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What to know about Colorectal Cancer?



Dr Ragu Ramasamy,
Colorectal Cancer Surgeon
Avisena Specialist Hospital



Colorectal cancer is one of the most prevalent cancers in both men and women worldwide and it is the second most common cancer in Malaysia. According to the Malaysia Cancer National Registry Report (2012-2016), 60% – 65% of cancers are diagnosed at a late stage. Colorectal cancer is one of the cancers which can be detected early through screening and if it is detected early, it can often be cured. Most colorectal cancers begin as non-cancerous growths or polyps, however, overtime the polyps can become colon cancer. Colonic polyps can be identified and removed during colonoscopy (polypectomy), preventing polyps from becoming colon cancer.

Who is at risk?



> 50 years old



Family history of colorectal cancer



Chronic disease, including type 2 diabetes or obesity



History of colon polyps or inflammatory bowel disease



Unhealthy lifestyle – low fibre/high fat diet, smoking, drinking alcohol, sedentary lifestyle.

What are the early symptoms you should look out for?



Persistent change in bowel habits



Bleeding from bottom/ blood in your stool



Narrowed stools



Persistent weakness



Persistent abdominal or fatigue discomfort



Unexplained weight loss

“Early symptoms are never early enough”

- Dr. Ragu Ramasamy

Screening

It is best to get your colon screen when you reach the age of 50. The types of screening include:

a. Faecal occult blood testing (FOBT)

A test to check stool (solid waste) for blood that can be seen only with a microscope.

b. Colonoscopy

A procedure to look inside the rectum and entire colon for polyps, abnormal areas, or cancer, and remove any abnormal tissues.

“Evidence is emerging that the incidence of colorectal cancer is increasing in young adults”

- Dr. Ragu Ramasamy

To find out more information on Colorectal Cancer, kindly contact us at +603-5515 1888

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LETTER FROM THE EDITOR

Probiotics are all the rage — supplements, foods, and even beauty products tout their powerful health benefits, hinting at their potential to protect us from a host of diseases by strengthening the microbes in our gut, also called the microbiome.



In this issue, we talked to a microbiome expert who helped us understand how the promising field of gut microbe management could lead to better health, but we also learn that the challenges in devising workable clinical applications still make this a work in progress. The reality is that, in most cases, a healthy diet is probably still your best choice, instead of splashing out loads of cash on probiotic supplements.

We also highlight the health benefits of reading, especially if it's non-digital. Books and the written world in general can help broaden your horizons, make you more relaxed, and get you dreaming about the future, while also improving your quality of life. On top of that, one study shows that people who read books for more than three and a half hours a week live longer than non-book readers — another good reason to make a habit of it.

In a Q&A with an abortion expert, we shed light on the use of medications to terminate pregnancies — a safe procedure that most people can undergo, unless certain medical conditions make it unsuitable.

Gabriele Bettinazzi
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Medical Centre and Aesthetic Clinic Awards 2023

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THE RITZ-CARLTON
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Gleneagles Hospital
KUALA LUMPUR

The mighty Prostate



Written by

Dr. Navin Datesh Daneshwar

Consultant Urology
Gleneagles Hospital Kuala Lumpur

The prostate is a very important part of the sexual health in a man. It's central to the ejaculatory process and despite its small size, it has a mammoth function and responsibility.

The ejaculatory process involves mixing the prostatic secretions with sperm from the seminal vesicles, ejecting them into the urethra, closing the bladder neck to ensure no urine comes in contact with the sperm and the man doesn't ejaculate urine. The acidity of the urine can be fatal to the spermatozoa.

Now the prostate contains essentially 2 components. A glandular portion which is the major part of the gland and the other muscular component which is responsible for the function of ejaculation, micturition control etc. About 1/3rd of the prostate is fibromuscular. For years now it has been the principle of management of the Prostate related urinary problems to treat the muscular component in the first instance. So its not new that we know that treating the muscular component rather than the glandular component can alleviate the urinary dysfunction an ageing man suffers from. Of course the pretext has been that the glandular component is enlarged thus narrowing the urethra and since the muscular opponent is what is compressed against each other, relaxing it offers relief.

This has been great for decades as it has allowed men to urinate with ease and has prevented many millions of men from needing invasive surgery and suffering kidney issues because of chronic urinary retention. But the treatment has come with a price.

The drugs have their own set of side effects albeit not severe but cause a significant percentage of ejaculatory dysfunction leading to overall sexual dysfunction. Men usually suffer from retrograde ejaculation when they are on alpha blockers and it is such a common thing that some of use even fail to warn the patient about this potential complication because well there is no choice but to love with it. Why? Well if you dont take medications then you will need surgery and surgery has almost a 100% risk of retrograde ejaculation. Thus it is safe to assume the patient may have no choice but to accept the ejaculatory dysfunction.

However I feel now that it was not fair to assume that. There is enough evidence to prove that ejaculatory disorders have a negative effect on a man's sexuality, erectile function and overall orgasm. Many patients have complained of ED when on alpha blockers when that is not known to be a side effect of an alpha blocker per se. ED is what the common will refer their problem as when they have any sort of sexual dysfunction.

Sexual dysfunctions can be:

- No ejaculation,
- Fast ejaculation,
- Retrograde (backward) ejaculation,
- Inability to get an erection,
- Inability to maintain an erection,
- Painful ejaculation,
- Lack to sensation over the glans for penile head and so forth.

Its complex and just maybe as urologist we don't pay enough attention to the sexual component of managing prostate enlargement or prostatism (The symptom of prostatism is decreased urinary force due to obstruction of flow through the prostate gland and the causes of this maybe benign prostatic hyperplasia (BPH), prostatitis or even prostate cancer)

So now we have an enlarged prostate on sonography or a person who urinates like he has an enlarged prostate but his sonography shows the prostate as being in the normal size range. What do you then do? Well firstly the point to remember is the principle of management of prostatism.

You only manage actively if the patient is bothered by the symptoms he is enduring.

This means the urinary habit he says affects his quality of life negatively.

You do not treat the size solely just because its large on standard sonographic examination.

Prostate sizes vary based on ethnicity and various other environmental factors.

Size is important to make a more intricate decision on management strategies for a man who is bothered or is suffering a complication of prostate enlargement.

In summary:

- 1 The prostate is a sexual gland
- 2 The prostate plays a central role in ejaculation
- 3 Prostate problems, commonly believed to be enlargement, affect most men after a certain age.
- 4 The treatment of the prostate involves a muscle relaxant for its 20% muscular component in the first instance.
- 5 Ejaculatory dysfunction leads to sexual dysfunction and that is a common side effect of both medications and surgery for the prostate.

- 6 Sonographic enlargement of the prostate is subjective and needs no treatment unless associated with bothersome urinary symptoms or complications of urinary retention.
- 7 Size matters most when deciding on how to treat when and only treatment is required.
- 8 You don't treat a prostate just because its enlarged on an ultrasound.

So the point to remember is that not all changes in your urinary habits are directly related to prostate enlargement per se. The prostate can cause a blockade in the urinary tract for various reasons which include BPH, Prostate inflammation and even prostate cancer.

Your friendly urologist should be well equipped to advise which disease it most likely is and thus finding a remedy should be possible so that you can have a better quality of life.



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NORMAL PROSTATE

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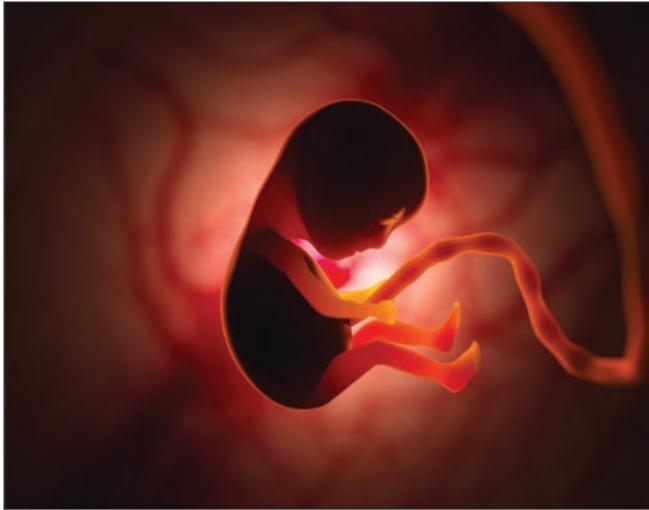
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Q: What's a medical abortion and how does it work?

A: A medical abortion is a safe and effective method of terminating a pregnancy using medications rather than surgery. It's a two-stage process involving first taking one mifepristone (200 mg) tablet which blocks the action of progesterone, a hormone which makes the lining of the uterus suitable for a fertilised egg and supports continuation of a pregnancy. This is followed 24-48 hours later by taking four 200mcg tablets of misoprostol, a synthetic prostaglandin which softens the cervix and causes contractions of the uterus to expel the pregnancy.

A medical abortion is similar to a miscarriage, with cramping pain starting within one to four hours of taking misoprostol followed by bleeding which is usually heavier than normal menstruation. The bleeding generally settles after the pregnancy is passed and remains similar to menstruation for five to seven days before gradually decreasing over the next two weeks or more. It is important to have follow-up two to three weeks after the medication to make sure the process has been successful. It can be important to have a support person present, and pain killers and anti-nausea medications are often provided.

Q: What are the risks of undergoing a medical abortion?

A: Complications are uncommon. However, it's important for people to understand the expected effects of the medications and when to seek medical advice if needed. The most common complication is called incomplete abortion or retained products of conception when the pregnancy has been expelled but some pregnancy-related tissue remains in the

uterus. Around three to five percent of those having a medical abortion require a surgical procedure, although sometimes it can be treated by an extra dose of misoprostol or it can resolve itself. There can be other less likely complications, such as ongoing pregnancy, bleeding, or infection.

Q: In which cases are people not able to undergo it and why?

A: Most people can have a medical abortion. However, there are some medical conditions which make it unsuitable, including having a bleeding disorder or taking anticoagulants, using oral corticosteroids (because the mifepristone can reduce its effectiveness) and allergy to the medications. People with severe anaemia, insulin-dependent diabetes, ischaemic heart disease, or severe kidney or lung disease need specialist advice.

Q: How does it compare to surgical abortion?

A: Surgical abortion up to 12 to 14 weeks is similarly a low-risk procedure which involves gentle suction to remove the pregnancy from the uterus. The procedure takes between five to 15 minutes and is usually performed under intravenous sedation or local anaesthesia. It is associated with less pain than a medical abortion and is quicker. It has a high success rate with less than one percent of surgical abortions requiring a subsequent surgical procedure for retained products of conception. Surgical abortion occurs in a clinical facility and can be more costly and difficult to access than medical abortion which usually occurs at home. Medical abortion is seen as a more natural and less medical process which provides more autonomy and convenience, e.g., for those in rural or remote areas or who are looking after small children at home. People with medical conditions which increase the risks of anaesthesia, such as obesity, are generally recommended to have a medical rather than a surgical abortion, but for those where the gestation is beyond nine or 12 weeks (depending on local regulations) and where medical abortion is unsuitable, a surgical procedure will generally be needed.

Neither medical or surgical abortion affect the ability to become pregnant or bear a child in the future, and fertility returns immediately, with the chance of pregnancy returning within days, so contraception planning can be important to consider.

Dr Deborah Bateson

Dr Deborah Bateson is Professor of Practice in the Faculty of Medicine and Health at The University of Sydney in Australia and an expert in safe abortion care.

Let's Welcome



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You Ask, They Answer



Q: What are invisible braces or Aligners and are they a game changer?

A: Invisible braces are a technological leap in dentistry. Some of the reasons people wear braces are to improve their appearance by straightening crooked teeth, improve their ability to chew, or make it easier to maintain and clean their teeth.

Braces 'move' teeth and traditional braces move teeth using a wire and brackets fixed on individual teeth which then are manipulated to move teeth in the planned direction.

Invisible braces are a removable appliance made of a special medical grade plastic which fits over the teeth. The term "invisible" comes from the fact that these appliances or aligners are transparent. Once they sit over your teeth, they can hardly be seen compared to traditional braces which have brackets attached to each tooth and are much more visible.

Q: Are they effective and reliable?

A: The basis of Aligner technology is cad/cam technology, digital scanning, and a powerful AI. The last few years have seen a tremendous advancement in all these areas. This means that the ability for aligners to move teeth in a specified way is now very reliable. Success rates are very high even in cases that used to be too complex for aligners before.

The ability to use technology to simulate outcomes before even starting treatment has been a game changer. The accuracy and reliability of these simulators are remarkable. Orthodontic Specialists and practitioners with aligner training

and experience can use these simulators and incorporate them into their treatment planning to ensure great results for patients.

Q: What are some of the advantages of invisible braces?

A: Visibility - Not easily visible when in use.

Hygiene - It is much easier to maintain dental hygiene with aligners compared to traditional braces because aligners can be removed and the teeth can be brushed and flossed normally.

Eating - It is less cumbersome to eat because aligners are removed while eating. The usual difficulty of food getting trapped with normal braces is avoided here.

Fewer visits - The aligners are given as a set in sequences and do not usually need as many visits as traditional braces. Movement occurs with the changing of the aligners which is done at home rather than having to visit the dental office to adjust the traditional braces.

Q: Can invisible braces always replace traditional braces?

A: Up till a few years ago, many complex movements were beyond what invisible braces could do. However, the improvements in digital technology and materials have enabled invisible braces to complete much more complex movements and, in some cases, in an even more controlled way. There are still some situations which are best treated with traditional braces, and it's always best to seek a consultation to see which option is best for you. Today, more and more orthodontic cases can be completed successfully using invisible braces.

Q: Which would be more suitable for an international patient?

A: Traditional braces are usually not recommended for patients who are not able to visit the same practice frequently. With invisible braces, it is possible in many cases for the entire treatment to be started and completed without multiple visits to the practice. Progress can even be monitored using digital Apps. The suitability for treatment in this situation can be determined after a digital scan is done.

Dr Suresh Nair

Dr Suresh Nair is a dental doctor at Pristine Dental Centre in Kuala Lumpur.

15 YEARS & BEYOND



When Parkway Cancer Centre (PCC) began in 2006, the four founding doctors had one vision: to create a one-stop centre offering specialised treatments and a multidisciplinary team approach to personalised cancer care. 15 years on, PCC's mission to place patients and their loved ones at the heart of all it does remains its primary focus.

2006

PCC was formed by Dr Ang Peng Tiam, Dr Khoo Kei Siong, Dr Teo Cheng Peng, and Dr Lim Hong Liang.

2007

The introduction of support programmes under the umbrella of CanHOPE to help patients and their loved ones adjust to changes on their treatment journey. CanHOPE is a non-profit cancer counselling and support service provided by PCC. PCC starts the engagement of clinical trials.

2010

The introduction of dietitian services.
The introduction of cool cap services to help minimise hair loss caused by chemotherapy.

2008

The opening of PCC premium centre at Gleneagles Level 2. Guest Relations Teams were formed to attend to patients during treatment transitions and help ensure that their cancer care is well coordinated in Singapore and regionally through our network of CanHOPE offices. The introduction of Home Care services. The Palliative Care Services in PCC was set up to provide a comprehensive cancer care programme for all our patients.

2012

The introduction of professional counselling services. The launch of the Haematology centre and Stem Cell Transplant programme. PCC opens their first satellite clinic in Myanmar to allow patients to receive treatment closer to home.

2015

The opening of PCC Mount Elizabeth Novena Hospital clinic with a dedicated Haematology section.

2013

The integration of Paediatric Oncology services into PCC to provide dedicated, specialised clinical care for children with cancers and blood diseases.

2016

The opening of PCC's second satellite clinic in Myanmar.

2021

PCC celebrates its 15th Anniversary.

2022

Launch of CART-cell Therapy treatment.



Dr Ang Peng Tiam



Dr Khoo Kei Siong



Dr Lim Hong Liang



Dr Teo Cheng Peng



Dr Wong Chiung Ing



Dr See Hui Ti



Dr Chin Tan Min



Dr Foo Kian Fong



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Dr Zee Ying Kiat



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You Ask, They Answer

Q: What's gout and why is it considered a disease common in "old and rich men"?

A: The reasons are that the incidence of gout is higher in males compared to females and rises with age. Males tend to have higher uric acid levels compared to females. In older people, there may be more diuretic use for hypertension or congestive cardiac failure, renal insufficiency leading to less excretion of uric acid, greater use of low dose aspirin which reduces uric acid excretion, and alcohol (ethanol) abuse. These can contribute to the development of hyperuricemia and gout in the elderly.

Back in those days (no longer the case now), gout stemmed from food that only the rich could afford, e.g., red meat, seafood, alcohol, which explains why it was considered a disease of "old and rich men".

Q: What are the telltale signs of the condition that warrant a medical check-up?



A: 1. **Intense joint pain** – gout usually affects the big toe, but other common joints affected include ankles, knees, elbows, wrists, and fingers

2. **Lingering discomfort** – even after the severe attacks subside

3. **Swollen, tender warm and red joints**

4. **Joint stiffness**

Q: Should all the tell tale signs you mentioned be present for people to see a doctor and for how long should these symptoms be present to sound alarm bells? Should patients see an orthopaedic specialist or a rheumatologist?

A: They need not all be there. They all warrant medical attention when it occurs. They can either see a GP, orthopaedic surgeon, or rheumatologist. All can manage gout.

Q: What are the medications and lifestyle changes that can treat gout?

A: Diet is the first line, followed by medications such as NSAIDs and Colchicine for acute flare ups. Allopurinol is used to lower uric acid levels to prevent further attacks, while intra-articular steroid injections can treat severe pain. In general, medications are pretty effective if patients are compliant.

Q: Are there any prevention measures for gout?

A: Avoid foods that can trigger a gout flare-up. Foods high in an organic compound called purines (containing more than 150 – 200mg of purines per 100 grams) may raise your uric acid levels. These include organ meats like liver, kidney, and brain; red meat and game meat such as veal and venison; seafood like scallops, crab, shrimp, and roe; and sugary drinks like fruit juice and carbonated drinks. When purines get digested, uric acid is produced as a byproduct, which can lead to gout.

Also, limit or avoid alcohol and drink plenty of water while maintaining a healthy body weight. And avoid medications that can trigger an acute flare, e.g., diuretics. As mentioned, you can also take uric acid lowering drugs like allopurinol.

Dr Kevin Koo Oon Thien

Dr Kevin Koo Oon Thien is a Consultant Orthopaedic Surgeon at Mount Elizabeth Hospital in Singapore.



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Q: What's appendicitis and why does it develop?

A: Appendicitis is inflammation of the appendix which usually develops when the lumen of the appendix is blocked. This may be due to a solid ball of fecal material called a fecolith present, swollen gut lining or lymphatic tissue caused by bacterial or viral infections, gut parasites, or a mass, for example from cancer. The appendix then becomes distended and may progress to infection, pus formation, perforation, and gangrene.

Q: What are the telltale signs that require a medical consultation?

A: Early symptoms may include fever, nausea, vomiting, constipation or diarrhoea, and dull pain above or around the belly button. Medical consultation is required if the pain becomes sharply localised to the right lower and/or lower abdomen after several hours, especially if the pain is aggravated by coughing or walking.

Q: What's the right choice for individual patients between surgery and antibiotics?

A: Recent studies suggest that as many as 70 percent of patients with a first presentation of uncomplicated appendicitis (not perforated and with no abscess, usually

confirmed on CT scan) can be safely and successfully treated with antibiotics alone, although other studies have suggested that 40 percent of conservatively treated acute appendicitis will require surgery within five years, mainly for recurrent appendicitis which is more likely in the presence of fecoliths.

All patients with appendicitis should be examined and counseled by a surgeon to determine their preference in a shared decision-making process. It should be noted that antibiotic treatment alone is not recommended for children under 12 years, pregnant patients, elderly patients over 60 years, and patients with severe signs of infection, or who are immunocompromised (e.g., transplant or cancer patients).

In addition, it should be pointed out that, although there may be cost savings to be gained with non-operative management, this should not be the main consideration in making the choice.

Patients might choose surgery to reduce the risk of:

1. readmission to hospital
2. needing a drain put into the abdomen or pelvis to remove pus
3. recurrent appendicitis
4. missing a cancer

They might choose antibiotics to reduce the risk of:

1. surgery
2. missing more days of work for themselves and their caregivers in the short term

To put this in perspective, it might be a reasonable choice for a patient to have antibiotic treatment if he or she is hosting a wedding dinner at the upcoming weekend, or if the risk of surgery is advised to be high because of active COVID infection, but it would be wise to opt for surgery if the plan is to make a long trip to a rural area in the next year.

Q: Can people prevent or lower the risk of appendicitis?

A: There is no proven way to prevent or lower the risk of appendicitis, but having a regular bowel habit and taking a high fibre diet may be helpful.

Dr Richard Sim

Dr Richard Sim is a Senior Consultant general and colorectal surgeon at Farrer Park Hospital. He was President of the Society of Colorectal Surgeons (Singapore) and he's currently Treasurer of the International Society for Pelvic Floor Disorders.

Cancer Centre @ PHKL

According to the World Health Organization, 48,639 new cancer cases were recorded in Malaysia in 2020, with this figure expected to rise to more than 66,000 new cases annually by 2030. The National Cancer Registry 2012–2016 documented that 63.7% of cancer cases were diagnosed at stages III and IV. This is due to the lack of self-willingness to take early cancer screening. This upward trend reveals a greater need for more access to quality cancer care.

The challenging aspect of managing cancer patients at public hospitals is the timeliness and accessibility of post-operative radiotherapy treatment. With the establishment of private cancer treatment, the public can now have access to treatment with lower waiting times and advanced treatment modalities. Besides that, patients will have a better prognosis with the collaboration and teamwork between disciplines available at Cancer Centre @ PHKL.

Pantai Hospital Kuala Lumpur (PHKL) cancer centre has been furnished with the equipment and a collaborative team of experts comprising consultants and oncologists who are supported by a radiotherapy team, a chemotherapy unit, a patient experience team, procedure specialists, and oncology nurses. At PHKL, we provide these cutting-edge services under one roof, alongside Nuclear Medicine services and adjacent to Chemo Day Care and Radiotherapy for a hassle-free experience, as well as the Gamma Knife (GK) Radiosurgery, which PHKL recently acquired.

Besides that, recently in a special collaboration between Pantai Hospital Kuala Lumpur and Ministry of health, we shared the most cutting-edge developments in brain surgery technology with the participants, including neurosurgeons and oncologists from all over Malaysia to create awareness of the potential and benefits of Gamma Knife radiosurgery in treating brain cancers and a spectrum of other neurological conditions.

Cancer has been a constant alarming concern in the country as it falls as the second leading cause of death in Malaysia and worldwide. Despite the advancement in technology to detect cancer at its early stages, public participation is the key to achieving our goal. In light of the issue, PHKL launched the 'Screen to be Sure' campaign to address the continued impact on cancer care, calling on people to act early and re-engage with appropriate healthcare screening.

In line with this campaign, PHKL also takes part in a global effort during the month of Pink October that aims to emphasize the importance of breast cancer screening before it is too late. Throughout the campaign, PHKL organized all forms of educational talks, from experts to cancer survivors sharing, along with providing affordable breast cancer screening. Early detection encourages the prevention of breast cancer, increases the survival rate significantly, and ultimately enhances the quality of life. It provides the best opportunity for helpful treatment.

PHKL will continue to put effort in keeping up to date with the advancement in cancer treatment, providing the best available treatment modality and awareness to its cancer patients, and improving its patient's experience aligned with our motto, Caring from the Heart.

Pantai Hospital Kuala Lumpur is the first private hospital in Malaysia to set up its cancer care centre in 1981 which was recently rebranded as the Cancer Centre @ PHKL. The oncologists at the Cancer Centre treat patients with chemotherapy, radiation therapy, and/or surgery with the primary aim of improving the quality of life as well as prolonging the survival of patients. Cancer Centre @ PHKL is equipped with spacious and comfortable Chemo Day-care.



Minimally Invasive Head, Neck and Thyroid Surgery: What's New?

Dr Tay Hin Ngan, ENT Head and Neck Surgeon at Mount Elizabeth Hospital, discusses technological advancements in ENT surgery that make procedures less invasive and support faster recovery.



TAY HIN NGAN
ENT Head and Neck Surgeon
Mount Elizabeth Hospital

Dr Tay is an Ear, Nose, Throat (ENT or otolaryngology) Surgeon currently practising in Mount Elizabeth Hospital, Singapore. His clinical interests include using endoscopic and robotic approaches for thyroid surgery, head and neck surgery, advanced sinus surgery, and surgery for sleep apnoea and cancers in the ear, nose and throat.

Traditional surgery of the past

There was a time when, if you went in for ear, nose, throat, head or neck surgery, you would wake up with unsightly scars from the huge incisions your surgeon would have had to make to get to the hard-to-reach parts of that area of your anatomy. Incisions as long as 10cm were normal when removing large goiters in the treatment of a thyroid condition, for example.

In some cases, surgery involved highly invasive approaches like splitting the jaw to gain the access the surgeon needed, and, as you can imagine, this could lead to further complications for the patient.

A great deal of normal tissue, including the swallowing muscles and portions of the neck, would have to be cut through to get to the surgery site. You would be patched up with flesh and skin from places like the thigh. In cases of cancer, frequently, the procedures would be followed by radiation and chemotherapy together, increasing the risk of further complications.

Fast forward to today's new techniques

Thanks to the advent of endoscopy and technology such as robotic arms, ENT surgery has become much less invasive when treating throat, oral and thyroid cancers and conditions.



With the surgical robot, we are able to perform TORS – trans-oral robotic surgery – which involves putting an endoscope with various robotic arms through the mouth to remove a cancer in the throat, while previously we had to saw open the jaw to reach it.

As a result of such minimally invasive techniques, there is no need to cut through so much normal tissue, so we don't need to transplant tissue from elsewhere on the body. Instead, the wounds heal naturally, contracting to bring the surrounding normal structures together so that nearly normal anatomy is maintained. In addition, you don't lose sensory sensation in the swallowing muscles as you used to do with transplanted tissue.

And because we are able to get better access to the tumour and remove it whole, the patient requires less radiation and chemotherapy. In some cases, with early stage cancers removed in their entirety, we don't even need to put the patient through this toxic procedure at all.

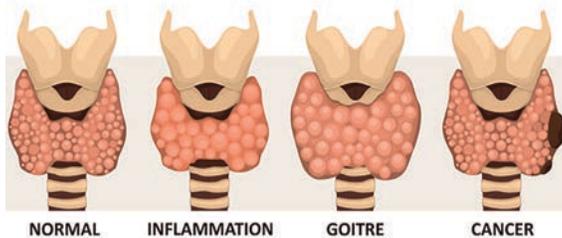
Faster recovery with a better quality of life

There are a host of benefits to the patient through these modern ENT surgical techniques:

- Better chance of survival
- Better quality of life with being able to eat and drink more normally
- Shorter treatment duration
- Lower treatment costs
- Avoidance of chemotherapy and radiation for stage 1 and 2 cancers if the whole cancer can be removed through surgery alone

Scarless procedures now possible for thyroid surgery

THYROID GLAND DISEASES



There are various situations when the thyroid, or a part of it, needs to be removed, such as when the gland produces excessive levels of hormone, if there are nodules suspicious for cancer or definite cancer, or if the thyroid has swollen to compress the airway in the form of a goitre.

We may need to perform a hemithyroidectomy – the removal of half the thyroid, or a total thyroidectomy – the removal of the entire thyroid gland. Sometimes for more extensive cancer, removal of lymph nodes around the thyroid may be necessary as well.

For nodules, as long as it's safe, what we can now offer are scarless approaches by using an endoscope through the mouth, on the inside of the lip, through the armpit, or even behind the ear and into the hairline. So you are no longer left with a prominent scar in the front of the neck, and the need for special clothing or accessories to cover the scars.

Faster recovery times

As the procedure is minimally invasive, you can expect to be:

- back home within 1 – 5 days,
- eating and drinking by the first day,
- resuming normal daily activities within a couple of days and
- back to work and exercise within 2 weeks.

Weighing the risks



As with any other surgery, thyroid surgery carries some risks, regardless of the approach, as there are various critical structures surrounding the gland, such as the recurrent laryngeal nerves, which control movement of the vocal cords.

Inadvertent injury to one side causes hoarseness, while injury to both may cause difficulty in breathing. However, in the hands of an experienced surgeon, the risk of nerve injury is very low, and even lower with robotic assistance. For example, the da Vinci robot (a surgical system that enables surgeons to perform operations through small incisions) provides a tenfold magnified view and very flexible instruments that help identify and preserve the nerves and parathyroid glands.

Bleeding in the thyroid area is particularly serious because it may result in airway compression, which is potentially life-threatening. Therefore, it is important to choose a good aftercare facility following surgery to make sure that if any complications arise, they are recognised early so immediate medical care can be given.

Choosing a surgeon

- Consult a surgeon with sufficient relevant experience who can minimise surgical risks and is able to handle more complex cases, including total thyroidectomy and removal of lymph nodes.
- Find out how many times they have performed the exact surgery you will be undergoing because surgeons who have limited or no experience in the procedure you need may not be aware of what is possible.
- Check that the surgeon has plenty of experience with endoscopy and robotic surgery.

This article was first published on Health Plus, an online health and wellness resource developed by IHH Healthcare Singapore.

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Olive oil may increase lifespan

It's also healthier than butter, margarine, and dairy fat

Olive oil is a formidable condiment that can make food much tastier, especially leafy greens and vegetables that are packed with healthy nutrients but may struggle to whet your appetite. Recent research now suggests consuming it regularly might also make you live longer.

A study published in the *Journal of the American College of Cardiology* found that replacing about 10 grams of margarine, butter, mayonnaise, and dairy fat with the same amount of olive oil every day is linked to lower mortality risk. In particular, this was due to a decreased risk of dying from a variety of conditions like cardiovascular disease, cancer, neurodegenerative disease, and respiratory disease.

“Our findings support current dietary recommendations to increase the intake of olive oil and other unsaturated vegetable oils,” said Dr Marta Guasch-Ferré, one of the study authors and a research scientist at the Harvard T. H. Chan School of Public Health, in a news release. “Clinicians should be counseling patients to replace certain fats, such as margarine and butter, with olive oil to improve their health.”

Dr Guasch-Ferré and her colleagues sifted through data from 60,582 women and 31,801 men, assessing their diet every four years over the course of a 28-year follow-up. They observed that participants who consumed more olive oil were often more physically active, had Southern European or Mediterranean ancestry, were less likely to smoke, and ate more fruits and vegetables than those who consumed less olive oil.

Participants who consumed the greatest amount of olive oil ate an average of nine grams per day and saw a lower risk of cardiovascular death by 19 percent, of cancer mortality by 17 percent, and a decreased chance of dying of neurodegenerative and respiratory diseases by 29 and 18 percent, respectively, compared to those who rarely or never had olive oil.

It's worth noting that the researchers couldn't find similar beneficial associations with other types of vegetable oils.

One explanation for the difference in mortality and disease incidence could be that olive oil consumption often goes hand in hand with a more comprehensive healthy diet. Olive oil is a staple food in the



Mediterranean diet, which has been shown to protect against heart disease while lengthening lifespans because it involves eating beneficial foods like fish, nuts, fruits, and vegetables. And while the researchers took these foods into account, they still found a strong association between olive oil by itself and health benefits.

“It’s possible that higher olive oil consumption is a marker of an overall healthier diet and higher socioeconomic status. However, even after adjusting for these and other social economic status factors, our results remained largely the same,” said Dr Guasch-Ferré.

Despite the findings, more research is still needed.

“The current study and previous studies have found that consumption of olive oil may have health benefits. However, several questions remain. Are the associations causal or spurious? Is olive oil consumption protective for certain cardiovascular diseases, such as stroke and atrial fibrillation, only or also for other major diseases and causes of death? What is the amount of olive oil required for a protective effect?” wrote Dr Susanna Larsson, associate professor at the Department of Surgical Sciences at Uppsala University, in an accompanying editorial.

“Our findings support current dietary recommendations to increase the intake of olive oil and other unsaturated vegetable oils”

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Book reading can strengthen health and well-being

It not only broadens your horizons but can also help cope with a stressful reality

Immersing yourself in the written world is not just a pleasurable way to take a break from the grind of daily life, but it can also make you healthier and more relaxed.

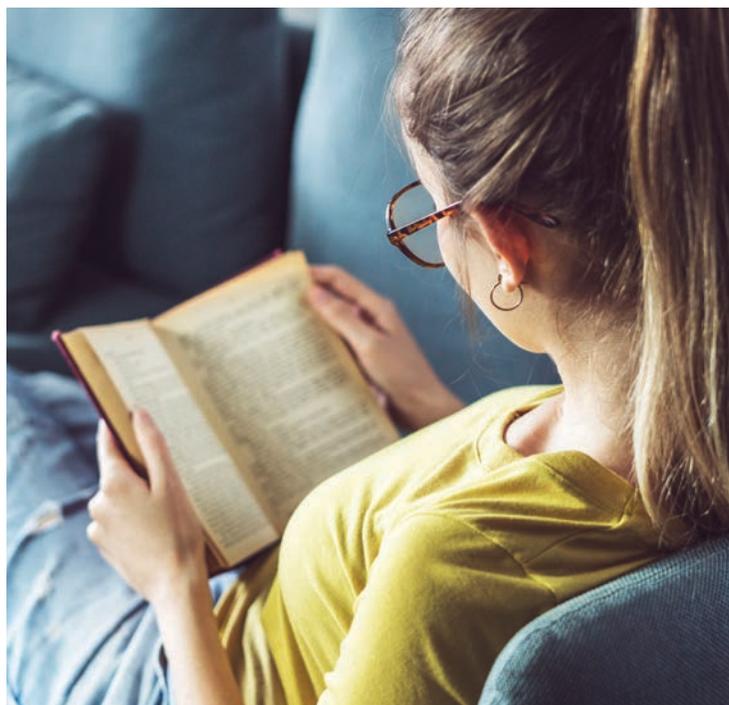
This is based on a number of different studies and surveys that should convince you to make reading a regular habit if you want to improve your quality of life.

Reading books has been proven to decrease stress levels and can help readers navigate difficult times. The UK Annual Literacy Survey reports that reading made roughly 60 percent of children and young people feel better during the 2020 COVID-19 lockdown. It analysed data from tens of thousands of responders aged between eight and 18 who read fiction and song lyrics as well as news and non-fiction, with three in ten saying that reading helped when they were feeling sad because they couldn't see their families. Half highlighted how reading encouraged them to dream about the future.

Book reading can also help you fall asleep and avoid waking up at night by relaxing and giving you respite from the light of screen devices like smartphones and computers, which disrupt our ability to sleep. Book reading can therefore contribute to a host of health benefits because good quality sleep is associated with fewer illnesses, lower risk of diabetes and heart disease, and improved mood.

It should then be no surprise that a Yale University School of Public Health study showed reading books could make you live longer, with those who read books for more than three hours and a half a week experiencing a 20 percent reduction in mortality risk over the 12 years of follow-up compared to non-book readers. Though it's unclear how books do the trick, researchers pointed to studies showing that reading can increase connectivity between brain cells, potentially decreasing the risk of neurodegenerative diseases that can shorten lifespan.

Indeed, reading is one among several mental activities strongly recommended to prevent or stave off cognitive decline such as memory loss, a hallmark of ageing that in some cases can translate into full-blown dementia.



The practice of reading may also fine-tune our social skills, with studies showing that readers are better at grasping people's desires, intentions, and beliefs as well as empathising with them.

"Fiction is the simulation of selves in interaction. People who read it improve their understanding of others. This effect is especially marked with literary fiction, which also enables people to change themselves," Dr Keith Oatley, Professor of applied psychology and human development at the University of Toronto, wrote in the study *Fiction: Simulation of Social Worlds*.

He added that these benefits came from becoming emotionally involved with complex characters and circumstances that were hard to encounter in daily life.

"Fiction can be thought of as a form of consciousness of selves and others that can be passed from an author to a reader or spectator, and can be internalized to augment everyday cognition," he concluded.

"Fiction is the simulation of selves in interaction. People who read it improve their understanding of others."



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Can we beat jet lag?

While much can be done to minimise its risk, there's no guarantee of preventing it

Travelling to far-away places is often exciting and laden with new things to discover, but one common downside that can ruin a long-hauler's plans is jet lag, a feeling of tiredness and confusion that often affects travellers after a long flight. It typically disrupts normal sleep patterns and can cause lack of concentration and mood changes.

Though there are no tricks to fully prevent it, long-haulers can still take certain steps to reduce the risk of jet lag and fully enjoy their journey.

The US CDC recommends people start adjusting their sleep habits a few days before getting on the plane to match the time zone at their destination. Those who travel west should go to sleep an hour or two later than usual for several days before departure, while those travelling east should do it one or two hours earlier.

The same goes for eating patterns, with travellers advised to adjust them to the schedule of their destination. In addition, eating small meals before travelling could also help avoid jet lag as one of its signs is stomach aches or problems.

During the flight, long-haulers should move their bodies as much as possible to reduce the severity of future jet lag symptoms, according to the Cleveland Clinic. This includes walking around the cabin and doing exercises on your seat, like rolling your feet,

raising your knees, turning your head, and swinging your arms overhead. They should also avoid alcohol as it disrupts sleep and drink lots of water.

On arrival, travellers should immediately eat and sleep according to local times, if possible. They should also stick to their exercise routine but avoid working out late in the evening since this could keep them awake, according to *MedlinePlus*. Staying out in the sun is also good practice as it helps reset the internal clock regulating the sleep cycle.

The hormone supplement melatonin might also help lessen the impact of jet lag, but its benefits and safety are still unclear, according to the Cleveland Clinic. Travellers should therefore consult their healthcare provider about the pros and cons of taking melatonin supplements for jet lag.

Despite all these preventive measures, travellers can still suffer from jet lag, so they should arrive at their destination a few days before any important event to acclimatise to the new time zone.

If jet lag hits you, it will usually last for a few days following your arrival at the new destination, but some people can feel its effects for a week. If symptoms persist or get worse for more than one week after your arrival, you should contact your healthcare provider, the Cleveland Clinic recommends.

Those who travel west should go to sleep an hour or two later than usual for several days before departure, while those travelling east should do it one or two hours earlier.



CONGRATULATIONS!

MHTC Member Hospitals on the recognitions received at the GlobalHealth Asia-Pacific Awards 2022



Stand-Out Recognition

- Medical Tourism Hospital of the Year in Asia Pacific: Island Hospital & Mahkota Medical Centre
- Hospital of The Year in Malaysia: Gleneagles Kuala Lumpur & KPJ Healthcare Berhad
- Best New Hospital in Asia Pacific: Sunway Medical Centre Velocity
- Most Resilient Hospital of the Year: Island Hospital
- Healthcare Technology Innovation Leadership Award: Island Hospital
- Most Innovative Hospital of the Year in Asia Pacific: Institut Jantung Negara (National Heart Institute)
- Smart Hospital of the Year in Asia Pacific: Thomson Hospital Kota Damansara
- Value-Based Hospital of the Year in Asia Pacific: Gleneagles Kuala Lumpur

Asia Pacific Specialty Awards



- Fertility Service Provider of the Year in Asia Pacific



- Bariatric Service Provider of the Year in Asia Pacific
- Endocrinology Service Provider of the Year in Asia Pacific



- Oncology (Medical) Service Provider of the Year in Asia Pacific



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- Nephrology Service Provider of the Year in Asia Pacific
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- Dental Centre of the Year in Asia Pacific



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- Heart Transplant Service Provider of the Year in Asia Pacific



- Child Development and Paediatric Service Provider of the Year in Asia Pacific



- Advanced Genetic Centre Provider of the Year in Asia Pacific
- Oncology (Radiation) Service Provider of the Year in Asia Pacific
- Orthopaedic Service Provider of the Year in Asia Pacific
- Paediatric Oncology Service Provider of the Year in Asia Pacific
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Simple exercises can prevent falls

More prevention is needed for this growing major public health problem

Though falls don't make the headlines as other much-publicised health risks like cancer and heart disease, they're considered a major public health problem by the World Health Organization, ranking second as a cause of unintentional death from injury worldwide, with an estimated 684,000 fatalities each year.

These numbers are even more tragic when we consider that taking just a few simple measures can help prevent or avoid falls, especially for the elderly, who experience the greatest number of fatal falls or serious injury every year, such as hip fractures and head trauma. One key preventative approach is to do exercises that improve balance which can reduce the chances of falling.

"As you age, you begin to lose muscle mass and strength, and your reaction time begins to slow as well," explained Christopher Travers, an exercise physiologist at the Cleveland Clinic, on its website. "These are all things that affect your balance. As a result, you're more susceptible to trips and falls."

But he added that doing exercise for just a few minutes every day can help people regain steadiness and move with more confidence.

The single leg stance is one example. You start by standing with your feet together, then you need to bend one knee while raising your other foot behind you and keep this position for 10 seconds and then reset your foot to the ground. The same movement needs to be repeated with the other knee. People who struggle to keep their balance can use a chair for support.

Balancing on one foot while standing is a good practice in general if you want to improve your balance, but there are also other exercises such as standing up from a seated position without using your hands and walking in a line, heel to toe, for a short distance, according to the Mayo Clinic.

Tai Chi, a form of simple exercise that originated in China, can also offer prevention against falls by improving your balance. It can also reduce stress and improve energy and stamina, as well as muscle strength and aerobic capacity.

In a 2016 study published in *Gerontology and Geriatric Medicine*, 40 participants aged 60 or older engaged in balance exercises at home four times

weekly for six weeks. At the end of the programme, they noticed their balance had improved when walking and that it was easier for them to get dressed, especially putting on socks. The exercises also improved coordination, leg strength, and ankle mobility.

Similarly, elderly participants in a study looking at the role of Tai Chi in enhancing balance also saw significant benefits. "Our study showed that Tai Chi Chuan significantly improves the balance and fear of falling in community-dwelling older adults," the authors wrote in the *Journal of Exercise Rehabilitation*.

People who wish to start exercising for balance improvement are recommended to see a doctor, ideally a physical therapist, for advice on the best course of action, especially those who have severe balance problems.

One key preventative approach is to do exercises that improve balance which can reduce the chances of falling.



Is snoring always a sign of sleep apnea?

Stop sleeping on it and get tested



If someone is suffering from obstructive sleep apnea (OSA), they may not reach REM sleep every night because of poor sleep quality from interrupted sleep and frequent awakening during NREM phase.

Sleeping soundly may sound similar to noisy breathing during sleep (or snoring) but they are actually the complete opposite. The former is a healthy, unencumbered rest at night while the latter suggests vibration of the soft tissues in the throat caused by turbulent airflow in a partially obstructed airway.

Most people spend one third of their lives sleeping, which is about 25-30 years and contrary to conventional wisdom, the brain is the most active during sleep when the body is resting. Sleep can be divided into rapid eye movement (REM) and non-rapid eye movement (NREM) sleep. The duration of sleep phases vary a lot depending on the age, gender, health and hormonal status of a person. A healthy adult typically receives about 20% REM sleep per night and this phase is the most crucial as REM sleep is revitalising and rejuvenating to the body and it is directly linked to creativity, memory consolidation and cognitive functions.

About 45% of people are reported to be snoring once in a while and this is usually harmless unless the snoring is loud, recurring and accompanied by cessation of breathing, gasping or choking. Some people wake up feeling unrefreshed despite sleeping adequate hours. Others experience daytime sleepiness, mental fogging and irritability that will eventually affect school, career and even relationships. If someone is suffering from obstructive sleep apnea (OSA), they may not reach REM sleep every night because of poor sleep quality from interrupted sleep and frequent awakening during NREM phase.

OSA is characterised by repetitive upper airway obstruction leading to sleep fragmentation, cardiovascular stimulation and oxygen desaturation. Due

to excessive burden on the vessels, brain and heart, OSA may increase the risk of hypertension, heart disease and stroke. There are dedicated education months commemorated for a variety of common diseases that are deemed 'silent killers'. May is associated to high blood pressure while September to cholesterol and November to diabetes. Untreated OSA will increase the risk of heart attack and stroke by 2 - 3 folds compared to high blood pressure, high cholesterol and yet OSA receives only 1 single awareness day. OSA doesn't appear on major headlines because in most cultures, snoring simply indicate that someone is tired and is finally getting a peaceful, deep sleep.

OSA is still underdiagnosed as proven in a study where out of 50% of heart disease patients that may have sleep disorder, only 5% of them receive a referral for further evaluation. Sleep study or polysomnography (PSG) is the gold standard for diagnosis of OSA. It used to be quite inconvenient and expensive to send for a level 1 PSG in the sleep lab but this should not be a hindrance anymore. These days, OSA can be adequately diagnosed with a level 3 PSG without the high cost or long waiting list.

Perhaps in the near future, selected health check-up packages may include a PSG to screen for OSA. Early detection with treatment options such as weight reduction, oral appliances therapy, continuous positive airway pressure machine, medical or surgical intervention are now readily available. As the old adage goes, prevention is better than cure, thus early recognition with optimal treatment of this 'noisy killer' may save someone from the social, financial and grave complications of OSA.



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CRS-HIPEC: An Innovative Treatment for Peritoneal Cancers

Dr Melissa Teo, general surgeon and surgical oncologist at Mount Elizabeth Novena and Gleneagles Hospitals, explains how cytoreductive surgery (CRS) and hyperthermic intraperitoneal chemotherapy (HIPEC) may be used to effectively treat peritoneal cancers.



You're probably familiar with the idea of traditional chemotherapy being used to treat cancer. It involves the use of strong chemicals to kill cancer cells. There are also various chemotherapy drugs available, and depending on the patient's condition, a doctor may choose to use a single drug or a combination of a few.

In patients with cancers that have spread to the peritoneum (abdominal lining), heated chemotherapy can be delivered to the abdominal cavity after surgery to act on this lining and potentially kill and eradicate the cancer cells on the peritoneum.

This heated chemotherapy is known as **hyperthermic intraperitoneal chemotherapy (HIPEC)** and is performed during the same surgical setting after the complete removal of all visible tumours/cancers. This surgery is known as **cytoreductive surgery (CRS)**.

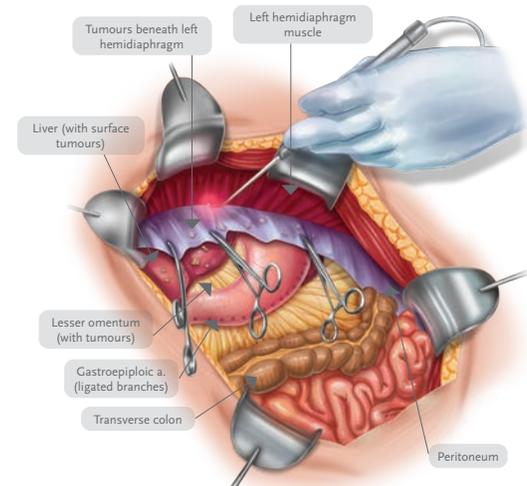
What is cytoreductive surgery (CRS) and HIPEC?

Cytoreductive surgery (CRS) is a surgical procedure referring to the complete removal of all visible tumours/cancers and is particularly useful for cancers of the appendix, colon and rectum and ovary that have spread to involve the peritoneum. Whilst CRS has enabled the removal of all visible tumours/ cancers, HIPEC is useful for addressing any microscopic cancer cells that may still exist within the abdominal cavity. This combined treatment has been shown to reduce the incidence of disease recurrence within the abdomen, leading to prolongation of survival and even cure in selected patients.

There are 2 stages to this combined treatment – CRS and HIPEC and both are performed whilst the patient is under general anaesthesia.

Stage 1 – Cytoreductive surgery (CRS)

- An incision will be made in the patient's abdomen
- The surgeon will then remove any visible cancerous tumours and diseased tissue
- CRS typically takes anywhere between 6 – 10 hours



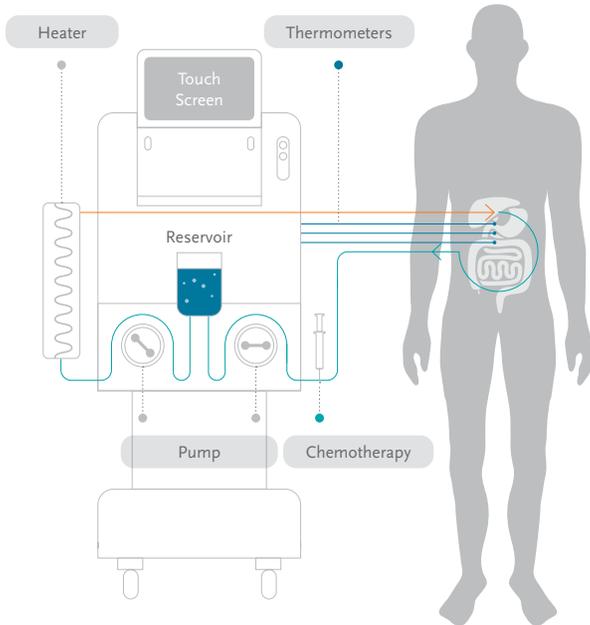
Stage 2 – HIPEC procedure

This is carried out once all the visible diseased tissue and tumours are surgically removed.



MELISSA TEO
General Surgeon &
Surgical Oncologist,
Mount Elizabeth Novena
and Gleneagles Hospitals

Dr Melissa Teo is a general surgeon and surgical oncologist at Mount Elizabeth Novena Hospital, Singapore. She has expertise in cancer of the colon and rectal, lower gastrointestinal cancers and surgical oncology, and has treated complex abdominal, pelvic and peritoneal cases in Southeast Asia.



- A perfusion machine will heat up the chemotherapy drugs
- The drugs will then pass through the patient's abdomen via catheters
- This typically takes 60 minutes and the patient is carefully monitored throughout the combined procedure

The duration of CRS and HIPEC is dependent on the extent of the disease, with total durations of surgeries being 4 – 16 hours. The more extensive the disease (i.e. involving more organs), the longer the surgery.

Once HIPEC is completed, the heated chemotherapy is drained out and the abdomen would be rinsed thoroughly and inspected. Bowel anastomoses (joining) would be performed and the surgery would be completed. Most patients would be monitored overnight in the high dependency or intensive care unit but the progression during to recovery is typically fairly rapid after the first 2 – 3 days and most patients are discharged within 7 – 10 days from the day of the CRS and HIPEC.

What types of cancers can CRS and HIPEC treat?

- Appendix tumours (pseudomyxoma peritonei or appendiceal cancer)
- Colorectal cancer
- Ovarian cancer
- Peritoneal cancer
- Peritoneal mesothelioma
- Stomach cancer

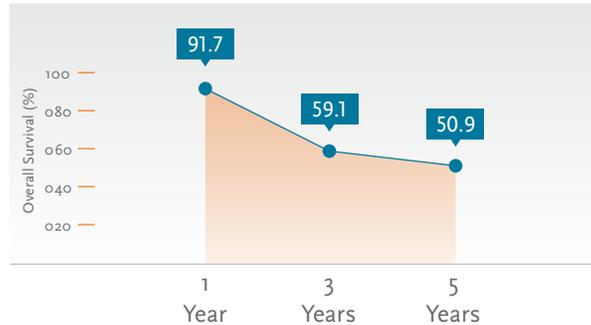
Are there any risks or complications in CRS and HIPEC?

The risks of CRS and HIPEC are dependent on the extent of the surgery but the major complications

OVERALL SURVIVAL (OS) BENEFIT

OS% of Patients who underwent CRS-HIPEC in Singapore¹

Post-operative mortality rate: Less than 1.0%⁹



include breakdown of bowel anastomoses (joining) and bleeding. In experienced centres, the risk of major complications should be less than 10%.

Other complications include wounds, urinary and lung infections, and deep vein thrombosis, all of which are common to any major surgery.

What is the survival rate for CRS and HIPEC?

The survival after CRS and HIPEC is dependent on the original cancer origin and the completeness of the surgery. In experienced hands, long-term survivals of 80%, 30 – 40% and 50 – 60% can be obtained after complete CRS and HIPEC for appendiceal, colorectal and ovarian cancers.

According to data gathered from 20 studies, the median survival for patients receiving HIPEC surgery as a treatment for colorectal peritoneal metastases (CRPM) was 14.6 – 60.1 months. The systematic review of all the studies also concluded that HIPEC surgery was a safe treatment for CRPM, improving both median and disease-free survival.

HIPEC is an innovative method that has allowed patients with advanced cancers to get the treatment option they need, thereby giving them a second chance at prolonged survival and life.

To learn more about this advanced procedure, make an appointment with your specialist to discuss the benefits of HIPEC and to determine if it is the right treatment option for you.

This article was first published on Health Plus, an online health and wellness resource developed by IHH Healthcare Singapore.

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Hearts from COVID-19 positive donors appear safe

The news offers some hope to those waiting for a new heart

A study on the first heart transplants involving COVID-19 positive donors showed that such operations might be as safe as those with donors free of the disease.

The results were presented at the American Heart Association's Scientific Sessions conference but are still preliminary until they are peer-reviewed.

Researchers looked at data from 3,289 heart transplants, which included 84 hearts from COVID positive donors, and compared the two groups for any differences in post-op complications — such as organ rejection, post-op stroke and dialysis — or in death rates in the 30 days after surgery.

The outcomes were similar in both groups. For example, the survival rates in the first 30 days stood at 97 percent for transplants from donors without COVID and 96.1 percent in the group with COVID.

No additional complications were observed in patients who received a heart from donors with COVID-19, not even an increased death risk from infections and lung complications, problems that tend to affect patients with COVID-19.

“These findings suggest that we may be able to be more aggressive about accepting donors that are positive for COVID-19 when patients are in dire need of an organ for heart transplantation,” said Samuel T. Kim, study researcher and medical student at the David Geffen School of Medicine at the University of California, in a news release.

If the results stand up to peer review, they could help ease the shortage of donated hearts, thus saving lives. Currently, 3,363 people are on the waiting list for a heart in the US, according to the Organ Procurement & Transplantation Network.



What is the safest blood thinner?

Some evidence suggests that one drug has fewer side effects than others

A blood thinner called apixaban outperforms similar medications in terms of safety, according to a recent study published in the *Annals of Internal Medicine*.

Different types of direct oral anticoagulants (DOAC) are usually prescribed for people with atrial fibrillation (AF) or irregular heart rates in order to prevent a stroke, whose risk is increased in people with AF.

Though all the DOAC's are similarly effective, a frequent side effect associated with them is gastrointestinal bleeding (GIB).

In order to find the safest option, researchers compared the clinical effects of the four DOACs in patients with AP from electronic healthcare databases covering 221 million people in France, Germany, the UK, and the US. Apixaban proved to have the best safety profile.

“Among patients with AF, apixaban use was associated with lower risk for GIB and similar rates of ischemic stroke or systemic embolism, ICH, and all-cause mortality compared with dabigatran, edoxaban, and rivaroxaban,” the authors wrote. “This finding was consistent for patients aged 80 years or older and those with chronic kidney disease, who are often underrepresented in clinical trials.”

However, some experts question the validity of the new study because it was observational instead of randomised. The latter tends to offer stronger scientific evidence because it involves the random selection of at least two groups receiving the treatments to compare in order to account for potential bias and other chance occurrences.

“There have not been large-scale randomised trials comparing the four approved DOACs. To reliably evaluate the comparative efficacy and safety among these four agents, randomised clinical trials would be needed,” Dr Gregg Fonarow, a cardiologist at UCLA Health in California who didn't participate in the study, told *Medical News Today*.

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Telehealth may be a good option for people with high blood pressure

It's as effective as clinic-based care, a study shows

Online care administered by pharmacists can effectively replace a clinic visit to manage high blood pressure, according to a new study.

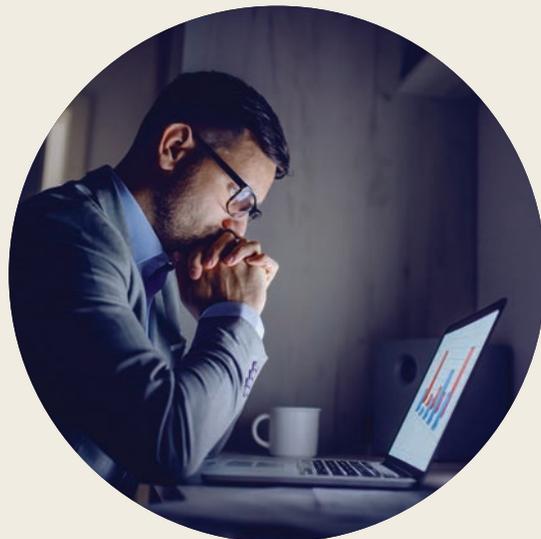
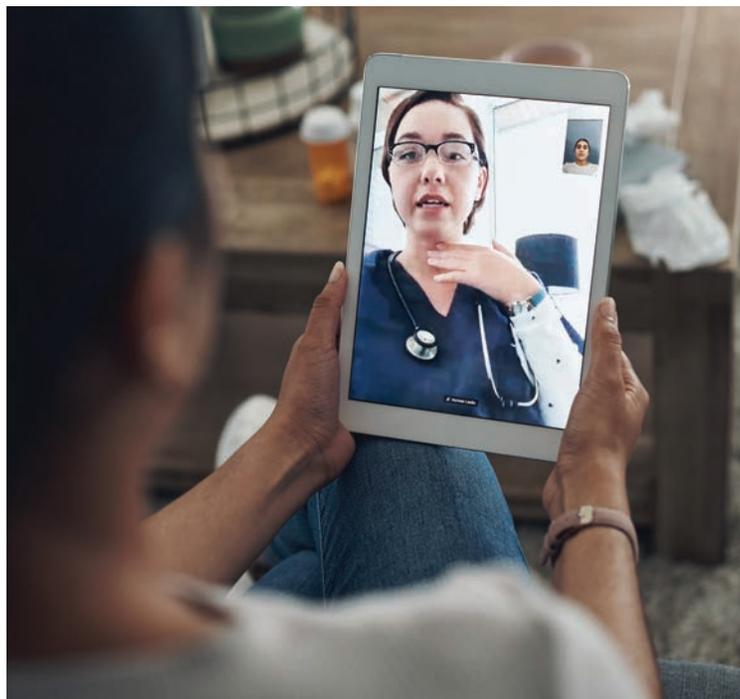
The condition is widespread and is a major risk factor for death due to cardiovascular problems, but many people struggle to control it, with only one in five patients managing to do so in the US.

Randomised research conducted on more than 3,000 people showed that telehealth and clinic-based care were equally good at lowering blood pressure. Over time, people who received both treatments showed no major difference in their blood pressure readings.

"These results suggest telehealth team care by pharmacists is an effective and safe alternative to clinic-based care for uncontrolled hypertension," said Dr Karen Margolis, a professor of medicine at the University of Minnesota Medical School and the study's lead author, in a press release.

She added, however, that people in the telehealth group were actually more satisfied with their treatment at a six-month follow-up compared to those who checked in at a clinic.

"It was big difference. They were significantly more likely to rate their care highly, report that their care was convenient, and take their blood pressure frequently at home," she said.



Night owls at increased risk of heart problems and diabetes

Disrupted sleep patterns might be the root cause

Being up and about until the wee hours on a regular basis may not be a healthy move for your heart, a new study suggests.

Scientists at Rutgers University found that early risers usually burn more fat because they are more active during the day than people getting up late, who burn more carbohydrates while accumulating more fat.

This difference might explain why the former tend to have reduced cardiovascular and diabetes risks compared to the latter and provide a risk factor to better find out who's going to develop the conditions in the future.

"This could help medical professionals consider another behavioural factor contributing to disease risk," said Prof Steven Malin, a senior author on the study and expert in metabolism at Rutgers University, according to the *Guardian*.

He added that the culprit for increased health risks may be disruption to sleep patterns as people who stay up late often have to get up early to go to work, meaning they don't get enough sleep in a way that "changes their physiology and increases disease risk," according to *Forbes*.

Sunway Medical Centre Velocity (SMCV) is situated in an integrated healthcare, retail, education, commercial and development township of Sunway Velocity, Kuala Lumpur, Malaysia. Targeted to improve healthcare for the surrounding communities, its extensive range of medical services includes outpatient and inpatient services, wellness programmes, state-of-the-art facilities, specialist clinics and 24-hour emergency care. With 234 beds, 62 consultant suites, 6 operating suites and a catheterization laboratory, SMCV is equipped to provide patients with the best possible care, from consultation through surgery or treatment, to follow-up care and rehabilitation.

Awards and Recognitions

SMCV is an Award-Winning Hospital, recently recognized at the **Globalhealth Asia Pacific Awards 2022** with three awards acknowledging the quality of its healthcare services. Aside from being named **Best New Hospital in Asia Pacific**, Sunway Medical Centre Velocity was also named **Obstetrics and Gynaecology Service Provider of the Year in Asia Pacific** and **Wellness Service Provider of the Year in Asia Pacific**.

In 2021, SMCV was recognized by Healthcare Asia Awards for its achievements in implementing various health promotion strategies and digitalizing healthcare to ensure a better patient journey during the COVID-19 pandemic. The 3 awards won include Health Promotion Initiative of the Year – Malaysia, ICT Initiative of the Year – Malaysia and Smart Hospital Initiative of the Year – Malaysia.

Tailored Services for Healthcare Travellers

SMCV has a dedicated International Patient Centre that can provide a full range of healthcare, accommodation and transportation services to our international patients. Our distinguished international healthcare services include but not limited to cardiology, health screening, ophthalmology and neurology treatments with most of our patients coming from various regions of Indonesia. At SMCV's International Patient Centre, we fully understand the unique needs of a patient from another country. Therefore, we will ensure that our patients are attended to professionally, and in the best possible way, at all times to facilitate a smooth recovery journey for them.

Expansion Plans

With the aim to further fulfil our patients' healthcare needs, SMCV will be expanding its comprehensive services with an additional 22-storey building set to be completed by next year. The expansion will include additional new and upgraded facilities from general health to specialized treatments, additional consultation suites and wards, exciting integrated retail spaces and lifestyle centres, and more spacious inpatient rooms. This new expansion will also turn SMCV into becoming one of the largest private hospitals in Kuala Lumpur.

Sunway Medical Centre Velocity (SMCV) is part of Sunway Healthcare Group which comprises of Sunway Medical Centre, Sunway Medical Centre Velocity, Sunway Specialist Centre Damansara and Sunway Medical Centre Singapore. Sunway Healthcare Group is affiliated with the Jeffrey Cheah School of Medicine & Health Sciences, University of Cambridge, Royal Papworth Hospital and Harvard Medical School to further meet the demands of clinical care, education, and research.

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GHQIA Quality Improvement Programs



Hospital Accreditation

GHQIA provides hospitals access to the well-established standards of ACHS International, with notable added advantages to the accreditation process:

- Assignment of a local partner who can offer accurate, localised feedback and continuous guidance.
- Option to conduct regular mock assessments and readiness diagnostics of processes, procedures, and outcomes to gear up for the actual audit.
- Overall cost-effectiveness through a localised engagement structure.



CoE Accreditation

The Centre of Excellence (CoE) Accreditation is a first-to-market initiative allowing GHQIA members to undertake accreditation in niche areas of clinical expertise.

GHQIA will apply the ACHS International standards in a focused manner, conducting a deep-dive assessment of the organisation on those selected fronts.

As part of the excellence requirements and to ensure stand-out achievements in the identified specialty, the organisation is required to participate in the ACHS International Clinical Indicator Program (CIP) to benchmark themselves against best-in-class providers and strive for continuous improvements during the time they are accredited.



Clinic Accreditation

With specialist clinics taking on an increasingly critical role in the patient journey, the accreditation serves as a tool to help clinics communicate their commitment to care excellence and differentiate themselves in a saturated market.

Through the accreditation program, members can tap on the expertise of industry experts for advice and guidance on all aspects of clinical operations, including digital health adoption and other innovative healthcare practices.

The GHQIA member network also offers a platform to facilitate knowledge and best practice sharing amongst fellow providers, opening doors to potential creative collaborations.

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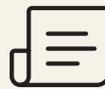
Why ACHS International?

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Continuous quality improvement offers methodology

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Standards include descriptive guidance with the flexibility to implement based on service needs.



Value for Money

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More Connection

Our quality programs have an annual activity to maintain connection with you on your quality improvement journey.



Clinical Indicator Program

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Standards focus on safety culture and change management to make long lasting improvements within your organisation.



More Options for More Organisations

Our quality programs are designed for all types of organisations based on their readiness in the quality journey.

Cancer among the young is becoming more common

Increased screening and early exposure to risk factors likely account for the rise

Data from several countries suggest that many types of malignancies are on the rise in people younger than 50, with researchers cautioning the increase could hit epidemic proportions.

For example, colorectal cancer in young adults climbed by an average of two percent in the US, Australia, Canada, France, and Japan, while growing by about five percent in Korea and Ecuador.

“It doesn’t seem big, but you can think about inflation: If it’s 2% every year, it’s going to be a big change in 10 years or 20 years, you know?” Dr Shuji Ogino, a professor of pathology at the Harvard T. H. Chan School of Public Health and co-author of the study, told CNN.

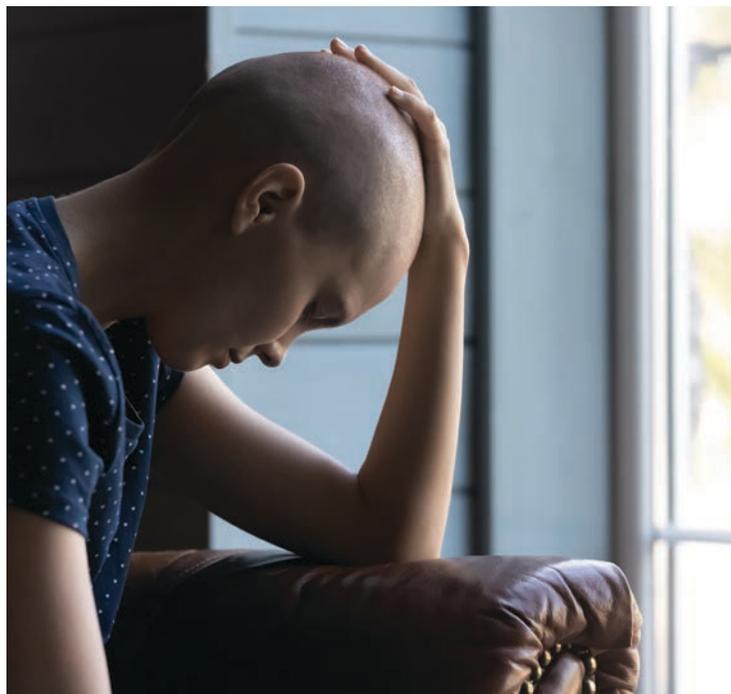
“It’s not trivial.”

Upward trends have been recorded for breast, prostate, thyroid, and pancreatic cancers as well. In the first three, the growing incidence can be partially explained by increased screening, but the same isn’t true for other malignancies that also have increased incidence.

The authors acknowledge the root causes for such increases aren’t entirely clear, but they are probably related to exposure to risk factors in early life and as young adulthoods.

“The increased consumption of highly processed or westernized foods together with changes in lifestyle, the environment, morbidities and other factors might all have contributed to such changes in exposures,” they wrote.

They added that more studies on early-onset cancers were needed to fill research gaps, along improved awareness among the public about the rising incidence of these malignancies in younger patients and the importance of leading a healthy lifestyle, in particular a healthy diet, to reduce the risk of cancer.



WHO starts campaign to give cancer patients a voice

Publicising the lived experiences of people affected by cancer can help policymakers design programmes and solutions

The World Health Organization (WHO) has launched a global survey to better understand the needs of patients living with cancer. It’s part of the more ambitious Framework for Meaningful Engagement of People Living with Noncommunicable Diseases (PLWNCD) that aims to amplify the voices of people affected by the disease, including patients, caregivers, and the bereaved.

The survey results will help decision-makers take into account the perspectives of people affected by the dreadful disease when it comes to designing policies, programmes, and solutions.

“For too long, the focus in cancer control has been on clinical care and not on the broader needs of people affected by cancer,” said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization, in a press release. “Global cancer policies must be shaped by more than data and scientific research, to include the voices and insight of people impacted by the disease.”

People diagnosed with cancer often experience anxiety and loss of faith while also being abandoned by their partners. In low-and-middle-income countries, they may also face financial difficulties due to treatment costs.

The survey aims to interview more than 100,000 people from 100 countries, with the results published in early 2023. “This campaign will include four phases: releasing the global survey, hosting national consultations, presenting best practices and implementing community-led initiatives. We are ready to open a new chapter and improve the well-being of people affected by cancer,” explained Dr Bente Mikkelsen, Director of the Department of Noncommunicable Diseases at WHO, in the press release.

Tiny molecules could make cancer treatment more effective

They could help solve the problem of lowered drug concentrations in the blood



Canadian researchers have developed small medicine transporters that can optimally regulate drug concentration in the blood, paving the way for improved chemotherapy in cancer treatment.

A key challenge in the treatment of several conditions, including cancer, is to provide patients with an effective drug dosage as medicines degrade quickly once they are injected in the blood. Typically, only about 50 percent of patients on certain cancer chemotherapies maintain an optimal drug dosage during treatment. Lower dosages can affect treatment efficacy, while giving patients an increased dose can lead to more side effects, which in the case of chemotherapy can be hard to tolerate.

To tackle the problem, researchers at the University of Montreal developed artificial molecules that can be programmed to maintain specific drug concentrations of doxorubicin, commonly used against breast cancer

and leukaemia.

“More interestingly, we also found that these nanotransporters could also be employed as a drug reservoir to prolong the effect of the drug and minimize its dosage during treatment,” said Arnaud Desrosiers, a PhD student at the University of Montreal and first author of the study, in a press release. “Another impressive feature of these nanotransporters,” he added, “is that they can be directed to specific parts of the body where the drug is most needed - and that, in principle, should reduce most side effects.”

In mice, the new molecules managed to keep doxorubicin 18 times longer in the blood while reducing toxicity to the heart. As a result, the animals were healthier and returned to normal weight.

The hope is that the same could be achieved in patients, especially those with blood cancers as the new molecule is able to keep the drug in the blood for a longer period.

Existing drug may prevent common side effect of chemotherapy

Common treatment for multiple sclerosis could prevent cognitive impairment in patients undergoing the dreadful treatment

US researchers have identified a potential treatment to prevent chemo brain, a condition characterised by memory lapses and lack of mental sharpness that often affects patients on chemotherapy.

A study conducted on mice showed that the chemotherapeutic drug cisplatin caused higher levels of the molecule S1P to accumulate in brain areas that regulate memory and information processing, leading researchers to posit these deposits could lead to chemo brain by altering cell activities and causing inflammation.

This notion was reinforced by the observation that treatments targeting a brain receptor for S1P managed to prevent chemo brain in animals that received cisplatin. These treatments for S1P have already been greenlighted by the US Food and Drug Administration to treat multiple sclerosis, so they may be easier to use for patients with cancer if they are proved to be effective against chemo brain.

“A significant number of patients who undergo cisplatin treatment are affected by persistent cognitive impairment—[there are] millions of individuals whose daily lives are really impacted,” said Dr Daniela Salvemini, study leader and professor of pharmacological and physiological science at Saint Louis University, in a press release. “So, if we can find something that can prevent it, it would really be groundbreaking.”





®



Dr. Nor Aizal Che Hamzah

Internal Medicine
Gastroenterology & Hepatology
KPJ Pasir Gudang Specialist Hospital

GASTROPARESIS

THE CAUSE OF DIGESTIVE & GASTROINTESTINAL COMPLICATIONS?

Gastroparesis Awareness Month which takes place every August was founded in 2016 by the International Foundation for Gastrointestinal Disorders (IFFGD) to raise awareness, promote education and encourage research on this chronic condition, as the symptoms are quite common and easily confused with other diseases / medical problems, resulting in individuals not receiving the appropriate medical treatment promptly. Those affected experience a variety of gastrointestinal issues, which limit their physical activity and overall quality of life.

Gastroparesis Awareness Month which takes place every August was founded in 2016 by the International Foundation for Gastrointestinal Disorders (IFFGD) to raise awareness, promote education and encourage research on this chronic condition, as the symptoms are quite common and easily confused with other diseases or medical problems, resulting in individuals not receiving the appropriate medical treatment promptly. Those affected experience a variety of gastrointestinal issues, which limit their physical activity and overall quality of life.

Gastroparesis is a condition that interferes with the normal spontaneous movement of muscles (motility) in your stomach. Typically, a strong muscle contraction will move and push food out of the stomach to enter the small intestine and subsequently into other parts of your digestive tract. However, if you have gastroparesis, your stomach movements will be slow or experience complete malfunction, making your stomach incapable of being emptied and the food eaten cannot be fully digested.

It is not always clear what causes gastroparesis, but in some cases, the condition can be caused by damage to the nerves that control the abdominal muscles (vagus nerve). "The vagus nerve helps manage complex processes in your digestive tract, including signalling the muscles in your stomach to contract and push food into the small intestine. A damaged vagus nerve isn't able to send signals normally to your abdominal muscles. This causes food to stay in your stomach longer, and not move into your small intestine for digestion," explained Dr. Nor Aizal Che Hamzah, KPJ Pasir Gudang Specialist Hospital Internal Medicine (General) and Gastroenterology & Hepatology Consultant.

The vagus nerve can be damaged due to diseases such as diabetes, or through surgery on the stomach or small intestine.

"Sometimes it is a complication of diabetes, and some people experience gastroparesis after surgery. Certain medications, such as opioid painkillers, some antidepressants, high blood pressure medications and allergy medications, can cause a slow gastric emptying process and cause similar symptoms. For people who already have gastroparesis problems, these medications can make their condition worse," she added.

Gastroparesis can interfere with normal digestion, causing nausea, vomiting and abdominal pain. It can also cause problems with unstable blood sugar levels and malnutrition.

"Some of the more common symptoms of Gastroparesis include vomiting, nausea, bloating, abdominal pain, feeling full after eating just a few bites, vomiting back undigested food (eaten a few hours prior), acid reflux, changes in blood sugar levels, lack of appetite, as well as weight loss and malnutrition", Dr. Nor Aizal said.

There are certain factors which can increase your risk of gastroparesis including diabetes, abdominal or esophageal surgery, infections (usually from viruses), certain medications that slow the rate of gastric emptying (such as narcotic pain medications), scleroderma (an autoimmune disease), diseases of the nervous system (such as Parkinson's disease or multiple sclerosis) and an underactive thyroid (hypothyroidism). Women are also more likely to experience gastroparesis compared to men.



Gastroparesis can cause several untoward complications such as:

- **Dehydration:**
Persistent vomiting can cause severe dehydration
- **Malnutrition:**
Lack of appetite could mean that you are not consuming enough calories, or you may not be able to absorb enough nutrients as a result of vomiting
- **Undigested food that hardens and stays in your stomach:**
Food that is not digested in your stomach can harden into a solid mass called a bezoar. Bezoars can cause nausea and vomiting and may be life-threatening if they prevent food from getting into your small intestine
- **Unstable and erratic changes in blood sugar levels:**
Gastroparesis interferes with the normal movement of the stomach and causes erratic digestion and absorption of nutrients in the small intestine. This can cause unstable changes in blood sugar levels, either too high ("hyperglycaemia") or too low ("hypoglycaemia"). These changes in unstable blood sugar can make diabetes worse. In turn, this poor control of blood sugar levels will make gastroparesis worse
- **Decreased quality of life:**
Symptoms can make it difficult to carry out your day-to-day activities

"While there is no specific cure for gastroparesis, changes to your diet, along with certain medications, can provide some relief. Do immediately consult with your gastroenterologist or internal medicine consultant if you suspect there is something not right with your digestion or you are experiencing some of the symptoms previously mentioned," Dr. Nor Aizal concluded.



For further information, please contact us at the following address or scan the QR code

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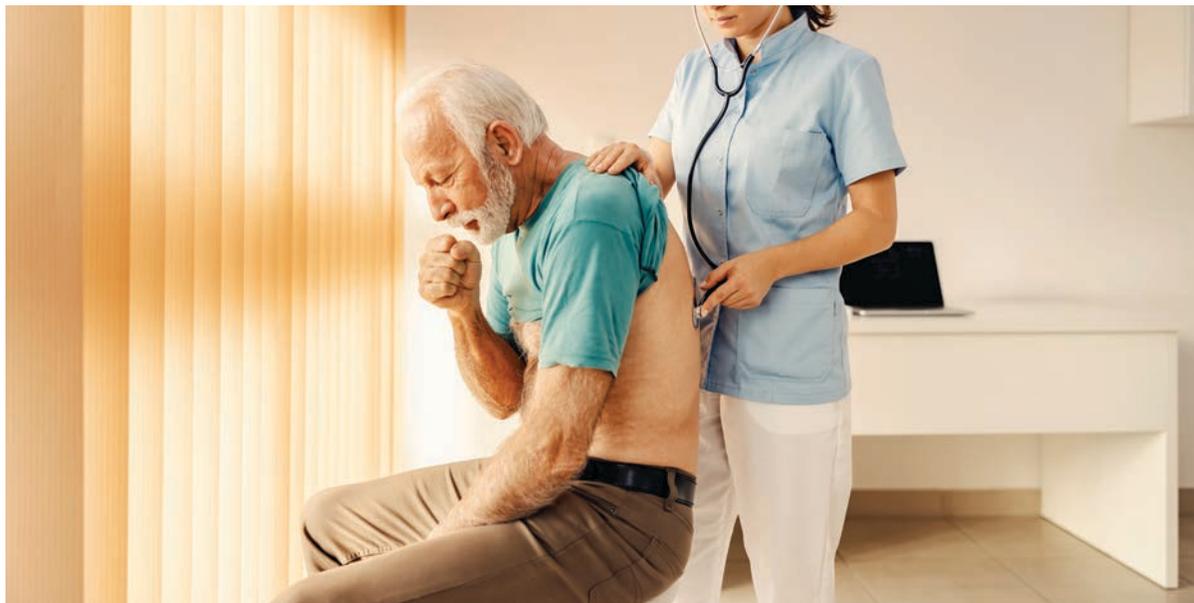
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Tuberculosis reared its ugly head again during the COVID-19 pandemic

Better global efforts are needed to reverse the negative trends in incidence and mortality

The number of tuberculosis (TB) deaths and cases increased while the new coronavirus was ravaging the world, reversing significant gains made in the past, according to a World Health Organization (WHO) report.

In 2021, 1.6 million people died of TB, a level that was not seen since 2017 and up from 1.5 million in 2020 and from 1.4 million in 2019. Similarly, in 2021 there was a 4.5 percent increase in the number of people who fell ill with TB compared to 2020 and a three percent surge in drug-resistant TB cases, with 450,000 new patients who didn't respond to treatment.

"The report provides important new evidence and makes a strong case on the need to join forces and urgently redouble efforts to get the TB response back-on-track to reach TB targets and save lives," said Dr Tereza Kasaeva, Director of WHO's Global TB Programme, in a press release.

Like many other healthcare services, TB care was disrupted by the COVID-19 pandemic, with the disruption to TB response particularly severe. This was further exacerbated by conflicts in Eastern Europe, Africa, and the Middle East, especially among vulnerable populations.

The reduction in TB diagnoses is believed to have driven up both community transmission and the number of untreated patients, which in turn led to more deaths. If it's not treated, the TB death rate can be as high as 50 percent, while following the recommended treatment involving a four to six months course of anti-

TB drugs can cure about 85 percent of patients.

TB is one of the biggest killers globally and was the main cause of death from a single infectious pathogen until COVID-19 emerged at the end of 2019.

The report also notes that global spending on essential TB services has dropped from US\$6 billion in 2019 to US\$5.4 billion in 2021, only 41 percent of the global target of US\$13 billion by 2002. Increased funding is needed to reverse the negative impact of the pandemic on TB.

Access to TB diagnosis and treatment is affected by economic barriers, with about half of patients with TB having to bear catastrophic costs to get treated, amounting to 20 percent or more of their household income. As a result, "progress towards universal health coverage" is paramount to make a dent in the number of TB cases and burden.

More investment is needed in TB research and innovation, according to the report, with priorities including a vaccine to lower the risk of infection and new drugs to lower the risk associated with the disease in already infected people.

"If the pandemic has taught us anything, it's that with solidarity, determination, innovation and the equitable use of tools, we can overcome severe health threats. Let's apply those lessons to tuberculosis. It is time to put a stop to this long-time killer. Working together, we can end TB," said Dr Tedros Adhanom Ghebreyesus, WHO Director-General, in the press release.

The reduction in TB diagnoses is believed to have driven up both community transmission and the number of untreated patients, which in turn led to more deaths.



Simple adjustments can make surgery safer

The protocols would benefit at-risk patients in countries with limited resources

Two teams of experts from the University of Birmingham in the UK have devised easy-to-implement procedures that can lower post-op surgery risk and make services more resilient in emergency scenarios, especially in low-and-middle-income countries (LMIC).

In the first study, researchers demonstrated that simply replacing surgical gloves and tools before closing wounds could reduce surgical site infection (SSI), the most common complication associated with surgery globally and a widespread problem in many LMICs.

Researchers tested the procedure in Benin, Ghana, India, Mexico, Nigeria, Rwanda, and South Africa, and found that regular changing of gloves and instruments for closure of abdominal wounds could prevent one in eight SSI cases.

“Surgical site infection is the world’s most common postoperative complication - a major burden for both patients and health systems. Our work demonstrates that routine change of gloves and instruments is not only deliverable around the world, but also reduced infections in a range of surgical settings. Taking this simple step could reduce SSIs by 13% - simply and cost-effectively,” Dr Aneel Bhangu, consultant surgeon at the University of Birmingham and study co-author, said in a press release.

This could make a difference for people’s health as much as their wallet, as patients with SSI can experience pain, disability, longer recovery times, and psychological problems. If they have to pay out of pocket for their care, this could also lead them to financial ruin.

In the second study, researchers compiled the Surgical Preparedness Index (SPI) that helps hospitals

better prepare to continue performing planned procedures during pandemics, heatwaves, and natural disasters that often lead to cancellations of many elective procedures.

By analysing how hospitals around the world managed to carry out elective surgery during COVID-19, researchers pinpointed the features that make a hospital more resilient during emergency situations. The SPI was designed by clinicians from 32 countries and scores of hospitals based on their infrastructure, equipment, staff, and processes for elective surgery.

Though they found most hospitals were poorly prepared to cope with the pandemic, they also showed that a 10 point increase in the SPI score translated into four more patients having surgery out of 100 on the waitlist.

“Our new tool will help hospitals internationally improve their preparation for external stresses ranging from pandemics to heatwaves, winter pressures and natural disasters. We believe it helps hospitals to get through their waiting lists more quickly, and prevent further delays for patients. The tool can be completed easily by healthcare workers and managers working in any hospital worldwide - if used regularly, it could protect hospitals and patients against future disruptions,” Dr James Glasbey, lead author and a research fellow at the University of Birmingham, said in a press release.

Professor Dion Morton, Barling Chair of Surgery at the University of Birmingham, added that many postoperative deaths could be prevented with more investment in research, staff training, equipment, and better hospital facilities.

Many postoperative deaths could be prevented with more investment in research, staff training, equipment, and better hospital facilities.



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Oocyte Cryopreservation or Egg Freezing Frequently Asked Questions

It is important for women to be privy to the knowledge on the safe ways to preserve egg quality. This method can be found with Oocyte Cryopreservation, commonly known as egg freezing. Over a decade of practice, I have been asked many questions about the egg freezing procedure. Here are the top 10 frequently asked questions for your easy reference.

1. What is oocyte cryopreservation or egg freezing?

The human oocyte cryopreservation is a procedure to preserve a woman's eggs. This technique enables a woman to retrieve and store her eggs for later use.

2. Who should consider egg freezing?

Women who wish to preserve their fertility for the future including:

- Women who want or need to delay childbearing in order to pursue educational, career or other personal goals.
- Women diagnosed with cancer.
- Women with objections to storing frozen embryos for religious and/or moral reasons.

3. When should I freeze my eggs?

As soon as you can, and best before the age of 35, when the quality of eggs is optimum.

4. How does egg freezing work?

Eggs are frozen using a flash-freezing process known as vitrification

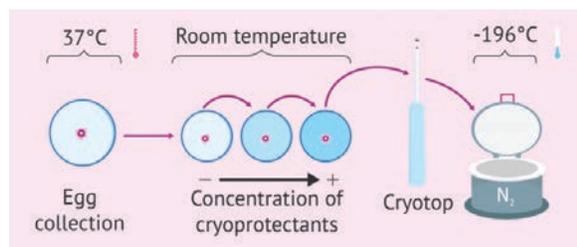


Photo credit to invitracom

The process of egg vitrification is done using an ultrarapid cooling method. A substance called cryoprotectant is used to prevent damage to the cells when it is immersed in liquid nitrogen and stored at -196°C.

5. How are the eggs retrieved?

- You will be given 9 to 10 days of hormone injections to stimulate the ovaries and mature multiple eggs.
- During the removal process, you will be placed under light sedation. A needle attached to a catheter is guided through the vaginal wall. One by one, the eggs will be drawn out using light suction.
- The eggs are collected in test tubes labelled with your name and unique identification number, which will be handed to the embryologist for the storing process.

6. How many eggs will be retrieved?

The Brigham and Women's Hospital (BWH) Egg Freezing Counselling Tool (EFCT) is used to help determine the number of eggs that we need to retrieve. In general, we will attempt to retrieve as many eggs as we can.

7. How are the eggs stored?

The eggs are frozen and stored at a temperature of -196 degrees Celsius.

8. How long can the eggs remain frozen?

Based on scientific evidence, as well as through our experience, eggs can be optimally stored for as long as 10 years.

9. Is the thawing process safe?

Yes, the thawing process is safe. More than 90% of eggs have been proven to survive the thawing process.

10. What are the costs involved?

The process of each retrieval costs between RM10,000-RM15,000. The yearly fee to store the eggs is about RM1,000. These are just indicative figures, do contact us for the latest fees.

To find out more about TMC Fertility's egg freezing package or other fertility preservation options, please contact our Careline at +6018 211 1088 / +6016 211 1357 or email ivf.info@tmclife.com



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Harvesting Another Year of **Success**



Mohd Daud Mohd Arif, Chief Executive Officer of MHTC receiving the 'Outstanding Leadership in Healthcare Travel in the Asia Pacific' award at the GlobalHealth Asia-Pacific Conference & Awards 2022

Malaysia Healthcare Travel Council Conferred the Outstanding Leadership in Healthcare Travel in the Asia-Pacific Award for Two Years in a Row

Malaysia Healthcare Travel Council (MHTC) has once again been recognised for its efforts in propelling Malaysia as an exemplary leading destination for healthcare travel within the region. Staying true to its unparalleled commitments – preserving patient centricity and continuity of care, Malaysia is well supported by inclusive and collaborative industry stakeholders namely the private healthcare providers within the Malaysia Healthcare ecosystem, paving the way for the country to continue positioning itself as a safe and trusted destination for healthcare travellers. Witnessing the surge in the number of healthcare traveller arrivals in Malaysia following the opening of borders, the healthcare travel industry's recovery is on solid ground and on track to rebound.

Collective Recovery Efforts Bear Fruits

Building upon the strong foundation of collaboration built over the last decade, the recovery has been an all-industry effort, locally, regionally, and globally. The continued momentum and efforts of Malaysia Healthcare's stakeholders is geared towards perseverance in this challenging climate and ensuring the continuity of industry innovation.

“Learning how the pandemic brought many industries to the brink of collapse, collectively, the healthcare travel industry along with other strategic partners across the globe, further strengthened our collaboration in steering through the uncertainties and by taking a swift approach to shift away from “reactive” to “proactive” mode in navigating the industry as the nation transitions into the Rebuild phase,” said Mohd Daud Mohd Arif, Chief Executive Officer of MHTC.

“Moving ahead, we are on course for a continuous and sustainable industry growth which has been strategically proposed for roll-out over the next four to five years guided strongly by the Malaysia Healthcare Travel Industry Blueprint 2021-2025, a whole-of-industry effort that guides the industry forward.

Focused on both a common goal as well as creating a value to all involved stakeholders across the journey, the blueprint will be implemented in two main phases; Recovery (2021-2022) and Rebuild (2023-2025),” he added. During the Recovery phase, more emphasis is being placed on the Healthcare Travel Ecosystem as readiness measures for the industry to recover and move into the Rebuild Phase. The concerted efforts implemented have led to fruitful results, witnessing the industry stakeholders including MHTC receiving accolades and awards such as the GlobalHealth Asia-Pacific Conference & Awards, even amidst the pandemic.

“It was indeed an honour for us to receive the Outstanding Leadership in Healthcare Travel in the Asia Pacific Award at the GlobalHealth Asia-Pacific Conference & Awards 2022. Our heartfelt congratulations to all the winners, particularly our partner hospitals on the well-deserved achievements. It is a great pleasure to share this momentous achievement together with some of the many key industry players that have played an important role in providing a seamless and true care experience to our healthcare travellers,” said Mohd Daud. The year 2023 is fast approaching, and most industries are

moving forth with industry rebuilding efforts. For Malaysia's healthcare travel industry, the Rebuild phase will see amped up efforts in forging industry sustainability and resilience, driving forward with several niche branding initiatives such as in Cardiology, Oncology, Fertility, and Dental treatments as well as Premium Wellness offerings.

Cultivating the Culture of Preventive Healthcare

Malaysia has been actively advocating for the shift from curative healthcare to preventive healthcare approach. Malaysia Healthcare is at the forefront of this phenomenon with a health system that has been evolving from curative care and treatments to preventive health and wellness.

Malaysia Healthcare recently introduced a Premium Wellness Programme, an industry-wide collaborative effort with numerous top-tier private hospitals, hotels and travel companies in Malaysia. This programme integrates a comprehensive health screening with world-class hotel accommodation, leisure tour itinerary with options for healthcare travellers to add on elective procedures such as dental aesthetics or cosmetics as well as other treatments such as Hepatitis C, Cancer, and heart screening.

In line with the third Sustainable Development Goal (SDG) of the United Nations in ensuring healthy lives and promoting wellbeing for all at all ages, Malaysia Healthcare

is committed to consistently progress its healthcare system by empowering and encouraging healthier lifestyles with enhanced health screening capabilities, for everyone.

Experience the Best of Healthcare Travel with Malaysia Healthcare

Together with key public and private industry players, Malaysia Healthcare has cultivated a solid ecosystem, where it provides end-to-end seamless care for healthcare travellers. Combining both its enhanced selling points and niche offerings, MHTC trusts that Malaysia's position as the leading global destination for healthcare travel will be further strengthened.

"We exemplify high standards in medical services, patient safety and globally renowned accreditation in every touchpoint along the healthcare travel ecosystem, further reinforcing the trust placed by healthcare travellers on Malaysia Healthcare, affording them quality care for peace of mind. In this regard, we welcome everyone to experience the best of healthcare travel with Malaysia Healthcare and embrace the seamless end-to-end services provided, from point of enquiry to post-treatment care," concluded Mohd Daud.



Celebrating the win with the esteemed recipients of the GlobalHealth Asia-Pacific Healthcare & Medical Tourism Awards 2022

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Disrupted sleep might contribute to serious eye condition

A new study highlights another good reason to improve sleep habits

Poor sleep has been tied to reduced well-being and a host of health problems — glaucoma may now be the latest unwelcome addition to the list.

Researchers sifted through the sleep behaviours and patterns of more than 400,000 people in the UK over the course of more than 10 years and found that sleep disruption was associated with an increased risk of developing glaucoma, a common eye problem that often develops in old age and can lead to blindness if not diagnosed and treated early. The condition affects about 70 million people globally, a number estimated to increase up to almost 112 million by 2040.

“Snoring, daytime sleepiness, insomnia, and short/long duration, individually or jointly, were all associated with the risk of glaucoma,” the authors wrote in the BMJ. “These findings underscore the need for sleep intervention for individuals at high risk of glaucoma as well as potential ophthalmologic screening among individuals with chronic sleep problems for glaucoma prevention.”

Snoring and daytime sleepiness produced an 11 percent increased risk of glaucoma, while insomnia and sleeping too much or too little reached a 13 percent surge compared to people with good sleep patterns.

Since glaucoma has no symptoms, regular screening is the main tool to spot it when it’s still treatable. The US CDC advises people at high risk of developing the condition to get a comprehensive eye exam, while the US Medicare programme covers one glaucoma test per year. This applies to people older than 60, those with a family history of glaucoma, and diabetics.

It’s no surprise then that the study participants

diagnosed with glaucoma during follow-up were also more likely to be older, male, and long-time smokers with a history of high blood pressure and diabetes at recruitment.

If you don’t belong to a high-risk group, the CDC recommends one eye exam by the age of 40. Doctors will then tell you how frequently you’ll need to get back for a check-up.

The research findings provide additional information to identify people who may benefit from early glaucoma screening, while stressing that improving sleep quality might help prevent the condition in at-risk people.

Damage to the optic nerve that connects the eyes with the brain characterises glaucoma, but its causes are still poorly understood. However, increased intraocular pressure is a major risk factor.

One working theory to explain the link between sleep disturbance and glaucoma posits that the former might lead to elevated intraocular pressure through altered sleep hormone balance, the study authors wrote.

It’s not surprising that sleep problems could play a role in glaucoma as getting insufficient sleep is associated with many chronic conditions like type 2 diabetes, heart disease, obesity, and depression.

Adults are advised to get about seven hours sleep per night. But quality is as essential as quantity. If you feel tired even after getting enough sleep time or you repeatedly wake up during the night, you may need to improve your sleep quality.

Some tips to sleep better include going to bed and waking up at the same times every day, avoiding large meals, caffeine, and alcohol before bedtime, and getting exercise during the day.

“Snoring, daytime sleepiness, insomnia, and short/long duration, individually or jointly, were all associated with the risk of glaucoma.”

New Alzheimer's drug stirs hope and scepticism

The benefits are modest and more data are needed

There's a lot of buzz around an experimental medication that has slowed cognitive decline by 27 percent in patients with early Alzheimer's disease, according to data released by the pharmaceutical companies that developed it.

Alzheimer's Research UK research director Dr Susan Kohlhaas told the BBC this was a breakthrough and a "historic moment for dementia research" as it was the first large clinical trial "in a generation" to improve cognitive decline, a condition that's a growing health problem worldwide. It's also known as dementia, an umbrella term that comprises several forms of mental decline, including Alzheimer's.

Developed by Eisai and Biogen, the drug lecanemab led to improvements in the CDR-SB score, which quantifies symptom severity in dementia, in a clinical trial involving 1,795 participants who either received the drug or a placebo, a dummy pill. It also managed to decrease the amounts of the protein amyloid in the patients' brains, a key hallmark of Alzheimer's that can be diagnosed with imaging technology.

But some experts sounded a note of caution.

Though the results are "quite promising [...] we'll have to see what the full analysis of the trial suggests," Dr Caleb Alexander, an internal medicine specialist and epidemiologist at the Johns Hopkins Bloomberg School of Public Health in the US, told *Nature*.

He also noted that the clinical benefit provided by lecanemab is small.

The drug was developed to clear amyloid plaques in patients with Alzheimer's, based on the theory that accumulation of the protein has a toxic effect on brain

cells that eventually cause dementia.

However, this theory, known as the amyloid hypothesis, has been called into question by several experts who point out that there are many elderly people with amyloid plaques who never develop Alzheimer's.

Amyloid is "associated with the problem, but it isn't 'the' problem", Dr George Perry, a neurobiologist at the University of Texas at San Antonio and a sceptic of the amyloid hypothesis, told *Nature*. "If you modulate it, of course you can have some small benefit."

A similar drug, Aducanumab, which can reduce amyloid in the brain, was approved by the US Food and Drug Administration last year but has sparked controversy among experts because its benefits are modest while the results observed in clinical trials were mixed. An early analysis showed the drug offered no significant improvement while a subsequent one suggested it could slow the loss of cognitive abilities, though such benefits aren't clear-cut. This prompted the FDA to request additional post-approval trials to verify the new drug's efficacy in helping patients.

"Aducanumab stands out as a remarkably unique case of poor decision making using very complicated and noisy data," Dr Jason Karlawish, the co-director of the Penn Memory Center at the University of Pennsylvania, told *Global Health Asia-Pacific*.

Though Dr Karlawish believes Aducanumab will "fade into history," other drugs that clear amyloid plaques from the brain are being tested and could still prove to be beneficial to patients with Alzheimer's.

The hope is that lecanemab will be one of them.

There are many elderly people with amyloid plaques who never develop Alzheimer's.





Bali plans special economic zone for local health tourism

The goal is to convince Indonesians to seek treatment in the country

The tourist island of Bali has selected an area in Sanur to establish a special economic zone to attract top hospitals in hopes of boosting its medical offerings and infrastructure, *Bloomberg* reported.

Companies that set up shop in Bali should benefit from fiscal and other incentives, with world-renowned providers like Mayo Clinic and Cleveland Clinic partnering with the Indonesian government to reverse a trend that has been seeing Indonesians go overseas for their medical care.

Estimates are that some two million Indonesians travel to countries like Singapore, Malaysia, and the US for medical treatment because they don't trust their local healthcare system or due to limited capacity. This translates into 97 trillion rupiah (US\$6.2 billion) in healthcare revenue losses.

"It is hoped these international health facilities will absorb 4%-8% of Indonesians who usually seek treatment abroad," said Elen Setiadi, acting general secretary at the SEZ National Council, according to *Bloomberg*.

The owner of the economic area, PT Hotel Indonesia Natour, and the public hospital holding company, Pertamina Bina Medika, together with other companies, will provide funds amounting to about 10.2 trillion rupiah (US\$657 million) to build healthcare facilities, hotels, and a convention centre.

Setiadi added that Indonesia should earn US\$1.25 billion from health tourism by 2045 by attracting patients from other countries.

Global Accreditation Initiative in aesthetic medicine

The initiative aims to improve patient safety in selected facilities

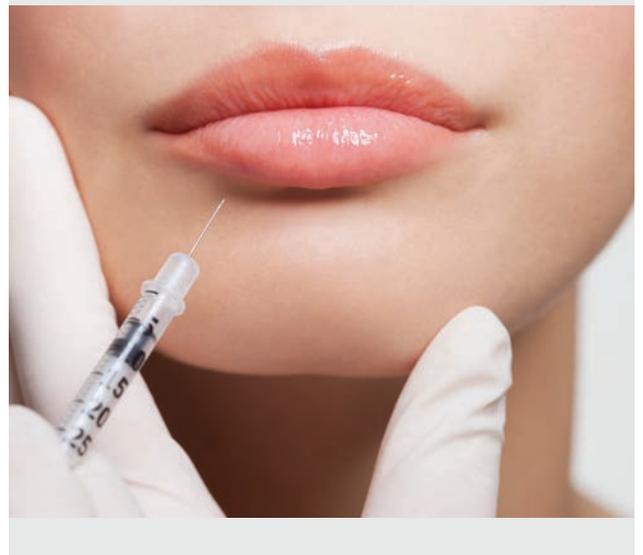
The International Society of Aesthetic Plastic Surgery has partnered with the accreditation organisation QUAD A to launch the Global Accreditation Initiative — a move that will provide patients with essential information to pick the safest providers of aesthetic treatments.

"International Society of Aesthetic Plastic Surgery (ISAPS) membership combined with QUAD A accreditation provides a clear and easy-to-understand statement to patients that a center is staffed by highly qualified and properly trained surgeons and is run in accordance with global standards to promote safety," reads a joint statement by ISAPS and QUAD A.

ISAPS members commit to follow the highest standards of care through accreditation in addition to receiving proper qualifications in plastic surgery, a move that will reassure patients they are receiving safe treatments. The partnership will allow QUAD A accredited facilities to have qualified staff who are expert in adverse outcome reduction.

The initiative will see some of the best plastic surgeons among ISAPS members train clinical and administrative staff to make clinics the safest locations possible to carry out surgery.

"Our shared philosophy is that accreditation should support superior physician training with education, helping facilities and their support staff rise to the highest standards of care. This includes training nursing staff and technicians on proper processes and systems throughout the facility. The best care begins with the best training," the statement adds.





Wellness hub in the pipeline in Thailand

Many projects are poised to further boost the country's credentials in medical tourism

Thailand's Medical Hub Board has greenlighted the creation of a Wellness Economic Corridor in the south of the country to fuel the post-pandemic recovery in its medical tourism sector and benefit the economy as a whole, the *Bangkok Post* reported.

The Board opted for the southern region of Songkhla because of its quality healthcare offerings and accessibility, said Deputy Minister of Public Health Sathit Pitutecha in a press conference.

In addition to the Andaman Wellness Corridor, which will comprise a medical centre, a dental centre, a spa, and other wellness services, the plan also calls for the construction of Udonthani Green Medical Town and a cancer centre.

The projects will be facilitated by the creation of a "super licence" that will allow companies to obtain the necessary permits with a single application instead of multiple ones, speeding up the process.

Sathit said the projects would provide employment for local people, highlighting that each medical tourist in Thailand spends about 80,000 to 120,000 baht (US\$2,235 to US\$3,350).

Though estimates can vary significantly, more than one million medical tourists a year were believed to have sought healthcare services in Thailand before the COVID-19 pandemic.

Malaysia streamlines visa process for Bangladeshi health travellers

This makes the Southeast Asian nation easier to access for patients from Bangladesh

Patients from Bangladesh who seek care in Malaysia can now apply for a fast-tracked electronic visa that will speed up the approval process, allowing visitors to obtain it in three to five working days, the Chief Executive Officer of the Malaysia Healthcare Travel Council, Mohd Daud Mohd Arif, announced at the Malaysia Healthcare Business Forum.

The new visa arrangement called e-Visa (Medical) will also make it easier and more cost-effective for Bangladeshi patients and two companions to extend their stay if the treatment regimen requires it.

"As we move into endemicity, patient experience takes centerstage for us and remains the focus as we ramp up efforts to recover from the pandemic and rebuild the industry. Recognising the importance of digitalisation, we have embarked on building a digital framework that is focused on enhancing the digital touchpoints in the patient experience journey, beginning from our website at www.malaysiahealthcare.org and soon with the One Stop Portal (OSP) which functions as a trusted digital front door for healthcare travellers," said Mohd Daud in a press release.

Malaysia is a go-to destination for healthcare travellers, especially for those from Muslim countries like Bangladesh because its hospitals provide halal menus and medical products, as well as prayer facilities, that meet the needs of Muslim healthcare travellers.

Mohd Daud added that some upcoming partnerships between the two countries' medical universities, banking industry, and commerce sector will further cement Malaysian healthcare's credentials in Bangladesh.



IT IS EVERYONE'S BUSINESS TO BE BREAST HEALTH AWARE

By Dr Evelyn LM Ho, Consultant Clinical Radiologist; Technical Advisor -Breast Cancer Welfare Association Malaysia; President – Asian Oceanian Society of Radiology

Breast cancer conjures images of disfigurement, pain and all things negative yet it is highly treatable if discovered early with timely and appropriate treatment. Early discovery also means the overall treatment may be simpler, less costly and more effective. The exact cause of breast cancer is unknown. Many of the risk factors, we cannot change – such as being born female, getting older, having dense breasts (a feature best seen on mammograms) and inheriting certain gene changes (although genetics only causes 5-10% of cases).

So how do we go about discovering cancer early?

Understanding and getting to know your breasts characteristics and appearance is the first step towards being breast health aware and applies to both men and women. In the ideal situation, one examines one's own breasts systematically once a month, about 3 days after the menses ends, or in those who are menopause or males, at the same date of each month. Ladies older than 18 years can begin this self-familiarization process.

“Early detection is the best protection”

Ranjit Kaur Pritam Singh
Board Member
Reach to Recovery International

If you feel or observe something of concern in your breasts, and it persists after two menstrual cycles, please see your doctor. For

those who are menopausal or male, please see your doctor without too much delay. Whilst we might be worried about a cancer, worrying does not make cancer go away. Instead, you may be wasting precious time. Good news ladies as most abnormalities felt (commonly a lump) are not cancer.

As a woman gets older, an annual clinical breast examination (by a doctor or breast care nurse) may be added to the routine. If you are female and even if you feel nothing wrong in your breasts, consider a screening mammogram once you are over 40 years old, where the risk of

getting breast cancer has increased enough to make screening useful. Then get it done regularly at one or two-yearly intervals. Screening means getting a mammogram when you do not feel or see anything wrong with your breasts. A mammogram can **detect cancer before you can feel it**, which means early discovery.



Dr Evelyn Ho



The mammogram is a series of special low dose x-rays with the breasts in optimal compression. The “standard” mammogram is made up of 2 views per breasts. The “3D” mammogram obtains a series of low dose x-rays in an arc for each view. This produces many images, each with less overlapping breast tissue, thereby improving the ability to pick up abnormalities.

The mammogram does not have a 100% cancer pick up rate. The ability to detect cancer depends on several factors. This includes each person's **unique** breast tissue pattern and density (proportion of fat in relation to the fibroglandular tissue). Therefore, it is important to keep your old mammograms for

comparison to improve detection and accuracy rates. Despite these factors, the mammogram continues to be the gold standard for breast cancer screening.

Now is the time to take charge of your own health. Remember, early cancer discovery saves lives.

“Pain or no pain, get your breast lump checked”

Ranjit Kaur Pritam Singh
Board Member
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Tweaking gut microbes for better health is still a work in progress

The approach promises benefits across several diseases but still hasn't reached the clinic in a meaningful way

“The probiotic industry, which makes billions of dollars every year, has sort of brainwashed the public into taking probiotics because they promote health, but it has little evidence to support it.”

It's a widespread notion that the good microbes in our gut play an important role in health and disease. All you have to do is look at the popularity of probiotics, the so-called good bacteria packed in foods and supplements that are believed to make people healthier. These have become so sought-after that they're now marketed in beauty products, the *New York Times* reported a few years back.

But the science of optimally balancing the many millions of different microbes living in the intestine, collectively called microbiome, is still shaky, a fact that should give pause to anyone splashing out on probiotics in the hopes of keeping diseases away.

“The probiotic industry, which makes billions of dollars every year, has sort of brainwashed the public into taking probiotics because they promote health, but it has little evidence to support it,” Dr Eugene Chang, a microbiome researcher at the University of Chicago, told *Global Health Asia-Pacific*.

Probiotics are often hailed as a powerful tool to strengthen the immune system, with the implied idea that this would offer health benefits across the board. As a result, they are regularly recommended for a wide range of conditions, including gastrointestinal and cardiovascular disorders as well as cancer and allergies. But since they aren't classed as medicines, they don't have to go through the standard drug approval process, which requires companies to prove their product is safe and effective. The only requirement to sell probiotics is that they don't cause harm.

The reality is that very few of these bold claims have been proven, especially in people without any health problem who are likely to account for the majority of those taking probiotics.

Despite these doubts, Dr Chang believes current research on how to strengthen the microbiome, including the use of probiotics, might eventually translate into a powerful approach for treating or lowering the risk for a host of conditions including gut problems, cancer, diabetes, and neurological diseases, but many questions still need to be

answered before microbiome-based medicine can have significant clinical applications or lead to the development of health-promoting probiotics.

“We have a lot more work ahead of us to have evidence-based data in order to advance the field,” he said.

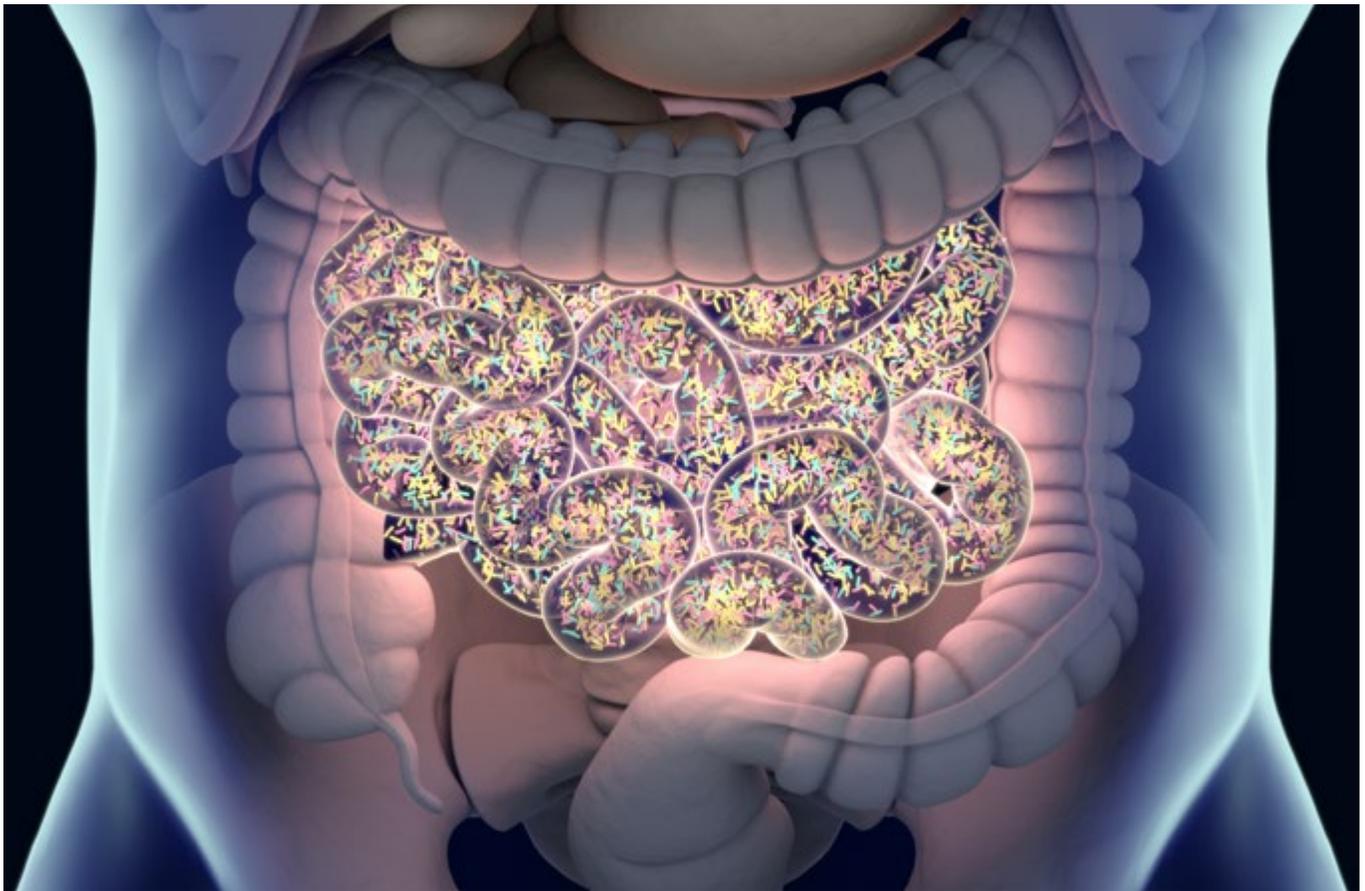
The essential function of the gut microbiome

The gut microbiome comprises different species of tiny organisms including bacteria, viruses, and fungi that are unique to each individual and contribute to our normal bodily processes by digesting vital nutrients, producing important chemicals like vitamins, and stimulating the immune system.

For instance, gut bacteria are the only cells in the body that can form vitamin B12, which helps make DNA, or the genetic material in all our cells, and prevent megaloblastic anemia, a blood condition that makes people weak and tired by reducing the amount of oxygen going to tissues.

In a study conducted by Dr Chang, baby mice whose microbiome was partially eradicated through antibiotics had a disrupted immune system and later in life developed colitis (pain and swelling of the colon) at a much greater rate and severity than mice with a healthy mix of microbes. The microbiome plays the essential role of teaching the immune system to recognise beneficial microbes early on to ensure it doesn't negatively react to them by causing inflammation in the colon, he explained. If this recognition process is disrupted during the developmental stage, the immune system will attack those same microbes in the future once they enter the body.

A similar problem happens in humans when they are treated with antibiotics whose depleting effect on the microbiome might clear the way for the bacterium *Clostridioides difficile* (*C. diff.*) to infect the colon, causing diarrhoea or even life-threatening consequences. “A healthy microbiome is a deterrent for pathogens like *C. diff.* because good microbes form communities that prevent these pathogens from



Alterations to the gut microbiome may increase the risk or accelerate the development of many widespread and dreadful conditions

developing,” Dr Chang said.

Other animal studies have shown that alterations to the gut microbiome may increase the risk or accelerate the development of many widespread and dreadful conditions including fatty liver disease, diabetes, cancer, and Alzheimer’s.

Such observations are what has lent credence to the theory that adding more good bacteria to the mix we already have in the gut is a way to support the positive function of the microbiome, and, to a certain extent, that’s backed up by some promising studies, but with some caveats.

Benefits of microbiome medicine may be limited

A review of 45 studies on probiotic supplementation in healthy adults concluded that live bacteria in either yoghurt, capsules, or drinks may reduce abdominal discomfort from irregular bowel movements and constipation, as well as top up good bacteria in the vaginal area in a way that may help prevent urinary tract infection. According to the reviewers, some evidence also suggests that probiotic supplementation can support the immune system, thus leading to a reduction in the incidence, duration, and severity of the common cold.

But these beneficial effects are short-lived, meaning you need to keep taking probiotic supplements on a permanent basis to sustain them.

“You may be able to get longer-lasting changes by ‘feeding the healthy bacteria’. Like all living organisms, bacteria need food to survive. Foods that are high in dietary fibre, such as fruit and vegetables, can be used as energy sources (or so called “prebiotics”) for these bacteria,” the authors wrote in *The Conversation*, adding that taking probiotics may make sense for people who have a bad diet and do little exercise.

“But if you are otherwise healthy, probiotic supplements are likely to be a waste of money. Here’s some simple advice: take what you spend on probiotic supplements, and use it to buy and eat more fruit and vegetables,” they wrote.

In other studies, probiotics have also shown to be useful against antibiotic-associated diarrhoea and antibiotic-associated diarrhoea caused by *C. diff.*, but a strong link couldn’t be established and it’s unclear which probiotics are effective and which are not and what the recommended doses should be.

In another promising microbiome-based treatment, *C. diff.* infection can sometimes be treated with fecal transplantation, a procedure involving the insertion of healthy bacteria from a donor’s faeces into the patient’s gut microbiome through the anus or nose. “Faecal microbial transplant is in some cases a frontline therapy for these patients because we are basically transplanting somebody else’s healthy

“We don’t have a metric for defining health and unhealth of the microbiome, and we are unable to figure out the therapeutics because if you don’t know what is wrong with it you don’t know how to treat it.”

microbiome with all the components that have been decimated [in the patient’s gut],” explained Dr Chang.

Similar to probiotics, however, doctors have no clue which microbes are more likely to benefit patients, and they simply select healthy donors who haven’t been exposed to antibiotics in the past six months to harvest the microbes.

And this lack of knowledge probably explains why in some cases faecal transplants don’t work — the donor microbes are rejected by the host because they aren’t a good match for their specific microbiome.

The key challenges to reaping the benefits of microbiome medicine

The main reason there’s still “more unknown than known” around microbiome therapies, in Dr Chang’s words, is that each person has a specific set of microbes that changes over time due to factors like age and diet, making it hard to identify clear links between their microbial make-up and diseases.

“We don’t have a metric for defining health and unhealth of the microbiome, and we are unable to figure out the therapeutics because if you don’t know what is wrong with it you don’t know how to treat it,” he said.

Another challenge is that new microbes added to the gut often fail to engraft, meaning they are rejected by the intestine. This is what happens to probiotics on many occasions, as experiments have shown, making them ineffective. One exception is kefir, a drink made from fermented milk that has shown a stronger ability to colonise the gut.

The problem is that researchers still don’t fully understand how to facilitate the engraftment process. If they did, they could improve the efficacy of both probiotics and fecal transplants and match microbes to individual patients as we currently do with blood types, quipped Dr Chang.

Promising microbiome research

Medical research on the microbiome is exploding, according to Dr Chang, with several multibillion-dollar companies aiming to develop effective therapies that strengthen gut microbes, potentially benefitting patients across diseases.

Seres Therapeutics, for instance, is testing whether mixes of different microbes can prevent *C. diff.* recurrence as well as infection or complications after hematopoietic stem cell transplantation. This procedure replaces damaged bone marrow that’s not producing healthy blood cells due to cancer or other conditions but causes many patients to develop infections or the donated cells to attack the body.

Similarly, Vedanta Biosciences is developing bacterial compositions in the hopes they could help treat inflammatory bowel disease and food allergy or even improve the efficacy of cancer immunotherapy.

Dr Chang says these companies have released preliminary data on the treatment of ulcer and colitis that look promising, so they might be on the verge of identifying some bacterial combinations that boost microbiome health in a way that leads to clinical benefits.

He’s not waiting around, however, and has embarked on his own different research approach. “We are trying to identify the products the microbes produce to impact our biology,” he said. Called metabolites, these substances are fairly similar across individuals, unlike microbes, making it easier to pinpoint health and disease parameters that are instrumental in developing effective therapies.

This method of working has allowed him to help a patient with bowel disease who couldn’t eat most foods as they triggered severe diarrhoea. After diagnosing damages to his microbiome due to prolonged antibiotic use, Dr Chang and his team got his microbes to churn out an increased number of short-chain fatty acids — metabolites produced by bacteria that break down dietary fibres — by concocting a fibre-rich diet the patient could tolerate.

“Short-chain fatty acids are a set of metabolites most agree are required for a healthy microbiome,” explained Dr Chang. “These molecules are well known to be anti-cancer, they help develop the immune system, and are likely to play a role in general health.”

After sticking to the new diet, the patient saw



Medical research on the microbiome is exploding



Though probiotic supplements promise to improve health, more research is needed to support their benefits

improvements in his quality of life as he was able to tolerate more types of food. “I don’t know whether his clinical improvement is related to the repair of his microbiome, all I can tell is that we fixed his microbiome and we think that will lead to continuous symptomatic improvement,” he acknowledged.

In his view, diets that fuel the production of specific metabolites and engineered probiotics that can easily engraft, or take root, in the microbiome of many different people represent the future of microbiome therapies, though it’s still early days and will take some time to see whether breakthrough improvements or treatments become available.

In addition to having effective therapies, the timing of the treatment might also be a key factor, according to Dr Chang. He observed that mice who didn’t have a microbiome could rehabilitate their immune systems and decrease their colitis risk only if they had received good microbes as pups, while the same benefits didn’t materialise when the animals were treated later in life.

“There’s a window in early life when your immune system is learning, and once that closes it can’t learn” any longer, he stressed, adding that this mindset could revolutionise the preventative approach to conditions like inflammatory bowel disease, which would entail looking at the microbiome of babies to see whether they lack essential microbes that need to be restored to lower the risk of or prevent the disease decades later.

“I do believe that it is important to identify if there’s an imbalance or missing microbes early in life because, if we are going to lower disease risk, we have

to correct the microbiome early in life,” he said.

If microbiome research delivers on its promises, its health impact could be huge.

A recent study published in *Nature Metabolism* shows that people whose microbiome changes over time are more likely to live longer and be healthier compared to those with fewer variations. The researchers speculate that bacteria called *Bacteroides* might partially explain the difference in health and longevity as they tend to consume the protective mucus layer that lines the gut if fibres aren’t available.

“Maybe that’s good when you’re 20 or 30 and producing a lot of mucus in your gut,” Dr Sean Gibbons, one of the study authors and assistant professor at the Institute for Systems Biology in the US, told the *New York Times*. “But as we get older, our mucus layer thins, and maybe we may need to suppress these bugs.”

Dr Vasu Appanna, professor of biochemistry at Laurentian University in Canada, believes that the identification of each single human microbe along with their specific roles could contribute to classifying individuals based on their microbial profile, a move that would be as revolutionary as the discovery of blood groups.

“Microbial fingerprinting would result in a seismic shift in health quality and delivery,” she wrote in *The Conversation*. “Manipulation and enrichment of select microbial communities — referred to as microbiome engineering — would improve health, rejuvenate organs, enhance character traits and lead to more effective medications.” ■

“But as we get older, our mucus layer thins, and maybe we may need to suppress these bugs.”

Breast Lumps – Types, Causes and Reasons for Concern

While having a lump in your breast is certainly concerning, it doesn't necessarily mean that you have breast cancer.

Dr Andrew Lee explains some common causes of breast lumps, and measures you can take to keep yourself in the pink of health.



1. I've a lump in my breast? Is it a sign of breast cancer?

First of all, you shouldn't panic. It is common to have breast lumps. Most of them are benign (non-cancerous). Unfortunately, the most common sign of breast cancer is a painless lump.

What you need to do is to have it checked by a doctor and have some tests done to make sure that the lump is okay.

While breast cancer can't be ruled out, you certainly shouldn't panic. Most of the time, breast lumps are benign (non-cancerous) and are symptoms of a less serious problem. Be sure to arrange an appointment with your doctor to diagnose the issue.



LEE ANDREW CLAYTON
General & Breast Surgeon
Gleneagles Hospital

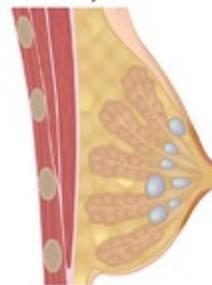
Dr Andrew Clayton Lee is a general surgeon and oncoplastic breast surgeon at Gleneagles Hospital, Singapore. Dr Lee specialises in performing oncoplastic breast surgical procedures to treat screen-detected benign and malignant breast conditions.

2. Besides cancer, what are some common causes of breast lumps and related treatment options?

There're actually many causes of breast lumps. Some common ones come from the skin (sebaceous cysts) and fatty tissue surrounding the breast (lipomas), which can be left alone or removed depending on your preference. The common lumps that come from the breast itself include:

Fibroadenomas

Breast cysts



Fibroadenoma



These are usually found in ladies between the ages of 20 – 30. They are usually small 1 – 2cm, smooth in their contour and very mobile. They arise from the milk glands where there is a benign overgrowth of tissue. For older ladies or larger lumps, we need to make sure that it is not a phyllodes tumour, which is a “cousin condition”.

Treatment options: Fibroadenomas can be safely left alone but occasionally your doctor may recommend it to be removed. Phyllodes tumour needs to be removed.

Breast cysts and fibrocystic changes

Breast cysts (fluid-filled lumps) are very common in ladies in their 30 – 50's. During this time, the breast tissue undergoes a process of involution (breast tissue starting to shrink). The milk glands can turn into cysts and the surrounding breast tissue becomes more fibrous, and hence the term **fibrocystic changes**. It is not a disease as it does not cause ill-health and does not increase your risk of breast cancer significantly. It can however, make your breast lumpy and tender, and is a cause of nipple discharge (straw to greenish discharge with no blood). Occasionally, cysts can get infected.

Treatment options: Cysts are usually left alone. If they are large or painful, it can be drained using a small needle and syringe with local anaesthetics.

Cyclical lumpiness

Ladies' breasts are sensitive to the hormonal changes that drive the menstrual cycle. One of the hormones called progesterone causes the breast to be lumpy and tender. Sometimes the lumpiness can be so prominent that a lump can be felt when all there is are normal breast tissue. This lumpiness occurs usually 7 days before and after the menses. It can persist occasionally.

Treatment options: This lumpiness will settle over time, but it is important that a lady is checked to make sure that she does not have any lumps.

3. I'm a guy. Can I get breast lumps?

Yes, men have small amounts of breast tissue behind the nipples. These can develop over time (a condition called gynaecomastia) usually due to a combination of causes.

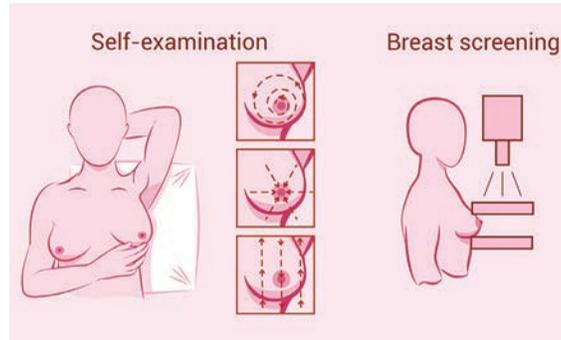
4. Are there ways to tell if a breast lump is cancerous?

Any breast lump should be managed by a doctor experienced in looking after breast conditions. This is because a lump can look benign but turn out to be cancerous. To minimise this risk of missing a breast cancer, the doctor will perform "triple assessment", which consists of clinical assessment (history taking and physical examination), radiological assessment (mammograms and ultrasound as appropriate) and if necessary, pathological assessment (a biopsy). To date, there are no blood tests clinically proven to have high levels of accuracy to detect breast cancer.

5. What can I expect during a breast doctor appointment?

Your doctor will enquire into your symptoms and risk factors. During breast examination, you will be requested to remove your top and bra. There should be a chaperone. You will lie down with your hands behind your neck. Your doctor will examine your breasts and armpit, and may also do a bedside ultrasound scan. Depending on the findings, your doctor may arrange for mammograms and ultrasounds, followed by a biopsy if necessary.

6. How often should I get a breast examination?



All ladies should self-examine their breasts monthly. For those with menses, the examination should be done 7 days after the start of the menses. For those without menses, any day of the month is good.

Ladies between the ages of 40 – 50 should consider going for a breast screening annually. Ladies after the age of 50 should go for a breast screening every 2 years.

7. What surgery options are available?

For benign lumps, some can be safely left alone in the breast, and removal is optional. There are some benign lumps, such as phyllodes tumour, that will require removal. As for breast cancer, there is a wide range of options available, which aim to get rid of the cancer and also to restore cosmesis. The key is to catch any lumps early when they are small by monthly self-breast examination and by attending routine breast screening.

If you have signs and symptoms that you are unsure about, speak to your doctor. You may also find out more about breast cancer screening by speaking with one of our specialists today.

If you're worried about the cost of surgery, Gleneagles Hospital offers price guarantee for your breast lumps removal surgery so you can budget for the procedure without any bill shock afterwards. This will give you the peace of mind you need to go ahead without any unwanted surprise fees. Learn more about Price Guarantee Procedures.

The improvement on your quality of life can be dramatic, so it's important to prioritise treatment if you need it.

This article was first published on Health Plus, an online health and wellness resource developed by IHH Healthcare Singapore.

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Tinnitus seems linked with sleep – understanding how could bring us closer to finding a cure

Authors: Linus Milinski, Doctoral Researcher in neuroscience, University of Oxford; Fernando Nodal, Department Lecturer, Auditory Neuroscience Group, University of Oxford; Victoria Bajo Lorenzana, Associate Professor of Neuroscience, University of Oxford; Vladyslav Vyazovskiy, Professor of Sleep Physiology, University of Oxford.

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Around 15% of the world's population suffers from tinnitus, a condition which causes someone to hear a sound (such as ringing or buzzing) without any external source. It's often associated with hearing loss.

Not only can the condition be annoying for sufferers, it can also have a serious effect on mental health, often causing stress or depression. This is especially the case for patients suffering from tinnitus over months or years.

There's currently no cure for tinnitus. So finding a way to better manage or treat it could help many millions of people worldwide.

And one area of research that may help us better understand tinnitus is sleep. There are many reasons for this. First, tinnitus is a phantom percept. This is when our brain activity makes us see, hear or smell things that aren't there. Most people only experience phantom perceptions when they're asleep. But for people with tinnitus, they hear phantom sounds while they're awake.

The second reason is because tinnitus alters brain activity, with certain areas of the brain (such as those involved in hearing) potentially being more active than they should be. This may also explain how phantom percepts happen. When we sleep, activity in these same

brain areas also changes.

Our recent research review has identified a couple of brain mechanisms that underlie both tinnitus and sleep. Better understanding these mechanisms – and the way the two are connected – could one day help us find ways of managing and treating tinnitus.

Sleep and tinnitus

When we fall asleep, our body experiences multiple stages of sleep. One of the most important stages of sleep is slow-wave sleep (also known as deep sleep), which is thought to be the most restful stage of sleep.

During slow-wave sleep, brain activity moves in distinctive “waves” through the different areas of the brain, activating large areas together (such as those involved with memory and processing sounds) before moving on to others. It’s thought that slow-wave sleep allows the brain’s neurons (specialised brain cells which send and receive information) to recover from daily wear and tear, while also helping sleep make us feel rested. It’s also thought to be important for our memory.

Not every area of the brain experiences the same amount of slow-wave activity. It’s most pronounced in areas we use most while awake, such as those important for motor function and sight.

But sometimes, certain brain areas can be overactive during slow-wave sleep. This is what happens in sleep disorders such as sleep walking.

A similar thing may happen in people with tinnitus. We think that hyperactive brain regions might stay awake in the otherwise sleeping brain. This would explain why many people with tinnitus experience disturbed sleep and night terrors more often than people who don’t have tinnitus.

Tinnitus patients also spend more time in light sleep. Simply put, we believe that tinnitus keeps the brain from producing the slow-wave activity needed to have a deep sleep, resulting in light and interrupted sleep.

But even though tinnitus patients have less deep sleep on average than people without tinnitus, the research we looked at in our review suggests that some deep sleep is hardly affected by tinnitus. This may be because the brain activity that happens during the deepest sleep actually suppresses tinnitus.

There are a couple of ways the brain may be able to suppress tinnitus during deep sleep. The first has to do with the brain’s neurons. After a long period of wakefulness neurons in the brain are thought to switch into slow-wave activity mode to recover. The more neurons in this mode together, the stronger the drive is for the rest of the brain to join.

We know that the drive for sleep can get strong enough that neurons in the brain will eventually go into slow-wave activity mode. And since this especially applies to brain regions overactive during wakefulness, we think that tinnitus might be suppressed as a result of that.

Slow-wave activity has also been shown to interfere



The brain activity that happens during the deepest sleep may suppress tinnitus

with the communication between brain areas. During deepest sleep, when slow-wave activity is strongest, this may keep hyperactive regions from disturbing other brain areas and from interrupting sleep.

This would explain why people with tinnitus can still enter deep sleep, and why tinnitus may be suppressed during that time.

Sleep is also important for strengthening our memory, by helping to drive changes in connections between neurons in the brain. We believe that changes in brain connectivity during sleep are contributing to what makes tinnitus last for a long time after an initial trigger (such as hearing loss).

Treating tinnitus

We already know that intensity of tinnitus can change throughout a given day. Investigating how tinnitus changes during sleep could give us a direct handle on what the brain does to cause fluctuations in tinnitus intensity.

It also means that we may be able to manipulate sleep to improve the wellbeing of patients – and possibly develop new treatments for tinnitus. For example, sleep disruptions can be reduced and slow-wave activity can be boosted through sleep restriction paradigms, where patients are told to only go to bed when they’re actually tired. Boosting the intensity of sleep could help us better see the effect sleep has on tinnitus.

While we suspect that deep sleep is the most likely to affect tinnitus, there are many other stages of sleep that happen (such as rapid eye movement, or REM sleep) – each with unique patterns of brain activity. In future research, both the sleep stage and tinnitus activity in the brain could be tracked at the same time by recording brain activity. This may help to find out more about the link between tinnitus and sleep and understand how tinnitus may be alleviated by natural brain activity. ■

We believe that changes in brain connectivity during sleep are contributing to what makes tinnitus last for a long time after an initial trigger (such as hearing loss).

Proton therapy: A breakthrough in cancer care

At the “Advanced Modalities in Cancer Treatment” event, Mount Elizabeth Hospitals specialists as well as guest doctors from around the region discussed proton therapy and other latest offerings in cancer care. By Christel Gomes



Proton Therapy delivers minimal entrance radiation and stops without moving beyond the tumour

Proton therapy spares the surrounding healthy organs and tissues from detrimental radiation.

Dr Prem Kumar Nair, CEO of IHH Healthcare Singapore kicked off the event with a quick overview of current cancer statistics: in Southeast Asia alone, we see an estimated 2.2 million cases and 1.4 million deaths annually¹. In Singapore, 26.4% of all deaths are due to cancer².

Given cancer’s prevalence, Dr Peter Chow, CEO of Mount Elizabeth Novena Hospital, said Mount Elizabeth is proud to be the first private hospital in South East Asia to offer proton therapy in addition to Gamma Knife and TrueBeam linear acceleration radiation therapy. With the opening of the proton therapy centre and the estimated availability of proton clinical services in early 2023, Mount Elizabeth further strengthens advanced modalities in radiation oncology treatments, complemented by medical and surgical oncology multi-disciplinary care options for patients.

What is Proton therapy and how does it work?

Proton therapy is a highly advanced and precise radiation option that destroys cancer cells, and it differs from other radiation options such as photon

therapy in some very important ways – the main difference is that when the beam of radiation is shot into the body targeting the area of cancer, it delivers minimal entrance radiation and stops without moving beyond the tumour. In other words, there is no exit dose. Thus, proton therapy spares the surrounding healthy organs and tissues from detrimental radiation, explained Dr Edward Yang, Radiation Oncologist at Mount Elizabeth Hospitals, Gleneagles Hospital and Parkway Cancer Centre.

In explaining how it works, Dr Yang said, “A proton is a subatomic particle found in the nucleus of every atom. The particle has a positive electric charge, equal and opposite to the electron. Proton therapy is essentially a type of particle therapy that uses a beam of protons that can be modulated to irradiate diseased tissue, most often to treat cancer. With traditional x-ray therapy (linear accelerators), electrons are accelerated to the speed of light (300 000 km per second), whereas with proton therapy we accelerate the protons to 2/3rd the speed of light (200 000km/s) using a cyclotron. Then, magnets are used to modulate the beams.”

Bragg Peak brings with it a plethora of benefits

What's significant about protons is that they decelerate faster than photons – most radiation therapy machines, x-rays included, use photon beams. Protons also deposit more energy as they slow down, culminating in a peak, known as Bragg Peak. In other words, the Bragg Peak is a pinnacle that is visualised on a Bragg curve graph, a graph which plots the energy loss of ionizing radiation during its travel through matter.

Compared to electron or photon radiation, both of which have high entry doses – of 90-100% relative energy – which then taper off, protons can enter the body at a 20% dose before depositing all their energy at the delivery site, which when done right is the tumour.

Because of this ability of protons to rapidly lose energy, proton beam therapy delivers an extremely high dose of radiation to a very localized site, which brings with it an abundance of benefits: minimal radiation to healthy tissue, reduced risk of secondary cancers, safe dose escalation associated with higher overall survival, reduced risk of radiation-induced malignancy in young people, and significantly lower risk of adverse side effects and toxicity.

In cases of brain tumours, being able to stop the depth of the radiation would lower IQ loss or, in children, lower growth disturbances. It also has particular applications to liver cancer as liver function is usually easily affected depending on the dose of conventional therapy. In general, proton therapy has the potential to deliver better outcomes and longer survival for patients.

What cancers does it treat?

Putting together the input of all specialists who presented at the event, proton therapy is beneficial in a wide range of cancers, including the brain, oesophageal, gastrointestinal, head and neck, liver, lymphoma, prostate, soft tissue, and spine. Proton therapy can be helpful to both adult and paediatric patients.

Disadvantages and concerns

While this all sounds very promising, Dr Yang said that at the moment, not everyone can benefit from proton therapy: patients must be selected, so this is not a treatment option for anyone who wants it; treatment is subject to review and approval from a multidisciplinary tumour board team.

On top of that, the cost of treatment is high due to the high costs of facility setup and maintenance.

According to Dr Ivan Tham, Radiation Oncologist at Mount Elizabeth Hospitals, Gleneagles Hospital and Parkway Cancer Centre, proton therapy can be less robust and more complex than photon (x-ray) treatment. "Bragg Peak is sensitive, and so, any changes in the patient's body can potentially affect treatment accuracy", he said. This makes all the difference between cure and toxicity. Hence, our system will have multiple layers of checks and quality assurance processes to ensure that our patients are



Children can benefit from proton therapy too

treated as effectively and as safely as possible.

Dr Lee Kuo Ann, Radiation Oncologist at Mount Elizabeth Hospitals, Gleneagles Hospital and Parkway Cancer Centre agreed, stating that more care is required when performing proton therapy to ensure that the beam does not overshoot or undershoot the target. He added that as we only have retrospective data at the moment, randomised trials are needed to convince doctors, patients and payers that proton therapy is superior.

Proton therapy application to children

One area that panellists Dr Lee Kim Shang, Radiation Oncologist and Dr Anselm Lee, Paediatric Medical Oncologist from Mount Elizabeth Hospitals, Gleneagles Hospital and Parkway Cancer Centre, devoted particular attention to is the difference between adult and paediatric oncology.

With high cure rates of paediatric cancers, children have many years of survival ahead of them after treatment, so any impact of long-term side-effects of treatment is greater. There are also particular concerns about reduced fertility, abnormal growth or development, second cancer, and endocrine dysfunction. In radiation therapy for children, special attention must be paid because the structures of the body are smaller, so there is a shorter separation between the target and any nearby healthy organ or tissue.

Dr Lee Kim Shang said that proton therapy is able to address many of these issues as proton beams can enter the body at a much lower entrance dose than conventional photon treatment and at the same time after discharging its tumour killing effect at the Bragg Peak, there is little or no dose in the normal tissue beyond the tumour leading to much less radiation exposure compared to photons. This leads to lower or less severe long term side effects mentioned earlier.

¹ World Health Organisation Southeast Asia, <https://www.who.int/southeastasia/news/detail/04-02-2022-urgently-address-gaps-in-cancer-care-who>

² Ministry of Health Singapore, 2021

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Integrated Health and Wellness Service Provider of the Year in Asia Pacific

- **BDMS Wellness Clinic**

Integrated Wellness Centre of the Year in Asia Pacific

- **Sweatspa**

Integrated Healthcare Clinic of the Year in Asia Pacific

- **MedConsult Clinic**

Interventional Cardiology Medical Centre of the Year in Asia Pacific

- **Capital Heart Centre**
- **The Cardiology Practice**

IVF Centre of the Year in Asia Pacific

- **Phyathai 3 Hospital - Excellence Fertility Centre**

Men's Health, Male infertility and Urology Centre of the Year in Asia Pacific

- **Dr. Muhilan Men's Health, Urology and Infertility Centre**

Neurosurgery Medical Centre of the Year in Asia Pacific

- **Neuro Asia Care**

Obstetrics & Gynaecology Clinic of the Year in Asia Pacific

- **Kierauniv International Clinic for Women**

Oncology Medical Centre of the Year in Asia Pacific

- **Parkway Cancer Centre**
- **OncoCare Cancer Centre**

Ophthalmology Medical Centre of the Year in Asia Pacific

- **Optimax Eye Specialist Centre**

Orthopaedic Medical Centre of the Year in Asia Pacific

- **Advanced Orthopaedic & Sports Centre**
- **International Orthopaedic Clinic**
- **Oxford Orthopaedics**

Outstanding Contribution to Maritime Health

- **Impact Health**

Pain Care Centre of the Year in Asia Pacific

- **Affinity Pain Clinic**

Physiotherapy Medical Centre of the Year in Asia Pacific

- **Aqua Physio Rehab Centre**
- **Therapedic Medical Centre**

Pioneer Dental Centre of the Year in Asia Pacific

- **Bangkok International Dental Center (BIDC)**

Regenerative Clinic of the Year in Asia Pacific

- **BDMS Wellness Clinic**

Rising Star (Gastroenterology) of the Year in Asia Pacific

- **Alpha Digestive & Liver Centre**

Spine & Neurosurgery Centre of the Year in Asia Pacific

- **Oxford Spine & Neurosurgery Centre**

TCM Centre of the Year in Asia Pacific

- **Thomson TCM**

TCM Wellness Centre of the Year in Asia Pacific

- **Tong Xin Tang TCM Centre**

Thoracic Medical Centre of the Year in Asia Pacific

- **International Centre for Thoracic Surgery**

Urology Medical Centre of the Year in Asia Pacific

- **Colin Teo Urology**

Vascular and Vein Centre of the Year in Asia Pacific

- **The Harley Street Vascular Centre**

Women's Health Services Clinic of the Year in Asia Pacific

- **The Venus Clinic**

Creative and Innovative Medical Artificial Intelligent Provider of the Year in Asia Pacific

- **Moirai Tech Sdn Bhd**

Mental Health and Addiction Rehab Service Provider of the Year in Asia Pacific

- **The Cabin**

Wellness Spa of the Year in Asia Pacific

- **Padma Spa**

Strategic 360 Marketing Medical Centre in Singapore 2022

- **Beyond Medical Group**

Medical Centre of the Year in Asia Pacific

- **Parkway Cancer Centre**

Body Sculpting Medical Centre of the Year in Asia Pacific

- **Amaris B. Clinic**

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

- **John. R Plastic Surgery**
- **APEX Medical Center**

Dermatology Specialist Clinic of the Year in Asia Pacific

- **Renaissance Dermatology Specialist Clinic**

Derma Filler Treatment Provider of the Year in Asia Pacific

- **SLC Clinic**

Pioneer Innovative & Dynamic Aesthetic Medical Centre of the Year in Asia Pacific

- **Ageless Medispa Dr Alice Clinic**

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

- **Murall Clinic**
- **SLC Clinic**

Hair Transplant Clinic of the year in Asia Pacific

- **Klinik Dr Inder**
- **Dr. Shah Hair Clinic**

Medical Aesthetic Clinic of the Year in Asia Pacific

- **Anna Hoo Clinic**
- **VIDASKIN Medical Aesthetic Clinic**
- **The Aesthetics Firm**
- **SLC Clinic**
- **DRx Clinic PTE LTD**

Medical Aesthetic Clinic of the Year in Malaysia

- **MX Clinic**
- **Klinik Dr. Inder**

Medical Aesthetic Clinic of the Year in Singapore

- **Mode Aesthetics**

Profilo Service Provider of the Year in Asia Pacific

- **Cellesis Clinic**

Pioneer in Haircare Industry

- **Klinik Dr Inder**
- **Dr. Shah Hair Clinic**

Gynecomastia Surgery Clinic of the Year in Asia Pacific

- **Amaris B. Clinic**

Wellness Group of the Year in Asia Pacific

- **The Ultimate Group of Companies**

AESTHETIC AWARDS

Aesthetic MediSpa of the Year in Asia Pacific

- **Mode Aesthetics**
- **DRx Clinic PTE LTD**

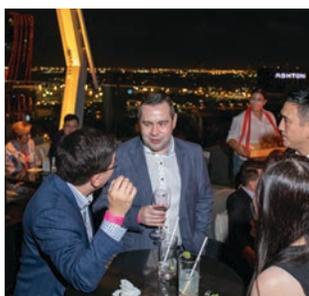
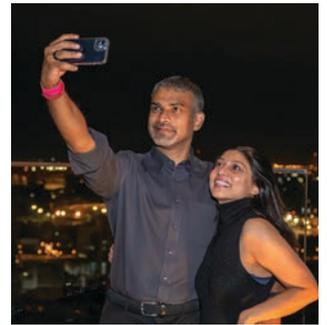
Anti-Aging Clinic of the Year in Asia Pacific

- **Dr Wee Clinic**
- **Anna Hoo Clinic**
- **ADDLIFE Anti-Aging Centre**









GYNECOMASTIA SURGERY CLINIC OF THE YEAR IN ASIA PACIFIC

AMARIS B. CLINIC

Amaris B. Clinic, led by Dr Ivan Puah, MOH accredited liposuction doctor and Chairman of Lipo Peer Review Committee in Singapore, was awarded “Gynecomastia Clinic of the Year in Asia Pacific 2022” by Global Health Asia-Pacific.

After its establishment in 2004, patients from Singapore, the Asia-Pacific region, and around the world have chosen Amaris B. Clinic as their destination clinic for facial and body sculpting procedures, such as VASER, Modern Liposuction with MDC-Sculpt® Lipo Technique, fat grafting, corrective lipo surgery, and gynecomastia surgery.

Each patient is unique and thus requires a tailored approach to their concerns. Results, excellent patient care, service, and patient safety are always their top priorities.

A key method Dr Puah developed to reduce the invasiveness and to improve the cosmetic outcome for his gynecomastia surgery patients is the 360° Glandular Tissue Dissection (360°GTD®) technique.

Dr Ivan Puah's Proprietary 360°GTD® technique for gynecomastia surgery

Unlike the traditional surgical approach, which involves large incisions and the usage of drainage tubes post-surgery that increases the risks of scarring and infection, 360° GTD® proprietary technique involves making small incisions less than 4mm. Through the small incision, a complete glandular tissue dissection was carried out in a 360-degree manner. This approach greatly reduces the possible risks of haematoma, scarring, and infection while achieving a clean excision of



Dr Ivan Puah

the glandular tissues for an optimal aesthetic result. Excess fat tissues are removed via modern liposuction, and, during this process, Dr Ivan Puah will also sculpt the chest further for a more defined and natural result. Satisfaction rates are high as the patient can see immediate changes. Recovery is fast. Post-surgery pain, swelling, and bruises are also minimal, while scars are well-concealed.

Dr Ivan Puah's extensive experience of over 17 years in body sculpting, together with the dedicated training he received in gynecomastia surgery in the United States of America, enabled him to develop this unique approach to deliver optimum results without compromising on a patient's safety and wellbeing.

He is also a VASER-certified physician and has undergone training conducted by the pioneers of VASER in Argentina and the United States of America.

Gynecomastia correction

Corrective liposuction revision surgery

for botched gynecomastia cases is also Dr Ivan Puah's forte. Complications from botched gynecomastia include:

- irregular dents,
- depressions on the chest,
- incomplete and uneven glandular tissue removal,
- inverted nipples, and
- excessive and thick scarring.

However, the physical trauma of a botched surgery is only the tip of the iceberg for the affected, as psychological trauma is more damaging.

At Amaris B. Clinic, Dr Ivan Puah will assess the patient's clinical condition and propose a suitable surgical approach to address the issue. Expectations and realistic results need to be balanced not to overpromise and under-deliver.

Amaris B. Clinic's Surgical Team

Body contouring and fat-removal procedures are carried out in Amaris B. Clinic's MOH-accredited Operating Theatre. A patient's surgical needs are well looked after by a panel of experienced anaesthesiologists and surgically trained OT personnel. A comprehensive post-surgery and aftercare programme is also in place to guide patients on their road to recovery.

“Integrity is what we do, what we say and what we say we do” is a quote by Don Galer that Dr Ivan Puah holds on to firmly.

BODY SCULPTING MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

AMARIS B. CLINIC

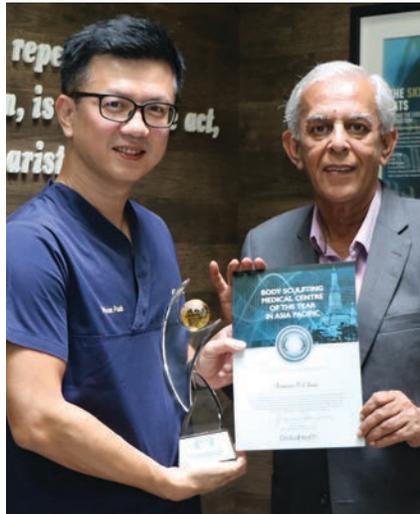
Amaris B. Clinic Awarded the “Body Sculpting Medical Centre of the Year in Asia-Pacific” for four years in a row Amaris B. Clinic has been providing quality medical aesthetics and surgical body sculpting treatments since its establishment in 2004. Led by Dr Ivan Puah, an MOH accredited liposuction doctor and Chairman of Lipo Peer Review Committee in Singapore, the clinic continues to uphold excellence in patient care and experience today.

Amaris B. Clinic was conferred the “Body Sculpting Medical Centre of the Year in Asia Pacific 2022” award at the GlobalHealth Asia-Pacific Healthcare and Hospital Awards (2022) and the third edition of GlobalHealth Asia-Pacific Specialist Clinic and Medical Centre Awards (2022).

Dr Ivan Puah’s Proprietary MDC-Sculpt® Lipo Technique for Modern Liposuction

Dr Ivan Puah, Medical Director at Amaris B. Clinic, has been performing liposuction, corrective lipo, and gynecomastia surgery for over 15 years. This experience and knowledge led Dr Puah to develop the MDC-Sculpt®Lipo technique successfully.

MDC stands for Multi-Dimensional Contouring. It effectively removes fat cells and therefore limits the future deposition of fat in the treated area. This proprietary approach’s objectives are three-pronged: fat removal, precise body sculpting, and skin tightening. These provide the impetus for successful and optimal contouring results. It also allows for better efficacy and comprehensive fat removal. With his knowledge of aesthetics, Dr Puah



Dr Ivan Puan and Narender Panjwani

can remove fat and sculpt a physique with natural-looking results via this technique.

No two physiques are alike; hence, there is no one-fits-all solution. The method enables him to be strategically precise in his approach to treating issues and delivering desirable results catered to individual needs. The MDC-Sculpt®Lipo technique, compared to traditional liposuction, improves skin elasticity and keeps scarring to a minimum. It is gentler and less traumatising, resulting in faster recovery with lesser bruising and discomfort.

Liposuction Correction/Revision

Botched liposuction resulting in physical damage can lead to anxiety and depression. Dr Ivan Puah, with his extensive experience in corrective liposuction surgeries, reminds his patients that, while some areas can be corrected, sites with more severe

complications can only be partially improved at best. This helps a patient to be mentally prepared and is in line with the clinic’s principle that a patient’s wellbeing is always of utmost concern.

Dr Ivan Puah has also noticed a rise in patients suffering from paradoxical adipose hyperplasia (PAH), a rare but permanent side effect of fat freezing. He uses the MDC-Sculpt® Lipo technique to address the issues brought upon by PAH.

Amaris B. Clinic’s Pledge in Dedicated Patient Care, Quality Assurance & Delivering Results

At Amaris B. Clinic, body contouring and fat-removal surgical procedures are carried out in a MOH-accredited Operating Theatre that is equipped with modern surgical equipment, European monitoring systems, private suites, and 12-bed recovery units. This high standard is maintained with a yearly audit.

Experienced and qualified medical personnel, led by Dr Ivan Puah, are always at hand to ensure that a patient’s wellbeing is taken care of when they step into the clinic. This diligence is extended to post-operative care, guiding them throughout the healing process.

Integrity, ethics, transparency, and commitment are high on the clinic’s list of beliefs. Dr Ivan Puah and his team know how to manage realistic expectations and not overpromise or underdeliver results. This has been the critical factor in earning patients’ trust, something the clinic has been successfully doing since 2004.



AMBULANCE SERVICES OF THE YEAR IN THE ASIA PACIFIC

FIRST AMBULANCE

After responding to 150000 calls in 25 years of operation using state-of-the-art vehicles that comply with international standards on its fleet, First Ambulance Services now embarks on a brand-new green initiative in the form of an entirely new concept. First Ambulance Services (FAS), which provides alternative response in patient transport services for the country's private healthcare services, intends to become Malaysia's leading electrified ambulance service provider. FAS believes in sustainable mobility and strives to contribute to the creation of a world with zero emissions and fatalities. With massive electrification mobility adoption on the horizon and an increasing population reliant on electricity, global pollution has increased, leading to climate change issues. The electric vehicle adoption will pave the way for investments in infrastructures and supporting services. By 2025, the electric vehicle (EV) market is projected to be worth some 567 billion U.S. dollars, globally. While this market is rapidly growing overall, hybrid electric vehicles are expected to account for about 46 percent of the market in 2025, according to data provided by KPMG.

In 2020, 54% of New Cars Sold in Norway were electric and China is home to about half of the world's electric vehicles as well as more than 400 companies building EVs for global consumers E-mobility is not only a necessity for maintaining individual transport, but also as an opportunity for the emergency medical services sector. This project is another great example of our efforts to enhance the accessibility of eco-friendly EV Ambulances to local communities.

FAS have designed various types of EV Ambulances, which is in accordance with Malaysian regulations and is designed to fulfil the needs of the healthcare professionals, patients and the local terrain. The robust and practical ambulance package was developed by a major European emergency vehicle manufacturer. These EV Ambulances will be used within FAS network of partner hospitals equipped with many ambulance technologies that are useful to support emergency medical personnel

during their operations.

We believe in the future of EV Ambulances and believe that this new development in practical ambulance technologies, combined with the support and collaboration of our partner healthcare providers, can benefit all humanity. Even if electrification affects only a small percentage of total vehicles in Malaysia, it can still have a significant impact. If you like to play a small part in this journey kindly email: info@firstambulance.com.my

About First Ambulance

Driven to save lives, First Ambulance Services is committed to bringing the best prehospital care services to the

3. Providing topside medical support for cross-border transfers, medevac and repatriation coupled with an experienced team working 24/7 at our command centre to provide medical direction for clinical excellence

4. Event medical services from a single first aider to a full field hospital set-up for mass participation events .

5. Meeting hospital's ambulance services demand for emergency and nonemergency transfers by utilizing our hybrid deployment model and managing our resources efficiently.

6. Achieving fleet excellence by having a scheduled preventive maintenance



YOUR PARTNER IN PRE-HOSPITAL CARE AND PATIENT TRANSPORT SERVICES



region. Operating from 5 stations located in Klang Valley, Terengganu, Penang, Melaka and Johor and multiple dispatching points within each operating state, with more than a hundred full-time employees providing Advanced Life Support with state-of-the-art equipment, a wheelchair transport service with a 24/7 Dispatch centre and a Medical Director who is an Emergency Physician.

Our Services Include:

1. Cloud-based incident command centre solution designed for medical services and hospitals

2. Advanced Life Support Ambulances with a specialised dedicated team of Doctors and Paramedics enabling critical transfers

and the use of telematics platform for fleet management equipped with trained in house technicians to ensure minimum downtime of ambulances



Steven and Justin Penafort, Directors of First Ambulance Services

Solutions & Service



Disaster Resilient Command Centre
Cloud-based incident command center solution designed for medical services and hospitals



Managed Services
Taking a holistic approach to ambulance outsourcing to ensure excellence



Critical Transfer
Equipped with Advanced Life Support Ambulances and skilled Paramedics



Events Medical Services
Providing a wide spectrum of solutions from a single first aider to a full field hospital to manage medical emergencies



Bespoke Ambulance & Aftercare
Procure, supply & design modified special vehicles, accessories, parts, after sales service and training.



Medevac Services
Providing topside medical support for cross-border transfers, medevac and repatriation



Industries



Healthcare

- Primary Care
- Secondary Care
- Tertiary Care
- Home & Community Care



Oil & Gas

- Upstream
- Downstream (Petrochemicals)



Events

- Trade Shows
- Production
- Sports Events
- Others



Other Industries

- Manufacturing
- Construction
- TPA's
- Aviation
- Digital Healthcare
- Others

Locations



Klang Valley



Johor



Penang



Terengganu



Melaka

- ✓ 5 States
- ✓ + 21 Dispatching Points
- ✓ + 50 ALS Ambulance
- ✓ + 120 Trained Paramedics

Please contact us and let us know how we can support

Emergency Call Center: 1300 88 1919
IDD: +603 7785 1919

info@firstambulance.com.my

No. 75, Jalan Templer, Section 6,
Petaling Jaya 46000 Selangor, Malaysia.

www.firstambulance.com.my

firstambulance

ADVANCED DIAGNOSTIC IMAGING MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

SOMERSET IMAGING CENTRE

At Somerset Imaging Centre, we provide multi-modality medical diagnostic imaging to improve the health of patients as well as our ordering clinicians' abilities to diagnose and treat medical illnesses and injuries. Our mission is to improve the health of patients through state-of-the-art imaging while treating patients with respect, compassion, and integrity.

The Somerset Imaging Centre provides trained radiologists and expertly trained staff who make patient care the top priority. Same day appointments and quick turn-around reporting maximises convenience. Our staff and technical team view the imaging process from the patient's perspective. We are committed to answering questions, providing results quickly and accurately, and easing the patient's tensions through compassionate care. Let our experts help you with your radiology needs in the shortest period of time.

From pioneering self-referral to online appointment bookings, our vision is to make healthcare more accessible, affordable, and assuring for patients. Our people are passionate, hardworking, and committed to ensuring we deliver the highest level of patient care possible.

We are a leading Singapore healthcare provider of specialist diagnostic services for the private healthcare market. Working with all major insurers and clinicians, we can offer fast clinical access and expert



Royce and Varun Panjwani

diagnosis.

Helping our patients start their health journey sooner is our ambition. We focus on providing accessible and affordable services for everyone.

With Somerset Imaging Centre, you have direct access to our private diagnostic centre. You can access your own scan images done in our centre and be able to retrieve the images and reports anywhere anytime.

Somerset Imaging Centre provides expedient remote radiology interpretation services and expert online radiology reading services of medical images and diagnostic studies via teleradiology and a PACS. SIC radiologists are medical doctors that specialize in reading medical



imaging studies, radiology exams, and tests. This includes X-rays, computed tomography (CT), magnetic resonance imaging (MRI), and ultrasound.

Both you and your doctors will be able to access your images and reports online if you choose to do so. The marvellous, smooth, and quick scanning experience is yours.

We are conveniently located at 111 Somerset Road, #03-22, 111 Somerset, Singapore 238164.

- Tel number is 67970220 and 83228791
- Email is contactus@hsig.org.
- Website is www.hsig.org.
- Operation hours: 830am to 6pm Monday to Friday
- 830am to 1pm on Saturday

EXECUTIVE HEALTH SCREENING MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

SOMERSET IMAGING CENTRE

At Somerset Imaging Centre, we provide a wide range of corporate healthcare screening services to people across Singapore.

This includes a comprehensive range of health checks, providing you with an excellent opportunity to find and treat health issues in the early stages.

Each assessment includes quality time with a specialist health assessment nurse and doctor to discuss your results in detail. They will offer expert advice based on your assessment, including how to adjust your lifestyle to improve your health and well-being. Following your health assessment, you will gain fast access to further radiology scans, diagnostic tests such as blood tests, treatment, and care with the right specialists (if needed).

Our health checks help you access healthcare services led by multidisciplinary expertise.

Our Health screening packages are designed to assess your general health while focusing on areas of particular concern. The consultation will be tailored to your health concerns on the day. You will spend up to 30 minutes with our in-house doctor. Our Health screening packages cover health risks for both men and women. The assessment will cover your heart, lungs, brain, liver, kidneys, blood vessels, various cancers, a full set of blood tests, dietary and lifestyle appraisals, and much more. The in-house doctor will perform a detailed examination and consultation through this process.



Royce

Apart from our Health screening packages at the Somerset Imaging Centre, we also have tailored packages for Heart screening. You will benefit from all the tests and examinations detailed in advance to give you complete peace of mind, plus an in-depth examination of your cardiovascular system. This assessment includes a CT Coronary Angiogram, a scan to detect heart artery narrowing or blockage; an echocardiogram, a scan to assess your heart function and valve; an exercise ECG to test your heart's ability to cope with exercise; an MRI Heart, a scan to specifically assess for heart

muscle damage and inflammation; and Magnetic Resonance Myocardial Perfusion Imaging, a scan to assess for lack of oxygen in the heart muscle.

In addition, we also provide a gastroscopy and colonoscopy where early detection of stomach and colon cancer is important. Other conditions, including gastric ulcer, inflammation, and colon polyps and piles, can also be properly evaluated and treated.

Following your health assessment, you will receive a personalised medical report and lifestyle recommendations. Both you and your doctors will be able to access your images and report online if you choose to do so.

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BARIATRIC AND GASTROENTEROLOGY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

CENGILD G.I MEDICAL CENTRE

It has been five years since Cengild GI Medical Centre was established. We are a tertiary gastrointestinal and liver disease care hospital. We perform various diagnostic and therapeutic gastrointestinal procedures in Cengild. We currently have two operating theatres in which we perform complex surgeries related to not only the GI tract but also some urological and gynaecological procedures. We have state-of-the-art equipment to perform minimally invasive surgery at Cengild. Other services include a radiology department which deals with a large number of diagnostic and therapeutic procedures. These procedures complement our gastrointestinal disease diagnosis and treatment services. A large number of endoscopies are done at Cengild, where we diagnose patients with not only gastrointestinal cancers but also benign diseases. To provide wholesome care to our cancer patients, we also have a team of oncologists who specifically deal with gastrointestinal cancers. We have now a one-stop centre to treat these cancers. We will soon have a daycare centre to administer chemotherapy to our cancer patients.

We have highly skilled physicians and surgeons in the field of gastroenterology to provide the best care for patients with diseases of the GI system. We also provide good support in terms of nutrition, pharmacy, and physiotherapy for these



Lily Yap and Rafeah

patients. Cengild, as a private tertiary GI care centre, receives many referrals from other hospitals for further management of complex cases. We are able to deal with these cases as we have a competent set of doctors and nurses and a good support system available. The acute care ward has well-trained nurses to manage post-operative patients competently. Constant and close monitoring of complex post-operative cases ensures safety and fast recovery of patients who had major surgery.

Bariatric surgery is widely practiced

at Cengild. We have done a large number of cases at our centre. Various different procedures are done which include sleeve gastrectomy, bypass surgery, and non-invasive methods like balloon placement. All surgical procedures are done laparoscopically at our centre with encouraging results. Many patients with co-morbidities like diabetes, heart disease, high cholesterol, and osteoarthritis are benefitting from these procedures. We also have a cardiologist to help treat and manage patients who need cardiac support. Our nutritionist complements the journey of our bariatric patients, ensuring positive results before and after surgery. Bariatric surgery has helped many patients at our centre reverse their metabolic diseases.

Cengild GI Medical centre is a comprehensive tertiary care gastrointestinal and liver diseases centre which focuses on GI diseases. In the last five years, we have treated a large number of patients within and outside the Klang Valley. It is a highly specialised centre with state-of-the-art equipment and highly skilled and trained doctors.



Tired of Spares?

LOSE THEM AS WE GUIDE YOU THROUGH BARIATRIC SURGERY!



The gastric sleeve surgery will help you change your eating habit with feeling full faster, less craving thus leading to weight loss

Helps to improve obesity-related illness

- Diabetes
- High blood pressure
- PCOS
- Sleep Apnea

Our Bariatric Surgeon

DR RAMESH GURUNATHAN



DR MUSTAFA MUHAMAD TAHER



- ✓ 2 Days 1 Night Stay
- ✓ Pre-surgical Blood Test
- ✓ Hospital Fees, Surgeon & Anesthetist Fees
- ✓ Ultrasound Abdomen
- ✓ Upper GI Endoscopy
- ✓ Consultation by Dietitian

Book an appointment with our Bariatric Surgeon today for your first consultation!



Whatsapp us today at : **+6011 2110 2798**

BRAIN & SPINE CENTRE OF THE YEAR IN ASIA PACIFIC

SINGAPORE BRAIN SPINE NERVES CENTRE

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



Dr Prem Pillay

Medical School, where he received the Singapore Medical Association medal 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.

PIONEER DENTAL CENTRE OF THE YEAR IN ASIA PACIFIC

BANGKOK INTERNATIONAL DENTAL CENTER (BIDC)

Bangkok International Dental Center (BIDC) is the FIRST and longest-standing Joint Commission International (JCI)-accredited dental centre with American based standards in Thailand. As the country's pioneer dental provider, it offers international patient services and has been the leader in establishing dental tourism industry benchmarks and standards within the Asia-Pacific region. Since 2000, the one-stop BIDC dental centre has treated over half a million patients. BIDC has received GHT awards for the past consecutive years since 2017, in addition to other prestigious awards, including the Prime Minister Award as an Outstanding Service Provider in Health/Wellness.

The BIDC group is one of the largest private dental providers in Thailand. Its main flagship centre is a seven-level dental building situated in the capital city of Bangkok. It has four other dental clinic locations - BIDC at Siam Paragon, BIDC at Emquartier, Chiangmai International Dental Center (CIDC) in northern Thailand at Ninman Road, and Phuket Dental Signature in southern Thailand at Patong beach. All its branch offices cater to a large percentage of international patients or expatriates. Patients choose BIDC for its highly qualified and skilled dentist team, its strict quality and patient safety standards, and its fluent and professional customer service care.

The centre has maintained high quality standards from the JCI and ISO. More than 10,000 patients visit BIDC annually for dental treatment. BIDC is well-known for offering



BIDC Doctors

consistent quality dental treatments to international patients within a short travel timeframe due to effective scheduling arrangements, well-experienced dental specialists, and on-site laboratories.

Top treatments sought at BIDC include dental implants used to replace missing teeth and cosmetic dentistry in restoring teeth function and aesthetics. BIDC is a leading dental implant and training centre in Thailand having placed more than 100,000 implants with an extremely high survival/success rate over and above the global benchmark. Our team of implantologists have over 10 years of experience, composing top implantology graduates, scholars, and university professors within the country. BIDC is also one of the very few dental providers in Thailand that is able to digitally customise dental implant abutments and all ceramic prostheses over implants for their patients as it has its own dental laboratory in its building.

On cosmetic dentistry, our

prosthodontists and aesthetic dentists have done smile makeovers for celebrities and international patients globally. With improved developments in veneers and crowns materials, teeth restorations are now less invasive and more natural-looking. With its own dedicated dental laboratories, the centre designs, constructs, and makes ceramic teeth works with their dentists, enabling faster treatment and quality-based control for good aesthetic results.

Many international patients travel to Thailand for veneer celebrity smile makeovers, full mouth crowns rehabilitation, and full arch dental implants. The top group of international patients at BIDC are Australian, American, British, and Chinese. Patients travel to BIDC for their dental treatment not just for its more affordable treatment fees compared to their home country, but mainly for its prominent and trusted reputation and high relative return value for professional dental care services. More than 100 video reviews and thousands of on and offline reviews praise BIDC for its skilled dental treatment care and excellent aesthetic outcomes by its dental specialist team and lab technicians.

Digital dentistry using technology allows for increased predictability, accuracy for more detailed treatment, and patient comfort. Our dental centre continually invests in modern advancements, such as digital CT scans, dental imaging, and digital scan technologies to provide more accurate, precise, and thorough dental treatments and diagnoses.

CHILDREN AND WOMEN CLINIC OF THE YEAR IN ASIA PACIFIC

CHHOUR Y SENG CLINIC

Selecting a good health care provider will bring you the best for your health.

Chhour Y Seng Clinic was recognised as Cambodia's Pediatric Service Provider of the Year. In addition, in the 2022 Children and Women in Asia-Pacific award ceremony, we were awarded again. We are extremely proud to be part of the Best Health Care in Asia-Pacific. CYS clinic has been in operation since 2009 and is recognised and registered by Cambodia's Ministry of Health for Pediatric and Maternity Service. With these successful accomplishments, we have gained many customers in the local area and neighboring countries, as well as local partners who are service providers in such areas as schools, medical supplements, baby products, and insurance. These local companies have begun to show interest and want to collaborate with us.

CYS Clinic is a trusted and reputable professional Healthcare Clinic providing welfare for children and women's health by delivering exceptional services in a popular private hospital in Cambodia.

Our pediatricians will evaluate various aspects of your child's functioning during our comprehensive childhood developmental screenings, including behaviour, cognition, motor and sensory abilities, communication, social interaction, and adaptive skills. CYS Clinic strives to create a cosy and comfortable environment so that the consultations will be a pleasant



Mrs & Dr. Chhour Y Seng

experience for the child and the accompanying caregiver.

The wards are divided into single and multi-bedded rooms designed to make every child as comfortable as possible in a friendly environment. The rooms are colourful and playful, resembling those at home so that the child feels fresh and lively. The wards also have playrooms and an outside play area. Natural daylight and the outdoors create a therapeutic environment integral for a healing experience.

The single rooms provide a secure, relaxed, and cosy environment so

the child can feel safe leaving their home to stay in the hospital. Child-scaled furniture and sufficient storage areas for children's belongings create a comfortable setting. The clinic's multi-bed rooms display brighter paint and precise lighting, allowing for the cost-effective sharing of rooms and amenities without reducing personal space for the child and parent to enjoy privacy and rest.

We offer delivery packages with labour delivery, C-section, and pain-free delivery with quality and professional doctors as part of our maternity and obstetrical services. We concentrate on providing the necessary care and support prior to, during, and after delivery. Our professional and highly experienced team of Obstetricians, Midwives, and Nurses supervises the entire procedure.

CYS Clinic is also well-equipped with cutting-edge clinical facilities, such as modern ultra-sound with 3D and 4D to determine the gender of the baby, as well as developing HD baby pictures and surgery clinical material.

CYS Clinic's midwifery team is equipped with the latest knowledge and skills to ensure safe delivery and care for the pregnant mother. Our customers deserve the quality, loyalty, and trustworthiness of our health care.



Choose the right
health care, bring
you healthy

CYS Pediatric and Maternity Clinic



Our Services includes:

- ✓ Pediatric consultation and treatment
- ✓ Pediatric Surgery
- ✓ Kid's Health Check-up package
- ✓ Laboratory
- ✓ Vaccination
- ✓ Ultrasound
- ✓ X-ray
- ✓ Physiotherapy
- ✓ Gynecology
- ✓ Maternity
- ✓ Maternity Surgery

Vaccines are also available at CYS Clinic for children from birth to adulthood, as part of a national and international standard programme in which all vaccine products are imported from France, Belgium, and the United States.

The benefits from getting your children's vaccines in our health care includes:

- Consultation on vaccines and a baby health book are provided at no cost.
- Precise appointment and schedule
- Separate and comfortable room
- Highest vaccine quality
- All vaccines are stored in a monitoring temperature

Vaccines provided here are:

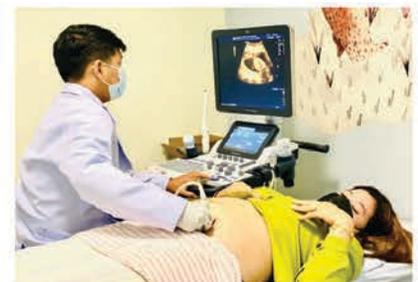
- Influenza (Flu) Vaccine
- Cervical Cancer Vaccine
- Meningitis Vaccine
- Rotavirus Vaccine

In our maternity sector, services provided are:

- Obstetric Consultation for women's healthcare
- Option of Contraception
- Women Surgery
- Ultrasound and Vaccination

Our delivery package includes:

- Labor Delivery
- C-Section Delivery
- Painless Delivery



QR Facebook



QR Telegram

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CARDIOLOGY CLINIC OF THE YEAR IN ASIA PACIFIC

DR HAIZAL HEART AND VASCULAR CLINIC

With the dream of helping his father overcome coronary heart disease, Dr Haizal set out on a long journey more than 35 years ago in pursuit of his goals. He graduated from the University of Newcastle upon Tyne and did his specialist training in the United Kingdom before returning to Malaysia to work at the University Malaya Medical Centre (UMMC) as an Associate Professor and Consultant Cardiologist before joining Thomson Hospital Kota Damansara (THKD) as a pioneer Consultant Interventional Cardiologist when it opened in 2008.

Dr Haizal has more than twenty years experience in cardiology where his main interest lies in interventional cardiology. Having spent a year at James Cook University Hospital, Middlesbrough in 2004, Dr Haizal was instrumental in starting the 24-hour primary percutaneous coronary intervention (PPCI) service at UMMC for acute myocardial infarction (AMI). He also introduced the transradial coronary intervention approach for both elective and emergency cases and was also involved in the first biventricular pacemaker implant for a severe case of ischaemic cardiomyopathy at UMMC. He is also one of very few cardiologists with a special interest in peripheral vascular disease and intervention, having trained as a Fellow under a World Bank Scholarship in 2003 under the world-renowned vascular surgeon, Dr John Anderson of Ashford Hospital, Adelaide. Together with his colleagues, he set up the limb salvage programme



Dr Haizal Haron Kamar

at UMMC especially for diabetics with gangrene and critical limb ischaemia. With 11 years of experience at UMMC in teaching and clinical work, Dr Haizal brought his knowledge and clinical expertise to Thomson Hospital 14 years ago.

Dr Haizal is a Fellow at a number of esteemed cardiology institutions, including The National Heart Association of Malaysia, The Royal College of Physicians of Edinburgh, The American College of Cardiology, The Society for Cardiac Angiography and Interventions, and The Asian Pacific Society of Interventional Cardiology. He also speaks and conducts clinical sessions on a regular basis locally and internationally.

He frequently visits neighbouring countries, notably Indonesia, to give

talks, including through radio and online social media interviews. This is one reason Dr Haizal regularly receives patients from all over Indonesia.

At Thomson Hospital Kota Damansara, a fast expanding and dynamic hospital with more than 600 beds and equipped with the latest coronary and vascular interventional biplane imaging systems, 640-slice coronary CT scan, nuclear perfusion scan, and 3-D echocardiogram, Dr Haizal and his experienced team manage cardiac cases in the most effective way, including performing highly complex coronary and peripheral interventions.

Dr Haizal set a goal to be the heart doctor to help his father, but sadly, it was not to be. His father, who had been his inspiration, left prematurely, but this only motivated Dr Haizal to strive higher and give his very best to all his patients. He is passionate about his work, and his determination and dedication are second to none. With all these attributes, sound clinical skills, and years of experience and achievements, together with the excellent cardiology system in place, it's no surprise that Dr Haizal Heart and Vascular Clinic was the winner of the Cardiology Clinic of The Year at the recent Global Health Asia-Pacific Medical Centre & Clinic Awards 2022. For more information and appointments, please contact +6010 2705762 or drhaizal@yahoo.com.

COLORECTAL MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

ALPINE SURGICAL PRACTICE

Alpine Surgical Practice is helmed by Dr Aaron Poh, General Surgery Specialist and Medical Director of Alpine Surgical Practice. He has a dual subspecialty in colorectal surgery and trauma surgery. His clinical interests include treating abdominal conditions, minimally invasive colorectal cancer surgery, and exenterative surgery for advanced cancers.

Dr Aaron Poh approaches medical treatment with a highly personal outlook, firmly believing that patient treatment should be highly personalised not just to their condition, but also to their needs and beliefs. This approach is adopted by Alpine Surgical Practice's clinical staff as well.

When asked about what he looked forward to every day before heading out to his clinic, Dr Aaron Poh perfectly summarised his philosophy: "I look forward to seeing the patients. For patients coming back for review, there is always the anticipation of knowing the results of your treatment or surgery. For first-visit patients, the excitement comes from knowing a new person, diagnosing the medical problem and offering a solution. With private practice, additional excitement comes from building my own clinic and moulding it towards my vision."

Alpine Surgical Practice carries the same values that Dr Poh abides by. These three key philosophies include:

- Up-to-date and scientific evidence-driven care that is individually tailored to each patient.
- Cost-effective healthcare through the adoption of established and proven



Dr Aaron Poh and Team

treatment options.

- To be with the patient through every step of the treatment journey and to provide comfort and confident support.

When asked about his constant pursuit to provide the best patient care possible, he explained that "constantly finding new ideas and bouncing them off with a variety of people, including people outside of the [medical] industry, inspires sparks and direction that sustains interest. New ideas tend to pique interest, as well as release endorphins in anticipation of the challenge ahead."

Dr Poh's academic pursuits have also led him to publish research papers in peer-reviewed journals and present at local and international conferences.

Dr Aaron Poh performs a range

of complex endoscopic and surgical procedures. Endoscopic procedures include gastroscopy and colonoscopy, with an emphasis on advanced procedures such as complex polyp removal with Endoscopic Mucosal Resection (EMR) and Endoscopic Submucosal Dissection (ESD). In addition, he also performs Colonic Stenting, which is particularly advantageous in helping patients with obstructed colon cancers avoid having a permanent stoma. Surgical procedures are largely performed laparoscopically and include colon cancer surgery, hernia repair surgery, and gallbladder removal, among others.

For more information, visit www.alpinesurgical.sg.

DENTAL CENTRE OF THE YEAR IN ASIA PACIFIC

MASTER CARE DENTAL CLINIC

“We Are Smile Engineers” has long been our simple yet compelling slogan and remains our identity and commitment at Master Care Dental Clinic as we move into the digital age.

With twenty years of experience, we have had the privilege of being the only dental clinic in Cambodia with the most dental specialists working to achieve the best results for our clients. With advanced and sophisticated technology matching those of western countries, our teams confidently perform across a broad spectrum of specialties, from simple dental surgery to more complicated cases involving digital smile design, orthodontics, aesthetic periodontal surgery, porcelain veneers, and dental implants.

We assure each case is meticulously carried out by different specialists in accordance with their areas of expertise, while obtaining the most pleasing results and providing all patients with high-quality customer service based on international standards.

Aesthetic restoration

We were the first in Cambodia to adopt the Digital Smile Design concept which uses the least invasive and painless procedures. Our full-time Smile Engineer Team draws on the latest digital technologies for smile analysis to ensure the most precise outcome. Only the best dental materials and technicians are carefully recommended for our patients so they can obtain the charming smile they deserve.

Dental implants

Preexisting anxieties are common among patients advised to get a dental



Master Care Dental Clinic Team



Ms Sarin Cheatheary & Dr. Eng LyKuong

implant, but they can rest assured at Master Care Dental Clinic. Cone-beam computed tomography and 3D digital software make it less complicated to perform computer-guided surgery during implant procedures. Most of our implant cases are completed with a small punch hole rather than a big surgery, producing remarkably accurate and relatively painless results.

Orthodontics

At Master Care Dental Clinic, patient comfort, expectations, and treatment goals take centre stage in our decisions. The constant advancement in orthodontics makes diagnosis and treatment planning more digital and predictable. We can, therefore, tailor-make and provide our patients with the best options covering conventional braces, self-ligating braces, clear ceramic braces, fast braces, or clear aligners. We aim to deliver the best possible smiles on our clients' faces.

Paediatric dentistry

With an established pattern of regular treatment and quick attention to minor problems before they worsen, we offer your children a full range of dental care, from fundamental prevention to more complex treatment procedures to ensure a lifetime of good oral health. Master Care's paediatric experts are trained in the latest techniques for challenging pediatric patients who can be treated under sedation or general anesthesia, if necessary, to assure their comfort during their dentist visit. A child-friendly environment with our amiable administrative staff makes a good combination to ease the concerns of our young patients.

Given the importance of other dental specialties, we closely collaborate with independent doctors and specialists, such as oral maxillofacial surgeons, periodontists, and endodontists, who need access to our operating facility and cutting-edge equipment. Together, we can effectively co-support our patients.



មន្ទីរព្យាបាលធ្មេញម៉ាស្ទ័រកែរ

MASTER CARE DENTAL CLINIC



WE ARE SMILE ENGINEERS!

Our Facilities



Committed to Excellence



 Dental Implant



 Orthodontics



 Prosthodontics



 Periodontics



 Aesthetic Dentistry



 Laser Therapy



 IV sedation



 Pediatric Dentistry



 Oral Surgery



 Endodontics

Make an appointment today

 #691, Preah Monivong Blvd, Boeung Keng Kong III, Khan Boeung Keng Kong, Phnom Penh.

 www.mcdc.com.kh

  Master Care Dental Clinic

 **+855 23 993 936** +855 16 820 081 / +855 12 399 100

DENTAL CENTRE OF THE YEAR IN ASIA PACIFIC

PRISTINE DENTAL

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.



Dr Suresh Nair

Multi consultant discussions

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

opinions based on full information and collaborate to give the best collective opinion, options and treatment plans for the patient.

Digital dentistry gives more treatment options

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

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

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

BRAIN & SPINE 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 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 at 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 skullbase tumours and complex pituitary lesions at the 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 set up the first centre



Dr Sein Lwin

of endonasal endoscopic skull base surgery with ENT colleagues at the National University Hospital in 2012 and has 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 at the 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 Sein Lwin has authored over 30 peer-reviewed articles and is a reviewer in the International Spine Journal and other neurosurgical journals.

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:

“The brain and spine are amazing and mysterious organs in the human body, with complex functional integration in the body system. The diseases in the brain and spine are very dreadful and complicated to treat, either surgically or medically — and dealing with the brain and spine needs not only clinical judgement and acumen but also skills and experience in the speciality. What I enjoy most about neurosurgery is its challenging nature and sophisticated micro surgical-surgical skills that save many people’s lives by treating damage in their brains caused by dreadful diseases. It is also 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 a cheerful smile and recover without any deficits after their operation.

For more information, visit www.brainandspine.sg.

ENDOMETRIOSIS SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

DR SHARIFAH CLINIC FOR WOMEN & LAPAROSCOPIC SURGERY

Striving towards becoming the Centre of Excellence for Care and Management of Endometriosis

With a firm commitment to continuously provide excellent services to patients, after being awarded “The Best Obstetrics & Gynaecology Clinic of the Year in Asia-Pacific” for Year 2020 and 2021, this year Dr Sharifah Clinic for Women & Laparoscopic Surgery is truly honoured to be awarded with another best, “The Endometriosis Provider in Asia-Pacific for 2022”, by Global Health Asia-Pacific. This award is pivotal to our continuous efforts to become a centre of excellence in endometriosis surgery for this region.

Dr Sharifah Halimah Jaafar is a Senior Consultant Obstetrician & Gynecologist with more than 25 years of experience managing a myriad of gynecological diseases. Over the years, Dr Sharifah has developed a deep interest and passion to help women who suffer from endometriosis. The essence of winning this award stemmed primarily from our convictions and commitment to provide personalised, value-added treatment options for patients suffering from endometriosis while focusing on individual patient’s needs and expectations with the ultimate aim to improve and ensure sustenance in the quality of life of every patient being treated.

Conventional medical treatment for endometriosis aims primarily for symptom (pain) relief or reduction but not about “cure”. In contrast, surgical treatment is able to provide long-term remission for endometriosis through



Dr Sharifah Halimah Jaafar

radical surgical ablation or clearance. The surgical option is the most preferred choice and most important approach to provide treatment to deeply infiltrating endometriosis. Dr Sharifah is an accomplished and highly skilled laparoscopic surgeon who has gained mastery in minimally invasive surgery across all spectra of endometriosis.

In each case, we walk through the journey of treatment, using Minimally Invasive Surgery, with our patient. To ensure delivery of quality surgery and greater patient-satisfaction, we focus on achieving excellence at three Points-of-Care, i.e., Pre-operative, Operative, and Post-operative Care, using various clinical indicators at each phase of care.

Pre-operative Care involves early diagnosis, staging, and systemic mapping of the disease, including comprehensive counselling of the patient on surgical strategies, risks, and potential complications, and most importantly to understand and address patients’ expectations and concerns.

For Operative Care, we strive to achieve superior quality and greater

precision in surgery. Our skilled surgeons leverage advanced 3D laparoscopic imaging technology for higher precision and greater tissue differentiation during surgery to improve surgical outcomes as well as to minimise risks of surgical accidents. In the process of performing radical clearance of endometriotic lesions, great emphasis is also placed on fertility-sparing and preservation of tissue-functioning as all our patients are within child-bearing ages.

For Post-operative Care, we ensure early recovery, early mobilisation, and early returning of functions, as well as minimal pain and early discharge from hospital. Several important indicators for consideration include improvement in patients’ quality of life, improvement in pain score, and enhanced or restoration of fertility.

At Gleneagles Hospital Medini, Dr Sharifah aims to establish a Centre of Excellence for Care and Management of Endometriosis. We are able to provide comprehensive and holistic long-term care for women with endometriosis through our highly skilled multidisciplinary surgical experts and high quality Nursing Care, leveraging available state-of-the-art technologies, all made possible under one roof. We envision that, with the arrival of Robotic Technology in the foreseeable future, we could become the best and preferred Tertiary Referral Hospital for endometriosis surgery for the southern region of Malaysia and, over time, expand to the whole nation and our neighbouring countries.

CENTER OF EXCELLENCE FOR ENDOMETRIOSIS SURGERY

Patient-centred and evidence-based approach management of all endometriosis spectrum aimed at improving quality of life and protection of fertility. Leveraging on advanced medical technology and minimally invasive surgery for accuracy, and precision in diagnosis and surgical intervention.

INTERVENTIONS

- Long-term medical treatment and surveillance
- 3D Minimally Invasive surgery for all endometriosis spectrum
- 3D Minimally Invasive surgery for all grades of fibroids
- 3D Fertility-sparing ovarian cystectomy for endometrioma
- Laparoscopic sclerotherapy for ovarian endometriosis
- 3D Nerve-sparing excision of deeply infiltrating endometriosis
- 3D Laparoscopic adeno-myomectomy
- 3D Laparoscopic hysterectomy
- Hysteroscopic resection of adenomyosis
- 3D Excision of bowel endometriosis (multidisciplinary)
- 3D Excision of ureteric & bowel endometriosis (multidisciplinary)
- Artificial Reproduction Procedure (ART)
- Elective ovum preservation for fertility protection against endometriosis



BY
DR SHARIFAH HALIMAH JAAFAR

Consultant Obstetrician & Gynaecologist

MD, M. Med O&G (UKM), AM (Mal)

B.Sc in MIS (ISGE), MSc Surgical Mx of Deep Endometriosis (UAE)

Endometriosis & Advanced Minimally Invasive Specialist

Gleneagles Specialist Hospital Medini

 **Gleneagles Hospital**
MEDINI JOHOR

Gleneagles Medini Hospital

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 drsharifahclinic

 Dr Sharifah Halimah Jaafar

 Dr Sharifah Clinic
 @drshj_clinic

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www.drsharifah-gynae.my



Scan For Booking

ENT CLINIC OF THE YEAR IN ASIA PACIFIC

SIOW EAR NOSE & THROAT 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



Datuk Dr. Siow Seng Choon - ENT Laser Surgery Specialist

Laser, Coblation, or Radiofrequency methods, while Sinus Surgeries are done by both Microdebrider assisted 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 Fibreoptics 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.

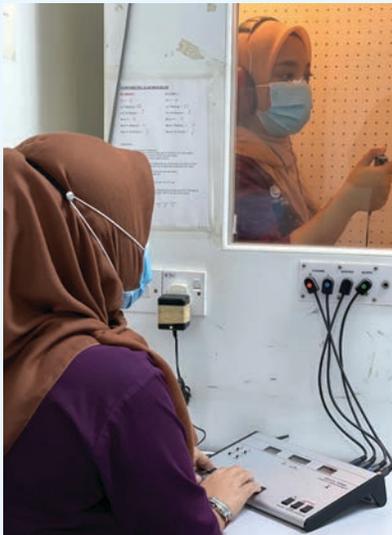
Datuk Dr Siow Seng Choon, the clinic's principal, says that he tries to treat each consultation with patience, while offering reassurance and promising effective ENT management and advice. "I devote plenty of time to patients in my care and offer them reassurance. This is one of the reasons I enjoy a 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.



Siow Ear Nose & Throat Specialist Sdn. Bhd.

Siow ENT clinic is equipped with modern ENT microscope, Nasopharyngeal Endoscopes and various Audiological equipment that enables a full assessment of most ENT problems that subsequently allows for a safe and confident treatment for our patients.

Our clinic senior consultant Datuk Dr. Siow Seng Choon is a NSR registered Ear Nose Throat specialist with 25 years of experience at the Siow ENT Laser Surgery Specialist and performs major surgeries at the selected regional referral hospitals. He has specialty interest in Laser Surgeries, Rhinology, Laryngology, the NBI Nasopharyngeal & Vocal Cords Carcinoma screening, Microdebrider Sinus Surgery (FESS), Balloon Sinuplasty, Laser Endoscopic Nasal Corrective Surgery and Cryo Nasal Surgery, Laser assisted Snoring & Sleep Apnoea treatment, CO2 Laser, BiZact™ Tonsillectomy and Microlaryngeal Laser Phono Surgery. Dr. Siow believes in an honest and multidisciplinary approach to his practice and aims to provide patients with minimally invasive intervention methods combined with advanced ENT treatment, also through an open discussion with patients with appropriate referral to other clinicians and therapists when necessary.



DATUK Dr. SIOW SENG CHOON

M.B.,B.S (MAN) / MS ORL-HNS (UM) / AM (M) / D.P.S.M.
Consultant Ear, Nose, Throat, Head & Neck Surgeon

Siow ENT Laser Surgery Specialist
Siow Ear Nose & Throat Specialist Sdn Bhd

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Email: siowent.jb@gmail.com Tel: (607) 22 33 113 WhatsApp: (6011) 1028 3113

Consultation Hour:
Monday-Friday: 8:30 am - 12:00 noon | 2:00 pm - 4:30pm
Saturday: 8:30 am - 12:00 noon
Tuesday & Thursday: (Elective Operation Day)
Sunday & Public Holiday: Closed Kindly access webpage for appointment

www.siowent.com

AMBULATORY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

H AMBULATORY CARE CENTRE

H Ambulatory Care Centre (HACC), based in Penang, is committed to providing ethical medical and surgical services to its esteemed patients/clients. Its team of passionate professionals with special interests in preventive healthcare utilise an innovative approach and advanced technology to kick-start the reversal of metabolic and non-communicable diseases.

Knowing that a conducive feel-good-ambience contributes significantly in the process of homeosis and healing, this centre walks the extra miles to co-design a superbly conducive environment which incorporates all factors that are known to facilitate optimal healing of the human body and mind. This is further augmented by its team of human-friendly staff who are specially trained to serve with utmost compassion and diligence. Together, they provide a unique touch of healing to achieve a superior par excellence service which is second to none.

HACC strategically focuses on four key faculties of service to initiate the paradigm shift, "From Sickcare to Healthcare". Their emphasis is on preventive healthcare which includes the triple faculties of Global Health Screening, Primary Care, and Innovative Diabetic Management. The fourth faculty, namely Wound Management Faculty, is a curative faculty which is an essential component of care to prevent the need for foot/leg amputations among many diabetics.

The Innovative Diabetes Management Programme looks at Type 2 Diabetes scientifically as a reversible lifestyle and dietary disease. This centre puts in place all the necessary



Feynman Lau and Md Bipul Nazir

components of management towards a definite reversal of diabetes at its early stages. For the more advanced cases, HACC aims at reducing the quantity of medicines necessary to control the disease while mitigating the disease process to negate its complications.

Although the primary focus of HACC is on preventive healthcare, diabetics who present with late complications, such as foot ulcer/gangrene, shall be managed by HACC's world-class wound care expert/trainer to save their foot/leg from the devastating process of amputation. Truly, HACC's wound-care team feels deeply with compassion what their diabetic patients sentimentally feel about the reality of losing their foot/leg.

The Global Health Screening creates the 'need-to-know' attitude while provoking the patients/clients to bring out the best attitude of taking responsibility for their own health. This centre strongly believes in the superiority of integrative health management that necessitates the

optimal participation of their valued patients/clients in their health management to produce the most remarkable and satisfying result.

Integrity and meaningful value-care are placed at the forefront of the centre's multi-prong objectives. The other components of care naturally fall into place alongside the flow of the process to create an exemplary healthcare centre that is both effective and sustainable in an increasingly challenging environment of escalating costs and expectations of the healthcare industry end-users.

Much attention has been focused on providing value-care. HACC professionals and staff are regularly primed to think for their patients/clients. Thus, costs are kept to a minimum by avoiding the injudicious ordering or use of expensive investigations, surgical procedures, or high-tech equipment. Only investigations, surgeries, or the use of high-tech that contribute towards net value-care shall be carried out to produce a value-added outcome and satisfaction for its patients/clients. HACC's decision-makers are constantly reminded to reflect on the equation of value-care to ensure that the outcome of their care, their patients level of satisfaction, and the cost of treatment together produce the best value-added care for those they serve.

HACC shall serve with pride to enable its patients who walk in with troubled body and mind to leave the centre with a sweet smile and a lingering memory of "A Satisfying Centre That Serves With Great Compassion and Love".

FEMALE UROLOGY CENTRE OF THE YEAR IN ASIA PACIFIC

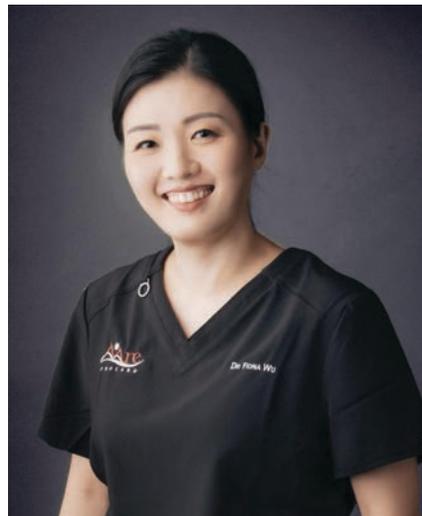
AARE UROCARE

Led by Medical Director and Consultant Urologist, Dr Fiona Wu, Aare Urocare offers discreet and prompt appointment scheduling services, diagnostic services, and specialised treatments tailored to your needs for your bladder, kidney, and prostate.

Dr Fiona Wu always advises that no urinary issue is too small and that one should not suffer from incontinence and write their symptoms off as a “part of ageing”. With this in mind, she birthed Aare Urocare — a one-stop incontinence centre that specialises in providing a wide variety of solutions for urinary incontinence, from complex surgical procedures to minimally invasive in-clinic treatments, such as neuromodulation, neurotoxin injections, and FOTONA laser.

When asked about her views, she comments, “most people, especially females, choose to push aside their urinary concerns due to self-imposed social stigma, embarrassment, or shrug it off thinking it’s part of ageing. On the contrary, bladder conditions are actually very treatable.”

Aare Urocare also provides treatment for other bladder and kidney-related conditions. The name Aare was derived from the Aare River in Bern, Switzerland, where Dr Fiona Wu completed her fellowship training in Female and Reconstructive Urology under the tutelage of world-renowned reconstructive surgeons. This was also where she was exposed to challenging



Dr Fiona Wu

surgeries and complex cases, which furthered her practice and passion for urology.

Prior to her private practice, Dr Fiona Wu spent 15 years in public service. She was a Consultant in the Department of Urology at the National University Hospital Singapore (NUHS), Alexandra Hospital, and Ng Teng Fong General Hospital. Dr Wu’s clinical interests include female urology, neuro-urology, urinary incontinence, reconstructive urology, and voiding dysfunction.

During her tenure at NUHS, she served in the female, functional, and reconstructive subspecialty and was in charge of bringing new treatments to patients at NUH, Ng Teng Fong General Hospital (NTFGH), and Alexandra Hospital.

Dr Fiona Wu is also passionate about undergraduate and postgraduate education. She was a core faculty member for Urology and the Programme Director for Surgery-In-General in the University Surgical Cluster. She won the NUHS Teaching Excellence Awards from 2019 to 2021. Her academic pursuits led to her publishing several urological papers in international journals on a wide range of topics within the realm of urology. Her active involvement in international collaborative studies with overseas urologists also led to more publications in high-impact journals.

She is a member of the Singapore Urological Association (SUA), International Urogynecological Association (IUGA), and International Continence Society (ICS). She actively serves as the Treasurer of the Society for Continence Singapore (SFCS) where she also held the appointment of Vice President prior. She continues to organise seminars for the public and nurses in Singapore, recently expanding their reach to regional countries.

Dr Wu is often invited as a speaker and moderator for local urological and regional conferences, usually on the topics of incontinence, urinary tract infections, and voiding dysfunction. She is passionate about treating these conditions and has attended courses and seminars as often as she can.

For more information, visit www.aareurology.sg.

FERTILITY CENTRE OF THE YEAR IN ASIA PACIFIC

SUNFERT INTERNATIONAL FERTILITY CENTRE

Sunfert International Fertility Centre is honoured to have been awarded “Fertility Centre of the Year in Asia Pacific” at the GlobalHealth Asia Pacific Awards 2022. This recognition is a significant milestone for Sunfert as it is an achievement that represents our dedication and steadfast persistence in pursuing industry-leading assisted reproductive treatment.

In 2009, Sunfert began its operations with the sole purpose of assisting couples to conceive and fulfill their dreams of having a family. Today, Sunfert’s flagship centre resides in Kuala Lumpur with branches in Ipoh, Seremban, and Kuching. Helmed by decades of experience, our clinical team keep abreast of the latest international standards in lab processes and protocols. Our clinical team have structured training programmes and regularly attend global fertility conferences. At Sunfert, we also encourage and enable them to pursue higher education in their relative fields.

Our laboratories operate in a highly specialised environment with sophisticated, cutting-edge medical equipment, including time-lapse incubators. The in-house pre-implantation genetic testing lab is equipped with sequencers for karyomapping which enables us to provide patients with the best possible chance of having a baby. With the relentless efforts and continuous research done by our scientific team, Sunfert continues to improve overall outcomes and maximise chances of successful pregnancies. The genetics



Lakshmi Menon

team at Sunfert also provides services such as assessing endometrial receptivity and embryo selection using pre-implantation genetics to optimise the likelihood for couples with fertility problems to achieve parenthood.

Sunfert’s commitment to providing the highest standard of care is evident in our strategic partnership with Fertility Associates New Zealand, a leading fertility service provider in New Zealand with over 32 years of experience. The partnership with Fertility Associates further establishes our presence internationally, and we are now poised to expand our presence

across the Asia-Pacific region.

In 2020, Sunfert established Malaysia’s first private Oncofertility hub, providing Ovarian Tissue Cryopreservation services. This procedure enables women and pre-pubertal girls to preserve their ovarian tissues prior to undergoing cancer treatment, thus enabling them to start a family once they are ready.

All of Sunfert’s branches are accredited by the Reproductive Technology Accreditation Committee (RTAC), a professional group of the Board of the Fertility Society of Australia, which represents our commitment to providing patient-centric fertility care with an emphasis on patient safety at all levels of care.

We strive to ensure that every patient’s fertility journey at Sunfert is one that is devoid of stress and worry because we understand the toll that infertility has on the mind and body. The mind-body connection is an increasingly popular approach that sees our mind and body working together for optimal health. Research has shown that, when stress is reduced, the chances of conceiving are much higher. At Sunfert, couples undergoing fertility treatment are provided with MindBody fertility counselling sessions by a certified counsellor. We provide a 24-hour careline for our patients to reach us.

To find out more, please call us at +603 7622 8688 or visit www.sunfert.com.

Fulfil Your Parenting Dreams

Sunfert International Fertility Centre

is an innovative, patient-focused fertility centre that caters to your physical and mental health as we guide you along your fertility journey.



In partnership with Fertility Associates New Zealand.



In compliance with the Reproductive Technology Accreditation Committee (RTAC).



Advanced Procedures and Treatments



Time-lapse
Embryo Imaging
(Embryoscope™)



Preimplantation Genetic
Testing for Aneuploidies
(PGT-A)
& Preimplantation Genetic
Testing for Monogenic
Disorders (PGT-M)



In vitro
Fertilisation (IVF)
& Intracytoplasmic
Sperm Injection
(ICSI)



Genetic Carrier
Screening



Ovarian Tissue
Cryopreservation

Complete Fertility Care

Assisted Reproductive Technology (ART)

Egg/Sperm/Embryo Freezing

Ovarian Tissue Cryopreservation

Laparoscopy

Hysteroscopy

Karyomapping

Non-Invasive Prenatal Testing (NIPT)

Blastocyst Culture

Intrauterine Insemination (IUI)

Endometrial Analysis (ERA, EMMA, ALICE)

Percutaneous/Surgical Sperm Extraction (PESA/ TESA)

Intracytoplasmic Morphologically Selected Sperm Injection (IMSI)



**VISIT
OUR
WEBSITE**

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59200 Kuala Lumpur, Malaysia.

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kuching@sunfert.com

FERTILITY CENTRE OF THE YEAR IN ASIA PACIFIC

VIRTUS FERTILITY CENTRE SINGAPORE (VFCS)

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

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

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

The IVF centre is conveniently located near Singapore's commercial area and has dedicated andrology and embryology laboratories, so everything is done on site within the clinic.

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

The team at VFCS strives to improve clinical outcomes by adopting the latest technologies and knowledge in IVF. Their collaborative approach to fertility care gives patients confidence that the entire team is working together to give them the best possible chance of



Dr Liow Swee Lian

success.

Success rates are rising annually. In 2021, VFCS achieved a clinical pregnancy rate of 67 percent per transfer for patients under 30. Patients between 31 to 34 saw a 62 percent clinical pregnancy rate while those between 35 to 39, a 55 percent rate. The majority of patients are between 35 to 45.

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

Microscopy (PLM) to identify healthy eggs for fertilisation. This is particularly useful for more mature patients where genetic abnormalities are more common and eggs are fewer.

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

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

In 2022, VFCS expanded its clinical capacity to better serve its patients and providers. It remains committed to serving its patients with empathy and a mindset of excellence in every step of their journey. VFCS recognises that sometimes it takes a village to start a family. Their medical team consider themselves 'Your Fertility Family' – a dedicated and compassionate resource for patients to turn to when starting a family becomes hard to do.

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

YOUR FERTILITY FAMILY



Winner of the Global Health Awards 2022
Fertility Medical Centre of the Year Asia Pacific



At Virtus Fertility Centre Singapore (VFCS), we know that trying for a baby can be complicated. Our dedicated and highly experienced medical, scientific, nursing and ancillary teams work together to give patients the best possible chance of success.

As part of Virtus Health, the largest IVF provider in Australia and the fourth largest globally, we continually invest in science and research to improve patient outcomes.

OUR PANEL OF FERTILITY SPECIALISTS



Dr Roland Chieng
Medical Director



Dr Motoko Yeo



Dr Yeong Cheng Toh



Dr Andrew Kan



Dr Anupriya Agarwal



Dr Shakina Rauff

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

SEMEN ANALYSIS

Price: S\$115+*

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

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

COUPLE'S FERTILITY ASSESSMENT

Price: S\$309+*

The Couple's Fertility Assessment package offers a first-line general fertility health check for couples who have not undergone any previous fertility check-up(s). This package comprises of two appointments on separate days – The first appointment includes a SA test for the male, while the second appointment includes a pelvic ultrasound for the female and a couple's review of the reports by our fertility specialist, who will also advise on the next step(s).

For enquiries, please email:
enquiries@virtusfertilitycentre.com.sg

* prices are subject to change without prior notice.
Please note fertility health package consultations are undertaken by Dr Roland Chieng, Dr Yeong Cheng Toh, Dr Motoko Yeo and Dr Andrew Kan on a rotational basis.

INTEGRATED HEALTH AND WELLNESS SERVICE PROVIDER & FERTILITY CENTRE OF THE YEAR IN ASIA PACIFIC

BDMS WELLNESS CLINIC

4rd Years in a row, BDMS Wellness Clinic has been proudly named Asia-Pacific Integrated Health & Wellness Service Provider of the Year 2022

BDMS Wellness Clinic quickly became Asia's premier healthcare facility, with the advanced science and technology that allows our physicians to accurately predict future health issues and prevent disease while enhancing mental and physical performance as well as quality of life.

We provide a range of preventive medical services to North local and international patients, offering world class preventive programmes. With our multidisciplinary team of physicians and support personnel, we have extensive experience in providing care for patients from around the world, with dedicated medical departments for various nationalities, trained interpreters in multi languages, assistance with matters including admission and accommodation, and all the cultural, linguistic and logistical considerations that accompany international medical travel, to ensure clients have a pleasant and comfortable experience throughout their stay and achieve good health.

According to Dr Tanupol Virunhagarun, Chief Executive Officer of the BDMS Wellness Clinic, "the prevailing wisdom is that prevention is always better than cure. We know today that many of the biggest health risks, such as heart disease, stroke



BWC Team

and diabetes, can often be prevented if the body is kept at optimal health. This becomes even more important as we get older and more susceptible to illnesses.

Family is where life begins - Fertility and Women Wellness Clinic

The Fertility and Women Wellness Clinic of BDMS Wellness Clinic received the Fertility Medical Center of the Year 2021 in the Asia Pacific award from the Global Health Asia-Pacific Awards. This proved the high standards in delivering services as well as the expertise of the medical team of the Fertility and Women Wellness Clinic in order to fulfil completeness to every family.

At the BDMS Wellness Clinic, our Fertility Wellness Clinic provides a range of reproductive solutions



for those experiencing difficulties conceiving. Infertility is a common problem, but with the right treatment and care, the chances of having children can significantly increase.

Our Fertility and Women Wellness Clinic is led by Dr Poonsak Waikwamdee – a renowned specialist in Obstetrics and Gynecology who has provided advanced fertility solutions and treatment plans, including gamete intrafallopian transfer (GIFT), to thousands of families for over 25 years.

All treatment plans begin with examination of both partners. Once the factors causing infertility are identified, our team of physicians will recommend a treatment plan and provide counseling to ensure all the information related to the treatment is carefully communicated and agreed upon.

DENTAL CENTRE & REGENERATIVE CLINIC OF THE YEAR IN ASIA PACIFIC

BDMS WELLNESS CLINIC

YOUR SMILE OUR PASSION - Dental Wellness Clinic

The Dental Wellness Clinic of BDMS Wellness Clinic was awarded the 'Dental Medical Center of the Year in Asia Pacific' three years in a row in 2020, 2021 and 2022 by Global Health Asia-Pacific, a leading magazine for international healthcare and medical tourism.

The awards clearly affirmed the high standard, quality and expertise of the dental team of the BDMS's Dental Wellness Clinic. The clinic's mission is to help patients to have beautiful smiles with good health, which will increase their self-confidence and overall quality of life.

As Dental Wellness Clinic aims to provide and promote a personalised, healthy and beautiful smile which reboots self-confidence and leads to an improvement of quality of life, we offer comprehensive range of dentistry for both general and specialised practices.

With the team of dental specialists and well-trained staff as well as advanced technologies like Digital Assisted Smile Design, CAD/ CAM and in-house digital laboratory, the new experience of your dentistry will be altered to higher level with quality and exclusivity, in a relaxing and private atmosphere.

"Achieving Longevity" - Prevention and Wellness Clinic

Global Health Asia-Pacific recognised us as the Regenerative Clinic of the Year in Asia Pacific 2022, following our selection as a frontrunner for numer-



BWC Team



ous awards in 2019.

The journey to restoring and optimising personal health begins with a consultation with one of our experts in preventive medicine. During your visit with our physicians, they will ask about your medical history and any risk factors that may run in your family, your diet, exercise habits, and any other health concerns that you would like to address, such as improving physical appearance, athletic performance, blood pressure, lipid profile, brain health, or weight loss.

Following the consultation, you and your doctor will determine a screening programme that meets your needs and expectations for optimising your health. This may include comprehensive blood tests, indicators of micronutrient and antioxidant absorption, hormone imbalance, food intolerance, and even genetic testing to reveal potential health risks in your DNA.

Lab results are analysed to benchmark each guest's health against established suitable age norms. This

includes benchmarking hormone levels across nationalities and different age groups to determine if an intervention or supplement may be advised. For example, a 50-year-old person may have testosterone levels equal to that of a 30-year-old individual or vice versa.

Cell aging via telomere testing can also be assessed in the Prevention and Wellness Clinic. This high technology is used to measure the rate at which the body is aging.

Vaccines recommended by the World Health Organization (WHO) are also available including the preventive Human Papillomavirus Vaccine (HPV) that protects against developing a variety of cancers, including cervical cancer.

Once all the data has been analysed and risk factors have been identified, the BDMS Wellness Clinic team will work with you to tailor a wellness programme designed for your individual requirements, and our onsite compounding pharmacists can create personalised supplements as needed.

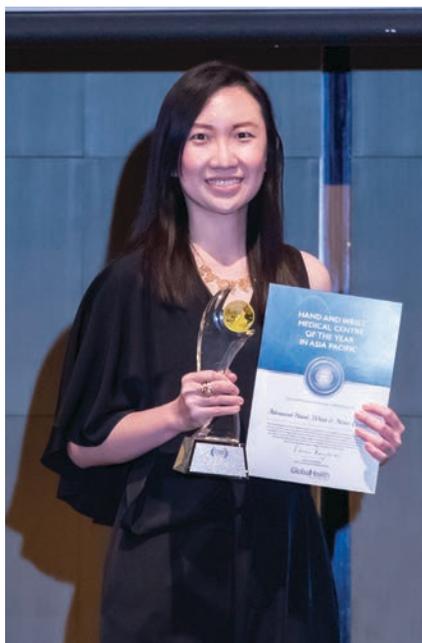
HAND AND WRIST MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

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 specialised, 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 more than 18 years of experience. Her field of expertise is in reconstruction of brachial plexus injuries, open and endoscopic peripheral nerve surgeries, microsurgical reconstruction of the upper limb, wrist arthroscopy, and joint arthroplasty. She also has special interests in hand and wrist fractures, arthritis of the hand and wrist, and ligament reconstruction for wrist instability.

Having a passion for training the next generation, Dr Jacqueline Tan was previously the Deputy Vice Chair for Education in the SingHealth Musculoskeletal Sciences Academic Clinical Programme, the Programme Director for the SingHealth Hand Surgery Programme, as well as the Core Faculty for the SingHealth Orthopaedic Surgery Programme. She



Dr Jacqueline Tan

has organised numerous local and regional workshops and courses on fractures, microsurgery, and cadaveric 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 upcoming Co-Chairperson for Asia Pacific Federation of Societies for Surgery of the Hand, 2023 and is still a visiting consultant to Singapore General Hospital. She served as President of the Singapore Society for Hand Surgery and as 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 recognised 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," she said.

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 personalised 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.

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 everyone to peak performance so that they can participate in the activities they enjoy. A focal area of treatment is joint preservation, and many advanced procedures have been performed by our surgeons to improve the body's reparative processes and restore the function of native joints. In cases of end-stage joint disease, the centre is skilled in joint replacements, employing cutting-edge technologies and newer 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 18 years of clinical experience who also serves as Medical Director. Dr Poh previously served as the Director of Sports Service and Senior Consultant Orthopaedic Surgeon at Singapore General Hospital (SGH), Singapore's largest tertiary hospital. Dr Poh also held a 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) and an Adjunct Assistant Professor to Yong Loo Lin School of Medicine, National University of Singapore.

Dr Poh has special interest in hip preservation surgery, having developed his passion during his year long specialty fellowship training in Hip Surgery and Sports Medicine, in Orthopädische Chirurgie München (OCM), in Germany. While at 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, and complex shoulder arthroscopy, open shoulder reconstruction and shoulder arthroplasty. He has a high volume of hip and knee arthroplasty and is adept at using the latest techniques, such as robotic assisted surgery, patient specific instrumentation, and navigation. Dr Poh remains an active trauma surgeon and represents Singapore as the Community Development Officer for the AO Trauma Singapore Council.

To provide the finest clinical outcomes, AOSC is dedicated to clinical innovation, creating innovative surgical procedures, and utilising cutting-edge technological advancements. The AOSC is recognised 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.

INTEGRATED WELLNESS CENTRE OF THE YEAR IN ASIA PACIFIC

SWEATSPA

sweatspa®, a pioneer of Full Spectrum Infrared Sauna Therapy in Malaysia, has grown from being a provider of infrared sauna services to designing and developing its own brand of infrared cabins for service and home use.

Founded in 2014, sweatspa® is the brainchild of founder Ms Sabrina Tang, who wanted to bring the various health benefits of infrared therapy to the nascent Malaysian wellness market.

“We offer our customers a soothing and relaxing journey while they sweat for wellness. Combining infrared sauna with colour light therapy is designed to provide a natural healing environment while stimulating the body and your senses in a relaxing setting,” Ms Tang said.

In a conventional sauna, steam heat causes your body to sweat, but the heat is only skin-deep. sweatspa® Full Spectrum saunas offer advanced near, mid, and far infrared technologies, which penetrate deeper past the epidermis and dermis into the subcutaneous layer for maximum effectiveness.

While the average person sweats out 20 percent toxins and 80 percent water, sweatspa® saunas enhance the sweating process, resulting in a detoxifying sweat that is seven (7) times more effective than a traditional sauna.

Moreover, infrared saunas are famous for their pain relief properties as it increases blood circulation, which delivers oxygen to muscles quicker, thereby relieving muscle tension and resulting in faster recovery.

Infrared sauna therapy also rejuvenates the skin by stimulating collagen and elastin production,



Sabrina Tang

reducing wrinkles, firming, and improving skin tone and elasticity; infrared heat accelerates the wound healing process for burns, eczema, skin lesions, or cuts.

Regular use of an infrared sauna imparts a similar boost to the cardiovascular system as running. While enjoying the warmth of the saunas, the body produces sweat, pumps blood, and burns calories. As the body sweats to cool off, the heartbeat increases to circulate blood and burn extra calories. This increase in metabolism is also burning more calories. A 45-minute session in infrared saunas can burn between 300-600 calories.

After several years in the industry, in 2018, sweatspa® leapt and innovated by designing its sweat cabins to maximise the full breadth of infrared sauna

benefits that best meet the needs of its customers.

Equipped with clinically-backed heater technology, sweatspa® saunas offer an unmatched experience by providing the most effective, patented combination of all three infrared wavelength bands for achieving the client’s desired results. With its combination of colour light therapy, enhanced sound systems, and ergonomically-designed benches, no wonder these proved popular!

“During the pandemic lockdowns, customers could not visit sweatspa® outlets to enjoy our sauna services. Instead, demand for the home-based cabins skyrocketed, with some customers even choosing our larger cabins so that the whole family could enjoy the health and wellness benefits of infrared therapy,” Ms Tang said.

sweatspa® cabins have also been installed in wellness centres at trusted family medicine brands such as KPJ Hospital Kuantan and Umra Hospital. Today, sweatspa® boasts five (5) outlets throughout Klang Valley, in addition to having sold and installed over 1,000 sweatspa® home saunas for residential and business purposes across the country. But Ms Tang has bigger dreams for sweatspa®.

“As people have returned to malls, we plan to open more branches across Malaysia by 2025. We’re also frequently fielding calls from interested partners who want to bring sweatspa® beyond Malaysian shores. Now everyone (in the Asia-Pacific) can sweat!”



sweatspa®



Pain Relief



Improved Circulation



Relaxation



Detoxification



Skin Rejuvenation



Fat Loss



FULL SPECTRUM INFRARED SAUNA THERAPY

45 MINUTES SESSION

Picture yourself feeling the sun's rays on a warm day. That is what it is like to be in a sweatspa® sauna. This comforting heat warms you from the inside for a deep, detoxifying sweat.

Scan for appointment



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Plaza
Arkadia

+6012-504 6088

Visit Our Page:

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@sweatspa

INTEGRATED HEALTHCARE CLINIC OF THE YEAR IN ASIA PACIFIC

MEDCONSULT CLINIC

We are the “go-to” General Practice Clinic for Bangkok

MedConsult Clinic is a General Practice medical clinic located in central Bangkok. We are best known as the “go-to” medical clinic in Bangkok providing affordable, private health care services of the highest quality to patients at our GP Clinic. Since 2003, this has been the mission of Dr Donna Robinson, CEO and Owner, who is also one of the only bilingual Western doctors in Thailand actively holding both Thai and UK Medical Licences.

The number 1 covid testing clinic in Bangkok

The past years were hard on us all, but as we exit the pandemic it is a privilege to be recognised as the Best Integrated Healthcare Clinic from Global Health Awards for our rising fame during the pandemic. In 2021, we decided to offer PCR tests cheaper and still faster than any of the large hospitals. Soon things escalated from 10 PCR tests per day, to 50, to 200, then over 1,000 per day. Hospitals capped their testing capacity, turned away patients, and sent them to us. We hired over 100 staff almost overnight and improved our systems every week to improve minutes off the testing process to ensure we never turned away patients, or never shied away from a long queue outside. We could handle over 1,000 PCR tests per day with no queues and patients able to get tested in under 10 minutes.



Dr Donna Robinson

The outstanding reviews of MedConsult Clinic spread around Facebook groups, and blogs, Youtubers, and influencers interviewed us, while news channels (Thai PBS) also covered us. Among the 1,000s of patients arriving every day, our staff recognised celebrities, politicians, and executives mingling in the waiting room. The largest international companies approached us for corporate medical services after realising that we could provide an exceptional and personalised service at an affordable price throughout the pandemic.

A leading healthcare clinic in Thailand led by Dr Donna, a Woman in Business

MedConsult Clinic is a multi-award-winning GP medical clinic in Bangkok and is the first stop, “go-to” place, for many. We are best known for Botox and fillers, GP consultations, sexual health, medicines and pharmacy, vaccinations, all aspects of men and women’s health, and, of course, the COVID testing which we became very well known for. Dr Donna, the CEO and Owner, was also recently awarded the Women in Business category by the British Chamber of Commerce in Thailand. We are much more diverse than a typical GP clinic in the UK, as we are heavily involved in corporate healthcare services. We provide on-site nurses, first aid services, vaccines, annual check-ups, and anything to help companies in the whole region.

The medical clinic you think of when stepping into Bangkok

Right now, a search of MedConsult Clinic or its CEO, Dr Donna, on YouTube or Google will return plenty of interesting stories, interviews, and coverage. We are proud of our progress towards being the leading GP Clinic in Bangkok for everyone, but next year we hope to win in some other categories also as we continue to focus on giving our patients in Bangkok and the region the highest quality experience while maintaining the most affordable prices.



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



Corporate Healthcare



**Comprehensive
Medical Check up**



Vaccination



Prescription Refill/Medicine



Laboratory Tests



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Botox & Filler



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Khlong Tan Nuea, Watthana, Bangkok10110



INTERVENTIONAL CARDIOLOGY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

CAPITAL HEART CENTRE

Nestled in Mount Elizabeth Novena Hospital is Capital Heart Centre, a cardiology clinic dedicated to delivering prompt access to appointments, diagnostic services, and procedures tailored to their patients' requirements — from prevention to treatment.

Capital Heart Centre is led by Dr Joshua Loh, a Senior Consultant Interventional Cardiologist well-versed in all areas regarding heart health and whose expertise lies in complex coronary interventional procedures. He completed his advanced training in Interventional Cardiology in Washington, DC, and the US capital gave rise to the name, Capital Heart Centre.

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, 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".

Prior to his private practice, he spent almost two decades in public service as a Senior Consultant Cardiologist at the National University Heart Centre and Visiting Consultant at Ng Teng Fong General Hospital.

Dr Joshua Loh is highly experienced



Felicia Huang, Pearlynn Chin, Dr Joshua Loh, Valerie Lim
(from left to right)

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.

In some cases, Dr Joshua Loh also performs Robotic Percutaneous Coronary Intervention (R-PCI). Taking advancements further, R-PCI provides a new approach to the procedure,

allowing the cardiologist to remotely control technology to manipulate guidewires and catheter devices with greater depth perception, range of movement, and accuracy. This combines the cardiologist's skill, critical thinking, and eye for detail with the precision of a machine.

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

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 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.

For more information, visit www.capitalheart.sg.

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



Dr Julian Tan

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

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

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

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

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

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

IVF CENTRE OF THE YEAR IN ASIA PACIFIC

PHYATHAI 3 HOSPITAL (EXCELLENCE FERTILITY CENTER)

It is a great honour for Phyathai 3 Hospital to be recognised as the “IVF Centre of the Year in Asia Pacific”. Thanks to our professional team for their efforts and dedication, and especially to all our beloved clients, for your support always.

The hospital has been in operation for over 20 years, with the goal of providing excellent medical and customer service to clients. We are thriving to be a leading hospital in the western part of Bangkok, the place that comes to mind when you need treatments or just consultations to ease your worries.

As we grow more and more, managing a women’s centre is one of the medical fields that we have gained expertise in. Throughout our journey, we sought and attracted exceptional gynaecologists and obstetricians until today making us now renowned. We do not stop just there, we go forward to expand our expertise in IVF and expand our market from domestic to international clients. Gaining a reputation through word of mouth is not easy in the marketing world, but this is how new clients have gotten to know us. When talking about IVF, our hospital is sure to be on the top of the list that patients will think of or is recommended by their acquaintances. It is how they come to hear of our success stories and decide to give us a precious opportunity to make their dream of having the gift of their lives. Starting from our service-minded staff, caring nurses, experienced doctors, state-of-the-art laboratory, cozy lounge, and welcoming ambience, it all adds



Mrs.Pastraporn Yoneyama, Mr. Yang Rengui, Dr.Suraphol Losiriwat, Dr. Yaowapa Chongpensuklert

up to the success that we have today. Beyond success in numbers and any measurements, it is that our clients are satisfied with our hospital. Here is proof from our new mommies:

Mrs Fu from China has PCOS and did IVF five times in China before seeking help elsewhere. She came all the way from China to Phyathai 3 Hospital and now she is pregnant with only one trial here with our doctor. It was surprising for her as she had failed so many times before, but now, she is happy that she has finally received the gift of a life of her own.

Mrs Yu was 40 years old when she came to the hospital. Her condition was quite limited, but after the consultations with our doctor, she had confidence in us and decided to do IVF here at Phyathai 3 Hospital. The result is, as you may guess — she is 15-weeks pregnant now.

Mrs Juan’s first try was here at our facility. Her worry was that she was a carrier of CAH, but she had trust in us. She went through the process: ovum stimulation, screening, preparation, and transfer were done under our doctor’s close supervision. Now her son is 2-years old, healthy and lovely. She gave us praise that it was the right idea to give us a chance to fulfill her dream.

We all have dreams. Some dream of wealth, some dream of adventure, but some dream of kids and family, and this dream is not out of reach at Phyathai 3 Hospital. We always seek out advanced and groundbreaking technology and will keep moving forward in order to assist more and more families to fulfill their dreams.



Phyathai 3 hospital plays a vital role for IVF Chinese families for 5 years

Back in 2017, Phyathai 3 hospital began to seek a great opportunity and decided to enter Chinese market. Our official representative office was established in Shenzhen province in order to provide the excellent services and international standard treatments to the world's largest IVF demand group!



Over the 5 past years in China, thousands of lovely newborns have been brought into this world, bringing delight and happiness to their parents because of IVF medical treatment and services provided by Phyathai 3 hospital.



MEN'S HEALTH, MALE INFERTILITY AND UROLOGY CENTRE OF THE YEAR IN ASIA PACIFIC

DR. MUHILAN MEN'S HEALTH, UROLOGY AND INFERTILITY CENTRE

Dr Muhilan Parameswaran is a dedicated surgeon and devoted family man. He was born in Klang Valley but his parents were government school teachers and this led him to explore the country as they were transferred from post to post before settling back down in the Klang Valley. He started his medical career in Manipal Melaka College and subsequently started working in Sabah, both in tertiary and district Centre's, before returning to the Klang Valley.

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

Dr Muhilan continued his career as a urologist in Universiti Malaya, where he further subspecialised in endourology, which involves the use of scopes via natural orifice. In order to advance his training in the field of endourology, he spent time in Innsbruck, Austria, and Delhi, India, which allowed him to handle most complex procedures related to stones and prostates with no open surgery or punctures. During his stint in Innsbruck, he also developed an appreciation for the field of men's health, anti-ageing treatments and male fertility. In 2010, this was a very underserved field in Malaysia as the



Dr Muhilan Parameswaran

main focus was on women's health and infertility was mainly handled by gynecologists. He started doing basic treatments for this field within the limitations of government service in University Malaya.

However, his move to Thomson Hospital really helped speed up the development of male infertility services in Malaysia. With the help of his colleagues at the hospital, which was probably the largest fertility center in Malaysia, he set up a dedicated male fertility unit with the full spectrum of treatments available.

Dr Muhilan's urology and fertility

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

The testimonials from patients and colleagues have always been the major source of encouragement and motivation for the team to push forward to attain their current level of excellence. This encouragement, together with the latest in technology, the availability of advanced lasers, endoscopes and microscopes in the urology and fertility unit, and the commitment of the surgeon are the key reasons why Dr Muhilan's Urology Clinic has been awarded the Urology and Male Infertility Centre of the Year in the Asia Pacific Award at the Global Health Asia-Pacific Healthcare & Medical Tourism Awards.

NEUROSURGERY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

NEURO ASIA CARE

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

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

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

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

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



Dr Nicolas Kon

board of the Centralised Institutional Review Board.

Deep brain stimulation for Parkinson disease and essential tremor

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

Microvascular decompression for trigeminal neuralgia and hemifacial spasm

Dr Kon also specialises in the treatment of patients with trigeminal neuralgia (facial pain) and hemifacial spasm (facial twitch) through a surgical procedure called microvascular decompression which can be curative. In addition, he also provides non-invasive treatments such as gamma knife radiosurgery.

Special approaches for brain tumour

Minimally invasive surgery

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

Awake surgery

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

OBSTETRICS & GYNAECOLOGY CLINIC OF THE YEAR IN ASIA PACIFIC

KIERAUNIV INTERNATIONAL CLINIC FOR WOMEN

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

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

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



Dr Dharshini Gopalakrishnakone

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

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

dermoid cysts. A prolife advocate, she has also published research on the incidence of Chlamydia Trachomatis in post-abortion females in Singapore.

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

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

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

OPHTHALMOLOGY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

OPTIMAX EYE SPECIALIST CENTRE

As a pioneer in laser vision correction in Malaysia, Optimax Holdings Bhd has changed the lives of 300,000 satisfied patients since its inception in 1995.

At a time when the technology was still quite infantile in the country, the eye specialist services provider did not hesitate but continued to invest to bring in the latest equipment to serve its patients. Through this unrelenting effort, Optimax has played a key role in advancing the laser refractive surgery industry in Malaysia.

Over the last 27 years, the Group has expanded to provide a full spectrum of eye care treatments. Its core services now include refractive surgery, comprising laser vision correction and implant vision correction; treatment of eye diseases and disorders, including cataract surgery; consultation and dispensary services, comprising doctor consultation and medication; and oculoplastic surgery, including functional and cosmetic treatment for disorders around the eye.

As a leading laser eye specialist in Malaysia, Optimax has a strong network of Ambulatory Care Centres ("ACC") that offer a wide range of treatment options all under one roof. These 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).



Tiong Hin, Susan Cheow, Sandy Tan

Undoubtedly, improvements in laser technology over the years have made it possible for Optimax to deliver better and more predictable surgery outcomes, as well as excel in procedures that can provide patients with fewer post-operative complications and better comfort after treatment, while maintaining the benefits of all the other methods.

Therefore, Optimax always ensures that its centres are equipped with the latest technology to provide the most effective methods of treatment for each patient. The Group also invests in developing its eye specialist doctors by sending them to attend regular training and conferences to keep up to date with the latest developments in medical technology.

At present, Optimax has 20 highly qualified eye surgeons to deliver exceptional ophthalmology services from diagnosis to treatments, including medical and surgical procedures. The

Group's eye surgeons are supported by a team of 57 experienced optometrists to perform eye examinations.

Moving forward, Optimax is looking to further expand its services to include paediatric eye care to meet the specific needs of younger patients in Malaysia.

The Group also plans to expand its market reach within the country by establishing more satellite clinics to reach patients in remote areas and enlarging its ACC network to connect the major states in Malaysia.

The initiative in place currently is the development of a private eye hospital in Kempas, Johor, in collaboration with Sena Resources Sdn Bhd and Kempas Eye Specialist Hospital Sdn Bhd. Upon full operation, the Kempas private eye hospital is expected to meet the anticipated increase in demand for eye care services from not only Malaysia, but also from nearby nations such as Singapore and Indonesia.

Besides the focus on growing its business, Optimax will also continue to prioritise giving back to the community by aiding in the restoration of sight to the less fortunate through sponsorships of cataract surgeries and free eye-health screenings, as well as free eye-health education to the public. This is in line with its sustainability goal to generate long-term value to its stakeholders.

INTERNATIONAL ORTHOPAEDIC CLINIC



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

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

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

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

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

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

with severe pain from worn out hips and knees.

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

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

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

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



INTERNATIONAL
ORTHOPAEDIC
CLINIC
SINGAPORE • SHANGHAI



Your Trusted Orthopaedic Clinic



SERVICES WE OFFER

- Robotic Knee and Hip Replacement
- Revision knee and hip replacement
- Sports Keyhole Surgery of the Knee, Shoulder, Hip and Ankle
- ACL and ligament reconstruction
- Meniscal repair
- Cartilage reconstruction
- Labral and tendon repair
- Lower limb deformity correction
- Minimally invasive bunion surgery
- Forefoot deformity correction
- Keyhole ankle ligament repair
- Flatfoot/high arch correction
- Achilles and hindfoot heel pain treatment
- Ankle cartilage and arthritis treatment
- Upper and lower limb fracture surgery
- Complex trauma revision surgery
- Osteoporosis and elderly trauma surgery

At International Orthopaedic Clinic (IOC) we provide practical and effective solutions for you and your family. Our highly experienced surgeons give you the care and attention that you deserve. Let us help you return to an active lifestyle.

At International Orthopaedic Clinic (IOC) our mission statement is to deliver superlative quality care tailored to the individual needs of each and every patient. We are a team of highly experienced Orthopaedic surgeons, trained in the UK, USA and Australia, specialising in sports injuries and robotic joint replacement. We treat a wide variety of conditions such as ligament, meniscus and cartilage injury, broken bones, and worn out joints (osteoarthritis) in the hip, knee, shoulder and ankle. We see patients of all ages and of all sporting disciplines.

Dr Alan Cheung, Director of IOC, is Team Doctor of the Wrestling Federation of Singapore, and formerly Events Team Doctor of the Singapore Cycling Federation, and local medical lead for One Championship and One Warrior Series Mixed Martial Arts events. He specialises in robotic knee and hip replacement and sports injuries.

Dr Mark Chong, Senior Consultant Orthopaedic Surgeon and former Head of Joint Reconstruction at National University Hospital Singapore, is Team Doctor at Tanglin Rugby Club, Singapore and also practices in Kuala Lumpur. He has a specialist interest in foot and ankle surgery, and joint replacement.



Dr Alan Cheung
Director
International
Orthopaedic Clinic



Dr Mark Chong
Senior Consultant
Orthopaedic Surgeon
International
Orthopaedic Clinic

International Orthopaedic Clinic

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

KE WYNN MEDICAL FITNESS CENTER

Founded in 2018, Ke Wynn Medical Fitness Center is **Malaysia's first integrated fitness centre** consisting of a team of highly skilled and qualified healthcare professionals working collectively under one roof. These professionals are specifically selected to attend to every integral aspect of holistic wellness. This includes exercise professionals, each with its on fitness specialty, sports injury therapist, TCM practitioner, dietitian, and a physician. Strategically situated at a prominent seafront promenade in Georgetown (Penang), this 2000 sq ft facility comes equipped with a full-fledged gym and multiple treatment rooms.

Our medical fitness centre has experienced tremendous and steady growth since its inception. By staying on top of the latest research, we have developed our own systems to maximise function and health while minimising the risk of developing musculoskeletal injury. The proprietary fitness system is utilised in programmes aimed at preventing or managing metabolic diseases as well as responding to sports-related injuries and other medical problems, such as cancer and Parkinson's Disease. Using the right mix of functional and integrative medicine, nutrition, and exercise, the unique programme helps people recover from illness and injury faster, avoid chronic complications later in life, control their weight, and reduce their risk for developing common NCDs.



Ke Wynn

What sets us apart from our competitors is our methodology that stems from our desire to improve the healthcare experience. It incorporates techniques used in the fitness world and fuses them with state-of-the-art methodology offered by clinicians. This fusion helps our clients enjoy both an effective and fulfilling therapy experience that takes into account their individual needs in a safe, comfortable environment. Our concept of integrating physical fitness with holistic health care has resulted in many referrals - and constant raving reviews.

KWMFC embraces its responsibilities as a corporate citizen by leading a monthly walking programme called Just Walk! Penang. It is a non-profit walking programme run by Walk With a Doc, which sees people of all ages and fitness levels walk in groups led by a healthcare professional. By taking this initiative, the centre shows that they care about the health of people in the area and cannot wait to welcome new members into their walk program.

KWMFC is the only centre of its kind in Malaysia that has won numerous prestigious awards consecutively since 2018. We strive to provide efficacious client-centric exercise and lifestyle prevention solutions to address the growing number of chronic health issues in the country. In the near future, we hope to venture into medical tourism and set up branches in major cities by partnering with other healthcare providers, such as GP clinics, specialist clinics, and NGOs.

AWARDS & ACCOLADES:

- The BioMechanics Method Corrective Exercise Specialist of the Year 2018
- Medical Fitness Center of the Year 2019 in North West Malaysia - Global Health & Pharma
- Pro of the Year Nominee 2020 - MedFit Network International
- Pro of the Year Winner 2021 - MedFit Network International
- Medical Fitness Centre of the Year 2022 - Global Health Asia-Pacific

ORTHOPAEDIC MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

OXFORD ORTHOPAEDICS

A private practice led by Dr James Wee, Oxford Orthopaedics' name was coined after the Oxford University Hospitals in the UK where he completed his Fellowship and gained his interest in the Oxford Partial Knee Replacement.

Oxford Orthopaedics is well-versed in treating complex lower limb conditions. This can be attributed to Dr James Wee's dual-subspecialty in both Hip & Knee Surgery and Foot & Ankle Surgery, which equipped him with the insight and expertise of a complete lower limb surgeon.

Dr James Wee has a special interest in applying Arthroscopic "Keyhole" Surgery and Minimally Invasive Surgery (MIS) techniques, and he is skilled in MIS bunion and lesser toe deformity correction surgery. He also employs arthroscopic "keyhole" techniques to treat a wide array of sports injuries and degenerative conditions afflicting the foot and ankle joints.

Collaborating with a like-minded colleague, Dr Wee co-published a novel Minimally Invasive Surgical (MIS) procedure for treating recurrent ankle sprains, which requires only a single "keyhole" incision instead of the standard two- and three-incision methods. This "Lasso" technique of ankle ligament reconstruction, which has been published, has benefitted scores of patients, allowing high-performance athletes and dancers to rapidly return to their sport.

He also has a great interest in the field of Limb Reconstruction Surgery, which includes Limb Lengthening and



Dr James Wee

Limb Deformity correction surgeries. He was trained in using Ilizarov techniques and computer-assisted Hexapod technology at renowned centres in Austria, Italy, and South Africa. He has accrued considerable experience in treating complex cases involving short limbs, congenital deformities, severe trauma, and deep infections.

Harnessing his synergistic expertise in both Hip & Knee and Foot & Ankle Surgery, Dr Wee pioneered and led the establishment of the Limb Lengthening and Reconstruction Surgery (LLRS) service in Tan Tock Seng Hospital (TTSH). This multi-disciplinary service is the first dedicated LLRS unit of its sort in Singapore.

Prior to his private practice, Dr James Wee served as a consultant with two different subspecialty units at TTSH, where he continues to function as a

Visiting Consultant.

When asked about his thoughts on being an orthopaedic surgeon, Dr Wee explains that it is gratifying: "You know you have helped improve someone's quality of life with your work when you see a patient coming in a wheelchair to seek your help and then being able to walk well after your successful treatment."

Aside from his clinical work, Dr James Wee's other passion lies in medical education. He has been appointed as Adjunct Assistant Professor with the Lee Kong Chian School of Medicine (Nanyang Technological University – Imperial College London). He served as the school's Principal Lead for orthopaedic surgery and oversaw all education matters relating to orthopaedic surgery across Singapore. He was also appointed as Senior Lecturer at the Yong Loo Lin School of Medicine (National University of Singapore) and has served as an MBBS convenor and examiner for both Schools for many years.

Dr Wee is often invited as a key opinion leader in a multitude of international surgical conferences. He has been engaged as an instructor at both local and regional surgical courses in Hip & Knee Surgery and Foot & Ankle Surgery, training orthopaedic surgeons from both Singapore and the region. He is well-published in international peer-reviewed scientific journals and has been invited to be a journal reviewer.

For more information, visit www.oxfordortho.sg

OUTSTANDING CONTRIBUTION TO MARITIME HEALTH

IMPACT HEALTH

When the COVID-19 pandemic caused a global lockdown in 2020, it seemed as though the whole world would come to a complete standstill. People were mostly restricted within their homes, and the streets seemed virtually empty. Yet the world still needed to turn, people still needed food and groceries, hospitals needed medical supplies, and the supply chain needed to keep going. Society has spent a good amount of time giving well-deserved credit to the healthcare workers of the world who were dealing with the pandemic, but there was a group of people who were largely overlooked — the maritime workers.

Spare a thought for the ships delivering your PPE, N95 masks, and medications. The ones delivering oil to be refined and used in power stations. The ones laden with containers filled with your online shopping. During the pandemic, the International Labour Organisation more than doubled accepted contract lengths from 11 months to 23 months. Due to the difficulty of ship crew workers signing off as a result of closed borders, there were cases where crews managed to sign off only after 27 months. Imagine staying onboard a ship, travelling from country to country, but never being allowed to even go on shoreleave, having to deal with intermittent internet connectivity due to being in the middle of the ocean, and not being able to see one's family for 27 months. COVID restrictions meant that many



Eugene Tan, Dr Vera, Dr Nicholas Chia, Dr Winston Lee

maritime crew members weren't even able to seek medical attention for non-life-threatening conditions.

In the May 2020, Impact Health collaborated with the Singapore Shipping Association and the Maritime Port Authority of Singapore to provide telemedicine services for the maritime industry. Originally a medical concierge company, Impact Health had developed their proprietary telemedicine platform for their overseas patients. With some quick tweaks, the company was able to customise the platform such that the many vessels stopping in Singaporean waters (over 2,000 per day at the time) were able connect through the platform for teleconsultations with the doctors on land.

The service that Impact Health's platform provided made it possible

for many ship crew members to receive medical attention for non-life-threatening conditions, medications to be sent onboard (via drones due to safe-distancing measures), and for doctors to test and certify ship crew to be free of COVID-19 symptoms so that they would be allowed to disembark their ships and finally return home to their families. At the height of the pandemic, Singapore was one of the few countries that set up special immigration channels allowing maritime crew to fly home and became the major sign-off hub for ship crew.

Impact Health has been awarded the Outstanding Contribution to Maritime Health by Global Health, but this would not have been possible without the efforts of the Singaporean government to ensure that the maritime workers, who are the lifeblood of the global supply chain, were well-protected and given every assistance possible. Credit, however, should be given to not only government officials, but also to the many shipping agents, chartering agents, and crew manning agents who had to deal with ever-changing pandemic restrictions and rules across borders. All of them made immeasurable contributions to ensuring that the maritime industry and the supply chain continued to keep turning. Impact Health's contribution would not have been possible without the Maritime Port Authority of Singapore, Singapore Shipping Association, Seamen Organisation of Singapore, and Singapore Maritime Officer's Union.

PAIN CARE CENTRE OF THE YEAR IN ASIA PACIFIC

AFFINITY PAIN CLINIC

The silent epidemic of pain

Pain is a familiar life companion. It is often protective and informs the body there is danger or potential for harm. However, experiencing pain constantly or regularly is life-changing and stressful. To be told that ‘nothing seems to be wrong’ adds to the distress of the person suffering pain.

Affinity Pain Clinic understands that pain is not only a physical experience but also an emotional and learned response. Categorising pain is not easy, but generally, most sources of pain arise from:

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

There are also other unforeseen and unexpected sources that may contribute to your pain picture, such as fibromyalgia, other chronic illnesses, and socio-economic stress.

The difference at Affinity Pain Clinic

Pain may be regarded as easily treatable by painkillers or steroidal injections. More often than not, it is dismissed as something to ‘live with’.

At Affinity, pain management is a medical specialty where effort is made to ensure that the pain management and treatment journey is collaborative with the patient.

Understanding your pain. Affinity Pain Clinic, led by Dr Daniel, consists of



Dr Daniel Phang

a team of empathic professionals who employ evidence-based strategies and intervention to help patients manage and reduce their pain symptoms.

Evidence-based and cost-effective.

Treatment plans are up-to-date and cost-effective and help empower the patient in understanding their pain and avoiding unnecessary surgery, while preventing potential side effects from over-medicating.

Professional. Dr Daniel is the director of the Affinity Pain Clinic and has been a Singapore-certified pain management physician since 2015. His year-long fellowship in Chronic Pain

was spent at the renowned Toronto Western Hospital under Dr Philip Peng, Dr Anuj Bhatia, and Dr Michael Gofeld, all well-known in the Pain Medicine arena.

Dr Daniel is one of the very few pain physicians in Singapore doubly certified in the World Institute of Pain Fellowship in Interventional Pain (FIPP) and Pain Sonology (CIPS). His focus of practice revolves around utilising minimally-invasive, surgery-sparing techniques. These include radiofrequency ablation, regenerative therapy, intrathecal pump implantation, and spinal cord stimulation.

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

Dr Daniel is a key opinion leader for pain intervention devices and is active in education, teaching in pain intervention workshops organised by the New York School of Regional Anaesthesia, Pain Society of Singapore, and St Luke’s Medical Centre, Manila.

PHYSIOTHERAPY MEDICAL 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



AquaPhysio Rehab Centre

stability, especially in patients with neurological conditions like stroke and Parkinson's disease.

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 off-load 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.

PHYSIOTHERAPY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

THERAPEDIC MEDICAL CENTRE

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.



James Tan

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

“Therapedic™ is about opportunity. Opportunity to heal, opportunity to advance, opportunity to forward, and we cannot imagine treating our patients without rehabilitation technology. We see it as the future of medicine. We love doing what we do, and we are pushing the boundaries by integrating multidisciplinary protocols, and offering noble treatment solutions is our commitment to make patient's

healing experience unlike any other,” said James Tan, the co-founder of 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

GASTROENTEROLOGY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

GUTCARE

GutCare was founded in 2014 to be a regional centre of excellence in digestive disorders and an international standard group practice in Singapore's private healthcare sector. Today, GutCare has grown into an award-winning brand name in Singapore, with a complete team of specialists and services across six different private hospitals.

Vision

GutCare aims to provide multi-specialty digestive care with international standards for the region.

Mission

Delivering comprehensive, integrated, and specialised digestive care services with a patient-centric approach.

Values:

- **Professionalism** A team of medical professionals who are dedicated to providing the highest standards of patient care.
- **Excellence** Delivering care that is benchmarked against international standards.
- **Customer-focused** Prioritising the needs of our customers above and beyond medical treatment.
- **Caring** Ensuring that all clinical care is focussed on enhancing patient outcomes.
- **Comprehensive** Providing a one-stop solution that covers all aspects of digestive health.
- **Cutting Edge** Adopting and deploying the latest in specialty digestive care for the benefit of our patients.
- **Progressive** Constantly investing in the latest technologies as we build for a digital generation.



Dr Mark Fernandes

- **Teamwork** Cohesively working as a team with different subspecialties for best outcomes.

With GutCare, patients have easy access to an entire digestive health team across Singapore's private healthcare sector.

COMPREHENSIVE CARE

Gastroenterology is one of the fastest developing fields in medicine, and it is not possible for a single specialist to excel in all its different areas. Instead of a single specialist, our patients have access to an entire team of digestive specialists, each an expert in their own area of digestive health. Our specialists ensure that our group remains at the cutting edge of technology and expertise in each area. Our patients are managed by the most suitable specialist for their specific condition.

We provide a full spectrum of endoscopic services, including gastroscopy, colonoscopy, standard and advanced polyp removal, endoscopic ultrasound, endoscopic retrograde cholangiopancreatography (ERCP), small intestinal endoscopy, endoscopic

dilation, stenting, and feeding tube placement. We also offer niche services including motility studies, manometry and combined pH-impedance monitoring for reflux disorders, hydrogen/methane breath testing for sugar malabsorption, and small intestinal bacterial overgrowth (SIBO), as well as Fibroscan liver stiffness measurement.

COMPETENT CARE

Our doctors are well recognised individually in their focus areas and have presented their research and ideas at regional conferences, published in peer reviewed journals, and held professorial appointments in academic institutions. Some sit on international and regional level expert committees, have performed live demonstrations at workshops, introduced novel techniques and therapeutics, and even won international competitions in their field. We believe in quality assurance, and our professional standards are continuously benchmarked against industry standards.

CONVENIENT CARE

We offer the convenience of multiple clinic locations in all major private hospitals and doctors to choose from at your ease. We also offer teleconsultations for selected patients. We partner with all the major insurance companies and can offer direct billing for corporate panel patients. Our fees are harmonised at a group level across all clinics and doctors and are consistent with Ministry of Health fee benchmarks, guidelines, and ethical codes.

For more information visit us at www.gutcare.com.sg

GutCare Holds Annual CME Symposium 2022

3 Years In 3 Hours. Updates In Digestive Diseases For The Family Physician

GutCare held its annual symposium for family physicians on the 29th October 2022 at the Grand Copthorne Waterfront Conference Center, after a break of 2 years due to COVID. We were privileged to be able to share our thoughts on the latest updates in digestive and liver disorders in the past 3 years with a 100 family physicians attended. It was also a great opportunity for everyone to catch up with each other and we were encouraged by the lively discussion. We want to thank all our sponsors for making the event possible and hope that everyone that attended benefited from a great afternoon of learning. We look forward to seeing everyone again next year.



RISING STAR (GASTROENTEROLOGY) OF THE YEAR IN ASIA PACIFIC

ALPHA DIGESTIVE & LIVER CENTRE

Located 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.

Led by Medical Director and Consultant Gastroenterologist, Dr Benjamin Yip, the clinic 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. The clinic provides comprehensive diagnostic and therapeutic services for all aspects of your gastrointestinal health, from detailed screening to minimally invasive procedures.

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

When asked what he loves most about his profession, he comments, "I enjoy the fast-paced aspect of Gastroenterology, where I am able to help patients acutely with endoscopy". He cited examples like arresting bleeding points throughout the gastrointestinal tract and relieving obstructed bile ducts in acutely ill patients with cholangitis.

Dr Yip believes in the practice of slow medicine, where he gets to



Dr Benjamin Yip

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 and believes this plays an integral part in providing treatment tailored to their concerns and expectations.

With this in mind, Dr Yip started the Cholangioscopy service at KTPH after his return from Advanced Endoscopy training in the UK. In NTFGH, he was the only specialist doing both ERCP and EUS. In recognition of his dedication to patient care, he was awarded the Alexandra Health Service Champion Award. He has also served on the Endoscopy and Clinical Devices committees, where he helped chart the direction of these services for the hospital. In addition, he was a member of the Chapter of Gastroenterologists, Academy of Medicine, Singapore.

His most recent accolade is being awarded the prestigious fellowship degree from the American Society for Gastrointestinal Endoscopy or ASGE for short. He was recognised for

his contributions not only in clinical endoscopy, but also in endoscopy-related leadership, education, and research. He is one of the very few Gastroenterologists in Singapore to be awarded this degree.

Prior to his private practice, Dr Yip served in the public sector for almost two decades. He was appointed Consultant at Khoo Teck Puat Hospital (KTPH) as well as Ng Teng Fong General Hospital (NTFGH). He is currently still a Visiting Consultant at NTFGH.

Dr Benjamin Yip enjoys medical education and the teaching of both undergraduate and postgraduate students. He regularly teaches medical students from both Yong Loo Lin (YLL) and Lee Kong Chian (LKC) medical schools and holds academic appointments in both these institutions. He was also the posting lead for LKC medical students.

Dr Yip was the Associate Programme Director, National Healthcare Group, Gastroenterology Senior Residency Programme. He was actively involved not only in teaching the Gastroenterology trainees but also in planning their curriculum and mentoring them throughout their training. He was also involved in mentoring house officers (interns) in his capacity as a clinical supervisor. In recognition of his dedication to medical education, he was awarded the Yishun Health Teaching Recognition award.

For more information, visit www.alphagastro.sg.

SPINE & NEUROSURGERY CENTRE OF THE YEAR IN ASIA PACIFIC

OXFORD SPINE AND NEUROSURGERY CENTRE

Led by Senior Consultant Neurosurgeon, Dr Colum Nolan, the Oxford Spine & Neurosurgery Centre is dedicated to providing high standards of patient care for all spinal conditions, with prompt access to appointments, comprehensive diagnostic tests, personalised treatment, and post-procedure assistance in Singapore.

Dr Colum Nolan is a Senior Consultant Neurosurgeon and Medical Director of Oxford Spine and Neurosurgery Centre with a subspecialty in Spine Surgery. His clinical interests include degenerative and complex spinal disorders, cervical spine surgery, spinal tumours, spinal trauma, and endoscopy. He has particular expertise in minimally invasive spine surgery and the use of spinal navigation technology.

Prior to his private practice, he served as the Head of Service and Senior Consultant Neurosurgeon at the National Neuroscience Institute (NNI). He was also the Director of the Spine and Spinal Disorders Programme at NNI and was the head of Neurosurgery Service at Sengkang General Hospital.

When asked why he chose spine surgery as a subspecialty, Dr Nolan explained, "as I went through my Neurosurgery training, I became fascinated with the advances being made in spine surgery in terms of safer techniques and the adoption of technology. Learning to perform minimally invasive spine surgery and using technologies such as computer



Dr Colum Nolan

navigation has been very fulfilling. We are also starting to see increased use of robotic technology in spine surgery now, and it is exciting to see where this will take us in the next decade." This fascination also spurred Dr Nolan's clinical interest in minimally invasive spine procedures, on top of complex traditional open surgery.

Dr Nolan has a keen interest in teaching and research. He is still a Visiting Consultant at NNI. He has authored publications in numerous international peer-reviewed journals and has presented at multiple local, regional, and international conferences

and meetings. He has also served as a reviewer for international journals and international meetings. In addition to his role as Spine Director at NNI and Head of Service at Sengkang General Hospital, he has held several other leadership roles. He was Adjunct Assistant Professor at Duke-NUS Medical School.

He was a member of the Medical Council, Professional Development Committee and Peer Review Learning Quality Assurance Committee at NNI and a Clinical Physician Faculty Member for the Integrated Neurosurgery training programme. He was also a member of the Trauma Committees at Tan Tock Seng Hospital and Sengkang General Hospital. He received a GOLD award in the 2022 Singapore Health Quality Service Awards. He has also served on several workgroups with the Ministry of Manpower and Ministry of Health.

For more information, visit oxfordspineuro.sg.

TCM CENTRE OF THE YEAR IN ASIA PACIFIC

THOMSON TCM

Since its founding in 2018, Thomson TCM has made a name for itself as one of the country's forerunners in TCM treatments. They have been committed to achieving their goal of being a reputable integrative health and wellness centre and dedicated to their mission: to be a trusted centre with top-notch care and first-rate services offering holistic healing and alternative therapies like TCM, which is swiftly emerging as a crucial part of Malaysia's healthcare system.

The centre's unique framework to provide patients with a wide range of alternative treatment options for health conditions like hormone imbalance, infertility, pain management, and general health and wellness, among others, sets it apart from the rest. This is made possible by fusing traditional Chinese medicine philosophies with the most advanced medical technology.

The facility, which is staffed by highly qualified and experienced medical professionals who acquired their TCM training at prominent Chinese medical institutes in China, is furnished with three consultation rooms, seven treatment rooms, and a Chinese herbal dispensary. Among the treatments offered at the facility are acupuncture, Tuina cupping (to enhance pregnancy chances for IUI, IVF, and ICSI patients), moxibustion, Gua Sha (to improve circulation), conventional Chinese herbal therapy, and other non-traditional therapies.

While integrative therapies gained popularity during the pandemic, and the vast majority of people still kept



Irene Kwan

their distance from public spaces, especially hospitals, Thomson TCM ventured on to develop its own range of products that enabled patients to self-administer treatments in the comfort and safety of their own homes. The creation of its own brand further strengthened the centre's position as the go-to, one-stop wellness centre for patients requiring home care treatments.

One such product is the herbal heat pillow treatment which soothes the eyes and calms the body, relieving symptoms like joint pain, menstrual cramps, and muscle bruising. The

centre's assortment of herbal products includes raw herbs, herbal soups, Qi Tea Cubes, herbal teas, and DIY kits for doing moxibustion at home. Along with home kits, Thomson TCM also debuted lifestyle products such as alternative and non-traditional salon beauty treatments that would appeal to an untapped demographic. Additionally, the hospital has created a post-COVID treatment package for those looking for alternative approaches and natural remedies to treat long-COVID symptoms. All of these things are readily accessible and obtainable nationwide through online e-commerce platforms.

In order to improve their presence in the market and establish themselves as the go-to brand for healthcare products, particularly in alternative and holistic healthcare treatments, Thomson TCM plans to focus on the continual expansion of their natural product line. They also intend to remain a top choice for patients looking to increase their chances of either natural conception or through IVF procedures. The centre aims to extend its services by collaborating with other private hospitals as well as beauty and fitness centres to make its services and products more accessible within the region.

Being named the TCM centre of the year in Asia Pacific is a testament to Thomson TCM's persistent commitment to their purpose and relentless pursuit of excellence under all circumstances.



**TCM CENTRE
OF THE YEAR IN
ASIA PACIFIC 2022**

Thank you for your support!



THORACIC MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

INTERNATIONAL CENTRE FOR THORACIC SURGERY

The International Centre for Thoracic Surgery is led by Director and Senior Consultant Thoracic Surgeon, Dr Aneez D.B. Ahmed. He has been a practitioner in the field of thoracic surgery, with a special interest in robotic thoracic surgery and thoracic oncology, for over 20 years.

Dr Aneez's practice is defined by pushing the boundaries of thoracic surgery to provide the best quality care for his patients. His special interest in thoracic surgery led him to pioneer the world's first 3D Printed Polymer Ribcage reconstruction.

The International Centre for Thoracic Surgery is also known for providing minimally invasive solutions for various thoracic conditions. Dr Aneez's interest in robotic surgery led him to be recognised as the first in the ASEAN cohort to get a Level III Certificate Specialist training in Robotic Thoracic Surgery from the European College of Cardiothoracic Surgery (EACTS). With sabbaticals in Europe and the USA for advanced training in robotic thoracic surgery, he now leads the training programme for thoracic surgeons in ASEAN and South Asia. He is also the recent past President of the Robotic Surgical Society of Singapore (RS3).

Built upon Dr Aneez D.B. Ahmed's beliefs, the International Centre for Thoracic Surgery strongly believes in the marriage of technology and surgery to help improve lives. Robot-assisted surgery allows surgeons to perform



Dr Aneez and Team

procedures with more precision and control compared to conventional open surgery. Robotic surgery is performed through tiny incisions, allowing quicker patient recovery, minimal scarring, and reduced risk of infection.

Throughout his journey as a thoracic surgeon, Dr Aneez has cherished every moment his pursuit of optimal treatment has come to fruition. He recalls the first robotic surgery performed independently as his most memorable moment, "The patient was a young girl with a tumour in her chest. Because she's young, we did not want to do big cuts that would cause huge scars. With robotics, we're

able to do it via keyhole surgery (small cuts), and she managed to go home two days later."

His expertise and knowledge in minimally invasive thoracic surgery have led to numerous invitations as a speaker to conferences and workshops in the region. He also receives referrals from other hospitals in the country and other regions such as Malaysia, Thailand, the Philippines, and the U.A.E. Dr Aneez also piloted an Advanced Thoracic Nursing Course (ATNC) programme at TTSH that has been running annually to train nurses from all over Asia since 2010.

For more information, visit icts.com.sg



PHILIPPINE HOSPITAL & MEDICAL CLINIC AWARDS 2023

Manila, June 2023

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WWW.GLOBALHEALTHASIAPACIFIC.COM

WOMEN'S HEALTH SERVICES CLINIC OF THE YEAR IN ASIA PACIFIC

THE VENUS CLINIC

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

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

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

The Venus Clinic at Camden Medical Centre in Singapore is conceptualised and led by Dr Sriram Narayanan (Dr



Dr Sriram Narayanan

Ram), a senior consultant vascular and venous surgeon, with the objective of helping women manage PeVD and its symptoms with a holistic, multi-disciplinary approach. It is a unique, first-of-its-kind clinic in the region, and possibly world-wide, and is dedicated solely to managing this distressing condition.

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

Holistic, multi-disciplinary approach at The Venus Clinic

The management of PeVD is a process, and not a single procedure. In fact, many patients do not require a

procedure at all, and can be managed with simple medication and important targeted lifestyle changes and specialised physiotherapy of the pelvis.

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

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

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

VASCULAR AND VEIN CENTRE OF THE YEAR IN ASIA PACIFIC

THE HARLEY STREET VASCULAR CENTRE

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

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

Its team of doctors are internationally recognised, having trained in leading international centres in the UK, Canada, US, and Australia, with each specialist having a different sub-speciality, allowing them to



Dr Sriram Narayanan

provide an integrated and comprehensive service for all types of heart and vascular diseases. Its experienced clinical support team ensures care is efficiently co-ordinated to deliver a seamless patient experience.

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

CREATIVE AND INNOVATIVE MEDICAL ARTIFICIAL INTELLIGENT 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



Dr Quek Yek Song

evidence-based articles to educate patients. Related business companies 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.



Dr Quek Yek Song and Team

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.



“

Moirai Momcare™ maximizes the medical care you need and helps you gauge your pregnancy progression, all with the help of AI technology.

We are the regional pioneer to digitalize obstetric/ medical care with AI analysis and aiming to expand on a global stage into industrial revolution 4.0.

”

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UROLOGY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

COLIN TEO UROLOGY

Recent years have seen the introduction of a wide spectrum of exciting new medical technologies in Prostate treatments. These innovations are witnessing a rising trend of acceptance and preference among men (both young and old) as they are minimally invasive and safe whilst providing personalised alternative options catering to the different needs of each individual patient. Many of these can be performed under outpatient or day surgery with or without sedation avoiding general anesthesia. This is in contrast to traditional options where one had to choose between either taking multiple medications that could lose their effectiveness as the disease progressed, including having compliance issues and side effects, or the alternative of more invasive or radical surgeries.

In the field of **Benign Prostatic Hyperplasia (BPH)**, which is a highly prevalent and bothersome benign condition in men, the exciting new innovations bring advantages of lower risk of complications with good preservation of sexual function important to many men. These innovations include:

- **Prolieve Therm dilatation**, a truly outpatient procedure that can be done under local anesthesia, that shrinks the prostate using a microwave chip catheter with balloon dilatation creating a 'Biological Stent'.
- **REZUM water vapor therapy** procedure that shrinks the prostate with a simple 10-minute endoscopic day surgery procedure.
- **Urolift** system that cleverly inserts clip implants that spread open the



Dr Colin Teo

obstructing prostate from blocking the urethra, thereby improving flow without shrinking the prostate.

- **iTind** (Temporary implantable Nitinol Device) An alternative implant device that only requires temporary placement which remodels the prostate over one week, after which it is removed.
- **Laser Ablation** An endoscopic vaporisation of large prostates that minimises bleeding, yet ensures a wide-open channel of unobstructed flow.
- **EXMINE Stent** a creative device that gives patients the option of avoiding a urinary catheter. When inserted, it is unseen and hidden in the body without the need for handling an external urine bag that can be bothersome and socially awkward. The stent can be changed or removed outpatient when due.

Prostate Cancer has largely been treated by the minimally invasive and safe keyhole **DaVinci Robotic Surgery** which brought operative technology to a new level of precision and dexterity with faster recovery

times and functional outcomes. For selected suitable patients, the latest developments are providing personalised options for targeted therapy either through **High Intensity Focused Ultrasound (HIFU)** or **Cryotherapy targeted therapy** where cancer treatment may be designed to ablate half or a part of the prostate where a visible tumour can be localised and thus avoid the comorbidities of cancer surgery.

In younger patients where BPH and Prostate Cancers are not prevalent, many do suffer from **Chronic Prostatitis, Erectile Dysfunction, and Peyronie's disease**. While medications do bring relief, many patients find persistent or worsening disease progression despite taking them. **Low intensity Shockwave Therapy** which is performed painlessly in an outpatient clinic setting has been shown to be effective. It has been used for many years in sports medicine where it has a good track record with no significant known side effects. Research and clinical studies have shown that shockwave therapy promotes prostate and penile tissue healing through release of beneficial growth factors that promote better vascular flow, decreased proinflammatory activities, endogenous stem-cell recruitment, and nerve repair.

We are indeed enjoying this era of translational innovations that have delivered a wide armamentarium of minimally invasive and effective therapy options for patients, and there is no doubt newer technologies will continue to make their way into minimally invasive prostate therapy.

MENTAL HEALTH AND ADDICTION REHAB SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

THE CABIN

The Cabin, established in 2010, is recognised as Asia's most respected centre of excellence for the treatment of mental health and addictive disorder. With outpatient centres in Singapore, Hong Kong, Sydney, and London and a bespoke 30-bed inpatient facility in Chiang Mai, Thailand, The Cabin is able to serve clients on both an inpatient and outpatient basis to provide a comprehensive continuum of care. The Cabin's clinically effective treatment programme provides peace of mind, even in the most stressful of times.

Our qualified staff are internationally certified and trained to the highest standards of care. We provide a bespoke programme to individuals based on a comprehensive assessment that is done before the treatment begins. Typical inpatient programmes are 4-12 weeks and provide the following modalities:

- Individual and Group Therapy
- Cognitive Processing Therapy (CBT)
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- Neurofeedback Therapy
- Art and Expressive Therapy
- Mindfulness, Yoga, and Physical Fitness Therapy

We offer fully staffed clinical support, including medical doctors, counsellors, round-the-clock nursing, and support. Over the years, we have successfully treated more than 5,000 individuals suffering from addiction, trauma, and mental health problems



Sudi Narasimhan

from all over the world – a testament to the reputation we have earned of being Asia's most respected rehab facility.

The combination of inpatient, outpatient, and continuing care means that we are able to help individuals and their families at different stages of engagement.

The Cabin maintains a Medical Advisory Board (MAB) that is comprised of recognised experts and thought leaders from across the globe. The mission of the MAB is to support the clinical and operational teams in their pursuit of excellent treatment. This is important because the strength of the clinical team and the support behind

it make all the difference to those that we treat.

Mental Health is a very relevant topic today, and the impacts of the pandemic have exposed that this area is underserved for many individuals. Our team and MAB are focused on continually improving the treatment and standard of care based on evidence-based, peer-reviewed standards of treatment and care. Substance addiction traditionally shows high rates of relapse and is often treated as a chronic disease. Our team goes the extra lengths to deliver the best and most appropriate modalities of treatment to ensure the best outcomes for our patients. The team is dedicated to raising the level of treatment standards and results.

The Cabin combines an East meets West treatment philosophy, drawing on Western treatment standards and best practices of evidence-based peer-reviewed treatment modalities in combination with the balanced mindfulness practices of the East. We treat individuals from all over the world, including over 50 nationalities from more than 40 countries. We regularly work with other health care providers and referral partners to coordinate care and treatment of our clients.

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



Ivan Tan & Nalia Li

extracts to promote health and well-being. Our choice of quality natural aromatic massage oils extracted from coconut, soya and lemongrass or non-fragrance oil combined with our techniques to unlock tightness, helps your muscles relax, eliminating the aches in your body, and enhances emotional health.

Benefits of aromatherapy body massage:

- Improves quality of sleep
- Helps reduce stress, agitation and anxiety
- Improves your mood
- Relieves pain and sore joints
- Fights bacteria, virus or fungus
- Boosts immunity

Acupressure (Tuina) body therapy

TCM Tuina style to stimulate the flow of “Qi”, promoting balance and harmony within the body. Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease. Acupressure is often thought of as simply acupuncture without the needles.

Traditional Chinese medical

theory describes special acupoints, or acupressure points, that lie along meridians, or channels, in our body. These are the same energy meridians and acupoints as those targeted with acupuncture.

Acupressure massage is applied via the fingers, palms, elbows or feet to apply pressure to acupoints on the body’s meridians to channel the vital energy flows (“Qi”) of our body. It is meant to aid the body stimulate and activate its own healing energies.

Benefits of acupressure therapy:

- stimulates the body’s circulatory, lymphatic and hormonal systems
- relieves stress and anxiety
- improves sleep
- relaxes muscles and joints
- regulates digestive issues
- minimises headaches and migraines
- beneficial for back pain and menstrual cramps

Why customers love us:

Professional hospitality

Prioritising safety and hygiene, our staff are all professionally trained from counter to room, to give customers peace of mind.

Relax zone

A spacious waiting lounge area with ample seating, we allow our customers to be in a relaxed state before the massage starts.

Holistic relief

A truly calming experience when you enter Padma spa, with our focus on ambience, privacy and taking care of your needs.

STRATEGIC 360 MARKETING MEDICAL CENTRE IN SINGAPORE 2022

BEYOND MEDICAL GROUP

Established in 2013, Beyond Medical Group (BMG) is a Healthcare Collective of medical specialists and healthcare management professionals who believe in providing quality patient-centric medical care and a seamless healthcare journey. To date, BMG holds a portfolio of 12 doctors and 16 centres in Singapore.

BMG is dedicated to building iconic healthcare brands in Singapore, with its main prerogative being to build clinics from the ground up, putting a large focus on clinic management and ensuring that their clinics remain relevant, profitable, and competitive by providing logistic, organisational, and administrative support so that doctors can focus on clinical work and patient care delivery.

Doctors are given the autonomy to develop their own care paths and treatment protocols. This allows them to carry out their practice according to their beliefs and core values which, in turn, instils more confidence and trustworthiness among their patients. At the same time, this allows doctors to provide the best care possible, on their own terms.

When a doctor starts their own private practice, marketing is crucial. They will no longer be able to rely on a referral network for patients or the hospital. This also translates into BMG's marketing strategy: "Like any other brand, it's not just about the product. There are intangible aspects that set you apart from the rest — in this case, it's quality patient-centric care and service excellence", explains BMG CEO,



Mabel Tay and Elayne Soh

Elayne Soh.

BMG's in-house marketing team adopted a 360 marketing approach as they recognise the shift in consumer behaviour and the need for healthcare marketing to move from traditional marketing channels to more unconventional methods and touchpoints. This allows the team to create memorable healthcare brands by transforming the process of how healthcare is marketed, maximising conversions in a digital landscape.

This integrated approach involves exploration and diversification beyond traditional marketing channels, like word-of-mouth, doctor referrals, A&E patients, and broadcast media to the inclusion of more unconventional methods that disrupt the sphere of healthcare marketing, such as

partnerships with screening centres, international insurers, foreign medical facilitators, and telehealth providers. Ultimately, this adds more dimensions to marketing perspectives and allows the team to create genuinely memorable healthcare brands.

The marketing team provides sustainable and long-term marketing strategies which span various channels such as print, broadcast, and digital media to capitalise on the positive characteristics associated with each platform. With the popularisation of micro-content platforms, finding a balance between micro and macro content to educate and entertain an audience is a significant opportunity to achieve more informed and authentic campaigns.

One such development is an in-house series on YouTube, "My Grandma Also Know", where doctors discuss issues pertaining to their areas of expertise. Each touchpoint shares a similar goal of instilling trust in the doctors through awareness and patient education.

In this same year, the company was awarded the SME Excellence Awards Achievers in Recognition for Business Excellence, SME500 Singapore Award Winner 2022, Top Business Service and Quality Award 2022/2023, and the Recognition in Business Excellence and Exceptional Leadership 2022/2023 Award.

For more information about Beyond Medical Group, please visit www.beyondmedical.com.sg.

MEDICAL CENTRE & ONCOLOGY MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

PARKWAY CANCER CENTRE

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

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

Providing swift access to cancer care

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

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



Mageline Lee

offices around the region help reassure patients and facilitate teleconsultation sessions, enabling them to receive the clinical care they require.

Patient first approach

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

professionals in delivering holistic services to patients.

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

Forefront in cancer care

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

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

This year will mark Parkway Cancer Centre's 16th anniversary. The team is grateful to have been able to provide care for patients for 16 years, and they will continue to strive to achieve better clinical outcomes, improve accessibility to care, and ensure patients receive the optimal care they deserve.

AESTHETIC MEDISPA OF THE YEAR IN ASIA PACIFIC

DRX MEDISPA

The DRx Medispa is the brainchild of the DRx Group. A family of brands specialising in non-surgical medical aesthetics, with a shared commitment to making lives beautiful since our emergence in 1999.

Our mission is to offer clients the opportunity to experience 'everyday' as their best day. Our vision is to be the leader of the aesthetic facial industry, achieving excellence in the facial and body through significant visible results.

The DRx Medispa is tremendously proud of this Aesthetics Medispa Award in Asia Pacific by Global Health Asia-Pacific because it is always more difficult to retain the title. We are always on an exciting journey to build trust in the aesthetic facial industry, find new ways to solve our clients' important skin problems and contribute to our profession.

It is a recognition of our continuous effort in fostering an environment where our people are inspired to deliver exceptional client service while upholding our values and our industry's professional standards. This award has inspired us to continue our beauty journey in building lasting value for our clients, people, profession and community. Winning this prestigious award is an affirmation that we are right on track to driving our advancement.

At the DRx Medispa, we offer a wide range of treatment facials focused on therapeutic effects based on advanced medical science and spa technology. The treatment is an evidence-based,



Eunice Chua Hui Na

medically-led entity that uses medical-grade equipment to offer a variety of treatments suitable for an individual's skin concerns.

The key to healthy, supple skin is no secret. It's simple – in fact, all required is discipline and constant maintenance. Each facial procedure is designed by the doctors at The DRx Clinic for optimum results. Focusing on the face and neck, the DRx Medispa offers aesthetics equipment and is combined with proprietary DRx serums and solutions to offer a unique, personalised treatment menu unlike any other, to address any skincare concerns. The

result is healthy, radiant, rejuvenated skin that will turn heads.

Beauty begins with good clear skin. Our signature treatment - DRx's Essential Facial Rejuvenation (EFR) treatment has won Best Rejuvenating Facial at the 2021 Icon Spa Awards & CLEO beauty awards 2020. Especially popular among brides-to-be, the EFR is a 75- or 90-minute facial that can be done every month or fortnight for a deep cleanse. The treatment is available at DRx MediSpa and promises to even up skin tone, minimise pores, reduce aging symptoms and brighten the complexion.

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

Lastly, 2022 hasn't been the easiest year by any stretch of the imagination, and we couldn't have made it without our clients' trust, love, and support.

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

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 blood test, micronutrient indicators



Dr Wee Chian Chuan

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), cardio-vascular 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
2020,2021 & 2022**

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

Johor Bahru (Taman Century)

📍 87, Jalan Harimau Tarum
Taman century, 80250 Johor Bahru, Johor
☎ 07 - 2897338
☎ 017 - 5547977

Iskandar Puteri Johor (Horizon Hills)

📍 17, Jalan HorizonPerdana 4,
Horizon Avenue, 79100 Iskandar Puteri.
☎ 07 - 2897668
☎ 017 - 8588503

ANTI-AGING CLINIC OF THE YEAR IN ASIA PACIFIC

ADDLIFE ANTI-AGING CENTRE

Dr Anongnuth Chavalithamrong, Director of ADDLIFE Anti-Aging and Health Check-Up Center, received the Anti-Aging Clinic of the Year in Asia Pacific 2022 award from Global Health Asia-Pacific, a leading magazine for the promotion of medical tourism and health in the Asia-Pacific region. The selection process includes a survey from readers around the world as well as ratings from Global Health Asia-Pacific's team of experts in the health and tourism industry.

With more than 20 years of experience in Anti-Aging healthcare, ADDLIFE's medical team are experts in diagnostic tests and targeted treatments. Most importantly, they focus on customised treatment programmes, starting with a thorough analysis of each individual patient. ADDLIFE has an in-house, accredited, state-of-the-art laboratory and compounding pharmacy that prepares personalised medicines and vitamins based on each patient's test results. Various targeted treatments, such as Ozone therapy, IV therapy, HBOT, which utilises modern medical technology, will help solve your health problems through Anti-Aging and regenerative medicine. ADDLIFE's medical team can also help you create your healthcare programme to prevent future diseases, optimise current health, and extend life and health span.

ADDLIFE is not only about Anti-Aging healthcare, but they also have a comprehensive Health Check-Up



Dr. Porntip Pasukamonset & Dr Anongnuth Chavalithamrong

Center that is JCI accredited and equipped with modern technology, including a CT Scanner and MRI. Their Gastrointestinal and Liver Center provides endoscopic examination of the gastrointestinal tract and intestines along with treatments to promote digestive and liver health. The Pain Treatment Center doctors and physical therapists can help you quickly recover from pain.

Anti-Aging can also be helpful for patients with chronic diseases, such as Alzheimer's, cancer, stroke, and heart disease. Anti-Aging, in combination with conventional treatments can

promote faster recovery and better overall health.

ADDLIFE is continuously developing innovative treatments and premium services. They are committed to providing everyone with sustainable health and a high quality of life.

Anti-Aging Clinic of the Year in Asia Pacific 2022

at the Global Health Asia-Pacific Awards



Addlife Anti-Aging and Health Check-Up Center is the proud recipient of the Anti-Aging Clinic of the Year Award in Asia Pacific 2022 from Global Health Asia-Pacific.



Addlife has been a trusted provider for Anti-Aging services for over 20 years. We offer a wide range of services for preventive medicine and health promotion.



ADDLIFE Services :

- Anti-Aging
- Health Check-Up
- Men's and Lady's Health
- Medical Weight Loss
- Skin and Laser Treatment
- Digestive and Liver Center
- Pain Center



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 www.add-life.org

“As you can see, ADDLIFE has so much to offer. Now it's up to you. Let's be younger together.”

ADDLIFE
Anti-Aging | Health Check-up

COSMETIC SURGERY AND PLASTIC SURGERY SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

APEX MEDICAL CENTER

Total Health & Beauty Solutions Since 1995

At Apex, we pride ourselves on being at the forefront when it comes to new advancements and innovations in health and cosmetic surgery. Whether it is medical breakthroughs to slow down or stop the aging process, stem cells, fat grafting, weight loss procedures, cryotherapy or breakthroughs in dentistry, once new or better-performing technologies and techniques are introduced and approved you can be certain that our highly-accomplished physicians and experts will be the first in our region to be offering them to you.

We specialise in world-class aesthetics, cosmetic surgery, reconstructive surgery, anti-aging, tightening, brightening, lifting, resurfacing, slim and body shaping, weight loss, liposuction, robot hair transplant, cosmetic dentistry, and health services. Our gold standard accredited medical facility is home to the most highly-acclaimed and trusted team of skilled, qualified, and innovative physicians, doctors, and specialists in the country.

Best Cosmetic and Plastic Surgery Service Provider Award for the Third consecutive year

APEX Provides state-of-the-art Cosmetic Surgery Services. Highly-Acclaimed Trusted Team of Surgeons + Best Equipped Surgical Facilities in Southeast Asia.

Our Surgery Center is located in the heart of Bangkok and Phuket Bypass,



Dr Somboon Waiprib, M.D.

Thailand. The centre is recognised for its warm, caring approach and outstanding patient care delivered with respect, empathy, and compassion. Our renowned doctors, who are board certified plastic and reconstructive surgeons, perform a large selection of operations backed by a full team of skilled nurses and anaesthetists to ensure our patients receive premier service before, during, and after their procedures. We offer complete plastic surgery services and are ready to provide quality care for all interested patients. Our clients are a mix of locals, local expats, and plastic surgery tourists traveling to Thailand from all over the world. Our specialties include:

- Face Lift Surgery
- Endotine Face Lift
- Endotine Eyebrow Lift
- Blepharoplasty
- Rhinoplasty- Augmentation

- Rhinoplasty- Reduction
- Breast Augmentation
- Breast Lift
- Breast Reduction
- Chin Augmentation
- Facial Contour
- Body Contour
- Liposuction
- Tummy Tuck
- Gynecomastia
- Mastectomy
- And more

Why Choose Apex Medical Center for Cosmetic Surgery in Thailand?

- Our team of eminent surgeons includes some of the country's most respected professors in their field.
- Our surgical facilities are among the best equipped in Southeast Asia and operate to a high standard to guarantee your comfort, safety, and confidence.
- Our surgical theatre is the highest standard (10K), equipped with advanced medical imaging devices. We use state-of-the-art technology to get the best results with less discomfort and quicker recovery times than conventional procedures
- We have more than 20 years' experience.

If you are looking for high-quality surgical work, consistent results, and a safe, patient-centred practice where you can trust your plastic surgeon, Apex Medical Center is among the best in the nation for a wide range of advanced cosmetic and reconstructive procedures.



WINNER
FOR A THIRD CONSECUTIVE YEAR
COSMETIC SURGERY AND PLASTIC
SURGERY SERVICE
PROVIDER OF THE YEAR
IN ASIA PACIFIC



APEX COSMETIC SURGERY CENTER



Surgical Theatre
standard (10k)



Board-Certified
Plastic Surgeon
More than 10 years



Safe, Successful
Surgery with Anesthesia
and Nurse Care

If you are looking for the best result cosmetic surgery in Thailand

+66 85 000 2001

International-services@apexmedicalcenter.co.th

DERMATOLOGY SPECIALIST CLINIC OF THE YEAR IN ASIA PACIFIC

RENAISSANCE DERMATOLOGY SPECIALIST CLINIC

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



Mrs and Dr Hanif

with the Ministry of Health (MOH) and was conferred as a Fellow of the Academy of Medicine (Dermatology).

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.

ANTI-AGING CLINIC OF THE YEAR IN ASIA PACIFIC

ANNA HOO CLINIC

Anna Hoo Clinic is best known for its expertise on graceful aging with life changing transformation. Our key strength is that we focus on providing a holistic and personalised anti-aging treatment plan to our patients. With a combination of wellness programmes and face and body aesthetic medical treatments, we yield optimal results and high patient satisfaction. Our core value is to provide holistic aesthetic services that are the safest, most effective, and personalised care for our patients. We believe emotional beauty is the new beauty as our aim is to re-shape beauty through a fusion of one's physical, mental, and social health.

At Anna Hoo Clinic, our doctors have more than 10 years of experience and skills in the aesthetic medical field. Furthermore, with constant updates using the latest aesthetic technologies and information, we ensure our doctors' knowledge is always up-to-date and provides the best treatment plan for our patients. We offer advanced medical assessments and diagnostics combined with lifestyle advice to help our patients achieve the optimal health desired.

Anna Hoo Clinics offer a list of comprehensive anti-aging programmes that targets the different areas of aging. Targeting other aging regions allows for a more natural and harmonious aging process as a whole, instead of an unbalanced one.

Our anti-aging programmes are categorised into four treatment formulas:

1. Face Formula

The Face Formula Treatment involves



Dr William Hoo

the restoration of a youthful appearance utilising the latest scientifically proven technologies, such as hyaluronic acid filler, purified pure protein botulinum toxin A, and the latest energy-based devices. And importantly, it includes a detailed regime to maintain the effect of a natural, optimistic, and youthful appearance.

2. Body Formula

This Body Formula aims at combating excessive fat, cellulite, and muscle laxity, while improving saggy skin. The programme encompasses an all-in-one plan which involves fat reduction, skin tightening, and body sculpting as a full cycle treatment plan. We utilise the latest cryolipolysis technology to reduce fat thickness and sculpt the body; the radio-frequency technology to break down cellulite and tighten the skin; and True-sculpt Flex to strengthen and tone up the muscles. Combining all these modalities allows these different

problems to be targeted efficiently.

3. Hair Formula

Hair loss affects not just our scalp but is also an indication on our health. It can be due to heredity causes, hormonal changes, medical conditions, or a merely normal part of aging. A hair transplant isn't the only hair loss treatment. In earlier stages, hair loss can be controlled via lifestyle adjustments, nutrition, medication, laser treatments, and the application of topical serums. At Anna Hoo Clinic, the doctors are specially trained to personalise the treatment specific to the patient's hair loss condition.

4. Wellness Formula

Menopause and Andropause present significant challenges to both women and men, respectively, as they cause variable degrees of bodily and emotional instability due to drastic hormonal changes. At Anna Hoo Clinic, our patients are offered a range of practical solutions, from diet and exercise advice to hormonal restoration treatments.

Anna Hoo Clinics continue to grow and expand as one of the leading wellness and aesthetic clinics in Malaysia. With a strong mission in mind, we are committed to spreading the way of holistic aesthetic treatment by training more professional aesthetic practitioners and ensuring that patients get optimal care through medical innovation.

DERMA FILLER TREATMENT PROVIDER OF THE YEAR IN ASIA PACIFIC

SLC CLINIC

SLC Clinic offers an exceptional experience with personalised attention and cutting-edge technology and treatments for both local and international patients who would like to achieve a more youthful appearance and become a better version of themselves.

There are 18 branches of SLC Clinic located in the centre of Bangkok, Thailand. SLC Clinic has quickly risen to become one of the top clinics in the country, offering a wide range of aesthetic services that meet international standards. With over 17 years of experiences, SLC Clinic has always set patient safety as our top priority and provides the best services and treatments available today.

Awards and Acknowledgement

Over the past decades, SLC Clinic has won many awards from international organisations. And this year, we received another three honourable awards at the recent Global Health Awards 2022: Derma Filler Treatment Provider of the Year in Asia Pacific, Face Lift (Non-Surgical) Centre of the Year in Asia Pacific, and Medical Aesthetic Clinic of the Year in Asia Pacific. This is an honour in which SLC Clinic will continue to provide all patients with high-quality customer services and cutting-edge equipment and technology that are scientifically tested to prevent signs of aging.

SLC is the ultimate aesthetic clinic which offers a wide range of aesthetic treatments by board-certified doctors,



SLC Team

nurses, and professional staff. With the increase in demand for good skin complexions, SLC is popular in helping the patient look better through fillers, botox, facelifts, treatments, laser, and hair removals, etc.

On top of that, SLC has many signature treatments which were invented and developed by SLC medical teams. One of the most well-known that has become an SLC Clinic signature is called Hollywood Face Sculpt™ by Dr Da. Hollywood Face Sculpt™ was invented by Dr Da herself, who employs her artistry and expertise to consistently achieve extraordinary transformations with her facial contouring methods based on 17 years of experience. This technique is very popular among local and overseas patients. It is also widely acknowledged that board-certified dermatologist Dr Pimpida Warunyooratana provides the best facial sculpting and filler injection.

The biggest benefit of visiting

SLC Clinic lies in its doctors, nurses, and professional staff who are trained specifically to use the latest innovations, technologies, and products so patients can get the most definitive results. For the patients to receive the best outcomes, doctors will provide an in-depth analysis of the patient's skin, what the patient is hoping to achieve, and the troubles around it. Plus, SLC Clinic is equipped with medical-grade facilities and equipment. Here, patients can be assured that all products are original and FDA approved.

SLC Clinic will continue to grow its presence in Thailand and at the international level and will always set patient safety as our top priority and provide the best aesthetic treatments to all patients.



18 locations, ready for you.



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FACE LIFT (NON-SURGICAL) CENTRE OF THE YEAR IN ASIA PACIFIC

MURALL CLINIC

Murall Clinic's glamorous founder Sharon Toh is one of Malaysia's leading thread lifters, as is her business partner Natalie Hay and together the pair have created a gleaming clinic that has put Murall Clinic firmly on the map. Murall Clinic is known for two things: being in the aesthetic scene for more than 38 years and a wildly futuristic approach to the face.

We emphasise minimally invasive cosmetic procedures which are an alternative to surgery. Patients can receive an array of beauty treatments ranging from face to body.

Murall Clinic's approach is twofold: to elevate a fallen face (Murall Face Reformation Lift is a reliable option) and enhance the overall face feature. This procedure responds to people's desire for effective but subtle anti-aging treatments that will put off or prevent the need for cosmetic surgery while combating sagging brow, jowls, and neck. This has become one of the most popular offerings at Murall Clinic.

With 38 years of experience, we are dedicated to providing our customers with the best possible treatments, which are highly personalised to individual needs to enhance their natural beauty. With that said, our clinic has an amazing team full of highly qualified and well-trained doctors in cosmetic dermatology. Before offering any new aesthetic medical services, we will always keep ourselves updated with the latest techniques by attending regular training sessions in order to



Arran Foong

fulfil our customers' desires.

In the clinic, we only use cutting-edge equipment and FDA-approved grade products to ensure our customers get the best quality treatments.

Winning this award solidifies us as an aesthetic service provider of the highest calibre. I personally would like to take the time to thank our regular customers and patients who have been with us for all these years.

Our company has been climbing with persistence towards our goals, and we aim to achieve similar results in the following years.

In regards to expansion, Murall

will be heading into Johor Bahru as early as the start of 2023. We hope to be serving you faithfully as a chain of commercially accessible clinics without any deviation in the standard of services we provide to our clientele. Look out for a MURALL near you.

Perfect Facelift for Everyone



Murall™
CLINIC



Non-surgical
Facelift
(recommended)



Injectables



Full Body
Treatments



Lasers & Facials



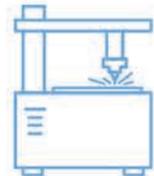
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FACE LIFT (NON-SURGICAL) CENTRE OF THE YEAR IN ASIA PACIFIC

SLC CLINIC

Are you looking for a way to reduce signs of aging such as wrinkles, frown lines, poor skin texture, and sagging skin? If yes, SLC Clinic has it all for you. SLC offers full-service body and facial (non-surgical) treatments. Every treatment is chosen to enhance natural beauty and to help patients become a better version of themselves. In doing so, SLC Clinic has always been alert and ready to lead the beauty industry in Thailand by choosing cutting-edge technologies and treatments available today for SLC patients.

There are many reasons why you should come to SLC Clinic. Since aesthetic procedures are not one-size-fits-all, the best way to find out which specific treatment is best suited for you is to come to the clinic.

With 17 years of experience in the aesthetic business, SLC Clinic is equipped with the latest cutting-edge technologies and treatments essential to quality facial treatments. For those who are not ready to go through a face lifting surgery or would like to do ageing prevention, a non-surgical facelift can be used under the supervision of SLC doctors to achieve the desired results.

Non-surgical facelifts are some of the key treatments we do here at SLC Clinic. Our doctors and professional staff are specifically trained to use the latest technologies so the patients can get the most definitive results. There are various machines that aim at different lifting targets, such as MPT



Dr Pimpida Warunyooratana

4D, Linelift, Softwave, Morpheus8, Ultherapy, Ultra Lift, Thermage FLX, Sygma Lift (Hifu), etc. All of these non-invasive technologies will help rebuild collagen and tighten loose skin, enhancing the scaffolding that supports your skin.

Pros of the Non-Surgical Facelift

- More affordable
- Minimal recovery time
- No serious pain involved
- No general anesthesia
- Fewer risks

Each year, there are thousands of both local and international patients who come to SLC Clinic to opt for a non-surgical facelift to rejuvenate and alter the appearance of their skin. The various devices mentioned will reverse the visible signs of aging by lifting the target area back up to its original position. Compared with a surgical facelift, non-invasive treatments are more affordable and include fewer risks in terms of complications.

On top of the non-surgical facelifts listed above, SLC Clinic offers a wide range of medical beauty treatments from head to toe. These services include facial treatments, laser, light therapy, filler and Botox injections, hair removal, hair transplant, body sculpting, vaginny tight, etc.

Being granted the Face Lift (Non-Surgical) Centre of the Year in Asia Pacific and the other two awards at the recent Global Health Awards 2022 is an acknowledgment of the people's trust and satisfaction in the medical teams and services here at SLC Clinic. This is an honour and encouragement for SLC Clinic to raise our standards for our patients. And to ensure that our patients continue to receive high-quality aesthetic treatments, SLC Clinic will always set patient safety as our top priority and will always bring the best aesthetic technologies to SLC Clinic.

SLC
CLINIC



line lift



Ultherapy SPT



MORPHEUS8



MPT4D LIFT



Thermage FLX



sofwave™

Face Lift

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



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**YOUR
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PIONEER INNOVATIVE & DYNAMIC AESTHETIC MEDICAL CENTRE OF THE YEAR IN ASIA PACIFIC

AGELESS MEDISPA DR ALICE CLINIC

Pioneer Innovative & Dynamic Aesthetic Medical Centre of the Year in Asia Pacific. A multi-award winning integrated beauty medical centre that sets the standards in Cosmetic Surgery, Aesthetic Medicine, and Wellness in Malaysia.

Datuk Dr Alice runs Medical Centres offering a comprehensive range of cosmetic procedures and aesthetic treatments – energy based, lifts, injectables, and health services, especially using a holistic approach in the three core specialities.

What Dr Alice Medical Centre offers is personalised care by Datuk Dr Alice Prethima, as diagnosing patients is extremely vital before addressing each issue. Datuk Dr Alice makes sure she personally offers a solution to every one of her patients, for better health, by creating personalised treatments that address their current health state, skin, and lifestyle. She is assisted by a team of highly experienced, licensed, and qualified medical practitioners, while the facilities that Dr Alice medical centre offers are conducted in world-class operating theatres. Procedures conducted in the facility are of the highest quality, using genuine products and the latest FDA-approved medical equipment.

Datuk Dr Alice Prethima constantly challenges herself to learn and be updated with newest techniques and technologies in different fields of functional medicine, while learning further to offer innovative and creative



Datuk Dr Alice Prethima

ways to deliver the best in multiple disciplines. Having said that, she has been a pioneer in regenerative medicine since 2003, and her clinic is known for its combination treatments from energy based to regenerative medicine to achieve her patients' objectives and improve their overall health and life.

Dr Alice Centre will be expanding its practice in the final quarter of the year, making improvements and moving forwards as a recovery clinic centre, providing services such as Physiotherapy modules, Functional Magnetic Stimulation Chair (FMS), Muscle treatments with our energy

machines, and working towards having a Cryo Chamber. We focus on quick recovery, as effective as possible, by providing comfortable treatments. The centre is currently working on being a flagship centre with our international partner to provide our signature Intravenous (IV) therapies and vitamin injections.

Dr Alice medical centres will continue to deliver quality services in health care and in aesthetics by using innovative ways of combining treatments with regenerative medicine while changing the future of anti-aging.



CAMBODIA HOSPITAL & MEDICAL CLINIC AWARDS 2023

29 April, 2023

Hyatt Regency Phnom Penh, Cambodia



CONTACT

Cambodia (Cam-Jade Asia Co. Ltd)
Jeffrey Hong cambodia@ghapac.com

WWW.GLOBALHEALTHASIAPACIFIC.COM

HAIR TRANSPLANT CLINIC OF THE YEAR AND PIONEER IN HAIRCARE INDUSTRY IN THE ASIA PACIFIC

DR. SHAH HAIR CLINIC



Dr Shaharom Sulaiman

We believe that consistency is the key to success, with anything we would like to achieve. Consistency creates trust. Trust is generally established through consistent positive outcomes. By being consistent in our own actions, thoughts, and result, we not only allow others to trust us, but we also learn to trust our own abilities to achieve our goals.

Doctors play a vital role in enhancing human health in society. For many seeking medical attention and advice, patients look to doctors not only for treatment but as a ray of hope. The way we as medical practitioner interacts with patient can make a difference in a person's emotional disposition and their journey to recovery.

At Dr. Shah Hair Clinic, communication is an important component in our patient care. We ensure that our patient's key concerns addressed thoroughly. Patients' psychological reaction to hair loss are less related to physicians' rating than to patients' own reaction. Their emotional reaction differs from one another. Prior frustrating experiences with physicians, may add worry to the patient. This attitude on the part of physicians may be the result of a lack of knowledge, making them feel uneasy when dealing with the complaint of hair loss.

Our experience doctors are skilled for hair transplant treatment. We provide detailed hair transplant pre-treatment and aftercare instructions and support to ensure that our patients receive all the guidance they need before and after treatment. But hair transplant is not the only option, there are various treatments available to treat hair loss, through surgery and non-surgical by consuming medications to slow down hair loss or even stimulate new hair growth. Both can be applied separately or in combination, as recommended by doctor. We equipped our clinic with all of the options because we know that patients value practise, facilities and services that make their lives easier.

Along the way, we always think on how to improve our patient experience and they deserve a doctors/physicians who truly cares. Personalising our patients' experience make them feel like more than just a number. Our success is not just about us; it is something we want to share with those who have always believed in us.



Hair Transplant Clinic
of the year
in Asia Pacific
2020



Hair Transplant Clinic
of the year
in Asia Pacific
2020



Hair Transplant Clinic
of the year
in Asia Pacific
2020



Pioneer in Haircare
Industry 2022

MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA PACIFIC

ANNA HOO CLINIC

At Anna Hoo Clinic, our patients will never be offered a standard, one-size-fits-all solution. Instead, they are prescribed treatments that are tailored to their specific needs rather than generic solutions. This unique approach embraces a variety of modalities in one treatment regime so that patients can reap multiple benefits while minimising side effects from overdosing from one particular treatment. We believe emotional beauty is the new beauty as our aim is to reshape beauty through a fusion of one's physical, mental, and social health. Importantly, it digs deep to discover the types of therapies and treatments that best align with the patient's desires.

Anna Hoo Clinic focuses on providing holistic aesthetic treatments to achieve optimal care for our patients. Holistic aesthetic is an innovative way to provide solutions for patients through a combination of aesthetic medical techniques and wellness programmes targeted at the individual's conditions and needs.

Our doctors are active in attending scientific seminars both nationally and internationally to learn and to share medical aesthetic knowledge with local experts and those from overseas. The core value of Anna Hoo Clinic is to provide holistic aesthetic services that are the safest, most effective, and personalised care for our patients.

Anna Hoo Clinics offer a list of comprehensive anti-aging programmes that target these different areas of aging. They are categorised into four treatment formulas:



Dr William Hoo

1. Face Formula

The Face Formula Treatment involves the restoration of a youthful appearance utilising the latest scientifically proven technologies, such as hyaluronic acid filler, purified pure protein botulinum toxin A, and the latest energy-based devices. And importantly, it includes a detailed regime to maintain the effect of a natural, optimistic, and youthful appearance.

2. Body Formula

This Body Formula encompasses an all-in-one solution which involves fat reduction, skin tightening, and body sculpting as a full cycle treatment plan. We utilise the latest cryolipolysis technology to reduce excessive fat and sculpt the body; the radio-frequency technology to break down cellulite and tighten the skin; and True-sculpt Flex to strengthen and tone up the muscles. Combining all these modalities allows these different problems to be targeted efficiently.

3. Hair Formula

Hair loss affects not just our scalp but is also an indication of our health. It can be due to heredity causes, hormonal changes, medical conditions, or a merely normal part of aging. A hair transplant isn't the only hair loss treatment. In earlier stages, hair loss can be controlled via lifestyle adjustments, nutrition, medication, laser treatments, and the application of topical serums. At Anna Hoo Clinic, the doctors are specially trained to personalise treatments specific to the patient's hair loss condition.

4. Wellness Formula

Menopause and Andropause present significant challenges to both women and men, respectively, as they cause variable degrees of bodily and emotional instability due to drastic hormonal changes. At Anna Hoo Clinic, our patients are offered a range of practical solutions, from diet and exercise advice to hormonal restoration treatments.

Anna Hoo Clinics continue to grow and expand as one of the leading wellness and aesthetic clinics in Malaysia. With a strong mission in mind, we are committed to establishing an international level medical aesthetic platform based on a highly experienced team, high-end medical diagnostics, and treatment facilities to provide customers with health management and medical aesthetic and wellness treatments.

MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA PACIFIC

VIDASKIN MEDICAL AESTHETIC CLINIC

Dedication and determination have changed the perception of beauty from something that was only achievable by those with an “ideal” facial and body type to a goal that can be attained by anyone.

Dr Vicki Leong, the founder and medical director of VIDASKIN Medical Aesthetic Clinic, has grown together with her clinic since its founding in 2015. She is currently well recognised as one of the leading practitioners in the medical aesthetics industry for her meticulous practices and forward thinking.

The desire to birth VIDASKIN originated from a vision to provide a platform where patients could seek unbiased and authentic information about medical treatments in the aesthetics arena. Dr Vicki believes in delivering no less than excellence for each of her patients and has consistently chosen treatments for them that are best of breed in their respective categories. She uses only products and technologies that are original, fully FDA cleared, and have evidence of unsurpassed safety and efficacy.

Not only is Dr Vicki the first and only female Allergan Trainer in her generation, she is also a pioneer Ultherapy See-Plan-Treat Trainer and a Thermage key opinion leader.

This year, she once again earned VIDASKIN Medical Aesthetic Clinic the prestigious GlobalHealth award, “Medical Aesthetic Clinic of The Year



Dr Vicki Leong

in Asia Pacific “ This marks a three-consecutive-years milestone for her clinic. “To say that it has been a fulfilling and humbling experience would be an understatement. I am filled with deep gratitude. Thank you for the unwavering confidence in my practice,” she said.

Dr Vicki whole-heartedly believes that life-changing beauty starts with a healthy, happy lifestyle. She aims to deliver safe, natural yet impactful, and effective treatments to address each of her patient’s concerns, not just by improving their physical appearances, but also their psychological well-being

and confidence “When you look good, it’s easy to feel good too, but knowing you’re healthy makes you glow,” says Dr Vicki. This is why she does what she does – staying dedicated to empower more people with skin confidence and sharing her professional practices to truly bring about healthy skin.

When it comes to investing in technologies for her patients, Dr Vicki considers only industry leaders that have unrivaled safety and efficacy records. She uses only the original, FDA cleared, safe and effective treatments for her patients. For instance, VIDASKIN was the first clinic in Singapore to have the Thermage FLX treatment and continues to perform among the highest number of treatments per year, allowing her the privilege of honing her techniques to provide superior results.

By offering a wide selection of treatments at VIDASKIN, Dr Vicki wishes to treat a broad spectrum of facial aesthetics and skin conditions so that her patients can truly face the world comfortably in the skin they are in and embrace their beautiful self.

MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA PACIFIC

SLC CLINIC

SLC Clinic wins three outstanding achievement awards

For the past 17 years, SLC Clinic's ultimate goal has been to ensure that everyone who enters our clinic is treated with professionalism and respect while receiving the most suitable treatments to become the best version of themselves.

There are 18 branches of SLC Clinic all over Bangkok, Thailand. Our headquarters is located on Sukhumvit 55 Road (Thonglor) in the centre of the city, which is known as one of the trendiest neighborhoods in Thailand. SLC provides premium aesthetic services to both local and international patients, all by board-certified dermatologists, nurses, and professional staff using cutting-edge anti-aging technologies and treatments.

Awards and Acknowledgement

Being granted the Medical Aesthetic Clinic of the Year in Asia Pacific at the recent Global Health Awards 2022 is an acknowledgement of the people's trust and satisfaction in the cutting-edge anti-aging treatments and services here at SLC Clinic. This is an honour in which SLC Clinic will continue to strive and provide quality in our services. This would not be possible without the dedication, commitment, and strategic direction from Dr Pimpida Warunyooratana (CEO), Dr Teerachai Warunyooratana (Chief Medical Officer), and K. Nisa Thangthong (Chief Marketing Officer) who are consistently giving their best by bringing in the newest and safest



Dr Pimpida Warunyooratana

anti-aging treatments available today to SLC Clinic.

Growth & Advancement

As people age, their skin's natural elasticity and collagen production decrease. This is why for the past 10 years the beauty boom has continued all over the world, including Thailand. Both men and women are becoming more focused on taking care of their skin than ever before. SLC Clinic can help people of all ages take advantage of the most cutting-edge technologies and anti-aging treatments available today.

With over 17 years in business, SLC Clinic has gained the trust not only from local clients, but also from international patients. SLC offers a wide range of services including cosmetic injectables (Filler, Botox, V-fat), skin laser (Pico Plus Laser, Needle RF, Dual Bright Laser, White Laser, Fraxel Laser), treatments (Aqua Deep, SLC Signature Mask, Pora Cool, Meso Nano, Golden Treatment), lifting (Ultherapy, Morpheus8, Ultra Lift, Thermage FLX, Hifu, Linelift, MPT 4D, Sofwave), and Gentle Yag Hair Removal, to name just a few. As a result, our clients here at SLC travel from many parts of the world, including China, Japan, Laos, Malaysia, Cambodia, the UK, the United States, Australia, New Zealand, and the Middle East, to get their aesthetic treatments at SLC Clinic. The reason is that SLC Clinic is equipped with the latest cutting-edge technologies and staffed by board-certified doctors and dermatologists who can treat and recommend procedures based on an individual's needs.

From the very beginning, Dr Pimpida Warunyooratana (CEO) and her medical teams have been committed to providing the best aesthetic treatments to all their clients who visit SLC Clinic. And the awards that were granted by Global Health Asia-Pacific to SLC mark another milestone for what SLC has achieved, and this honour will inspire us to raise our standards to offer the best treatments to help everyone gain back their individual self-esteem.



Medical Aesthetic Clinic



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

Sriritra Jensen Narongdej
Actress



เฉพาะสาขาของหล่อเท่านั้น

MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA PACIFIC

THE AESTHETICS FIRM

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

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

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

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

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

It is essential for the practicing doctor to have a proper procedure for assessing patients in a structured



Dr Stephen Chu

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

There is also a need to ensure a balance between a “natural look” and a more “photo-ready” appearance. This is entirely the patient's preference, and it should not be forced upon or induced by the doctor. A level of autonomy

must be respected before deciding on any aesthetic treatments.

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

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

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

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

MEDICAL AESTHETIC CLINIC OF THE YEAR IN ASIA PACIFIC

DRX CLINIC

The DRx Philosophy: Doctor prescribed – to make life more beautiful.

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

With over 23 years in the industry, the DRx Clinic has been pioneering Singapore's medical aesthetics scene and committing ourselves to provide our clients with the best results and services.

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

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

To uphold the core of The DRx Philosophy, DRx has to make sure that



Eunice Chua Hui Na

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

At the DRx clinic, our doctors put an expert eye to solve clients' everyday concerns. We diagnose and prescribe personalised programmes based on detailed assessments of our client's skin and shape while recommending

routine products that work best for their skin. Intuitive, personalised, and professional, we ensure comfort and safety at every step of our client's aesthetic journey. From pre-consultation to post treatment, we will see our clients through each process so that they receive the utmost care.

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

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

Lastly, 2022 hasn't been the easiest year by any stretch of the imagination, and we couldn't have made it without our clients' trust, love, and support.

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

MEDICAL AESTHETIC CLINIC OF THE YEAR IN MALAYSIA

MX CLINIC

Once, aesthetic treatments were something to hide, involving sneaking furtively into an anonymous clinic and emerging in dark glasses. As the demand for facial rejuvenation has skyrocketed, such stigma has faded and a more luxurious experience is now desired.

MX Clinic, an elite group of superclinics which is already Malaysia's most talked-about aesthetic destination in less than four years after opening, is revolutionising the way in which aesthetic treatments are approached. Our grand destinations are eschewing stark medical settings for lavish interiors and treatment suites where a host of experts are gathered under the same roof with transformational skin care products, current treatments, new 'skinovation', and cutting-edge technologies for face, body, and hair treatments. It's the "antithesis of a hospital", but it's well equipped to offer everything you could need. Decor aside, the most important thing for MX Clinic's CEO, Mr Xavier Choong, is the comfort and safety of the clients. He truly believes in taking pride to deliver top-notch aesthetic treatments for the clients.

The company's Co-Founder, Miss Ang Michelle, is passionate about the home brand cosmeceuticals and resort styled services for the clients, so it's perhaps no surprise that a visit to MX Clinic is made to feel HOME. With six state-of-the-art clinic settings, according to her, "The quality of



Xavier Choong and Dr UsHa Ho

care starts from the second you walk through the door to the final day of your year-long plan with us. You should feel cared for and enjoy it."

Dr UsHa Hoh is the Co-Founder and Medical Director of MX Clinic. Being the Key Opinion Leader And International Speaker For Rejuran (Pharmaresearch Korea), PicoLo Laser (Laseroptek Korea), Profhilo (Neoasia), and Belotero (Merz Aesthetics), Dr UsHa believes that artistry is what differentiates good from masterful. The hand that understands the angle and pressure required and the eye that envisions the perfect combination. 'When our

outer appearance reflects who we feel we are on the inside, we feel centred and empowered. Helping clients tap into their sense of self and delivering results that make each individual feel more comfortable and confident with themselves is the core of my practice,' said Dr UsHa.

It's not just the results that are first-class at MX Clinic – the facilities are too, from the 3-D scans that can detect how much filler might be residing in your face to the post-procedure make-up so that you can genuinely have a lunchtime treatment without your colleagues being any the wiser.

In the past, you'd often be required to visit a series of experts – perhaps one for injectables, another for pigmentation laser, and so on. But with MX Clinic being a one-stop centre, making accessing the right experts is easier and scheduling all those various appointments is more convenient. By grouping numerous experts together, we are able to offer a 360-degree approach, working to rebalance and refresh with personalised plans and an unusually extensive menu of options.

Nestled within the most elegant postcodes, the locations of these aesthetic hubs are as carefully considered as what lies within them. Lots of patients are looking for an elevated experience. And that elevated experience is what sets our superclinics apart. Sleek and specialised, these are the new addresses to note...

www.mxclinic.com.my

MEDICAL AESTHETIC CLINIC OF THE YEAR IN MALAYSIA

KLINIK DR. INDER

In Klinik Dr Inder, we believe in bringing self-confidence & self-love to all individuals, no matter what their age, gender, and skin tone. Nowadays, aesthetic treatment has become a trend for everyone to seek out beauty. Inspired to achieve the best for our patients, Klinik Dr Inder is passionate in guiding you to get the better version of You.

Today, Klinik Dr Inder is a World Class aesthetic clinic incorporated in Malaysia with more than 30 years of successful experience in the hair transplant and aesthetic beauty industry. Leading the way in healthcare trends, Klinik Dr Inder offers aesthetic beauty services located in the commercial area of Petaling Jaya, Selangor. Founded by Datuk Dr Inder, a leading aesthetic doctor with over 30 years of experience, Klinik Dr Inder firmly believes that success comes from paying close attention towards our patient's demand while providing a world class safe environment with customising aesthetic treatments and a team consisting of 30 professionally trained staff.

We are pleased to receive not just one, but three honourable awards from Global Health Asia-Pacific three years in a row: Medical Aesthetic Clinic of the Year in Malaysia, Hair transplant Clinic of the Year in Asia-Pacific, and Pioneer of Haircare Industry. These awards have become a motivational boost for us to keep giving our best as the leading medical aesthetic clinic in Malaysia.



Datuk Dr Inder

Seeing our patient's smile and positive feedback brings joy to our team as we provide the best service here in Klinik Dr Inder. It's not only that we provide aesthetic treatments & consultation, but we also provide body contouring services.

Datuk Dr Inder is experienced in the latest techniques and equipment of aesthetic treatment as well as body contouring. Klinik Dr Inder has a wide range of services to treat your worries — for pigmentation, anti-aging, rejuvenation, and more. Our latest beauty treatment was brought in from Korea as the 1st fully liquid PCL injectable collagen stimulator,

Gorgeous GOURI. We also have our special Hollywood Spectra Peel to enhance your beauty like a celebrity. Many patients really love our laser hair removal as we used the latest Lutronic machine to effectively reduce unwanted hair up to 90% in just a few sessions.

Moreover, we also provide the latest BTL equipment design to sculpt your body into your desired silhouette without invasive surgery. Ranging from Emsculpt NEO, Emtone, Emcella and more, Klinik Dr Inder is the perfect choice with a complete set for your body. Fat reduction services here incorporate targeted therapy such as cooling therapy and mesolipotherapy (fat dissolving injection). Saggy skin and loss of elasticity can also be resolved to create a more youthful and firmer skin. Klinik Dr Inder has treated many patients around the world; even people from Australia and the United States (USA) came to our clinic because of our professionalism.

Therefore, our vision is to redefine beauty with the latest trends and customisation that is suitable for everyone globally. Klinik Dr Inder will strive to achieve more success in becoming the leading aesthetic clinic in Malaysia. Datuk Dr Inder's journey and achievements are evidenced by her recently becoming an official Fellow of the International Society of Hair Restoration Surgery (FISHRS), the highest authority in the field worldwide.

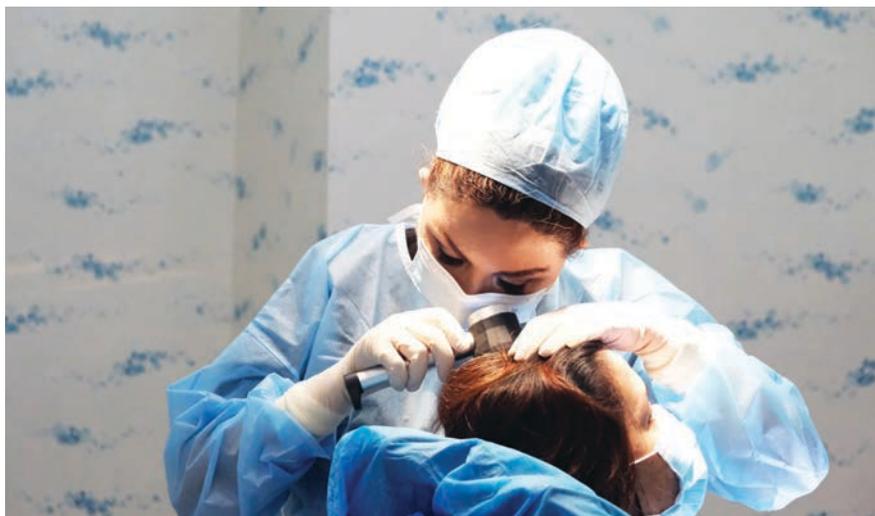
HAIR TRANSPLANT CLINIC OF THE YEAR IN ASIA PACIFIC & PIONEER OF HAIRCARE INDUSTRY

KLINIK DR INDER

Founded by Datuk Dr Inder, a leading aesthetic doctor and Fellow of the International Society of Hair Restoration Surgery (FISHRS) with over 30 years of experiences, Klinik Dr Inder pays special attention to small details to customise every procedure. Hair transplant is a very precise procedure. We work hard and strive to provide a world class environment and procedures which are safe for our patients.

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

This is the third year in a row that we are being awarded Hair Transplant Clinic of the Year in Asia Pacific by Global Health Asia-Pacific. Our hard work of establishing the clinic, training our staff, listening to our patient is now blessed by this special Award three year in a row. Klinik Dr Inder is also the proud winner of Pioneer of Haircare Industry Award. We thank all our patient for the trust and support they



Datuk Dr Inder

have given us. These awards couple with positive reviews that we receive every week give us the special boast to work harder and go for the extra mile to bring new innovative ideas to always position Klinik Dr Inder as the leading Hair Transplant Clinic in the region.

Klinik Dr Inder ability to adapt to the changing landscape in the hair transplant field and constantly improving the way we communicate and chart our patient experience with us is key to our success. Patient care is simply not limited to the day of procedure. Hair Transplant procedures do take time to produce the desired results. At Klinik Dr Inder, we believe the treatment starts from the very first day of consultation. Each patient is different. Special care and attention are paid to patient needs and our

treatments are customised for our patients. Our aim is to give our patients a feeling that we are there right beside them all the time throughout their hair transplant journey with us.

Klinik Dr Inder is now embarking on its growth plans to open a new state of art centre in Klang Valley to cater for the medical tourism market. We are indeed excited and very optimistic with the opportunity that lies ahead of us. Besides being involved with daily activity of the clinic, Datuk Dr Inder also spends time to produce papers that are presented at International conferences. Klinik Dr Inder is indeed proud that our founder Datuk Dr Inder is the first female Malaysian doctor to be admitted as a Fellow of the International Society of Hair Restoration Surgery (FISHRS).

GlobalHealth

ASIA-PACIFIC

2022 ASIA PACIFIC CONFERENCE AND AWARDS

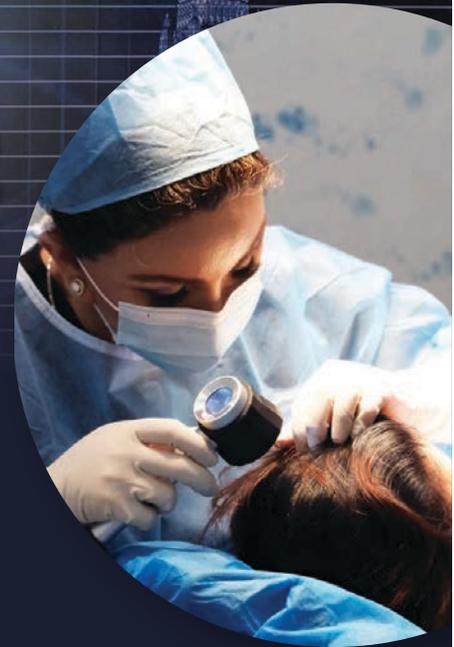
BANGKOK MARRIOTT HOTEL SUKHUMVIT

AUGUST 6TH & 7TH 2022



DATUK DR INDER

Bachelor of Medicine, Bachelor of Surgery (MBBS/MD)
Fellow of the International Society of Hair Restoration Surgery (FISHRS)
Diplomate from the American Board of Hair Restoration Surgery (ABHRS)



PIONEER OF HAIRCARE INDUSTRY 2022

HAIR TRANSPLANT CLINIC OF THE YEAR IN ASIA PACIFIC 2022

MEDICAL AESTHETIC CLINIC OF THE YEAR IN MALAYSIA 2022



- HAIR TRANSPLANT MALAYSIA
- INDER AESTHETICS
- INDERCONTOURINGMALAYSIA



- IPLUS HAIR REGROWTH EXPERT
- INDER WELLNESS
- BODY CONTOURING MALAYSIA



KLINIK DR INDER

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ABHRS American Board Of
Hair Restoration Surgery

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PROFHILO SERVICE PROVIDER OF THE YEAR IN ASIA PACIFIC

CELLESIS CLINIC

Cellesis Clinic, nestled at Sri Hartamas in the heart of Kuala Lumpur, is one of the latest and leading aesthetic centres in Malaysia. It is a beauty powerhouse and health centre dedicated to offering wholesome beauty solutions and health screening and treatments to its prestigious clients, where they will be pampered with a wide array of comprehensive health and aesthetic products and services to help them become prettier, grow healthier, and age beautifully and gracefully in their life journey.

Its founder, Dr Chong Sai Ho, has vast medical experience with a presence in the medical field of over twenty-five years in Malaysia. Dr Chong graduated from Trinity College Ireland in 1996 and, after returning to Malaysia, served in various medical fields throughout the years. Over the years of his practice, Dr Chong developed an immense interest in the field of aesthetic and regenerative medicine as he realised and strongly believed that the only way a person could live and look his or her best in their later years, both internally and externally, is by being proactive in taking full charge of their health and external image beginning from an early age as there is nothing more important than to have a well thought out and planned early action. And this is the inspiration behind which Cellesis Clinic was founded. As a result of his insistence on pursuing his passion to help his patients, Dr Chong has since



Dr Chong Sai Ho

attained qualifications in aesthetic medicine from the Asia Aesthetic Academy (Malaysia) and the European International University (Paris) and is currently an LCP certified aesthetic doctor in Malaysia.

Cellesis Clinic offers services ranging from health screening and medical counselling and treatments to anti-aging and aesthetic services at the highest standards to help its clients achieve the best possible outcomes in their health and beauty. These include medical screening, DNA testing, and stem cell therapy, as well as full-fledged medical aesthetic treatments such as

Pico laser for pigments, acne and acne scarring, skin rejuvenation and tattoo removal, dermal fillers and thread-lifts for facial augmentation, Botox for wrinkles and skin enhancement, skin boosters, chemical peels, and hair restoration treatments. One of our signature treatments is Cellesis Profhilo-X which combines Profhilo with PN and Pico laser for more heightened facial enhancement, and many of our clients are indeed very happy with the results. Since every individual's needs and wants are different, we do not believe in one-size-fits-all treatments for our clients and, hence, Cellesis Clinic emphasises personalised and individualised plans of treatments for each client that comes only with careful consultation and thorough assessment.

Indeed, you owe it to yourself to be the best of what you can be, and Cellesis Clinic is here to help you get there. In essence, we use scientifically and medically proven methods and the latest technologies that provide effective and results-oriented services and care to help you achieve the inner health and external beauty you have always wanted and deserved. Tantalise your senses and indulge yourself in an elevated and luxurious body wellness experience at Cellesis Clinic now. This would be one of the greatest decisions you'd ever make in your life.

WELLNESS GROUP OF THE YEAR IN ASIA PACIFIC

THE ULTIMATE GROUP OF COMPANIES

Channeling unwavering passion to uphold the quality of an integrated beauty and wellness enterprise, The Ultimate Group of Companies has emerged once again as “The Wellness Group Of The Year In Asia Pacific 2022”. The award is a defining benchmark against industry standards and market leaders. It attests to our excellence in spas and innovative wellness concepts which have received global recognition.

Spa and Wellness

With an impressive portfolio of spa venues that boast prime locations predominantly in the heart of Singapore’s shopping and recreational district, our four cornerstone brands have garnered numerous prestigious awards in the area of beauty and wellness excellence since 2005.

The Ultimate Group of Companies has risen to be one of Singapore’s leading purveyors of unparalleled indulgence. As one of the notable spa and wellness groups, our amenities consist of close to 200 luxurious treatment facilities across the island. The group has one of the most comprehensive lifestyle ecosystems encompassing premium wellness spa, scalp care enterprises, creative hair studios, medical aesthetic clinics, and a traditional Chinese medicine centre.

Each of the company’s wellness brands — The Ultimate, Adeva Spa, Spa Rael, and The Spa by The Ultimate — curates luxurious and indulgent treatments to awaken sensory pleasures and rejuvenate one’s well-being, making them ideal urban hideaways.



Pushpa Tulsidas

Medical Aesthetic

The Aesthetic Medical Clinic, established in 2005, is one of the pioneering aesthetic clinics in Singapore. Harnessing only the latest medical technologies, our medical aesthetic arm is a comprehensive one-stop centre for dermatological, body, and hair needs in Singapore. Through a combination of science, technology, and patient-centric post-procedure care, The Aesthetic Medical Clinic and Q Aesthetic Clinic aim to redesign aesthetic dermatology by offering advanced, minimally invasive, and non-surgical aesthetic treatments.

In the hands of experienced doctors, the medical aesthetic division strives to deliver optimal results with minimal downtime.

Traditional Chinese Medicine

Kang Shou Traditional Chinese Medicine Centre, sharing the group’s

vision of holistic wellness, is committed to promoting the philosophy of Chinese medicine to the enjoyment of healthy well-being. The centre combines treatments such as acupuncture, moxibustion, cupping, gua sha, and other studied modalities that are used according to each patient’s condition and unique body constitution, all with the aim of restoring bodily balance and harmony.

Hair and Scalp

Little 2 Bosses which owns and manages Follicle was conceived as a reflection of our desire for complete beauty solutions. It encapsulates the group’s vision to deliver the envisaged hairstyle along with hair health as an integral focus.

Follicle Singapore is a hair and scalp centre that focuses on hair regrowth, along with a full suite of hair services. Follicle specialises in treatments that prevent and combat hair loss.

With a scientific approach to combating scalp problems at its core, the brand uses proven diagnostic techniques, medically developed treatments, and a long-term management programme as the keys to sustainable scalp health.

Recognised for our collective initiatives that push boundaries by employing only the latest in global technologies and beauty-enhancing procedures, we have positioned the group to stay ahead of its time. We will continue to strive to deliver unprecedented experiences while maintaining a customer-centric focus.

Advances in hip and knee surgeries

By Datuk Dr Siva Kumar Ariaretnam, Consultant Orthopaedic Surgeon at SJMC



X-ray and MRI images showing severe isolated patellofemoral osteoarthritis. The remaining compartments of the knee are otherwise unaffected.



A THR patient is able to achieve full strength in his hip abductor muscles shortly after robotic-assisted DA.



Dr Siva Kumar Ariaretnam

OVER the last decade, hip and knee replacement surgeries have undergone significant advancements, resulting in superior outcomes in terms of reduced pain, faster and better functional recovery, longer estimated lifespan of implants and significantly safer surgeries.

One such improvement lies in the early mobilisation of patients, especially after a total knee replacement (TKR) surgery. Historically, patients are only able to walk one to two days after surgery due to the pain and weakness. With muscle-sparing approaches, some patients may walk within a day or even within hours after surgery while a few may be able to climb the stairs the next day.

The Rise of Robot-Assisted Surgeries and Improved Precision

In the past year, improved and more precise versions of robots assisting in surgery have arrived on our shores, promising improved function after surgery and projected longevity of implants.

While robots are being used to improve outcomes of routine total hip and knee replacement surgery, this versatile tool can be harnessed to do so much more.

One such example is the surgical management of severe isolated patellofemoral osteoarthritis (PFOA). This particular pattern of arthritis is rare and conventional TKR may lead to poor functional outcomes as the normal parts of the joint and ligaments are unnecessarily replaced. Robots now empower more surgeons to perform a limited patellofemoral replacement, previously not widely done due to the technically demanding nature of this surgery done conventionally.

In the past 7 decades, total hip replacements (THR) are routinely done via posterior or lateral surgical approaches to the hip. Both these approaches involve cutting major muscles to access the joint and often lead to prolonged or permanent weakness of the muscles. Over the past 15 years, a direct-anterior approach (DAA) to the hip was progressively modified to allow total hip replacements to be done via this approach.

The advantage is that muscles are separated instead of cutting to access the joint, hence there is no or little loss of muscle power of the hip. This approach has not been routinely performed in Malaysia due to its technical complexity, compounded by the relatively smaller size of Asian hips, increasing the margin of error.

However, with robotic-assisted THR, not only is the positioning of the implants, the accurate restoration of the limb length and superior functional outcomes assured; the robot allows surgeons to adapt DAA for THR surgery.

This offers patients early recovery from surgery with little or no muscle weakness in addition to a better range of movement of the hip with reduced fear of dislocation.

A muscle-sparing approach to the knee, which allows for early mobilisation and rapid recovery after surgery lead to the first daycare TKR surgery to be done in SJMC in 2021. Currently, with the muscle-sparing direct-anterior approach to the hip, similar superior outcomes are to be expected with hip replacements.

The combination of these superior surgical techniques with state-of-the-art robotic technology provides safe and reliable options for patients suffering from end-stage hip and knee arthritis today.

Skin Age Reversal: The Effect Of Regenerative Polynucleotide

Meet the injectable that's gaining traction for its ability to rejuvenate and regenerate the skin.



Being able to achieve pore minimization, less hollowness, better elasticity and firmness, fewer finer lines and a brighter complexion for my clients all at the same time with a single tool sounds pretty appealing right? And what more when it comes as a 5 minutes minimally invasive office procedure!

Rejuran, a polynucleotide - aka DNA extracted from the salmon testicles – is a novel discovery for its ability to prompt skin to behave better over time and the fact that they can be used alongside with other modalities to give you the best youth boosting results totally excites me. Rejuran has been gaining traction for effecting change on a cellular level; as injectables becoming ever more sophisticated. As a clinician, delivering safe and optimal natural results for my clients has always been the key in my practice and Rejuran does just that for me.

When it comes to product safety and authenticity, I feel that advocating awareness for the end users has always been lacking. As clinicians, we are very much result driven and we tend to educate more on the product composition, effectiveness, side effects, complications and durability. In this month's column, I would like to share my personal experience verifying the safety and authenticity of the polynucleotide that I use for my clients.

PharmaResearch, Korea is a biopharmaceutical company specialising in regenerative medicine. The core ingredients of PharmaResearch's portfolio are the active tissue regenerative substances Polydeoxyribonucleic acid (PDRN) used for medical and cosmeceutical range of products and Polynucleotide (PN) used in Rejuran, a medical device. Produced through the patented and proprietary DNA Optimizing Technology (DOT) technology in 2014, Rejuran was introduced to the market.

On 27th October 2022, I was privileged to be a part

of the 40 Malaysian doctor's team under Elogio Asia, the sole distributor of Rejuran Malaysia to be able to visit PharmaResearch's Salmon Branch, Fisheries Resources Management Corporation, nestled by the side of the magnificent Namdaecheon Stream in Yangyang, Korea where every year in October to November, the North Pacific adult salmon flock returns.

The wild salmon were channelled into the captivity area where sperms and the testes are harvested and immediately transported to the PharmaResearch's Gangneung GMP certified factory which took us 30 minutes to reach from Yangyang. Here, utilizing the DOT technology, DNA from the salmon's reproductive cells were extracted and optimised as a regenerative active substance, the polynucleotide. Rejuran syringes were prefilled and the packaging with the specialised 33G nano needles for patient's comfort were done under aseptic techniques.

In my practice, at least once a month I encounter clients coming in and claiming that they do not achieve the claimed results of Rejuran. On further questioning, I always gather that they purchased the products online, through parallel imports and got it done in unauthorised centres. As a staunch user of Rejuran myself (not just for my clients), it saddens me that after such an incredible journey, because of the lack of awareness, clients fail to identify the authenticity of the product denying them of receiving what they should.

Rejuran is the first Malaysian Medical Device Authority (MDA) certified polynucleotide delivering natural results at cellular level. Rectifying the authenticity of the product and getting your procedure done in the registered centres under trained hands, is an integral part of your journey with Rejuran to be able to appreciate the fundamental change that your skin is going to experience. Follow through my next column to find out how this magical potion reverses age.

Rejuran has been gaining traction for effecting change on a cellular level; as injectables becoming ever more sophisticated.



Dr Usha Hoh
CEO & Senior
Medical Director of
MX Clinic and Key
Opinion Leader
and International
Speaker
for Rejuran
(PharmaResearch
Korea)

Hair Transplants and Scalp Micropigmentation: The Perfect Combination?



If you have already undergone a hair transplant but are still experiencing density issues, a combination of transplant and Scalp Micropigmentation (SMP) will help you attain your ideal appearance. The most prevalent areas of concern are the crown and front hairline. This treatment differs in that the skin around the donor area may almost appear scarred. This may occasionally demand further treatments to achieve the desired results.

Thin hair is a common issue for both men and women. Scalp micropigmentation techniques can be used to produce the illusion of density by layering treatments and colours of micro-dots around and in between existing hair. For optimal results, older patients with greying or white hair should maintain a darker hair colour.

Hair Transplant + SMP treatment

A successful hair transplant will almost definitely be incredibly expensive. This is an important choice with long-term aesthetic repercussions. As soon as your hair transplant process is complete, you will be eager to show off your new hair. Remaining scars may impact your self-esteem and affect the outcome.

Combining a hair transplant with SMP is the easiest way to get a wonderful appearance. A hair transplant may return a significant amount of hair to your head, and your SMP can conceal the scars left by this procedure. If you have a hair transplant, you will want to be pleased with the results. No one wants to undergo hair transplant surgery due to scarring concerns. With scalp micropigmentation, you'll acquire natural coverage all over. SMP will provide

the illusion of thick hair in areas where hair does not naturally grow.

What Are the Benefits of Scalp Micropigmentation After Hair Transplantation?

Cover Bald Spots Following Hair Transplantation

As it takes months for new hair to grow in the transplanted area, it will be bald during this period, and SMP may be an excellent solution to conceal the baldness. However, because the scalp is sore following a hair transplant, it requires time to recover sufficiently to permit micropigmentation. Another option is to undergo SMP prior to hair transplantation. There is no requirement for rehabilitation following micropigmentation; therefore a hair transplant may be performed almost immediately.

Camouflage Scar

Scalp micropigmentation is routinely used to cover scars left by a hair transplant on the scalp. Scars can be treated using SMP. The pigment is used to give scars the appearance of hair follicles, so concealing their natural colour.

Treat Thinning Hair

After a hair transplant, if your new hair has grown but is still thin, micropigmentation can boost density while retaining a natural appearance.

This article is prepared by Klinik Dr Inder (Hair Transplant Centre Malaysia).



Datuk Dr Inder is an aesthetic physician at Klinik Dr Inder in Malaysia.

Skin Quality Enhancement

Skin quality is one of the critical perceptions about an individual's self-esteem, age, general health, and wellbeing. Skin quality has always been a concern and is becoming increasingly important to women worldwide, and the search for porcelain-like, smooth, and youthful skin remains constant across countries. As we age, the skin's essential structures break down over time, resulting in thinning of the skin, wrinkles and pigmentation formation, and a loss of volume. To refresh our skin and achieve a youthful glow, we must give it the care it deserves by taking care of the skin since young and providing it with constant maintenance as we age.

A commonly asked question by patients is when the usual skincare can no longer reduce tired-looking, dry, and dull skin, what else can we do?

Age-related skin changes stem from aging-induced alterations that occur in all tissue layers. Skeletal aging primarily leads to a loss of bony support, which is visible as a decrease in volume contributes to a saggy and aged appearance of the face. Age-related changes in fat tissue in the face lead to volume loss and uneven skin texture. The elasticity of skin decreases with age due to collagen and elastin loss. At the same time, there's an increase in surface roughness due to reduced water and sebum content in the skin, which contributes to the development of skin wrinkles, including but not limited to crow's feet and forehead and glabellar lines.

Over the years, Dr Anna Hoo has created a personalized, safe, and scientifically proven treatment strategy by combining Botulinum toxin A, laser therapy, and Hyaluronic acid filler to slow the process of aging. The treatment maintains and improves the patient's skin tone, evenness, skin surface smoothness, and firmness and, ultimately, provides glowing skin utilizing a personalized combination therapy.

Botulinum toxin A's primary mechanism of action is the inhibition of Acetylcholine release, which leads to muscle relaxation. Injections of the purified toxin aim to reduce dynamic and static wrinkles due to overactive muscle contraction. Meanwhile, intradermal injections can decrease sebum production, improve skin laxity and reduce facial pores.

Hyaluronic acid filler revitalizes skin texture by increasing dermal hydration and stimulating collagen and elastin production. The crossed-link hyaluronic acid fillers have been shown to rejuvenate skin and enhance skin firmness, evenness, tone, and glow.

Lasers are necessary components of a comprehensive approach to improving skin quality. Depending on the aim of treatment, specific lasers are preferred. CO2 lasers can improve skin evenness, while fractional lasers reduce acne scars. PICO and



Before, After 4 treatments, After 8 treatments, After 11 treatments of laser therapy. Pigmentation treatment with laser



Before and 9 months after Juvederm Volite treatment. Hyaluronic acid filler skin hydration treatment.

Q-switch Nd-Yag lasers improve hyperpigmentation, while long-pulsed Nd-Yag laser is used to remove hair in unwanted areas.

Healthy lifestyle choices and topical nutrition are imperative in improving skin quality and are often the first-line option for improving skin quality. Patients are encouraged to practice a healthy lifestyle and use topical and oral nutrition supplements when suitable—for example, limiting sun exposure and routine use of ultraviolet protection sunscreen and moisturizers. Recommended topicals include cosmeceuticals that stimulate the production of collagen, elastin, and hyaluronic acid and help to rejuvenate skin health.

Good skin quality is defined as skin that is healthy, undamaged, and youthful in appearance. However, everyone has a different skin quality due to the difference in lifestyle, stress levels, and nutritional status. Hence, Dr Anna Hoo's personalized skin program, which is carefully designed with a combination of treatments that is tailor-made to the individual, provides skin quality improvement and improvement of the patient's confidence level. Good skin quality is essential as it reflects one's general health and social and emotional wellbeing, something we should not take lightly.



Dr Anna Hoo is an aesthetic physician with an MD from the University of Science Malaysia. She is also the founder and medical director of the Anna Hoo Clinic, an anti-ageing and aesthetic group practice in Kuala Lumpur, Malaysia.

Warm Greetings from Malaysia Healthcare!

Dear Readers,

I trust that everyone is keeping safe and maintaining good health. As the world continues to transition into endemicity, the demand for healthcare travel is starting to aggressively rebound. In Malaysia, we have seen an encouraging surge in the number of health traveller arrivals, signifying the industry's positive recovery and growth. This success is largely driven by commendable and resilient efforts by Malaysia Healthcare in ensuring continuity of care and seamless end-to-end journey for our patients within a safe and trusted destination. Malaysia Healthcare's solid performance at the recent Global Health Asia-Pacific Healthcare & Medical Tourism Awards has further cemented our reputation as a safe and trusted healthcare travel destination, and award-winning.

Award-Winning Destination

Malaysia's private healthcare establishments swept over 40 titles at the Global Health Asia-Pacific Healthcare & Medical Tourism Awards 2022, which also saw the Malaysia Healthcare Travel Council (MHTC) being recognised for Outstanding Leadership in Healthcare Travel in the Asia Pacific.

We are proud to witness industry players namely the private healthcare facilities make great strides in their pursuit for excellence. These awards are a testament to Malaysia Healthcare's emphasis placed in the delivery of care and further reinforcing Malaysia's niche offerings' prowess, especially in Cardiology, Oncology, and Fertility related treatments.

Rebuilding Malaysia's Healthcare Travel Industry

With a foundation that has continuously been fortified for over a decade, Malaysia Healthcare is well-poised to embark on the next phase of the Malaysia Healthcare Travel Industry Blueprint (2021-2025) to REBUILD its brand to be stronger and better whilst enhancing the delivery of seamless end-to-end experiences to all healthcare travellers. The new phase will also herald a shift in focus to preventive healthcare and wellness.

This trend was accelerated with COVID-19, with the advent of a new population that is more in tune with the importance of prioritising their physical and mental wellness. The Ministry of Health Malaysia, has echoed this sentiment repeatedly, highlighting the importance of evolving from a curative to preventive lens to further ensure that the primary focus of the healthcare ecosystem remains on keeping people healthy.

In aligning with this, Malaysia Healthcare invites healthcare travellers, especially health and wellness enthusiasts who are eager to seek preventive care and wellness treatments to take advantage of our newly introduced Premium Wellness Programme, allowing them to obtain comprehensive health screening offerings and at the same time, indulge in the comforts of top-notch hotels and enjoy the country's touristic attractions via specially arranged tours.

Healthcare travellers can also opt for dental aesthetics, cosmetic procedures, focused screenings and treatments for Hepatitis C, cancer and heart related disease as add-ons to the health screening package. Through this programme, we hope to empower the global population to lead a healthier lifestyle and provide more accessible preventive healthcare and wellness options for all.

We look forward to reinforcing our strengths to propel our rebuilding efforts via continuous engagement with our stakeholders to allow for a holistic and consistent improvement. I am, therefore, confident that Malaysia Healthcare is equipped to ensure industry sustainability and curate future opportunities for healthcare travellers in experiencing true care here in Malaysia.

Today, tomorrow, and beyond, Malaysia remains steadfast in our aspiration of being a top-of-mind destination for healthcare that always prioritises patient care and safety. To this end, we are dedicated to the provision of quality healthcare services for all. As we accelerate our endeavours, we warmly welcome healthcare travellers to come experience and rediscover the best of healthcare in Malaysia as you rejuvenate with utmost peace of mind.

Thank you.



Mohd Daud Mohd Arif
Chief Executive Officer
Malaysia Healthcare Travel Council

Contact Malaysia Healthcare to begin your healthcare journey!

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