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## LETTER FROM THE EDITOR

In this issue, we cover the 2023 GlobalHealth Asia-Pacific Medical Centre and Aesthetic Awards, which took place at the Ritz-Carlton hotel in Bali on May 26 and 27 and saw a lively conference followed by the awards ceremony.



Some of the key speakers at the conference were Syarifah Liza Munira, the Indonesian Deputy Minister for Health Policy Agency, Nurhadi Yudiyanto, Group CEO and Managing Director of Bundamedik Healthcare System, Farizal Jaafar, Acting CEO of Malaysia Healthcare Travel Council (MHTC), Datuk Dr Kuljit Singh, President of the Association of Private Hospitals of Malaysia, and Dr Timothy Low, CEO and board member at Farrer Park Hospital in Singapore.

The deputy minister said the Indonesian government was aiming to strengthen the health system by improving health literacy and primary prevention. She added authorities were also boosting Bali's medical tourism credentials through a collaboration with the Mayo Clinic to build an international hospital that will cater to both local and overseas patients.

Farizal explained how the COVID-19 pandemic accelerated the digitalisation of the healthcare, a key trend that is believed to reshape the provision of care while also boosting medical tourism.

The gala night saw more than 90 clinics receive awards for the quality of their services in a wide range of categories, from oncology and cardiology to aesthetic treatment and dental care.

Two awards are particularly worth mentioning — Long Covid Centre of Excellence in Asia-Pacific and Endometriosis Service Provider of the Year in Asia-Pacific, which were given to Miskawaan Health Group and Dr Sharifah Clinic for Women and Laparoscopic Surgery.

Both conditions have been neglected and underdiagnosed, with more research needed to help patients cope with the pain and difficulties associated with them. We hope these awards will help raise awareness of such unmet needs.

Gabriele Bettinazzi  
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# You Ask, They Answer



**Q** : What's earwax and why is it beneficial?

**A** : Also known as cerumen, earwax is a waxy substance naturally secreted by specialised glands in the ear canal.

It provides a few beneficial purposes to our ears. Firstly, earwax lines, lubricates, and moisturises our ear canals, preventing the ear canal from becoming dry and itchy. Since earwax is sticky, it also helps trap dust, dirt and other particles, preventing them from entering deeper into the ear canal. In addition, earwax has antibacterial and antiviral properties, and helps maintain an appropriate pH in the ear canal, creating an environment that discourages growth of bacteria and fungi.

**Q** : How does an earwax blockage occur and what are its risks?

**A** : An earwax blockage occurs when earwax accumulates and becomes stuck in the ear canal. Though the ear is meant to be self-cleaning, there are a few reasons why this may occur.

Some individuals naturally produce more earwax than others, making them more prone to earwax blockage. Certain patients may also have narrower or angled ear canals, which may make it more difficult for earwax to work its way out naturally.

Improper cleaning of the ears, such as inserting cotton buds into the ears, can also contribute to earwax blockage. Patients commonly end up pushing earwax further and further into the ear, making it harder for the sticky substance to fall out on its own. We have also seen patients who use cotton buds to clear earwax blockage and end up puncturing their ear drums, resulting in potentially permanent hearing loss.

Complete blockage of the ear canal by earwax can cause hearing loss, a sensation of blocked ear, and a ringing / buzzing sound in the ear. It may also increase the risk of ear infections as it creates a favorable environment for bacterial and fungal growth.

**Q** : How can people spot a blockage and should they always see an ENT specialist?

**A** : The most common symptom of earwax blockage is a sensation of a blocked ear. This most commonly occurs suddenly after a shower or after swimming as the water pressure pushes the earwax against the ear drum, resulting in a sensation of ear blockage.

Other symptoms of ear wax blockage include ear discomfort, a ringing or buzzing sound in the affected ear (tinnitus) as well as decreased hearing. If earwax blockage has led to an infection, there may be ear discharge or a foul smell coming from the ear.

While some minor earwax blockages can be cured with home treatments such as ear drops, one should see a doctor if there are other symptoms such as ear discharge, hearing loss, or a failure to improve despite home treatments. An ENT specialist has knowledge and experience in managing all ear-related conditions and can remove earwax using techniques such as irrigation and micro-suction.

**Q** : Can people prevent or reduce the risk of earwax blockages?

**A** : Firstly, avoid inserting cotton buds or any other foreign objects into the ear canal as this may push the earwax deeper in and increase the chance of blockage. Secondly, do allow your ears to naturally clean themselves and avoid excessively removing earwax. Lastly, if you are prone to excessive earwax production, you may want to see an ENT specialist regularly to remove earwax safely and maintain proper ear health.

## Dr Leslie Koh

Dr Leslie Koh is an ear, nose, and throat specialist at The ENT Specialist Centre in Singapore.



# Elective Egg Freezing: Preserving fertility options for the future

In an evolving world, women are embracing new possibilities and challenging traditional timelines. Elective egg freezing, also known as oocyte cryopreservation, is a rapidly growing practice that offers women the opportunity to preserve their fertility for later stages in life. Through a carefully planned process, eggs are retrieved, frozen using fertility preservation techniques, and stored until the woman is ready to utilise them.

In this article, we will explore the concept of elective egg freezing, the processes involved, its potential impacts and its benefits for the future.

According to Dr Tan Heng Hao, Medical Director of Alpha IVF Centre (Singapore):

"I often describe it as a fertility journey that we go on with our patients. While we will always encourage them to start their family early, the option of elective egg freezing allows women to extend their reproductive timelines, hence increasing their options. Elective egg freezing reduces the pressure of age-related fertility decline and increases the chance of a successful pregnancy later in life when they do decide to settle down. In my opinion, this is a form of empowerment."

## Benefits and considerations

With the publication of the White Paper on Singapore Women's Development that includes the availability of elective egg freezing, progressive changes have been introduced into the local reproductive healthcare landscape. It has also been made more inclusive by raising the age restriction for this procedure from 35 years to 37 years.

Elective egg freezing can provide women with the time and freedom to meet the right person without feeling the need to rush into marriage.

## The process of elective egg freezing

This involves ovarian stimulation with hormonal medications to promote the growth of multiple eggs. The follicle development is closely monitored through ultrasound scans and once the eggs reach maturity, they are retrieved surgically via a day surgical procedure with the woman under sedation. These retrieved eggs are then cryopreserved using fertility preservation techniques such as vitrification, an ultra-rapid freezing method, and stored in special liquid nitrogen containers until it is time for them to be warmed up and fertilised.

## Success rates and future use

Advancements in cryopreservation techniques have significantly improved the success rates of elective egg freezing. In Alpha IVF Centre (Singapore), we use a specific cryopreservation technique that was originally developed in Japan to vitrify and thaw eggs (oocytes) or embryos for future use.

While success rates can vary based on individual factors, freezing eggs at a younger age generally offers better outcomes and prognosis in the future. When the woman is ready to conceive, the frozen eggs can be thawed and fertilised with sperms through assisted reproductive technologies, such as in vitro fertilisation (IVF) or intracytoplasmic sperm injection (ICSI) where a single sperm is injected directly into the cytoplasm of the egg to increase the chances of a successful pregnancy. Upon successful fertilisation, the eggs are transferred to the uterus as embryos.

Till date, Alpha IVF Centre (Singapore) achieves a post-thaw survival rate of 96% using frozen donor eggs with our freeze-thaw methods. From January 2020 to December 2022, the centre achieved an overall IVF pregnancy rate of 72.5% for each frozen blastocyst transfer.



## Empowering a woman's reproductive journey

While the egg freezing technology is already firmly established worldwide, allowing elective egg freezing does represent a progressive leap in reproductive medicine locally.

Women in our society today are worried about the fact that they are not getting any younger. They are aware that there is a biological clock, but they do not want to settle down for the sole purpose of having kids. These fertility options allow women to embark on educational pursuits, career aspirations, and personal growth without any compromise on their dreams of motherhood. This remarkable technology opens the doors to a world of possibilities, reshaping the narrative of a woman's reproductive journey.

*"Alpha IVF Centre & Alpha Women's Specialists" is a one-stop fertility centre that in addition to caring for obstetric and gynaecological-related conditions, offers a comprehensive range of fertility treatments. The centre is well-equipped with its very own operating theatre, procedure room and IVF laboratory that are capable of handling a wide range of assisted reproductive technology (ART) procedures. These procedures include Intrauterine Insemination (IUI), In-vitro Fertilisation (IVF), and embryo transfers.*

*To optimise your chances of success, the centre utilises advanced IVF technologies such as Pulse-driven Intracytoplasmic Sperm Injection (ICSI), Time-lapse culture system, Embryo Vitrification, and Artificial Intelligence (AI) that are integral in achieving positive treatment outcomes. In addition, the centre offers specialised care for both IVF and non-IVF pregnancies, manages common gynaecological conditions, as well as gynaecological cancers and tumors.*



### Dr Tan Heng Hao

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# You Ask, They Answer



**Q: What's lactose intolerance and why many people develop it in adulthood?**

**A:** Lactose intolerance is the inability to digest lactose, a sugar found in milk and dairy products. Due to the activity of a specific digestive enzyme called lactase, we are able to digest this sugar and absorb it in our small intestine. If this is not possible, the sugar will go in the colon undigested, where bacteria will break it down and create excess gas and discomfort. In most cases, during adulthood there is a gradual decrease of lactase production and hence we lose the ability to digest lactose properly. This occurs due to the decreased activity of the LCT gene, which regulates the production of lactase.

**Q: What are the symptoms and when should people see a doctor?**

**A:** The most common symptoms are excess of gas, bloating, loose stools or diarrhea, abdominal cramping, or pain. You might seek medical advice when you are experiencing these symptoms, especially after consuming milk and dairy products. Lactose tolerance tests could be done to confirm the intolerance.

**Q: Is there any treatment to cure it or reduce symptoms, especially in the case of lactose intolerance caused by diseases like intestinal infection, coeliac disease, and Crohn's disease?**

**A:** In some cases, lactose intolerance can be related to intestinal infections or other conditions associated with reduction of the intestinal ability to produce lactase and digest lactose, like coeliac disease or inflammatory bowel diseases. In this case, treating the underlying condition might increase lactase production and reduce signs and symptoms. In general, when lactose isn't properly digested, a lactose free diet is recommended to improve symptoms. Additionally, digestive enzymes help to alleviate symptoms after ingestion of small amount of lactose.

**Q: What kind of foods can people with lactose intolerance eat to replace the nutritious benefits of lactose?**

**A:** People with lactose intolerance don't need to completely avoid milk and dairy products, but they can replace them with lactose free alternatives. Lactose free milk and yogurt contain lactase that breaks lactose down into glucose and galactose, allowing people with lactose intolerance to consume dairy products without having symptoms. Soft cheeses like ricotta cheese, mozzarella, and cottage cheese usually contain lactose in a smaller quantity and they are in general better tolerated than milk and yoghurt. If they cause symptoms, people could use digestive enzymes to improve digestion. Hard cheeses like Parmesan, cheddar, and feta are usually very low in lactose and they can be consumed by people who are lactose intolerant. In the market you can also find different plant-based milk alternatives that can be used as a replacement like almond, rice, oat and soy milks, but we always recommend looking for products with added calcium.

**Q: Are there any preventive measures against lactose intolerance?**

**A:** Lactose intolerance cannot be prevented and there isn't a cure for it, but it can be easily treated by limiting or avoiding foods and drinks containing lactose. Healthy diets and maintenance of good microbiota in the gut can improve symptoms and gut wellbeing but cannot increase production of lactase in the intestine.

## **Dr Andrea Rajnakova**

Dr Andrea Rajnakova is a Consultant Gastroenterologist at Andrea's Digestive, Colon, Liver and Gallbladder Clinic in Singapore.

## **Veronica Cavallini**

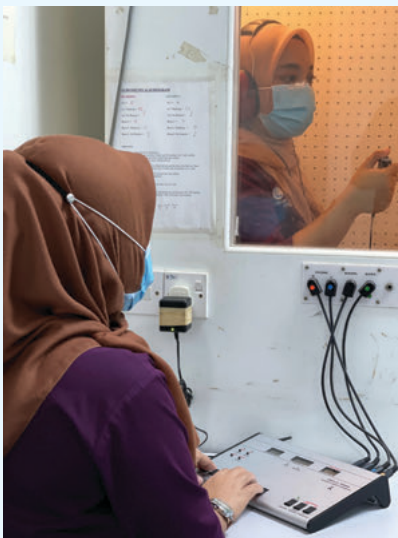
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## Stretching can improve flexibility

*It's an important part of any exercise regimen but it's not recommended for warm-ups*

The practice of stretching muscles is an essential exercise to keep them flexible and healthy, helping the joints maintain a range of motions.

"A lot of people don't understand that stretching has to happen on a regular basis. It should be daily," David Nolan, a physical therapist at Harvard-affiliated Massachusetts General Hospital, told *Harvard Health Publishing*.

People who skip stretching may have muscles that are less able to extend all the way, being at a greater risk for joint pain, strains, and muscle damage. Indeed, muscles that are suddenly being stretched for strenuous activities like tennis may become damaged. Nolan explains that regularly engaging in stretching keeps the muscle long and flexible, meaning that exertion "won't put too much force on the muscle itself." Such healthy muscles also improve balance, helping people avoid falls.

People should focus on stretching some key muscles. "The areas critical for mobility are in your lower extremities: your calves, your hamstrings, your hip flexors in the pelvis and quadriceps in the front of the thigh," he said. People can also benefit from stretching the shoulders, neck, and lower back.

Performing stretching daily is ideal but people could also aim for three to four sessions per week. It's a good practice to see a physical therapist who can recommend a customised programme, especially if you have health conditions or injuries.

To start reaping the benefits of stretching, people have to regularly perform it for several weeks. "It may have taken you many months to get tight muscles, so you're not going to be perfectly flexible after one or two sessions," said Nolan. "It takes weeks to months to get flexible, and you'll have to continue working on it to maintain it."

Stretching was long thought to be a good way to warm up muscles before working out but recent research has showed that this could actually hurt muscles. "When everything is cold, the fibers aren't prepared and may be damaged. If you exercise first, you'll get blood flow to the area, and that makes the tissue more pliable and amenable to change,"



explained Nolan. One safer option to warm up is quick walking for five to 10 minutes. However, stretching can be beneficial after aerobic activity or weight training.

Stretches should be gentle and slow. People should hold them for about 30 seconds.

One popular stretch for quadriceps involves standing near a wall for support while grasping your ankle and pulling your heel up and back until you feel a stretch in the front of your thigh. To stretch your hamstrings, you should lie on the floor near to a wall and raise one of your legs while resting the corresponding heel against the wall with the knee slightly bent, and then gently straighten the leg until you feel a stretch along the back of the thigh. All stretches should be done in both legs.

Stretches should cause a feeling of tension but not pain. If you do feel pain while stretching there may be an injury so stop doing it and see a doctor.

**Stretches should be gentle and slow. People should hold them for about 30 seconds.**



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## What's the healthiest rice?

*Wholegrain varieties are healthier than white rice*



**R**ice is a staple food for billions of people worldwide but not all types have the same nutritional value.

Brown rice is often touted as a healthy rice type because, unlike its white counterpart, it's a whole grain that still contains the bran layer and the germ, which are full of important nutrients like fibers and proteins. In particular, fibers can help people feel full quicker and then contributing to maintaining a moderate weight. Some research suggests that brown rice is also good at regulating blood sugar, thus reducing the risk of developing type 2 diabetes, because the bran layer makes brown rice digestion longer than that of white rice preventing blood sugar levels from rising too much.

Another healthy choice is wholegrain red rice. In addition to having more proteins and fibers than white rice, this variety is high in antioxidants, substances that help reduce cell damage due to oxidative stress caused by a variety of factors, including normal cell processes or smoking and air pollution. Oxidative stress is believed to play a role in several diseases like cancer, diabetes, and cardiovascular diseases.

Wholegrain black rice is also packed with antioxidants like anthocyanins, which give this type of rice its distinctive colour. Research shows black rice is linked to several health benefits including weight control, boosting eye health, protection against cancer, diabetes, and heart disease. Registered dietitian Beth

Czerwony says more research is needed but early findings on forbidden rice (a common name for black rice) are promising.

"We know forbidden rice is high in nutrients and antioxidants, which help protect our bodies against diseases," she said on the website of the Cleveland Clinic. "It's also low in sugar, fat and salt, which is important when we're looking to improve our diets and maintain health."

Though wholegrain varieties have a better nutritional value, this doesn't mean white rice is bad for you when eaten in moderation and could even be beneficial. "Is it the best food for you? No," according to Czerwony. "But it's not going to hurt you."

For instance, white rice can be a good source of folic acid, a substance recommended during pregnancy as it can support child development in the womb.

However, people should know that eating too much white rice could increase the risk of developing diabetes by making blood sugar levels spike.

Czerwony advises people to mix several rice varieties. "It's important to know that there's not just one option or a simple choice between brown rice and white rice," she said. "Take advantage of the variety."

She also recommends trying rice substitutes like quinoa and barley, which can be eaten on their own or even mixed with rice.

**People should know that eating too much white rice could increase the risk of developing diabetes by making blood sugar levels spike.**

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## Racism affects health

*Discriminatory practices and inequities in healthcare should be addressed*

**R**acist ideas and practices can have a detrimental impact on the health of those who suffer from them, leading several experts to consider racism as a public health threat.

Racism, xenophobia, and discrimination contribute to avoidable diseases and premature death among groups that are already disadvantaged, according to a global report published in *The Lancet* last year, but the role played by these detrimental factors has been overlooked by policymakers.

“Until racism and xenophobia are universally recognised as significant drivers of determinants of health, the root causes of discrimination will remain in the shadows and continue to cause and exacerbate health inequities,” said lead author Delan Devakumar, professor at the Institute for Global Health of University College London, according to the *Guardian*.

Discrimination can harm health by affecting the body through stress responses, influencing living environments, and reducing opportunities to stay healthy.

For instance, minorities are more likely to be exposed to environmental hazard like air pollution, the authors wrote, while Bangladeshi people were almost five times more likely to die from COVID than white British people. Similarly, the *Guardian* has exposed the fact that black and Asian people in England have to wait longer for a cancer diagnosis than their white peers.

The US Centers for Disease Control and Prevention (CDC) also declared racism a “serious public health threat” back in 2021 while making efforts to address the problem.

“Racism is not just the discrimination against one group based on the color of their skin or their race or ethnicity, but the structural barriers that impact racial and ethnic groups differently to influence where a person lives, where they work, where their children play, and where they worship and gather in community. These social determinants of health have life-long negative effects on the mental and physical health of individuals in communities of color,” said CDC Director Rochelle P. Walensky in a statement put out in 2021.

In order to address the impact of racism on public



health, the CDC spearheaded several initiatives like studying the social determinants on health outcomes and find solutions, making more investments in racial and ethnic minority communities that can reduce health disparities, and launching a web portal called Racism and Health to promote public and scientific discourse around racism and health.

The World Health Organization report highlights that indigenous peoples, those of African descent, and Roma are at greater risk of stigma and racial discrimination, leading to health inequities. Despite the pervasiveness of these inequities, however, data about them are sparse and often available in high-income countries.

The report recommends that health sector leaders call out racist and discriminatory practices to shed light on their negative impacts on health and well-being. It also says that strengthening primary healthcare (PHC) is key to tackling racial discrimination and health inequities.

“As a priority, policy-makers can ensure equity-oriented budgeting approaches for PHC and health systems strengthening, so that more disadvantaged areas with greater health needs will receive adequate resources,” according to the report.

**“Until racism and xenophobia are universally recognised as significant drivers of determinants of health, the root causes of discrimination will remain in the shadows and continue to cause and exacerbate health inequities.”**





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## There's no safe level of alcohol

*Drinking raises the risk of several cancer types*

**A**ny amount of alcohol consumption can affect health, according to a statement published by the World Health Organization (WHO) in *The Lancet Public Health*.

The WHO says that the risks of drinking alcohol, a toxic and dependence-producing substance, have been documented over the years, leading the Agency for Research on Cancer to classify alcohol as a carcinogen. Indeed, drinking it can contribute to the development of seven cancer types, including bowel and female breast malignancies.

Though the more alcohol people drink the greater the risk of developing cancer, half of all cancers attributed to alcohol in the WHO Europe Region are caused by “light” and “moderate” alcohol consumption, which amounts to less than 1.5 litres of wine or less than 3.5 litres of beer or less than 450 millilitres of spirits per week. This way of drinking is linked to the majority of female breast cancers where alcohol plays a contributing role.

“We cannot talk about a so-called safe level of alcohol use. It doesn't matter how much you drink – the risk to the drinker's health starts from the first drop of any alcoholic beverage. The only thing that we can say for sure is that the more you drink, the more harmful it is – or, in other words, the less you drink, the safer it is,” explained Dr Carina Ferreira-Borges, acting Unit Lead for Noncommunicable Disease Management and Regional Advisor for Alcohol and Illicit Drugs in the WHO Regional Office for Europe, in a press release.

The WHO acknowledges that there's been a heated debate over the beneficial effects of moderate alcohol consumption, with some studies suggesting that moderate drinking might reduce the risk of heart disease, but it stresses that the supposed benefits should be weighed against the risks.

On a global level, the WHO European Region has the highest proportion of drinkers in the population and over 200 million people at risk of developing a form of cancer linked to alcohol consumption. Such risk is higher for disadvantaged and vulnerable people as they face more harm from drinking than high-income individuals.



“So, when we talk about possible so-called safer levels of alcohol consumption or about its protective effects, we are ignoring the bigger picture of alcohol harm in our Region and the world. Although it is well established that alcohol can cause cancer, this fact is still not widely known to the public in most countries. We need cancer-related health information messages on labels of alcoholic beverages, following the example of tobacco products; we need empowered and trained health professionals who would feel comfortable to inform their patients about alcohol and cancer risk; and we need overall wide awareness of this topic in countries and communities,” added Dr Ferreira-Borges.

**We need cancer-related health information messages on labels of alcoholic beverages, following the example of tobacco products.**



## In for the long haul: How to treat the long-term effects of “Long Covid” with Miskawaan Health Group



**There are several simple steps you can take to maintain a strong and balanced immune system, such as following a healthy diet, prioritizing sleep, reducing chronic inflammation in the body, engaging in regular exercise, and managing stress.**

**T**he world has moved beyond COVID-19 and returned to a sense of normalcy. However, the aftermath includes the loss of lives and the enduring consequences faced by those who have survived the virus.

It is important to recognize that more individuals suffer from “Long Covid” than commonly believed. In addition, studies have revealed that in some cases, the reactivation of previously dormant viruses in the body, such as the Epstein-Barr Virus (EBV), can trigger Long Covid. This discovery opens a promising avenue for addressing Long Covid through targeted EBV treatment in post-Covid care.

A study published in the British medical journal *The Lancet* found that over half of patients infected with COVID-19 continue to experience at least one persistent symptom after 12 months, with fatigue or muscle weakness being the most common. The research, the most extensive on Long Covid to date, also highlighted that one in three patients still experience shortness of breath a year after their diagnosis. With no proven treatments or rehabilitation guidance available, Long Covid significantly impacts people’s ability to resume normal life and work effectively.

So, what can you do to prevent Long Covid?

A crucial contributing factor is the state of your immune system. There are several simple steps you can take to maintain a strong and balanced immune system, such as following a healthy diet, prioritizing sleep, reducing chronic inflammation in the body, engaging in regular exercise, and managing stress.

By strengthening your immune system, you can reduce the severity of COVID-19 and the likelihood of experiencing Long Covid. Additionally, this will help protect you from other pathogens, viruses, and bacteria.

At Miskawaan Health Group (MHG), our functional medicine doctors possess decades of experience in

improving immune health. Recently, we have developed proprietary Long Covid treatment protocols that include targeting EBV. This exciting approach to tackling Long Covid allows our clients to enhance their immune systems and mitigate the severity and effects of Long Covid that they would otherwise experience.

If you are exhibiting symptoms such as significant hair loss, persistent coughing, chronic fatigue, shortness of breath, chest pain, or unusual pain, or if you experience ongoing dizziness following exposure to COVID-19, you may be dealing with Long Covid. However, it is important to note that these symptoms can vary from person to person and require a thorough diagnosis to determine the appropriate treatments.

If you suspect that you might have Long Covid, CONTACT US to discuss it with our expert team. Call: +66 (0) 2 086 8888 or What’s app - +66 (0) 94-409-1844 or Email: [contact@miskawaanhealth.com](mailto:contact@miskawaanhealth.com) or visit [www.miskawaanhealth.com](http://www.miskawaanhealth.com)

### **Company Profile:**

At the forefront of functional medicine, Miskawaan Health Group (MHG) is a global company dedicated to the advancement and practice of Personalized, Precise, Integrated Medicine based on the medical therapies of MHG’s Medical Director, Dr Johannes Wessolly. Recognizing the complexity of the human body as one biological system rather than a collection of organs, our doctors take a patient-centric approach rather than the traditional disease-centric focus. Our goal is to use natural non-harmful therapies to maximize the inherent efficiency of the immune system. Whether your objectives involve treatment of existing conditions, preventative healthcare, enhancing athletic performance, disease support, or improving your quality of life, our doctors will help you outline a plan on how to achieve them.

## Oral therapy for menopause raises risk of high blood pressure

*Women should consider safer options*

**O**estrogen pills usually prescribed to treat menopausal symptoms increase the risk of developing high blood pressure compared to alternative treatments like topical or vaginal formulations in women aged 45 and older.

Menopause leads to the reduced production of hormones like oestrogen and progesterone, which may increase the risk of cardiovascular diseases including heart failure, according to the American Heart Association.

“We know estrogens ingested orally are metabolized through the liver, and this is associated with an increase in factors that can lead to higher blood pressure,” lead study author Dr Cindy Kalenga, a Ph.D. candidate at the University of Calgary in Alberta, Canada, said in a press release.

The study comprised over 112,000 women who underwent at least two consecutive six-month cycles of oestrogen therapy. Researchers analysed the relationship between different oestrogen therapies (oral, topical, and vaginal administrations) and the risk of developing high blood pressure one year after starting treatment.

The results show that women undergoing oral oestrogen therapy had a 14 percent higher risk of developing blood pressure compared to those using topical forms and a 19 percent higher risk than women taking vaginal oestrogen creams or suppositories. Taking a higher dose of oestrogen or taking it for longer was associated with a higher risk.

Dr Kalenga said that there were oestrogen therapies exposing women to lower risk. “These may include low-dose, non-oral estrogen — like estradiol, in transdermal or vaginal forms — for the shortest possible time period, based on individual symptoms and the risk-benefit ratio, she said. “These may also be associated with the lowest risk of hypertension. Of course, this must be balanced with the important benefits of hormone therapy, which include treatment of common menopausal symptoms.”



## Gut bacteria might protect against heart disease

*Early results suggest certain bacteria may reduce plaque formation in arteries*

**B**acteria that can be found in the gut of both humans and mice might help keep at bay the formation of plaques in arteries, a major cause of cardiovascular disease as they could obstruct blood flow.

Researchers from the University of Wisconsin-Madison identified the bacteria able to eliminate uric acid, a substance that could cause the painful joint condition called gout while also promoting plaque formation. First, they analysed the relationship between uric acid levels and gut bacteria in nearly 1,000 people. “Uric acid levels also correlate with the patterns of different bacteria present in the gut of these people,” Federico Rey, UW-Madison professor of bacteriology and an author of the new study, said in a press release. Secondly, they transplanted gut microbes from mature mice to those born with microbe-free guts and observed that mice receiving microbes from animals with lots of plaques and high uric acid levels developed the same condition. Similarly, mice who received microbes from animals with fewer plaques and lower uric acid were healthier.

“That led us to a cluster of genes, found across many different types of bacteria, necessary to break down purines and uric acid in the intestine,” Rey said in the press release. “When these purine-degrading microbes were using uric acid in the gut for their own needs there was less uric acid present in the blood of mice.”

The next step of the research is to investigate whether giving animals with arterial plaques purine-eating bacteria will improve their cardiovascular disease.

“It’s very premature to say introducing them in people could help them with cardiovascular disease or even gout. But we have a new understanding of one way the gut microbiome modulates the abundance of this inflammatory compound, and that may point the way to new treatments,” he said.



## Testosterone therapy doesn't increase cardiovascular risk

*Treatment is associated with other health risks and isn't recommended for men without low testosterone*

**T**estosterone replacement therapy didn't lead to an increase in serious cardiac events like heart attacks and strokes in middle-aged and older men with low testosterone and a high risk for cardiovascular disease, according to the Testosterone Replacement Therapy for Assessment of Long-term Vascular Events and Efficacy Response in Hypogonadal Men trial.

This research reversed previous findings from a smaller study conducted in 2010, which involved 209 individuals and showed men receiving testosterone were five times more likely to have heart attacks. The new study enrolled 5,198 men who either received daily testosterone gel or placebo for about 22 months, with no significant difference in major cardiac events. Indeed, one such event occurred in 182 patients (7 percent) in the testosterone group and in 190 patients (7.3 percent) in the placebo group. But men who received testosterone gel did see a higher incidence of atrial fibrillation (heart rhythm abnormality), acute kidney injury, and issues arising from blood clots in the veins.

"Although the trial showed some evidence that testosterone treatment may be safe for men with low levels of testosterone, these findings should not be used as a justification for widespread prescription of these products to large numbers of men," said senior author Dr Steven Nissen, Chief Academic Officer of the Heart, Vascular & Thoracic Institute at Cleveland Clinic.

## New insights into genetic risks for heart attack in young women

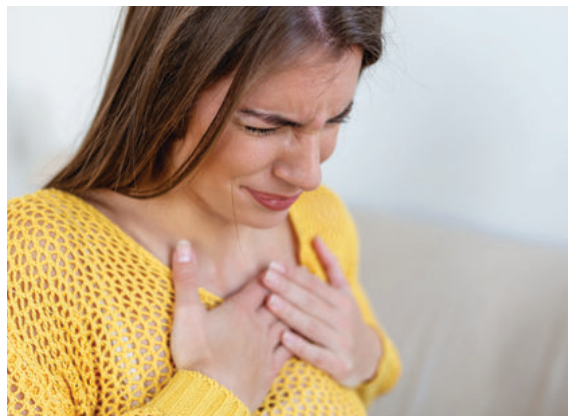
*Research offers hope of improving treatment for little understood condition*

**A** team of international researchers has identified a series of genes that increase the risk for spontaneous coronary artery dissection (SCAD), a poorly understood type of heart attack that often affects young or middle-aged women.

SCAD is a bruise or bleed in the wall of a coronary artery that stops blood flow to a section of the heart, leading to a heart attack that can strike out of the blue, especially healthy women under the age of 60. Since it's unclear why SCAD develops, it's not possible to prevent it.

The researchers analysed several studies involving 1,917 SCAD cases and 9,292 people without the condition and they found 16 genes increasing the risk for SCAD. For instance, lower expression of the tissue factor gene F3, which is involved in blood coagulation, is associated with a higher risk of SCAD. A similar association was found with the gene THSD4.

"This research confirms that there are multiple genes involved in determining the risk of a person having a SCAD. These genes give us the first key insight into the underlying causes of this disease and provide new lines of enquiry, which we hope will guide future new treatment approaches," Dr David Adlam, Associate Professor of Acute and Interventional Cardiology at the University of Leicester and lead author of the study, said in a press release.



# Philippine Conference

The first ever **GlobalHealth Asia-Pacific Philippine Summit** was held on the 24th of June 2023 at the Grand Hyatt Manila. The conference saw prominent healthcare leaders talk about key trends, groundbreaking initiatives and innovation in the medical industry.

The Philippines Conference focused on the best practices in healthcare and on empowering collaboration between private hospitals in the region. Another major topic discussed during the conference was the improvements in fertility

medicine, which can now provide people with greater chances of conceiving through assisted reproductive technology. The conference also delved into how artificial intelligence could revolutionise healthcare.

*Global Health Asia-Pacific* is a healthcare media outlet that also promotes medical tourism in the Asia-Pacific region. It is a regional player that organises several conferences and awards ceremonies across countries such as Singapore, Malaysia, Thailand, and Cambodia. It's now entering the Philippine market, aiming to provide a quality approach to medical tourism in the country and to help it become a global medical tourism destination.

Prominent speakers at the event were Dr. Jesus Jardin, Director, Philippine Hospital Association; Dr. Jose Rene de Grano, President, Private Hospitals Association of the Philippines; Bryan Lin, CEO, Subang Jaya Medical Centre; Datuk Dr Kuljit Singh, President of APHM & Medical Director, Prince Court Medical Centre; Varun Panjwani, Founder and CEO, GHQIA; Dr Timothy Low, CEO and Board Member, Farrer Park Hospital Singapore; Irene Kwan, CEO, TMC Fertility; Dr Ravi Shrestha, General Manager and Senior Director, Global Healthcare IT Canon Medical System Corporation; Dr. Alex Alegrado, Medical Director, ARC Hospitals Philippines; Nazrin Shahnaz Peer Mohamed, CEO, Shahnaz Interiors; Dr Alan Cheung, Senior Consultant Orthopaedic Surgeon, Sports Injuries and Robotic Joint Replacement; and Narender Panjwani, CEO and Publisher, GlobalHealth Asia-Pacific (GHAPAC).











## Breast cancer drug can reduce recurrence risk

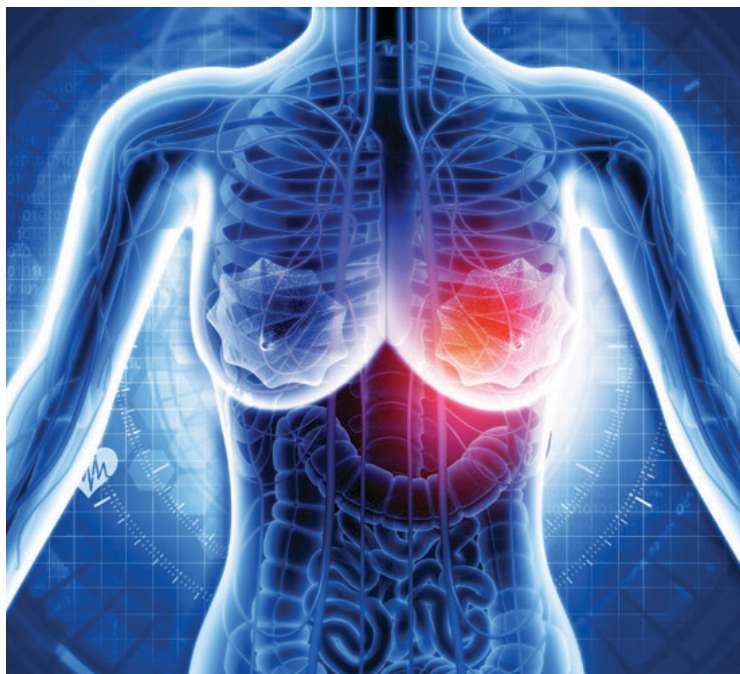
*It could potentially improve survival chances for many patients*

**A**n existing drug has cut the chances of breast cancer recurrence by a quarter in patients with the most common form of the malignancy.

The medication ribociclib is a targeted therapy — a form of precision medicine targeting proteins that control how cancer grows — already used to treat advanced breast cancer that is hormone-receptor positive and HER2-negative, a subtype of the condition accounting for about 70 percent of all cases in the US. Researchers from the UCLA Jonsson Comprehensive Cancer Center in the US found that the drug could also improve disease-free survival in patients with early-stage diseases when it's administered in combination with hormone therapy after they underwent standard treatments like surgery and chemotherapy. Though current treatments can offer improvements against breast cancer, in many cases the disease returns.

“Currently approved targeted treatments can only be used in a small population of patients diagnosed with [hormone receptor]-positive, HER2-negative early breast cancer, leaving many without an effective treatment option for reducing risk of the cancer returning,” lead study author Dr Dennis Slamon, Director of Clinical/Translational Research and Director of the Revlon/UCLA Women’s Cancer Research Program at the University of California, Los Angeles (UCLA) Jonsson Comprehensive Cancer Center, said in a press release. “Thus, there is a significant unmet need for both reducing the risk of recurrence and providing a tolerable treatment option that keeps patients cancer-free without disrupting their daily life.”

The finding is a potential breakthrough because it could be used to extend survival in a large number of patients with breast cancer. The next steps will see researchers monitor quality of life in patients who received ribociclib with hormonal therapy while measuring long-term outcomes.



## Gas stoves send out substance linked to cancer

*Benzene levels can be higher than those produced by secondhand smoke*

**R**esearchers from Stanford University found that using gas stoves could dangerously raise indoor levels of benzene, a chemical that’s been associated with a higher risk of leukaemia and other blood cancers.

Benzene levels could surpass those produced by secondhand smoke and could linger in home air for hours, with those measured in bedrooms potentially exceeding international benchmarks.

“Benzene forms in flames and other high-temperature environments, such as the flares found in oil fields and refineries. We now know that benzene also forms in the flames of gas stoves in our homes,” said study senior author Rob Jackson, professor of earth system science at the Stanford Doerr School of Sustainability. “Good ventilation helps reduce pollutant concentrations, but we found that exhaust fans were often ineffective at eliminating benzene exposure.”

Previous studies showed that rates of leukaemia, a common type of blood cancer, were higher in workers exposed to high benzene levels like those in chemical, shoemaking, and oil refining industries.

In addition, a 2013 meta-analysis reached the conclusion that children living in homes with gas stoves had a 42 percent increased risk of asthma compared to children living in homes without gas stoves.

“I’m renting an apartment that happens to have an electric stove,” said study lead Yannai Kashtan, a graduate student in earth system science. “Before starting this research, I never thought about it twice, but the more we learn about pollution from gas stoves, the more relieved I am to be living without a gas stove.”

## New drug cocktail doubles treatment efficacy in some ovarian cancers

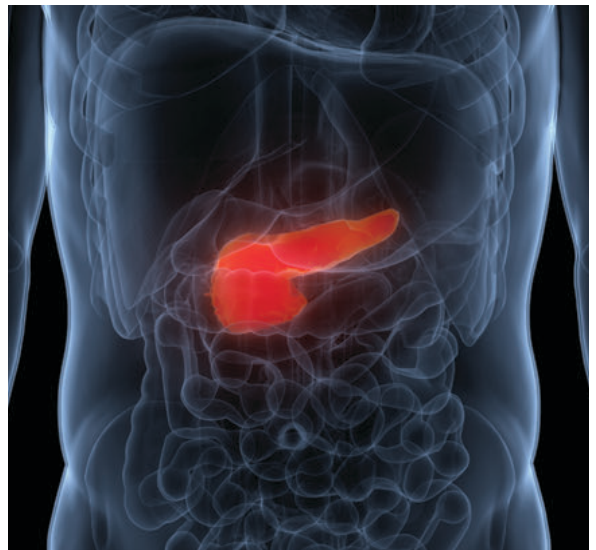
*It could be a breakthrough for women with hard-to-treat malignancies*

**A** drug combination designed to block cancer growth has proved to be twice as effective as the best treatment available against advanced low-grade serous ovarian cancer (LGSOC), a rare form of the disease that usually doesn't respond well to treatment.

Researchers from The Royal Marsden NHS Foundation Trust and The Institute of Cancer Research in London administered avutometinib in combination with defactinib in 29 patients with LGSOC, with 45 percent of them seeing their tumours shrink significantly — almost double the efficacy rate of the best therapy option currently available. Response to treatment was particularly good in patients with a mutation in the KRAS gene.

"It's wonderful to see so many patients experience a meaningful response to this innovative drug combination and I'm so grateful to all who joined the trial, making this research possible. Low grade serous ovarian cancer does not respond well to currently approved treatments, so these results could represent a significant breakthrough in treating the disease.

"We are hopeful this drug combination will one day become a standard of care for women with low grade serous ovarian cancer," global lead investigator of the study Dr Susana Banerjee, Consultant Medical Oncologist and Research Lead for The Royal Marsden NHS Foundation Trust Gynaecology Unit and Team Leader in Women's Cancers at The Institute of Cancer Research, London, said in a press release.



## Artificial intelligence detects pancreatic cancer early

*The method might offer a screening tool for the deadly condition*

**A**n artificial intelligence (AI) system has managed to identify people at highest risk of pancreatic cancer up to three years before the actual diagnosis by analysing their medical records, suggesting it could help speed up diagnosis of one of the deadliest malignancies in the world.

Pancreatic cancer is often diagnosed at an advanced stage because there's no mass screening protocol that has proved to be effective and only high-risk individuals with a family history of the disease or a genetic predisposition to it are usually screened with expensive and invasive tests. This means that most patients are diagnosed late when the disease is hard to treat and survival chances are low.

To develop a widely applicable screening tool, researchers from the Harvard Medical School and the University of Copenhagen trained the AI algorithm on the medical records of nine million patients from the US and Denmark to look for signs of pancreatic cancer. The results showed that having gallstones, anaemia, type 2 diabetes, and other gastrointestinal problems raised the risk of developing pancreatic cancer within three years.

"One of the most important decisions clinicians face day to day is who is at high risk for a disease, and who would benefit from further testing, which can also mean more invasive and more expensive procedures that carry their own risks," study co-senior investigator Chris Sander, faculty member in the Department of Systems Biology in the Blavatnik Institute at HMS, said in a press release. "An AI tool that can zero in on those at highest risk for pancreatic cancer who stand to benefit most from further tests could go a long way toward improving clinical decision-making."





# *Caring for* Generations & Beyond



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## New meningitis vaccine touted as game-changing

*It may play a key role in significantly reducing the cases of bacterial meningitis*

**A** novel vaccine against meningitis has proved to be effective and safe in a clinical trial that may represent a major step forward in the prevention of the deadly disease.

Produced by the Serum Institute of India and global health organization Path, the NmCV-5 vaccine has offered protection against the four main meningitis strains, which can be already prevented by the WHO-approved vaccine MenACWY-D, and the emerging X strain that can spread fast and for which there's currently no vaccination available.

The trial was conducted on 1,800 people in the African nations of Mali and Gambia and its results were published in the *New England Journal of Medicine*.

Meningitis is an inflammation of the protective membranes covering the spinal cord and the brain and it killed an estimated 250,000 people in 2019, according to the World Health Organization. Several pathogens can cause it including bacteria, viruses, fungi, and parasites, but bacterial meningitis is particularly dangerous, with one in six people with this type of the disease dying and one in five having severe complications. Globally, bacteria are responsible for more than half of the deaths from meningitis. Epidemics of the disease are recorded across the globe but Africa is a hot spot where most deaths are recorded, especially in the so-called meningitis belt, stretching from Gambia and Senegal to Ethiopia.

"The vaccine will provide protection against the types of meningitis bacteria that cause most of the

devastating epidemics in the African meningitis belt," Ed Clarke, a co-author of the study, told *Al Jazeera*.

Study co-author Ama Umesi added: "Epidemic preparedness is the way forward in providing available, affordable and accessible vaccines relevant to regions prone to meningitis outbreaks. Having meningitis vaccines should be a public health priority to prevent catastrophic outcomes during an outbreak and would be a game changer in the fight against meningitis."

In 2020, the WHO has launched the Defeating meningitis by 2030 global road map to make a dent in the number of meningitis cases. The initiative aims to eliminate bacterial meningitis epidemics, reduce cases of vaccine-preventable bacterial meningitis by 50 percent and deaths by 70 percent while reducing disability and improving quality of life after meningitis. Since there are many causes of meningitis, the disease cannot be eradicated but the road map aims to get as close as possible to elimination.

The road map will strengthen and combine with wider initiatives like those to improve health systems, increase immunization coverage, and fight antimicrobial resistance.

"Global action to implement this road map and achieve the ambitious goals to defeat meningitis is needed now. Strong commitments from countries, partners and donors will be essential to success," according to the report *Defeating meningitis by 2030: a global road map*.

Meningitis is an inflammation of the protective membranes covering the spinal cord and the brain and it killed an estimated 250,000 people in 2019

# New lifesaving approach reduces bleeding after childbirth

*It could save lives while reducing the need for blood transfusions*



Measuring blood loss through a device called ‘drape’ and administering recommended treatments together instead of providing them sequentially can reduce deaths caused by childbirth-related bleeding, according to a new study.

Postpartum haemorrhage (PPH), or the loss of more than 500 mL of blood within 24 hours after birth, is the main cause of death due to childbirth. About 14 million women suffer from it every year, with around 70,000 deaths or one woman passing away every six minutes.

In a study that involved over 200,000 women, researchers from the World Health Organization and the University of Birmingham found that measuring blood loss with a simple device and bundling treatments together could reduce severe bleeding by 60 percent, with women less likely to die. In addition, the approach led to a substantial reduction in the number of women requiring blood transfusions for bleeding — an important advantage especially in low- and middle-income countries where little or no blood for transfusion is usually available.

“Postpartum haemorrhage is scary, not always predictable, but absolutely treatable. Nonetheless, its impacts around the world are tragic,” Dr Pascale Allotey, Director of Sexual and Reproductive Health and Research at WHO and head of the United Nations’ Special Programme of Research, Development and Research Training in Human Reproduction (HRP), said in a press release. “No woman should fear

for her life when giving birth. Effective solutions to tackle postpartum bleeding need to be available and accessible so that all women can experience a safe birth and a healthy future with their families.”

The new approach involves accurate blood loss detection using a drape to collect blood and immediate treatment like uterine massage, medicines to contract the womb and stop the bleeding, intravenous fluid administration, an examination, and advanced care when needed.

PPH is often detected too late to ensure women are successfully treated. Many doctors make visual assessment to establish whether women are losing blood, making the process inaccurate and often leading to late diagnoses and treatment. Medical interventions are also provided sequentially, meaning that there are gaps between each of them, potentially losing more time if the first treatment is not effective.

“This new approach to treating postpartum haemorrhage could radically improve women’s chances of surviving childbirth globally, helping them get the treatment they need when they need it,” Professor Arri Coomarasamy, who led the trial and is the Co-Director of the WHO Collaborating Centre on Global Women’s Health at the University of Birmingham, said in the press release. “Time is of the essence when responding to postpartum bleeding, so interventions that eliminate delays in diagnosis or treatment should be gamechangers for maternal health.”

**PPH is often detected too late to ensure women are successfully treated.**



## Parkinson's drug might help patients with ALS

*Existing treatment is safe and might help delay progression of the disease*

**T**he medication ropinirole usually prescribed to treat Parkinson's disease has slowed the development of amyotrophic lateral sclerosis (ALS), raising hopes that improved treatment for the incurable condition might be in the making.

Researchers from Japan tested the drug on 20 patients with sporadic ALS (people with no family history of the disease) who have lived with it for about 20 months and the results showed that the treatment could delay the progression of ALS by 27.9 weeks on average. No safety concerns emerged during the trial.

Also known as Lou Gehrig's disease, ALS is a neurological condition affecting nerve cells in the brain and spinal cord that control voluntary muscle movement. It progresses over time and can make patients unable to chew, walk, and talk normally. Most patients die within three to five years after symptoms appear.

"ALS is totally incurable, and it's a very difficult disease to treat," said Dr Hideyuki Okano, senior author and physiologist at the Keio University School of Medicine in Tokyo, in a press release. "We previously identified ropinirole as a potential anti-ALS drug *in vitro* by iPSC drug discovery, and with this trial, we have shown that it is safe to use in ALS patients and that it potentially has some therapeutic effect, but to confirm its effectiveness we need more studies, and we are now planning a phase 3 trial for the near future."

To measure the effectiveness of the drug, the researchers monitored patients for four weeks after

the end of treatment and checked participants' self-reported physical activity and ability to eat and drink independently as well as activity data from wearable devices and physician-measured changes in mobility, muscle strength and lung function.

"We found that ropinirole is safe and tolerable for ALS patients and shows therapeutic promise at helping them sustain daily activity and muscle strength," said first author Satoru Morimoto, a neurologist at the Keio University School of Medicine in Tokyo, in the press release.

The double-blind study comprised people who received ropinirole and participants who got a placebo for the first 24 weeks, with patients and doctors unaware of who was taking the drug. After this period, all participants had the chance to knowingly take the drug for another 24 weeks.

People who received the drug in both phases were more physically active than those in the placebo group. In addition, their mobility, muscle strength, and lung function declined to a slower rate and they were more likely to survive. However, patients in the placebo group who took ropinirole in the second phase saw no improvements, suggesting that treatment should start early and last for a longer time.

Researchers said that treatment effectiveness could vary significantly from patient to patient though it was unclear why that was the case. They hypothesised the variation was due to genetic differences they will try to investigate in future studies.

People who received the drug in both phases were more physically active than those in the placebo group.



# Artificial intelligence helps find new antibiotic

*The technology's ability to process massive amounts of data led to the discovery*

An artificial intelligence-powered system has allowed researchers to identify a novel antibiotic that can eliminate common bacteria causing several hard-to-treat infections.

Often found in hospitals, *Acinetobacter baumannii* is a bacterial species that can cause pneumonia, meningitis, and other serious infections.

"*Acinetobacter* can survive on hospital doorknobs and equipment for long periods of time, and it can take up antibiotic resistance genes from its environment. It's really common now to find *A. baumannii* isolates that are resistant to nearly every antibiotic," said Jonathan Stokes, senior study author and an assistant professor of biochemistry and biomedical sciences at McMaster University, in a press release.

The scientists used artificial intelligence (AI) to sift through a list of about 7,000 potential drug compounds to check whether any of them could stop the growth of *A. baumannii*.

"This finding further supports the premise that AI can significantly accelerate and expand our search for novel antibiotics," said James Collins, senior study author and the Termeer Professor of Medical Engineering and Sciences in MIT's Institute for Medical Engineering and Science (IMES) and Department of Biological Engineering, in the press release. "I am excited that this work shows that we can use AI to help combat problematic pathogens such as *A. baumannii*."

The researchers named the new substance abaucin and showed that it could treat wound infections in mice as well as *A. baumannii* strains isolated from humans.

Globally, many bacteria have been growing resistant to antibiotics and *A. baumannii* belongs to one of the 12 bacterial families posing the greatest threat to human health, according to a list the World Health Organization compiled to boost research on new antibiotics.

"This list is a new tool to ensure R&D responds to urgent public health needs," said Dr Marie-Paule Kieny, WHO's Assistant Director-General for Health Systems and Innovation, in a press release. "Antibiotic resistance is growing, and we are fast running out of treatment options. If we leave it to market forces alone, the new antibiotics we most urgently need are not going to be developed in time."

In addition to the lack of adequate sanitation, poor infection prevention, and lax control in many healthcare settings, the overuse of antibiotics in both humans and animals is another driver of antibiotic resistance. The WHO has now listed antimicrobial resistance (AMR) as one of the top 10 global public health threats due to the rising rates of resistance in a host of common infections previously treated effectively with antibiotics. Some of the most widespread include urinary tract infections, sexually transmitted diseases, and certain forms of diarrhoea.

Bacteria that are now resistant to medications directly killed roughly 1.2 million people in 2019, according to a study published in *The Lancet*, while the number of deaths associated with hard-to-treat pathogens stood at almost five million, meaning effective antibiotics could have saved all these lives in a single year.

**Bacteria that are now resistant to medications directly killed roughly 1.2 million people in 2019**





## Bumrungrad will build boutique hospital and diagnostic centre in Phuket

*The project is part of a strategy to expand to other provinces in Thailand*

One of the most successful medical tourism hospitals in the world is planning to expand its facilities with a 150-bed hospital and an advanced diagnostic and anti-ageing centre on the island of Phuket, a popular tourism destination in Thailand.

Based in Bangkok, Bumrungrad International Hospital is a world-renowned healthcare provider offering high-quality care in all the key medical specialities for both local and overseas patients. It treats over 1.1 million people every year, with more than 520,000 being international patients from all around the world.

The new expansion project aims to bring the same quality of care and advanced medical technology to other provinces in Thailand. The facility will be located near Phuket's Blue Canyon Country Club, or about three kilometers from Phuket International Airport.

"We find the Phuket market compelling for several reasons. First, the island of Phuket has a population of over 450,000 residents. This is important because, like with Bumrungrad in Bangkok, our first and foremost focus is on local Thai and Expat patients. Second, Phuket received approximately 5.4 million visitors pre-pandemic, with the top six countries of visitor origin being: China, Russia, Germany, Australia, UK, and France, and currently tourism in Phuket is once again robust - having rebounded very well since Thailand's post-pandemic re-opening in mid-2022. Finally, it is important to note almost half the world's population is within a six-hour flight of Phuket," David Thomas Boucher, Bumrungrad's Chief Partnerships Officer and project lead, said in a press release.

The building of the new facility will start as soon as the permits are granted. Its services will include family and internal medicine, cardiology, orthopaedics, and cosmetic surgery as well as gender affirming care, urology, and wellness care.

## South Korea aims to boost medical tourism

*Authorities are making it easier to apply for a visa but language barriers are hampering growth*

South Korea is making it easier for international patients to check in at the country's medical facilities in order to attract a greater number of foreigners seeking medical care, with a target of 700,000 foreign patients a year starting from 2027, *The Korea Herald* reports.

The Ministry of Health and Welfare said that the number of medical tourists increased by 70.1 percent in 2022, with about 248,000 people visiting Korea as the COVID-19 pandemic was brought under control.

Foreign patients who check in at "excellent medical institutions" selected by the government can apply for visas online instead of going to a Korean diplomatic mission abroad, with authorities planning to increase the number of such institutions from 27 to more than 50.

Similarly, the government will expand the pool of caregivers who can visit the country with medical tourists. Siblings will be able to accompany patients while previously only immediate family members like spouses were allowed to act as caregivers. In addition, caregivers won't have to submit documents to demonstrate they have adequate funds while applying for visas.

But better translation services are needed to boost medical tourism to the country. "To attract more foreign patients, Korea needs to support various languages at hospitals and clinics and establish a system for foreign patients to make appointments with doctors through their websites," an official from the Korea Health Industry Development Institute told *The Korea Herald*.





## The Philippines eyes health travellers from the Middle East

*Government officials marketed the country at international medical tourism conference*

**T**he Department of Tourism in the Philippines is planning to attract medical tourists from the Middle East in an attempt to turn the country into a popular health travel destination, according to the Philippine News Agency.

The announcement was made at the signing of an agreement with the Dubai-based Agora Group to boost the country's medical tourism credentials at the International Health and Wellness Tourism Congress that took place in Dusseldorf, Germany, from June 8 to 9.

"We are giving the Philippines a fighting chance at becoming a tourism powerhouse in Asia. And we recognize that medical tourism and wellness tourism hold one of the keys to this endeavor because we have the people, we have the facilities, and we are adjusting government policies to ensure that the climate for medical tourism to thrive will ensue," Tourism Secretary Christina Garcia Frasco was quoted as saying by the Philippine News Agency.

She added that the Middle East was a promising health travel market because people from the region had a "culture of medical travel" along with large disposable incomes.

In the Philippines there are 23 healthcare providers accredited by the International Society for Quality in Health Care and many other where medical staff speak English while treatment cost is often cheaper than in the Gulf countries or Europe, *Arab News* reported.

## Medical tourists flock to Johor

*Malaysian city is an appealing healthcare destination for both Indonesians and Singaporeans*

**A**n increasing number of overseas patients is checking in at hospitals in Johor Bahru, a southern Malaysian city close to Singapore, *Channel News Asia* reports.

Most of them are from Indonesia, Singapore, and China, while the most sought-after procedures include orthopaedic treatments, obstetric and gynaecological consultations, fertility and cancer care.

Serena Yong, Chief Executive for Johor-based Regency Hospital, told *Channel News Asia* the hospital treats about 200,000 patients a year, with 15 to 20 percent of them coming from overseas.

"We can see that the number of foreign patients has increased recently to beyond pre-pandemic levels. We are seeing more Singaporeans and Indonesians and this is very encouraging," said Yong.

Similarly, Columbia Asia Hospital has seen a "tremendous increase in foreign patients seeking treatment" after the pandemic was brought under control.

"The number of foreign patients from the likes of Indonesia, Singapore and China surged post pandemic and this has helped our business," the hospital's regional manager Rahani Yaakob told *Channel News Asia*.

In addition to the quality of care provided at its hospitals, geographical proximity to both Singapore and Indonesia and affordable healthcare costs make Johor a go-to destination for Indonesians and Singaporeans.

"Putting aside government subsidies and the exchange rate, the cost of treatment is at least 50 per cent lower in Malaysia than in Singapore and some places in Indonesia," Dr Teo Yin Keong, an oncologist at Gleneagles Medini, told *Channel News Asia*.





# List of Winners

## MEDICAL AWARDS

Architect of the Year in Asia-Pacific -  
Healthcare Facility  
**Hiten Sethi & Associates**

Bariatric Medical Centre of the Year in Asia-Pacific  
**Cengild G.I. Medical Centre**

Brain and Spine Centre of the Year in Asia-Pacific  
**Singapore Brain-Spine-Nerves Center**

Cardiology Medical Centre of the Year  
in Asia-Pacific  
**Capital Heart Centre**

Colorectal Medical Centre of the Year  
in Asia-Pacific  
**Cengild G.I. Medical Centre**

Dental Centre of the Year in Asia-Pacific  
**Bangkok International Dental Center (BIDC)**

Dental Centre of the Year in Asia-Pacific  
**Pristine Dental Centre**

Dermatology Specialist Clinic of the Year  
in Asia-Pacific  
**Angeline Yong Dermatology**

Dermatology Specialist Clinic of the Year  
in Asia-Pacific  
**Renaissance Dermatology Specialist Clinic**

Dermatology Specialist Clinic of the Year  
in Asia-Pacific  
**SLC Clinic**

Digestive Service Provider of the Year  
in Asia-Pacific  
**Alpha Digestive & Liver Centre**

Endometriosis Service Provider of the Year  
in Asia-Pacific  
**Dr Sharifah Clinic for Women and Laparoscopic Surgery**

ENT Clinic of the Year in Asia-Pacific  
**Datuk Dr Siow Seng Choon Siow ENT Laser  
Surgery Specialist**

Excellence in Patient Service Provider of the Year  
in Asia-Pacific  
**Sunfert International Fertility Centre**

Fertility Centre of the Year in Asia-Pacific  
**Bali Royal Hospital**

Fertility Centre of the Year in Asia-Pacific  
**Genesis Fertility Center**

Fertility Centre of the Year in Asia-Pacific  
**Sunfert International Fertility Centre**

Fertility Centre of the Year in Asia-Pacific  
**Virtus Fertility Centre**

Gastroenterology Medical Centre of the Year  
in Asia-Pacific  
**Cengild G.I. Medical Centre**

Gastroenterology Medical Centre of the Year  
in Asia-Pacific  
**GUTCARE**

Hand and Wrist Centre of the Year in Asia-Pacific  
**Advanced Hand, Wrist & Nerve Centre**

Health Screening and Wellness Medical Centre  
of the Year in Asia-Pacific  
**Dè Living Center**

Health Screening and Wellness Medical Centre  
of the Year in Asia-Pacific  
**TRIA Medical Wellness Center**

Haematology Centre of the Year in Asia-Pacific  
**Centre for Clinical Haematology**

Hospitality and Medical Concierge Service Provider  
of the Year in Asia-Pacific  
**Bhakti Bentara Bumi**

Holistic IVF Service Provider of the Year  
in Asia-Pacific  
**BeNatural**

Long Covid Centre of Excellence in Asia-Pacific  
**Miskawaan Health Group**

Imaging Medical Centre of the Year in Asia-Pacific  
**AsiaMedic Imaging Centre**

Innovative Health, Sport & Wellness Centre of the Year in  
Asia-Pacific  
**Kasih Ibu Hospital**

Integrated Cancer Medical Centre of the Year  
in Asia-Pacific  
**Esperance Integrative Cancer Center**

Integrated Healthcare Clinic of the Year  
in Asia-Pacific  
**AS Clinic**

Integrated Healthcare Clinic of the Year  
in Asia-Pacific  
**MedConsult Clinic**

Integrated Health and Wellness Centre of the Year  
in Asia-Pacific  
**Naveda Integral Wellness Centre**

Integrated Rehabilitation and Physiotherapy Centre  
of the Year in Asia-Pacific  
**Pantai Integrated Rehab**

Integrated Wellness and Longevity Medical Centre  
of the Year in Asia-Pacific  
**VitalLife Scientific Wellness Center**

Interventional Cardiology Medical Centre of the Year  
in Asia-Pacific  
**The Cardiology Practice**

IVF Medical Centre of the Year in Asia-Pacific  
**Deep & Harmonicare IVF Center**

Medical Artificial Intelligence in Women's Health  
Service Provider of the Year in Asia-Pacific  
**Moirai Momcare**

Medical Tourism Centre of the Year in Cambodia  
**ASH-Charter**

Men's Health Centre of the Year in Asia-Pacific  
**He Medical Clinic**

NeuroSpine and Pain Centre of the Year in Asia-Pacific  
**NeuroSpine and Pain Centre Singapore**

Neurosurgery Medical Centre of the Year  
in Asia-Pacific  
**Advanced Brain & Spine Surgical Centre**

Obstetrics & Gynaecology Clinic of the Year  
in Asia-Pacific  
**Dato Dr Niraj's Women's Specialist Clinic**

Oncology Medical Centre of the Year in Asia-Pacific  
**ARC Hospitals**

Oncology Medical Centre of the Year  
in Asia-Pacific  
**OncoCare Cancer Centre**

Oncology Medical Centre of the Year  
in Asia-Pacific

**Parkway Cancer Centre**

Ophthalmology Medical Centre of the Year  
in Asia-Pacific

**Optimax Eye Specialist**

Orthopaedic Medical Centre of the Year  
in Asia-Pacific

**Advanced Orthopaedic & Sports Centre**

Orthopaedic Medical Centre of the Year  
in Asia-Pacific

**International Orthopaedic Clinic**

Pain Care Centre of the Year in Asia-Pacific

**Affinity Pain Clinic**

Pain Management Group of the Year  
in Asia-Pacific

**Singapore Paincare Holding Limited**

Pain Management Clinic of the Year in Asia-Pacific

**DR+ Medical & Paincare**

Physiotherapy Centre of the Year in Asia-Pacific

**AquaPhysio Rehab Centre**

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

**Therapedic Medical Center**

Psychotherapy Centre of the Year in Asia-Pacific

**Dr Christina Couple, Marriage and Family Therapy**

Regenerative Medicine Lab of the Year  
in Asia-Pacific

**Medixcell**

Regenerative Clinic of the Year in Asia-Pacific

**AS Clinic**

Rising Star (Urology & Robotic) Centre of the Year  
in Asia-Pacific

**Assure Urology & Robotic Centre**

Sports and Orthopaedic Centre of the Year  
in Asia-Pacific

**The Orthopaedic Practice and Surgery**

Stem Cells and DNA Provider of the Year  
in Asia-Pacific

**Medicas**

Stem Cells Service Provider of the Year  
in Asia-Pacific

**IntelliHealth Plus Clinic by StemCells21**

Traditional Chinese Medicine Centre of the Year  
in Asia-Pacific

**Thomson TCM**

Wellness and Holistic Clinic of the Year  
in Asia-Pacific

**TRIA Medical Wellness Center**

Sexual Wellness Clinic of the Year in Asia-Pacific

**Dr. Jasmine Clinic**

Sexual Health and Well-Being Centre of the Year  
in Asia-Pacific

**Rejuvet Clinic**

## AESTHETIC AWARD

Anti-Aging Clinic of the Year in Asia-Pacific

**Anna Hoo Clinic**

Anti-Aging Clinic of the Year in Asia-Pacific

**Dr Wee Clinic**

Anti-Aging Clinic of the Year in Asia-Pacific

**GLOSKIN Aesthetic Clinic**

Aesthetic Wellness Centre of the Year  
in Asia-Pacific

**Therapedic Medical Center**

Aesthetic Clinic of the Year in Asia-Pacific

**Derma Express**

Aesthetic and Medical Spa Centre of the Year  
in Asia-Pacific

**Clinique La Prairie**

Body Sculpting Medical Centre of the Year  
in Asia-Pacific

**Rattinan Medical Center**

Body Sculpting Clinic of the Year in Asia-Pacific

**Dr. Jasmine Clinic**

Breast Augmentation Centre of the Year  
in Asia-Pacific

**Masterpiece Hospital**

Cosmetic and Plastic Surgery Service Provider  
of the Year in Asia-Pacific

**Masterpiece Hospital**

Cosmetic and Plastic Surgery Service Provider  
of the Year in Asia-Pacific

**Polaris Plastic & Reconstructive Surgery**

Cosmetic and Plastic Surgery Service Provider  
of the Year in Asia-Pacific

**Rattinan Medical Center**

Cosmetic and Surgical Medical Centre of the Year  
in Asia-Pacific

**Nirunda Clinic**

Face Contour (Non-Surgical) Centre of the Year  
in Asia-Pacific

**Miracle Aesthetic Clinic**

Face Lift (Non-surgical) Centre of the Year  
in Asia-Pacific

**Miracle Aesthetic Clinic**

Gynaecomastia Clinic of the Year in Asia-Pacific

**Amaris B. Clinic**

Hair Transplant Clinic of the Year in Asia-Pacific

**Dr Shah Hair Clinic**

Hair Transplant Clinic of the Year in Asia-Pacific

**Klinik Dr Inder**

Hair Transplant Clinic of the Year in Asia-Pacific

**Masterpiece Hospital**

Liposuction Clinic of the Year in Asia-Pacific

**Amaris B. Clinic**

Medical Aesthetic Clinic of the Year in Asia-Pacific

**Anna Hoo Clinic**

Medical Aesthetic Clinic of the Year in Asia-Pacific

**Klinik Dr Inder**

Medical Aesthetic Clinic of the Year in Asia-Pacific

**SLC Clinic**

Medical Aesthetic Clinic of the Year in Asia-Pacific

**VIDASKIN Aesthetic Clinic**

Medical Aesthetic Clinic of the Year in Malaysia

**MX Clinic**

Medical Aesthetic Clinic of the Year in Indonesia

**Jade Aesthetic Clinic**

Pioneer in Haircare Industry

**Dr Shah Hair Clinic**

Pioneer in Haircare Industry

**Klinik Dr Inder**

Woman innovator in Haircare Industry

**Klinik Dr Inder**

Medical Centre of the Year in Asia-Pacific

**GUTCARE**

Wellness Spa of the Year in Asia-Pacific

**Padma Spa**

# GlobalHealth Asia-Pacific event offers glimpse into medical tourism market

*It also awarded top-notch clinics in the region*

The deputy minister talked about the current transformation of the Indonesian health system, with the government aiming to improve health literacy, primary prevention like routine immunization, and screening for the 14 biggest causes of death in the country.

The 2023 GlobalHealth Asia-Pacific Medical Centre and Aesthetic Awards took place at the Ritz-Carlton hotel in Bali on May 26 and 27, providing a platform to discuss medical tourism trends during a lively conference and to celebrate some of the top healthcare providers in the Asia-Pacific region at the gala night.

The speakers who attended the conference include Syarifah Liza Munira, the Indonesian Deputy Minister for Health Policy Agency, Nurhadi Yudiyantho, Group CEO and Managing Director of Bundamedik Healthcare System, Farizal Jaafar, Acting CEO of Malaysia Healthcare Travel Council (MHTC), Datuk Dr Kuljit Singh, President of the Association of Private Hospitals of Malaysia, and Dr Timothy Low, CEO and board member at Farrer Park Hospital in Singapore.

The deputy minister talked about the current transformation of the Indonesian health system, with the government aiming to improve health literacy, primary prevention like routine immunization, and screening for the 14 biggest causes of death in the country. These goals should be achieved by strengthening the capacity and capability of both primary and secondary care.

In particular, improved vaccination will help prevent pneumonia and diarrhoea, two of the top five causes of death for children younger than five. In addition, immunisation against the human papillomavirus will play a key role in reducing the incidence of cervical cancer, one of the biggest causes of death in Indonesia.



Syarifah Liza Munira, Health Policy Agency

Indonesian private providers are also contributing to improving medical care in the country. Nurhadi said that Bundamedik Healthcare System was offering digital services to make it easier to diagnose and treat Indonesians, in particular those in remote areas who can benefit from telemedicine and medical evacuation. Digital healthcare could play a key role in Indonesia, the biggest archipelago in the world comprising thousands of islands, where many people have to travel to big cities to see medical specialists.

The government is also boosting the medical tourism credentials of Bali, an island popular among tourists and where authorities are collaborating with the Mayo Clinic to build an international hospital that will complement the island's healthcare system and will aim to attract both Indonesians and overseas patients.

Farizal of MHTC said the pandemic accelerated the digitalization of the healthcare system, a key trend that is believed to reshape the provision of care in the next five to 15 years, with a greater number of medical visits being done through telemedicine.

This could also facilitate medical tourism, an industry that has seen exponential growth in Southeast Asia, and particularly in Malaysia, over the last years. Indeed, he said Malaysia welcomed over 10 million healthcare travellers in the past decade, recording a 90 percent increase between 2011 and 2019. Digital tools are already playing an important role in healthcare travel in the country and they could further boost it. A one stop portal, for example, can



Farizal Jaafar, MHTC



Panel discussion

act as a digital front door to the entire healthcare options available in Malaysia for overseas patients (medical directory, packages, live chats), making it easier for healthcare travellers to select the most suitable doctors and treatments. Similarly, an online platform allows international patients to easily apply for and extend medical visas.

#### Responsible healthcare

Dr Low explained how healthcare providers could do their part to mitigate the environmental catastrophe we are going through, which is also the biggest health crisis of our time, and be more socially responsible.

For example, he pointed out that the National University Hospital in Singapore collaborated with local firms to recycle intravenous (IV) fluid bags, with 80 kg of PVC from them being collected and recycled.

Farrer Park Hospital has also environmental sustainability at its core. Indeed, the ultramodern facility is a green building with eco-friendly energy and water management systems. For example, motion detectors to turn lights off when they aren't needed helped cut energy consumption by 30 percent annually.

The hospital's management has also made efforts to address the needs of the staff, adjusting shift timings for nurses to improve their work-life balance.

#### Best clinics of the year

The gala night saw more than 90 clinics receive awards for the quality of their services in a wide range of categories.

In cancer care, ARC Hospitals, OncoCare Cancer

Centre, and Parkway Cancer Centre were crowned Oncology Medical Centre of the Year in Asia-Pacific. Esperance Integrative Cancer Center was named Integrated Cancer Medical Centre of the Year in Asia-Pacific.

In cardiology, Capital Heart Centre received the Cardiology Medical Centre of the Year in Asia-Pacific Award, while The Cardiology Practice obtained the Interventional Cardiology Medical Centre of the Year in Asia-Pacific.

Two more specific award categories are worth mentioning — Long Covid Centre of Excellence in Asia-Pacific and Endometriosis Service Provider of the Year in Asia-Pacific, which were given to Miskawaan Health Group and Dr Sharifah Clinic for Women and Laparoscopic Surgery.

Long COVID is a potentially debilitating long-term condition affecting some of those who got infected with COVID-19. Though most patients can recover after treatment, some people are plagued by serious symptoms like extreme fatigue for years, which makes it hard to go about one's business. Improved treatment for this minority of patients is urgently needed.

Similarly, endometriosis is a potentially debilitating condition where tissue in the womb grows outside of it. It can cause severe pain and makes it hard for women to get pregnant. Nonetheless, it's been long neglected and underdiagnosed mostly due to cultural misconceptions around female pain.

We at Global Health Asia-Pacific hope that these awards will contribute to raising awareness of both conditions.

# A photo gallery of the event















# MEDICAL



# ARCHITECT OF THE YEAR IN ASIA-PACIFIC - HEALTHCARE FACILITY

## HITEN SETHI & ASSOCIATES

### Introduction:

Nestled in the heart of Nagpur, Maharashtra, the National Cancer Institute (NCI) stands as a testament to the visionary leadership of Dr. Aabaji Thatte Seva Aur Anusandhan Sanstha (Trust). With its commitment to providing world-class quaternary care oncology services, this exceptional facility boasts a capacity of 500 beds, expandable to 700 beds in the future, and an impressive built-up area spanning approximately 7.5 Lacs sq.ft. With expertise in basic, clinical, and epidemiological research, the NCI has established itself as a comprehensive care center, adhering to the rigorous standards of both NABH and JCI accreditations.

### A Beacon of Hope in Central India:

The choice of Nagpur as the location for the National Cancer Institute stems from the city's strategic position as the geographical center of India. With a population of 2,405,421, Nagpur ranks as the 13th most populous city and the 12th largest agglomeration in the country. Recognizing the significant gap in accessible cancer care centers in central India, the NCI emerged as a beacon of hope, catering to the needs of patients who previously had to travel to far-off regions for treatment. Today, Nagpur proudly stands as central India's premier hub for cancer care.

### Designing for Freedom and Healing:

At the core of the NCI's architectural vision lies the concept of freedom. Through the strategic interplay of masses and the creation of verdant green spaces, the design seamlessly connects patients with the soothing



Hitendra Sethi

power of nature. The structure itself embodies the graceful flight of a bird, symbolizing freedom and instilling a sense of hope in all who enter. Beyond aesthetics, the NCI's design fosters an atmosphere of congregation, interaction, and positive healing experiences for patients, visitors, and staff alike.

### Sustainability at the Heart of Design:

The NCI's commitment to sustainability is evident in every aspect of its design. With 60-70% of the hardscape featuring porous surfaces, surface water runoff is efficiently managed through natural percolation. Automatic irrigation systems utilize treated water from the Sewage Treatment Plant (STP), reducing water consumption. The design further incorporates 75% tree canopy shading and green roofs, ensuring energy efficiency and providing pleasant natural vistas. Indigenous trees dominate the landscape, with a focus on fruit-bearing and flowering varieties that also serve as nesting havens for birds. The use of LED lighting sourced from solar power banks adds to the institute's environmentally conscious approach.

### Awards and Accolades:

The NCI's architectural brilliance and commitment to excellence have garnered numerous accolades and recognition within the industry. The design's seismic compliance and emphasis on safety earned it the prestigious MEDA Award for excellence in Energy Conservation and Management. The Institute's integrated MEP design services received acclaim, with the esteemed distinction of being named the Best Design of Oncology Center in the South Asia-Pacific by Global Health Asia-Pacific. The Asia-Pacific Property Awards honored the NCI with the Best Public Service Architecture Award, while the Global Health Asia-Pacific Conference recognized it as the 'Architect of the Year in Asia-Pacific Healthcare Facility.'

### Conclusion:

As the National Cancer Institute continues to redefine cancer care in India, it stands as a shining example of innovation, compassion, and sustainable design. With its unwavering commitment to comprehensive care, groundbreaking research, and patient-centric approaches, the NCI is transforming the lives of individuals affected by cancer. Through its visionary architectural design, the NCI creates an environment that fosters healing, connection with nature, and a sense of freedom from the fear of cancer. As the institute proudly adds a collection of prestigious awards to its name, it reinforces its position as a pioneer in the field of oncology and a beacon of hope for patients and families across the nation.

# BRAIN AND SPINE CENTRE OF THE YEAR & SPINE AND PAIN CENTRE OF THE YEAR IN 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



Dr Prem Pillay

for being 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.

# BARIATRIC / COLORECTAL / GASTROENTEROLOGY MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## CENGILD G.I. MEDICAL CENTRE

Cengild G.I Medical Centre, also known as CGI, is a Centre of Excellence in Gastrointestinal and Liver Diseases that has demonstrated an unwavering commitment towards excellent healthcare services. The first of its kind in Malaysia and in the region, CGI endeavours to deliver the best care to patients with gastrointestinal and liver diseases and to successfully manage bariatric problems and obesity.

Since opening its doors in 2017, CGI has maintained consistently high standards of care. Their outstanding performance throughout 2022 is evident in the various initiatives taken with the aim to improve the way healthcare is delivered, specifically in areas of customer service and strategic product development.

“We are honoured to receive the Global Health Asia-Pacific award and knowing that our efforts have gained significant recognition is encouraging to say the least. These awards are a testament to our work and serve as a gentle reminder to keep improving ourselves as we continue to deliver the best in healthcare,” said Abang Russaini Abang Zainal Abidin (ARAZA), Vice President Business Development & International Marketing of CGI.

In growing the brand name, and as an internationally-accredited healthcare institution, CGI focuses on services typically sought by travellers, including elective procedures like bariatric and obesity management.

“As a prominent player in the Malaysian healthcare industry, CGI is committed towards providing the best healthcare and growing the brand



Abang Russaini

name in the region. As we continue to grow, we hope to continue to give good healthcare service to our patients while improving the different areas of expertise,” ARAZA added.

Having made a commitment to improve the health and wellbeing of its patient, CGI has made its mission to continuously raise the bar in clinical, operational and service excellence and offer the highest standard of care at all times.

CGI has gained its well-deserved reputation of delivering excellent clinical outcomes – focusing on medical advancement and delivering the highest possible patient satisfaction.

In acknowledgement of its achievements and consistency in implementing various initiatives and patient-centric strategies towards

improving health over the past years, CGI won three prizes at the GlobalHealth Asia-Pacific awards.

CGI was awarded in recognition of its high degree of innovation in medical products and for being a leader in terms of customer value and market penetration.

“These awards are a testament to the hard work and skills of our experienced doctors and staff, truly showcasing our dynamic leadership and our commitment to healthcare excellence,” said CGI’s Vice President.

“We will continuously strive to give our patients and their loved ones peace of mind by providing the best care and treatment through comprehensive infrastructure, technology and services.”



# Congratulations



**CENGILD G. I. MEDICAL CENTRE**  
Centre for Gastrointestinal and Liver Diseases

On your recognition by  
**GlobalHealth Asia-Pacific**  
with the following triple prestigious awards



**Gastroenterology  
Medical Centre of the Year  
in Asia Pacific**

*(Awarded in 2019 & 2022 too)*



**Colorectal  
Medical Centre of the Year  
in Asia Pacific**



**Bariatric  
Medical Centre of the Year  
in Asia Pacific**

*(Awarded in 2021 & 2022 too)*

It is a testament to the unwavering dedication and team effort of our medical professionals and support staff in providing exemplary healthcare services. These achievements further amplify our commitments to deliver quality healthcare and services for the wellbeing of our patients

**CENGILD G.I. MEDICAL CENTRE (CGI)** 201501009058 (1134393-W)

Unit 2-3 & 2-4, Nexus @ Bangsar South, No. 7, Jalan Kerinchi, 59200 Kuala Lumpur, Malaysia

# CARDIOLOGY MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## CAPITAL HEART CENTRE



Dr Joshua Loh, Senior Consultant  
Interventional Cardiologist

Helmed by Dr Joshua Loh, the name Capital Heart Centre was inspired by the US capital, Washington DC, where Dr Loh completed his advanced training in Interventional Cardiology. The cardiology clinic is conveniently nestled in Mount Elizabeth Novena Hospital, and is dedicated to delivering prompt access to appointments, in-clinic diagnostic services, and procedures tailored to their patient's needs.

Dr Joshua Loh believes that the heart is the most vital organ in the body and takes great passion in being a cardiologist. He explained that he chose this specialty because the heart fascinates him: "It is intricate, complex,



The Capital Heart Centre team

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".

Dr Joshua Loh is highly experienced 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 UltraSound (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.

Beyond his clinical work, Dr Loh regularly trains many specialist doctors from Singapore and abroad in Interventional Cardiology. He is often invited to chair, give lectures and perform live case demonstrations in international cardiology meetings and conferences, and he is the associate course director of the prestigious AICT-AsiaPCR 2022. Dr Loh is a regional case proctor for complex coronary interventions and has performed numerous teaching cases in Asia.

Dr Joshua Loh and the clinic have been featured in several print media, such as The Straits Times, MU/SE magazine and Asiaone.

For more information, visit [www.capitalheart.sg](http://www.capitalheart.sg).

# DENTAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## 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 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



Dr Suresh Nair

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.

# DENTAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## BANGKOK INTERNATIONAL DENTAL CENTER (BIDC)

Bangkok International Dental Center (BIDC) is Thailand's longest-standing Joint Commission International (JCI) accredited dental centre. Established since 2000, the one-stop BIDC dental centre is one of the first pioneer dental tourism providers in Thailand. BIDC has treated over half a million patients globally. It has always been at the forefront of the dental industry, maintaining the highest standards of care and safety within the Asia-Pacific region.

BIDC is part of Dental Corporation PLC, the conglomerate listed on the stock exchange of Thailand. The dental centre has received the GHAPAC awards since 2017 alongside other prestigious awards by the Thai government as the country's top outstanding dental service provider.

The centre's main flagship location is a 7-storey dental building situated in the main city of Bangkok. BIDC has 4 other dental clinics: BIDC at Siam Paragon, BIDC at Emquartier, Chiangmai International Dental Center (CIDC) in the north of Thailand, and Phuket Dental Signature in south of Thailand. All its offices treat a significant percentage of international patient or expatriates. Patients choose BIDC for its well-experienced, highly qualified team of dentists, many of whom are graduates from USA, UK, Europe or Australia. What sets BIDC apart are strict quality and patient safety standards as well as for its professional care.

During the dental centre's latest JCI re-accreditation, the dental centre made history by receiving a full 100% accreditation score making BIDC the current top scorer and the number



Dr Wilaiwan Panyavorachart DDS., Assist. Prof. Dr Preeda Pungpapong DDS., MSc., and Dr Kittima Prapatrungsri DDS., MSc.

one ambulatory care organization in Thailand and within the world's top rank. BIDC continually strives to continuously improve its treatment and service quality as a true dental centre of excellence.

The reasons why international patients choose BIDC for dental treatments include its ability to schedule visits quickly due to its well-experienced and large pool of dental specialists and on-site laboratories that can provide fast results.

The dental centre is well-known as a leading dental implant centre that replaces missing teeth and for full jaw reconstruction. It's also known as a top-tier cosmetic dental centre that restores teeth function and natural-looking teeth aesthetics. BIDC has placed more than 100,000 implants. Its team of prosthodontists and aesthetic

dentists has done smile makeovers with porcelain veneers and ceramic crowns for thousands of patients, many of whom are celebrities, top business executives, and well-known individuals. Having an in-house digital dental lab means that the team at BIDC is able to design, construct, and customize implant abutments, veneers, crowns, and bridges with good aesthetic results and fast delivery timings.

High-tech digital dentistry allows for increased predictability, accuracy, improved treatment and patient comfort. BIDC dental centre continually invests in modern advancements such as digital CT scan, dental imaging, digital scan technologies to provide more accurate, precise and thorough dental treatments and diagnoses.



# Award-Winning Bangkok International Dental Center (BIDC)

- Advance Dental Implants
- All-on-4 Immediate function Implants
- All Ceramic Crowns & Bridges
- Ultra-thin Porcelain Veneers
- Smile Makeover with Digital Smile Design
- Invisalign Diamond Provider



2017-2021 Dental Provider for Year Asia Pacific  
 2022 Pioneer dental Center Asia Pacific  
 2023 Dental Provider for Year Asia Pacific



**JCI ACCREDITED  
DENTAL CENTER**



## THE DENTAL PROFESSIONALS

Dental Corporation's flagship dental center, BIDC is a one-stop dental center specializing in dental Implants and full mouth restorative rehabilitation treatments. BIDC is the first dental center in Thailand awarded the Joint Commission International Accreditation (JCI) delivering unparalleled dental services and setting the benchmark on quality and dental excellence in Thailand. Many of BIDC's dental specialists are American board certified and overseas post-graduates specialists.

## THAILAND'S LARGEST DENTAL GROUP NETWORK

Dental Corporation Public Co., Ltd. is Thailand's leading dental group network with brands Bangkok International Dental Center (BIDC), Phuket Dental Signature, Chiangmai International Dental Clinic (CIDC) and Smile Signature dental clinics. The dental group has a team of over 100 dentists and has advanced technologies including 3D CT-Scan, endodontic microscope, CAD/CAM based dental prosthetic labs, 3D surgical guide and digital impressions taking.

**Treatment Enquiries**  
[www.BangkokDentalCenter.com](http://www.BangkokDentalCenter.com)



# DERMATOLOGY SPECIALIST CLINIC OF THE YEAR IN ASIA-PACIFIC

## ANGELINE YONG DERMATOLOGY

In the field of aesthetic medicine, it is crucial to find a trusted professional who can meet your unique needs and achieve exceptional results. Dr Angeline Yong, an esteemed expert, leads Angeline Yong Dermatology, a top clinic in Asia-Pacific that offers comprehensive dermatology, medical and aesthetic services. With her expertise, commitment to excellence, and patient-centric approach, Dr Yong is highly sought-after for delivering transformative experiences to countless individuals.

At Angeline Yong Dermatology, Dr Yong and her team are dedicated to addressing a wide range of skin concerns and providing comprehensive care to patients of all ages. From common skin conditions such as acne, eczema, and psoriasis to more complex issues like skin cancer and autoimmune diseases, Dr Yong employs a holistic approach, combining her expertise with cutting-edge technology to deliver optimal outcomes.

One of the core principles of Angeline Yong Dermatology is the belief in personalized care and fostering a strong doctor-patient relationship built on trust and open communication. Dr Yong and her team take the time to understand each patient's unique concerns, medical history, and aesthetic goals. This patient-centric approach allows them to tailor treatment plans that are specifically designed to meet individual needs and ensuring the best possible results.

As an advocate for aesthetic dermatology, Dr Yong offers a range of treatments to enhance the natural beauty of her patients. From non-invasive procedures like chemical peels, dermal fillers, and laser treatments,



**Dr Angeline Yong**  
 Dermatologist & Dermatologic Surgeon

every treatment is performed with precision and artistry, providing natural-looking results that boost patients' confidence.

Apart from her clinical practice, Dr Yong is actively involved in dermatological research and education. She is a frequent speaker at local and international conferences, sharing her knowledge and expertise with fellow dermatologists and medical professionals. At the clinic, she has introduced advanced medications such as Jak Inhibitors and Biologics in treating severe eczema, alopecia areata and other skin concerns.

Dr Yong is also a passionate advocate for skin cancer prevention and early detection. She emphasizes the importance of regular skin

examinations and educates her patients about the risk factors associated with skin cancer. Her expertise covers the full spectrum of skin cancer treatment options, including skin cancer screening with digital mole mapping, surgical excision, Mohs micrographic surgery and other targeted therapies. She keeps up with the advancements in the field and actively incorporates cutting-edge techniques and therapies into her practice.

Dr Yong also excels in all aspects of hair loss treatments to handle both medical and surgical hair loss concerns such as hair transplantation, using cutting edge technology for effective and minimally invasive procedures for her patients. With expertise in both follicular unit extraction (FUE) or follicular unit transplantation (FUT), Dr Yong has the expertise to achieve exceptional outcomes for her patients.

In conclusion, Dr Angeline Yong and Angeline Yong Dermatology epitomize excellence in dermatological care. With her unwavering dedication, extensive experience and commitment to personalized treatment, Dr Angeline Yong has established herself as a trusted name in the field. Whether you seek medical solutions for skin conditions or wish to enhance your appearance, Angeline Yong Dermatology offers a comprehensive range of services, ensuring that your skin receives the best possible care, thus allowing you to radiate confidence and beauty.

Angeline Yong Dermatology  
 6 Napier Road, #02-04/05 & #03-02  
 Gleneagles Medical Centre  
 Singapore 258499  
 T: 6252 0026 | E: [info@ayd.com.sg](mailto:info@ayd.com.sg)  
<https://ayd.com.sg/>

# DERMATOLOGY SPECIALIST CLINIC OF THE YEAR IN 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 some of the top health insurance agencies such as AIA, IXCHANGE, NTUC, Prudential, CIGNA, Great Eastern, and Parkway Shenton, among others.

At the helm of Renaissance Dermatology Specialist Clinic is Dr. Hanif, an award-winning consultant dermatologist who brings to the table over 20 years of medical experience. In keeping with the name of his clinic, Dr. Hanif wields his experience and expertise in the most current treatments in medical and surgical dermatology, as well as aesthetic skin care.

Besides common dermatological problems such as eczema, psoriasis, skin cancer screening, hair loss and acne, patients in Singapore and from abroad consult him for surgical and aesthetic dermatological procedures including skin surgeries and lasers.

Upon graduating with an MBBS from the National University of Singapore, Dr. Hanif underwent specialist training in Internal Medicine and attained the Membership of the Royal College of Physicians of the United Kingdom. Following this, Dr. Hanif completed his Advanced Specialist Training in Dermatology at the National Skin Centre. He is an accredited specialist with the Ministry of Health (MOH) and was conferred as a Fellow of the Academy of Medicine (Dermatology).



Dr Noor Hanif Bin Said

Prior to setting up his own private practice at the reputable Mount Elizabeth Novena Specialist Centre, Dr. Hanif spent most of his dermatological career at the National Skin Centre (NSC) and the dermatology unit of Khoo Teck Puat Hospital (KTPH).

Outside of his practice, Dr. Hanif has carried over his medical expertise to the areas of research and teaching. He has not only written for several local and international peer-reviewed medical journals but has also co-authored one of the chapters in the

Asian Skin: A Reference Colour Atlas of Dermatology and Venereology (2nd edition). In 2011, he received the prestigious Best Poster Award (Clinical Research) at the Singapore Health and Biomedical Congress. Dr. Hanif has also contributed to the academic world through his stint as a clinical tutor and examiner at the Yong Loo Lin School of Medicine, National University of Singapore (NUS). Besides publishing, he has presented academic papers in dermatology at numerous scientific meetings and seminars and has been invited as a speaker at several public forums to educate the public on common skin, hair and nail conditions. In addition, Dr. Hanif has been featured as a medical expert in television and radio, as well as contributed many articles in print media. Dr Hanif is also the first MOH-accredited Malay dermatologist in Singapore and is fluent in Bahasa Indonesia.

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

### 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](mailto:enquiry@renaissancederm.com)  
Website: [www.renaissancederm.com](http://www.renaissancederm.com)  
Facebook: [www.facebook.com/renaissancederm](http://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

# DERMATOLOGY SPECIALIST CLINIC OF THE YEAR IN ASIA-PACIFIC

## SLC CLINIC

From the philosophy of professional development towards the leadership in dermatology, lasers, and beauty for the year, “SLC Clinic does not do everything that is trendy, but does everything that is good and yields real results.” This is the philosophy that SLC Clinic has been applying in its professional practice for 18 years. In addition to its excellence in innovation, technology, service standards, the unique SLC Signature Technique, and attention to small details to select efficient technologies that yield tangible results, we are also filled with sincerity and determination to deliver a beautiful and valuable experience to our customers at every step, unlike anyone else. The important core that has become a value that all customers can perceive and experience for themselves is, as the saying goes, “Whenever we have sincerity and determination in doing something, the results tend to be good.” And today, SLC has proven it to the world.

The award for DERMATOLOGY SPECIALIST CLINIC OF THE YEAR IN ASIA-PACIFIC is a measure of pride and reflects the confidence of service users towards SLC Clinic as a clear leader in dermatology, lasers, and beauty for the year in the Asia-Pacific region.

In the past year, 2022, SLC Clinic has developed the Baby Skin Booster vitamin formula for facial skincare. It is a skin vitamin that stimulates the production of new skin cells and repairs damaged skin cells with exosomes extracted from natural stem cells. It became the first facial vitamin injection service in Thailand and received a positive response, attracting many celebrities, influencers, and individuals



Dr Sivat Luanraksa, Dr Kris Anantakool, Dr Thirachai Warunyooratana and Dr Kampanart Tangamatakul

to come and receive the service. It has revived the trend of achieving youthful and radiant skin, which had faded away during the COVID-19 situation.

In 2023, we have further developed facial vitamin formulas that address the improvement of skin quality in all aspects, including anti-aging, brightness, and intense hydration. These include Snow White, Snow White Gold, Snow White Premium, and Snow White Max, each designed to suit different skin issues and ages.

With the driving force of our vision to become a leader in dermatology, lasers, and beauty for 2023, we continue to search for new innovations such as Morpheus8, the skin rejuvenation hero, and innovation that tightens the skin and stimulates collagen production without surgery. Alongside the SLC Signature Technique, customizing the energy settings according to the skin condition and individual's concerns for maximum effectiveness

in skin tightening. In addition to this, we also provide Morpheus Body, using deep-tissue microneedles with energy release of up to 7 millimeters for body skin tightening, the first in Thailand. Morpheus Prime with 12-pin microneedles is also available to provide eye area skin tightening, pioneering in the field of beauty innovation.

With attention to small details and the heartfelt care of SLC Clinic, which is a memorable image for service recipients across the country, this year, we have spared no effort and introduced 20 Pico Plus machines for clear skin rejuvenation services at all SLC Clinic branches. This is to ensure the utmost convenience for our customers and to provide them with a service experience that surpasses others. When you come to SLC Clinic, you will receive nothing but the best, unlike anyone else.



# DIGESTIVE SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

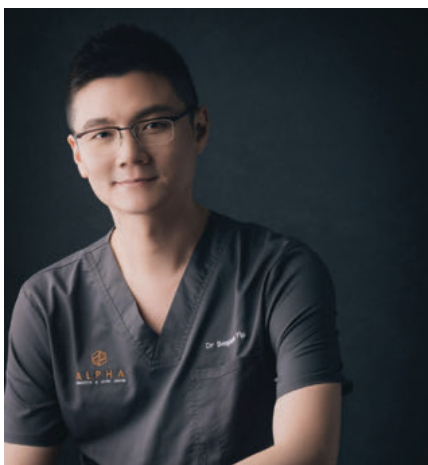
## ALPHA DIGESTIVE & LIVER CENTRE

Nestled in the heart of Orchard Road at Mount Elizabeth Hospital, Singapore, Alpha Digestive & Liver Centre prides itself on being your first point of contact for gastrointestinal health, and has been awarded Digestive Service Provider of The Year in Asia-Pacific this year.

The clinic provides comprehensive diagnostic and therapeutic services for all aspects of your gastrointestinal health, from detailed screening to minimally invasive procedures.

Led by Medical Director and Consultant Gastroenterologist, Dr Benjamin Yip, Alpha Digestive & Liver Centre carries the same belief that gastrointestinal health is largely interconnected to our whole-body health, and sees patients with General medical as well as Gastroenterology and Hepatology problems.

Dr Benjamin Yip's main interest and joy lie in endoscopy. He regularly



**Dr Benjamin Yip,**  
Consultant Gastroenterologist

performs general endoscopies such as gastroscopy and colonoscopy (both diagnostic and therapeutic). However, his expertise lies in Advanced Endoscopy, where he performs complex endoscopic procedures including ERCP, EUS, deep enteroscopy, Spyglass™ cholangioscopy and enteral dilation/stenting. In fact, during his two-decade tenure at Ng Teng Fong General Hospital (NTFGH), he was the only specialist doing both ERCP and EUS. He also regularly teaches undergraduate and postgraduate students in both Yong Yoo Lin (YLL) and Lee Kong Chian (LKC) medical institutions.

He greatly enjoys the practice of slow medicine, where he gets to know his patients and their family members bit by bit in the ward or clinic. He particularly enjoys meeting

patients from all walks of life and understanding their backgrounds. He strongly believes this plays an integral part in providing treatment tailored to their concerns and expectations. At the same time, he loves the aspect of Gastroenterology that allows him to help his patients acutely with endoscopy, like arresting bleeding points throughout the gastrointestinal tract and relieving obstructed bile ducts in acutely ill patients with cholangitis.

Dr Benjamin Yip and the clinic have been featured in numerous well-known media, including print publications such as The Business Times, The Straits Times and PRIME Magazine, as well as television shows like Channel 8's Morning Express.

For more information, visit [www.alphagastro.sg](http://www.alphagastro.sg).

# ENDOMETRIOSIS SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## DR SHARIFAH CLINIC FOR WOMEN AND LAPAROSCOPIC SURGERY

### Leading the Way in Endometriosis Care in Asia-Pacific

We are thrilled and honoured to announce that our clinic at Gleneagles Hospital Medini Johor has been recognized for the second consecutive year as the Best Endometriosis Provider Clinic for Asia-Pacific by Global Health Asia-Pacific. This prestigious award is a testament to our unwavering commitment to delivering exceptional care and outcomes for our patients.

We understand the challenges faced by women suffering from endometriosis. It is a complex condition that requires specialized knowledge, expertise, and innovative approaches to ensure the best possible outcomes. With the support of a dedicated team of multidisciplinary healthcare professionals in our hospital, we are committed to providing the highest standard of care to women battling endometriosis.

We would like to express our deepest gratitude to our patients who have placed their trust in our clinic. It is their faith in our services that has propelled us to this incredible achievement. We recognize that each patient's journey is unique, and it is our privilege to be part of their story. Your trust and confidence inspire us to raise the bar and deliver excellence in endometriosis management constantly.

With support from the hospital, we hope to work together to become a recognized center of excellence in endometriosis in Malaysia and internationally. To achieve this, we continuously strive to benchmark



Dr Sharifah Halimah Jaafar

our performance, ensuring the best surgical outcomes and maximum patient safety. We are at the forefront of utilizing advanced medical technologies to enhance our surgical capabilities.

With the integration of cutting-edge techniques like 3D laparoscopy, fluorescence-guided surgery, and, recently, robotic surgery our hospital has invested in, we are revolutionizing endometriosis management. These minimally invasive approaches provide our surgeons unparalleled precision, visualization, and control during procedures. By harnessing the power of medical technology, we aim to optimize patient recovery, minimize post-operative discomfort, and facilitate a

faster return to normal life.

While we celebrate this remarkable recognition, we remain steadfast in our commitment to advancing the field of endometriosis care. Our team actively engages in research, collaborating with leading experts and institutions to contribute to the collective knowledge surrounding endometriosis management. By staying at the forefront of medical advancements, we can offer our patients the most effective and evidence-based treatment options.

To our patients, we extend our heartfelt thanks. Your stories of resilience, courage, and determination continue to inspire us. It is because of you that we tirelessly strive to make a positive difference in the lives of women affected by endometriosis. Your trust in our clinic and the care we provide drive us to push boundaries, explore new frontiers, and continuously evolve our approach.

As we celebrate this momentous achievement, we reiterate our commitment to excellence, innovation, and compassionate care. We are humbled by this recognition, and we pledge to continue our pursuit of excellence in endometriosis management, contributing to the well-being and empowerment of women in Malaysia and beyond.

Once again, thank you for your trust in Dr Sharifah Women's Clinic & Laparoscopic Surgery in Gleneagles Hospital Medini Johor. Together, we will continue to make a lasting impact on the lives of women battling endometriosis.

# ENT CLINIC OF THE YEAR IN ASIA-PACIFIC

## DATUK DR SIOW SENG CHOON SIOW ENT LASER SURGERY SPECIALIST

**Datuk Dr Siow Seng Choon- ENT Laser Surgery Specialist**  
**DATUK DR SIOW SENG CHOON**  
**M.B.,B.S ( MAN ) / MS ORL-HNS ( UM )**  
**/ AM ( M ) / D.P.S.M.**

Established since 2003, Siow Ear Nose & Throat Specialist (Siow ENT) has become the clinic of choice for ENT-related conditions around Johor Bahru, Singapore, and Indonesia.

Siow ENT is equipped with state-of-the-art equipment in the field to provide the diagnosis and surgical treatment of Ear Nose and Throat diseases, including a complete range of HD rigid nasal endoscopes, HD flexible video endoscopes, the early cancer detecting by endoscopic Narrow Band Imaging™ technique, clinical microscope, comprehensive audiological equipment to test the middle and inner-ear functions for infants to adults, and also the Vocal Video Stroboscopes for examining the causes of hoarseness of voice. While patients receive comprehensive ENT examinations at the SIOW ENT clinic, other facilities are available for further medical investigations, such as Head and Neck related CT Scans and MRI radiological investigations, together with biochemistry laboratory tests.

Dr Siow has been a practising ENT doctor and surgeon for more than 25 years, and he performs his surgeries at regional referral hospitals. He performs ENT and Head & Neck related surgical treatments such as Tonsillectomy by Laser, Coblation, or Radiofrequency methods, while Sinus Surgeries are done by both Microdebrider assisted



Datuk Dr Siow Seng Choon

FESS and Balloon Sinuplasty. He also performs Micro Laryngeal Surgery on the Vocal Cords, Ears and Nose by using the latest high powered auto scanning LUMENIS™ Duo functions CO2 Fiberoptics Laser complemented with the latest Zeiss™ Operating Microscopes.

The locals regard the Siow ENT clinic as the first port of call for many ENT-related problems. While the clinic is able to respond quickly to appointment requests made through a 24-hour online booking system, walk-in patient services are also available for emergencies or external referrals.

Patient enquiries are answered immediately either by phone, through

messaging services like WhatsApp, or by emails for overseas patients.

Datuk Dr Siow Seng Choon, the clinic's principal, says that he tries to treat each consultation with patience, while offering reassurance and promising effective ENT management and advice. "I devote plenty of time to patients in my care and offer them reassurance. This is one of the reasons I enjoy a strong reputation in the region as an ENT consultant," he told Global Health Asia-Pacific. "I will quickly refer patients to other appropriate fields when there is a need. Being a clinic with low overheads, I can offer good services with lower costs to patients. Nevertheless, I constantly invest in the latest ENT equipment to provide the best service to my patients." To provide the best service to its patients, Siow ENT has managed to shorten appointment waiting times and works closely with other hospitals on necessary referrals, investigations, ENT-related surgeries, and after-hours emergency treatment. Its plan for the future includes extended working hours to accommodate an increase in patient numbers, while further reducing appointment waiting times. Dr Siow is also considering setting up branches and inviting ENT consultants to join him as partners. In addition, he sees telemedicine as an enticing future option for treating patients with ENT conditions, with a possible move in this direction.

# FERTILITY CENTRE AND EXCELLENCE IN PATIENT SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## SUNFERT INTERNATIONAL FERTILITY CENTRE

### Sunfert's Journey of Empowering Hope through Exceptional Patient Service in Fertility Care

Renowned for its patient-centred approach, technologically-advanced fertility treatments and innovative payment schemes, Sunfert International Fertility Centre (Sunfert) has once again made its mark on the international stage. Sunfert was recognised as the 'Fertility Centre of The Year in Asia-Pacific' for the second time at the GlobalHealth Asia-Pacific Awards 2023, while also securing the 'Excellence in Patient Service Provider of The Year in Asia-Pacific' award. The awards mark a significant milestone for Sunfert, which has successfully helped bring over 5,000 babies into the world through its advanced fertility treatments.

On winning the 'Excellence in Patient Service Provider of The Year in Asia-Pacific' award, Lakshmi Menon, General Manager of Sunfert Group said, "Sunfert prioritises patient outcomes and patient service excellence, considering the emotional journey couples go through while trying to start or expand their families. Our dedicated team of medical professionals, including experienced fertility specialists, nurses, and support staff, are committed to understanding and addressing their patient's unique needs and concerns. By fostering open communication, Sunfert aims to create a supportive and empowering environment throughout their fertility journey."

All of Sunfert's branches are accredited by the Reproductive Technology Accreditation Committee



Lakshmi Menon

(RTAC), a professional group of the Board of Fertility Society of Australia. The accreditation shows Sunfert's dedication to patient-centred fertility care that prioritises safety and quality throughout the treatment process.

In 2009, Sunfert embarked on a mission to help couples achieve their dreams of parenthood. Today, it is a one-stop fertility centre with its own genetic testing laboratory thus enabling faster turn-around of results and stringent in-house quality control. The flagship centre in Bangsar South, Kuala Lumpur offers an in-house genetic testing laboratory equipped with state-of-the-art medical technology, enabling precision in pre-implantation genetic testing procedures. Sunfert has expanded with additional branches in Ipoh, Seremban, Kuching and is poised for further expansion within Malaysia and the South East Asian region.

Sunfert achieved another milestone in 2020 by establishing Malaysia's first private Oncofertility hub. Available at the clinic is an innovative technology called Ovarian Tissue Cryopreservation,

which enables women and pre-pubertal girls to preserve their ovarian tissues (egg-producing tissues) prior to undergoing cancer treatment. The ovarian tissues are harvested through a surgical procedure prior to starting cancer treatment, frozen (cryopreserved) and transplanted years later once the patient has been cleared of cancer and is ready to start a family.

"These remarkable achievements not only highlight Sunfert's success but also reinforce Malaysia's leading position in fertility services in Asia. This recognition allows us to contribute even more to the nation's healthcare tourism sector. While most of our patients come from Malaysia, we are also sought after by patients from Singapore, Indonesia, Japan, China, Hong Kong, India, Australia, UK and various parts of the world," Lakshmi added.

"At Sunfert, we have different payment options to make fertility treatments more accessible and this includes a cashless payment option via EPF (Employee Provident Fund) Account 2 and the government's incentive of tax relief of up to RM8,000 for fertility treatments. These initiatives aim to alleviate the financial burden on couples and to have a hassle-free IVF journey. We are also excited about the opportunities that lie ahead, including future expansions. This would enable us to serve a larger community and provide our personalised care to individuals and couples from all walks of life," concluded Lakshmi proudly.

For more information, visit [www.sunfert.com](http://www.sunfert.com)

# FERTILITY CENTRE OF THE YEAR IN ASIA-PACIFIC

## ROYAL IVF CLINIC

### BALI ROYAL HOSPITAL (BROS)

#### ORGANIZATION AND AIM

For decades, Bali has been known as one of the most popular tourist destinations in the world. Beautiful beaches, unique culture and tradition passed down for generations, and the Balinese people known for their hospitality contribute to the island's reputation.

**BALI ROYAL HOSPITAL (BROS)** is a private hospital built with a unique value proposition by blending traditional Balinese hospitality with modern medical equipment. Located in the heart of Denpasar City, BROS offers strategic advantages such as ease of access to the airport as well as popular tourist hotspots (e.g. Sanur, Ubud, Kuta).

One of BROS's centres of excellence, **Royal IVF Clinic**, was the pioneer of in-vitro fertilisation service in the private hospital category. Although such treatment has been around for some time, the awareness and interest amongst the Balinese people were relatively low.

**Dr.dr. Ida bagus Putra Adnyana, Sp. OG, SubSP. FER** is a gynaecologist specialized in fertility and one of the founders of BROS. He was the former head of Royal IVF Clinic and was aware that the number of infertile couples in Bali was 4,2% in a population of 3,5 million in the 2000's while the percentage was gradually increasing by 1-2% each year. The rate was slightly higher in the country (5% out of 220 million people). Looking at these figures, the founders of Bali Royal Hospital wanted to do something to



Dr Ida Ayu Oka Purnamawati SS, MM

help infertile couples to get the best possible assistance from the right experts.

#### PRODUCT AND SERVICES

**ROYAL IVF Clinic** comprises of a private reception area, sperm collection and laboratory, embryo room, a freezing room, a surgery room, an observation room, a meeting room and two specialist rooms for an OB-GYN and an Andrologist. The team consist of an Obstetric and Gynaecologist, an Andrologist, an Embryologist, a Urologist and an Anaesthesiologist to assist couples with various procedures. These range

from examinations, collection (MESA, PESA, TESA, TESE), storing (freezing and thawing) and insemination (ICSI, IMSI). Additionally, the clinic also offers Homecare Services for patients after embryo transplant (ET) by assigning a nurse that will help throughout the span of the program.

#### PATIENT'S EXPERIENCE AND FEEDBACK

The team at Royal IVF Clinic pull out all the stops to make treatment safe and affordable while ensuring that patients are comfortable throughout the programme. Collectively, the majority of patients expressed their satisfaction on those points. For instance, all of the procedures are done according to standard medical practices; the doctors and nurses are caring and helpful, and the price is fair and reasonable. With 42% success rate in 2022 and positive patient experience, Royal IVF Clinic is highly regarded as a trusted IVF provider in Bali.

#### BALI ROYAL HOSPITAL (BROS)

<https://royalivfclinic.baliroyalhospital.co.id/en/>

# FERTILITY CENTRE OF THE YEAR IN ASIA-PACIFIC

## VIRTUS FERTILITY CENTRE SINGAPORE

Part of the Virtus Health family, one of the world's largest and most successful fertility service providers, VFCS has been operating in Singapore since 2015 in a purpose-built, dedicated IVF facility with a team of fertility specialists, embryologists, and specially trained nurses.

Located along Scotts Road, it is centrally located and easily accessible, just walking distance from Singapore's famous Orchard Road shopping precinct.

VFCS is proud to have a unique, ISO-certified clean IVF laboratory together with a state-of-the-art electronic witness ID tracking system, called Radio Frequency Identification (RFID). This system detects and monitors all activity in the VFCS laboratory, digitally tracking the identity of each patient's egg, sperm and embryo to eliminate the risk of mismatching sperm and egg. Many clinics still use manual double witness identification procedure of patients' sperm and eggs during fertilisation, which is not as safe and effective due to the increased risk of human error. The use of RFID digital witnessing system at VFCS provides peace of mind to our patients and our embryologists.

Success rates continue to increase each year. In 2021 VFCS achieved a 67 percent clinical pregnancy rate per transfer for patients under the age of 35 and a 55 percent rate for patients between 35 and 39. Clinical pregnancy is defined as a pregnancy with a viable fetal heart and gestational sac. It also achieved an overall live birth rate of 54 percent per frozen embryo transfer and a 43 percent rate for each age group respectively, with most of its patients



Scientific Director Dr Liow Swee Lian

being in the 35-45 age group.

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 useful to minimize the risk of miscarriages, particularly for older patients who are at a greater risk of genetic abnormalities and have fewer eggs.

The goal is to 'Make Every Egg Count' and using 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 using Intracytoplasmic Morphologically selected Sperm Injection (IMSI) for each patient. IMSI enables embryologists to see sperms at 1,200 times magnification to help identify structurally normal sperm for use during the ICSI fertilisation process.

To minimise embryo damage caused by frequent assessment, VFCS uses time-lapse incubation systems which allow to continually monitor embryo development 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.

VFCS recognises that sometimes it takes a village to start a family. The team of passionate fertility specialists, nurses, embryologists, and fertility coaches consider themselves 'Your Fertility Family' – a dedicated and compassionate team for patients to turn to when starting a family becomes hard to do.

# GASTROENTEROLOGY AND MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## GUTCARE

### **GUTCARE: Your Trusted Gut Specialist Clinic in Singapore**

GUTCARE, founded in 2014, is a leading gastroenterology clinic in Singapore, dedicated to providing top-quality care and specialized services for digestive disorders. With a vision of becoming a regional hub for digestive health, GUTCARE has emerged as an award-winning brand and a household name within Singapore's private healthcare sector.

At GUTCARE, we understand the impact that digestive disorders can have on one's quality of life. That's why we have assembled a complete team of established doctors, each specializing in various areas of gastroenterology. With their expertise in endoscopic procedures and digestive services, our doctors are equipped to provide comprehensive and personalized care for a wide range of digestive conditions.

One of the key advantages of choosing GUTCARE is the convenience we offer to our patients. With multiple clinic locations across six different private hospitals, we ensure that our services are easily accessible to individuals seeking gastroenterology specialists and medical services throughout Singapore. In addition, we also provide teleconsultation services for selected patients, enabling them to receive expert advice and guidance from the comfort of their homes.

Our mission at GUTCARE is to deliver comprehensive, integrated, and specialized digestive care services with a patient-centric approach. We believe in putting patients at the center of everything we do, and our values reflect this commitment;



**Dr Mark Fernandes**

**Patient-Focused:** We prioritize the needs and well-being of our patients, treating them with respect, care, and trust. Every interaction at GUTCARE is guided by a deep understanding of our patients' concerns and a dedication to providing them with the best possible care.

**Professionalism:** We uphold the highest standards of professionalism in our practice. Our doctors and staff are experienced, qualified, and committed to delivering excellence in every aspect of patient care.

**Excellence:** At GUTCARE, we are dedicated to maintaining rigorous processes and continuously improving our services. We strive to be the best versions of ourselves, staying updated with the latest advancements in gastroenterology to ensure our patients receive cutting-edge treatment and care.

**Integrity:** We are unwavering

in our commitment to doing right by our patients and our company. Transparency, honesty, and ethical conduct are at the core of our operations, ensuring that our patients can trust us with their health and well-being.

**Teamwork:** Collaboration and teamwork are integral to our approach at GUTCARE. Our doctors, with their diverse subspecialties, work cohesively as a team to provide a comprehensive, one-stop solution for all aspects of digestive health. This collaborative effort ensures that our patients receive holistic care and benefit from the collective expertise of our specialists.

**Compassion:** We recognize that addressing digestive disorders involves not only the physical aspect but also the emotional and mental well-being of our patients. At GUTCARE, we create an environment that is conducive to their healing and well-being, offering compassionate care that takes into account their individual needs and concerns.

When you choose GUTCARE, you can be confident that you are entrusting your digestive health to a renowned clinic with a reputation for excellence. Our commitment to patient-centric care, coupled with our team of expert doctors and convenient clinic locations, ensures that you receive the highest quality care for your digestive disorders. Contact GUTCARE today and take the first step towards better digestive health.

For more information visit us at [www.gutcare.com.sg](http://www.gutcare.com.sg)

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

## ADVANCED HAND, WRIST & NERVE CENTRE

Located at Mount Elizabeth Novena Hospital, Advanced Hand, Wrist & Nerve Centre is a comprehensive, one-stop centre 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 dedicated to offering highly specialized, expert care for all problems of the hand, wrist, and nerves in the adult and pediatric population.

Dr Jacqueline Tan is well-known in the field of hand surgery both locally and regionally. She was the former Head of Department of Hand & Reconstructive Microsurgery at Singapore General Hospital with nearly 20 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 Jacqueline Tan was previously the Deputy Vice Chair for Education in the SingHealth Musculoskeletal Sciences Academic Clinical Programme, the Program Director for the SingHealth Hand Surgery Program, as well as the Core Faculty for the SingHealth Orthopaedic Surgery Program. She has organized numerous local and regional workshops and courses on fractures, microsurgery, and cadaveric



Dr Jacqueline Tan

flap dissections, and she is a regular speaker at international and regional conferences.

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

Every patient is valued by Advanced Hand, Wrist & Nerve Centre as a separate individual with medical requirements. Dr. Jacqueline Tan is proud to provide patients with a smooth and coordinated experience that includes diagnosis, laboratory testing, neurodiagnostic and imaging studies, rehabilitation by hand therapists, and the most cutting-edge and current evidence-based treatment options. Each patient's lifestyle and needs are taken into account while creating their personalized treatment plans.

Dr. Jacqueline Tan's main strengths are patience and perseverance. She is a firm believer in being present with the patient at all stages of the journey to provide a personal touch, reassurance, and guidance as needed. Dr. Jacqueline Tan's greatest motivator is seeing patients regain their ability to move their hands.



# HEALTH SCREENING AND WELLNESS MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## DÈ LIVING CENTER

### Introducing Dè Living Center: Your Gateway to Wellness and Healthcare Excellence

Brought to you by Enso S&A Health House Sdn Bhd, Dè Living Center is the premier destination for comprehensive wellness and healthcare services. With a commitment to your health and well-being, we have created a space where you can experience the epitome of excellence in healthcare. Our state-of-the-art facility, also known as the Dè Living Clinic, is dedicated to providing exceptional care and personalized attention to every individual who walks through our doors.

At Dè Living Center, we believe in a holistic approach to healthcare that encompasses the mind, body, and spirit. Our comprehensive range of services combines the latest medical advancements with traditional healing practices, ensuring that all aspects of your well-being are addressed.

Explore the wide range of wellness and healthcare offerings available at Dè Living Center:

**1. Comprehensive Health Assessments:** Our team of experienced physicians and healthcare professionals conducts thorough evaluations to identify potential health risks and develop personalized preventive care plans. Stay one step ahead of potential concerns and take proactive measures to safeguard your well-being.

**2. Wellness Retreats:** Unwind and revitalize at our exclusive wellness retreats. Immerse yourself in a tranquil ambiance as our experts guide you through meditation, nutritional counselling, and tailored wellness programs. Experience a deep sense of relaxation and self-discovery, leaving



Dato' Seri Dr Santhosh Satha

you refreshed and ready to embrace life with renewed vigour.

**3. Advanced Medical Treatments:** Dè Living Centre's Clinic is equipped with state-of-the-art technology and offers a comprehensive range of treatments. From innovative therapies to evidence-based treatments tailored to your needs, our skilled medical professionals deliver excellence in every aspect of your care.

**4. Male and Female Health:** We understand the unique healthcare needs of both men and women. Our specialized programs cater to issues such as hormone optimization, sexual health, fertility, and age-related concerns. Receive personalized care from our experienced medical professionals who prioritize your well-being.

**5. Hydro Inhalation and Hydro Bath:** Immerse yourself in the therapeutic benefits of Hydro Inhalation and Hydro

Bath therapies. These water-based treatments promote detoxification, enhance circulation, and rejuvenate your body. Experience the soothing power of water and its transformative effects on your well-being.

**6. Bemer Therapy:** Discover the healing potential of Bemer Therapy, a non-invasive treatment that enhances microcirculation and promotes overall wellness. Bemer devices utilize electromagnetic signals to improve blood flow, supporting the body's natural healing processes. Experience the benefits of improved energy, better sleep, and enhanced vitality.

**7. Colon Cleansing:** Detoxify and revitalize your digestive system through gentle colon cleansing methods. Our expert practitioners help eliminate toxins, restoring balance to your gut. Experience improved digestion, enhanced nutrient absorption, and a renewed sense of well-being.

At Dè Living Center, we prioritize your comfort and aim to create an environment where you feel cared for and nurtured. Our dedicated staff provides personalized attention, ensuring a seamless and rewarding wellness journey.

Step into Dè Living Center, brought to you by Enso S&A Health House Sdn Bhd, and embark on a transformative journey towards optimal health. Experience the epitome of wellness and healthcare excellence at our clinic. Visit our website at [www.delivingcenter.com](http://www.delivingcenter.com) or call us today to schedule your consultation and begin your path to a life of vitality and well-being. Discover the possibilities that await you at Dè Living Center – where your wellness is our top priority.

# HEALTH SCREENING AND WELLNESS MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## TRIA MEDICAL WELLNESS CENTER

TRIA Medical Wellness Center is renowned for its comprehensive approach to healthcare, offering a wide range of services aimed at promoting holistic well-being. The center combines state-of-the-art technology, specialized expertise, and a focus on personalized care to deliver outstanding results for our clients.

One of our core offerings is our health screening programme. With the belief that prevention is the key to maintaining good health, TRIA's health screening services go beyond mere diagnosis. The center utilizes advanced medical technology and a team of experienced professionals to provide thorough and comprehensive assessments of individuals' health conditions. From DNA Test to Complete Hormones Program, TRIA's health screening programme covers a wide spectrum of medical examinations, enabling early detection and proactive intervention. Our health screening services include the following:

1. DNA testing to provide insights into your genetic predispositions and help tailor personalized healthcare plans based on your unique genetic makeup.
2. NK Cell Activity, an assessment of natural killer (NK) cell activity, which plays a crucial role in immune system function and overall health.
3. A comprehensive hormone testing to evaluate hormonal balance and identify any imbalances that may be affecting well-being.
4. Heavy Metal Test as heavy metals can have detrimental effects on your health. Identifying and addressing



Dr Pimchanok Bossagornruangruth

heavy metal exposure is crucial for maintaining optimal wellness.

5. Food Intolerance Test determines any potential food intolerances or sensitivities you may have, allowing you to make informed dietary choices that support your overall health.

6. Telomere Length testing, which provides insights into cellular aging and can help guide lifestyle modifications to promote longevity and well-being.

7. Urine and Stool GI tests to assess gastrointestinal health, detect any abnormalities or infections, and ensure the optimal functioning of your digestive system.

At TRIA Medical Wellness Center, we believe that early detection and proactive interventions are essential for maintaining good health. Our health screening services are designed to provide a comprehensive assessment of your well-being, allowing us to

identify potential health risks and develop personalized treatment plans to optimize your overall health and quality of life. By leveraging advanced testing methods and a team of experienced professionals, we are committed to empowering individuals to take control of their health and make informed decisions to support their well-being.

We offer personalized guidance on nutrition, exercise, stress management, and lifestyle modifications, empowering individuals to take charge of their health and make informed decisions. TRIA believes in addressing the underlying causes of health issues and creating a holistic treatment plan tailored to each individual's unique needs.

In addition to our outstanding healthcare services, our facility is designed to provide a tranquil and rejuvenating experience, helping individuals relax and unwind during their visits. From comfortable waiting areas to serene treatment rooms, every aspect of the center is thoughtfully curated to enhance the overall well-being of its clients.

Our commitment to excellence extends to the team of doctors and professionals. The center is staffed with highly qualified and experienced doctors, nurses, and support staff who are dedicated to delivering the highest quality care. The team at TRIA continually stays abreast of the latest advancements in medical research and technology, ensuring that clients receive the most up-to-date and effective treatments available.

# TRIA

MEDICAL WELLNESS CENTER  
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## Your Life Long Wellness Companion

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### Holistic Medicine

- Wellness and Anti-Aging
- Skin & Aesthetic
- Integrative Thai Medicine
- Integrative Chinese Medicine
- Mind Wellness
- Aesthetic Dental
- Plastic and Hair Surgery



### TRIA Hydro Spa

- 39°C Japanese Onsen Pool
- 36°C Vitality Pool
- Infrared Sauna
- Herbal Steam Room
- Vichy Shower Room
- TRIA Private Villas
- TRIA Signature Massage



### Medical Fitness

- STYKU 3D Body Scan
- AccunIQ Inbody Composition Analyzer
- Fitness Center
- Exercise Classes
- Personal Trainers
- Swimming Pool
- Hydro Exerciseipsum





# Medical Concierge in The Hospitality Industry

B3 Consulting, also known as Bhakti Bentara Bumi, is the subsidiary of PT Jakarta Medika Manajemen Consulting (JMM Consulting). The company focuses on hospitality management consulting firms and medical concierges. As JMM Consulting emphasizes delivering a high-quality healthcare industry, B3 Consulting focuses on enhancing hospitality and medical concierge business competence has led to its commitment to providing exceptional services, including personalized experiences for travelers seeking hospitality and medical assistance. At B3 Consulting, clients who are travelers seeking exceptional accommodations are highly valued and regarded as more than just potential sales. The company fosters an authentic connection with its clients. It is committed to providing a personalized medical concierge service that ensures their stay is not only comfortable but also satisfies their medical requirements. B3 Consulting strives to create a welcoming environment that leaves a lasting impression on its clients. Moreover, its commitment to excellence has made it a valuable asset to the region's tourism industry, providing exceptional medical concierge and wellness programs that go beyond accommodation services. Their dedicated professionals have a vast amount of experience in both the medical concierge and hospitality industries. They understand that every client is unique and deserves individualized attention, which is delivered with warmth and hospitality, creating a welcoming environment that nurtures long-lasting relationships.



B3's strategy involves acknowledging the significance of referring clients to a trustworthy facility, while always prioritizing their well-being. The company understands that attending to an ill traveler entails a distinct and specialized responsibility, as it involves navigating a completely different approach to diverse types of travelers across the world. In its commitment to the healthcare and medical tourism industry, B3 Consulting contributes by raising awareness and educating hospitality and tourism workers on the first steps of emergency response. It is essential for workers in the industry to be equipped with the knowledge and skills needed to handle travelers in need of extra medical assistance, particularly given that not all tourists are in good health. In addition to handling emergency situations, B3 Consulting strives to provide personalized medical concierge services that exceed expectations, catering to every need of its clients. They strive to create a warm and welcoming environment that fosters long-lasting relationships with their clients. What makes B3 Consulting stand out in the hospitality industry is its unique combination of medical concierge and hospitality services within the industry. From their medical needs to their personal preferences, B3 Consulting takes care of every detail to ensure that their clients plan their perfect paradise and have an unforgettable experience during their stay in Bali.



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## Healing Family Package

- Price starts at IDR 6.840.000 net per nite
- Stay in Residence Villa at Dusun Bedugul Asri, Tabanan, Bali
- Half-board meals for 4-6 people.
- Yoga and morning jogging track.
- Healthy cooking session.
- Suitable for 4-6 pax.
- Educational insights on healthy food, Green House visit, fair trade at Warung Cemara, and access to Cemara Sunday Market.



## Mind, Body, & Soul for Couple

- Price starts at IDR 5.600.000 net, including:
- A 2-night stay in a Grand Deluxe Room in Ubud, Bali.
- A 1-night stay in a one-bedroom villa in Umalas, Bali.
- Daily nutritious breakfast for two people.
- A 60-minute foot massage or yoga session for the couple.



## Healthy Holiday Package in Bali

Immerse yourself in Bali's breathtaking nature and rich culture while prioritizing your holistic well-being through comprehensive health check-ups.

- Price starts at IDR 6.000.000 net for 3 days and 2 nights.
- Include general medical check-ups.
- 2 bedroom villa at Villa Rukmi, Ubud, Bali
- Breakfast is not included.
- For up to 6 pax.



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- Training includes:
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# HAEMATOLOGY CENTRE OF THE YEAR IN ASIA-PACIFIC

## CENTRE FOR CLINICAL HAEMATOLOGY

Centre for Clinical Haematology (CFCH) is a distinguished medical facility in Singapore that specialises in the treatment of blood cancers, stem cell transplantations, and CAR-T cell therapy. The centre is located in Mount Elizabeth Novena Hospital and Gleneagles Hospital, two of the most renowned private hospitals in Singapore. The team of doctors and medical staff at the CFCH have decades of experience when it comes to treating blood-related diseases.

Two of the most respected haematologists at CFCH are Dr Lim Zi Yi and Dr Ng Chin Hin.

Dr Lim Zi Yi is a senior consultant and the clinical director of the CFCH. With over 20 years of experience in top haematology centres in Singapore and London, he has treated numerous patients with various blood cancers, including leukaemia, MDS, lymphoma, and myeloma. Dr Lim's expertise lies in stem cell transplantation, which is a highly specialised and complex procedure that involves replacing a patient's diseased bone marrow with healthy stem cells. He has overseen more than 500 bone marrow transplants, making CFCH one of the top centres for these procedures in the region. Dr Lim has published more than 50 peer-reviewed papers and presented more than 100 abstracts at international conferences. He serves on multiple advisory boards and committees in both the public and private sector, and he is also the President of the Bone Marrow Donor Programme, Singapore.

Dr Ng Chin Hin is another renowned haematologist at the CFCH with almost 20 years of experience in the field. Former head of the acute



Dr Lim Zi Yi

leukaemia service at the National University Hospital, Singapore, he is a senior consultant who specialises in leukaemia and other blood cancers, and has played a very active role in research. He is passionate about improving the outcome of acute leukaemia by means of specialised testing and targeted therapy which minimises toxicity and side effects. Dr Ng is fluent in English, Mandarin, Cantonese and Bahasa.

CFCH also offers CAR-T cell therapy. CAR-T cell therapy is a revolutionary treatment that harnesses the power of the patient's own immune system to fight cancer. The therapy involves collecting the patient's T-cells, genetically modifying them to target cancer cells, and then infusing them back into the patient's body. This revolutionary therapy has shown promising results in treating

blood cancers that were previously considered incurable. CFCH has successfully treated patients with CAR-T cell therapy, making it one of the very few centres in Asia that offer this treatment.

CFCH has a dedicated team of nurses, pharmacists, and support staff who work tirelessly to ensure that patients receive the best possible care. One of the unique features of CFCH is its personalised approach to treatment. Each patient is given a customised treatment plan based on their specific condition and medical history.

CFCH has access to innovative diagnostic equipment and facilities, which helps in the early detection and diagnosis of blood cancer. The Centre also offers a range of supportive care services, such as counselling and nutrition advice, to help patients manage the physical and emotional challenges of their illness.

The experienced team, with its commitment to providing cutting edge and yet holistic care, makes CFCH one of the most trusted and respected medical facilities in the region.

### Centre for Clinical Haematology

[www.cfch.com.sg](http://www.cfch.com.sg)

Email: [contact@cfch.com.sg](mailto:contact@cfch.com.sg)

WhatsApp: (65) 62568836

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Singapore 258500  
Tel: (65) 62613898

# HOLISTIC IVF SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## BENATURAL

Embarking on the fertility journey can be both exciting and overwhelming. To support individuals and couples as they navigate the path to parenthood, BeNatural offers an online fertility wellness program with a clinically tested approach to preconception planning that combines the power of yoga, Ayurvedic nutrition and relaxation techniques.

Scientific evidence has shown balancing physical health, emotional well-being and lifestyle choices can optimise fertility outcomes and create a harmonious environment for conception to occur. Recognising the importance of this data and understanding that fertility is influenced by various factors, BeNatural stands apart from traditional fertility programs by offering a multidimensional approach that integrates physical practices, nutrition, and relaxation techniques.

By combining western and eastern approaches to fertility together with scientific data, BeNatural offers a holistic approach with the program focussing not only on reproductive health but also on nurturing the emotional and mental well-being. The integration of yoga, traditional Chinese medicine and Ayurvedic nutrition offers a comprehensive and holistic approach to enhancing fertility.

Yoga promotes physical and mental balance, traditional Chinese medicine aims to harmonise the body's energy, and Ayurvedic nutrition provides personalised dietary recommendations to optimise reproductive health, creating a synergistic effect in support of those on their journey to conceive.

At BeNatural, yoga is customised to address specific needs related to fertility as it plays a vital role in



Adrian Chen

preparing the body for conception. Incorporating gentle, fertility-focussed yoga poses and sequences, the program aims to optimise physical health by focussing on reproductive organs, reducing stress, improving blood flow, and balancing hormone levels.

Ayurveda, the natural ancient Indian system of medicine, emphasises the role of nutrition in promoting overall fertility health. BeNatural incorporates Ayurvedic principals to create personalised nutrition plans to support fertility with an experienced Ayurvedic practitioner working with individuals to diagnose their unique constitution, or Dosha, through a questionnaire

and interview. By identifying an individual's unique constitution and imbalances, the program provides dietary recommendations to enhance fertility.

A core component of BeNatural's program is relaxation as stress has been scientifically linked to fertility issues. Relaxation techniques such as meditation, deep breathing exercises and mindfulness practices are introduced to help individuals manage stress, promote emotional well-being, and create a positive mindset throughout the fertility journey.

At BeNatural our goal is to help patients not just survive, but truly thrive on their fertility journey. We understand the path to parenthood can be challenging but it is just one part of life. We are excited to announce the expansion of our services by providing a comprehensive series of programs to offer a seamless pathway for individuals as they move along the fertility journey, including those undergoing fertility treatments such as IVF and IUI, and into pregnancy. Each of these stages have very different physical, emotional, and informational needs and our aim is to provide a comprehensive program tailored to each one specifically.

Through personalised guidance, evidence-based practices and a supportive community of experts and like-minded individuals we are committed to empowering patients to take control of their fertility and to help patients not only achieve their dream of starting a family, but also building a fulfilling and thriving life.

# IMAGING MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## ASIAMEDIC IMAGING CENTRE

### Imaging with leading-edge technology

Launched in 1997, AsiaMedic Limited is the leading healthcare provider in Singapore with One-Stop Health Screening and its very own in-house Advanced Medical Imaging services such as PET/CT Scans.

AsiaMedic Limited is currently listed on Catalyst Board of SGX and extending its array of specialities. AsiaMedic also owns Boutique Aesthetic known as Astique The Aesthetic Clinic and an International Family Clinic known as

Complete Healthcare International.

The winner of Imaging Medical Centre of the Year in Asia-Pacific, AsiaMedic Imaging Centre provides a comprehensive range of general imaging as well as sub-specialized radiology imaging in the fields of Cardiology, Neuroradiology, ENT and Musculoskeletal care. All these services are located in a convenient, professional outpatient and service-oriented environment.

The service of medical concierge for their international patients makes

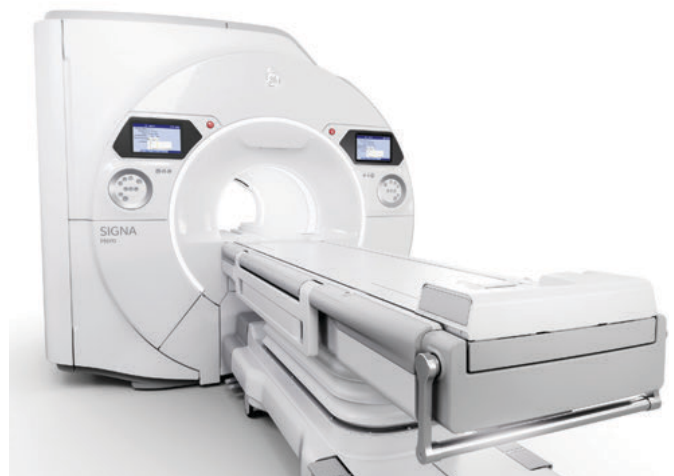
AsiaMedic one of the preferred choices amongst patients. Patients are being referred from hospitals and clinics to AsiaMedic Imaging Centre for diagnostic imaging tests.

The centre is equipped with leading-edge technology including multi-slice CT scanner and Magnetic Resonance Imaging (MRI) scanner. Other imaging services include Mammography, Ultrasound and X-ray.

AsiaMedic Imaging Centre is gearing for the upcoming launch of the SIGNA™ Hero 3.0T MRI scanner,



Arifin Kwek Zhi Bin, CEO of AsiaMedic Limited





which aims to improve the scanning experience for its patients.

AsiaMedic Imaging Centre has been certified *Imaging Medical Centre of the Year in Asia-Pacific* at the GlobalHealth Asia-Pacific Awards 2023. This is a strong testament to the institution's ability to provide quality care to its patients and the recognition of the skills of its healthcare professionals. Needless to say, this award would not have been possible without the advanced imaging medical technology that AsiaMedic has to offer, which was supplied by GE HealthCare.

As a standalone company, GE HealthCare is a leader in precision care, infusing innovation with patient-focused technologies to enable better care. GE HealthCare is dedicated to providing integrated solutions that make hospitals more efficient, clinicians more effective, therapies more precise, and patients healthier.

For over 10 years, AsiaMedic Imaging Centre and GE HealthCare have maintained a strong partnership to fulfil healthcare's greatest potential through ground-breaking medical technology, intelligent devices, and



care solutions that provide better quality services to patients. Various GE HealthCare systems across Imaging and Ultrasound have been installed in AsiaMedic's Centre.

GE HealthCare has always been passionate to collaborate with a Centre where strong clinical collaboration helps boost its branding and refine the business objectives by empowering efficiencies and expanding clinical solution offerings to both referring physicians and patients. For this reason, GE HealthCare is excited to continue

its partnership with AsiaMedic, with the centre soon becoming the first in Asia-Pacific to install SIGNA™ Hero 3.0T MRI, the newest member of GE HealthCare's 3T magnetic resonance imaging scanner portfolio.

#### Introducing SIGNA™ Hero

Built to handle the toughest challenges, the SIGNA™ Hero 3.0T MRI scanner will help to improve patient outcomes, reduce clinical burden, and simplify difficult magnetic resonance imaging exams.

Coupled with AIR™ Recon DL, a pioneering deep-learning-based reconstruction algorithm that helps to achieve pin-sharp images while reducing scan time, the unmatched productivity of this new MRI system will help streamline even the most challenging of clinical schedules.

Moreover, the wider 70cm bore gives patients more room and when combined with unique blanket-like AIR™ Coils, an award-winning industry first in MRI coils, this means fewer adjustments and more clinical exams to cater to the needs of a greater number of patients.

This will help AsiaMedic achieve its goal of diversifying and providing better care to its customers through the growth in new products and services, and with the utilization of technology at the forefront.



# LONG COVID CENTRE OF EXCELLENCE IN ASIA-PACIFIC

## MISKAWAAN HEALTH GROUP

### In for the long haul: How to treat the long-term effects of “Long Covid” with Miskawaan Health Group

The world has moved beyond COVID-19 and returned to a sense of normalcy. However, the aftermath includes the loss of lives and the enduring consequences faced by those who have survived the virus.

It is important to recognize that more individuals suffer from “Long Covid” than commonly believed. In addition, studies have revealed that in some cases, the reactivation of previously dormant viruses in the body, such as the Epstein-Barr Virus (EBV), can trigger Long Covid. This discovery opens a promising avenue for addressing Long Covid through targeted EBV treatment in post-Covid care.

A study published in the British medical journal, *The Lancet*, found that over half of patients infected with COVID-19 continue to experience at least one persistent symptom after 12 months, with fatigue or muscle weakness being the most common. The research, the most extensive on Long Covid to date, also highlighted that one in three patients still experience shortness of breath a year after their diagnosis. With no proven treatments or rehabilitation guidance available, Long Covid significantly impacts people’s ability to resume normal life and work effectively.

### So, what can you do to prevent Long Covid?

A crucial contributing factor is the state of your immune system. There are several simple steps you can take to maintain a strong and balanced immune system, such as following a healthy diet, prioritizing sleep,



Kabir Singh Saluja

reducing chronic inflammation in the body, engaging in regular exercise, and managing stress.

By strengthening your immune system, you can reduce the severity of COVID-19 and the likelihood of experiencing Long Covid. Additionally, this will help protect you from other pathogens, viruses, and bacteria.

At Miskawaan Health Group (MHG), our functional medicine doctors possess decades of experience in improving immune health. Recently, we have developed proprietary Long Covid treatment protocols that include targeting EBV. This exciting approach to tackling Long Covid allows our clients to enhance their immune systems and mitigate the severity and effects of Long Covid that they would otherwise experience.

If you are exhibiting symptoms such as significant hair loss, persistent coughing, chronic fatigue, shortness

of breath, chest pain, or unusual pain, or if you experience ongoing dizziness following exposure to COVID-19, you may be dealing with Long Covid. However, it is important to note that these symptoms can vary from person to person and require a thorough diagnosis to determine the appropriate treatments.

If you suspect that you might have Long Covid, CONTACT US to discuss it with our expert team. Call: +66 (0) 2 086 8888 or What’s app - +66 (0) 94-409-1844 or Email: [contact@miskawaanhealth.com](mailto:contact@miskawaanhealth.com) or visit [www.miskawaanhealth.com](http://www.miskawaanhealth.com).

### Company Profile:

At the forefront of functional medicine, Miskawaan Health Group (MHG) is a global company dedicated to the advancement and practice of Personalized, Precise, Integrated Medicine based on the medical therapies of MHG’s Medical Director, Dr Johannes Wessolly. Recognizing the complexity of the human body as one biological system rather than a collection of organs, our doctors take a patient-centric approach rather than the traditional disease-centric focus. Our goal is to use natural non-harmful therapies to maximize the inherent efficiency of the immune system. Whether your objectives involve treatment of existing conditions, preventative healthcare, enhancing athletic performance, disease support, or improving your quality of life, our doctors will help you outline a plan on how to achieve them.

# INNOVATIVE HEALTH, SPORT & WELLNESS CENTRE OF THE YEAR IN ASIA-PACIFIC

## KASIH IBU HOSPITAL

Bali, known for its serene landscapes and vibrant culture, is now home to an innovative health, sport, and wellness centre. Bringing the concept of a ground-breaking facility that aims to revolutionize wellbeing in Bali, Kasih Ibu Hospital Group is proud to announce its Bali Physio & Sports Injury Centre powered by a Sports Medicine expert, a Sports Physiotherapist and a Functional Nutritionist. By combining cutting-edge technology, holistic practices through Balinese Wellness, and a deep appreciation for nature, this centre offers a unique and transformative experience for individuals seeking to enhance their physical health.

Our innovative health, sport, and wellness centre features a contemporary design that seamlessly integrates with the island's natural beauty. Architectural elements will maximize the use of natural light and incorporate sustainable materials, fostering a sense of harmony and tranquillity. The centre has its own resort that is nestled amidst lush greenery, offering panoramic views of Bali's stunning paddy field landscapes, creating an environment that promotes relaxation and rejuvenation.

At the heart of this centre lies its commitment to utilizing advanced technology to optimize fitness and wellbeing. Cutting-edge equipment, such as Body Composition Analyzer and Sport Performance Analyzer will enable personalized workout programs tailored to individual needs.

The centre will take a holistic and functional approach to wellness,



Priyanda P. Orah (Riyan)

offering a diverse range of services that cater to the mind, body, and spirit. Our cutting-edge Clinical Laboratory offers Health Screening Packages personalized to your condition. Then, with the help of our practitioner, your health can be holistically analysed, and a treatment and lifestyle modification plan can be prescribed.

We are fully equipped with cutting-edge treatments like Hyperbaric Oxygen Therapy, Advanced Aesthetic Dentistry, Gastrosocopy, Endoscopy, and Colonoscopy thanks to the integration of our hospital facility. Those who are experiencing fertility problems can also receive the necessary care at our Bali Fertility Centre in partnership with

MonashIVF, Australia. In collaboration with Hovi Care from Finland, we are honoured to be one of the first healthcare organizations in Bali to offer senior care services. Seniors who use our day-care services may expect the highest possible quality of life at every stage of their lives. Access to healthcare resources will be made possible by telemedicine services, which allow for remote consultations with wellness specialists and medical professionals.

The centre is actively engaged with the local community, organizing workshops, seminars, and events that promote wellness education and healthy lifestyle choices. The innovative health, sport, and wellness centre in Bali represents a paradigm shift in the way individuals approach their wellbeing. By combining advanced technology, holistic, and functional medicine practices, this centre will redefine the concept of wellness, offering visitors a transformative experience in the tranquil and beautiful setting of Bali.

# INTEGRATED CANCER MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## ESPERANCE INTEGRATIVE CANCER CENTER

**In a momentous achievement, Esperance Integrative Cancer Center has been honored with the esteemed Global Health Asia-Pacific Awards 2023 for “Best Integrated Cancer Medical Centre of the Year” in the Asia-Pacific region.**

This recognition highlights Esperance’s unwavering commitment to providing innovative and personalized approaches to preventing and fighting cancer, ultimately improving the quality of life for patients.

Established in conjunction with Bumrungrad International Hospital, Esperance has redefined cancer treatment by embracing a comprehensive and personalized approach. Esperance’s unique treatment lies in its emphasis on research, immunotherapy, and early detection. Through continuous laboratory research, we uncover new insights and develop novel approaches to screening, enabling early detection of cancer and providing patients with a higher chance of successful treatment.

At Esperance, we go beyond traditional cancer treatments by offering integrative treatments that extend far beyond standard protocols. Esperance’s treatment framework encompasses Primary Cancer Treatments, Supportive Care, Prevention, and Detoxification. We firmly believe that supporting our patients through their cancer journey involves more than just targeting the disease itself.

Our comprehensive supportive care programs focus essential elements



**Dr Khant Zaw Win, Dr Brian Kunakom and Dr Wanviput Sanphasitvong**

in promoting the overall well-being and quality of life for our patients. Primarily, Esperance takes a proactive approach to cancer prevention, utilizing advanced techniques like liquid biopsy, tumor markers, immune profiling, and next-generation sequencing for early detection and personalized treatment strategies.

Nutrition plays a crucial role in supporting the body’s healing process and optimizing treatment outcomes. At Esperance, our dedicated nutritionists work closely with patients to develop personalized nutrition plans that provide the necessary nourishment and support for their individual needs. Moreover, pain management is a key aspect of our patient-centric care approach. We understand the debilitating impact that cancer-related pain can have

on individuals. To alleviate pain and improve patients’ comfort, we employ a multidisciplinary approach that combines pharmacological and non-pharmacological interventions.

Correspondingly, cancer can take an emotional toll on patients and their loved ones. At Esperance, we recognize the importance of providing psychological support throughout the cancer journey. Our team of compassionate psychologists and counselors offers a range of therapeutic services, including counseling and support groups, to help patients cope with the emotional challenges they may face. We strive to create a caring and comfortable environment where patients and their families can find solace and support.

Lastly, detoxification is an integral part of our holistic approach to cancer care. We offer customized chelation therapy, a specialized treatment that aids in the elimination of heavy metals and toxins from the body. Additionally, our state-of-the-art far-infrared sauna therapy promotes detoxification, relaxation, and rejuvenation, supporting the body’s natural healing processes.

Winning a prize at the Global Health Asia-Pacific Awards 2023 is a testament to Esperance Integrative Cancer Center’s unwavering pursuit of excellence in integrated cancer care and comprehensive support services. This prestigious recognition fuels our dedication to advancing the field, transforming lives, and delivering exceptional patient outcomes, guiding our commitment to excellence.

# REGENERATIVE CLINIC OF THE YEAR IN ASIA-PACIFIC & INTEGRATED HEALTHCARE CLINIC OF THE YEAR IN ASIA-PACIFIC

## AS CLINIC

AS Clinics is a revolutionary clinic that delivers integrated, regenerative, and wellness therapies and treatments that are customized for your body and condition.

It offers medical screening and health evaluation to identify any potential health risks, issues, and conditions so that appropriate interventions, treatments, and therapies can be initiated. It also provides regenerative treatments to repair or regenerate damaged or diseased tissues and organs (using stem cells and growth factors), and individualised weight loss programmes to meet the specific needs and goals of each person. Male patients can benefit from men's health treatment and therapies to improve their quality of life, reduce symptoms, and prevent serious health complications. Similarly, the team at As Clinics is well versed in women's health treatment and therapies that address the unique challenges affecting females. Aesthetic treatments and therapies are also offered after a detailed and careful understanding of individual needs that will improve not only your appearance but also your self-confidence and lifestyle.

As Clinic Bangsar is a registered aesthetic clinic with the latest technology and equipment to ensure the best results for our clients and staffed by some of the best aesthetic practitioners in Malaysia.

Our lifestyle centers focus on holistic and non-invasive therapies to improve and boost both your physical and mental health and wellness.



Adrienne Song

The lifestyle lounge, as its name suggests, provides a perfect ambiance and relaxing environment to make our customers feel at 'home', as they evaluate options to improve their health.

The clinic offers effective and painless hair removal treatments. We have some of the latest technologies and methods to ensure the best solution is always available for you. It also provides a customised selection of supplements through a detailed process of understanding your body's needs.

Cryotherapy is another treatment available at the clinic. It involves exposing the body to extremely low temperatures, typically using

a cryotherapy chamber. This revolutionary treatment will help you with pain relief, performance enhancement while increasing your energy and rejuvenating your skin. In addition, the clinic is one of the few establishments in Malaysia to offer external pulsation therapy, a non-invasive treatment that can provide pain relief, improve blood and exercise capacity without any side effects.

As Clinics also provides overseas clients with a professional team of ambassadors to help them arrange their travel to the clinics for their treatment and therapy.

# INTEGRATED HEALTHCARE CLINIC OF THE YEAR IN ASIA-PACIFIC

## MEDCONSULT CLINIC

Dr Donna Robinson is the founder and CEO of Medconsult Clinic in Bangkok, Thailand, as well as one of the most well-known doctors in the expat community in Bangkok. She received the Asia-Pacific Best Integrated Healthcare Clinic of the Year Award in 2022 and 2023. Prior to founding Medconsult, she worked with several Thai NGOs, wrote research on public health, and worked at Bumrungrad Hospital. She has over 20 years of medical experience in Thailand and as a Medical Consultant in many multinational companies in the region.

She founded the Medconsult Clinic in 2003, initially as a General Practice and a Family Medicine Clinic. Although she still practices Family medicine and works as a General practitioner, Medconsult is now very well known as a diverse healthcare clinic.

She is a UK-trained and certified doctor with a Thai medical license from Chulalongkorn University, which allows her to work in Thai hospitals. Her dedication to medicine encouraged her to learn the Thai language in just two years in order to pass the Thai proficiency exam and be able to treat patients in the country. Her clinic is now a multi-award-winning General Practice Clinic and provides accessible healthcare because it is in the heart of Bangkok while ensuring patients have affordable and high-quality treatment. Over the past 20 years, she has consistently provided a welcoming and non-judgmental service for sexual health and cosmetics.

She has a unique clinic that is very different to hospitals in Bangkok and fills the gap in the market for those desiring to visit a General Practice,



Dr Donna Robinson

like the ones expats can find at home. Medconsult offers a broad range of services for common issues such as back pain, high cholesterol and even depression. Medconsult Clinic provides a wide array of procedures from flu vaccines for companies to PRP for natural hair regrowth. Medconsult uniquely and successfully caters to both local and foreign markets since it's an international clinic with a bilingual team. Her clinic does incredible work for medical tourists, sending doctors on motorbikes to save people's lives all over Bangkok from Khaosan to the top five-star hotels.

During the pandemic, Medconsult was resilient in shifting its English-speaking clinic's focus to Covid testing. In fact, its income increased and the

clinic gained more notoriety during this time. Consequently, Medconsult expanded tenfold.

Whatever the global situation is, Dr Donna is dedicated to facilitating the process of care for her patients by hiring professional managers to assist her and attain her vision of having a clinic that performs global healthcare. Moreover, pharmacists are available at Medconsult, which means patients who visit the clinic can receive medications. She continually keeps up with the cosmetic world and is always updating her skills by attending trainings.

Finally, 2023 was a big year for Medconsult, Dr Donna renovated and redesigned the waiting area and reception to make her clinic more spacious and peaceful.



# MedConsult Clinic

by Dr. Donna Robinson

*Your friendly General  
Practice Clinic in Bangkok*

We provide a broad base of experience  
through our wonderful, friendly staff.



**GP Consultation**



**Botox & Filler & Thread lift**



**Platelet-rich plasma (PRP) therapy**



**Vaccination**



**Prescription Refill/Medicine**



**Laboratory Tests**



**Hormone Treatment**



**Sexual Health Treatment**



**02-018-7855 | [www.medconsultasia.com](http://www.medconsultasia.com)**

Floor 3, Building 2 of The Racquet Club, Sukhumvit 49/9,  
Khlong Tan Nuea, Watthana, Bangkok 10110



# INTEGRATED HEALTH AND WELLNESS CENTRE OF THE YEAR IN ASIA-PACIFIC

## NAVEDA INTEGRAL WELLNESS CENTRE - HK

Naveda Wellness is the first value-based integral wellness centre in the Asia-Pacific offering a transformative health experience to its clients.

Naveda's business philosophy is founded on the interpretation of naturopathy from around the world and the healing powers of nature. The brand follows the guiding principles of the four ancient Vedic scriptures from India that teach the ways of living life morally and responsibly.

Its unique philosophy is reflected in its ethical business practices, business strategy formulation, and business implementation that address three key global challenges: human health, environmental health, and social disparity along with the emergence of infectious diseases and unfair trade. These issues have adequately demonstrated that we need a fundamental shift in our consciousness. This means that ancient traditional wisdom and our relationships to the natural world have to be the focus of humanity. Naveda's *communiqué* is embedded in its slogan, "Live Life NAVEDA Way," which is essentially the amalgamation of naturopathy and the Indian Vedic dogma.

As an integral wellness centre, Naveda invites people to command the functions of mind and spirit to improve their integral well-being. Employing ancient methods and disciplines of healing and exploring the potential of nature's very own recipes, the centre offers solutions to the health challenges of the human body, e.g., mental health, digestive health, cardio health, bone



The Naveda Team

health along with eye, hair, skin health, and other bodily concerns to name a few.

Naveda's new model of health and wellness promotes healthy lifestyle changes through science-based wellness and prevention. Its integral approach to care addresses a person's physical, mental, and spiritual health, which is evidence-based, customised, and shown to be safe and effective. It aims to combine science with ancient healing customs, healthy lifestyle practices, and complementary healing modalities.

The message of Naveda and its training is delivered through an inspiring and interactive seminar series and workshops. Its services include mind-body therapies, consultations, integral coaching, and lifestyle health analysis using the dual systems of Ayurveda and naturopathy. The consultation ranges from simple

lifestyle health diagnosis to hair and skin health and chronic health conditions. Naveda provides a wide range of health food supplements and skin and hair care products, which are tested with stringent quality and safety standards. To create a lifestyle discipline, Naveda provides education in the "Hindu Vedic Way of Living" and performing "Yajna Rituals" for peace and to elevate the mind and soul. The Wellness Centre is proactive in supporting a healthy lifestyle through diet programmes, yoga, and stress management.

Based in Hong Kong, Naveda will be opening its flagship centres in more than 20 countries by 2024. Its high-performing business is based on its strong team whose highly accomplished individuals are not only dedicated and determined but also collectively productive and accountable for the success and smooth running of the organisation. Naveda's success story is the combination of science, communication, sustainable branding, and, most importantly, the implementation of value-based business practices. The key members of its diverse team include Dr Sanjay Nagarkar, who conceived the idea of Naveda Wellness, Lal Daryanani, and Veena Dansinghani, responsible for presenting its wellness concept and taking it to the community level. Nikhil Nagarkar is the Creative and Brand Director for Naveda Wellness, and Dr Rita Vyas Nagarkar is the brains behind the centre's communication strategies.



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

## PANTAI INTEGRATED REHAB

Pantai Integrated Rehab (PIR) has been honored with the “Integrated Rehabilitation and Physiotherapy Centre of the Year in Asia-Pacific” award at the GlobalHealth Asia-Pacific Awards 2023. This recognition highlights PIR’s unwavering commitment to providing comprehensive rehabilitation services.

### Unmatched Excellence in Rehabilitation Service

Established in 2001, PIR is the largest and most comprehensive rehabilitation service network in Malaysia. With 16 branches across the country, including flagship centers at Pantai Hospital Kuala Lumpur and Gleneagles Hospital locations, PIR operates in 14 IHH Malaysia hospitals and 2 standalone rehabilitation centers.

PIR takes pride in its team of highly skilled healthcare professionals, which includes physiotherapists, occupational therapists, speech and language therapists, and certified clinical exercise physiologists. Through rigorous training and continuous professional development, the team stays up-to-date with the latest advancements in rehabilitation practices.

At PIR, personalized care is at the core of their philosophy. They adopt a holistic approach to rehabilitation, considering the physical, emotional, and psychological well-being of each client. Collaborating closely with clients, the PIR team develops customized treatment plans to help them achieve their rehabilitation goals and enhance their overall quality of life.



Muhammad Izzat bin Sallehan

### Leading the Way in Comprehensive Rehabilitation Services

PIR offers a comprehensive range of services, including physiotherapy, occupational therapy, speech and language therapy, and wellness services delivered by certified clinical exercise physiologists. Their holistic rehabilitation solution covers Prevention Management, In-Patient Care, Step-down Care, Out-Patient Care, and Home Care, ensuring support at every stage of the rehabilitation journey.

In addition to clinical services, PIR provides wellness programmes and classes to promote overall health and well-being. These offerings include exercise classes, stress management workshops, and ergonomic assessments for corporate clients. PIR believes in the importance of

prevention and empowers clients with the knowledge and tools to lead healthy and active lifestyles.

### Discover Pantai Integrated Rehab’s Commitment to Excellence and Personalized Care

PIR is committed to continuous improvement and maintains a strong focus on quality assurance. They conduct regular audits, evaluations, and client satisfaction surveys to ensure the effectiveness and efficiency of their rehabilitation services. Ongoing professional development and training for their staff contribute to their commitment to excellence.

As part of their dedication to environmental sustainability, PIR has implemented a green sustainability initiative. By utilizing a personalized information system, they have reduced paper usage and streamlined operations, making their processes more efficient and environmentally friendly.

With a track record of delivering excellent clinical outcomes and ensuring the highest level of client satisfaction, Pantai Integrated Rehab strives to make a positive impact on the lives of their clients. Whether recovering from an injury, managing a chronic condition, or seeking to enhance overall well-being, individuals can trust PIR’s commitment to support them on their rehabilitation journey.

For more information about PIR’s services and how they can help individuals achieve their rehabilitation goals, visit their website at [www.integratedrehab.com.my](http://www.integratedrehab.com.my). Experience the remarkable difference of receiving high-quality, personalized care at Pantai Integrated Rehab.

# INTEGRATED WELLNESS AND LONGEVITY MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## VITALIFE SCIENTIFIC WELLNESS CENTER

In a landmark moment, VitalLife Scientific Wellness Center has been honored with the prestigious Global Health Asia-Pacific Awards 2023 for the “Integrated Wellness and Longevity Centre of the Year” in the Asia-Pacific region. This esteemed recognition underscores VitalLife Scientific Wellness Center’s unwavering commitment to delivering exceptional healthcare and pioneering advancements in the field of holistic wellness.

VitalLife, the first Wellness Center in Asia, is affiliated with Bumrungrad International Hospital, creating a strong partnership to provide innovative healthcare services and promote holistic well-being. Established over a decade ago, VitalLife has solidified its position as a premier destination for those seeking cutting-edge anti-aging and regenerative medical treatments.

At VitalLife, we take pride in its personalized program, tailoring wellness solutions specifically to meet the unique needs of each individual. Our programs include personalized supplements, treatments, and solutions that are carefully crafted to optimize well-being and provide a truly individualized approach to holistic wellness.

One notable highlight of VitalLife’s commitment to holistic wellness is its ground-breaking collaboration with Rakxa, a world-class wellness retreat nestled in the serene heart of Bangkok. Together, we have redefined the concept of holistic wellness by seamlessly integrating



Dr Khant Zaw Win, Dr Wanviput Sanphitvong and Dr Brian Kunakom

medical expertise with luxurious accommodations and immersive experiences. VitalLife’s expertise in anti-aging and regenerative medicine is seamlessly integrated into the program. This includes access to advanced treatments such as hormone optimization, genetic testing, and innovative regenerative therapies. Throughout the program, guests have the opportunity to immerse themselves in a variety of relaxation activities, such as soothing spa treatments, nature walks, and holistic wellness workshops. Whether guests seek to rejuvenate their body, revitalize their mind, or find inner peace, the VitalLife-Rakxa program offers a

unique opportunity to embark on a deeply restorative journey.

Moreover, VitalLife has been at the forefront of regenerative medicine, harnessing the power of cell therapy to restore youth and vitality for patients. Cell Therapy, a revolutionary field in medicine, holds immense potential for regenerating damaged tissues and rejuvenating the body. With a team of leading experts in the field, VitalLife has successfully pioneered cell therapy treatments that provide remarkable results. These therapies have shown promising results in improving joint function and mobility, accelerating the healing process, enhancing skin health and appearance, and boosting overall vitality. VitalLife’s utilization of cell therapy provides guests with advanced and effective treatment options. By harnessing the regenerative power of cell therapy, VitalLife Scientific Wellness Center aims to optimize each guest’s well-being, helping them achieve a more youthful and vibrant life.

At last, the GlobalHealth Asia-Pacific Awards 2023 serve as a testament to VitalLife Scientific Wellness Center’s unwavering commitment to integrated wellness and longevity. As we are guided by our vision to help you shape a youthful life, our passionate team is driven by the belief that everyone deserves a vibrant and fulfilling life, regardless of age. Join us to experience the transformative power of scientific wellness.

# INTERVENTIONAL CARDIOLOGY MEDICAL CENTRE OF THE YEAR IN 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 be deployed while a patient remains awake. For example, when performing coronary angioplasty, he inserts a tiny



Dr Julian Tan

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."

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# IVF MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## DEEP & HARMONICARE IVF CENTER

In the field of reproductive medicine, Thailand's Deep & Harmonicare IVF Center shines like a dazzling pearl, establishing an exceptional reputation worldwide with its professional technology and quality services. Led by Professor Teraporn, Thailand's first ESHRE certified senior embryologist, this hospital has not only garnered extensive acclaim domestically but has also been honored internationally due to its exceptional achievements.

Since its establishment in 2019, Deep & Harmonicare IVF Center has always adhered to a patient-centered service philosophy, providing personalized assisted reproductive programs. This humanistic medical spirit has won the trust of patients worldwide, and in 2023 it won the important award of "Asia-Pacific Best Reproductive Medical Center of the Year." Deep & Harmonicare IVF Center is a globally recognized medical institution, boasting JCI International Medical Service Certification, ISO9001 International Quality Management System Certification, American CAP Laboratory Certification, UK NEQAS Certification, European Embryo Association ESHRE Certification. These authoritative certifications illustrate that Deep & Harmonicare IVF Center has achieved world-class standards in medical service quality, facility equipment, professional technology, and patient satisfaction.

At Deep & Harmonicare IVF Center, patients can enjoy first-class medical services. They will be cared by the best team of doctors and nurses with profound professional knowledge and extensive practical experience, capable of providing comprehensive and personalized treatment plans.

Professor Teraporn, the medical



Deep & Harmonicare IVF team

director of the center, is the core figure of the center. As Thailand's first ESHRE certified senior embryologist, his contributions to the field of reproductive medicine are significant. He has high influence domestically and enjoys a good reputation internationally. Simultaneously, the main doctor of the Thai Deep & Harmonicare medical team, Dr Wanxing, is a member of the American Society for Reproductive Medicine (ASRM) and excels at providing personalized treatment plans for patients with polycystic ovary syndrome, stubborn ovulation disorders, premature ovarian failure or advanced age. He offers comprehensive solutions for recurrent miscarriage and is adept at PRP uterine perfusion method to help thicken the endometrium. Another main doctor, Dr Chayasi, a member of the European Society of Human Reproduction and Embryology (ESHRE), has more than twenty years of practical experience in assisted reproduction.

He is proficient in using personalized diagnostic and treatment plans to help patients improve egg quality, enhance endometrial receptivity and increase the effectiveness of treatment, and has mature and effective medical solutions for IVF complications, such as ovarian hyperstimulation syndrome. In particular, he focuses on ovulation disorders caused by endocrine disorders and the latest technology to treat difficult endometrial growth.

The embryologist team led by Professor Teraporn uses the most advanced technology and equipment and strictly follows the SART and ESHRE guidelines for embryo cultivation and screening to ensure the high-quality cultivation of embryos. Their workflow is meticulous and rigorous, setting a benchmark in the industry. Their work results are the best proof of this excellent team: the center has a blastocyst rate of up to 80%, and the embryo cultivation success rate is as high as 75%, as the top centres in the industry.

Deep & Harmonicare IVF Center always insists on adhering to the principles of rational drug use, making every effort to avoid excessive and inappropriate use of drugs. The center's team of doctors will formulate the most effective ovulation induction plan based on the patient's physical condition to maximize the success rate of IVF.

At Deep & Harmonicare IVF Center, patients can enjoy personalized services throughout the entire process. At every step of the journey, from registration, diagnosis, and treatment to discharge, the center's professionals provide comprehensive services, ensuring your comfort and peace of mind during the treatment process.

# MEDICAL TOURISM CENTRE OF THE YEAR IN CAMBODIA

## ASH-CHARTER

### Air Ambulances Services of the Year in Cambodia

Formed in 2013, ASH-Charter (AsiaHealth Network) is a Cambodian company owned by Cam-Jade Asia Co., Ltd. that transports more than 700 patients every year.

### SERVING THE HEALTHCARE NEEDS OF PATIENTS IN ASIA

ASH-Charter is a premium health network specially created to provide Cambodia access to an extensive network of top quality healthcare providers, both locally and in Asia. Currently, ASH-Charter is focussing on medical travels to Thailand, Malaysia, Singapore, Taiwan, Korea, Japan, and India for top quality healthcare.

### PROVIDING COMPREHENSIVE MEDICAL CARE

We provide a one-stop service for all medical inquiries, including inpatient, outpatient, emergency evacuation, and medical tours, for greater peace of mind. In the event of a medical emergency, evacuation services by private charter flight can be arranged to take patients to the right hospital and specialist. Our expert team can also help prepare travel documents in a timely fashion. To meet different needs and budgets, ASH-Charter allows patients to customise their choices. For example, they can choose between two basic public and private hospitals in the nearest and most convenient country. To ensure patients have complete peace of mind while receiving the best medical treatment, ASH-Charter offers professional medical consultations



Pin Netra

with a group of international specialists with multidisciplinary skills, supported by a professional interpreter service for easy understanding of medical terminology and procedures and for facilitating accommodations and documentation.

### PROVIDE COMPREHENSIVE HEALTH EVENT MANAGEMENT

We also provide an event management programme for medical seminars, medical exchanges, and consumer awareness of the Cambodian healthcare system, including global health conferences and training programmes. ASH-Charter partners with many internationally accredited medical institutions and specialists in Asia

to serve our valued customers and membership patients with top quality healthcare at an affordable price and with greater convenience.

### Why you need ASH-Charter?

- Get the right specialist and hospital
- Proper medical consultations and financial plan
- Medical Professional and Accredited Hospitals
- Seek a second opinion before choosing the best
- Best doctor profile and experience
- Emergency medical escort and Medical Evacuation
- Accuracy and Price Transparency
- A better Healthcare experience

### When do you need ASH-Charter?

- When you need a good health screening
- When you have a medical problem and need a teleconsult
- When you need a procedure and medical advice
- When you don't know where to go for surgery
- When you want to know if a hospital or doctor is good for your medical problem
- When you need to know how much your medical bill will be
- Can your problem be solved without surgery?
- Need a 24 hour medical evacuation service
- Need a private charter flight
- Need medical travels

# MEDICAL ARTIFICIAL INTELLIGENCE IN WOMEN'S HEALTH SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## MOIRAI MOMCARE

Moirai Momcare™ maximises the medical care you need and helps you gauge your pregnancy's progress, all with the help of AI technology.

We are the regional pioneer in digitalised obstetric/medical care using AI analysis and aim to expand on a global stage into the industrial revolution 4.0.

Moirai Momcare™ is the first pregnancy app with medical AI functionality owned by Moirai Tech Sdn Bhd that provides services to pregnant women, doctors, and related business providers.

It offers medical/obstetric analysis and prediction to pregnant women throughout their pregnancy.

Dr Quek Yek Song, the founder of Moirai Tech Sdn Bhd and the creator of Moirai Momcare™, has a long service history in the obstetric/ medical industry. He obtained his master from University Malaya and certified AI in Healthcare from MIT sloan management School.

### Company background

Led by CEO Mr Ben Wong, we want to revolutionise the obstetric/medical field by combining medical ideas and AI to capture a niche in the market: unique pregnancy applications customised for every pregger, simplify the data interpretation, assess, and predict their pregnancy progress.

It provides 'Grab-like' functions between doctors and pregnant women to meet their needs.

It also enables doctors to publish evidence-based articles to educate patients. Related business companies



Dr Quek Yek Song and Pang Wyzley

or providers are able to advertise and share their promotions or coupons on this platform to pregnant women.

Moirai Momcare™ has its own unique AI calculation created by CTO Mr Pang Eng Meng Wyzley, based on existing medical data and understanding the logic and doctor's decision-making pattern.

The feminine, gorgeous, and user-friendly interface of Moirai Momcare™ is the idea of our Prime Designer, Ms Jenna Wong, specially dedicated to women, the gems of our society.

### Unique Value Proposition

Moirai Momcare™ is the only

interactive medical AI Application that helps you track your pregnancy progression and simplify complex information into easily understandable visuals.

We help to serve as a platform and bridge between the public and medical service providers and maximize care with the help of AI.

### Features & Advantage

- Provides a platform for interaction among the public, doctors, and medical service providers.
- Provides customization of each user and their personal pregnancy progress.
- Provides AI powered functions that simplify complex information into easy-to-understand visual comparatives, backed-up with international recognized statistics (eg: graphs and charts).
- Unfair advantage for Moirai Momcare™ is operated by renowned OG consultants who are registered healthcare professionals.

# MEN'S HEALTH CENTRE OF THE YEAR IN ASIA-PACIFIC

## HE MEDICAL CLINIC

He Medical Clinic, the first of its kind in Malaysia specializing in men's health, is proud to announce its recent recognition at the prestigious Global Health Asia-Pacific Awards 2023. This esteemed accolade has established He Medical Clinic as a trailblazer in the field of men's healthcare, further solidifying its commitment to excellence and innovation. With branches located in Publika KL, The Icon KL, Gurney Paragon Mall Penang, and Southkey Mosaic Johor Bahru, He Medical Clinic has successfully transformed the landscape of Men's Health in Malaysia.

The Global Health Awards 2023 in the Men's Health category is a testament to He Medical Clinic's dedication to improving men's well-being and addressing their unique healthcare needs. Driven by a passion for enhancing men's quality of life, the clinic offers a wide range of specialized services tailored to the specific concerns and requirements of men. From sexual health and hormone optimization to male infertility and prostate care, He Medical Clinic provides comprehensive and personalized care delivered by a team of highly skilled doctors, specialists, and medical staff.

Upon receiving this prestigious award, Dr Imran Basri, group CEO at He Medical Clinic, expressed his gratitude and commitment to advancing men's health in Malaysia. He stated: "We are deeply honored and humbled to receive this prestigious recognition. It serves as a testament to our unwavering commitment to delivering a discreet,



Dr Lim Yao Jie and Dr Mohammad Imran Bin Basri

professional, and highly effective men's health service that covers every aspect of care. At He Medical Clinic, we have strived to create a comprehensive and convenient one-stop center, where men can access exceptional care and innovative solutions for their unique healthcare needs."

He Medical Clinic has gained prominence not only for its medical expertise but also for its patient-centric approach. The clinic ensures a warm and welcoming environment, prioritizing privacy and confidentiality, and placing the utmost importance on patient satisfaction. With a commitment to enhancing the

health and happiness of its patients, He Medical Clinic continues to push the boundaries of men's healthcare, embracing the latest advancements in medical technology and treatment options.

The achievement of the Global Health Asia-Pacific Award 2023 in the Men's Health category serves as a catalyst for He Medical Clinic to further elevate its standards of care and expand its reach across Malaysia. The clinic's success story is a testament to its unwavering commitment to excellence, patient-focused care, and dedication to improving men's health outcomes.

He Medical Clinic congratulates its entire team of doctors, specialists, and staff for their hard work and dedication in achieving this significant milestone. With a firm belief in continuous improvement and innovation, He Medical Clinic remains committed to redefining men's healthcare in Malaysia and beyond.

For men seeking comprehensive and compassionate healthcare services, He Medical Clinic stands ready to serve, offering a trusted and reliable partner in their journey towards optimal health and well-being.

# OPHTHALMOLOGY MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## OPTIMAX EYE SPECIALIST

Optimax Holdings Bhd, a pioneer in laser vision correction in Malaysia, has positively impacted the lives of over 310,000 satisfied patients since 1995. Their exceptional accomplishments have earned them a prestigious recognition in the Malaysia Book of Records as the leading provider of the Most Refractive Eye Treatments in the country.

Despite the nascent stage of technology in Malaysia at that time, this eye specialist services provider remained unwavering in its commitment and continued investing to bring the latest equipment, thus playing a crucial role in advancing the laser refractive surgery industry in the country.

Over the past 27 years, Optimax has expanded its range of services to encompass a comprehensive array of eye care treatments. These include laser vision correction, implant vision correction, treatment of eye diseases and disorders, cataract surgery, consultation and dispensary services, as well as oculoplastic surgery for both functional and cosmetic eye treatments.

As a prominent laser eye specialist in Malaysia, Optimax has established a strong network of Ambulatory Care Centres (ACC) that provide diverse treatment options under one roof. These options include ReLEx SMILE, Customised Femto-LASIK, Advanced Surface Ablation (ASA), Trans-Epithelial Surface Ablation (TESA), Implantable Contact Lens (ICL), Refractive Lens Exchange (RLE), Ortho-K, and Rigid Gas Permeable Lenses (RGP).



Teoh Tiong Hin

Undoubtedly, advancements in laser technology have enabled Optimax to achieve superior and more predictable surgical outcomes, while minimizing post-operative complications and enhancing patient comfort. To ensure the most effective treatment methods for each patient, Optimax consistently equips its centers with the latest technology. The group also invests in the professional development of its eye specialist doctors by providing regular training and facilitating attendance at conferences to stay up to date with the latest advancements in medical

technology.

Optimax is proud to have a team of 20 highly qualified eye surgeons supported by 57 experienced optometrists, offering exceptional ophthalmology services ranging from diagnosis to medical and surgical procedures. The group aims to expand its services to include specialized pediatric eye care, catering to the unique needs of younger patients.

In line with their growth plans, Optimax intends to establish satellite clinics in remote areas and expand its ACC network to connect major states in Malaysia. Additionally, the collaboration with Sena Resources Sdn Bhd and Kempas Eye Specialist Hospital Sdn Bhd in developing a private eye hospital in Kempas, Johor, will improve accessibility to eye care services for patients from Malaysia and neighboring nations such as Singapore and Indonesia.

Beyond their business expansion endeavors, Optimax remains committed to giving back to the community through sponsorships of cataract surgeries, free eye-health screenings, and educational programs. This aligns with their sustainability goal of creating long-term value for stakeholders.

With Optimax's unwavering dedication to providing exceptional eye care services, the community can place their trust in their expertise and commitment to ensuring optimal vision and overall eye health.





**OPTIMAX**

EYE SPECIALIST

New Vision New Life®

THE  
**MALAYSIA**  
BOOK  
*of* **RECORDS**

Most Refractive Eye Treatments  
Provided In Malaysia 2023

Breaking Records and  
Making History!

1800 88 1201 | [www.optimax2u.com](http://www.optimax2u.com)

# NEUROSURGERY MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## ADVANCED BRAIN & SPINE SURGICAL CENTRE

Helmed by Neurosurgical Director and Senior Consultant Neuro & Spine Surgeon, Dr Sein Lwin, Advanced Brain & Spine Surgical Centre believes in healthcare tailored to your needs — this comes with the understanding that many neurological conditions require exceptional detail and attention, and the clinic is dedicated to providing personalised care with prompt access to appointments.

Dr Sein Lwin is highly experienced in spine surgery and in minimally invasive approaches for spinal cord tumours and degenerative spine surgery. His specialised interests lie in endoscopic endonasal and open skull base surgery, pituitary tumours, vascular surgery, cranial nerve disorders and peripheral nerve conditions. He is also well-versed in paediatric neurosurgery such as paediatric neuro-oncology, paediatric spine surgery and in treating other paediatric neurovascular conditions.

Prior to his private practice, Dr Sein Lwin spent 20 years in public service. He is a Visiting Consultant at the University Orthopaedics and Spine Centre, National University Hospital, Singapore and a Visiting Consultant Neurosurgeon in the National University Hospital and Khoo Teck Phuat Hospital, Singapore. He has worked on complex brain and spine tumours and vascular abnormalities as well as on the skull base tumours and complex pituitary lesions in National University Hospital for more than 10 years. Dr Lwin was also the Director of the Neuro-critical Unit, National University Hospital, Singapore.



Dr Sein Lwin, Senior Consultant Neurosurgeon

Dr Sein Lwin set up the first centre of endonasal endoscopic skull base surgery with ENT colleagues at the National University Hospital in 2012 and operated on over 300 complex skull base tumours and pituitary tumour cases from Singapore and other regional countries for more than 10 years.

Beyond his clinical work, Dr Lwin is also passionate about medical education and is currently a member of the Residency Advisory Committee, Joint Committee on Specialist Training (JCST) Ministry of Health. He also trained and supervised many neurosurgery residents as a Programme Director in the Neurosurgical Residency Training in National University Hospital from 2013 to 2018. He also leads a renowned course on endoscopic endonasal surgery with Pittsburgh University and ENT colleagues at the National University Hospital, Singapore.

Dr Lwin is dedicated to the pursuit

of the best care for his patients. When asked what he enjoys most about Neurosurgery and his profession, he shares his passion for the intricacies of the brain, the human body, and their complex functional integration. He explains that he appreciates neurosurgery's challenging nature and the sophisticated micro surgical skills required to save people's lives by treating damage in their brains caused by dreadful diseases. He also finds it gratifying to see significant improvement in patient outcomes immediately after the surgery.

Although complex neurosurgical procedures can be very tiring and stressful, Dr Lwin recollects unforgettable moments of overwhelming joy and instant relief when he sees his patients return with cheerful smiles and recover without any deficits after their operation.

For more information, visit [www.brainandspine.sg](http://www.brainandspine.sg).

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

## DATO DR NIRAJ'S WOMEN'S SPECIALIST CLINIC

### Our Philosophy

The winner of Obstetric & Gynaecology Clinic of the Year Asia-Pacific award, Dato Dr Niraj Women Specialist Clinic (DDNWSC) takes pride of their transparency with all their patients, from treatment alternatives to its processes and the outcome itself. Its team uses props and plastic models of anatomical structure to help patients understand by walking them through the entire procedures beforehand.

A comfortable and relaxed ambience makes the clinic a pleasant environment for patients, while Dato Dr. Niraj is a master of tact and subtle humour, putting his patients at ease.

Staff at the clinic pursue the vision of 'working as a team,' ensuring the clinic to be a one-stop sub-specialist centre with expertise in:

1. Gynae-oncology
2. Fertility
3. Paediatric Adolescent Gynaecology
4. Genetics
5. General Obstetrics and Gynaecology

This approach has proven to be successful, with the increase in patient volume both in their outpatient services and their in-patients since its inception.

### TECHNOLOGY AND PROCESSES

The experienced team at DDNWSC has taken on more complex cases, safely treating advanced ovarian and endometrial cancers. Armed with a team of anaesthetists and trained



Dato' Dr Mohammed Niraj M. Feizal

nurses and equipped with an ICU and High Dependency Unit ( HDU), patients who visit the clinic can be up and about as quickly as possible. Cancer patients are served responsibly, and those with severe diseases are treated urgently, with no waiting time. Treatment is managed through a collaboration between specialised nurses and a team of gynae-oncologists and medical oncologists.

The surgeons at DDNWC have performed many laparoscopic surgeries like total laparoscopic hysterectomies, which allow patients to recover faster than those who undergo open surgery.

IVF fertility treatment offered in collaboration with TMC Fertility Centre has recently seen an increase in demand. For patients who experience menopause, the clinic offers treatment

to relieve symptoms with care and understanding.

Another niche area at DDNWC is the treatment of vaginismus. This involves individualised treatment for each patient to meet their needs. Many people with vaginismus who have been treated at the clinic have successfully started a family and are very happy with the outcomes.

Winning an award at the recent Global Health Asia-Pacific Clinic Awards 2023 is a testament to the quality and safety treatments the clinic provides.

In the last year ,the team has successfully performed almost 20 advanced cancer treatments and about 50 IVF cycles. It has also improved the lives of 18 patients with vaginismus, who felt rejuvenated at the end of the treatment.

# ONCOLOGY MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## PARKWAY CANCER CENTRE

### Understanding Cancer: The Evolution of Cancer Care

“When I first started practicing oncology in 1986, chemotherapy was the only option for patients in advanced stages of cancer,” shares Dr Ang Peng Tiam.

The veteran cancer specialist founded Parkway Cancer Centre (PCC) 17 years ago. He has since witnessed how the understanding and treatment of cancer as a disease has evolved to become more personalised and precise.

“We have seen a growing armamentarium of new therapies, which are increasingly more efficacious in treating cancer and also have lesser side effects, over the past three decades.”

### Novel treatments in cancer care

Some of the novel therapies for cancer treatment include:

- Monoclonal antibodies – antibodies that disrupt the signalling pathways of cancer cell growth.
- Targeted therapy – drugs that target specific genes and proteins to destroy cancer cells, without affecting healthy cells.
- Immunotherapy – medicine that raises the immune system of the patient, allowing the immune system to identify and destroy cancer cells.

### Novel treatments for better quality of life

Treatment options, in the past, were very limited for many cancer types such as melanoma, lymphoma and leukaemia. Some of these cancer treatment modalities could sometimes even be toxic.

With greater understanding of cancer, novel therapies such as immunotherapy have more tolerable



The team of doctors at Parkway Cancer Centre

side effects, allowing patients to receive treatment for longer periods of time with better prognosis. Some patients can even stop treatment indefinitely, without the risk of the cancer getting worse.

Like immunotherapy, treatments using monoclonal antibodies and targeted therapy drugs can also be administered over longer treatment periods. This translates to an improved quality of life for patients, with minor or lesser side effects.

The targeted nature of these novel treatments means that treatment is more personalised to each patient in their treatment journey.

“We study each patient and their cancer closely, and then advise the most suitable treatment route based on many factors like body constitution, lifestyle and available support,” Dr Ang explains. “At PCC, we strongly believe in achieving quality of care and quality of life for our patients. Cancer care has evolved, and cancer no longer has to be a debilitating life sentence.”

### A multidisciplinary approach to cancer care

Cancer care is a fast-changing field with many new developments. Treating cancer today requires a multidisciplinary team of professionals to achieve optimal outcome.

At PCC, members of the team include a pathologist and radiologist to diagnose and locate the cancer; a medical oncologist, surgeon and radiation oncologist to plan, administer and monitor treatment; as well as nurses and allied health professionals to support patients on their cancer journey.

“We have put together a team of subspecialists who possess expertise in the different cancer types,” says Dr Ang. “We have scrupulous understanding of each other’s roles and capabilities. This allows us to accomplish what we believe is the best outcome for each of our patients.”

# ORTHOPAEDIC MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## ADVANCED ORTHOPAEDIC & SPORTS CENTRE

Located at Mount Elizabeth Novena Specialist Centre, Advanced Orthopaedic and Sports Centre (AOSC), 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. The centre strives to return each individual to peak performance so that they can participate in the activities they enjoy. Another area of focus is joint preservation, as the team believes that there is no better joint than the body's native joint. Many advanced procedures have been performed and pioneered by its surgeons to improve the body's reparative processes and restore the function of native joints. In cases of advanced disease, the centre is skilled in joint replacements, employing cutting-edge technologies and prosthesis designs to mimic the body's native joint as closely as possible. This contributes to their patients' ability to maintain a meaningful lifestyle.

AOSC was founded by Dr Poh Seng Yew, an internationally renowned clinician with 20 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 appointment as Chief of the Sport and Exercise Medicine Service at SGH, Singhealth Duke-NUS Sport and Exercise Medicine Centre. He remains a Visiting Consultant to Singapore General Hospital, Sengkang General



Dr Poh Seng Yew

Hospital and Kandang Kerbau Women and Children's Hospital (KKWCH).

Dr Poh has a special interest in hip preservation surgery, having developed his passion during his year long specialty fellowship training in Hip Surgery and Sports Medicine 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 is adept at using the latest techniques, such as robotic assisted surgery, patient specific instrumentation and navigation.

To provide the finest clinical outcomes, AOSC is dedicated to clinical innovation, creating innovative surgical procedures, and utilizing cutting-edge technological advancements. The AOSC is recognized for performing arthroscopies of all major joints in minimally invasive treatments. Mindful that not all diseases necessitate surgical intervention, AOSC also provides injections and biological therapies that support the rehabilitation of joint function through non-invasive procedures. Every person who enters AOSC's doors is given the best service and experience possible by its staff of physicians, nurses, and patient care specialists.

# ORTHOPAEDIC MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## INTERNATIONAL ORTHOPAEDIC CLINIC SINGAPORE

### International Orthopaedic Clinic

(IOC) is dedicated to providing exceptional care for all types of musculoskeletal and sports injuries, regardless of age or activity level. We also offer robotic assisted and minimally invasive options for those who need surgical intervention.

Our team of highly trained orthopaedic surgeons, with a total of over 40 years of experience in Orthopaedic surgery, work hand in hand with physical therapists, podiatrists, and sports trainers to develop personalized treatment plans for each of our patients. We believe that a multidisciplinary approach is crucial to ensuring the best possible outcome for our patients, whether they are dealing with a minor sprain or a complex joint replacement.

At our clinic, we understand that sports injuries and musculoskeletal problems can be frustrating and disruptive to your everyday life. That's why we aim to make the treatment process as seamless and stress-free as possible. From our friendly staff to our modern facilities, we strive to make you feel as comfortable and confident as possible during treatment.

### OUR DOCTORS

Dr Alan Cheung is a British born and trained Senior Consultant Orthopaedic Surgeon. His areas of specialty are Sports Injuries and Robotic Joint Replacement, using the Makoplasty Robotic Surgical System. Dr Cheung is the Team Doctor for the Wrestling Federation of Singapore. He is also a World Rugby Educator and has been Matchday Doctor for international rugby events such as the HSBC World Rugby Sevens Series, and Super Rugby,



Dr Alan Cheung, Senior Consultant  
Orthopaedic Surgeon

and former Events Team Doctor for the Singapore Cycling Federation and One Championship MMA franchise.

Dr Mark Chong is the former Head of Division for Adult Reconstruction, National University Hospital Orthopaedic Department, Singapore. He is the Team Doctor for Tanglin Rugby Club. His main interests are Foot, Ankle and Lower Limb Joint Reconstruction Surgery. Dr Chong was recognised as the top orthopaedic surgeon to represent Singapore for the SICOT Orthopaedic congress in Italy and his team was recently awarded the National Excellence Service by the Ministry of Health for delivering the first 'Value' driven healthcare in Singapore. Dr Chong also works at ALTY Hospital in Kuala Lumpur, Malaysia.

### SERVICES WE PROVIDE

- Treatment of Sports Injuries of the hip, knee, shoulder and elbow, foot

- and ankle
- Robotic total and partial knee replacement
- Robotic total hip replacement
- Hip keyhole surgery labral repair and osteochondroplasty
- Complex knee and hip revision joint replacement
- Keyhole bunion deformity surgery
- Sports keyhole ligament and tendon injury
- Cartilage reconstruction
- ACL and meniscal repair of the knee
- Foot and ankle conditions
- Keyhole ankle ligament repair
- Flatfoot / high arch correction
- Achilles and hindfoot heel pain
- Shoulder pain – frozen shoulder treatment
- Shoulder impingement treatment
- Rotator cuff repair
- Biceps/labral surgery
- Broken bones / fracture fixation
- Osteoporosis management
- Spine pain management

At IOC we care about your problems, and do our utmost to make the right diagnosis, carefully explain your condition, and give you the right treatment to help you return to your normal life and sporting activities.

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# PAIN CARE CENTRE OF THE YEAR IN ASIA-PACIFIC

## AFFINITY PAIN CLINIC

Affinity Pain Clinic is synonymous with world class specialist medical care characterized by individualized treatment plans backed with scientific evidence and precision intervention, all packaged within a friendly personable environment.

Too often, life changing and constant pain is disregarded as 'nothing wrong', or 'part of the healing and recovery process'. Affinity Pain management understands that pain is not only physical but also an emotional and learned response. Some examples include but are not limited to

1. Headaches/migraines
2. Back and neck pain
3. Sports injuries
4. Joint pain
5. Terminal illness

Hence, every effort is taken to ensure our patients understand their condition and the treatment plans prescribed. No patriarchal top-down medicine is practiced. Instead, we view our management as a collaborative partnership with the patient.

Affinity Pain Clinic provides evidence-based and cost-effective solutions, all the while empowering the patient in the recovery process. This ensures optimal pain recovery outcomes for each person that steps through our clinic doors.

As a specialist clinic, Affinity may seem small. However, clinic operations are optimized such that each patient receives the care needed. This is because pain that is persistent despite conventional treatment requires specialized medical care and advice.

Dr Daniel is the medical director of



Dr Daniel Phang

Affinity Pain Clinic. He is one of the few pain management doctors doubly certified in the World Institute of Pain (WIP) Fellowship in Interventional Pain Practice (FIPP) and Certificate in Pain Sonology (CIPS). His medical practice helps optimize pain medication and utilizes surgery-sparing interventional techniques.

The core tenets of his practice are providing current best evidence-based practices, being cost-effective where possible and to advocate for the patient.

Pain is a silent epidemic affecting each patient on all levels. But at Affinity, you are heard.

### Affinity Pain Clinic

3 Mount Elizabeth #17-16  
Mount Elizabeth Medical Centre  
228510 Singapore

# PHYSIOTHERAPY CENTRE OF THE YEAR IN ASIA-PACIFIC

## AQUAPHYSIO REHAB CENTRE

The use of water for therapeutic purposes began from the time of the ancient Egyptian, Greek, and Roman civilisations. Hydrotherapy is a more passive use of water for therapeutic purposes where the body is immersed in water to relax muscles and improve the circulation to help with pain and muscle tension. Water therapy, on the other hand, uses the properties of water for active rehabilitation and healing. Aqua-physiotherapy is a specialised form of water therapy as it is Physiotherapy done by AquaPhysio-trained Physiotherapists in a warm water pool.

Water has many 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 help reduce atrophy of injured or weakened muscles.

During therapy, hydrostatic pressure is exerted on the submerged body to reduce the tendency of blood to pool in the legs and feet, helping reduce swelling. The buoyancy of water 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 and Parkinson's disease.



Aquaphysio Rehab Centre

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 several medical conditions by helping offload pressure from joints. These include tendonitis, joint arthritis, spine disc injury and disease (slipped discs), neck pain, including arm and shoulder pain, lower back pain and sciatica, sports

injuries, and joint conditions, including post-surgery knee and shoulder rehabilitation.

AquaPhysiotherapy is also effective for fractures that require minimal weight-bearing for rehabilitation and strengthening in strokes and improves balance and coordination in Parkinson's disease. It is safe and effective in pregnancy-related back pain and pelvic pain. In addition, patients with rheumatism, osteoarthritis, fibromyalgia, and ankylosing spondylitis also benefit from reduced stiffness and depression, improved strength, and better sleep. Water promotes the body's innate ability to heal itself.

At AquaPhysio, our specialist physiotherapists will design a custom programme for each client that involves both Aqua-physiotherapy in the water and land-based therapy. Our trained AquaPhysiotherapists also make use of advanced techniques like 'sea-weeding' to help in muscle relaxation and mind relaxation. The combination physiotherapy both on land and in water helps facilitate a safe and timely return to normal life and activity. Every treatment is one-to-one with the AquaPhysiotherapist.

AquaPhysio is a unique Centre that uses the tools of Physiotherapy and Water to heal the body.





**SINGAPORE  
PAINCARE  
HOLDINGS**

*Bringing pain relief closer to you*



# Free Yourself From Chronic Pain

## Through Non-Surgical Approach

“Often it is misunderstood that pain is part of aging and degeneration and one has to live with pain.”

When thinking about getting old, we almost automatically associate it with pain. Millions of people suffer from different kinds of chronic pain, yet current practices and medical access do not solve all related problems effectively.

At Singapore Paincare Holdings, we specialise in the treatment of chronic pain at both the specialist and primary care levels. Our medical group focuses on providing pain treatments with specialised injections and minimally invasive procedures, as an alternative to conservative therapies and open surgery.



### Singapore Paincare Center

Led by Dr Bernard Lee Mun Kam, Singapore Paincare Center’s team of highly trained healthcare specialists in pain medicine and interventional pain procedures comprises consultant pain specialists, sports medicine specialists, physiotherapists and pain psychologists.

Through our understanding of pain mechanism and proprietary treatment know-how, we provide effective pain resolution to patients suffering from distressing conditions.



#### Benefits Of Our Pain Care Treatment

- ✔ Non-Surgical Treatment Approach For Chronic Pain
- ✔ Multi-Dimensional Pain Diagnosis
- ✔ Day Surgery or Outpatient Treatments
- ✔ Sustained Long-Lasting Pain Relief

### DR+ Medical & Paincare

Our ten DR+ Medical & Paincare clinics bring affordable pain relief treatment to patients. Our general practitioners work together with patients toward long term pain relief and the prevention of chronic diseases and severe illness.

Our Singapore Paincare Medical Clinics:



    
@sgpaincare

For Enquiries or  
Appointment Booking:

**+65 8777 9500**

[www.paincarecenter.com.sg](http://www.paincarecenter.com.sg)



# PSYCHOTHERAPY CENTRE OF THE YEAR IN ASIA-PACIFIC

## DR. CHRISTINA COUPLE, MARRIAGE AND FAMILY THERAPY

Dr. Christina Couple, Marriage and Family Therapy is honoured to have been awarded the prestigious title of Psychotherapy Centre of the Year in the Asia-Pacific region. This recognition is a testament to Dr. Christina's dedication in the field of psychotherapy, specialising in Marriage and Family Therapy.

Dr. Christina is a highly esteemed clinician known for her exceptional skills in repairing, rebuilding, and restoring relationships. With extensive knowledge and experience, she focuses on addressing the complex dynamics within relationships by taking a holistic approach to healthcare and treat from the perspective that "relationship matters."

She emphasises the profound interconnectedness between marriage, family, community, and the nation. She believes, "As goes the Marriage, so goes the Family; As goes the Family, so goes the Community; As goes the Community, so goes the Nation." She understands that the health and stability of a marriage directly impact the well-being of the family unit, and the strength and harmony within a family extend their positive influence to the broader community. Driven by this understanding, she emphasises the nurturing of healthy relationships at all levels - individual, marital and familial, - as a means of fortifying the strength upon which thriving communities and nations are built.

Through proven and effective methods, Dr. Christina works with individuals, couples, and families to alleviate relational distress and foster

deeper connections. She firmly believes in the power of intentional efforts to shape and repair key relationships, ultimately freeing individuals from the emotional toll of isolation. Rooted in attachment science, she understands that our bonds with others define us throughout our lives, influencing our development from infancy to adulthood.

Grounded in dialogue, psychotherapy provides a supportive environment where couples and families can openly communicate with an objective, neutral, and nonjudgmental clinician. Together, they identify and modify thought and behaviour patterns that hinder well-being, leading to problem resolution and the acquisition of new coping skills for future challenges.

She attaches great importance to promptly addressing problems and reducing symptoms, all while considering the long-term well-being of individuals and their families. Drawing on her extensive knowledge and expertise, she excels in assessing, diagnosing, and treating various mental and emotional challenges. Driven by a passion for fostering positive change, growth, and empowerment, she guides relationships with resilience and strength as individuals navigate the complexities of their relational dynamics.

Through her expertise, she treats a patient's condition quickly to resolve problems or reduce symptoms in the shortest time possible - a prime reason many physicians refer patients

to Dr. Christina Couple, Marriage and Family Therapy. However, some patients require more intensive long-term treatment to relieve various psychological and emotional conditions.

Those who are treated at Dr. Christina Couple, Marriage, and Family Therapy experience increased productivity at work, improved relationships with co-workers, family members, and marital partners, enhanced emotional and overall health, and greater engagement in social life and community involvement. They exhibit better socially acceptable behaviour, increased self-esteem, improved tolerance for society in general, and greater capacity for intimacy, work, maturity, and responsible functioning. As a result, they require less utilisation of medical services.

Recognising the unique needs of each individual, couple, and family, Dr. Christina tailors her therapeutic approaches to address the presenting issues and specific concerns. Whether providing couple's therapy, individual therapy, or family therapy, she creates a safe and supportive environment for exploration, growth, and healing. Her warm, empathetic, and attuned nature has earned her praises from many, who consistently describe her as a compassionate clinician who provides a therapeutic space where they feel heard, validated, and understood.

Dr. Christina transforms lives by addressing common relationship difficulties and affair recovery in couple's therapy, helping individuals



Dr Christina Couple

gain self-awareness and develop healthier coping mechanisms in individual therapy, and assisting families in rebuilding communication and developing positive coping skills in family therapy. She provides a safe environment for individuals to express their thoughts and emotions, identify patterns, and develop new strategies for coping with life's challenges.

With Dr. Christina's guidance, couples and families gain valuable insights, learn effective techniques, and acquire the skills necessary to lead

happier, healthier, and more fulfilling lives.

In 2006, she was inducted into The International Honor Society in Psychology, USA (Psi Chi). Dr. Christina holds memberships in multiple esteemed associations, including the American Psychological Association (APA), Association for Psychological Science (APS), American Association of Marriage and Family Therapy (AAMFT), American Counseling Association (ACA), American Mental Health Counselors Association (AMHCA),

International Society for Mental Health (ISMHO), International Association of Marriage and Family Counselors (IAMFC), Malaysian Psychological Association (PSIMA), Malaysian Mental Health Association (MMHA), and World Federation for Mental Health (WFMH). These affiliations reflect her commitment to staying at the forefront of the field and staying informed about the latest advancements in the areas of mental health, marriage, and family therapy to provide the highest level of care and expertise to all.

Her works were further recognised by various National TV interviews on mental health during the pandemic crisis. This includes various National media publications.

In 2022, she was honoured as one of the outstanding personalities in Malaysia in Britishpedia's 'Successful People in Malaysia.' This biographical encyclopaedia, published by British Publishing House Ltd, is accessible in the National Library of Malaysia and Singapore. It celebrates accomplished Malaysians who have made significant contributions to nation-building and society.

For more information, visit [www.drchristinamft.com](http://www.drchristinamft.com)

# PHYSIOTHERAPY AND ROBOTIC REHABILITATION MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## THERAPEDIC MEDICAL CENTER

### Therapedic™: Cutting-edge

### technology for physiotherapy

Crowned as the Physiotherapy Medical Centre of the Year in 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.

Therapedic holds an unparalleled market distinction with multiple



James

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 Therapedic 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 acupuncture
- 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

# REGENERATIVE MEDICINE LAB OF THE YEAR IN ASIA-PACIFIC

## MEDIXCELL LABORATORY SDN BHD

TDOX Clinic is a world-class health and aesthetic clinic that pioneered bespoke wellness and provides high-quality preventive and regenerative services.

Established in 2019, the clinic is the brain child of Dato' Choi Wei Yee, a seasoned entrepreneur with vast experience in both the Malaysian and the ASEAN markets.

Located in Kuala Lumpur's central business district and tourism hotspot, TDOX Clinic is an undisputable premium medical tourism destination.

In addition to its signature procedures like cellular therapies and aesthetic treatment, TDOX Clinic presents a wide array of services including health screening, cardiac healthcare, compound pharmacy, and DNA tests, just to name a few.

Recognizing the value of research and development, TDOX Clinic invested heavily in innovating and researching new techniques and approaches to health and beauty. The company also owns a cGMP-certified R&D laboratory producing top quality health, beauty, and regenerative products. The lab has received numerous certifications and awards for excellence, notably including ISO 14644, The National Environmental Balancing Bureau (NEBB), National Pharmaceutical Regulatory Agency (NPRA), and more.

The company is collaborating with various research universities such as University of Malaya, University Teknologi MARA, Universiti Kebangsaan Malaysia, and Universiti Sains Malaysia.

Our team published more than 40



Dato' Choi and Dr Baskar

research papers and conducted more than 3,000 studies in cellular and regenerative medicine.

TDOX Clinic will strive to keep pursuing its mission and vision of delivering state-of-the-art products and services that meet the needs of every customer.

### Mission

Our mission is to enhance health, beauty, and overall well-being through innovative wellness and aesthetic

treatments. We strive to empower our clients to achieve optimal health and vitality, both physically and mentally.

### Vision

We envision ourselves as the premier preventive and regenerative clinic, constantly pushing the boundaries of patient care and advanced wellness solutions. Our goal is to set new standards of excellence, with a relentless focus on innovation, quality, and personalised care.

# RISING STAR (UROLOGY & ROBOTIC) CENTRE OF THE YEAR IN ASIA-PACIFIC

## ASSURE UROLOGY & ROBOTIC CENTRE

Located in the heart of Singapore at Mount Elizabeth Hospital, Assure Urology & Robotic Centre's core principle is that every patient matters. The term 'Assure' pays homage to the clinic's dedication to patient care — assuring you that we strive to provide not only quality and evidence-based urological services with professionalism and integrity, but a holistic healthcare experience from the point of your first consultation to your recovery.

Helmed by Senior Consultant Urologist Dr Terence Lim, Assure Urology & Robotic Centre provides prompt appointment scheduling services, personalised patient care, comprehensive diagnostic tests and post-procedural billing and claims assistance.

Dr Terence Lim is well-versed in all areas regarding urinary health, and his expertise lies in complex robot-assisted surgeries of the bladder, kidneys and prostates like partial nephrectomies and radical prostatectomies. His clinical interests include uro-oncology, minimally-invasive urological surgery,



**Dr Terence Lim, Senior Consultant Urologist**

urinary stone disease, endourology and prostate health.

Prior to his private practice, Dr Terence Lim spent almost two decades in public healthcare. He served as the Senior Consultant and Chief of Department of Urology at Changi General Hospital (CGH). He is currently

a Visiting Consultant at CGH.

Dr Lim is a strong advocate of improving patients' clinical outcomes and safety with technologies and clinical initiatives. Among other appointments, he was the director of CGH's Advanced Surgical Centre, a committee dealing with complex surgeries, including robotic surgeries. He operated on all three generations of the da Vinci Robotic Surgical System and was amongst the first few urologists in Singapore to operate using the latest generation of this technology. To date, he had been involved in over 700 robotic surgeries and was the first in Singapore to perform a Robot-assisted Retzius-sparing Prostatectomy. He is appointed Visiting Consultant to CGH and is frequently asked to proctor his colleagues in robotic surgeries.

He is also actively involved in local urology societies and teaches medical students and urology residents and was appointed Associate Professor at Duke-NUS, Yong Loo Lin, and Lee Kong Chian medical schools. Dr Lim is regularly invited to chair and give lectures and presentations at various local and international conferences and has also been invited as a key speaker at international and regional conferences.

Dr Terence Lim and the clinic have been involved in several media features, including publications such as The Straits Times, Expat Living, PRIME Magazine and Lianhe Zaobao (联合早报).

For more information, visit [www.assureurology.sg](http://www.assureurology.sg).



# SPORTS AND ORTHOPAEDIC CENTRE OF THE YEAR IN ASIA-PACIFIC

## THE ORTHOPAEDIC PRACTICE AND SURGERY

The Orthopaedic Practice and Surgery (TOPS) is a bone and joint clinic located at StarMed Specialist Centre (Farrer Park) and Mount Elizabeth Hospital (Orchard), offering an accessible and convenient one-stop solution to meet all orthopaedic needs. Their goal is to deliver the highest standard of care by staying at the forefront of medical advancements and incorporating the latest innovations in orthopaedics.

At TOPS, they prioritize a collaborative approach with patients, striving to surpass their goals and aspirations. Whether you are an elite athlete striving for peak performance or an individual seeking to enhance your overall quality of life, they are dedicated to providing personalized care tailored to your unique needs. Their vision revolves around empowering and actively involving patients in managing their own health throughout the entire treatment, recovery, and rehabilitation journey. By fostering this partnership, they aim to optimize outcomes and enable patients to take control of their well-being. With a wide-ranging spectrum of services, TOPS caters not only to high-level professional sports but also to various lifestyle exercises, ensuring the maintenance of patient health and enhancing their overall quality of life.

In addition, TOPS specializes in providing comprehensive care for athletes and sports professionals, distinguishing themselves as one of the few clinics certified with a Graduate Diploma in Sports Medicine. With extensive experience in treating professional and national athletes throughout their sporting careers, they are familiar with the unique



Dr Eileen Tay and Dr Lim Chin Tat

challenges and demands they face. The dedicated team collaborates closely with competitive athletes, aiming to optimize their physical performance and facilitate a swift return to competitive sports, even within tight timeframes. They understand the importance of minimizing downtime, employing cutting-edge techniques and evidence-based practices tailored to each athlete's specific needs. Whether it involves injury prevention, rehabilitation, or performance enhancement, their expertise in sports medicine ensures that athletes receive the highest level of care to excel in their chosen field.

Led by distinguished orthopaedic surgeons who specialize in upper and lower limb treatments, Dr. Tay Eileen and Dr. Lim Chin Tat, both accredited by the Singapore Ministry of Health, bring a wealth of expertise to the patients. With prestigious fellowships and extensive backgrounds in Singapore government hospitals,

they have amassed considerable experience in performing complex surgical procedures. Their commitment to excellence is unwavering, as they continually strive to deliver outstanding outcomes for their patients. By remaining at the forefront of orthopaedic advancements and drawing upon their comprehensive knowledge, Dr. Tay Eileen and Dr. Lim Chin Tat ensure that each patient receives top-quality care and patients rest assured that their orthopaedic needs entrusted to highly skilled and compassionate professionals.

Dr Tay Eileen, Senior Consultant, Upper Limb Orthopaedic Surgeon has undergone training in Hôpital de La Tour, Geneva, Switzerland and Arkus Sportklinik, Pforzheim, Germany. Her last position was the Head of Shoulder and Elbow Division in Ng Teng Fong Hospital. She specializes in conditions which includes rotator cuff tendinitis, shoulder or elbow dislocation and tennis or golfer's elbow and shoulder arthritis.

Dr Lim Chin Tat, Senior Consultant, Lower Limb Orthopaedic Surgeon has been trained in Stanford University Hospital, USA and Oxford University Hospital, UK under a Ministry of Health scholarship. He also holds Medical Director appointments for Handball Federation of Singapore, Singapore Floorball Association and is involved as committee member in many professional sporting groups. He specializes in conditions such as sports injuries, ankle sprain, joint degeneration, knee cartilage injury and knee meniscus tear.

Visit [tops.com.sg](https://www.tops.com.sg) for more information or call +65 6322 6346

# STEM CELLS AND DNA PROVIDER OF THE YEAR IN ASIA-PACIFIC

## MEDICAS

Medicas has been offering and supplying regenerative and precision treatment and products to various medical centres, aesthetic clinics and hospitals. Our CGMP lab is one of the biggest in Southeast Asia and it has 20 years of experience in cellular therapy, with our team having conducted various trials and published articles in many medical publications. We are committed to excellence as we strive to provide professional and ethical service to our doctors and patients.

### Stem Cell (MSC) in Wellness and Diseases

Stem cells (MSC) are the mother cells in our body and their multipotent characteristics allow them to self-renew and differentiate into various cell types and to kickstart the regenerative process in our body. Our MSCs derive from baby umbilical cord, which are the youngest and most primitive ones.

Stem cells will seek out areas of injury and disease and are capable of regenerating healthy cells and accelerating the natural healing process.

Studies have shown that replenishing sufficient number of stem cells in the body can stimulate our own endogenous stem cells. This can help delay aging and boost energy and physical strength while improving overall health, sexual desire, hormonal imbalance, and memory. It can also make the skin firmer and healthier.

### DNA Genetic testing

Genes contain all the vital information regarding our physiology that is used by the cells to carry out different



Shannen Khor, General Manager

functions and regulate the physical growth of an individual. Genes have such an important role to play and they are unique from one person to the other.

### Why is it important to learn more about our genetic makeup?

Identifying the genetic makeup of an individual allows researchers and doctors to understand the genetic factors that are responsible for various genetic disorders and helps prevent genetic conditions on time. Presently, unborn babies and their parents are also screened for diagnosing possible genetic disorders, such as developmental disabilities, birth defects, and serious health conditions like heart disease and cancer that may affect newborns. This screening process help doctors take all the

necessary precautions and is known to be almost 99.9 percent accurate in identifying genetic profiles and predicting potential allergies, health risks, and disorders.

### Competitive Advantages of DNA Testing

- We offer the most comprehensive tests in targeted areas including fitness, nutrition, skin care, longevity, children care, allergy, and we also offer personality tests covering the greatest number of genetic markers, genes, and traits.
- User-friendly and actionable recommendations written by our experts that are available in various languages including English, simplified Chinese, traditional Chinese, Bahasa Indonesia, Thai, Vietnamese, and Japanese.
- Asian and Caucasian reference databases to accurately assess the DNA test results of our patients (U.S. Provisional Patent).
- To test DNA samples, we have an in-house lab that is internationally accredited with CAP (College of American Pathologists) and Illumina Propel, and it's also licensed by the Singapore Ministry of Health (MOH).
- Personalised solutions (supplements and serums) based on your DNA to fit your needs.

For more information, kindly contact:

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Address: B-07-3A Gateway Kiaramas Corporate Suites,

No. 1, Jalan Desa Kiara, Mont Kiara 50480 Kuala Lumpur.



# STEM CELLS SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## INTELLIHEALTH PLUS CLINIC BY STEMCELLS21

In the rapidly evolving field of Regenerative Medicine, IntelliHealthPlus Clinic by StemCells21 has established itself as a true industry leader in South-East Asia and beyond. Their continued growth and success have been the result of their unique offering of cutting-edge high impact cellular therapies, combined with the highest levels of luxury service, and the elegance of their modern facilities.

IntelliHealthPlus Clinic by StemCells21 was awarded the Stem Cells Service Provider of the year in Asia-Pacific Award 2023.

### Revolutionising Healthcare through Stem Cell Therapies:

IntelliHealthPlus Clinic by StemCells21 is at the forefront of regenerative medicine, harnessing the power of stem cells to offer revolutionary treatments. One of the primary focuses of IntelliHealthPlus Clinic is providing personalised treatments to address a diverse array of medical conditions such as Neurological Disorders, Developmental Disorders, Autoimmune Diseases, Osteoarthritis and Spinal Disorders, and Non-Communicable Diseases. Their comprehensive range of services include anti-aging treatment and is designed to meet individual needs. Through thorough assessments and advanced diagnostics, the clinic develops customised treatment plans tailored to each patient, maximising the potential for successful outcomes.

Stem cell therapy involves utilising the regenerative properties of stem cells to repair and regenerate damaged or diseased tissues in the body. The clinic employs a multidisciplinary



Dr Thein Htut: Medical Director

team of experts, including renowned physicians, scientists, and healthcare professionals, who are dedicated to providing exceptional care and pushing the boundaries of medical science.

### Cutting-Edge Facilities and Research:

IntelliHealthPlus Clinic by StemCells21, state-of-the-art facilities and research play a pivotal role in their pursuit of excellence. Equipped with advanced technology and modern infrastructure. StemCells21, the parent company, is at the forefront of stem cell research and collaborates with leading scientists and institutions worldwide. This commitment to research and innovation ensures that patients receive the most up-to-date and effective treatments available.

### Stem Cell Banking/Storage:

This involves the process of collecting and storing stem cells for potential future use. Stem cells have the remarkable ability to develop into

different types of cells in the body, making them valuable for regenerative medicine and treating various diseases. Individuals can ensure that these precious cells are available for potential therapies or treatments that may emerge in the future. This proactive approach offers a unique opportunity to harness the power of stem cells for personalised medicine and regenerative therapies.

### Patient-Centric Approach and Success Stories:

IntelliHealthPlus Clinic is an unwavering dedication to patient care. With a patient-centric approach, the clinic prioritises individual needs, concerns, and goals. The compassionate team of medical professionals guides patients throughout their treatment journey, offering support, education, and personalised attention. Numerous success stories bear testament to the clinic's transformative impact, with patients experiencing improved quality of life.

IntelliHealthPlus Clinic By StemCells21, under the esteemed umbrella of SC21 Medical Group, stands as a beacon of hope in the realm of regenerative medicine. Through their pioneering stem cell therapies, personalised treatments, and commitment to research. By harnessing the regenerative potential of stem cells, they are opening doors to new possibilities, bringing renewed vitality to patients, and paving the way for a brighter future in regenerative medicine.

[www.ihplus.com](http://www.ihplus.com)

# WELLNESS AND HOLISTIC CLINIC OF THE YEAR IN ASIA-PACIFIC

## TRIA MEDICAL WELLNESS CENTER

TRIA Medical Wellness Center has proudly received the distinguished title of Asia-Pacific Wellness and Holistic Clinic of the Year 2023. As a leading medical wellness facility, TRIA offers a wide range of holistic, integrative healthcare and beauty services, with a strong emphasis on specialized experts and cutting-edge technology. Dedicated to promoting wellness and enhancing beauty, TRIA is committed to delivering personalized treatments that cater to the unique needs of everyone.

At TRIA, the focus lies in promoting and restoring holistic health through three fundamental philosophies: Cell, Body, and Mind. The center believes that every system in the body is interconnected and interrelated, and imbalances within these systems can result in physical and mental health issues. To address this, TRIA employs a combination of modern and alternative medicines, as well as leveraging the expertise of specialists from various fields and utilizing advanced technological equipment.

The core principles of TRIA's philosophy revolve around the importance of the body's biochemical system at the cellular level (Cell), the musculoskeletal system encompassing strength, flexibility, and oxygen metabolism (Body), and the significance of emotional well-being in managing stress and related stimuli (Mind). By adopting a comprehensive approach to healthcare, TRIA strives to stabilize and enhance the overall wellness of their patients, firmly believing in the power



Dr Taweasap Siraprasiri, Dr Pimchanok Bossagornruangruth and Dr Burin Nuchniyom

of treating the whole person rather than just their symptoms.

TRIA's facilities have been thoughtfully designed to provide guests with a transformative journey towards better health. Upon entering the center, visitors are welcomed into a tranquil atmosphere on the first floor, specifically created to induce relaxation and harmony in both body and mind. This floor boasts the TRIA Hydro Spa, offering a variety of rejuvenating treatments, while the onsen pool

provides an authentic Japanese-style hot spring experience. Additionally, the TRIA Bistro serves delicious and nutritious food to satiate guests' taste buds and replenish their energy.

The second floor is dedicated to physical activities, housing the TRIA Medical Fitness Center and an outdoor pool. Certified personal trainers and nutritionists are available to assist guests in developing customized workout plans tailored to their specific needs and goals. TRIA believes in



providing a comprehensive approach to physical fitness, ensuring that everyone can achieve optimal health and well-being.

The heart of TRIA's facility lies on the third floor, where a range of holistic care centers are located. These include the Wellness and Anti-Aging Center, Check-up Premium Center, Integrative Medicine Center, Aesthetic Dental Center, Mind Wellness Center, Personalized Medicine Center, Aesthetic and Skin Center, and Plastic-Hair Surgery Center. Each center is staffed by experienced professionals

who offer personalized treatments to cater to the unique needs of every individual. TRIA's holistic approach aims to improve overall health and well-being from the inside out.

Lastly, the fourth floor of TRIA Medical Wellness Center comprises social event venues and a restaurant, providing guests with the perfect space to host private events, business seminars, or weddings. The versatile venues can accommodate a variety of occasions, and a team of specialists is always ready to assist in creating memorable experiences.

With its exceptional commitment to personalized care, utilization of advanced technology, and comprehensive approach to wellness, TRIA Medical Wellness Center has rightfully earned the title of Asia-Pacific Wellness and Holistic Clinic of the Year 2023. This accolade solidifies TRIA's position as a leader in the field of medical wellness, reinforcing its dedication to promoting holistic health and well-being in every individual who walks through its doors.

# TRADITIONAL CHINESE MEDICINE CENTRE OF THE YEAR IN ASIA-PACIFIC

## THOMSON TCM

Since its establishment in 2018, Thomson TCM has steadily made a name for itself as a leading provider of Traditional Chinese Medicine (TCM) treatments in Malaysia. With unwavering dedication to excellence and a sincere commitment to holistic healing, the centre has garnered recognition for its integrative health and wellness approach, resonating with patients seeking alternative therapies that align with their well-being.

At Thomson TCM, our mission is simple: to be a trusted centre offering top-notch care and first-rate services that promote holistic healing. We believe in the power of TCM as a valuable component of Malaysia's healthcare system, and we strive to create an environment where patients can experience the benefits of this ancient practice in a modern context.

What sets Thomson TCM apart is our genuine focus on providing a wide range of alternative treatment options for various health conditions. Our team of highly qualified and experienced medical professionals, who have acquired their TCM training at reputable Chinese and Malaysian medical institutes, brings a wealth of knowledge and expertise to the centre. With their compassionate care and personalized treatment plans, tailored to each patient's unique needs, we aim to deliver comprehensive and effective healing.

Our centre boasts modern facilities, including 3 consultation rooms, 7 treatment rooms, and a well-equipped Chinese herbal dispensary. Here,



Irene Kwan

patients can experience a range of TCM therapies, including acupuncture, Tuina cupping, moxibustion, Gua Sha, and conventional Chinese herbal therapy. We have created a nurturing and comfortable environment to ensure our patients feel at ease throughout their healing journey.

Thomson TCM is committed to walking alongside our patients on their healing journeys, providing support, compassion, and genuine care every step of the way. In addition to our TCM services, we are dedicated to patient education and the development of natural and herbal products that complement our therapies. We firmly believe that knowledge is empowering,

and we strive to educate our patients about TCM principles, lifestyle adjustments, and self-care techniques. As part of our commitment to holistic wellness, we have curated our own line of natural and herbal products, including herbal heat pillows, raw herbs, herbal soups, and teas, which are easily accessible through online platforms nationwide.

Looking ahead, our vision is to expand our reach while remaining grounded in our commitment to patient-centred care. We aim to collaborate with private hospitals, beauty centres, and fitness establishments, forging partnerships that promote greater accessibility to our services and products. We understand that true healing extends beyond our centre's walls and we seek to integrate our expertise into the broader healthcare community.

The recognition we have received as the TCM Centre of the Year in Asia-Pacific for two consecutive years is humbling and serves as a reminder of the responsibility we carry. We are deeply grateful for the trust our patients place in us and the positive impact we have had on their lives. At Thomson TCM, we remain steadfast in our pursuit of excellence, continuously striving to provide exceptional care, holistic healing, and a trusted sanctuary for individuals seeking well-being.

# SEXUAL WELLNESS & BODY SCULPTING CLINIC OF THE YEAR IN ASIA-PACIFIC

## DR. JASMINE CLINIC

Dr. Jasmine Clinic recently bagged two awards at the GlobalHealth Asia-Pacific Clinic Awards. The famed aesthetic clinic which offers a wide range of aesthetic treatments from sexual wellness, body contouring, weight loss, and facial aesthetics to name a few, took home the prize for Sexual Wellness Clinic of the Year and Body Sculpting Clinic of the Year (both under the Asia-Pacific category).

Founded and led by Dr Jasmine and staffed with aesthetic personnel with more than 20 years of industry experience behind them, the win was well received.

“These wins are drive and execution coming to fruition. As an aesthetic clinic, we strove to provide service and treatments for patients that are unparalleled,” said Dr. Jasmine.

And strive they do. With the welfare of patients the number one priority, Dr Jasmine continually seeks new techniques and strategies to improve treatment modules. To date, she has formulated niche designer treatments uniquely tailored for a variety of problems.

This winner of Sexual Wellness Clinic and Body Sculpting Clinic of the Year in Asia-Pacific is the 1st clinic in Malaysia to be certified in the P shot and O shot procedure in 2014. Both stood for proprietary treatments meant for Erectile Dysfunction and improving female orgasms respectively.

As part of their sexual wellness treatment repertoire, Dr. Jasmine Clinic provides solutions for patients who need help with premature ejaculation, vaginal rejuvenation, designer vaginas, and penile enlargements. These



Dr Jasmine Ruth Yuvarani and Ms Yuvarani

procedures draw patients from all over the world including Singapore, Brunei, the Middle East, Australia, Europe and the USA.

When it comes to body sculpting, Dr. Jasmine believes that weight loss and body contouring should be a holistic approach. This includes counselling all the way up to their signature treatments.

With more than 20,000 motivated, satisfied and happy patients in her portfolio, Dr. Jasmine Clinic will continue to strive for a better and

higher quality treatments.

### Dr. Jasmine Clinic

Address: Suite G-03 Ground Floor  
Menara Tan and Tan

No 207 Jalan Tun Razak  
50400 KL

Contact : 0321815652 / 012-5516652

Email : contactus.djc@gmail.com

Website: www.drjasmineclinic.com

# WELLNESS SPA OF THE YEAR IN ASIA-PACIFIC

## 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, obstruct-ed “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 massage oils extracted



Ivan Tan

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.

# AESTHETIC AND MEDICAL SPA CENTRE OF THE YEAR IN ASIA-PACIFIC

## CLINIQUE LA PRAIRIE AESTHETICS & MEDICAL SPA

### Clinique La Prairie Aesthetics & Medical Spa

This exclusive medical spa and aesthetics centre is a luxurious haven of well-being and rejuvenation located on the 15th floor of The St. Regis Bangkok.

The first Clinique La Prairie flagship outside of Europe, Clinique La Prairie Aesthetics & Medical Spa Bangkok is privileged to be named Aesthetic and Medical Spa of the year, at the Global Health Asia-Pacific Awards 2023.

This clinic and spa is a state-of-the-art retreat that takes guests on a journey of transformative wellness, creating a personalized path to looking and feeling good.

Blissful wellbeing rituals eliminate stress and heal the body through non-invasive technologies, while lavish treatments support continuous transformation.

Clinique La Prairie is a name that has long been synonymous with health and longevity ever since the clinic was founded in Switzerland by Dr Paul Niehans and is proud to be the first flagship facility outside of Europe.

Championing Clinique La Prairie Longevity Hub's holistic philosophy of wellbeing, nutrition and healthcare, the exclusive destination offers discerning clients advanced diagnosis, longevity packs and experiences with

medical and aesthetic expertise from Clinique La Prairie, combined with the additional luxurious facilities of The St. Regis Bangkok. From doctor and nutrition consultations to body

composition analysis and personal training, Clinique La Prairie Bangkok offers clients an unrivalled experience of wellbeing, as recognised by the Global Health Asia-Pacific Awards 2023.



Kittipitch Watnoi Director of Spa and Wellness

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

## DR WEE CLINIC

Dr Wee Clinic is located in Johor Bahru and Iskandar Puteri, Johor, Malaysia, and provides individualised anti-aging care that crosses the spectrum of medical aesthetic, anti-aging 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-aging and regenerative medicine services. Dr Wee Clinic offers a variety of anti-aging treatment including comprehensive



Dr Wee Chian Chuan

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-aging clinic that offers full-fledged, non-invasive and minimally invasive procedures that include:

Anti-aging 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-aging wellness care.



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

## GLOSKIN AESTHETIC CLINIC

### GLOSKIN, The Art and Science of Beauty for Longevity

The world of anti-aging medicine continues to evolve and shift the paradigm of aging. Aging occurs naturally but aging is considered like a disease that can be prevented, treated and even reversed. The aging process can be detected by measuring or examining signs or changes that occur compared to before, which are referred to as biomarkers. Signs and symptoms if present, physical examination and biomarker tests related to the aging process should be explored in the early detection of aging. Now, aging is not an obstacle for humans to stay healthy, fit, and feel confident even though they have turned to chronological age that is no longer young.

Gloskin Aesthetic Clinic provides solutions for aging problems through a series of face and body treatments, which are the latest techniques that deliver natural results. Gloskin also conducts tests to determine biological age and aging speed through telomere examination. Advice and treatment can be performed based on this early detection. Gloskin is the first aesthetic clinic in Indonesia that provides world standards telomere examination. Gloskin helps to manage various age-related problems including skin disorder, pigmentation, acne, obesity, and hormonal imbalance. Gloskin uses a combination of treatments to rejuvenate the skin, ranging from hair damage until DNA level. Featured anti-aging treatments that are also provided include face contour with Gloskin Advanced Filler, Gloskin 3D - 6D Botox,



Dr Nanang Masrani

Gloskin Magic thread lift, Nose define thread lift, Acne and scars treatment, Beverly Hills Collagen Stimulator, Salmon DNA, 4G - Pico Laser for pigmentation and tattoo removal, PRP for anti-aging and hair loss, Hollywood face and body sculpting, Hormone replacement therapy and also best Vitamin Infusion.

Gloskin Aesthetic Clinic is a center for anti-aging, aesthetic and skincare founded by dr. Nanang Masrani, M.Biomed (AAM) on July 12, 2012 in Jakarta, Indonesia. Dr. Nanang has dedicated his life to aesthetic and anti-aging medicine since 2007. He studied Biomedical Science,

speciality on Anti-Aging Medicine, and received many certifications in the field of aesthetic medicine from South Korea, Europe and also the United States. Gloskin Aesthetic Clinic also powered by experienced expert doctors with national and international certifications.

Since its establishment, amazingly Gloskin has treated more than 65,000 patients. Gloskin is trusted by patients in Indonesia and internationally with various backgrounds ranging from housewife, entrepreneurs to public figures. Gloskin has 10 branches spread across several major cities in Indonesia including Jakarta, Tangerang, Bekasi, Surabaya, Bali, Balikpapan, Banjarmasin and Makassar. Gloskin has also won various awards in the field of anti-aging and aesthetic medicine over the years. Gloskin superteam will be very happy to help you in order to make you stay young and live a long healthy life.

# AESTHETIC CLINIC OF THE YEAR IN ASIA-PACIFIC

## DERMA EXPRESS

### Skin Care And Contouring With International Standard Doctors And at Affordable Prices

Derma Express, an aesthetics clinic with international-standard doctors, realizes that healthy appearance and skin are things that support various aspects of life. Derma Express believes that a proportionate face and healthy skin are an investment for the future.

Various treatments supported by advanced technology are also offered, such as facial treatment, mesoline, laser, rejuvenation, botox, fillers, and threadlifts using perfect lift threads that can tighten sagging skin, rejuvenate it, and stimulate collagen production with a durability of up to 2 years. They are painless and have obtained the greenlight from the Ministry of Health.

Some of the most popular treatments at Derma Express include the Nose Thread Lift by Perfect Lift for a more defined, taller, and proportionally sharp nose; the Spot Free Treatment, which functions to fade scars and chickenpox scars and treat stretch marks; and Triple Contouring, which can create the shape of the face into a gaunt or v-shape. There is no need to spend a lot of money on plastic surgery. In accordance with the tagline Cakep Terjangkau #DermaExpressAja, DexPeople can get a sharp nose and a proportionately slender face with only an affordable contouring treatment.

The team at Derma Express always provides safe, affordable, and quality treatment for all levels of society as a response to increasing quality of life standards and public perceptions



Dr Steven Eli

of physical appearance, which will increase self-confidence and performance in daily activities.

Derma Express currently has 13 branches in Utan Kayu (East Jakarta), Tawakal (West Jakarta), Serpong (Tangerang), Semarang, Depok, Medan, Bintaro, Bandung, Lombok, Muara Karang (North Jakarta), Cipete (South Jakarta), Batam, and Surabaya.

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# COSMETIC AND PLASTIC SURGERY SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## POLARIS PLASTIC & RECONSTRUCTIVE SURGERY

### Polaris Plastic & Reconstructive Surgery: Redefining Aesthetics and Rebuilding Lives

In the realm of plastic and reconstructive surgery, Polaris Plastic & Reconstructive Surgery stands out as a leading institution, offering exceptional expertise and tailored techniques. With a commitment to both aesthetic enhancement and functional restoration, Polaris has emerged as a beacon of hope for individuals seeking transformative changes in their appearance and those requiring healing through restorative reconstructive procedures.

### Leadership in Plastic & Reconstructive Surgery

Our distinguished surgeons are renowned for their expertise and unwavering commitment to patient care. Driven by a passion for excellence, the surgeons at Polaris bring together decades of experience, extensive training, a deep understanding of the intricacies of plastic and reconstructive procedures, and the synergies of teamwork.

The practice's cutting-edge facilities are equipped with state-of-the-art technology, ensuring that patients receive the highest standard of care. Polaris places a strong emphasis on personalized treatment plans, recognizing that each patient's needs are unique. By combining artistic vision with surgical precision, the team at Polaris aims to achieve natural-looking results that enhance a patient's inherent beauty while maintaining their individuality.

### Aesthetic Procedures at Polaris

Polaris Plastic & Reconstructive



Dr Adrian Ooi and Dr Pek Chong Han

Surgery offers a comprehensive range of aesthetic procedures designed to enhance and rejuvenate the face, breasts, body, and skin. From facelifts, rhinoplasty, and blepharoplasty to breast augmentation, liposuction, and tummy tucks, the clinic's surgeons employ the latest techniques to create harmonious and aesthetically pleasing outcomes.

Understanding that aesthetics is not a one-size-fits-all concept, the surgeons at Polaris prioritize open and honest communication with their patients. They take the time to listen to their patients' desires, concerns, and expectations, ensuring a collaborative approach throughout the surgical journey.

### Reconstructive Excellence

In addition to their expertise in aesthetic procedures, the surgeons at Polaris are highly skilled in reconstructive surgery. Utilizing a strong foundation in surgical principles as well as the latest techniques, they specialize in helping individuals who have suffered from cancer, congenital deformities, traumatic injuries, and other medical conditions that have left them with physical abnormalities or

functional impairments.

Polaris Plastic & Reconstructive Surgery offers a range of reconstructive procedures, including breast reconstruction after mastectomy, lymphedema treatment, head and neck reconstruction for restoration of appearance and function, truncan and extremity reconstruction, as well as scar revision, amongst many others. The team is dedicated to not only restoring physical appearance but also improving functionality, aiming to enhance patients' quality of life and overall well-being.

### Patient-Centric Approach

The clinic prioritizes the well-being and comfort of its patients at every step of the surgical process. From the initial consultation to post-operative care, the team at Polaris ensures that patients are well-informed, supported, and empowered to make confident decisions about their treatment.

The staff works closely with patients, addressing their concerns, providing comprehensive information, and offering ongoing support throughout their recovery journey. By fostering strong doctor-patient relationships, Polaris Plastic & Reconstructive Surgery strives to deliver the highest level of care and satisfaction.

- Orchard Boulevard #10-08 Camden Medical Centre, Singapore 248649
  - 3 Mount Elizabeth, #08-05 Mount Elizabeth Medical Centre, Singapore 228510
  - 6 Napier Rd, #08-01 Gleneagles Medical Center, Singapore 258499
- Tel: +65 6737 4565  
 Mobile: +65 8828 4565  
 Email: clinic@polarisplasticsurgery.com

# BODY SCULPTING MEDICAL CENTRE & COSMETIC AND PLASTIC SURGERY SERVICE PROVIDER OF THE YEAR IN ASIA-PACIFIC

## RATTINAN MEDICAL CENTER

Since its establishment in 1999, Rattinan Medical Center has been providing exceptional medical aesthetic and surgical body contouring treatments. Led by Dr Suthipong Treeratana, a renowned liposuction surgeon, the center has received recognition for having the highest number of BodyTite users, performing over 14,000 treatments.

In addition, Rattinan Medical Center was recently honored with the esteemed “Body Sculpting Medical Centre of the Year in Asia-Pacific 2023” award at the distinguished GlobalHealth Asia-Pacific Conference and Awards (2023). Furthermore, the center has been acknowledged as the leading provider of Cosmetic and Plastic Surgery Services in the Asia-Pacific region, earning the prestigious title of “Cosmetic and Plastic Surgery Service Provider of the Year in Asia-Pacific (2023).”

Dr Suthipong Treeratana, CEO and founder of Rattinan Medical Center, has been performing liposuction, corrective lipo, and Gynecomastia Surgery for over 24 years. His extensive experience and knowledge led him to successfully develop the proprietary 360° Body Contouring® technique.

This technique aims to achieve exceptional liposuction results by effectively removing fat cells and preventing future fat deposition in the treated area. Its objectives encompass fat removal, body contouring, and skin tightening, which collectively contribute to successful and optimal contouring outcomes.

Recognizing that each physique



Dr Rattinan Treeratana

is unique, Dr Suthipong Treeratana’s vast experience in utilizing various advanced liposuction technologies, such as Vaser, Water Jet, PAL, BodyTite, and other cutting-edge machines, has played a pivotal role in the development of the 360° Body Contouring® technique. After meticulous refinement, it has been determined that the most effective approach to achieve contouring results tailored to the distinct characteristics of each individual’s body is employing the PAL and BodyTite innovations.

Compared to traditional liposuction, the 360° Body Contouring® technique improves skin elasticity and minimizes scarring. It is a gentler and less traumatic procedure, resulting in faster recovery with reduced bruising and discomfort.

### Liposuction Correction/Revision

Botched liposuction procedures resulting in physical damage can have a profound impact on a person’s emotional well-being, leading to

feelings of anxiety and depression. This is well demonstrated by a case treated by Dr Suthipong.

The patient was a professional model whose career necessitated showcasing her body in various attire. Unfortunately, she had previously undergone liposuction elsewhere, which resulted in noticeable irregularities and indentations on her legs, significantly impacting her self-confidence. Consequently, she refrained from working for over two months. Eventually, she made the decision to seek corrective measures at Rattinan Medical Center.

Dr Suthipong meticulously adjusted the shape of her legs to achieve proportionality and symmetry. The objective was to instill confidence in the patient, enabling her to regain the motivation and reassurance necessary to resume her beloved career.

At Rattinan Medical Center, we take great pride in the certification of our body contouring and liposuction procedures by the AACI (Ambulatory Plastic Surgical Center) for two consecutive years. Our state-of-the-art Operating Theatre is equipped with advanced surgical equipment and operating room certification from the Ministry of Public Health.

Our team consists of experienced and qualified medical personnel led by Dr Suthipong and dedicated to ensuring the well-being of our patients from the moment they step into our clinic. We understand the importance of comprehensive care, which extends to post-operative support and guidance throughout the healing process.

# COSMETIC AND SURGICAL MEDICAL CENTRE OF THE YEAR IN ASIA-PACIFIC

## NIRUNDA CLINIC

**Nirunda believes that the purpose of plastic surgery is not only to improve the appearance, but also to bring changes in the mind to enhance overall quality of life.**

As the premier international clinic in Bangkok, Nirunda Clinic has provided top-quality cosmetic surgery and medical aesthetic services to help our patients live beautiful and healthy lives.

Catering to an international and discerning clientele, we offer extensive services and treatments, including skin treatments, cosmetic surgery, and fat transfer, using highly advanced medical technology. We also have a range of complementary services, such as minimally invasive body contouring, facial rejuvenation, and anti-ageing treatments.

### PREMIUM SERVICES

We understand the complex concerns that patients have to experience prior to their aesthetic procedures. Hence, Nirunda's priorities are ensuring the safety of our patients, results with comprehensive and personalized solutions accurately executed by our experienced specialists, who can effectively help individuals to achieve natural beauty.

Simultaneously, we offer premium personal services, full shuttle service from arrival to departure (i.e. airport fast track, pick-up service, private floor and lounge in our clinic and more) for the best comfort and elevated lifestyle experience in Thailand.

### INTERNATIONAL & JAPANESE STANDARD OPERATION FACILITIES

Nirunda is a fully accredited and free standing surgical facility that meets all the standards recognized by



**Phinyo Srikamhang, Dr Vorachai Chuenchompoonut, MD  
Dr Krittiporn Pengsuk, MD**

International and Japanese Association for Accreditation of Aesthetic Surgical Facilities.

The site has fully established contingency plans in place for unexpected power loss, with uninterruptible power supply and backup appliances. Procedures require that patients undergo anesthesia at the clinic, and then recover in our airy and hygienic recovery room, closely monitored by our anesthetists and practitioners.

Should patients require any medical attention, we are affiliated with leading JCI-accredited hospitals in Bangkok to accommodate them with quality care as quickly as possible.

### LATEST TECHNOLOGIES

At Nirunda, we pride ourselves on a wide variety of state-of-the-art, FDA-approved medical supplies and technology that allow us to offer each patient the best of the latest treatments in aesthetic care today.

### BOARD-CERTIFIED DOCTOR TEAM WITH INTERNATIONAL ACCREDITED AND EXPERIENCES

Our team of board-certified

dermatologists and surgeons, headed by Nirunda's president Dr Krittiporn Pengsuk and medical director Dr Vorachai Chuenchompoonut, is committed to providing expert medical care and after-care to our patients. The award presented was an affirmation of Nirunda Clinic's excellent service and care.

We have specialized facilities for complete, top- to-bottom cosmetic treatments with innovative techniques such as stem cell fat transfer by CAL, facial surgery, breast surgery, body surgery, anti-aging treatment, non-invasive procedures, and hair transplant.

### OVER 15 YEARS INTERNATIONAL CUSTOMER EXPERIENCES

Located in the Bangkok's prime area where most expats reside, Nirunda Plastic Surgery and Dermatology continuously pursues perfection in both medical and patient care by providing comprehensive beauty solutions with exclusive personal services.

With over 15 years of experience and expertise, we are specialized in the science of anti-aging and the art of beauty so that our clients can achieve sustainable youthful and natural beauty.

### INTERNATIONAL RECEPTIONIST

Our dedicated international receptionist team is experienced in meeting the cultural needs of overseas clients, providing foreign language communication, and translation services.

We facilitate overseas clients to undergo services at our clinic, including assisting and arranging transport to and from the hospital, both for them and their families, if required.

# FACE CONTOUR AND FACE LIFT (NON-SURGICAL) CENTRE OF THE YEAR IN ASIA-PACIFIC

## MIRACLE AESTHETIC CLINIC

### Leading the Way in Non-Surgical Face Lift Centre in Asia-Pacific

Miracle Aesthetic Clinic has become synonymous with consistent innovation in the field of aesthetic treatments. Through its unwavering commitment to pushing boundaries and embracing new advancements, the clinic has established itself as a pioneer in the industry. By prioritizing innovation, Miracle Aesthetic Clinic ensures clients have access to the most advanced and effective treatments.

At Miracle Aesthetic Clinic, innovation is not just a one-time occurrence but a continuous process. They understand the importance of staying at the forefront of the ever-evolving field of aesthetics. To achieve this, Miracle invests in ongoing research and development, keeping abreast of the latest technologies, techniques, and treatment modalities. By consistently exploring new frontiers, the clinic ensures that its clients receive the most cutting-edge and efficient treatments possible. This dedication to innovation extends beyond the treatments themselves. Miracle Aesthetic Clinic also focuses on enhancing the overall client experience and continually evaluates and improves its protocols, ensuring that clients receive top-notch care and personalized treatment plans tailored to their unique needs.

Among the wide range of treatments offered at Miracle Aesthetic Clinic, the non-surgical face-lift has emerged as a clear favorite among clients. This innovative procedure enables clients to achieve a rejuvenated



Dr Lanny Juniarti and Dr Amelia, M. Kes

and lifted appearance without resorting to invasive surgery. The team at the clinic effectively tightens the skin, reduces wrinkles, and improves overall facial contours by utilizing advanced techniques and technologies. The non-surgical face-lift treatment has garnered immense popularity due to its numerous advantages. Clients appreciate the no to minimal downtime associated with the procedure, allowing them to quickly resume their daily activities. Additionally, the non-surgical approach eliminates the risks and complications commonly associated with traditional surgical face-lifts, providing clients with a safe and effective alternative.

The non-surgical face-lift treatment at Miracle Aesthetic Clinic is tailored to each client's individual needs and

goals. The clinic's team of skilled professionals conducts thorough consultations, considering the client's concerns and desired outcomes. This personalized approach ensures that the treatment plan is customized to address specific areas of concern, resulting in natural-looking and long-lasting results.

Miracle Aesthetic Clinic offers a range of non-surgical face-lift treatments that have proven to be highly effective. One such treatment is **Ultherapy**, a non-invasive procedure that utilizes ultrasound technology to stimulate collagen production and lift the skin. This treatment is particularly effective for addressing sagging facial and neck skin. **Thread lifts** are another popular non-surgical face-lift option available at the Miracle. This procedure involves the insertion of dissolvable threads to lift and tighten sagging skin, resulting in a more youthful and lifted appearance.

Miracle Aesthetic Clinic's dedication to excellence and innovation has been recognized by the Global Health Asia-Pacific Awards. The clinic has been honored with the prestigious Face Lift (Non-surgical) of The Year in Asia-Pacific Award. This remarkable achievement highlights the clinic's outstanding contributions to the field of non-surgical face lifts. It serves as a testament to the clinic's unwavering commitment to delivering exceptional results and providing top-quality care to its clients.

# HAIR TRANSPLANT CLINIC AND PIONEER IN HAIRCARE INDUSTRY OF THE YEAR IN ASIA-PACIFIC

## DR SHAH HAIR CLINIC

At Dr. Shah Hair Clinic, we still believe consistency can indeed be a key factor in achieving success. By consistently working towards our goals, maintaining a steady effort, and staying committed, we increase our chances of making progress and reaching our goals. Consistency helps build habits, develop skills, and establish a strong foundation for long-term success. However, it is important to adapt and learn from experiences along the way, as circumstances and strategies may require adjustment.

Besides consistency, effective communication is also a factor in the success of our organisation as it allows a smooth flow of information and fosters collaboration and teamwork. Effective communication also ensures clarity of goals and expectations and promotes a positive work culture. Clear and open communication helps to reduce misunderstandings, resolves conflicts and builds strong working relationships among team members. Besides, it enables everyone to stay aligned with the organisation's vision and objectives, leading to improved productivity and overall success.

Above all, we also ensure that our employees are well-equipped with the necessary skills to meet industry standards. It is essential for maintaining competitiveness and achieving goals. We ensure that we invest in training and professional development opportunities, empower their skills, and stay up-to-date with the latest trends and advancements in their respective fields.

This not only enhances their individual performance but also



**Dr Shaharom Sulaiman**

strengthens the overall capabilities of the organisation. With all the training and talent development programmes towards a highly skilled workforce, we trust that our employees are ready to tackle challenges, innovate, and deliver high-quality services. All the efforts we make ultimately benefit patients and clients while ensuring they are treated with the latest technologies, techniques, and approaches, leading to enhanced outcomes and satisfaction for those we serve. Indirectly, we continuously establish a positive reputation for our organisation in the process.

Receiving an award is indeed a significant achievement for us and it comes with a great responsibility. With

such recognition comes an increased expectation to maintain and build upon the high standards that led to receiving the award. It signifies that our organisation has been recognised for its achievements and serves as a reminder of the high standard we have set for ourselves.

We embrace this achievement and it inspires us to do better, seek new ways to improve, and innovate. With this award, we will work harder to demonstrate a commitment to continuous improvement and a dedication to delivering even better outcomes for our patients and clients in the future.

# GYNECOMASTIA SURGERY CLINIC & LIPOSUCTION CLINIC OF THE YEAR IN ASIA-PACIFIC

## AMARIS B. CLINIC

Since its establishment in 2004, Amaris B. Clinic has embodied the belief that health and beauty are intertwined. Today, it is a leading multi-disciplinary practice, offering a comprehensive range of medical aesthetics, surgical body sculpting, and fitness-related services under one roof.

Led by the esteemed Dr Ivan Puah, his dedicated team of fully qualified OT-trained staff nurses and diverse healthcare professionals, like Myotherapist and Naturopath, is committed to providing exceptional care and delivering results.

### The Art and Science of Body Sculpting: Dr Ivan Puah

With nearly two decades of experience in body sculpting, Dr Ivan Puah, an MOH-accredited liposuction doctor and Chairman of the Lipo Peer Review Committee, firmly believes body sculpting is not merely about fat removal but it involves an artistic endeavour combining artistry, scientific knowledge, and technical skill.

Understanding that each patient possesses unique fat distribution, skin elasticity, and body anatomy, Dr Puah approaches body sculpting as a personalised journey. His unparalleled skills and experience allow him to create natural-looking body contours that enhance his patients' aesthetic appeal while prioritising their safety and wellbeing.

### Surgical Advancements: The 360 GTD® Technique for Gynecomastia Surgery

The 360° GTD technique developed by Dr Ivan Puah effectively reduces



Dr Ivan Puah receiving the Gynecomastia Surgery Clinic of the Year award

the invasive factor of the procedure, allowing a more desirable cosmetic outcome. An endoscopic-line incision, no bigger than 4mm, is first created to enable the infiltration of anaesthetic fluid on the area to be treated.

Through this incision, a 360° GTD is then performed carefully following the physiological disposition of the glandular tissues. Dr Puah will carefully remove stubborn fat with a specialised cannula, further contouring and sculpting the chest area to restore a natural-looking masculine body shape.

Amaris B. Clinic has been recognised as the Gynecomastia Surgery Clinic in APAC 2022 and 2023 a testament to Dr Puah's commitment

to excellence and patient satisfaction.

### MDC-Sculpt® Lipo: Unlocking Optimal Body Sculpting Results

At Amaris B. Clinic, Dr Ivan Puah has pioneered his proprietary MDC-Sculpt® Lipo technique, a transformative approach to achieving optimal body sculpting results. MDC stands for Multi-Dimensional Contouring and allows for comprehensive fat removal, precise body sculpting, and skin tightening.

Dr Ivan Puah's MDC-Sculpt® Lipo technique goes beyond traditional liposuction methods. This gentle, less-traumatic technique translates to faster recovery, reduced bruising, and enhanced patient comfort.



Amaris B. Clinic was awarded The “Body Sculpting Medical Centre Of The Year In Asia-Pacific” for four years in a row from 2019 to 2022. This year, they received the “Liposuction Clinic Of The Year In Asia-Pacific.”

**Experience Excellence at Amaris B. Clinic**

Amaris B Clinic’s forte lies in body sculpting - surgically removing stubborn fat pockets to sculpt and shape different areas of the body through a variety and combination of services offered.

Amaris B. Clinic received recognition as the Body Sculpting Clinic of the Year in Asia-Pacific in 2022, 2021, 2020, and 2019. The clinic was also awarded “2022 Gynecomastia Clinic of the Year in Asia-Pacific”, and “2020 Integrated Healthcare Medical Centre of the Year in the Asia-Pacific” by GlobalHealth Asia-Pacific. The clinic has also bagged the Best Innovative Treatments for Dr. Ivan Puah’s proprietary liposuction technique, VASER Lipo With MDC-sculpt® Lipo Technique from Daily Vanity’s Spa & Hair Awards in 2022 and 2021, and Honeycombers’ Love Local Awards 2021 - Editor’s Choice Winner: Best Aesthetics Clinic In Singapore.

The clinic’s signature treatments include:

- Fat Grafting
- Axillary Accessory Breast Removal
- Corrective Liposuction (Lipo Revision)
- Myotherapy
- Sports Aesthetics
- Skin Management



Dr Ivan Puah receiving the Liposuction Clinic of the Year award

We invite you to embark on a transformative journey with Amaris B. Clinic, where expertise, innovation, and personalised care converge. Its dedicated and professional team is committed to helping you achieve your aesthetic goals while prioritising your wellbeing.

Contact Amaris B. Clinic today to schedule a consultation and discover how their award-winning services can unlock the best version of you.

**Amaris B. Clinic**

An aesthetics, fitness & sculpting surgery clinic by Dr Ivan Puah  
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 140 Arab Street, Singapore 199827  
 +6565364211 / +6562961416 (Call)  
 +65 9152 4140 (WhatsApp)  
[customer@amaris-b.com](mailto:customer@amaris-b.com)  
 Open on Weekdays: 9:30am - 7pm  
 Alternate Saturdays: 9am - 5pm  
 Closed on Sundays & Public Holidays  
 Follow us @amarisbclinic

# HAIR TRANSPLANT CLINIC, PIONEER IN HAIRCARE INDUSTRY, WOMAN INNOVATOR AND MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA-PACIFIC

## KLINIK DR INDER

### Beauty is a Right Not A Privilege

A trusted resource. A supportive team. A clinic devoted to elevating your confidence and self-esteem. Klinik Dr Inder located in Petaling Jaya has all these excellent attributes and more with a goal of facilitating beautiful transformations with the power to change lives for good.

Founded by Datuk Dr Inder, who has more than 25 years of experience in Aesthetic medicine and Hair Restoration, Klinik Dr Inder is once again a winner of 4 prestigious awards at the Global Health Asia-Pacific 2023 Awards Ceremony. We are indeed proud to be the 2023 Winner in Asia-Pacific for the Medical Aesthetic Clinic Of The Year, Hair Transplant Clinic Of The Year, Woman Innovator In Hair Care Industry and Pioneer In Haircare Industry. We would like to thank Global Health Asia-Pacific for recognizing Klinik Dr Inder as a top clinic. The multiple awards that we received in Hair Transplant and Hair Care further strengthen Klinik Dr Inder position as the highest Authority in Hair Transplant in Asia-Pacific. Klinik Dr Inder is more than a place to get aesthetic or hair restoration treatments. It's an opportunity for you to match your outward appearance with your inner vitality. It's a resource for life-changing information and boosting your confidence. It's a family of talented professionals devoted to helping you express yourself. If you are looking for acne treatment, you want to lose some inches or you are looking



Dr Lina Ann Devasagayam

for a hair restoration solution, Klinik Dr Inder can provide you with world-class and tailor-made solutions for you.

Our mission at Klinik Dr Inder is very simple, says Dr Datuk Dr Inder: "Glow with Confidence." The Klinik Dr Inder Aesthetic team wants everyone to be able to glow with the confidence that comes from knowing their outer beauty matches their inner beauty. By boosting patients' self-image and self-esteem with the pinnacle of modern cosmetic treatments, we give them the tools to make positive life changes. Each team member has undergone rigorous training and is deeply compassionate to help you achieve your fullest potential. Put simply, Klinik Dr Inder's ultimate goal is to bring change to your life.

Klinik Dr Inder believes that beauty is your right. Our aim is to be your most trusted partner in this journey.

As the founder and fearless leader of Klinik Dr Inder, Datuk Dr Inder is innovating the way to provide natural-looking results without surgery. Her professional experience is extensive, with more than 25 years working in both surgical and non-surgical medical disciplines. She is a diplomate of the American Board of Hair Restoration Surgery, a fellow of the International Society of Hair Restoration Surgery, a master injector with a passion for continuing education in the aesthetics and hair restoration field in order to provide her clients with the highest quality of care. The team at Klinik Dr Inder makes the difference. Dr Inder's team really does it all! From pleasant welcoming staff and effective therapies to our talented doctors, at Klinik Dr Inder we are all masters of our craft. Our talented professionals are committed to helping you reach your personal wellness and beauty goals.

# ANTI-AGING CLINIC & MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA-PACIFIC

## ANNA HOO CLINIC

Anna Hoo Clinic is a multi-award-winning anti-aging medical clinic in Malaysia that specializes in helping individuals prevent, slow down, or reverse the aging process through a range of treatments and services. Their personalized, safe, and scientifically proven medical approach tailors their services to each patient's specific needs and goals.

The clinic's doctors are extensively trained in anti-aging and medical aesthetics, making them the go-to clinic for those seeking to reverse methylation dysfunction, mitochondrial dysfunction, hormonal deficiency, chronic inflammation, oxidative stress, and environmental factors such as pollution and exposure to toxins. They work closely with their patients to assist them in planning and achieving their health goals, ensuring a fulfilling life through optimal health as they age.

In the medical aesthetic field, Anna Hoo Clinic takes pride in providing personalized, safe, and scientifically proven aesthetic treatment. Their focus is on beautifying the facial features from the external appearance and aligning the external facial part with the internal emotional status to help patients improve their confidence and function better in their social circle. They offer a range of treatment options, including injectables like Botox and hyaluronic acid fillers, energy-based devices, platelet-rich plasma, and thread treatment.

What sets Anna Hoo Clinic apart from other anti-aging and medical aesthetic clinics is their Total Anti-



Dr Anna Hoo

aging solution. Their medical doctors consult, assess, plan the treatment plan, and execute the treatment planning to help patients from the inside out. They don't just stop and reverse the aging process; they also assist in improving the patient's emotional status, allowing them to function better and live a more fulfilling life.

Patient safety and experience are top priorities at Anna Hoo Clinic. They only select safe treatments with scientifically proven studies and reproducible results. They perform a thorough consultation and assessment to tailor the treatment plan to each patient's lifestyle, physical, emotional, and social

health. They hold training sessions every other week to ensure that their staff is equipped with the latest know-how, and they use root cause analysis to improve clinic waiting time, CPR response time, and early recognition of treatment complications.

Anna Hoo Clinic's commitment to excellence has been recognized through multiple awards, including the Business Excellence - The Brand Laureate Prominent Award, Golden Eagles Award from the Nan Yang Press, Sin Chew Press Business Excellence Award, and The Golden Bull Award. They also received the Malaysia Health & Wellness Brand Awards 2019 - Wellness and Institutional Category for their exceptional wellness services.

In conclusion, Anna Hoo Clinic offers a range of anti-aging and medical aesthetic services that are personalized and scientifically proven to help patients achieve optimal health and a more fulfilling life. Their focus on patient safety, experience, and total anti-aging solutions sets them apart from other clinics, and their commitment to excellence has been recognized through multiple awards.

Join us at Anna Hoo Clinic and discover the secret to a fulfilling life through optimal health and personalized aesthetic treatments.

# MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA-PACIFIC

## VIDASKIN

VIDASKIN Medical Aesthetics Clinic was founded by Dr Vicki Leong in 2015. Within a few years, the clinic has flourished under her guidance, earning recognition as a leading practitioner in the field of medical aesthetics. Dr Vicki's meticulous practices and forward-thinking approach have propelled her to the forefront of the industry.

As a highly esteemed figure in the field of medical aesthetics, Dr Vicki has earned a well-deserved reputation as a respected trainer for several premium aesthetic brands. Her expertise and exceptional skills have garnered admiration from both peers and aspiring young doctors, leading them to seek the opportunity to understudy her. Her extensive knowledge and meticulous practices set her apart as a role model and mentor. Under her guidance, aspiring doctors have the opportunity to witness firsthand the mastery required to excel in the field.

The birth of VIDASKIN stemmed from a profound vision – a platform where patients could access unbiased, authentic information about medical treatments in the aesthetics realm. Dr Vicki's commitment to her patients knows no bounds, as she consistently selects treatments that represent the pinnacle of excellence within their respective categories.

Not only is she the first and sole female Allergan Trainer in her generation, she is also a pioneer Ultherapy See-Plan-Treat Trainer, and a Thermage Key Opinion Leader. These accolades exemplify her profound impact on the field and her



Dr Vicki Leong

commitment to advancing medical aesthetics.

This year, Dr Vicki has once again led VIDASKIN Medical Aesthetic Clinic to receive the coveted title of "Medical Aesthetic Clinic of The Year in Asia-Pacific" from Global Health Asia-Pacific. This achievement marks four consecutive years of recognition—a milestone that fills her with deep gratitude.

Dr Vicki firmly believes that transformative beauty begins with a healthy and joyful lifestyle. She believes in providing safe, natural yet impactful, and effective treatments that address not only her patients' physical concerns

but also their psychological well-being and confidence.

When prioritizing investments in treatment technologies, she exclusively partners with industry leaders who possess unrivaled safety and efficacy records. By utilizing only original, FDA-cleared treatments, she ensures her patients receive the highest standard of care. VIDASKIN was the first clinic in Singapore to offer the Thermage FLX treatment, and its continued utilization of this technology has allowed Dr Vicki to hone her techniques, delivering superior results.

VIDASKIN is embarking on an exciting new chapter soon and will be welcoming the arrival of a skilled and respectable doctor who will play a pivotal role in expanding and enhancing the aesthetic services in Singapore. Along with the expansion, the clinic remains dedicated to maintaining the highest standards of professionalism, ensuring that each patient's journey is characterized by meticulous attention to detail and tailored care plans. Both current and prospective patients can look forward to an elevated level of service and an expanded suite of treatments.

In the realm of medical aesthetics, VIDASKIN and Dr Vicki Leong stand as beacons of excellence, redefining beauty and empowering individuals to embark on a transformative journey. With her unwavering dedication, exceptional treatments, and genuine care, Dr Vicki continues to shape the landscape of medical aesthetics.



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the world confidently  
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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 ASIA-PACIFIC

## SLC CLINIC

Achieving greatness once again on the world stage, SLC Clinic continues to uphold the saying “Harder than getting it is maintaining it.” This statement seems to imply that the chances of attaining success become increasingly distant each time. However, for SLC Clinic, it is not an insurmountable feat. Whenever a challenge presents itself, SLC Clinic is ready to leap forward. Whenever the world undergoes a transformation, SLC Clinic consistently leads the trends, aiming to maintain its position as the premier provider of aesthetic services for the longest period. This year, SLC Clinic has successfully achieved that goal for the second consecutive year.

Winning the MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA-PACIFIC award reflects the high-quality results achieved through the dedicated efforts of SLC Clinic. Whether it’s the development of signature techniques designed by our team of doctors to tailor treatments to different needs and concerns or the continuous pursuit of innovation and cutting-edge technologies, SLC Clinic has positioned itself at a distinctive point. In 2023, SLC Clinic enters a new phase, being at the forefront of introducing new innovations and highly effective modern technologies, providing the first services of their kind in Thailand. This is to meet the demands of a new generation of service users who value speed and tangible results.

For instance, the truSculpt iD fat reduction innovation allows individuals to effortlessly listen to relaxing music for just 15 minutes while simultaneously eliminating excess fat and tightening the skin. Being the first to introduce innovative



Dr Kampanart Tangamatakul, Dr Thirachai Warunyooratana, Dr Kris Anantakool and Dr Sivata Luanraksa

body reshaping techniques in Thailand has earned SLC Clinic the award for The First Installation Base of truSculpt iD in Thailand, bestowed by Astara Co., Ltd. and Cutera, the manufacturer of truSculpt iD machines.

In the same year, SLC Clinic also became the first to provide the 15 Minutes Balloon, a weight loss method that involves swallowing a balloon. The aim is to make balloon swallowing a simpler, more convenient, and more comfortable process than ever before. This innovation overcomes all the limitations of previous balloon swallowing methods, as the tiny self-inflating capsule makes it easy for clients to swallow within 15 minutes. There is no need for sedation, endoscopy, or balloon refilling. Progress

can be monitored continuously through an application, and the texture of the balloon is much softer than traditional silicone balloons, reducing discomfort in the digestive system and providing a more comfortable experience for clients. Furthermore, clients can rest assured as X-ray imaging is used to ensure the highest level of safety during the positioning of the balloon. Real-time guidance from a team of gastrointestinal physicians and personalized programs designed by nutritionists also assists clients in effectively and sustainably achieving their weight loss goals.



# MEDICAL AESTHETIC CLINIC OF THE YEAR IN MALAYSIA

## MX CLINIC

The journey to true confidence begins with a single step. At MX Clinic, we're ready to take that journey with you. Our skin experts and nurses are professional, highly trained and passionate about helping clients to reach their aesthetic goals. We believe that improving skin's health is more than just restoring natural beauty, it's about enhancing overall confidence and vitality from the inside out.

We specialise in a wide range of treatments and procedures designed to help our clients look and feel their very best. We take pride in being an ethical, safe and professional aesthetic clinic. With MX Clinic it's always about creating unique, comforting and tranquil experience for our clients. We are the market leading aesthetic clinic in Malaysia with the latest cutting edge and most advanced technology devices namely Thermage, Ultherapy, Picosure, Picoway, Potenza and Elite IO. In MX Clinic, we want our clients to experience the latest aesthetic technology and techniques all tailored to their individual goals. Guided by expert hands in a bespoke and caring environment, we want them to be empowered to look and feel their confident best.

Currently with 7 branches in



Dr Usha Hoh, CEO & Senior Medical Director

Southern Malaysia within a span of 5 years, we are going on strong in launching new ones real soon. Our goals are focused on preventing the signs of ageing and maintaining the youthful glow by reversing, repairing and restoring the skin to achieve a naturally radiant, healthy looking complexion that stands the test of time. With us, it has always been a personalised treatment, be it for skin health improvement to facial sculpting, facial lifting and tightening, weight management and holistic approach on wellness. MX Clinic has been well recognized for its efforts in creating an environment where individual differences are valued, allowing individuals to achieve and contribute to their fullest potentials.

MX Clinic is a multi award winning aesthetic clinic in Malaysia with Neoasia Prohilo Platinum Awards, Allergan Facial Aesthetic Appreciation

Award, Rejuran Malaysia No.1, Merz Portfolio Golden Record Award, Malaysia No.1 & Asia-Pacific Runner Up and Global Health Asia-Pacific Award For The Best Medical Aesthetic Clinic In Malaysia for the Year 2022/2023.

We have a reputable team of physicians who are not only well-qualified, but also very experienced in their respective fields. They are supported by a team of dedicated medical professionals from various specialized disciplines. Many of our doctors are global trainers and Key Opinion Leaders for Merz Aesthetics, Allergan Aesthetics and Rejuran.

Contact:

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Email: [enquiry@mxclinic.com.my](mailto:enquiry@mxclinic.com.my)

# MEDICAL AESTHETIC CLINIC OF THE YEAR IN INDONESIA

## JADE AESTHETIC CLINIC

Dr Jennifer Patra started Jade Aesthetic Clinic in 2017, and since then it has vastly expanded due to the popularity of its face sculpting, skin and body treatments. The clinic provides personalized treatments, fulfilling every patient's request by offering expert services.

To ensure patients are satisfied, Jade Aesthetic Clinic provides a premium aesthetic experience that leads to natural results while maintaining the highest standards in terms of service and safety protocols. Jade Aesthetic Clinic offers a wide range of face and body contouring treatments to fulfil the most unique needs and preferences of each patient. This is done with the help of qualified medical professionals, modern equipment, and a well-trained team.

Botox and filler injections, face tightening procedures, weight-loss programmes, and other aesthetic treatments for the skin and hair are all available. Jade Aesthetic Clinic combines the most sophisticated medical knowledge, with the most modern and cutting-edge technology, ensuring complete treatment safety. We work hard to provide care that fully satisfies all patients' demands.

Jade Aesthetic Clinic is highly recognised for its excellent procedures, including Botox and fillers that look natural without being overdone. The effectiveness of a filler treatment depends on the expertise of the doctor administering it and the reputation of the products. At the clinic, we provide one of the best tightening technologies: Thermage



Sapto

FLX. This treatment is safe and has been approved by the American Food and Drug Administration (FDA). Collagen and elastin will be triggered by the heat delivery, resulting in a tightened face that will look refreshed, while fine lines will be diminished.

Many patients benefit from the modern technology in the aesthetic industry because they will offer an alternative to surgery. SculpSure, Thermage FLX, Ultralift, and Picoway Laser are just a few of the beauty technologies that are currently available at Jade Aesthetic Clinic. These procedures are well known because they lead to fantastic outcomes and are very safe. Numerous medical papers from all around the world have been published regarding these treatments

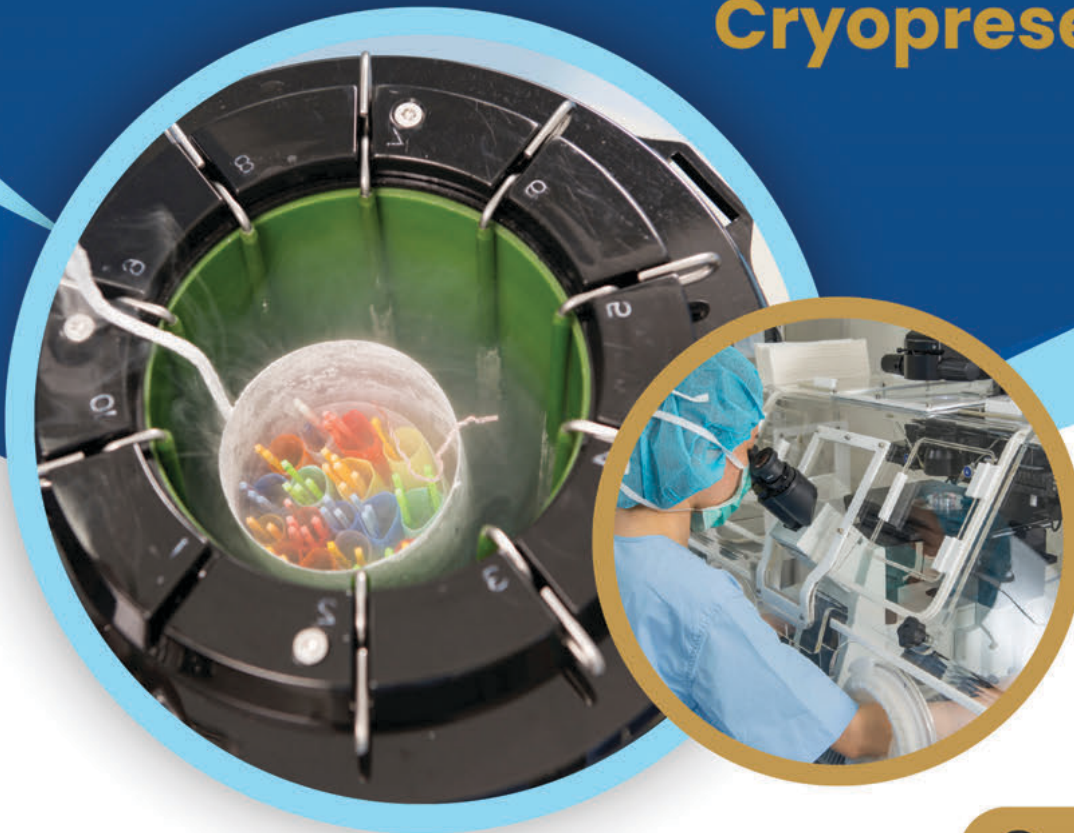
to support their efficacy and safety. All these procedures have received FDA approval and require little downtime. Jade Aesthetic Clinic uses all these technologies and is honoured to have been recognised as one of the top three most preferred clinics for Thermage FLX in Indonesia.

We are dedicated to continue providing the greatest care, from having the latest and safest beauty technologies to giving the premium services that give patients comfort and maximise outcomes. Thank you to the award committee for recognising and acknowledging all the work we have done. We would also like to thank our dedicated team for all the hard work and our loyal clients who have given love and support that led to this award.



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## Anna Hoo Clinic *Enhancing Lives*

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, aging sign, or simply skin pigmentation may be perceived to be minor but undeniably impactful.

**Anna Hoo Clinic** is here to help.

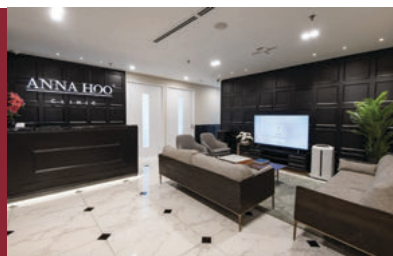
The team at Anna Hoo Clinic consists of certified and experienced doctors who have undergone extensive training in medical aesthetics. Being in the forefront of medical aesthetic allows the team to offer the best care in **facial aesthetic** and **body treatment, health and wellness** preservation to its patients.



*From Left to Right :*  
 Dr. Ian Tan  
 Dr. Anna Hoo  
 Dr. William Hoo  
 Dr. Eileen Cheah  
 Dr. Joyce Hii



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