

Its signature treatments include body contouring and enhancement procedures such as VASER liposuction, VASER hi-def liposuction, gynaecomastia surgery, and facial/and body fat grafting, as well as facial injectables. It also provides a number of other facial, skin, and body medical aesthetics

treatments.

The clinic has a special interest in weight management, fitness, and body sculpting. Dr Puah believes that patients will enjoy the benefits of having healthier and more sculpted bodies with Amaris B.'s non-invasive patented vacuum and compression therapy after VASER liposuction. This approach is only available at Amaris B.

Over the years, many international gynaecomastia doctors have taken to different types of surgical techniques which play a significant role in the end-result for the patient. Having undergone dedicated training in gynaecomastia surgery in the United States, Dr Puah has further refined his surgical skills and developed a 360-degree glandular tissue dissection technique, which not only reduces the invasiveness of the procedure, surgical side effects such as haematoma and scarring, it also produces a more defined and sculpted chest for his patients.

With his years of clinical experiences, Dr Puah has further developed and refined his body sculpting approach in body sculpting such as liposuction. This MDC-Sculpt lipo technique allows thorough fat removal on the treatment area while sculpting the body in a precise manner. In this way, the technique constitutes a more desirable cosmetic outcome as scarring is reduced to a minimum.

AESTHETIC MEDISPA OF THE YEAR IN THE ASIA-PACIFIC

MIRAGE AESTHETIC

The beginning

Conceptualised by industry players with more than 10 years in the industry, Mirage Aesthetic first opened its doors in 2016. Mirage's mission is to provide unparalleled service to their clients and journey with them in achieving their desired results through the aesthetics industry's latest and most cutting-edge technology. Having three botanically-themed outlets across Singapore, Mirage's very first outlet is located in Tanglin, with two subsequent outlets opening at Westgate and Scotts Square Orchard. Each outlet is designed to transport its customers to an aesthetic wonderland, a place to rest and rejuvenate, to slow down time, trim and tone the body, enhance one's smile, the ultimate aim to achieve the perfect you.

It's all or nothing

Quality is something that cannot be compromised.

To stay at the forefront of the industry, Mirage constantly updates its treatment offerings with the latest technology in aesthetic devices and specialised skincare products from Korea to customise the perfect solution for every skin type. Each aesthetic device and skincare product that is brought in goes through intensive R&D and a series of testing to ensure standards of quality and efficacy are met.

Set out to honour safe, reliable and competent treatments, Mirage Aesthetics' business philosophy is founded on the interpretation of offering high quality treatments to help individuals overcome their concerns and



Mika Hayashi

achieve their desired goals. Apart from offering just facial treatments, Mirage Aesthetic also offers a variety of treatments. These include bespoke body treatments, hair removal treatments, and teeth whitening treatments.

Mirage's signature services include its Instant Korea BB Glow Facial treatment which gives the skin a highly coveted radiant glow and RF Nano Crystallize Hyaluronic Skin Booster that helps tired skin regain its youth and moisture. Endorsed by many local celebrities and influencers, the LED Teeth Whitening is another favourite and helps the teeth achieve eight shades lighter in a single session.

The spirit of service

Mirage Aesthetic follows the principal of being customer-centric, placing customers' needs as the top priority and strives to go the extra mile to understand and exceed expectations. Every step of the customer's experience from pre to post treatment are considered

to add value to their journey with Mirage. The brand listens to its customers and constantly gathers feedback to continuously improve its services and treatments provided. The spirit of service differentiates Mirage from the rest of the competition. Through listening and improving, strong relationships and even friendships have been forged with customers.

To connect with its customers, Mirage Aesthetic makes full use of social media platforms and electronic direct mail (EDM) to update customers on the latest events and treatment promotion offerings. Periodically, attractive giveaways, contests and private events are also held to engage and deepen the bonds formed.

The company also invests generously in technology, staff training, and process improvement exercises to ensure that staff are professionally trained and equipped with the right tools and knowledge to serve each customer.

Besides the brand's valued customers, Mirage Aesthetic also reaches out and gives back to the community quarterly. With a soft spot for the elderly, past community outreaches were in collaboration with charities to hand out basic necessities to elderly who are living alone. These acts of kindness also reiterates the importance of service and strengthens the tight knit bond in the company.

HAIR TRANSPLANT CLINIC OF THE YEAR IN THE ASIA-PACIFIC

DR SHAH HAIR CLINIC

What does it take to make a hair transplant surgeon? A hair transplant surgeon needs passion as much as professional skills. We always want our patient to feel secure to walk in our clinic and walk out in confidence. We want them to have that proud moment meeting the highly trained professionals with years of experience.

Dozens hair transplant clinics have sprung all over the country and patients have been overwhelmed with choices. Our advice is to do some research before making any decision because it involves your most important body parts and you may want to place your scalp in very capable hands.

Dr Shah Hair Clinic was founded by Dr Shaharom Sulaiman. After obtaining a medical degree from National University of Malaysia (UKM), he served in Malaysian Medical Core as military doctor for ten years. He took a big change in his career to become a hair transplant specialist.

Dr Shah Hair Clinic offers treatments for all hair loss related issues such as medically-caused alopecia (hair loss), scarring alopecia anagen or telogen alopecia, aside from androgenetic alopecia. Dr Shah Hair Clinic is also specialised in facial, chest and beard hair transplant and eye brow hair restoration.

As quality control is the most important factor in the medical and health sector, Dr Shah Hair Clinic never compromises on quality. We spent a great deal of time and effort building



Dr Shaharom Sulaiman

systematic processes and sourcing for the best and latest treatments and technologies offered by the industry. As the industry is very competitive, Dr Shah Hair Clinic always ensures that they are equipped with the most up-to-date skills and equipment. To be competitive, Dr Shah himself has done a lot of research, met lot of surgeons in the same industries, seen many practices and attended courses before he could transfer his skills to other colleagues.

Dr Shah Hair Clinic functions as a patient advisor, therefore, our main focus is to ensure the voice of our patients is being heard and services rendered positively impacting lives of others. We believe achieving result-oriented goals is always a two way effort between us and our patient, it is

a partnership.

Being a trusted brand means we need to execute on that purpose responsibly. The key factor in building patients trust and confidence is doing our job with integrity and honesty as we believe patients satisfaction is crucial for any service provider.

To this end, maintaining good communication with our patients and improving the standard of service are very important. In this regard, we can say that our workforce are the most important individuals who make the patient experience look fantastic. Therefore, we always make sure that we provide the most excellent training to our doctors. Performing state-of-the-art hair transplant surgery needs a team of qualified doctors.

An award recognition implies a greater responsibility on a winner. We have to consistently provide excellent care. With hair transplant surgery becoming more popular in today's fast-growing, brand-driven industry, Dr Shah Hair Clinic proudly sits on top of the list of many celebrities and public figures all around Malaysia.

Dr Shaharom Sulaiman is a member of The International Society of Hair Restoration Surgery and Life Member of The Asian Association of Hair Restoration Surgeons (AAHRS). Our clinic is fully dedicated to hair transplant services and also provides consultation branches throughout Malaysia.



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THE BEST

DRSHAH
H A I R . C L I N I C



Hair Transplant
Clinic Of The Year
2020



Aesthetic &
Hair Restoration Solution
2021

BEST WELLNESS SPA OF THE YEAR

PADMA SPA

Padma Spa - Haven for body and mind to rejuvenate

Padma Spa Singapore, located at the edge of Orchard shopping belt, is the first wellness establishment owned by Padma Health Management Pte Ltd. Incorporated in late 2020 amid deep Covid-19 pandemic circumstances, it aims to bring high level oriental holistic wellness services to Singapore.

Our services include :

Foot massage and reflexology

Applying lightly fragranced natural coconut oil with lemongrass and cocoa butter as lubricant for the foot massage, obstructed “Qi” in body parts gets released by massaging the corresponding section in the foot sole and helps promote physiological and physical health conditions.

Reflexology is an ancient healing practice based on the principle that there are reflex points on the feet that correspond to the body’s different organs and glands.

Benefits of foot massage and reflexology:

- Improve blood circulation
- Help in relaxation
- Promote better sleep
- Relieve body pains
- Improve mood and fight depression
- Make feet healthier
- Alleviate swelling (edema)
- Have anti-inflammatory effects and treat fungal infections

Aromatherapy body massage

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Our choice of quality natural aromatic mas-



Ms Nalia Li & Mr Ivan Tan

sage oils extracted from coconut, soya and lemongrass or non-fragrance oil combined with our techniques to unlock tightness, helps your muscles relax, eliminating the aches in your body, and enhances emotional health.

Benefits of aromatherapy body massage:

- Improves quality of sleep
- Helps reduce stress, agitation and anxiety
- Improves your mood
- Relieves pain and sore joints
- Fights bacteria, virus or fungus
- Boosts immunity

Acupressure (Tuina) body therapy

TCM Tuina style to stimulate the flow of “Qi”, promoting balance and harmony within the body. Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease. Acupressure is often thought of as simply acupuncture without the needles.

Traditional Chinese medical theory describes special acupoints, or acupressure points, that lie along meridians, or channels, in our body. These are the same energy meridians and acupoints as those targeted with acupuncture.

Acupressure massage is applied via the fingers, palms, elbows or feet to apply pressure to acupoints on the body’s meridians to channel the vital energy flows (“Qi”) of our body. It is meant to aid the body stimulate and activate its own healing energies.

Benefits of acupressure therapy:

- stimulates the body’s circulatory, lymphatic and hormonal systems
- relieves stress and anxiety
- improves sleep
- relaxes muscles and joints
- regulates digestive issues
- minimises headaches and migraines
- beneficial for back pain and menstrual cramps

Why customers love us:

Professional hospitality

Prioritising safety and hygiene, our staff are all professionally trained from counter to room, to give customers peace of mind.

Relax zone

A spacious waiting lounge area with ample seating, we allow our customers to be in a relaxed state before the massage starts.

Holistic relief

A truly calming experience when you enter Padma spa, with our focus on ambience, privacy and taking care of your needs.



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Foot Reflexology

Obstructed "Qi" in body parts gets released by massaging the corresponding section in the foot sole.

Acupressure Body Massage

TCM Tuina style to stimulate the flow of "Qi", promoting balance and harmony within the body.

Essential Oil Body Massage

Oil Massage to unlock tightness and helps your muscles relax, eliminating the aches in your body.

Foot & Shoulder Package

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BEST WELLNESS GROUP OF THE YEAR IN THE ASIA-PACIFIC

THE ULTIMATE GROUP

Founded in 2005, The Ultimate Group of Companies has grown from strength to strength, to become one of Singapore's leading wellness and beauty groups. Our purpose is to inspire people to invest in their well-being, with the firm belief that being well is a necessity and not a luxury.

We believe well-being is not just about attaining a balance in body, heart, mind and soul but success in all aspects of life through better health and a clearer mind.

The Ultimate Group of Companies owns a prestigious range of premium wellness brands and our rich heritage is a reflection of the trust that our customers have in us.

Spa brands

The Ultimate

- Creating a distinctive Asian and modern spa renewal ritual that is immaculately put together for your relaxation.

Adeva Spa

- Specially curated Spa treatments and therapies to help rejuvenate and relax your body and mind.

Spa Rael

- A sanctuary of peace and tranquility, a haven amidst the fast-paced city. Soak in the unique combination of nature and luxury, rejuvenate and revitalise your body and soul.

The Spa by the Ultimate

- A retreat into a wellness haven that exudes ease and lightness.



Mr Sheldon Tan

Hair and scalp care

At Follicle Singapore, our plethora of services ranges from a full-suite of hairstyling, coloring and perming, and scalp services.

Situated along the Orchard Road District, Follicle Singapore uses only scientific approaches to combat hair problems - tapping on proven diagnostic techniques, medically developed treatments, and long-term management as the key to sustainable hair health.

Medical aesthetics

The intrinsic energy between the mind and body has inspired the Group to venture into medical aesthetics with trusted medical practices such as The Aesthetics Medical Clinic and Q Aesthetics.

Our clinics provide a global approach to wellness and beauty, harnessing only the latest medical technologies and beauty enhancing procedures for the discerning individual.

Beauty brands

HANN

We believe that our skin is a reflection

of our inner self, recognising that the mind and skin are intrinsically intertwined. HANN offers a wide variety of holistic skincare product collections for the face and body.

Yellow Rose

A focused, scientific approach and client orientated mentality to achieve the domestic market leader position in producing cosmetic products for skin care.

ESPA

Guided by a holistic philosophy, caring for the whole wellbeing, focusing on creating naturally effective skincare products which deliver results you can see and feel. Expertly formulated products with luxurious textures and sensorial mood enhancing aromatics that protects the long term health and beauty of the skin.

Our Group believes that every individual has a responsibility to contribute towards the society and every organisation has a role to play in improving the community we live in.

Under our corporate social responsibility programme, we bring together resources and committed partners through dedicated philanthropic spa initiative, 'Spa With Love', to help raise funds and improve the quality of life for disadvantaged women and children who fall through the cracks of our social safety net.

To date, our Group has supported the Children's Cancer Foundation (CCF), Mainly I Love Kids (M.I.L.K) and Singapore Committee for UN Women (previously named as UNIFEM).

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Patients shouldn't let atrial fibrillation suppress their lifestyle

Managing the most common arrhythmia still requires healthy living



The cause of AF is unknown, but it is more common with age, in men and among those with other heart conditions such as congenital heart disease and hypertension.

The most common heart rhythm disorder, atrial fibrillation (AF), is characterised by irregular heart rhythm and does not discriminate between younger, athletic patients and those in their later stages of life.

While some people with AF feel heart palpitations, dizziness or tiredness, and others sense a pounding of the heart, not everyone is symptomatic, which makes it especially important for doctors to catch it when they can, said Dr Reginald Liew, a senior cardiologist at Mount Elizabeth Hospitals in Singapore.

“Patients with AF may even not feel anything at all—they could have asymptomatic AF, and it’s only picked up when they see a doctor and he notices an irregular pulse,” Dr Liew told *Global Health Asia-Pacific*.

“In fact, I see quite a lot of executives who don’t know they have AF until they go for their annual checkup. It’s then the job of the doctor and the cardiologist to decide how to manage the patient.”

The cause of AF is unknown, but it is more common with age, in men and among those with other heart conditions such as congenital heart disease and hypertension.

Since AF can elevate the chance of stroke, doctors will use the CHADS2-VASc score to assess a patient’s risk, considering factors such as age, presence of hypertension or diabetes and history of

congestive heart disease.

The type of stroke associated with AF is worse than the normal type of stroke, since blood clots can form in the left atrium when the heart is fibrillating and not emptying properly. If the clot dislodges and travels into the circulation, it can go to the brain and cause an ischaemic stroke.

At the same time, the clot may go to other parts of the body and cause emboli, or blood clots in other blood vessels such as the gut or the legs, which can also be very dangerous. All these can be reduced with proper anticoagulation medication.

Another risk of AF is that it can lead to cardiomyopathy, which is a form of heart failure.

“Because the heart is beating fast and irregularly, it is not beating properly and becomes dilated and expands over time. Some people present for the first time with heart failure, and then they are found to have AF,” said Dr Liew.

AF can be debilitating, even in people without heart failure or higher risk of stroke, and particularly in younger patients. Ironically, healthy, younger people—in their 30s, 40s and 50s—tend to be much more symptomatic, though it is less common for them to get AF.

Interestingly, former athletes, and especially those who have participated in endurance sports, comprise a subset of people with higher risk of AF and arrhythmias.

This is probably because months and years of intense training may have caused stretching of the upper chambers of the heart, which can lead to them having slightly dilated or enlarged atria. Over time, this may cause small areas of scarring that will go on to trigger AF.

Treatment for AF very much depends on the patient's symptoms and their profile. When older patients present with mild symptoms, identifying the risk of stroke is a priority so they can be started on blood-thinning medicine.

Treatment for AF also depends on the type of AF the patient has. For paroxysmal AF, meaning it comes and goes between normal and abnormal rhythm, the patient would require specific anti-arrhythmic medication such as flecainide, propafenone or sotalol. For people who have AF all the time, rate-slowng medicines such as beta blocker or digoxin would be prescribed.

Many patients, especially younger ones, do not want to take long-term medicine, especially as medicine reduces the symptoms but it cannot cure the condition. Instead, they would prefer a longer-term cure such as catheter ablation.

Catheter ablation is a procedure that very carefully destroys the diseased area of the heart and interrupts abnormal electrical circuits.

In the procedure, thin wires are guided through one of the veins into your heart, where they record electrical activity.

When the source of the abnormality is found, an energy source, such as high-frequency radio waves that generate heat, is transmitted through one of the catheters to destroy the tissue.

"Younger patients are the better group for considering catheter ablation. The older group, such as patients over 65 to 70, may still have catheter ablation, although the risks are slightly higher in that group," said Dr Liew.

In younger patients who are generally well and don't really have serious heart problems other than AF, the most important thing is to control AF symptoms so they can get on with their normal life.

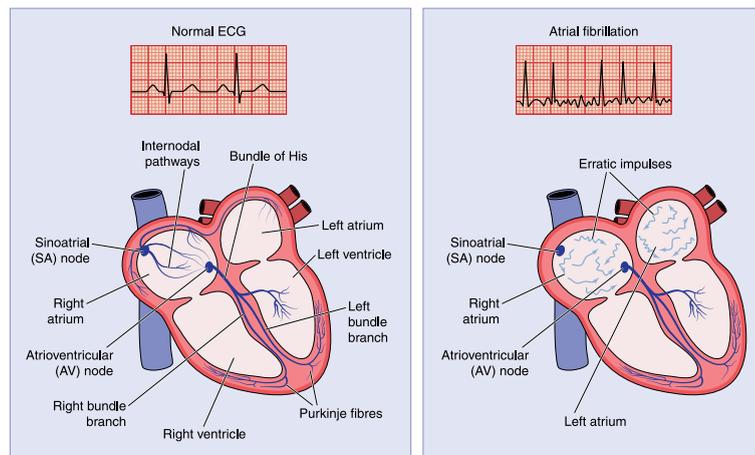
Maintaining a healthy lifestyle is an extremely important factor for anyone diagnosed with AF at any age. Patients who are overweight should turn to exercise and healthy eating in an effort to lose weight, since obesity is one of the reasons why AF can persist or get worse.

"I always tell patients that we don't want their condition to suppress their lifestyle," said Dr Liew, adding that if they enjoy exercise, travelling or going out, they shouldn't stop.

"But they must still keep up with their regular exercises, which will help with the vascular system and control their blood pressure."

Another important consideration is the consumption of alcohol and caffeine. Although some studies suggest a small amount of alcohol may be beneficial for the heart, when it comes to arrhythmia, such as AF, any alcohol can make the condition worse.

It may take just one glass of wine to trigger AF for some patients, while others can take more. Often, drinking at a party can cause an episode, and most patients will eventually know their limits.



The frequency of AF episodes depends on the individual, as well as their lifestyle at the time of the episode. Some may have one once a year, for example; others every four or five months. When they start drinking more frequently, they may say it comes on every week, and it might last for a few hours.

"The frequency and duration are very important," said Dr Liew. "Often, when we see patients, we will ask how often they get symptoms and how long they last for. Can they think of anything that will make it worse, trigger it or make it last longer?"

In addition to drinking more than usual an episode may stem from taking long-distance flights and being jet-lagged. Poor sleep habits also contribute to AF, as does stress at work.

"It's a very strange condition in that there are lots of triggers that can make things worse for patients. Some patients drink green tea, and that makes it worse. I have one patient who says it gets worse in cold weather. There are different triggers for different people."

Generally, a good diet for AF patients would be one that keeps weight down and is accompanied by good supplements for their body. For example, a mixed, low-cholesterol diet including fruit and vegetables, fish, nuts, and low in fried and fatty foods would be ideal. Any sustained consumption of food that worsens blood pressure and increases the risk of coronary artery disease would also make AF worse, because the condition is intrinsically linked with hypertension and increased weight.

"The current recommendation by a lot of medical bodies is the Mediterranean diet, which is high in legumes, nuts and polyunsaturated oils such as olive oil. The olive oil really makes a difference," said Dr Liew.



Dr Reginald Liew is a cardiologist at Mount Elizabeth Hospitals in Singapore. He's an expert in cardiac electrophysiology and the director of The Harley Street Heart and Vascular Centre in Singapore.

Make an appointment to consult a cardiologist at **Mount Elizabeth Hospitals**

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The 'art' of oncology is just as important as the 'science'

Knowing how to provide patients with the right support is critical in cancer care



The best oncologists have good mentors from whom they learn how to nurture relationships with their patients and communicate effectively.

The relationship between a cancer patient and their doctor can be as much part of their treatment as all the drugs and surgery.

Establishing a positive mental attitude in a patient who has just been told their life will probably be cut short is not an easy task, but it is still possible to boost their confidence for the upcoming hard and painful journey.

The ability to motivate a terrified patient to rise to the challenge of a cancer diagnosis is just as necessary for an oncologist as their skills to treat the disease.

According to Dr Ang Peng Tiam, medical director of Parkway Cancer Centre in Singapore, it goes without saying that patients who receive strong medical, social and psychological support fare better in their treatment.

"I'm a firm believer that those who are positive will have a better outcome," Dr Ang told *Global Health Asia-Pacific*.

"It's very hard to prove it in a scientific manner, but from personal experience of being an oncologist for more than 30 years, I can tell you with confidence that those who have stronger support tend to fare better."

To illustrate this, he recalls a patient who walked into his clinic in a state of depression. He had been receiving treatment elsewhere and his disease was continuing to progress.

"You could see he was in a bad way, emotionally," said Dr Ang. "His head was bowed down and he looked broken. He was alive, but his spirit was gone."

After commencing treatment at Parkway, which included sessions with our counsellors and support from our nurses, the patient's mood began to change. He was happy to come for treatment. There was a little more fire in his belly, and the desire to get better.

"I don't know if it was whether it was a different treatment programme or because he was more positive due to how our whole team supported him, but the family was so grateful," said Dr Ang.

"It shows me that it is very important not just to talk about the science, but to discuss how important it is to have a positive attitude. He found the courage to fight on."

The moment of establishing initial rapport is critical for forming a strong bond between the doctor and a cancer patient.

At that first contact, there is the uncertainty in the mind of the patient about what lies ahead. This is understandable as cancer is not something like an appendectomy, where the outcome is expected to be good, stressed Dr Ang. It is a journey that may last for years and is filled with uncertainty, fear and dread.

"When you first walk into a doctor's room and have a diagnosis of cancer, there's a great deal

of stress and anxiety in the patient, and that first meeting is so important. It's important just to get to know and "connect" with the patient," he said.

"In that first meeting, it is important to lighten the mood as much as possible. 'You're born the same year as me!', 'Your daughter is the same age as my daughter. Where did she study?' You're trying to make a connection with the patient as quickly as possible."

Every patient comes in with a different expectation. Some patients are very well-read, and they know everything there is to know about their cancer, whereas others are not yet ready to know too much. For this second group in particular, the doctor has to quickly gauge the pace that works best in relation to the patient's emotional state.

Knowing the right way to describe what could be a turning point in somebody's life is essential, and comes with experience.

It is important to carefully assess each individual before deciding when to reveal and how much to say about the disease. Some patients want to know and are ready to know everything, including how serious the cancer is, whether it is incurable and how much time they have left.

Others may choose not to know too much and just want to get along with the treatment and hope for the best.

"That's why it's important to have this understanding established as quickly as possible. If not, the patient may go away feeling unhappy with too little or too much information," said Dr Ang.

He recently saw the result of poor messaging when an elderly woman with late-stage cancer arrived in his clinic. The last time she had seen a doctor, a year previously, was after she had encountered a small breast lump. At that meeting, her doctor told to "get her family together."

"The way she perceived it, the doctor had said that the cancer was terminal and there was nothing that could be done. She thought she was just being advised to spend her final days with those closest to her," said Dr Ang.

"However, what the doctor probably meant to say was that she should involve her family in the decision-making and seek their support during the treatment process." This misunderstanding resulted in the patient hiding the condition from her family, delaying treating and resulting in the cancer becoming advanced stage disease.

The best oncologists have good mentors from whom they learn how to nurture relationships with their patients and communicate effectively.

The lesson that specialists should learn is that, no matter how they approach treatment, they must have their patient's best interest at heart, and they must provide comfort, no matter how bad the patient's situation is.

"Comforting a patient is a very important aspect of being an oncologist," said Dr Ang.

"In my training, I have followed some of the greats in oncology, and you could see that despite their brilliance, their knowledge and their fame, one thing they had in common was their compassion for the patient. That is something that no one can ever teach



you directly; you have to learn it simply by observing and emulating them."

As modern healthcare evolves, the reality is that the treatment of cancer has become more intrinsically based on protocols - long lists of steps that doctors check off at each stage of diagnosis, treatment and assessment.

In actual fact, most doctors recognise that it is the "art" of medicine, as much as the "science" which consists of research data and treatment protocols, that separates the good practitioners from the best.

"Any medical student can flip through treatment guidelines and know what to do. At Parkway Cancer Centre, we always remind each other it is the other half of what we do that makes the difference," said Dr Ang.

"It's why the patients will come back to us time and again. Many of our referrals come from family members and friends of our patients. They recognise that we have done our best for their loved ones and trust that we shall continue to do so."

As much as oncologists hope to cure all their patients, we often cannot. The large majority of cancer patients present late-stage disease, and no matter how advanced cancer treatment has become, oncologists can often only control the disease, preserve quality-of-life and prolong meaningful life. Most patients with advanced stage and metastatic cancer will eventually die because of the cancer. The doctor must be able to journey alongside the patient, do his best in treating the cancer and provide the much needed psychological support. As we approach the end of life, it is the comfort that we provide that inspires hope and peace in patients and their families.

"It's so important to show that you don't just know the science of medicine, but you practice the art of it. That's what we must do as oncologists," said Dr Ang.

Make an appointment to consult an oncologist at **Parkway Cancer Centre**

Phone appointment: +65 6737 0733

Online appointment: www.parkwaycancercentre.com



Dr Ang Peng Tiam is the medical director of the Parkway Cancer Centre in Singapore. He is a council member of the Singapore Cancer Society and the past president of the Singapore Society of Oncology. He held the concurrent post of Director of the Oncology Centre and Clinical Associate Professor at the Faculty of Medicine of the National University of Singapore.

Warm Greetings from Malaysia Healthcare!

Dear Readers,

The 2021 year of pandemic is soon ending chapter, hence, making this the perfect time to take a step back and evaluate all our efforts over the past 12 months as we nail down plans for 2022. This year has been an especially challenging one, across multiple economic sectors, as we endeavoured to reverse the effects of the pandemic while finding novel ways to bring our businesses into the New Normal.

Needless to say, a lot has changed and in keeping with the times, Malaysia Healthcare is charting a new course for continuous, inclusive, and sustainable healthcare travel industry growth over the next five years. The Malaysia Healthcare Travel Industry Blueprint 2021-2025 was launched recently by The Honourable Khairy Jamaluddin, Minister of Health Malaysia, which charts out recovery and rebuilding strategies to continue growing the healthcare travel industry as one of the Malaysia's key export services.

Towards Providing the Best Healthcare Experience

In ensuring that Malaysia continues to make headway in unison with its unique public-private partnership strength, the Blueprint was further crafted with the aspiration of providing a healthcare experience which exemplifies the best of medical and service excellence throughout the end-to-end patient journey. The plan further maps out the strategies and framework for industry stakeholders, anchoring on high quality, affordability, seamless journey, and accessibility factors at each touch point in the ecosystem.

The Blueprint will be driven together with Malaysia Healthcare's strong ecosystem in healthcare service delivery through our seamless end-to-end patient journey since our inception over 10 years ago. This is comprised of collaborative efforts from government entities, industry players, and our network of globally accredited 73 member hospitals.

Transitioning from Pandemic to Endemic

As we collectively transition into the endemic phase and work towards Reopening Safely, we must continue to uphold the highest commitment in strengthening our unique public-private partnerships. Through exemplification of excellence in healthcare and service delivery, we can effectively recover and rebuild our healthcare travel sector.

Moving into 2022, we have our work cut out for us as we continue making strategic and collaborative moves towards industry recovery. I believe we can make a significant leap towards our future goal as we continue to build upon existing confidence and faith in Malaysia as a safe and trusted healthcare travel destination while prioritising the best healthcare experience for our patients.

On that note, I would like to encourage all my fellow industry stakeholders and friends to continue leveraging each other's strengths in realising Malaysia's potential in becoming a leading global healthcare destination.

To get your copy of the Blueprint: <https://www.mhtc.org.my/blueprint>

If you are making your way to Expo Dubai 2020, do drop by the Malaysian Pavilion during Week 14, from 2nd to 8th January 2022 and say hi!

Thank you.

Mohd Daud Mohd Arif
Chief Executive Officer
Malaysia Healthcare Travel Council



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